It was just a day at the office for the Mt. Juliet basketball teams Friday night. Both teams dominated rival Gallatin on the way to two easy wins. The girls won 70-28, and the boys won 79-49. Caya Williams led the Lady Bears with another double-double, this time 30 points and 10 rebounds. The Lady Bears repeatedly got the ball down low, and Gallatin had no answer. Post Sally McCabe also chipped in 16 points. In the boys game, the Bears slowly built a bigger and bigger lead thanks to good shooting from long range. The Bears hit 12, 3-pointers, five from Caleb Chowbay. The Bears only led 19-12 after one, but blew the door open in the second. At the half, they led 43-21. It just got worse in the second half for Gallatin, as the Bears led 63-34 going into the fourth. Chowbay led the Bears with 19. C.J. McEwen had 16. DaShawn McMurry finished with 10. Tremaine Smith led Gallatin with 17. Both teams had big games against Riverdale Tuesday. The Riverdale girls are nationally ranked. The games happened after press time.

Lady Bears 70

Gallatin 28

G – 9 6 5 8 – 28

M – 24 22 19 5 – 70

G – Aleria Duncan 4, Natalie Hopkins 4, Brittany Mockabee 4, Sydney Rice 4, Chelsea Goode 3, Paige Legge 3, Casey Milan 3, Lindsey Maxwell 2. M – Caya Williams 30, Sally McCabe 16, Paige Baugher 7, Barianne Taylor 6, Allyson Hayes 3, Helen Mitchner 3, Brandy Alley 2, Jamasha Jackson 2, Sydney Rau 1.

Bears 79

Gallatin 49

G – 12 9 13 15 – 49

M – 19 24 20 16 – 79

G – Tremaine Smith 17, Morgan Campbell 14, Darian Banks 7, Devonte Williams 6, Jerin Allen 3, Jason Griffin 2. M – Caleb Chowbay 19, C.J. McEwen 16, DaShawn McMurry 10, Quinton Hall 8, Daniel Schroder 7, Chandler Frazier 5, Nolan Chowbay 4, Reagan Johnson 4, John Mark Bell 3, Thomas Sharpe 2, Brandon Shepard 1.