



9th year at Coastal - 24th Overall
Cumberland '57
347-297 Overall Coaching Record

Alan LeForce enters his ninth season as head women's basketball coach at Coastal Carolina University and has made his mark as one of the most respected, experienced and successful coaches in the Big South Conference. From a second-place Big South finish in his inaugural year at CCU to a magical run in the BSC tournament in 2001-02 to a team that pulled off another tournament upset in 2003-04, the 1998-99 Big South Coach of the Year has been a driving force in developing a program that is ready to take the next step.

LeForce has 48 years of coaching experience and has an overall record of 347-297 as a collegiate head coach, including a 107-117 record at the helm of the Lady Chanticleers.

LeForce made college basketball history in 2004-05 when he won his 100th game at Coastal Nov. 30, 2004 against UNC Wilmington. LeForce is the only head coach to accumulate 100 wins as a Division I men's and women's head coach.

In 2003-04, Coach LeForce guided Coastal to a 13-15 record and a sixth-seed in the Big South Conference Tournament. The Lady Chanticleers went into High Point and the Big South Quarterfinals as the underdog, but pulled out a 68-62 upset over the third-seeded Panthers, giving LeForce seven wins in BSC Tournament play. LeForce coached Nikki Reddick, who was named to the All-Big South Conference First Team for the third straight season and ended her career as CCU's all-time leading scorer. Coastal also went 8-5 at Kimbel Arena and were among the league leaders in scoring offense and three-point field-goal percentage.

LeForce led the Lady Chants to a 13-15 overall record and a 6-8 record in the Big South in 2002-03, advancing to the semifinals of the Big South Tournament before falling to top-seed Liberty University. The Lady Chants had a 7-5 record at Kimbel Arena, including a thrilling 96-94 triple-overtime win over Radford University.

The 2001-02 season could have been one of the most memorable in LeForce's career. With only nine healthy players to finish the regular season, the Lady Chants tied for sixth place in the conference and earned the seventh seed for the Big South Tournament. However, CCU got hot in the tournament, upsetting second-seeded Elon University, 66-64, in the quarterfinals and sixth-seeded Winthrop University, 58-56, in the semifinals before falling to top-seeded Liberty in the championship game.

During the 2000-01 season, with only three players with previous Division I experience, LeForce led his young squad to a 14-13 record. Coastal finished second in the Big South and boasted the school's first ever Big South Player of the Year in Brooke Weisbrod.

The 1999-2000 squad continued the program's improvement with a 20-10 overall record and a second-place finish in the Big South. The 20 victories again topped the list for most wins since joining the NCAA Division I ranks in 1986 and was the first time a Coastal team reached the 20-win plateau since the 1982-83 team garnered 21 wins.

LeForce earned Big South Coach of the Year honors in 1998-99 as he led Coastal to a second-place finish and an 18-10 record. Coastal also came within one game of making the NCAA Tournament before losing to Liberty in the tournament's championship game.

The foundation of a strong Lady Chants program began in LeForce's first season. Even though the team posted a 9-18 record, Coastal placed third in the

The LeForce File

Born: Feb. 27, 1935

Wife: Shirley,
two children
Jeff and Michelle
Five Grandchildren
Allie, Abigail,
Austin, Andrew,
Kathryn

Hometown:
Williamsburg, Ky.

College:
Cumberland
College 1957

Coaching Honors

1991-92: District Coach of the Year (National Basketball Coaches Association)

1991-92: Tennessee State Coach-of-the-Year (Tennessee Sportswriter Association)

1998-99: Big South Women's Coach-of-the-Year

HEAD COACH ALAN LEFORCE

Big South Conference after being picked to finish last in the conference preseason poll. LeForce's first recruiting class included the Big South Rookie of the Year in Weisbrod.

Coach LeForce has won on every level in his 48 years of coaching. From 1990 to 1996, he served as head men's basketball coach at East Tennessee State University. In that six-year span, the Buccaneers posted a 100-74 overall record and his .574 winning percentage is the highest in the school's history for coaches with at least four years at ETSU. He led the Bucs to two Southern Conference regular-season co-championships, two Southern Conference Tournament titles and two NCAA Tournament appearances. In his first season as head coach, he directed the Bucs to a 28-5 record and a spot among the nation's top-20, rising as high as #10 in the *Associated Press* poll. In the 1992 NCAA Tournament, ETSU knocked off the University of Arizona in the first round before falling 102-90 to eventual national runner-up University of Michigan in the second round. The victory over the Wildcats was the biggest upset of the first round of that year's NCAA Tournament and marked the first time a school from the Southern Conference had advanced past the first round of the tournament in a decade.

LeForce was named the 1991 District Coach of the Year by the National Association of Basketball Coaches (NABC). During his tenure at ETSU, LeForce coached seven All-Southern Conference players including Greg Dennis and Keith "Mister" Jennings, who also was named to the SoCon's 75th Anniversary Second Team. Before serving as head coach at ETSU, LeForce was an assistant coach with the Bucs for four seasons.



Following the 1996 season, he resigned as ETSU's coach to accept an assistant director of athletics position at the school.

LeForce began his coaching career in 1958 at his alma mater, Williamsburg High School in Williamsburg, Ky. He coached there from 1958 to 1961 and from 1963 to 1967, taking the 1961-62 year off to serve as an assistant coach at Cumberland (Ky.) College, his college alma mater.

From 1968 to 1971, LeForce served as an assistant coach at Furman University. He became head coach at the College of Charleston in 1971. During his nine-year stint in Charleston, the Cougars ranked among the top teams in NAIA competition. He compiled a 132-110 record and posted five straight winning seasons. His 1975 Cougar squad won a then-school record 21 games. He also was the school's director of athletics for seven years while he was there.

It was at this point in his career that LeForce came to Myrtle Beach and accepted the head coaching and athletics director positions at Coastal Academy. In five years, he led the boy's basketball team to two South Carolina Independent School State Championships and an impressive 125-15 record. In 1985, he moved to Mt. Pleasant,

S.C., and coached the boy's program at East Cooper High School for one season before accepting his assistant's job at ETSU.

LeForce is married to the former Shirley Smith of Williamsburg, Ky. The LeForce's have two children, Jeff and Michelle. Jeff and his wife, Joy, have four children: two daughters, Allie and Abigail, and two sons, Austin and Andrew. Michelle and her husband David have a daughter, Kathryn.

LEFORCE'S YEAR-BY-YEAR RECORD AT COASTAL

Year	Overall	Pct.	BSC	Pct.
1997-98	9-18	.333	5-7	.417
1998-99	18-10	.643	6-4	.600
1999-00	20-10	.667	9-5	.643
2000-01	14-13	.518	8-6	.571
2001-02	11-18	.379	5-9	.357
2002-03	13-15	.464	6-8	.429
2003-04	13-15	.464	6-8	.429
2004-05	9-18	.333	4-10	.286
Total	107-117	.478	49-57	.462

Q: What is your opinion of women's basketball in the Big South Conference this season?

A: Until somebody beats Liberty, they have to be the favorite again. I've been saying every year that the league's becoming more competitive. Liberty has been head and shoulders above the rest of us. I think High Point certainly has a chance at them. Possibly a 10-4 record in the league will win it. Losing a Katie Feenstra, I don't know if we'll ever see anybody like her in the league and if we do, I hope it's here. She's a heck of a player. They have other good players.

It's going to be balanced. We have all of the coaches back except for Birmingham-Southern. I think somebody could surprise.

Q: What advice would you give to an incoming freshman student-athlete at Coastal?

A: First of all, they have some preconceived ideas of what it's going to be like, but they don't really know what it's going to be like. They don't understand playing college athletics, how much of a demand it is on their time. The big thing is the budget of their time because they go to class, have weights, study hall, practice times and meetings they have to attend and have a social life. It's tough. Come in, be ready to discipline yourself to a rigid schedule because it's going to be demanding on you. If not, you're going to have some problems either academically or athletically. That's why you have to be disciplined. Our staff does a good job of helping them budget their time ... There is no offseason for a sport anymore.

Q: What does Coastal have to offer for a student-athlete?

A: In the eight years I've been here, I've seen a tremendous growth in the student body, new buildings, nice dorms, nice facilities and in a short period of time a new facility for basketball. We're 10 miles from the ocean. We have a very congenial student body, an outstanding faculty. I see a lot of positives and yet we're only 50 years old so there are a lot of good things that are going to happen. I think it's a great place, great climate. I think students enjoy it once they get here.

Q: What are some keys to having success on the court this season?

A: We've got to develop some depth where we can play eight or nine players. Hopefully, some of our first-year players can come in and help with that. We have to be a better offensive team. Defensively, we've always been pretty good. Depth and offense are the key. Rebounding has been a problem for us too.

Rebounding and shooting are the two big keys.

We're going to be the same style that we've had. We have to be a better offensive rebounding team. We need to stick back some missed shots.

We have to learn how to finish strong. Last season, we would get off to a bad start and play well in the end. Sometimes, we come out strong and play poorly in the second half. We have lapses in games where we don't score. We can't have those.

Q: What should a fan expect to see when they attend a Coastal women's basketball game?

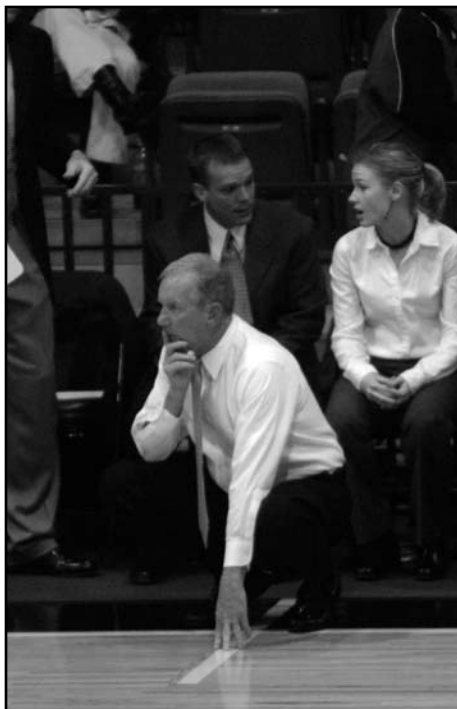
A: You're going to expect good defense. We'll pretty much be an up-tempo team. You're going to see a team that will play a lot of players because of the style we

play. I think they'll enjoy it. They are unselfish, hard workers and hard-nosed. There are a lot of things the purists of basketball will enjoy about this team.

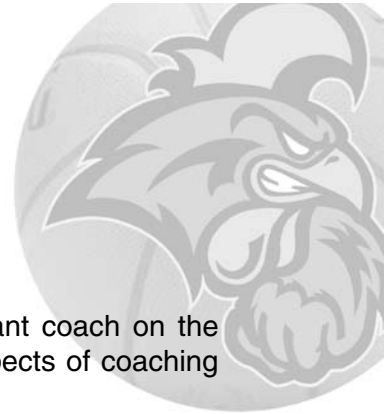
I'm hoping that our fans see a better shooting team, a better offensive team. I think our fans will want to see us shoot the basketball a little better. We're going to be the same type of team that doesn't beat itself. It's our turn to win some close games.

Q: What is the most satisfying aspect of coaching?

A: Honestly, I like to win. That's our job. But to see young ladies come in as young ladies and leave as mature ladies because they've been in our program four or five years is rewarding, because they've been around good people. I like to see them be successful by graduating and having a good career on the court. They are realizing that all the hard work, yelling and screaming, banging and knocking was worth it. That they're going to leave here and be able to make a great contribution to society because they've been in our program and we've helped them become better people, that's my goal.



ASSISTANT COACHES



Mark Kost - 3rd Year Notre Dame '95

Mark Kost is in his third season as an assistant coach on the women's basketball staff. His duties include all aspects of coaching and serving as the recruiting coordinator.

Kost came to the women's staff after serving on Coastal's men's basketball coaching staff during the 2002-03 season.

Kost arrived at Coastal after spending two seasons as a varsity assistant coach at St. Joseph's High School in South Bend, Ind. At St. Joseph's, Kost was involved with many aspects of the program, including on-court coaching, player development and scouting.

While residing in South Bend, Kost also worked with the University of Notre Dame football and men's basketball offices as an office contractor. As a contractor, he helped implement the use of the Internet in recruiting with both programs. His connection to Coastal developed there, as he worked with former Chanticleer men's assistant coach Lewis Preston. Kost also has worked as a camp clinician at Notre Dame and the University of Michigan.

Kost is a 1995 graduate of Notre Dame with a B.A. in business administration.



Frank Moorhead - 4th Year Clarion '78

Frank Moorhead begins his fourth season as an assistant on the Coastal Carolina women's basketball staff. Before joining the Coastal Carolina staff, Moorhead spent 20 years in Myrtle Beach area coaching boys and girls high school basketball.

Moorhead came to Coastal Carolina after serving the 2001-02 season as assistant varsity boys' basketball coach at North Myrtle Beach High School. Prior to his stint at North Myrtle Beach, Moorhead was the head boys coach at Carolina Forest High School, where he led the team to a 14-5 record for the 1997-98 season.

Moorhead began his coaching career at North Myrtle Beach H.S., as the head girls' basketball coach in 1980. In 17 years as the head coach of the Lady Chiefs, he compiled a record of 360-80 as well as being named conference Coach of the Year eight times and *The Sun News* Coach of the Year seven times. His teams were conference champions 10 times and also made the state playoffs 13 of 17 years. His 1988 team won the state championship and in 1990 North Myrtle Beach finished second in the state.

Moorhead is married to Dr. June Moorhead, principal at Myrtle Beach Primary School.

ASSISTANT COACHES/SUPPORT STAFF



Shameka Montgomery - 1st Year UNC Wilmington '03

Shameka Montgomery is in her first season as an assistant coach with the Coastal Carolina women's basketball program.

Montgomery came to Coastal after playing overseas for the past two seasons. She was playing in Sweden in the 2004-05 season and was in Portugal for the 2003-04 campaign.

Montgomery went to college at the University of North Carolina at Wilmington, where she scored 1,139 points and grabbed 724 rebounds in her four-year career. She was a Second Team All-Colonial Athletic Association member in 2002-03 and made the CAA All-Tournament team in 2002. She graduated from UNC Wilmington with a bachelor's of science in physical education with an exercise science concentration in 2003.

No stranger to the area, Montgomery went to North Myrtle Beach High School in Little River, S.C., where she was the conference Player of the Year in 1999 and was a nominee for the Miss South Carolina Basketball.

SUPPORT STAFF



Al Jean
Strength and
Conditioning

**Women's Basketball
Managers**



Kent Reichert
Assistant Media
Relations Director

Keena Johnson
Hartsville, S.C.



Jennifer Spindler
Assistant Athletic
Trainer

Kayla Speed
Piedmont, S.C.