



**John Marshall Girls Basketball
Senior Night
2025-2026 Season**



Name: Heaven Newell

Jersey Number: 22

Someone you would like to thank for helping you with your basketball career, and why:

From the very beginning, I've been supported by my stunning mother Mikala. She has shown up for me in ways beyond the gym like early mornings, getting me an Alani, and putting my needs before her own. I also want to mention Shawna the GOAT for supporting me as if I were her own. Shawna taught me how to shoot by "flicking my wrist" so who knows if I would even be on the team without her. I have been so blessed to have 2 amazing women supporting me.

Favorite JM basketball memory:

Freshman season away game vs Albert Lea - we were down 8 points with 18 seconds left to go. Me and my teammate Simran clutched-up and we WON the game with free throws and steals from the press.

What will you miss the most about JM basketball:

As hard as this season has been it has pushed me to closer with more of my teammates, even the younger girls. I will miss all the memories we've made together at practice, games, getting ready before games, and team bonding. I will miss my little sisters Eleanor, Eleni, and Sydney. To my girls I will miss seeing you guys every day, I love you, and don't miss me too much.

Advice for future JM basketball players:

Basketball is a team sport and your teammates will be your life line during the season so be the best teammate to them. Hold each other accountable as well as encourage each other ALWAYS. Your energy matters whether you're on the court or bench so be everyone's favorite teammate (like me 😊)

Plans after high school:

I plan to attend RCTC here in Rochester and do their 2 year nursing program. Once I graduate I want to study abroad for 1-2 years or possibly go back to school to become a pediatrician. I am excited to go into this next chapter of my life and appreciate all the support from people who have got me to this point. I love yalllll ❤️!