

NORTHWESTERN STATE

2015-16 DEMON BASKETBALL



Southland Conference Champions 2004-05, 05-06,
 Southland Conference East Division Champions 2007
 SLC Tournament Champions 2001, 2006, 2013
 NCAA Tournament (2-3): 2001 (1-1), 2006 (1-1), 2013 (0-1)

NORTHWESTERN STATE (19-13 in 2014-15)

| Date | Opponent | Time/Result |
|--------|---------------------------------|-------------|
| 11/13 | at Ole Miss | 4:00 |
| 11/16 | LSU-Alexandria | 6:30 |
| 11/19 | UL Monroe | 6:30 |
| 11/22 | at Arizona | 7:00 |
| 11/25 | Louisiana College | 6:30 |
| 11/27 | at Auburn | 7:30 |
| 12/1 | at Arkansas | 7:00 |
| 12/8 | at Baylor | 7:00 |
| 12/19 | Missouri Valley | 2:00 |
| 12/29 | at Centenary | 6:00 |
| 1/2 | * Houston Baptist | 3:00 |
| 1/4 | * Sam Houston State | 7:00 |
| 1/9 | * at Incarnate Word | 4:30 |
| 1/19 | * at Abilene Christian | 7:00 |
| 1/16 | * at Lamar | 4:30 |
| 1/19 | * Texas A&M-Corpus Christi | 6:30 |
| 1/23 | * at McNeese State | 3:00 |
| 1/25 | * at Nicholls | 6:30 |
| 1/30 | * Southeastern Louisiana | 3:00 |
| 2/2 | * Central Arkansas | 6:30 |
| 2/8 | * at Stephen F. Austin | 7:00 |
| 2/13 | * McNeese State | 3:30 |
| 2/15 | * at Central Arkansas | 7:00 |
| 2/20 | * UNO | 3:00 |
| 2/22 | * Nicholls | 6:30 |
| 2/29 | * at Southeastern Louisiana | 7:00 |
| 3/3 | * Stephen F. Austin | 7:00 |
| 3/5 | * at UNO | 6:15 |
| 3/9-15 | Southland Conference Tournament | TBD |

*Southland Conference games

All times Central

Home games in bold

Demon Pronunciations

| | |
|----------------------------|----------------------|
| Cody CAMBRE | CAHM-bray |
| DEVONTE Hall | Duh-VON-tay |
| TRA'VON Joseph | TRAY-von |
| Reginald KISSOONLAL | Kiss-soon-lal |
| Bill LEWIT | LOU-it |
| Mike MCCONATHY | McCON-uh-the |
| MALIK METOYER | MUH-leek MUH-tw-yuhr |
| Jacob SPIELBAUER | SPEEL-bow-er |
| SABRI Thompson | Sa-BREE |
| TA'JON Welcome | TAY-jzon |
| JALAN West | JAY-lun |
| NATCHITOCHE s, LA | NACK-a-dish |
| BOSSIER City, LA | BO-sure City |
| PRATHER Coliseum | PRAY-thur |

Game 1 • Opening the 103rd year of Demon hoops

Northwestern State Demons (0-0) at Ole Miss Rebels (0-0)

Friday, Nov. 13 • 4:00 p.m. • SEC Network Plus
 C.M. Tad Smith Coliseum (8,867) • Oxford, Miss.

Series: The Rebels and Demons met in football in 2006 and 2007, but haven't faced off in hoops since 1998. Ole Miss has won both previous meetings, played in 1989 and 1998 in Oxford. Against the SEC, NSU is 13-42 all-time, 2-14 under Mike McConathy, 0-2 last year, falling at A&M and Arkansas. The two wins: 2005 in OT at Mississippi State, 2013 by 111-92 at Auburn.

Tipoff for a much-anticipated 2015-16 season

Northwestern State opens its 17th season under coach Mike McConathy, coming off their 4th NCAA Division I national tournament appearance (three NCAA Tournaments, last year's CollegInsider.com Tournament) with expectations of dethroning defending three-time Southland Conference champ Stephen F. Austin. NSU was second to SFA in 2012-13 and beat the Lumberjacks in the rubber match to get back to the NCAA Tournament in 2013, then was fourth in 2013-14 and third last year, losing to SFA in the tournament semifinals both years.

Both official Southland preseason polls, and seemingly every preseason publication, projects the Demons to push the Lumberjacks for the regular-season title and the league's automatic NCAA berth. CBSSports.com just projected the Demons as the Southland's probable entry in March Madness.

NSU features two of the nation's more explosive players, senior point guard Jalan West and junior swingman Zeek Woodley, and led the nation in scoring last year (84.0 ppg).

500th game as NSU's coach for Mike McConathy

He's the winningest college basketball coach in Louisiana history, ahead of College Basketball Hall of Fame member Dale Brown (LSU), Naismith Basketball Hall of Fame member Leon Barmore (Louisiana Tech Lady Techsters) and Grambling's legendary Fred Hobdy. Starting his 17th year with the Demons, Mike McConathy will coach his 500th game at NSU against Ole Miss. He has won 249. Overall, he is 611-399 opening his 33rd year as a college coach.

Demons charged down the stretch in 2014-15

Northwestern State has won 11 of its last 15, with the only losses since Jan. 20 to Southland regular-season and tournament champion Stephen F. Austin (3 times), and to CollegInsider.com Tournament finalist UT Martin.

NSU has been either 1st or 2nd nationally in scoring for three seasons

The Demons were the NCAA team scoring champion last year after finishing second in the previous two seasons. NSU has ranked No. 1 nationally in scoring during the regular season all three years Jalan West has been the point guard.



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Over those three seasons, the Demons are averaging 85.1 ppg, with a high of 86.6 in 2013-14.

Demons' dynamic duo of West, Woodley is NCAA's best scoring tandem

They're the highest scoring tandem in college hoops at 42.2 points pg. Call them Batman and Robin—they do, although they both claim they're Batman. Call them J-Z on Tour, as CollegeInsider.com did. Nicknames or not, Zeek Woodley and Jalan West are a remarkable tandem.

Combined, they averaged 42.2 points, 9.4 rebounds while shooting 51% overall, 41% on 3s and 84% on FTs.

Woodley is the nation's leading returning scorer (22.2 ppg) after finishing second last season. His career 58% FG aim ranks 5th nationally. Last year he shot 56%, 27th nationally. He was the only player under 6-4 in the top 50.

West led the NCAA in assists (7.7 pg) and was 16th in scoring (20.0 ppg) while ranking in the top 25 in 8 NCAA stat categories, including steals (2.1 pg, 23rd) and assist/turnover ratio (+2.73, 22nd).

West is in a class by himself

Last year Jalan West was the only player in college basketball in the top 20 in scoring (16th, 20.0), top 10 in assists (1st, 7.7 pg) and top 25 in steals (23rd, 2.1 pg).

As a sophomore in 2013-14 he was the only college hooper to average at least 19 points, 6 assists, 4 rebounds and 2.5 steals pg, a stat line not seen in 15 seasons when Speedy Claxton of Hofstra did it in 1999-2000.

The West-Woodley connection

In their 2 seasons, Jalan West has 164 of his 433 assists (38%) to Zeek Woodley, accounting for 363 of Woodley's 1,142 points (32%) and 38% of his made baskets (164-436).

West has dished for 35 of Woodley's 48 3-point makes (78%).

They have at least one hookup in 57 of 63 games together, including 45 of the last 46 games, and the last 31, with last year's season opener at Texas A&M the only exception.

Play-by-play man extraordinaire Patrick Netherton did the research.

West rising in career records; No. 1 in assists, 3rd in steals, 6th in scoring

Junior point guard Jalan West is prominent in the NSU record book.

Assists: has 608, 1st all-time (career 6.40 pg, 95 games, 3rd active in NCAA, 2nd in school history behind 7.5 from 1984-86 by Dwight Moody). Broke the record of 552 by Ryan Bundy (1994-98) last season.

Steals: has 219, 3rd on the career top 10 (career 2.31 pg, 3rd active in NCAA, 2nd in school history behind 2.46 by Lester Davis). Needs 46 to top the record 264 by Tyrone Mitchell from 2002-06. Next to pass: 32 shy of the 251 by Lester Davis (1974-78). With 78 as a sophomore, West broke the season school record 76 (Richard Taylor, 1999-2000) after missing by 1 steal as a freshman.

FT aim: 86.4% career (393-455), 2nd all-time (10th among active NCAA players). No Demon with 204+ attempts has shot as well. David Clark (1962-67) made 83.3% (382-456).

DEMON QUICK FACTS

Name: Northwestern State University
Founded: 1884 as Louisiana Normal School
Location: Natchitoches, Louisiana
Enrollment: 9,179
Nickname: Demons
Conference: Southland
All-Time W/L: 1,389-1,093 (.560),
102th season, 103rd year
Colors: Purple & White with Orange trim
Arena: Prather Coliseum (3,400)
Head Coach: Mike McConathy
Alma Mater: Louisiana Tech (1977)
Record: 259-240 (.519, 17th season)
Career Record: 611-399 (.605, 33rd season)
Starters R/L: 4/1
Lettermen R/L: 7/3
Newcomers: 6
Website: NSUDemons.com
Twitter: @NSUDemonsMBB

DEMONS ON THE AIRWAVES

Northwestern State basketball games can be heard live on the Demon Sports Network. The network includes flagship station KZBL-FM (100.7) in Natchitoches along with KWLA FM (103.1) in Anacoco, with select games in Shreveport on 92.1 KSYR-FM. Patrick Netherton has been the Demons' play by play man for 11 seasons.

NSUDEMONS.COM AND @NSUDEMONSMBB

NSU's official athletic website can be found at www.nsudemons.com. Updated statistics, game notes, player bios, schedules, and features are listed. Follow @NSUDemonsMBB on Twitter for in-game notes.

ON THE INTERNET

AUDIO BROADCAST - All of NSU's games can be heard on the internet, free of charge, by logging onto NSUDemons.com/Showcase.

VIDEO BROADCAST - All of NSU's home games and many road games can be seen on the internet, at a charge, by logging onto NSUDemons.com/Showcase. \$6.95 - 24 hour, \$10.95 - monthly, \$79.95 - yearly access.

INTERVIEW POLICY

During the week, player interviews should be set up through SID Doug Ireland at least one day in advance to minimize demands on the student-athletes' busy schedule. Brief face-to-face post-practice interviews may be conducted if time permits, but academic and travel responsibilities could preclude those opportunities. The Demon basketball program is very committed to being accessible to the media and we will make every effort to accommodate your needs. Please work with us and plan in advance whenever possible to facilitate the best possible arrangements for all parties.

Interviews with Coach McConathy or any assistant coach can be arranged by calling administrative assistant Marcia Bolton at (318) 357-4274.



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Scoring: 1,567 in three seasons (16.5 career ppg in 95 games, the 7th-highest career average in NSU history; 12th among active NCAA players). He's the 28th Demon to post 1,000 career points. He's 6th all-time, 16 back of 5th (David Clark, 1,583 from 1962-67).

Woodley joins 1,000-Point Club

In his 57th college game, Zeek Woodley became the 29th Demon, NSU's youngest player and first sophomore, to score 1,000 career points. Vernon Wilson did it in his second season as a Demon, in 1972-73, and did it faster, posting 1,050 points in 50 games (due to a 1981 fire we can't be sure when he went over 1,000). Wilson was a junior. In those days, freshmen could not play.

With 1,142 career points, Woodley ranks 21st all-time at NSU. He's 42 back of 20th (Ken Shaw, 1,184, 1950-54).

Scoring depth is a Demon trademark

NSU uses an ensemble approach to putting up points. That's been a staple of the McConathy wave substitution system in 16 seasons. The Demons often run 5-man waves into the game, usually in 3-4 minute increments near media timeouts.

Last year, nine Demons scored in double digits: Zeek Woodley (31), Jalan West (29), Marvin Frazier (12), Sabri Thompson (9), Tra'von Joseph (8), Ta'Jon Welcome (7), Devonte Hall (3), Matt Killian (3) and Tony Dobbins (3).

Woodley (22), West (16) and Dobbins (1) had 20-point+ games. West had 4 30-point performances and Woodley had 2.

Demons will graduate 3 seniors

Jalan West and Matt Killian are three-year lettermen who will graduate in May. Ta'Jon Welcome earned his first letter last year in his

first season at NSU.

Academic achievement, an NSU standard in the McConathy era

The Demons have been standouts since the NCAA began its Academic Progress Rate and the Graduation Success Rate 10 years ago.

Twice NSU has earned national recognition from the NCAA for outstanding APR scores in men's basketball, including May 2014.

In October's Graduation Success Rate report, the Demons topped all public institutions in Louisiana with their 85% score in men's hoops, and ranked 2nd among the 13 Southland Conference programs.

In coach Mike McConathy's first 15 seasons, nearly 90 percent of the seniors who have played for him, including those he inherited in 1999-2000, have graduated.

Demons are homegrown

Throughout the first 15 seasons of the Mike McConathy's reign, Coach Mike has typically increased the amount of players recruited from Louisiana, ranging from 23% of the roster in the 1999 season to a century-high 86% in 2010.

Ten of 15 Demons (67%) this season are Louisiana natives. Two are Texans, and one each is from Delaware, Florida and Oklahoma.

Last year, the Demons had 9 of their 16 players (56%) from the Pelican State.

The Demons have 11 players on average from Louisiana each season, with the highest amount escalating to 17 of 20 players in 2005, and the lowest number dropping to 3 of 13, a mere 23%, in McConathy's first season before he got to recruit on a broad scale.

Demons know championships

NSU has five players whose teams won a combined 9 high school state championships.

Sabri Thompson was part of three state championship teams at Sanford School in Hockessin, Delaware. His team was a state finalist in his senior year.

Zeek Woodley's Pelican-All Saints HS won state in his last two seasons after a semifinal trip in his sophomore year.

Jalan West guided Bossier HS to a state crown as a senior after two straight runner-up finishes.

Devonte Hall was a freshman in 2011 alongside West at Bossier HS.

Levi Yancy helped White Oak HS win two Texas Class 2A titles, and was state player of the year as a senior.

West, Woodley on Lou Henson Award Watch List

Jalan West and Zeek Woodley were included by CollegeInsider.com analysts on the Preseason Watch List for the Lou Henson Award presented to the nation's mid-major player of the year. Both were among 30 finalists for last year's award.

NSU is the only mid-major with 2 players on the list.

Southland success is a continuing saga under Coach Mike

In 16 prior seasons under coach Mike McConathy, the Demons have won 58% of their games vs. Southland Conference foes. In the last three years, NSU is 45-15 (75%) against league opponents (including conference tournament play) and is 52-24 (68%) in the last four years.



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State collegiate coaching wins record owned by McConathy

Demon coach Mike McConathy is both the winningest men's college coach in state history and the career leader for state college coaches including women's basketball, which in Louisiana folds in a stout group. He has 611 victories in his 33rd season, 17 at NSU and 16 at Bossier Parish Community College.

Grambling's Fred Hobdy was 572-288 when he retired after 30 years in 1986 and is in the Louisiana Sports Hall of Fame.

In women's basketball, Leon Barmore won 576 games at Louisiana Tech on his way to the Basketball Hall of Fame (2003 inductee), as well as the Louisiana Sports Hall of Fame.

McConathy is 177-127 (.582) against Southland opponents (159-118 regular season, 18-9 in conference tournament play).

His overall NSU record includes 71 regular-season "guarantee" road games, with four wins (2013 at Auburn, and in 2005 at Oklahoma State, at Mississippi State, vs. Oregon State), making him 253-166 (.606) otherwise — including two NCAA Tournament wins.

McConathy will coach his 1,011th against Ole Miss. That includes 511 in 16 seasons at BPCC and 500 in his 17 years with NSU.

McConathy's extended tenure puts him in elite company

Out of 347 Division I basketball programs, Coach McConathy is among only 17 current head coaches that have been in that post at the same school for 16 years or more. Others: Mike Krzyzewski of Duke, Tom Izzo at Michigan State, Steve Fischer at San Diego State, Kevin Stallings at Vanderbilt and Jim Boeheim of Syracuse.

Juco head coaches on NSU bench

Former junior college head coaches Bill Lewit and Jeff Moore provide head coaching experience for the Demons. Lewit won a NJCAA national championship at Cecil College (Md.) in 2006 and was head coach there for 14 seasons from 1995-2009. Moore was head coach for five years at John Wood (Ill.) from 1997-2002.

Va. Tech's Williams, McNeese's Simmons, UNO's Slessinger all came from McConathy's staff

Three Division I head coaches were on Mike McConathy's staff at NSU: Virginia Tech's Buzz Williams (2nd season there, 8th overall), McNeese's Dave Simmons (10th) and Mark Slessinger of UNO (5th).

Three more ex-Demon assistants run programs in Division I

Two former J.D. Barnett assistants, Steve Payne (Tennessee Tech) and Duggar Baucom (VMI) are veteran head coaches after stints at NSU. Another former NSU assistant under Dan Bell in 1989-90, Billy Kennedy, is the Texas A&M coach.

Notre Dame's Mike Brey made Demons' All-Century team

In his 16th season in South Bend, head coach Mike Brey has elevated Notre Dame among the nation's top programs.

The Rockville, Md.-DeMatha product played guard for the Demons (1977-80) and is 9th in school history with 311 assists (4.3 pg).

In March 2013 he was named to the Demons' All-Century Fab 50 Team for the Modern Era (1976-2012) as NSU played its 100th year of basketball.

Demons open at home Monday

The Northwestern State basketball team opens its 51st year of playing in Prather Coliseum Monday night against NAIA Tournament entry LSU Alexandria

The Demons are 32-8 in Prather Coliseum since the start of the 2012-13 season, 57-14 in the last 5 years, and have won 72% at home (153-61) under coach Mike McConathy.

All-time, NSU is 410-218 (.651) in Prather since the 1964-65 season when David Clark hit a layup to score the first points in the building.

Double dose of March Madness

NSU was one of 34 schools to have an NCAA women's entry and a postseason men's team in 2015. The Lady Demons made their second straight NCAA Tournament appearance last March.



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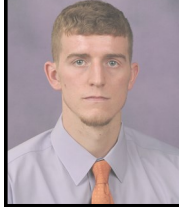
2014-15 ROSTER BY WAVES (ROTATIONS)

FIRST WAVE



12 JALAN WEST
G • Sr.-3L
5-10 • 185
Bossier City, LA
Bossier HS

2014-15 Game Averages
PTS Ast FG% 3FG% FT%
20.0 7.7 45.6 42.2 86.2



13 MATT KILLIAN
F • Sr.-3L
6-5 • 180
Hornbeck, LA
Hornbeck HS

2014-15 Game Averages
PTS RB FG% 3FG% FT%
4.3 2.6 43.7 39.0 65.5



15 MALIK METOYER
G • Fr.-HS
6-7 • 190
Clarence, LA
Lakeview HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



20 ISHMAEL LANE
F/C • Fr.-HS
6-8 • 250
Port Allen, LA
Port Allen HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



23 ZEEK WOODLEY
G • Jr.-2L
6-2 • 209
Pelican, LA
All-Saints HS

2014-15 Game Averages
PTS RB FG% 3FG% FT%
22.2 5.0 56.0 39.8 81.3

SECOND WAVE



0 TRA'VON JOSEPH
G • Jr.-2L
6-5 • 185
Morrow, LA
North Central HS

2014-15 Game Averages
PTS RB FG% 3FG% FT%
6.0 4.5 57.9 46.2 65.6



2 TA'JON WELCOME
G • Sr.-1L
6-4 • 165
Houston, TX
Tyler JC

2014-15 Game Averages
PTS RB FG% 3FG% FT%
5.8 2.1 42.9 27.2 53.8



3 DEVONTE HALL
G • So.-1L
6-1 • 180
Bossier City, LA
Bossier HS

2014-15 Game Averages
PTS Ast FG% 3FG% FT%
5.0 1.8 34.5 14.6 69.8



10 REGINALD KISSOONLAL
G/F • Fr.-RS
6-11 • 204
Jacksonville, FL
William M. Raines HS

2014-15 Game Averages
PTS RB FG% 3FG% FT%
3.1 1.4 23.5 16.7 71.4



21 SABRI THOMPSON
G • Jr.-2L
6-3 • 195
Newark, DE
Sanford School

2014-15 Game Averages
PTS RB FG% 3FG% FT%
7.1 3.2 40.3 38.7 77.3

REST OF BENCH



1 LEVY YANCY
F • Jr.-TR
6-8 • 185
White Oak, TX
Tyler JC

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



22 CODY CAMBRE
G • Fr.-HS
6-4 • 205
French Settlement, LA
French Settlement HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



35 COLBY KOONTZ
F/C • Fr.-HS
6-9 • 250
Enid, OK
Pioneer-Pleasant Vale HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



42 WILL POOLE
G • Jr.-HS
6-0 • 160
Shreveport, LA
C.E. Byrd HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER



44 BAILEY WALKER
G • Fr.-HS
6-0 • 180
Florien, LA
Florien HS

Game Averages
PTS RB FG% 3FG% FT%
NEWCOMER

PRONUNCIATIONS

Cody **CAMBRE** CAHM-bray
DEVONTE Hall Duh-VON-tay
TRA'VON Joseph TRAY-von
Reginald **KISSOONLAL** Kiss-soon-lal
Bill **LEWIT** LOU-it
Mike **MCCONATHY** McCON-uh-the
MALIK **METOYER** MUH-leek MUH-twy-uhr

Jacob **SPIELBAUER** SPEEL-bow-er
SABRI Thompson Sa-BREE
TA'JON Welcome TAY-jzon
JALAN West JAY-lun
NATCHITOCHEs, LA NACK-a-dish
BOSSIER City, LA BO-sure City
PRATHER Coliseum PRAY-thur



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DEMON PLAYER CAPSULES



22 CODY CAMBRE

Guard • Freshman - HS • 6-4 • 205
French Settlement, LA • French Settlement HS

Led all Louisiana high school players in 2014-15 with 32.5 ppg ... graduated with a 3.5 GPA ... criminal justice major ... ambition is to not have to check price tags.



3 DEVONTE HALL

Guard • Sophomore - 1L • 6-1 • 180
Bossier City, LA • Bossier HS

Played in all 32 games last year, starting 3, averaging 20 minutes and 5 ppg ... 9 points, 5 rebounds in career-high 31 minutes in SLC semi vs. SFA ... game-clinching block of a 3 to tie by McNeese in final seconds ... game-winning, buzzer-beating court-length drive and 6-footer vs. UIW ... helped Jalan West and Bossier HS win state title as a freshman ... Mr. Bossier HS as a senior ... had 3.0 GPA in first year of college.

Season Highs

Career Highs

| | |
|------|---------------------------------------|
| Pts |13 at AMCC (1/20/15) |
| Reb | 5 vs. SFA (3/13/15) |
| FGM | 6, 2x, last at AMCC (1/20/15) |
| 3FGM | 1, 7x, last vs. Lamar (1/17/15) |
| FTM | 5 at Central Arkansas (2/3/15) |
| Ast | 4, 3x, last vs. LC (12/31/14) |
| Stl. | 4 vs. Lyon (11/17/14) |
| Blk. | 2 at McNeese (2/14/15) |
| Min | 31 vs. SFA (3/13/15) |



0 TRA'VON JOSEPH

Guard • Junior - 2L • 6-5 • 200
Morrow, LA • North Central HS

Left knee surgery at end of a breakout sophomore season ... had filled inside void while senior Marvin Frazier was out ... consecutive season/career double-doubles vs. UCA (13 points, 10 rebs), at UNO (15/12) ... also a 10/10 vs. Lyon ... 12 of last 14, 24 of last 31 FTs (77%) last 10g ... 7 double-digit scoring games last season, 4 in last 8g ... 6.0 ppg, 4.6 rpg, 58% FGs, 18 starts, including last 10g... 6 games of 7+ rebounds last season.

Season Highs

Career Highs

| | |
|------|--|
| Pts | 15, 2x, last at UNO (2/21/15) |
| Reb |12 at UNO (2/21/15) |
| FGM |6 at UNO (2/21/15) |
| 3FGM |2 (of 3) at UCA (2/3/15) |
| FTM | 6 (of 6) vs. SLU (3/2/15) |
| Ast | 4 vs. Nicholls (1/26/15) |
| Stl. | 3 vs. LeTourneau (11/8/13) |
| Blk. | 2, 3x, last at Arkansas (12/28/14) |
| Min. |34 at UNO (2/21/15) |



13 MATT KILLIAN

Forward • Senior - 3L • 6-5 • 180
Hornbeck, LA • Hornbeck HS

Started last 14, now has 21 career starts ... averaged 5.8 ppg in last 24 games ... in last 22g, shot 47% on FGs, 43% on 3s ... pivotal steal with 0:12 left vs. UIW ... 8 points, 5 rebounds vs. UL Lafayette, 4-6 on FGs ... walk-on now on scholarship ... 3.8 GPA.

Season Highs

Career Highs

| | |
|------|--|
| Pts | 11 vs. UNO (3/7/15) |
| Reb | 6, 2x, last vs. Lyon (11/17/14) |
| FGM | 4, 3x, last at UCA (2/3/15) |
| 3FGM | 2, 2x, last at McNeese State (2/14/15) |
| FTM | 4 vs. AMCC (1/20/15) |
| Ast |3 vs. A&M-Corpus Christi (3/7/13) |
| Stl. | 4 vs. La. College (12/14/13) |
| Blk. |3 vs. LeTourneau (11/8/13) |
| Min. | 27, 3x, last at McNeese (2/14/15) |



10 REGINALD KISSOONLAL

Guard/Forward • Freshman - Redshirt • 6-11 • 195
Jacksonville, FL • William M. Raines HS

A medical redshirt ... had knee surgery mid-February ... 3.1 ppg, 1.4 rpg in 1st 8g ... UL Lafayette (12/20) was first DNP... 18 ppg, 8 rpg, 6 blocks, 4 assists as a prep senior.

Season Highs

Career Highs

| | |
|------|------------------------------------|
| Pts | 7, 2x, last at OU (11/23/14) |
| Reb | 2 at OU (11/23/14) |
| FGM | 3 (of 8) at TAMU (11/14/14) |
| 3FGM | 2 at OU (11/23/14) |
| FTM | 1 at OU (11/23/14) |
| Ast | 1 at OU (11/23/14) |
| Stl. | 1 at TAMU (11/14/14) |
| Blk. | 3 vs. MVC (11/29/14) |
| Min. | 22 at TAMU (11/14/14) |



35 COLBY KOONTZ

Forward/Center • Freshman - HS • 6-9 • 250
Enid, OK • Pioneer-Pleasant Vale HS

Has missed nearly all of preseason with concussion issues after a collision with Zeek Woodley ... All-State in hoops and baseball ... graduated with a 3.98 GPA ... father played center for Oklahoma football team, mother is one of the Sooners' top all-time basketball players ... could play baseball as a pitcher for NSU.



20 ISHMAEL LANE

Forward/Center • Freshman - HS • 6-8 • 250
Port Allen, LA • Port Allen HS

All-State Class 3A with 19 points, 12 rebounds and six blocks ... business administration major ... nickname is "Ish"



NORTHWESTERN STATE BASKETBALL

SLC East Division Champions '07 • SLC Champions '05, '06, • SLC Tournament Champions '01, '06, '13 • NCAA Tournament '01, '06, '13

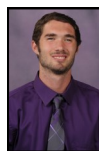
DEMON PLAYER CAPSULES



15 MALIK METOYER

Guard • Freshman - HS • 6-7 • 190
Clarence, LA • Lakeview HS

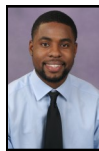
Two-time All-District player for Class 2A powerhouse program in rural Natchitoches Parish, about 20 miles from NSU ... averaged 10 points and 6 rebounds in 2014-15 for coach Brian Williams, who played for Coach McConathy at NSU ... Malik's cousin, Justice Winslow, plays for the NBA's Miami Heat



42 WILL POOLE

Guard • Junior - HS • 6-0 • 160
Shreveport, LA • C. E. Byrd HS

Has been a junior varsity player at NSU in his first two seasons ... his grandfather, Dan Poole, played for the Demons with Coach McConathy's father, Johnny, from 1949-50 and also ran track ... math major, wants to teach and coach



21 SABRI THOMPSON

Guard • Junior - 2L • 6-3 • 195
Newark, DE • Sanford School

Averaged 12.2 ppg in final 6 games last year, shooting 46% on FGs, 47% on 3s ... has 12 career double-figure scoring games, 9 last year, including the last 4g ... 2012-13 Gatorade Player of the Year for Delaware ... 4.0 GPA in first year of college, now a 3.8 cumulative GPA (business administration major) ... team's Student-Athlete Advisory Committee representative.

Season Highs

Career Highs

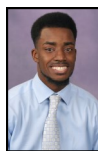
| | |
|------|---|
| Pts | 18 vs. SLU (3/3/15) |
| Reb | 8 vs. La. College (12/31/14) |
| FGM | 6 (of 10) vs. SFA (3/13/15) |
| 3FGM | 4, 3x, last vs. SFA (3/13/15) |
| FTM | 5, 3x last vs. Tenn.-Martin (3/19/15) |
| Stl | 3 vs. La. College (12/14/13) |
| Ast. | 6 at ULM (12/9/14) |
| Blk. | 1, 12x, last vs. Tenn.-Martin (3/19/15) |
| Min. | 31 vs. Tenn.-Martin (3/19/15) |



44 BAILEY WALKER

Guard • Freshman - HS • 6-0 • 180
Florien, LA • Florien HS

Twice All-State for the Black Cats ... graduated with a 4.0 GPA ... industrial engineering major



2 TA'JON WELCOME

Guard • Senior - 1L • 6-4 • 165
Houston, TX • Tyler JC (Booker T. Washington HS)

Started final 14 games and 28 of 32, averaged 5.8 in 15.8 minutes pg ... 7 games with 10+ points ... his 360-degree catch and dunk at SFA March 5 was No. 1 by ESPN staff, No. 2 by viewers on SportsCenter's Top 10 Plays ... career-best 18 points vs. Nicholls (7-10 FG, 3-4 3s) after scoring 16 prior 3g ... scored 13 in his hometown at HBU ... 3.0 GPA in fall ... sat out 2013-14 while graduating at TJC.

Season Highs

Career Highs

| | |
|------|---|
| Pts | 18 vs. Nicholls (1/26/15) |
| Reb | 7 vs. Nicholls (1/26/15) |
| FGM | 7 vs. Nicholls (1/26/15) |
| 3FGM | 4 (of 7) vs. McNeese (3/12/15) |
| FTM | 2, 9x, last at SFA (2/9/15) |
| Ast | 2, 10x, last vs. Tenn.-Martin (3/19/15) |
| Stl | 3 vs. Nicholls (1/26/15) |
| Blk. | 2 vs. Nicholls (1/26/15) |
| Min. | 23 vs. LC (12/31/15) |



12 JALAN WEST

Guard • Senior - 3L • 5-11 • 185
Bossier City, LA • Bossier HS

NCAA leader in assists (7.7 pg), 16th in scoring (20.0 ppg), 22nd in assist/turnover ratio (+2.73), 23rd in steals (2.1 pg) last season ... was top 25 in 8 NCAA stats, top 50 in 11, top 100 in 17 ... his career 2.6-1 assist/turnover ratio ranks top 15 in NCAA history ... career 6.4 assists pg ranks 3rd among returning players ... career 2.3 steals ranks 3rd among all returners ... career 16.5 scoring average ranks 12th among all returners ... his 1,567 career points ranks 4th among all returners ... 9 career 30-point games, 29 career 20-point games, 74 career double-digit scoring games (95 career games) ... 11 career double-doubles, 9 with points/assists, 2 with points/rebounds ... 10 career games with 10+ assists ... 2 games with 10+ rebounds ... 19 games in which he has contributed at least 50% of Demons' points through scoring and assists, including 7 of the last 8 in 2014-15 ... matched career hi with 36 points, capped by game-winning 3 at the buzzer at UNO ... hit 53-footer at halftime buzzer to earn No. 2 on ESPN SportsCenter's Top 10 Plays list 2/21/15 ... also made #SCTop10 with his lob to Ta'Jon Welcome at SFA 3/2/15r ... averaged 5.5 rebounds last 15g, Demons' top rebounder in that span ... tied single-game school FT% record w/ 11-11 vs. SFA ... career: 95g, 66 starts, 16.5 ppg (10th among all active NCAA players), 3.6 rpg, 6.40 assists pg (3rd among all active NCAA players), 2.31 steals (3rd among all active NCAA players), 45% FGs, 40% 3s, 86.4% FT (10th among all active NCAA players), +2.60 assist/turnover ratio (3rd among all active NCAA players), 23 career blocked shots ... among 18 players last year in the NCAA with career 1,500+ points, 350+ assists ... 34 g with 8+ assists, 17 last season ... 25 points, 5 rebs, 7 assists at Arkansas ... 28th Demon to score 1,000 in his career ... his 1,567 is 6th in school history ... needs 443 to break school record ... owns NSU records for single-season (246), career (608) assists, 3-pointers made season (86), career (206) ... 3rd in career steals (219) ... his career 86.4% FTs is 2nd in school history, 10th among returning NCAA players ... will graduate in May ... has been invited to introduce the commencement speaker by NSU President Dr. Jim



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DEMON PLAYER CAPSULES

Henderson, who squared off against West in two offseason games of HORSE, the first at the president's house Aug. 3, the second Oct. 22 at NSU's Tipoff Party.

| <u>Season Highs</u> | <u>Career Highs</u> |
|---------------------|---|
| Pts | 36, 2x, last at UNO (2/21/15) |
| Reb | 11 vs. Tenn.-Martin (3/19/15) |
| FGM | 12, 2x, last vs. Tenn.-Martin (3/19/15) |
| 3FGM | 8 (of 14) vs. Tenn.-Martin (3/19/15) |
| FTM | 13 (of 14) at LSUA (11/20/14) |
| Ast | 14 vs. Missouri Valley (11/29) |
| Stl. | 7 vs. Lamar(1/5/13) |
| Blk. | 3 vs. Lamar (1/4/14) |
| Min. | 45 (2 OT) at Baylor (12/18/13) |



1 LEVI YANCY

Forward • Junior - TR • 6-8 • 185
White Oak, TX • White Oak HS/Tyler JC

Helped TJC reach the national tournament last season ... led White Oak to consecutive Texas Class 2A state championships ... was 2A Player of the Year as a senior, voted by Texas Basketball Coaches Association ... was class treasurer ... his cousin, Terrell Harris, was on the Miami Heat's NBA championship team in 2012 ... education major, wants to teach and coach in east Texas.



23 ZEEK WOODLEY

Guard/Forward • Junior - 2L • 6-2 • 209
Pelican HS • Pelican All-Saints HS

Nation's leading returning scorer (22.2 pg last year, 2nd nationally in 2014-15) ... career 18.1 scoring average is 5th among active NCAA players with 1,000 career points ... his career 58.1% FG aim ranks 9th among all active returners ... his 1,142 career points ranks 21st in school history, 42 behind 20th ... 3 career 30-point games, 25 career 20-point games, 53 (of 63) career games in double figures ... 18 career games with 6+ rebounds ... Southland Conference Student-Athlete of the Year (3.3 GPA) 2nd team All-Southland ... youngest Demon, first sophomore, but 2nd fastest to 1,000 career points ...34 points (14-17 FGs) vs. McNeese in Southland Tournament quarterfinal win ... with 711 points, broke 38-year-old NSU single-season scoring record ... 18th Demon over 500 in a season, only 5 have scored 600+ ... career-hi 36 points (12-16 FGs, 2-3 3s, 10-11 FTs) vs. UCA ... 14th Demon to average 20+ ppg in a season ... his 22.2 ppg was 4th all-time at NSU ... crucial 17-footer with 0:59 to go padded 1-point edge at McNeese ... had 24 straight FT makes in midseason ... 22.2 ppg (2nd NCAA), 5.1 rpg, 56% FGs (27th NCAA), 40% on 3s, 81% on FTs ... career: 63g, 57 starts, 18.1 ppg (5th NCAA), 58.1% FGs (9th NCAA), 40% 3s, 81% FTs, 4.8 rpg ... along with Jalan West, among 30 players on Preseason Watch List for Lou Henson Award (mid-major player of the year) presented by CollegInsider.com ... regular season-low 11 points on 3-13 FGs at SHSU ended string of 10 straight 20+ scoring totals ... he compensated with career-best 10 rebounds for his first and only career double-double... shot at least 50% in all but 6g in 2014-15 ... school-record tying 100% on 11-11 FTs in 28-point, 9-rebound outing vs. SLU ... 19-23 on FGs, 26.5 ppg, 4-5 on 3s, 10-13 FTs in 2g at OU, Texas Tech ... 2013-14 Southland Freshman of the Year ... as a freshman, was 4th in NCAA in FG% (61.7) ... 13.9 ppg (... nickname: "Zeek" which he prefers ... given name: Zikiteran ... 3.1 cumulative GPA.

| <u>Season Highs</u> | <u>Career Highs</u> |
|---------------------|-----------------------------------|
| Pts | 36 vs. UCA (2/16/15) |
| Reb | 10 at SHSU (1/5/15) |
| FGM | 14 (of 17) vs. McNeese (3/12/15) |
| 3FGM | 3, 3x, last vs. McNeese (3/12/15) |
| FTM | 11 (of 11) at SLU (1/31/15) |
| Ast | 4, 3x, last vs. UNO (3/7/15) |
| Stl. | 36, at Central Arkansas (2/3/15) |
| Blk. | 3, 4x, last vs. McNeese (1/24/15) |
| Min. | 39 vs. SFA (3/13/15) |



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CURRENT SEASON HONORS

Jalan West

- Listed with Zeek Woodley among 21 sets of teammates in BleacherReport.com national columnist Brian Pedersen's feature "Predicting the Best Duos in College Basketball in the 2015-16 Season." (6/5)
- Listed as the #4 Point Guard in BleacherReport.com national columnist Brian Pedersen's feature "Predicting the Best Scorers at Each Position for the 2015-16 CBB Season." (6/8)
- Rated among the country's 20 "Most Exciting Players to Watch" in the 2015-16 season by BleacherReport.com columnist Brian Pedersen (9/7)
- Ranked 5th on "Most Likely to Reach 2,000 Career Points in 2015-16" ranking of standouts by BleacherReport.com's national columnist Kerry Miller (9/7)
- College Sports Madness's Preseason Mid-Major All-America first team selection (10/5)
- Lou Henson Mid-Major Player of the Year Watch List
- All-Southland Conference Preseason first team selection (10/27)
- No. 50, DraftExpress.com's NCAA Seniors list
- No. 69, CBS Sports Top 100 College Basketball Players of 2015-16 (only Southland player listed)
- No. 93, College Basketball Talk (NBC Sports) Top 100 College Basketball Players of 2015-16 (only Southland player listed)
- KenPom.com #ShootersClub, Top Five Shooters in College Basketball (vs. exclusively D-I opponents)

Zeek Woodley

- Listed with Jalan West among 21 sets of teammates in BleacherReport.com national columnist Brian Pedersen's feature "Predicting the Best Duos in College Basketball in the 2015-16 Season." (6/5)
- Listed as the #4 Shooting Guard in BleacherReport.com national columnist Brian Pedersen's feature "Predicting the Best Scorers at Each Position for the 2015-16 CBB Season." (6/8)
- College Sports Madness's Preseason Mid-Major All-America second team selection (10/5)
- Lou Henson Mid-Major Player of the Year Watch List
- All-Southland Conference Preseason first team selection (10/27)

Demon Trends

| | 2012-13 | 2013-14 | 2014-15 | 2015-16 |
|----------------------|-------------|--------------|--------------|---------|
| NSU RECORD... | 23-9 | 17-14 | 19-13 | |
| In November | 3-3 | 3-3 | 3-3 | 0-0 |
| In December | 3-1 | 1-4 | 2-3 | 0-0 |
| In January | 7-2 | 4-4 | 6-3 | 0-0 |
| In February | 6-1 | 5-2 | 5-1 | 0-0 |
| In March | 3-2 | 4-1 | 3-3 | 0-0 |

NSU'S RECORD IN GAMES...

| | | | | |
|---------------------------------|------|------|-------|-----|
| Decided by 5 pts or less | 5-2 | 2-5 | 5-0 | 0-0 |
| Decided by 10 pts or less | 2-2 | 3-3 | 3-2 | 0-0 |
| Decided by 11 pts or more | 15-5 | 12-5 | 11-11 | 0-0 |
| At night | 11-7 | 9-12 | 11-10 | 0-0 |
| During the day | 10-1 | 8-2 | 8-2 | 0-0 |
| Decided in Overtime | 0-0 | 0-3 | 0-0 | 0-0 |
| Televised | 2-6 | 2-3 | 0-7 | 0-0 |

NSU'S RECORD WHEN SCORING...

| | | | | |
|---------------------------|-----|-----|-----|-----|
| Less than 60 points | 1-1 | 0-1 | 0-0 | 0-0 |
| 60-69 points | 2-4 | 0-2 | 0-5 | 0-0 |
| 70-79 points | 4-3 | 1-6 | 3-5 | 0-0 |
| 80-89 points | 8-0 | 9-3 | 8-3 | 0-0 |
| 90-99 points | 3-1 | 2-1 | 6-1 | 0-0 |
| 100 or more points | 4-0 | 5-1 | 2-0 | 0-0 |

NSU'S RECORD WHEN ALLOWING...

| | | | | |
|---------------------------|-----|-----|-----|-----|
| Less than 60 points | 6-0 | 0-0 | 2-0 | 0-0 |
| 60-69 points | 5-2 | 3-1 | 3-0 | 0-0 |
| 70-79 points | 9-3 | 6-2 | 8-2 | 0-0 |
| 80-89 points | 2-1 | 5-4 | 4-3 | 0-0 |
| 90-99 points | 0-2 | 1-4 | 0-6 | 0-0 |
| 100 or more points | 0-1 | 2-3 | 2-3 | 0-0 |

NSU'S RECORD WHEN...

| | | | | |
|---------------------------------|------|------|------|-----|
| Leading at the half | 19-2 | 14-2 | 16-0 | 0-0 |
| Trailing at the half | 2-7 | 2-12 | 2-13 | 0-0 |
| Tied at the half | 1-0 | 1-0 | 1-0 | 0-0 |
| Lead 10 minutes left | 17-0 | 16-1 | 15-0 | 0-0 |
| Trail 10 minutes left | 4-8 | 1-14 | 3-13 | 0-0 |
| Tied 10 minutes left | 0-1 | 0-0 | 0-0 | 0-0 |
| Lead 5 minutes left | 17-1 | 17-2 | 15-1 | 0-0 |
| Trail with 5 minutes left | 3-8 | 0-12 | 3-12 | 0-0 |
| Tied with 5 minutes left | 1-0 | 0-0 | 0-0 | 0-0 |

NSU'S RECORD WHEN SHOOTING...

| | | | | |
|----------------------------------|------|------|-------|-----|
| 50% or higher | 7-0 | 10-2 | 7-2 | 0-0 |
| Less than 50% | 15-9 | 7-12 | 12-11 | 0-0 |
| Better than opponent | 16-1 | 14-4 | 14-2 | 0-0 |
| Worse than opponent | 6-8 | 3-10 | 5-11 | 0-0 |
| Even shooting | 0-0 | 0-0 | 0-0 | 0-0 |
| More 3PT FGs than opponent | 11-2 | 9-0 | 13-3 | 0-0 |

NSU'S RECORD WHEN...

| | | | | |
|--------------------------------|------|------|-------|-----|
| Outrebounding opponent | 11-1 | 10-3 | 9-2 | 0-0 |
| Outrebounded by opponent | 9-6 | 7-10 | 10-11 | 0-0 |
| Equal rebounds | 2-2 | 0-1 | 0-0 | 0-0 |

NSU'S RECORD WHEN COMMITTING...

| | | | | |
|------------------------------|------|------|------|-----|
| Fewer TO than opponent | 15-3 | 12-8 | 15-6 | 0-0 |
| More TO than opponent | 7-3 | 4-6 | 2-5 | 0-0 |
| Equal TO | 0-2 | 1-0 | 2-2 | 0-0 |
| 15 or fewer TO | 12-6 | 13-9 | 17-9 | 0-0 |



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A "Demon" in the Rough - Mike McConathy

33rd season in college coaching, 37th overall • 611-399 career record (.605) • 259-240 (.519), 17th season at NSU

Times have changed with Coach Mike in charge

When he was hired as head coach at his father's alma mater in March 1999, Mike McConathy took the helm of a basketball program that was, to put it kindly, struggling.

Prior to Coach Mike's arrival, NSU had only five winning seasons in 24 years of NCAA Division I competition. The high points of modern-day Demon basketball before McConathy were a stunning upset win on Dec. 7, 1988 at Rupp Arena to hand Kentucky its first home-opening loss in 21 seasons, and a 1994 NCAA team scoring title. Five previous coaches, including a couple who had been highly successful elsewhere (Wayne Yates, J.D. Barnett), had been unable to establish sustained success.

Then, and now:

Then - 5 winning seasons in 24 years, 5 straight losing seasons going into 1999-2000

Now - 11 winning seasons in 16 years, including the last 5

Then - no 20-win seasons in 23 years of Division I membership; only one since 1960

Now - 3 20-win seasons in the last 11 years, back-to-back 20-win seasons in 2004-06; all-time best 26-8 mark in 2005-06

Then - No postseason tournament appearances

Now - 2-3 record in three NCAA Tournaments (2001, 2006, 2013); 2015 CIT

Then - no conference championship in 13 seasons in the SLC, 3 seasons in the Gulf Star Conference and 3 in the Trans-America Conference

Now - Southland Conference regular-season crowns in 2005, 2006; SLC Tournament titles in 2001, 2006, 2013; 2007 SLC East Division championship

Then - no conference tournament championship game appearances

Now - 7 SLC Tournament championship game appearances 2000, 2001, 2005, 2006, 2007, 2008, 2013) in 11 tourney appearances with three wins (2001, 2006, 2013). Each of the losses came down to the final minute.

Then - attendance for NSU home games in Prather Coliseum was about 1,200 per game.

Now - in 14 home games in 2005-06, the Demons set an all-time record with an average of 2,340 fans. Four of the top five crowds in 45 seasons in Prather Coliseum, all exceeding seating capacity (baseline to baseline) of 3,400, have come under Coach Mike. During the 2013-14 season, NSU averaged 1,857 per game at home. This year, NSU is averaging 1,936 in 15 games, and in 9 Southland games, the average was 2,077, including 3,612 vs. SFA.

Then - no national television appearances, 4 regional television appearances

Now - 25 national telecasts (4 on CBS, 10 on ESPN/ESPN2/ESPNU, 2 on Big Ten Network, 10 on ESPN3, 1 SEC Network), 29 more regional telecasts in 15 seasons, producing a total of 54 TV games.

Then - Demons had won 62% of their home games in 33 seasons in Prather Coliseum

Now - Demons have won 72% of their home games (153-61) under Coach Mike, including a 57-14 (80%) record in the last 5 seasons.

Then - NSU's graduation rate for basketball was below par nationally

Now - The Demons have graduated nearly 90% of the seniors who have played under Coach Mike. NSU had

a perfect NCAA APR (Academic Progress Rate) score in May 2012 to earn its second "public recognition" among the NCAA's top 10% in that report (also 2006). Received another NCAA public recognition in 2014. Lead state, SLC in Graduation Success Rate scores almost every year.

Noteworthy on Coach Mike

- Three of his former assistant coaches, Dave Simmons (10th year, McNeese State), Mark Slessinger (5th year, New Orleans) and Buzz Williams (2nd year, Va. Tech) have become head coaches of Division I programs. Simmons and Williams were his two primary assistants in his first NCAA Tournament season (2000-01)
- He was the first Northwestern State head coach in any sport to receive a multiple-year contract, getting a four-year package at a base of \$99,000 per year in spring 2006 and having the package extended and upgraded in 2008 to \$125,000 and extended again and enhanced in 2013. Louisiana law requires one-year contracts for state employees unless guaranteed with private funds (or by elections!).
- His record includes 71 games played at a "power conference" foe, winning at Auburn, Oklahoma State and Mississippi State
- UTEP head coach Tim Floyd and McConathy were suitemates and teammates at Louisiana Tech, where they were recruited by future NBA head coach (Jazz, Bulls, Pistons) Scotty Robertson. Floyd and McConathy stay in contact.
- He is married to his college sweetheart. Connie McConathy, a former HS English teacher, manages the Bossier Parish community College branch located on the NSU campus. They are proud grandparents of Miles (2) and Miller McConathy (2 months) sons of former Demon player Logan and former Lady Demon Lyndzee Greene McConathy. Mike is called "Pops" and Connie is "Honey."
- His father, Johnny, starred for Northwestern in 1947-51 and was the No. 5 pick in the 1951 NBA Draft, going to Syracuse. His dad grew up on a farm in Bienville Parish and heard the roar of gunshots 6 miles away when Bonnie and Clyde were taken out in 1934. Johnny and wife Corene celebrated their 60th wedding anniversary last Dec. 23.
- He does a live pregame radio interview courtside on the Demon Sports Network. 15 minutes before tipoff. Pregame, he doesn't sequester himself in the locker room or his office. At home games he goes through the stands and into the booster room, greeting fans. He's also typically out visiting around the court pregame for road games.
- He is on the voting panel for the ESPN/USA Today coaches' Top 25 poll for the 10th straight season.
- A thoroughbred horse named for him, "Coach Mike," won \$300,000 in 3 years. The horse is a filly and just like Coach Mike's teams, loves to run.





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McConathy's Magic

THE COACH

McConathy at Northwestern State

| | | |
|-------------|---------|--|
| 1999-00 | 17-13 | Championship Game, CenturyTel SLC Classic; most wins at NSU in 18 years |
| 2000-01 | 19-13 | NCAA Tournament win; CenturyTel SLC Classic |
| 2001-02 | 13-18 | Win over NCAA Tournament entry Siena |
| 2001-03 | 6-21 | Youngest team in NCAA D-1; top 8 scorers freshmen |
| 2003-04 | 11-17 | Youngest Team in NCAA D-1; started 5-0 in SLC |
| 2004-05 | 21-12 | First SLC title; most wins since 1974; SLC Coach of the Year |
| 2005-06 | 26-8 | SLC title; SLC tourney title; NCAA First Round win |
| 2006-07 | 17-15 | SLC East Division title; SLC tourney finalist |
| 2007-08 | 15-18 | SLC Tournament finalist |
| 2008-09 | 11-20 | 12 different starters |
| 2009-10 | 10-19 | Top 50 NCAA Rankings in blocks, steals, scoring |
| 2010-11 | 18-14 | 2nd in SLC race, led nation in team blocks, 9th in steals |
| 2011-12 | 16-16 | Ranked 6th in blocks, 11th in steals per game |
| 2012-13 | 23-9 | SLC Tournament Champs, MCAA Tournament, 2nd nationally in scoring, 6th in steals |
| 2013-14 | 17-14 | Five top 25 NCAA stat rankings, three in top 10, 2nd in scoring |
| 2014-15 | 19-13 | Demons No. 1 nationally in scoring among 9 NCAA top 100 stat rankings |
| 2015-16 | 0-0 | Can't wait to see what happens |
| 16th season | 259-240 | Seven SLC Tournament title game berths in 11 conference tournament appearances |

McConathy at Bossier Parish CC

| | | |
|------------|---------|---|
| 1983-84 | 10-16 | |
| 1984-85 | 16-16 | |
| 1985-86 | 15-16 | |
| 1986-87 | 24-8 | NJCAA Region 23 Tournament |
| 1987-88 | 22-9 | NJCAA Region 23 Tournament |
| 1988-89 | 19-12 | NJCAA Region 23 Tournament Semifinalist |
| 1989-90 | 24-8 | NJCAA Region 23 Tournament |
| 1990-91 | 22-11 | Miss-Lou champion; NJCAA Region 23 semis |
| 1991-92 | 15-15 | |
| 1992-93 | 28-9 | NJCAA Region 23 Tournament Semifinalist |
| 1993-94 | 28-6 | Miss-Lou; Region 23 champions; NJCAA tourney |
| 1994-95 | 25-7 | Miss-Lou champion; Region 23 runner-up |
| 1995-96 | 23-9 | Miss-Lou champion; Region 23 runner-up |
| 1997-98 | 27-3 | Miss-Lou champion; 3rd nationally in final NJCAA poll |
| 1998-99 | 26-5 | Miss Lou champion; 8th nationally in final NJCAA poll |
| 16 seasons | 352-159 | Won 69% of his games, including 79% in the last 7 years |

- In 13 of his last 14 seasons, BPCC participated in the NJCAA Region 23 Tournament after finishing either first or second in the Miss-Lou Conference
- The Cavaliers won six straight Miss-Lou Conference championships from 1994-99
- BPCC won two NJCAA Region 23 championships
- The Cavaliers were NJCAA Region 23 finalist two more times
- Twice, Coach Mac led Bossier Parish to the NJCAA Tournament

THE PLAYER

Mike "Opie" McConathy

| | | |
|---------|----------|---|
| 1973-74 | 12.3 ppg | Starter as a true freshman at Louisiana Tech |
| 1974-75 | 16.8 ppg | All-Southland Conference, second team |
| 1975-76 | 24.7 ppg | All-America, honorable mention; SLC Player of the Year; 13th leading scorer in NCAA D-1 |
| 1976-77 | 27.5 ppg | 1st Team All-SLC; 7th leading scorer in D-1 |
| Career | 20.7 ppg | (98 games, 2,033 points) |

Today he ranks 10th all-time in career scoring average in SLC history
 Tied Louisiana Tech single-game scoring record with 47 vs. Lamar, 2/23/76 (14-21 FGs, 19-20 FTs)
 Set Prather Coliseum single-game scoring record with 45 vs. NSU, 12/11/76 (16-26 FGs, 13-15 FTs)
 Scored 41 points vs. East Tennessee State, 11/29/76 (11-23 FGs, 11-16 FTs)
 Scored 41 points vs. NSU, 2/28/77 (14-23 FGs, 13-14 FTs)
 Scored 41 points vs. McNeese, 2/24/77 (15-25 FGs, 13-16 FTs)
 Scored 40 points vs. Lamar, 2/13/75 (15-25 FGs, 10-11 FTs)
 Holds school records for free throws made in a game (19 vs. Lamar, 2/23/76), season (200, 1976-77) and career (465), and most free throw attempts in a season (246, 1976-77)
 Holds school record by hitting 16 of 16 free throws vs. Southern Mississippi, 2/9/77
 Chosen to play in Big Apple Classic, New York City, 1977
 Drafted by Chicago Bulls, 1977, fourth round of NBA Draft
 Signed at La. Tech by Scotty Robertson, future NBA head coach, assistant coach and scout
 Coached by Emmitt Hendricks, who was the owner of Nicky's Mexican Restaurant in Natchitoches before his death
 Inducted in the Shreveport-Bossier Sports Foundation Hall of Fame for his playing career at Airline and in college
 Inducted in the Louisiana Tech Athletic Hall of Fame in 2011

“Mike is remarkably relaxed in this pressure cooker. You can tell his players hold a reverence toward him. If you didn’t meet him, you’d think he was too good to be true. He’s a quality human being, more concerned about his kids getting through school and doing well in life than anything else, and they know it.”

-- *Bill Raftery, CBS Sports
2006 NCAA Tournament*

“He’s one of the neatest and one of the greatest guys I’ve ever been around. I think Mike has a lawn cutting business and a striping business, where they do lines in parking lots, and he’s right there in the middle of it during his offseason. That’s just who he is, what he’s about and he’s a tremendous basketball coach. He loves it. You’re right, he doesn’t ever draw any attention or anything to himself. He’s just a great guy.”

--*LSU head coach Johnny Jones*

“I have never seen the drive Mike had in any other player on any level. Looking back, I realize that the things we coaches try to emphasize each day to our players are the things that Mike did back then. He was completely self-made and his numbers each year reflected how hard he was working. He could have started for North Carolina, UCLA or anybody else.”

-- *college teammate, now UTEP
head coach Tim Floyd*

jalan
WEST





12

Jalan West
5-11, 185
Guard
Senior-3L
Bossier City, La.
Bossier HS



CAREER HIGHS

Points: 36, 2x, last at New Orleans (2/21/15)
Rebounds: 11, vs. Tennessee-Martin (3/19/15)
Field Goals: 12, 2x, last vs. Tenn.-Marin (3/19/15)
Field Goal Attempts: 24, at New Orleans (2/21/15)
Free Throws: 13, at LSU-Alexandria (11/20/14)
Free Throw Attempts: 14, 2x, last at LSU-Alexandria (11/20/14)
3-Pointers: 8, vs. Tennessee-Martin (3/19/15)
3-Point Attempts: 14, 2x, last vs. Tenn.-Martin (3/19/15)
Blocks: 3, vs. Lamar (1/14/14)
Assists: 14, vs. Missouri Valley (11/29/14)
Steals: 7, vs. Lamar (1/5/13)
Minutes: 45, at Baylor, 2OT (12/18/13)

2014-15 SEASON HIGHS

Points: 36, 2x, last at New Orleans (2/21/15)
Rebounds: 11, vs. Tennessee-Martin (3/19/15)
Field Goals: 12, 2x, last vs. Tenn.-Marin (3/19/15)
Field Goal Attempts: 24, at New Orleans (2/21/15)
Free Throws: 13, at LSU-Alexandria (11/20/14)
Free Throw Attempts: 14, 2x, last at LSU-Alexandria (11/20/14)
3-Pointers: 8, vs. Tennessee-Martin (3/19/15)
3-Point Attempts: 14, 2x, last vs. Tenn.-Martin (3/19/15)
Blocks: 2, 2x, last vs. New Orleans (3/7/15)
Assists: 14, vs. Missouri Valley (11/29/14)
Steals: 5, 3x, last vs. C. Arkansas (2/16/15)
Minutes: 40, 6x, last vs. New Orleans (3/7/15)



WEST'S CAREER STATISTICS

| YEAR | G-GS | MIN. | AVG. | FG-A | PCT. | 3FG-A | PCT. | FT-A | PCT. | O | D | TOT | AVG. | PF | A | AVG. | T/O | STL. | BLK. | PTS. | AVG. |
|-------------|--------------|-------------|-------------|-----------------|-------------|----------------|-------------|----------------|-------------|-----------|------------|------------|------------|------------|------------|------------|------------|------------|-----------|-------------|-------------|
| 12-13 | 32-5 | 804 | 25.1 | 107-254 | .421 | 50-144 | .347 | 61-73 | .836 | 17 | 64 | 81 | 2.5 | 65 | 165 | 5.2 | 60 | 75 | 4 | 325 | 10.2 |
| 13-14 | 31-29 | 1021 | 32.9 | 184-397 | .463 | 70-171 | .409 | 163-186 | .876 | 14 | 111 | 125 | 4.0 | 75 | 197 | 6.4 | 84 | 78 | 8 | 601 | 19.4 |
| 14-15 | 32-32 | 1104 | 34.5 | 193-423 | .456 | 86-204 | .422 | 169-196 | .862 | 18 | 122 | 140 | 4.4 | 63 | 246 | 7.7 | 90 | 66 | 11 | 641 | 20.0 |
| Tot. | 95-66 | 2929 | 30.8 | 484-1074 | .451 | 206-519 | .397 | 393-455 | .864 | 49 | 297 | 346 | 3.6 | 203 | 608 | 6.4 | 234 | 219 | 23 | 1567 | 16.5 |

2015-16 PRESEASON HONORS

- RANKED NO. 50 AMONG DRAFTEXPRESS.COM'S NCAA SENIORS
- RANKED NO. 69 AMONG CBS SPORTS' TOP 100 COLLEGE BASKETBALL PLAYERS OF 2015-16 (ONLY SOUTHLAND PLAYER INCLUDED)
- RANKED NO. 93 AMONG COLLEGE BASKETBALL TALK (NBC SPORTS) TOP 100 COLLEGE BASKETBALL PLAYERS OF 2015-16 (ONLY SOUTHLAND PLAYER INCLUDED)
- KENPOM.COM #SHOOTERSCLUB, TOP FIVE 3-POINT SHOOTERS IN COLLEGE BASKETBALL (VS. EXCLUSIVELY DIVISION I OPPONENTS)
- LOU HENSON MID-MAJOR PLAYER OF THE YEAR WATCH LIST
- COLLEGE SPORTS MADNESS PRESEASON ALL-AMERICA, FIRST TEAM
- PRESEASON MID-MAJOR ALL-AMERICA SECOND TEAM, COLLEGE BASKETBALL TALK/NBC SPORTS
- "20 MOST EXCITING PLAYERS TO WATCH" BY BRIAN PEDERSON, BLEACHERREPORT.COM
- "MOST LIKELY TO REACH 2,000 CAREER POINTS," RANKED FIFTH BY KERRY MILLER, BLEACHERREPORT.COM
- (WITH ZEEK WOODLEY) "BEST DUOS IN COLLEGE BASKETBALL," BRIAN PEDERSON, BLEACHERREPORT.COM
- (WITH ZEEK WOODLEY) "TOP 10 BACKCOURTS IN COLLEGE BASKETBALL," NO. 9, REED HUNNICUTT, RANTSPTS.COM

FULL LIST OF WEST'S CAREER HONORS ON PAGE 21

- School single-season (246), career (608) assists leader
- school single-season (86) and career (206) leader in 3-point field goals
- sixth all-time at NSU in career scoring (1,567) – needs 443 to break Billy Reynolds' record of 2,009 from 1973-77
- third all-time at NSU in career steals (219) – needs 46 to break Tyrone Mitchell's record of 264 (2002-06)
- his .864 career free throw percentage is second in school history but the best by a Demon with more than 41 free throw attempts per season or 82 in a career (West has attempted 455 career FTs).

Entering 2015-16:

- Career 2.6-to-1 assist to turnover ratio ranks him in the top 15 in NCAA history.
- averaging 1.46 points per field goal attempt, comparable to Duke legend J.J. Redick's career 1.45 points per FGA average (Kerry Miller, BleacherReport.com).
- 19th since 1995-96 in career assist average; on pace to finish in top 10 in career assists (since 1995-96 according to Sports-Reference.com).
- career assist average of 6.40 pg ranks 3rd among all

- returning players (official NCAA Statistics); his 608 career assists leads all returning players.
- career steals average of 2.31 pg also ranks 3rd among all returning players; his 219 career steals are the 2nd-highest total by any returner.
- career assist/turnover ratio of +2.60 is 3rd among all returning players.
- his career 16.5 scoring average ranks 12th nationally among all returning players with 1,000 career points.
- career 1,567 points ranks 4th among all returning players.
- Demons have either led the country in scoring (2014-15, 84.0 ppg) or finished second (2013-14, 86.7 ppg; 2012-13, 80.0 ppg) in his career.
- NSU is 59-34 overall with two national postseason tournament appearances, 40-14 in Southland Conference regular-season play in his career.
- has hit half his career shots inside the 3-point arc, 40% on 3s, 86% at the line.
- has 9 career 30-point games, 29 career 20-point games, and 74 career double-figure scoring games.
- 11 career double-doubles, 9 with points/assists, 2 with points/rebounds.





CHAMPIONSHIP BASKETBALL ... WITH A PURPOSE

- 2 career games with 10 or more rebounds.
- 10 career games with 10 or more assists.
- 34 career games with 8 or more assists.
- 19 games in which he contributed at least 50% of NSU's points with scoring and assists, including 7 of the last 8 in 2014-15.
- has been responsible for 37.4% of the points scored by the Demons in his three seasons (1,567 scored, 1,404 assisted on 420 2-pointers, 188 3-pointers).
- only 1 career game (at Oral Roberts in his freshman year) without an assist on a 2-point bucket.
- only 18 games without an assist on a 3-pointer, just 3 of those games last season.
- notably took part in two games of H-O-R-S-E with first-year NSU president Dr. Jim Henderson, the first on Aug. 3 on Henderson's backyard (the Brickyard) goal; the second at the NSU Tipoff Party Oct. 22, with Lady Demon senior point guard Janelle Perez also in the mix. West won both.
- on pace to graduate in spring semester.
- has been invited by Dr. Henderson to introduce the commencement speaker at NSU's Spring 2016 ceremonies.
- nominee for NABC Allstate Good Works Team for leadership, character, on-court performance, community service.

2014-15 Season:

- led NCAA in assists pg (7.7), 16th in scoring (20.0 ppg).
- with Zeek Woodley, formed the highest scoring tandem in college basketball (42.2 ppg).
- they were dubbed "J-Z on Tour" early in the season by CollegelInsider.com.
- top 25 in 8 NCAA season stats, Top 50 in 11, Top 100 in 17 national stats.
- only college player in the NCAA top 25 in scoring, assists, and steals.
- sixth in total assists (246), 23rd in total points (641), 31st in total steals (66).
- 20th in 3-point FG aim (42.2%), 45th in 3-point FGs per game (2.69), 53rd in 3-point FG made (86), 90th in 3-point FG attempts (204).
- 22nd in assist/turnover ratio (+2.73), 23rd in steals pg (2.06).
- 22nd in FT made (169), 32nd in FT percentage (86.2), 52nd in FT attempts (196).
- 96th in double-doubles (7), six with points and assists, one with points and rebounds.
- 78th in total FG made (193), 83rd in total FG attempts (424), 124th in FG percentage (45.5).
- was responsible for 45.3% of NSU's points (641 scored, 576 assisted – 84 3-pointers, 162 2-pointers).
- responsible for a career-best 63% of Demon scoring in CollegelInsider.com game vs. UT Martin, with 34 points and 7 assists producing 16 more points.
- responsible for a career-best 54 points vs. UNO on 3/7 with 33 points, 9 assists.
- 7 games with 10 or more assists, high of 14 vs. Missouri Valley (11/29), also 12 vs. McNeese in Southland Tournament (with 1 turnover, 24 points).
- matched career-high 36 points at UNO, hitting buzzer-beaters at the end of each half. Hit 53-footer at halftime, 27-foot fallaway 3 off glass to win the game 87-84.
- the UNO buzzer-beaters earned him No. 2 on ESPN SportsCenter's Top 10 plays list for Feb. 1.
- also involved in #5CTop10 with his half-court lob to Ta'Jon Welcome at SFA.
- 5 games of 30 points or more, capped by 34 points, 11 rebounds, 7 assists in CollegelInsider.com Tournament game vs. UT Martin (8-14 on 3s).
- back-to-back 30-point games with 33 vs. Incarnate Word, 30 vs. Abilene Christian.
- 7 double-doubles, including the UT Martin outing, with the others all points/rebounds: 11/14 vs. Missouri Valley, 19/10 vs. UL Lafayette, 17/11 vs. Lamar, 10/11 vs. UCA, 13/10 vs. SLU (2), 24/12 vs. McNeese (3).
- five near triple-doubles: UT Martin (34 points, 11 rebounds, 7 assists); McNeese (25/7/12), UNO (33/9/8); UCA (28/7/7), McNeese (25/8/8), also 0 turnovers.
- 6 games with 10+ assists.
- tied school single-game FT accuracy mark (100%, at least 8 attempts) by going 11-11 at SFA.
- was Demons' top rebounder in last 15 games, averaging 5.5 per game.
- in last 8 games, hit 57% on 3s (34-60).

- 25 points, 5 rebounds, 7 assists in last-minute 100-92 loss at Arkansas.
- became first Demon ever to record two 600-point seasons, first to post two of the top 10 season scoring totals.
- broke 41-year-old NSU season assists record in Southland Tournament semifinal vs. SFA.
- 8 assists at Oklahoma, 9 assists at Texas Tech.
- has an ongoing streak of 15 games with an assist on at least one 3-pointer.
- had career best 8 assists on 3-pointers in 3/2 win over SLU.

2013-14 Season:

- Was the only player in the nation to average at least 19 points, 6 assists, 2.5 steals and 4 rebounds (averaging 19.4 points, 6.4 assists, 4 rebounds, 2.5 steals). Was first player since Hofstra's Speedy Claxton in 1999-2000 to post such a stat line.
- late in the season, BleacherReport.com rated him NCAA's 4th-best player under 6-0.
- set new school season steals record (78).
- 87.6% FT aim was third-best in school history for a season, but tops all players with over 100 attempts (he had 186).
- 19.4 scoring average tops at NSU since 1993-94 when Southland Player of the Year Eric Kubel (24.3) and Larry Terry (22.5) were seniors.
- four double-doubles: 20 points/10 assists vs. Niagara, 13/10 vs. Abilene Christian, 27/10 vs. Incarnate Word, 12 points/10 rebounds at Sam Houston.
- 29 double-figure scoring games, including 13 with 20 or more.
- 11 games with 8 or more assists; 3 with 10 or more.
- 53rd in NCAA in assist/turnover ratio (+2.35).
- one of just two players in NCAA top 10 in assists and steals (eighth in both)
- was 24th nationally in FT percentage (87.6), 35th in scoring.
- shot 46% overall, 41% on 3-pointers.
- Southland ranks: first in assists and FT aim, second in steals, third in assist-turnover ratio, fourth in scoring and 3-pointers made pg, ninth in minutes pg (32.9), 11th in 3-point aim.
- fourth player in 101 years of basketball at NSU to score 600 points in a season (604).
- best single-season scoring average at NSU in 20 seasons.
- at his best in big games: 26 points, 7 rebounds, 8 assists at No. 12-ranked Baylor, including a 3-pointer with 14.5 seconds left to force OT; 15 points, 9 assists, 5 steals at No. 15 Memphis.
- career-best 36 points, one of four 30-point outings last season, in Southland semifinals in epic outing vs. SFA, on only 16 FGA (7-14 on 3s), 11-12 on FTs
- near triple-double with 12 points, 10 rebounds, 9 assists at Sam Houston (Feb. 6).
- 30 points, 9 rebounds, 6 assists, 3 steals in 111-92 win at Auburn.

2012-13 Season:

- 4th-leading scorer (10.2) for Southland Tournament champs.
- 11th nationally in assist/turnover ratio, 17th in steals, 55th in assist.
- led SLC in steals (2.34), assist-turnover ratio (+2.75), 3rd in assists (5.2), 8th in 3-pointers per game (1.6).
- hit 28 of last 31 free throws (90%) since 1/17, with streak of 21 ended at Niagara. His 83.6% aim on free throws would have led the Southland if he had made three more attempts to reach the minimum of two made per game.
- posted first career double-double (11 points, 12 assists) 3/9 vs. Sam Houston, while committing no turnovers. The dozen assists were the best single-game performance in the SLC all season and there were only 40 better in NCAA in '12-13.
- had a key steal, hit 4-4 FTs in final minute of 79-76 comeback win at SLU.
- recorded 9 assists vs. McNeese and Oral Roberts among seven games with at least 8 dimes.
- perfect shooting (5-5 FG, 3-3 3s, 2-2 FTs), 15 point, 7 assists in 1/19 win over SLU.
- scored 17 times in double figures with a season-high 26 in a season-opening rout of East Texas Baptist.
- started first five games, then moved into the 2nd wave.

2011-12 Season:

- Redshirted because of NCAA Clearinghouse issues.





High School:

- Ranked as high as the No. 2 prospect in Louisiana by some recruiting services.
- guided Bossier HS to the state championship in 2011 after a 33-2 season.
- back-to-back state finalists in 2010 (38-2) and 2009 (33-7).
- Bearkats went 135-21 (.865) in his career.
- 2011 All-American nominee.
- three-time All-State selection, twice All-City (Shreveport/Bossier) MVP.
- three-time All-District selection.
- averaged 16 points, five assists, four rebounds and three steals a game in 2010.

Personal:

- Born April 12, 1993.
- son of Janice West and George Hairston.
- three sisters Aneisha, Shaquita and Keandra.
- majoring in general studies.
- plans to become a basketball coach or continue playing upon graduation.
- lifelong ambition is to better life for his family.
- immediate ambition is to be listed at 6-feet tall.

WEST'S CAREER HONORS AND AWARDS

- 2014-15 NCAA ASSIST LEADER (7.7 ASSISTS PER GAME)
- 2014-15 ALL-SOUTHLAND CONFERENCE FIRST TEAM SELECTION
- 2014-15 SOUTHLAND CONFERENCE ALL-DEFENSIVE TEAM
- 2015 COLLEGEINSIDER.COM MID-MAJOR ALL-AMERICAN
- 2014-15 NATIONAL ASSOCIATION OF BASKETBALL COACHES ALL-DISTRICT 23 TEAM, FIRST TEAM SELECTION
- 2014-15 LSWA ALL-LOUISIANA MEN'S COLLEGE BASKETBALL TEAM, FIRST TEAM SELECTION
- LOU HENSON AWARD, AMONG 30 FINALISTS PRESENTED TO COLLEGEINSIDER.COM'S 2014-15 MID-MAJOR PLAYER OF THE YEAR
- 2014-15 COLLEGE SPORTS MADNESS SECOND TEAM AMONG 20 TOP MID-MAJOR STANDOUTS
- LOU HENSON AWARD MID-SEASON WATCH LIST BY COLLEGEINSIDER.COM (1/21/2015)
- SOUTHLAND CONFERENCE BASKETBALL PLAYER OF THE WEEK (12/29/2014)
- LOUISIANA SPORTS WRITERS ASSOCIATION BASKETBALL PLAYER OF THE WEEK (12/29/2014)
- 2014-15 MOST EXCITING UNDER-THE-RADAR COLLEGE BASKETBALL PLAYERS BY KERRY MILLER, BLEACHERREPORT.COM COLUMNIST
- 2014-15 SBINATION.COM COLUMNIST PARKS SMITH'S THE NATION'S TOP MID-MAJOR POINT GUARDS
- 2014-15 NBCSPORTS.COM PRESEASON MID-MAJOR ALL-AMERICA SECOND TEAM
- 2014-15 PRESEASON MID-MAJOR ALL-AMERICA AMONG 30 CANDIDATES FOR THE LOU HENSON AWARD BY COLLEGEINSIDER.COM
- 2014-15 LOU HENSON AWARD WATCH LIST (MID-MAJOR PLAYER OF THE YEAR)
- 2014-15 PRESEASON ALL-SOUTHLAND CONFERENCE FIRST TEAM
- 2014-15 PRESEASON MID-MAJOR ALL-AMERICAN (NBCSPORTS.COM, COLLEGE SPORTS MADNESS)
- 2013-14 MID-MAJOR ALL-AMERICA (COLLEGEINSIDER.COM, COLLEGE SPORTS MADNESS)
- 2013-14 SOUTHLAND CONFERENCE DEFENSIVE PLAYER OF THE YEAR
- 2013-14 LSWA ALL-LOUISIANA MEN'S COLLEGE BASKETBALL TEAM, FIRST TEAM SELECTION
- 2013-14 ALL-SOUTHLAND CONFERENCE FIRST TEAM
- 2012-13 SOUTHLAND CONFERENCE FRESHMAN OF THE YEAR
- 2012-13 SOUTHLAND CONFERENCE ALL-DEFENSIVE TEAM
- 2012-13 ALL-SOUTHLAND CONFERENCE HONORABLE MENTION
- 2012-13 LSWA ALL-LOUISIANA MEN'S COLLEGE BASKETBALL TEAM, HONORABLE MENTION SELECTION



They tweeted it



No. 93 Jalan West, Northwestern State: 20.0 ppg, 7.7 apg, 4.4 rpg, 2.1 spg, 42.2% 3PT. Speaks for itself. #CBTtop100 (College Basketball Talk)

No Jalan West from Northwestern State on Bob Cousy List? Ask the "high major" coaches he played against. @FranFraschilla (ESPN analyst, former coach)

He should be. One of the most productive players in CBB. EXCELS IN EVERY ASPECT. @SethOnHoops (Seth Greenberg, ESPN analyst, former coach)

No Nic Moore (SMU). No Jalan West. There are A LOT of good PGs this year, but those two are getting slept on. @RobDauster (College Basketball Talk/NBC Sports analyst)





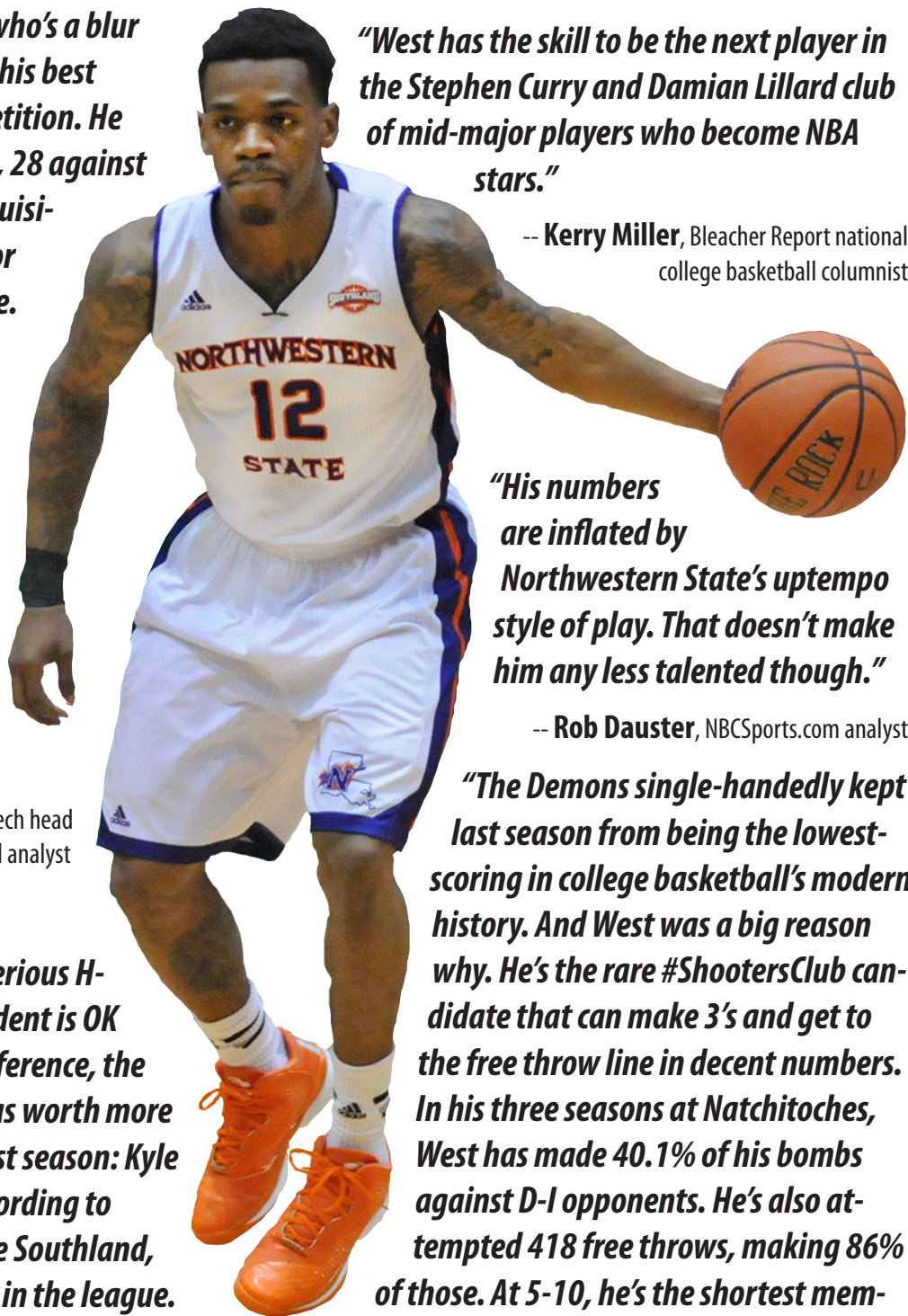
What they're saying about Jalan West ...

"Jalan West (is) a 5-10 guard who's a blur and someone who has played his best games against the best competition. He had 30 points against Auburn, 28 against Kenneth "Speedy" Smith at Louisiana Tech and 26 against Baylor when his team lost in overtime. You're talking about a small guard who shot 41 percent from 3-point range, 46.3 percent from the 2-point range and averaged 6.4 assists and 2.5 steals a game. UTEP coach Tim Floyd said that in his own way West is as good as NBA lottery pick Elfrid Payton."

-- Seth Greenberg, former Virginia Tech head coach and current ESPN college basketball analyst

"Any player who plays some serious H-O-R-S-E with his school's president is OK by me. According to Sports-Reference, the only player on this list who was worth more win shares than Jalan West last season: Kyle Wiltjer. West is a guy who, according to coaches I've spoken with in the Southland, is quite clearly the best player in the league. He led the nation in assist average, and at 5-foot-10, is one of the most entertaining guys out there. Root for his team to make the NCAA Tournament."

-- Matt Norlander, CBS Sports



"West has the skill to be the next player in the Stephen Curry and Damian Lillard club of mid-major players who become NBA stars."

-- Kerry Miller, Bleacher Report national college basketball columnist

"His numbers are inflated by Northwestern State's uptempo style of play. That doesn't make him any less talented though."

-- Rob Dauster, NBCSports.com analyst

"The Demons single-handedly kept last season from being the lowest-scoring in college basketball's modern history. And West was a big reason why. He's the rare #ShootersClub candidate that can make 3's and get to the free throw line in decent numbers. In his three seasons at Natchitoches, West has made 40.1% of his bombs against D-I opponents. He's also attempted 418 free throws, making 86% of those. At 5-10, he's the shortest member of this season's club, so don't let size get in the way of your sharpshooting dreams, kids. He popped up on at least one top 100 list and he may find himself on an NBA summer league roster in a few months."

-- Ken Pomeroy, KenPom.com





WHERE WEST STANDS

NSU SINGLE-SEASON LISTS

- 1st:** Assists (246)
- 3-pointers made (86)
- 3-pointers attempted (204)
- 3rd:** Free throw percentage (.876)
- 4th:** Points (641)
- 6th:** Points (601)
- 3-pointers made (70)
- 8th:** Free throw percentage (.862)

NSU CAREER LISTS

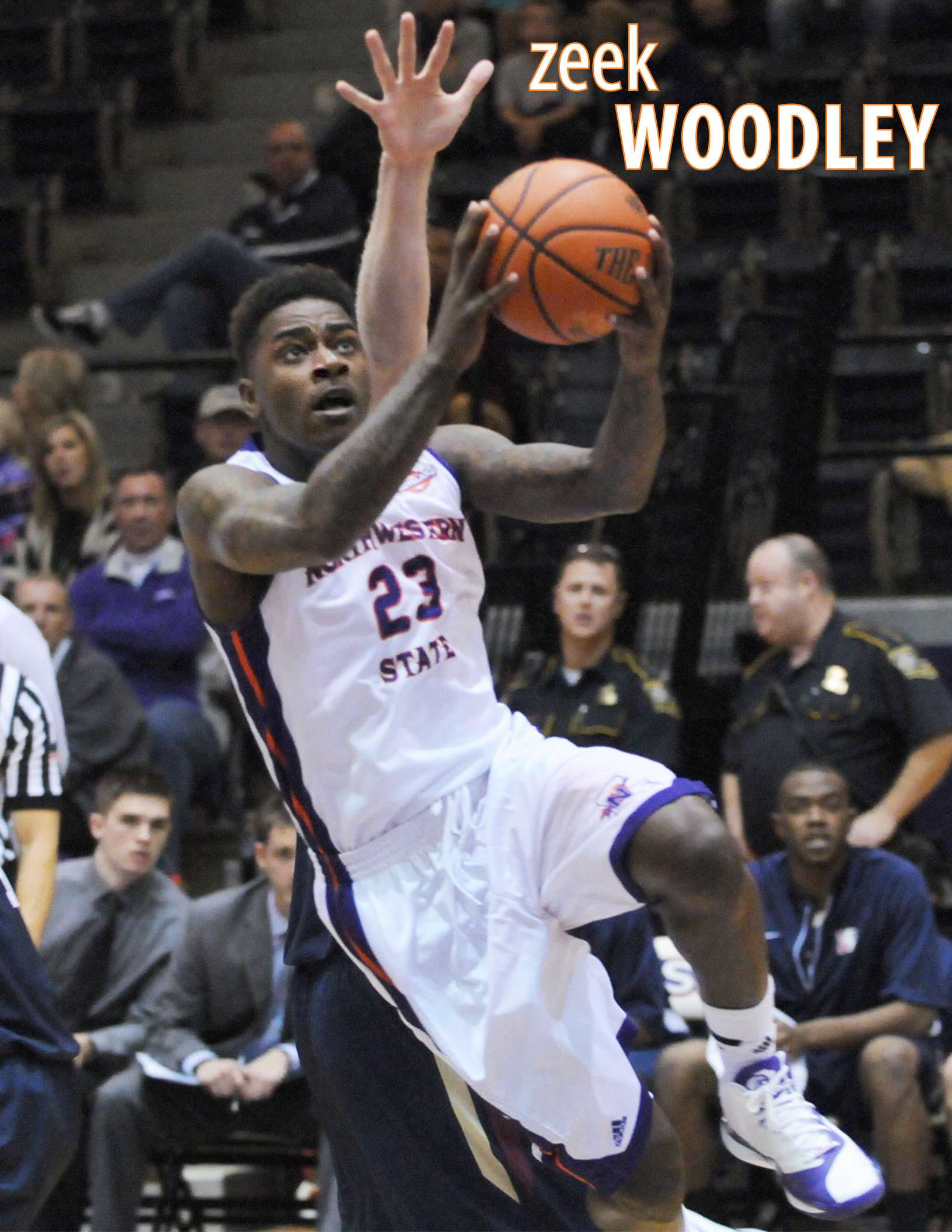
- 1st:** Assists (608)
- 3-pointers made (206)
- 2nd:** Free throw percentage (.864)
- 3rd:** Steals (219)
- 6th:** Points (1,567)

AMONG ACTIVE NCAA PLAYERS

- 1st:** Assists (608)
- 2nd:** Steals (219)
- 3rd:** Assist-to-turnover ratio (2.60)
- Steals per game (2.31)
- Assists per game (6.4)
- 4th:** Points (1,567)
- 10th:** Free-throw percentage (.864)
- 12th:** Points per game (16.5)



zeek
WOODLEY





23

Zeek Woodley
 6-2, 209
 Guard
 Junior-2L
 Pelican, La.
 Pelican All-Saints HS



CAREER HIGHS

Points: 36, vs. Central Arkansas (2/16/15)
Rebounds: 10, at Sam Houston State (1/5/15)
Field Goals: 14, vs. McNeese State (3/12/15)
Field Goal Attempts: 21, vs. Central Arkansas (2/16/15)
Free Throws: 11, at Southeastern La. (1/31/15)
Free Throw Attempts: 13, at ULM (12/9/14)
3-Pointers: 3, 3x, last vs. McNeese State (3/12/15)
3-Point Attempts: 5, 6x, last vs. McNeese State (3/12/15)
Blocks: 3, 4x, last vs. McNeese State (1/24/15)
Assists: 4, 3x, last vs. New Orleans (3/7/15)
Steals: 6, at Central Arkansas (2/3/15)
Minutes: 39, vs. Stephen F. Austin (3/13/15)

2014-15 SEASON HIGHS

Points: 36, vs. Central Arkansas (2/16/15)
Rebounds: 10, at Sam Houston State (1/5/15)
Field Goals: 14, vs. McNeese State (3/12/15)
Field Goal Attempts: 21, vs. Central Arkansas (2/16/15)
Free Throws: 11, at Southeastern La. (1/31/15)
Free Throw Attempts: 13, at ULM (12/9/14)
3-Pointers: 3, 3x, last vs. McNeese State (3/12/15)
3-Point Attempts: 5, 6x, last vs. McNeese State (3/12/15)
Blocks: 3, 4x, last vs. McNeese State (1/24/15)
Assists: 4, vs. New Orleans (3/7/15)
Steals: 6, at Central Arkansas (2/3/15)
Minutes: 39, vs. Stephen F. Austin (3/13/15)



- 2015-16 LOU HENSON MID-MAJOR PLAYER OF THE YEAR WATCH LIST
- 2015-16 COLLEGE SPORTS MADNESS PRESEASON ALL-AMERICA, FIRST TEAM
- 2015-16 (WITH JALAN WEST) "BEST DUOS IN COLLEGE BASKETBALL," BRIAN PEDERSON, BLEACHERREPORT.COM
- 2015-16 (WITH JALAN WEST) "TOP 10 BACKCOURTS IN COLLEGE BASKETBALL," NO. 9, REED HUNNICUTT, RANTSPO RTS.COM
- SOUTHLAND CONFERENCE PLAYER OF THE WEEK (12/1/2014)
- LOU HENSON AWARD MID-SEASON WATCH LIST BY COLLEGEINSIDER.COM
- 2014-15 SOUTHLAND CONFERENCE MEN'S BASKETBALL STUDENT-ATHLETE OF THE YEAR
- 2015 SOUTHLAND CONFERENCE ALL-TOURNAMENT TEAM
- 2014-15 ALL-SOUTHLAND CONFERENCE SECOND TEAM SELECTION
- 2014-15 U.S. BASKETBALL WRITERS ASSOCIATION ALL-DISTRICT VII TEAM (3/10/2015)
- 2014-15 NATIONAL ASSOCIATION OF BASKETBALL COACHES ALL-DISTRICT 23 TEAM, SECOND TEAM
- 2014-15 LSWA ALL-LOUISIANA MEN'S COLLEGE BASKETBALL TEAM, SECOND TEAM
- 2014-15 PRESEASON ALL-SOUTHLAND CONFERENCE SECOND TEAM
- 2013-14 SOUTHLAND CONFERENCE FRESHMAN OF THE YEAR
- 2013-14 HONORABLE MENTION ALL-SOUTHLAND CONFERENCE

• School record holder for points in a season (711).

Entering 2015-16:

- Nation's leading returning scorer (22.2 points per game).
- career 18.1 scoring average ranks 5th nationally among all returning players with 1,000 career points.
- career 58.1% FG aim ranks 9th nationally among returners.
- his 1,142 career points ranks 21st in school history.
- has 3 career 30-point games, 25 career 20-point games and 53 career double-figure games.
- 18 career games with 6 or more rebounds.

2014-15 Season:

- 2nd nationally in scoring, 4th in field goals made (262), 7th in total points (711).
- 22.2 scoring average tops at NSU since 1993-94 when Southland Player of the Year Eric Kubel (24.3) and Larry Terry (22.5) were seniors.
- voted Southland Conference Basketball Student-Athlete of the Year (3.3 cumulative grade point average) by league's awards committee.
- with Jalan West, formed the highest scoring tandem in college basketball (42.2 ppg).
- they were dubbed "J-Z on Tour" early in the season by ColleagueInsider.com.
- 27th nationally in FG percentage (56.0), only player

under 6-4 in the NCAA top 50.

- 33rd in FG attempts (468), 50th in made FTs (148), 84th in FT attempts (182), 115th in FT aim (81.3%).
- youngest Demon ever, first sophomore, to score 1,000 career points.
- second-fastest Demon to 1,000, doing it in 57 career games, bettered only by Vernon Wilson, who had 1,050 in 50 games from 1971-73.
- set school single-season scoring record with his first basket in the Southland Tournament starting a 34-point (14-17 FGs, 3-5 on 3s) performance vs. McNeese; passed Billy Reynolds' 686 points in 1976-77.
- posted 2 30-point games, 22 20-point games and 31 double-figure games.
- 12 games with 6 or more rebounds, topped by career-best 10 at Sam Houston (Jan. 5).
- Career-best 36 points vs. UCA (Feb. 16).
- sank 50% or better from the field in 26 of 32 games.
- drained 60% on 2-pointers, 39.8% on 3s (making 39)
- 2nd on team with 22 blocked shots, 33 steals, 5 rebounds per game.
- first career double-double with 11 points (regular-season low), 10 rebounds on Jan. 5 at Sam Houston.
- had scored 20 in 10 straight games before the SHSU contest.
- only non-double-figure scoring total was 9 in ColleagueInsider.com Tournament loss to UT Martin.

WOODLEY'S CAREER STATISTICS

| YEAR | G-GS | MIN. | AVG. | FG-A | PCT. | 3FG-A | PCT. | FT-A | PCT. | O | D | TOT | AVG. | PF | A | AVG. | T/O | STL. | BLK. | PTS. | AVG. |
|-------------|--------------|-------------|-------------|----------------|-------------|---------------|-------------|----------------|-------------|------------|------------|------------|------------|------------|-----------|------------|-----------|-----------|-----------|-------------|-------------|
| 13-14 | 31-25 | 746 | 24.1 | 174-282 | .617 | 10-24 | .417 | 73-91 | .802 | 55 | 87 | 142 | 4.6 | 73 | 21 | 0.7 | 38 | 12 | 25 | 431 | 13.9 |
| 14-15 | 32-32 | 1009 | 31.5 | 262-468 | .560 | 39-98 | .398 | 148-182 | .813 | 55 | 105 | 160 | 5.0 | 73 | 34 | 1.1 | 38 | 33 | 22 | 711 | 22.2 |
| Tot. | 63-57 | 1755 | 27.9 | 436-750 | .581 | 49-122 | .402 | 221-273 | .810 | 110 | 192 | 302 | 4.8 | 146 | 55 | 0.9 | 76 | 45 | 47 | 1142 | 18.1 |





- tied school single-game FT accuracy mark (100%, at least 8 attempts) by going 11-11 at SLU.

2013-14 Season:

- Fourth nationally in FG percentage (61.7), highest by a guard or a freshman, and best in the Southland.
- averages of 13.9 points (14th in Southland), 4.6 rebounds in 31 games, 25 starts, with 24.1 minutes per game.
- was the league's highest-scoring freshman since 2006.
- sank 41.7 percent (10-24) on 3-pointers, 80.2 percent on FTs (sixth in Southland)
- also had 25 blocked shots (0.8 pg, 20th in Southland).
- was the league's highest-scoring freshman since 2006.
- led Demons in scoring four times, including a 30-point eruption Jan. 4 vs. Lamar when he shot 12-15 on FGs, 5-5 on FTs, 1-2 on 3s and did not score in final 12:38.
- first Demon freshman since at least 1981 to score 30.
- had 24 points (10-12 FGs), 7 rebounds vs. UCA , 22 (8-12 FGs, 2-2 3s), 5 rebs vs. Oral Roberts.
- 18 points at Auburn in 111-92 win.
- 15 vs. No. 12 Baylor.
- 23 games in double figures, seven with 6+ rebounds (high of 8 at Sam Houston).
- scored putback with 3.1 seconds left to force OT vs. UL-Monroe.
- made Dean's List both semesters.

High School:

- Led Pelican All-Saints High School to a pair of state championships as a junior and senior as the team went 49-15 over those seasons.
- three-time Class C (smallest classification) Most Outstanding Player on All-State team at a now-defunct high school.
- won Top 28 Class C Tournament MVP in both his junior and senior seasons.
- averaged 28 points and 12 rebounds in his career.
- scored a career total of 3,835 points.
- four-year Class C All-State selection.
- three-year All-Northwest Louisiana (all classifications) by the Shreveport Times.
- Pelican All-Saints reached the state quarterfinals in his freshman season, the Top 28 state tournament semifinals in his sophomore year, and won state the last two seasons.
- coached by Richard Simmons.
- lettered in baseball and basketball.
- in AAU competition, played for the Louisiana Roundballers, coached by Carl Harris.

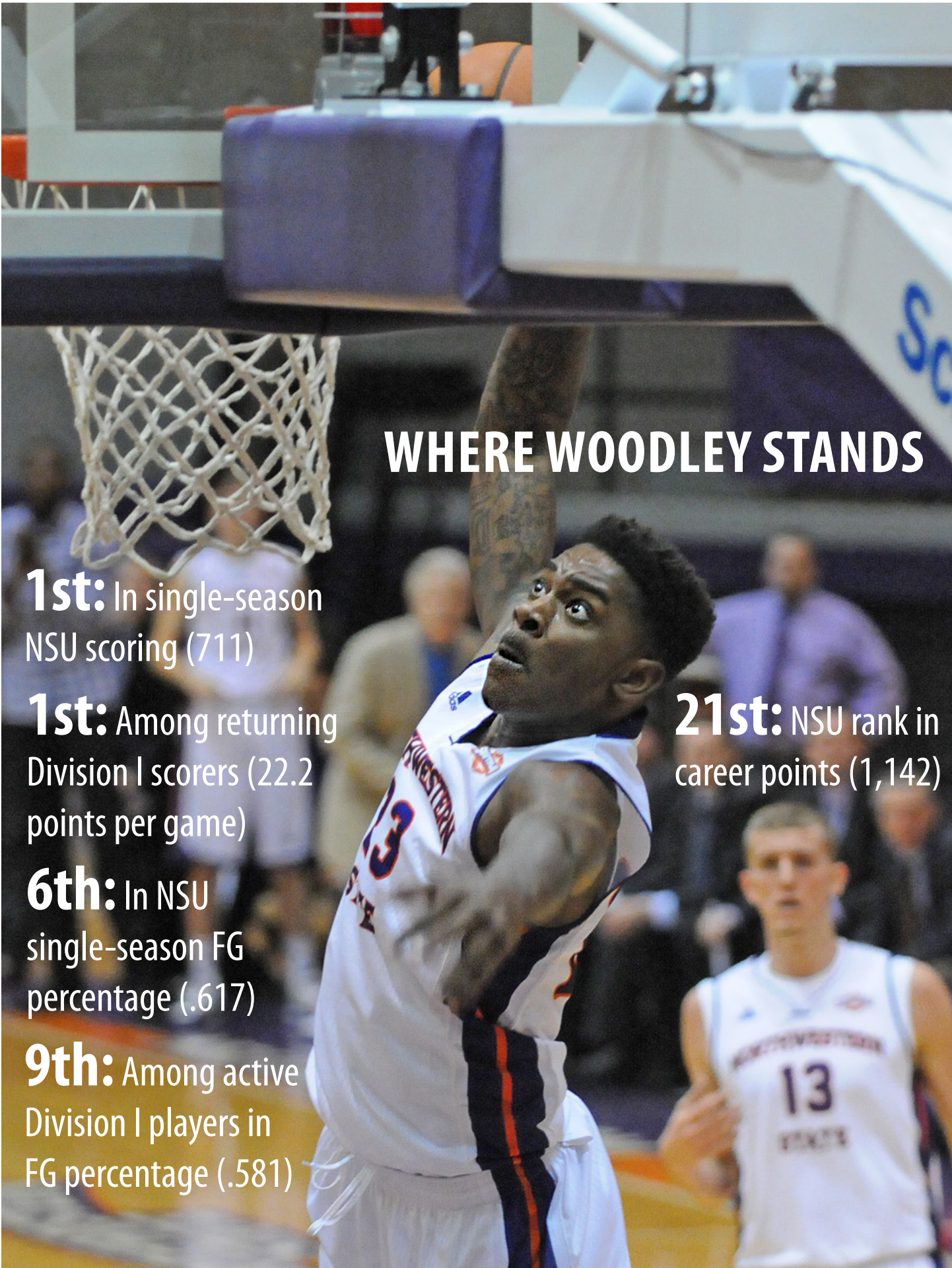
Personal:

- Majoring in general studies.
- son of Sholanda Woodley and Zikiteran Robinson.
- two brothers, Jermay Woodley and Jaylon Woodley.
- three sisters, Shaquarius Bailey, Paris Sanders, Tyra Sanders.
- born July 21, 1994.
- given name is Zikiteran.
- carries a 3.1 overall GPA.

A Real 180

Only six players in pro basketball history have been "180 shooters" combining their percentages from the field, on 3s and FTs: Larry Byrd (twice), Steve Nash (four times), Mark Price, Reggie Miller, Dirk Nowitzki and Kevin Durant since the NBA introduced the 3 in 1979-80. In 20 games last year vs. Southland teams, Woodley had a combined 182 score: 56% FG, 41% 3s, 85% FTs.





WHERE WOODLEY STANDS

1st: In single-season NSU scoring (711)

1st: Among returning Division I scorers (22.2 points per game)

6th: In NSU single-season FG percentage (.617)

9th: Among active Division I players in FG percentage (.581)

21st: NSU rank in career points (1,142)





2014-15 NSU Men's Basketball
Northwestern State Combined Team Statistics (as of Mar 19, 2015)
All games



| RECORD: | OVERALL | HOME | AWAY | NEUTRAL |
|----------------|----------------|-------------|-------------|----------------|
| ALL GAMES | 19-13 | 11-4 | 7-8 | 1-1 |
| CONFERENCE | 13-5 | 7-2 | 6-3 | 0-0 |
| NON-CONFERENCE | 6-8 | 4-2 | 1-5 | 1-1 |

| # | Player | gp-gs | min | avg | Total | | 3-Point | | F-Throw | | Rebounds | | | | pf | dq | a | to | blk | stl | pts | avg |
|----------------|----------------------|-------|------|------|----------|------|---------|------|---------|------|----------|-----|------|------|-----|----|-----|-----|-----|-----|------|------|
| | | | | | fg-fga | fg% | 3fg-fga | 3fg% | ft-fa | ft% | off | def | tot | avg | | | | | | | | |
| 23 | Woodley, Zeek | 32-32 | 1009 | 31.5 | 262-468 | .560 | 39-98 | .398 | 148-182 | .813 | 55 | 105 | 160 | 5.0 | 73 | 0 | 34 | 38 | 22 | 33 | 711 | 22.2 |
| 12 | West, Jalan | 32-32 | 1104 | 34.5 | 193-423 | .456 | 86-204 | .422 | 169-196 | .862 | 18 | 122 | 140 | 4.4 | 63 | 0 | 246 | 90 | 11 | 66 | 641 | 20.0 |
| 40 | Frazier, Marvin | 24-20 | 557 | 23.2 | 73-154 | .474 | 15-38 | .395 | 35-56 | .625 | 43 | 82 | 125 | 5.2 | 64 | 1 | 27 | 33 | 51 | 21 | 196 | 8.2 |
| 21 | Thompson, Sabri | 31-11 | 624 | 20.1 | 75-186 | .403 | 36-93 | .387 | 34-44 | .773 | 31 | 69 | 100 | 3.2 | 54 | 0 | 49 | 37 | 9 | 23 | 220 | 7.1 |
| 00 | Joseph, Tra'von | 30-19 | 565 | 18.8 | 66-114 | .579 | 6-13 | .462 | 42-64 | .656 | 53 | 82 | 135 | 4.5 | 68 | 1 | 26 | 39 | 7 | 16 | 180 | 6.0 |
| 02 | Welcome, Ta'Jon | 32-28 | 504 | 15.8 | 72-168 | .429 | 22-81 | .272 | 21-39 | .538 | 18 | 49 | 67 | 2.1 | 54 | 1 | 32 | 28 | 10 | 17 | 187 | 5.8 |
| 22 | Dobbinson, Tony | 27-0 | 365 | 13.5 | 52-139 | .374 | 33-91 | .363 | 12-18 | .667 | 12 | 26 | 38 | 1.4 | 22 | 0 | 19 | 36 | 2 | 8 | 149 | 5.5 |
| 03 | Hall, Devonte | 32-3 | 641 | 20.0 | 61-177 | .345 | 7-48 | .146 | 30-43 | .698 | 18 | 48 | 66 | 2.1 | 76 | 1 | 56 | 37 | 4 | 31 | 159 | 5.0 |
| 13 | Killian, Matt | 32-15 | 568 | 17.8 | 52-119 | .437 | 16-41 | .390 | 19-29 | .655 | 34 | 50 | 84 | 2.6 | 50 | 1 | 13 | 31 | 8 | 21 | 139 | 4.3 |
| 10 | Kissoonlal, Reginald | 8-0 | 74 | 9.3 | 8-34 | .235 | 4-24 | .167 | 5-7 | .714 | 4 | 7 | 11 | 1.4 | 17 | 0 | 2 | 4 | 9 | 2 | 25 | 3.1 |
| 33 | King, Ryan | 22-0 | 237 | 10.8 | 24-41 | .585 | 0-0 | .000 | 13-22 | .591 | 22 | 22 | 44 | 2.0 | 28 | 0 | 4 | 4 | 9 | 2 | 61 | 2.8 |
| 42 | Adekunle, Deji | 17-0 | 120 | 7.1 | 7-16 | .438 | 0-0 | .000 | 3-9 | .333 | 8 | 21 | 29 | 1.7 | 21 | 1 | 1 | 11 | 2 | 1 | 17 | 1.0 |
| 11 | Guest, Paxson | 11-0 | 13 | 1.2 | 1-4 | .250 | 0-3 | .000 | 0-0 | .000 | 1 | 0 | 1 | 0.1 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 0.2 |
| 01 | LeBato, Matt | 5-0 | 19 | 3.8 | 0-9 | .000 | 0-6 | .000 | 0-0 | .000 | 1 | 4 | 5 | 1.0 | 4 | 0 | 0 | 0 | 0 | 1 | 0 | 0.0 |
| Team | | | | | | | | | | | 54 | 47 | 101 | | | | 2 | | | | | |
| Total..... | | 32 | 6400 | | 946-2052 | .461 | 264-740 | .357 | 531-709 | .749 | 372 | 734 | 1106 | 34.6 | 596 | 6 | 509 | 392 | 144 | 242 | 2687 | 84.0 |
| Opponents..... | | 32 | 6401 | | 955-2022 | .472 | 241-621 | .388 | 505-720 | .701 | 459 | 832 | 1291 | 40.3 | 629 | - | 512 | 495 | 107 | 190 | 2656 | 83.0 |

| TEAM STATISTICS | NWLA | OPP | Date | Opponent | Score | Att. | |
|------------------------|-------------|------------|-------------|-----------------------------|----------------------|-------------|------|
| SCORING | 2687 | 2656 | 11/14/14 | at Texas A&M | L 68-109 | 5254 | |
| Points per game | 84.0 | 83.0 | 11/17/14 | LYON COLLEGE | w 75-64 | 1301 | |
| Scoring margin | +1.0 | - | 11/20/14 | at LSU-Alexandria | w 89-79 | 550 | |
| FIELD GOALS-ATT | 946-2052 | 955-2022 | 11/23/14 | at Oklahoma | L 68-90 | 10056 | |
| Field goal pct | .461 | .472 | 11/25/14 | at Texas Tech | L 64-75 | 4535 | |
| 3 POINT FG-ATT | 264-740 | 241-621 | 11/29/14 | MISSOURI VALLEY COLLEGE | w 87-76 | 1140 | |
| 3-point FG pct | .357 | .388 | 12/2/14 | LOUISIANA TECH | L 88-99 | 2812 | |
| 3-pt FG made per game | 8.3 | 7.5 | 12/09/14 | at ULM | L 74-82 | 1082 | |
| FREE THROWS-ATT | 531-709 | 505-720 | 12/20/14 | UL LAFAYETTE | w 89-85 | 1240 | |
| Free throw pct | .749 | .701 | 12/28/14 | at Arkansas | L 92-100 | 15738 | |
| F-Throws made per game | 16.6 | 15.8 | 12/31/14 | LOUISIANA COLLEGE | w 94-68 | 1133 | |
| REBOUNDS | 1106 | 1291 | * 01/03/15 | at HBU | w 99-78 | 719 | |
| Rebounds per game | 34.6 | 40.3 | * 1/5/15 | at Sam Houston State | L 64-75 | 779 | |
| Rebounding margin | -5.8 | - | * 01/10/15 | INCARNATE WORD | w 103-101 | 1412 | |
| ASSISTS | 509 | 512 | * 01/13/15 | ABILENE CHRISTIAN | L 81-95 | 1525 | |
| Assists per game | 15.9 | 16.0 | * 01/17/15 | LAMAR | w 96-84 | 1823 | |
| TURNOVERS | 392 | 495 | * 1/20/15 | at Texas A&M-Corpus Christi | L 76-88 | 945 | |
| Turnovers per game | 12.3 | 15.5 | * 01/24/15 | MCNEESE STATE | w 93-67 | 2712 | |
| Turnover margin | +3.2 | - | * 01/26/15 | NICHOLLS STATE | w 80-51 | 2018 | |
| Assist/turnover ratio | 1.3 | 1.0 | * 1/31/15 | at Southeastern La. | w 88-73 | 895 | |
| STEALS | 242 | 190 | * 2/3/15 | at Central Arkansas | w 110-108 | 2120 | |
| Steals per game | 7.6 | 5.9 | * 02/09/15 | STEPHEN F. AUSTIN | L 82-93 | 3612 | |
| BLOCKS | 144 | 107 | * 2/14/15 | at McNeese State | w 75-72 | 1336 | |
| Blocks per game | 4.5 | 3.3 | * 02/16/15 | CENTRAL ARKANSAS | w 86-70 | 1231 | |
| ATTENDANCE | 29034 | 51148 | * 02/21/15 | at New Orleans | w 87-84 | 510 | |
| Home games-Avg/Game | 15-1936 | 15-3410 | * 02/23/15 | at Nicholls State | w 79-57 | 791 | |
| Neutral site-Avg/Game | - | 2-0 | * 03/02/15 | SOUTHEASTERN LA. | w 92-79 | 1921 | |
| Score by Periods | 1st | 2nd | Totals | * 03/05/15 | at Stephen F. Austin | L 66-92 | 5838 |
| Northwestern State | 1312 | 1375 | 2687 | * 03/07/15 | NEW ORLEANS | w 88-78 | 2442 |
| Opponents | 1288 | 1368 | 2656 | 03/12/15 | vs McNeese State | w 96-89 | 0 |
| | | | | 03/13/15 | vs Stephen F. Austin | L 79-91 | 0 |
| | | | | 3/19/15 | TENNESSEE-MARTIN | L 79-104 | 2712 |

* = Conference game