



NORFOLK STATE WOMEN'S BASKETBALL 2019-20 GAME NOTES

GAME 4 |
WEDNESDAY, NOV. 20 | 6 P.M.
NORFOLK, Va.
ECHOLS HALL

2019-20 Schedule/Results (0-0, 0-0 MEAC)

November

Tue. 5 Liberty L, 67-48
Sat. 9 Marshall L, 75-69
Thu. 14 Va. Lynchburg W, 123-48
Wed. 20 High Point W, 72-58
Fri. 22 La Salle 6 p.m.
Fri. 29 North Florida! 12 p.m.
Sat. 30 Jacksonville! 2 p.m.

December

Thu. 5 Longwood 6 p.m.
Sat. 7 Hampton 4 p.m.
Sun. 15 West Virginia 4 p.m.
Wed. 18 Robert Morris 11 a.m.
Fri. 20 William & Mary 12 p.m.
Mon. 30 Richmond 6:30 p.m.

January

Sat. 4 Bethune-Cookman* 4 p.m.
Mon. 6 Coppin State* 5:30 p.m.
Sat. 11 Howard* 2 p.m.
Sat. 18 Maryland Eastern Shore* 4 p.m.
Sat. 25 South Carolina State* 4 p.m.
Mon. 27 Florida A&M* 4 p.m.

February

Sat. 1 North Carolina A&T* 2 p.m.
Mon. 3 North Carolina Central* 4 p.m.
Sat. 8 Delaware State* 4 p.m.
Sat. 15 Morgan State* 4 p.m.
Mon. 17 Coppin State* 5:30 p.m.
Sat. 22 Florida A&M* 2 p.m.
Mon. 24 Bethune-Cookman* 5:30 p.m.
Sat. 29 Howard* 4 p.m.

March

Sat. 2 Delaware State* 5:30 p.m.
Mon. 4 Morgan State* 5:30 p.m.

All home games in bold
Neutral site games in italics
! JU Thanksgiving Classic
(Jacksonville, Fla.)
* Denotes MEAC Contest
+ 2019 MEAC Tournament
(Norfolk, Va., Scope Arena)

For More Information, Contact:

Sebastian Burke

NSU Sports Information Assistant

Mailing Address:

NSU Sports Information Office
700 Park Ave. • Norfolk, VA 23504

Office Phone: 757.823.2628

Cell Phone: 757.227.2316

Email: sdburke@nsu.edu

Website: www.nsuspartans.com



NORFOLK STATE SPARTANS (2-2, 0-0 MEAC)

HEAD COACH: LARRY VICKERS (NORFOLK STATE '07)

RECORD AT NSU: 55-51 (FIFTH SEASON)

CAREER RECORD: SAME

RECORD VS. LA SALLE: 0-2



LA SALLE (3-1, 0-0 A-10)

HEAD COACH: MOUNTAIN MACGILLVRAY

RECORD AT HPU: 9-26

CAREER RECORD: SAME

RECORD VS. NORFOLK STATE: 2-0

The Opening Tip

Coming off their first victory of the season against Virginia Lynchburg this past Thursday, the Spartans look to keep it rolling against some solid competition with games against High Point and La Salle this week.

Wednesday's game against High Point will mark the half-way point of a three-game home stand for the Spartans, concluding with La Salle on Friday. The Spartans will have a week long break after La Salle, heading to the Jacksonville Thanksgiving Classic next weekend.

The Spartans filled up the stat sheet in their 123-48 win over VUL last week, making history along the way. Chantette Hicks recorded the first triple-double since 1996 and the first in NSU's Division I history, finishing the game with 20 points, 14 assists, and 11 steals. Her 14 assists also tied the single game record in NSU's DI history.

Hicks leads the team averaging 18.7 points a game, leading the MEAC in that category. Hicks also leads the team with eight assists per game, which is also ranked first in the conference. After Hicks' 11 steal performance against VUL, she now also leads the MEAC with 4.7 steals per game.

After averaging 10 points per game in her first two outings, La'Deja James exploded for 29 points against VUL. James now ranks fourth in the MEAC averaging 16.3 points per game, giving the Spartans two of the top five scorers in the MEAC so far this season.

GAME CENTER

Date: Friday, Nov. 22, 2019

Time: 6 p.m.

Site: Norfolk, Va.

Echols Hall

Stream: NSUSpartans.com/watch

Stats: NSUSpartans.com

Series History: NSU trails, 2-0

SEASON LEADERS



POINTS

Chantette Hicks (20.3)



REBOUNDS

Blair Thomas (8.3 rpg)



ASSISTS

Chantette Hicks (7.3 APG)



STEALS

Chantette Hicks (4.0 spg)



BLOCKS

Mikaela Jones (1.3 bpg)

PROBABLE NORFOLK STATE STARTERS AND RESERVES

No.	Name	Year	Ht.	Pos.	PPG	RPG	APG
10	La'Deja James	R-Sr.	5-8	G	16.5	6.3	3.5
12	Chantette Hicks	R-Sr.	5-6	G	20.3	5.3	7.3
15	Dana Echols	Sr.	5-5	G	4.0	3.0	1.5
25	Mikaela Jones	R-Sr.	6-1	C	7.5	5.3	0.8
42	Blair Thomas	Gr.	5-10	F	10.0	8.3	0.8

Off the Bench

0	Cam Platt-Morris	Fr.	5-7	G	1.0	0.3	0.0
2	Danyael Goodhope	Sr.	5-5	G	2.0	1.0	0.0
5	Jameila Barrett	So.	5-8	G/F	7.0	2.0	0.0
11	Armani Franklin	Jr.	5-5	G	5.8	2.5	1.0
13	Ta'Liyah Edmonds	Fr.	6-2	C	1.0	0.5	0.0
22	Shekinah Howard	So.	5-11	G/F	6.0	1.3	0.8
30	De'Janaire Deas	Sr.	6-0	F/C	4.5	3.8	0.8

NSU Quick Facts

General Information

Location Norfolk, Va.
 Founded 1935
 Enrollment 5,204
 Nickname Spartans
 School Colors Green & Gold
 Affiliation Division I
 Conference MEAC
 Home Arena Joseph Echols Hall (4,500)
 Interim President Dr. Javaune Adams-Gaston
 Athletics Director Marty L. Miller
 Athletics Phone (757) 823-8152
 Ticket Office (757) 823-9009

Sports Information

Women's Basketball Contact Sebastian Burke
 Email burkesd@nsu.edu
 Phone (757) 823-2628
 Fax (757) 823-8218
 Press Row (757) 823-8195
 Web site www.nsuspartans.com
 Facebook Norfolk State Athletics
 Twitter @NSUSpartans
 Instagram nsuathletics
 YouTube nsuathletics
 Address: NSU Office of Sports Information
 700 Park Ave., Norfolk, VA 23504

Coaching Staff

Head Coach Larry Vickers
 Alma Mater (NSU '07)
 Record at NSU 55-51 (5th season)
 Career Record Same
 MEAC Record 33-25 (5th season)
 Office Phone (757) 823-2840
 Assistant Coach Lou Hamilton
 Alma Mater (Fayetteville State '95)
 Office Phone (757) 823-8456
 Assistant Coach Jasmine Young
 Alma Mater (East Carolina '09)
 Office Phone (757) 823-2132
 Assistant Coach Kymesha Alston
 Alma Mater (Radford '10)
 Office Phone (757) 823-8645
 Dir. of Basketball Operations Tyler Dandridge
 Alma Mater (Old Dominion '16)
 Office Phone (757) 823-8645

Team Information

2018-19 Overall Record 1-2
 2018-19 MEAC Record 0-0
 Starters Returning/Lost 2/4
 Letterwinners Returning/Lost 7/5
 Newcomers 5

High Point Series Information

Series Record NSU trails, 2-3
 Last Meeting L, 83-51 (12-15-19)
 Last NSU Win W, 63-60 (11-30-16)
 Biggest NSU Win W, 65-59 (1-07-99)
 Biggest NSU Loss L, 83-51 (12-15-19)
 Longest NSU Winning Streak 1 (2013-14)
 Longest NSU Losing Streak 2 Games

La Salle Series Information

Series Record NSU trails, 0-2
 Last Meeting L, 62 - 52 (12-09-18)
 Last NSU Win N/A
 Biggest NSU Win N/A
 Biggest NSU Loss L, 62 - 52 (12-09-18)
 Longest NSU Winning Streak N/A
 Longest NSU Losing Streak 2 Games

Blaire Thomas has continued to dominate on the glass for NSU, adding 11 more rebounds in the game against VUL. Thomas leads the Spartans averaging 8.7 rebounds per game, which ranks her third in the conference.

Series History vs. High Point

This will be the sixth overall matchup against HPU, and the fourth time during head coach Larry Vicker's tenure. NSU is 2-3 all time versus the Panthers, and 1-2 under Vickers.

Last Meeting vs. High Point

The Panthers hosted the Spartans last year, coming away with an 83-51 victory.

Raven Russell dropped 17 points to lead the Spartans, while Lindsey Edwards led the Panthers with 20 points. Camryn Brown scored 18 in last year's game against the Spartans, and will be returning on this 2019-20 Panther's squad.

Series History vs. La Salle

This will be the third overall matchup against the Explorers, and the second time during head coach Larry Vicker's tenure. NSU is 0-2 all time versus the La Salle, and 0-1 under Vickers.

Last Meeting vs. La Salle

The Spartans traveled to Philadelphia in their most recent game against La Salle, with the Explorers coming out on top against the Spartans 62-52.

Raven Russell dropped 15 points to lead the Spartans, while Shalina Miller led the Panthers with 14 points. Deja King scored 13 in last year's game against the Spartans as well. King and Miller return to this 2019-20 La Salle team.

NSU By the Numbers

80 - Number of points the Spartans have averaged in their first three games, ranking first in the MEAC.

2 - NSU has two players currently ranked in the top five of the MEAC in points per game.
 (Chanette Hicks - 18.7 ppg & Le'Deja James - 16.3)

+16.7 - NSU's scoring margin so far this season, which ranks second in the conference.

17 - The number of assists the Spartans averaged in the first three games, tied for second in the MEAC.

14.7 - The number of steals the Spartans are averaging per game, first in the conference.

8.7 - The number of rebounds Blaire Thomas has averaged in the first three games, which ranks third in the MEAC.

A Win over La Salle Would...

Give the Spartans their third win for the season, and third win in a row.

Snap a two-game losing streak against the Explorers dating back to the 2015-16 season.

Scouting the La Salle

The Explorers are led by a duo of freshman guards and Australian natives in Claire and Amy Jacobs. Claire is averaging 14.8 points per game, while Amy averages 8.8 off the bench.

Kayla Spruill is the only player besides Claire Jacobs to average in double-digits, scoring

2019-2020 Norfolk State Spartans

Women's Basketball Roster

#	Player Name	Pos.	HT	YR	Hometown/Previous School
0	Cam Platt-Morris	G	5-7	Fr.	Woodbridge, Va./Woodbridge HS
2	Danyael Goodhope	G	5-5	Sr.	Norfolk, Va. /Odessa College
5	Jameila Barrett	G/F	5-8	So.	Baltimore Md. / Catonsville HS
10	La'Deja James	G	5-8	R-Sr.	Virginia Beach, Va. / South Georgia Tech
11	Armani Franklin	G	5-5	Jr.	Hampton, Va. / Hampton HS
12	Chanette Hicks	G	5-6	R-Sr.	Norfolk, Va. / Virginia Tech
13	Ta'Liyah Edmonds	C	6-2	Fr.	Norfolk, Va. / Norview HS
15	Dana Echols	G	5-5	Sr.	Auburn, Ala. / Shelton State CC
22	Shekinah Howard	G/F	5-11	So.	Atlanta, Ga. / Westlake HS
25	Mikaela Jones	C	6-1	R-Sr.	Portsmouth, Va. / St. Peters CC
30	De'Jainaire Deas	F/C	6-0	Sr.	Albany, N.Y. / Academy of Holy Names
42	Blaire Thomas	F	5-10	Gr.	Waterloo, Iowa / Johnson C. Smith

Pronunciation Guide

No.	First Name	Last Name	No.	First Name	Last Name
2	like Danielle	Goodhope	11	ar-MAH-nee	Franklin
5	Juh-MILL-uh	Barrett	22	Shah-KIGH-nah	Howard
10	Luh-DAY-zhuh	James	30	day-juh-NAIR	DEEZ
			--	kuh-MEE-shuh	Alston



HEAD COACH LARRY VICKERS

Coaching Experience

2016-	Norfolk State (head women's coach)
2013-16	Norfolk State (associate head men's coach)
2008-13	Norfolk State (assistant men's coach)

Coaching Record

Year	Record (Conf.)	Postseason
2015-16	3-8 (3-7)	MEAC 1 st Round
2016-17	15-15 (9-7)	MEAC Quarterfinals
2017-18	18-11 (11-5)	MEAC 1 st Round
2018-19	17-15 (10-6)	MEAC Finals
2019-20	0-2 (0-0)	N/A
Totals	55-51 (33-25)	

*Vickers served as associate head men's coach in 2015-16 until being named interim women's head coach for the final 11 games of the season

Record Against 2019-20 Opponents

Hampton.....	2-3
High Point.....	2-2
Jacksonville.....	0-0
La Salle.....	0-1
Liberty.....	1-1
Longwood.....	3-0
North Florida.....	0-0
Marshall.....	0-1
Richmond.....	0-0
Robert Morris.....	0-0
West Virginia.....	0-0
William & Mary.....	1-2
University of Va. Lynchburg.....	1-0

MEAC

Bethune-Cookman.....	1-6
Coppin State.....	3-3
Delaware State.....	4-2
Florida A&M.....	3-2
Howard.....	4-3
Maryland Eastern Shore.....	3-1
Morgan State.....	2-2
North Carolina A&T.....	2-2
North Carolina Central.....	3-0
South Carolina State.....	5-1

The Explorers have the size advantage with most teams they matchup against, with all of their starters at least 6 foot. Four players are averaging at least five rebounds.

Big Shoes to Fill

The Spartans will look to replace production after losing four starting seniors from last year's squad, Khadedra Croker, Alexys Long, Raven Russell, and Kendrea Dawkins. Each one of these players that graduated from NSU possessed unique skillsets that Spartans are looking to replace.

Russell averaged double digits in scoring last season and was a All-MEAC second team selection. Long was the team's 3-point specialist that led the team with 42 made three-pointers. Croker led the Spartans with 60 blocks, also good for second in the MEAC. Dawkins was the team's leading rebounder averaging 5.6 per game.

There are also some familiar faces coming back, with La'Deja James and Dana Echols returning to the fold. During the Spartans push to the MEAC Championship game last year, both James and Echols were instrumental to the team's success. James led the team in scoring with 13.1 ppg, while Echols was the team's assist leader with 4.7 apg. James was named to the All-MEAC second team in this year's pre-season poll voted on by coaches and SID's in the conference.

The Transfers

The experience lost with the four senior starters from last year was filled by number of transfers that are coming into this Spartans team. New faces that transferred to NSU and are playing this year include Chanette Hicks, Mikaela Jones, and Blaire Thomas.

The Spartans are expecting steady production from Norfolk native and Virginia Tech transfer Hicks, who sat out all of last season because of NCAA transfer regulations. During her career at VT, Hicks averaged 12.2 points per game and holds the single-season record for steals with 123, as well as the all-time school record with 288 steals in her career.

Jones and Thomas will bring length and size as well as considerable experience in the post for the Spartans. Jones started her career at South Georgia Tech, before moving to St. Petersburg College, while Thomas spent her freshman season at Iowa State before transferring to Iowa Western CC for one year and then Johnson C. Smith.

All three of the incoming transfers provide extra defensive capabilities for a team already known for its rock solid defense. Hicks should provide perimeter defense and a ton of steals, while Jones and Thomas will clog the paint and make opponents shots just a little more difficult.

The Returners

Another post presence returning for the Spartans is senior De'Janaire Deas, who has been at NSU her whole career and has appeared in 81 games for the Spartans. Last year Deas av-

eraged 5.2 ppg while shooting 47% from the field, and also averaged four rebounds per game. While NSU has traditionally had plenty of talented players in the painted area, Coach Vickers will also have a bevy of guards to choose from in his rotation.

Armani Franklin returns after spending two years with NSU. During her freshman season Franklin was named to the All-MEAC Freshman team after averaging 5.4 points, 2.3 rebounds and 1.8 assists in 20.8 minutes per game.

The daughter of former Spartan running back Orlando Goodhope, Danyael Goodhope returns after playing her first season at NSU as a junior. Prior to last season Goodhope made stops at Winthrop and Odessa College. She had a standout high school career at local powerhouse Princess Anne HS in Virginia Beach, where she was a three-time Virginia High School League Group 5A state champion.

Shekinah Howard and Jameila Barrett are sophomores returning to this NSU squad that are looking to take a step forward in their second season as Spartans. Both players won state titles and scored over 1,000 points during their high school career.

The Freshmen

One more player not yet mentioned in the backcourt is Cam Platt-Morris, a recent graduate of Woodbridge HS entering her freshman year at NSU. She carried Woodbridge to a VHSL State Championship and was named first-team all-state her senior year. As a senior she was selected by the Washington Post as an All-Metro honorable mention.

NSU also welcomes Norfolk local Ta'Liyah Edmonds, a graduate from Norview HS entering her freshman season. Listed at 6-2, she is the tallest member of the NSU roster and will be yet another shot blocking threat and post defender.

Starting Strong

In each of the last two seasons, NSU has only won two of their first five games. With plenty of new players it will be important for this Spartans team to mesh together early in the season.

January Friendly to Spartans

In the past two seasons combined NSU is 11-3 in the month of January, mostly against other MEAC teams.

"We've had really good Januarys and really good early Februarys, but the last two years we haven't started strong and we haven't finished strong," Vickers said. "That will be our focus going into this season."

Finishing Strong

Last season the Spartans finished 3-1 in their last four games, taking them on a run to the championship game in the MEAC Tournament. It was the first finals appearance for the Spartans since 2005.

RPI Breakdown (End of Last Season)

Rank Prev.

196	197	North Carolina A&T
202	207	Maryland Eastern Shore
220	220	Bethune-Cookman
222	225	Howard
276	276	Norfolk State
300	297	South Carolina State
310	311	Morgan State
314	314	Coppin State
334	335	North Carolina Central
340	340	Delaware State
345	345	Savannah State
346	346	Florida A&M

2019-20 Preseason All-MEAC Teams

First Team

Pos.	Name	School
G	Ashanti Hunt	Bethune-Cookman
G	Sarah Edmond	Howard
G	C'Coriea Foy	North Carolina A&T
F	Chance Graham	Coppin State
F	Taylor Brown	S.C. State

Second Team

Pos.	Name	School
G	La'Deja James	Norfolk State
G	Ayonna Williams	Howard
G	Jayla Thornton	Howard
G	Cinia McCray	North Carolina A&T
F	Paulina Afriyie	N.C. Central

Third Team

Pos.	Name	School
G	Amaya Scott	Bethune-Cookman
G	Lanayjha Ashe	Delaware State
F	Imani Bryant	Howard
F	Bairesha Gill-Miles	Md. Eastern Shore
C	Alexus Lessears	North Carolina A&T

Preseason Player of the Year C'Coriea Foy, North Carolina A&T

2019-20 Predicted Order of Finish

As voted on by the league's head coaches and sports information directors

School	1st Place Votes	Points
North Carolina A&T State (12)	229	
Bethune-Cookman (8)	215	
Howard	197	
Norfolk State	162	
Maryland Eastern Shore (1)	135	
South Carolina State	110	
Morgan State	100	
North Carolina Central	94	
Delaware State	88	
Coppin State	78	
Florida A&M	44	

Norfolk State women's basketball knocked off top-seeded North Carolina A&T, 60-43, in the semifinals of the MEAC Tournament inside Scope Arena. In doing so, the Spartans snapped a 28-game win streak against conference opponents by the Aggies.

The Spartans would eventually fall 57-45 to Bethune-Cookman in the MEAC championship game.

La'Deja James led NSU in scoring with 18 points in all three games during the MEAC Tournament. James was named to the MEAC All-Tournament team for her efforts.

Just Win, Baby

NSU's 72-51 win over Howard in the MEAC Quarterfinals ensured the Spartans finished above .500 last season with an 17-15 record, after finishing 2017-18 with an 18-11 record.

This marks just the second-ever occurrence of back-to-back winning seasons in NSU's Division I history. The Spartans went 15-13 in 1998-99 then followed up with a 19-11 record in 1999-2000.

The Spartans once owned a streak of 16-straight winning seasons spanning between the 1981-82 and the 1996-97 seasons, the longest such streak in program history.

In addition, Norfolk State went 15-15 in 2016-17, marking three-straight non-losing seasons for the first time in the DI era.

Nifty Fifty

Norfolk State notched its 50th win in the last three seasons with its 60-43 win over N.C. A&T in the semifinals of the MEAC Tournament.

The first three full seasons of head coach Larry Vickers' tenure will go down as the second-most successful three years in NSU's DI history. Only the 1999-2000, 2000-01 and 2001-02 teams posted more victories, winning 55 games.

NSU's win total in the past three seasons exceeds the program's total number of wins in the five prior years. Between the 2011-12 and 2015-16 seasons, the Spartans managed only 48 victories.

Academic Honors Arrive

Norfolk State is finding success in the classroom as well as on the court.

Jameila Barrett, Armani Franklin, Danyael Goodhope and Zairya West were recognized on the Athletics Director's Honor Roll for the fall semester of last year. To qualify for the AD's Honor Roll, student-athletes must earn a 3.0 GPA in fall semester classes.

Franklin was again a recipient of Honor Roll for this past Spring semester. She was further honored with induction into the University's Eta Chapter of Chi Alpha Sigma, the National College Athlete Honor Society. Inductees must maintain a GPA of 3.4 or higher and are selected based on outstanding academic performance, character, citizenship and athletics ability.

Spartans That Earned Weekly Honors

A trio of NSU players collected weekly accolades from the MEAC last season.

Danyael Goodhope was named defensive player of the week on Jan. 15 after her five-steal performance against Bethune-Cookman. Goodhope's constant pressure played a vital role in the Spartans' 57-50 win.

Goodhope became the fifth different Spartan to earn defensive player of the week honors since the start of the 2016-17 season. In that span, a NSU player has collected the award a total of 16 times.

NSU guard La'Deja James was named the MEAC's Defensive Player of the Week on Nov. 27 after averaging 5.7 rebounds, 4.3 steals and 0.7 blocks per game across three contests. The Virginia Beach native had at least three steals in each game, including seven against Liberty.

Phase IV Underway

On Jan. 20, 2016, head coach Larry Vickers inherited a NSU team that was 0-16 and 0-6 in the MEAC. Serving as interim head coach for the remainder of the season, Vickers guided the Spartans to a 3-8 record in the final 11 games of the season before having the interim label removed. Since then, Vickers has rebuilt the Norfolk State women's basketball program in short order.

Phase I saw NSU finish with a 15-15 record, including a 9-7 mark in conference contests, in Vickers' first full season at the helm. The Spartans underwent a 10-1/2 game turnaround, which was tied for the eight-best improvement in Division I that season. NSU's 12-game improvement from 2015-16 was also the largest single-season win increase in program history. Vickers coached Norfolk State to its first non-losing season since 2001-02 and to a winning MEAC record for just the During Phase II, the Spartans posted their first overall winning record in 16 years, going 18-11 in

2017-18. Those 18 victories are the third-most in NSU's D-I history, ranking behind only the 22 wins by the 2002 MEAC Championship squad and the 1999-00 team's total of 19. In conference action, NSU held a record of 11-5, marking the first-ever occurrence of back-to-back winning seasons in MEAC play. Norfolk State's last string of winning conference seasons ran from 1991 to 1997, when the Spartans were members of the DII Central Intercollegiate Athletic Association. Norfolk State logged its two-longest winning streaks of the DI era in 2017-18, rattling off nine-straight between Dec. 12 and Jan. 22, then six-straight from Feb. 10 until Feb. 26.

Phase III saw the Spartans make history in posting three-straight winning conference seasons for the first time since joining the MEAC in 1997-98. NSU also hit the 10-win mark in MEAC play for the second year in a row for its first instance of back-to-back 10-win seasons in its DI history. The Spartans' 10-6 conference record in 2018-19 marked just their fifth season with double-digit conference wins since joining Division I.

In addition, Vickers achieved a personal milestone in 2018-19 after reaching the 50-win plateau in NSU's 64-49 victory at Morgan State on Feb. 23. Vickers also owns the second-most MEAC victories in program history and is the only Spartan head coach to hold a winning record in MEAC play.

Defensive Titans

The 2017-18 season was a record-setting one on the defensive side of the ball for the Spartans. NSU ranked third nationally in defensive field goal percentage (32.8), sixth in 3-point field goal percentage defense (26.9) and 18th in scoring defense (56.2).

A host of Division I era records fell in 2017-18, including fewest points allowed (1,630), scoring defense (56.2), field goal percentage defense (32.8) and 3-point field goal percentage defense (26.8). Additionally, the Spartans set the all-time program record in field goal percentage defense.

An unyielding defense has become a trademark for the Spartans under Vickers, who have turned in a top-40 scoring defense and a top-three field goal percentage defense in each of the last two seasons. In 2016-17, Norfolk State ranked 39th in D-I after allowing only 57.8 points per game and owned the nation's third-stingiest field goal percentage defense (33.4).

Last season, NSU ranked 11th in scoring defense (55.2), 11th in field goal percentage defense (35.1) and fourth in opponent 3-point percentage (25.8).

At the conference level, the Spartans rank first in scoring defense since the 2016-17 season, allowing 55.7 points per game in that span. During the same time period, Norfolk State tops all MEAC teams in field goal percentage defense (34%), blocks per game (5.5) and 3-point field goal percentage defense (26.3).

Record Watching

The 2018-19 edition of the Spartans left their marks on the record books. As a team, NSU set

Team Records Watch Division I (1997-Present)

Opponent Scoring Average

1. 2018-19.....	55.2
2. 2017-19.....	56.2
3. 2016-17.....	57.8

Field Goals Made

5. 2014-15.....	689
6. 2002-03.....	687
7. 2018-19.....	685

Field Goal %

1. 2018-19.....	.401
2. 2017-18.....	.393
3. 2010-11.....	.393

Defensive Field Goal %

1. 2017-18.....	.328
2. 2016-17.....	.334
3. 2018-19.....	.351

Free Throw %

1. 2014-15.....	.722
2. 2013-14.....	.700
3. 2018-19.....	.684

3-Pt. Field Goals

1. 2018-19.....	149
2. 2017-18.....	145
3. 2004-05.....	139

3-Pt. Field Goal %

3. 1999-2000.....	.325
4. 2017-18.....	.306
5. 2018-19.....	.297

Defensive 3-Pt. Field Goal %

1. 2018-19.....	.258
2. 2017-18.....	.268
3. 2013-14.....	.274

Assists

1. 2018-19.....	439
2. 2016-17.....	422
3. 2002-03.....	390

Assists Per Game

1. 2018-19.....	14.2
2. 2016-17.....	14.1
3. 2002-03.....	13.9

Blocked Shots

1. 2017-18.....	213
2. 2016-17.....	178
3. 2006-07.....	136
4. 2015-16.....	130
5. 2018-19.....	120

Blocks Per Game

1. 2017-18.....	7.3
2. 2016-17.....	5.9
3. 2015-16.....	4.8
4. 2006-07.....	4.5
5. 2018-19.....	3.9

single-season Division I marks in scoring defense (55.2), field goal percentage (40.1), 3-point field goals (149), defensive 3-point field goal percentage (25.8), assists (439) and assists per game (14.2).

In addition, the Spartans were third in defensive field goal percentage (35.1), third in free throw percentage (68.4), fifth in both blocks (120) and blocks per game (3.9) and in 3-point field goal percentage (29.7) and seventh in made field goals (685).

La'Deja James was eighth in steals per game (2.3) and in free throw percentage (80.0), and 13th in scoring average (13.1). Lastly, De'Janaire Deas ranked 11th in field goal percentage (47.1).

4-0 Feelings

While the Spartans may start the regular season slowly, NSU has blitzed through the early portion of its MEAC schedule under head coach Larry Vickers. Norfolk State won its first four games to start MEAC play in 2017-18 and was 5-2 against conference opponents in January. The previous season, the Spartans started off 4-0 and were 5-2 in the MEAC in the month of January as well.

Protecting the Rock

"Turnovers have been one of our main focuses in practice," said head coach Larry Vickers. "At the pace we play, we're going to turn some teams over, so limiting our turnovers will give us a better chance to win."

With returners La'Deja James, Dana Echols, Danyael Goodhope and newcomer Chanette Hicks, the Spartans have plenty of speedy hands that can cause absolute havoc in the defensive back court. With these four on the court look for the Spartans to get above 200 steals on the season.

The steals will no doubt come, but it will also be just as important for the Spartans to be smart with the ball and not to commit turnovers themselves. Last year NSU ranked third in the MEAC with 8.8 steals per game but only seventh in the conference with a -0.44 turnover margin.

Spreading the Love Around

NSU assisted on 27 of its 40 made baskets in last season's 93-40 victory over Cheyney. In the process, the Spartans matched the mark for the fourth-most assists in program history. Eight players recorded at least one assist in the game, and Dana Echols led all players with 12 assists on the night.

A third-year junior college transfer, Echols emerged as a steady presence at the point for NSU and was second in the MEAC in assists per game (4.7) and is second in assist-to-turnover ratio (1.3). On the national stage, the Auburn, Ala. native was 64th in assists per game and 66th in total assists. The Spartans are 10-5 when Echols records five or more assists and are 7-0 when the junior guard scores 10 or more points.

The Spartans were 6-0 last season when assisting on 20 or more field goals and are 12-0 under head coach Larry Vickers when reaching the 20-assist threshold.

Who Are These Spartans

Head coach Larry Vickers welcomed eight newcomers into the program prior to the start of the 2019-20 season, the five include two freshmen and three transfers. There are another three transfers that will not be eligible to play until next season.

Chanette Hicks is a Norfolk native and graduate of Maury HS that transferred to NSU from Virginia Tech. Hicks sat out all of last season because of NCAA transfer regulations. During her career at VT, Hicks averaged 12.2 points per game and holds the single-season record for steals with 123, as well as the all-time school record with 288 steals in her career.

Mikaela Jones is a Portsmouth native that comes to NSU from St. Petersburg CC in Florida. Prior to St. Petersburg, Jones spent her freshman season at South Georgia Tech

Blaire Thomas is a forward from Waterloo, Iowa. Thomas spent her freshman season at Iowa State, before moving on to Iowa Western CC and finally Johnson C. Smith. During her time at Johnson C. Smith, Thomas averaged 11.7 ppg, and 5.2 rpg,

Cam Platt-Morris is a four-year letter winner from Woodbridge HS. She helped Woodbridge HS to a VHSL State Championship and was named first-team all-state her senior year. As a senior she was selected by the Washington Post as an all-Metro honorable mention.

Ta'Liyah Edmonds played two years of Varsity Basketball at Norview High School during her junior and senior years. During her junior year, she was named the most improved player on the team. Listed at 6-2, she is the tallest player on this NSU roster.

***Jalynn Holmes** is from Upper Marlboro, Md., and comes to NSU after two seasons at Towson. She averaged 3.6 ppg in 59 appearances for Towson, scoring a career-high 16 points against UMass.

***Mangela Ngandjui** is also from Upper Marlboro, Md. and one of two transfers from UNC-Greensboro. She appeared in 77 games, averaging just over four points and three rebounds per game.

***Amesha Miller** is the other transfer from UNC-Greensboro to come to NSU this season. During two seasons she averaged 5.6 points per game, 3.4 rebounds per game, and 1 block per game.

*Will not be eligible to play in the 2019-20 season due to NCAA transfer regulations.

Single-Season Records Watch Division I (1997-Present)

Scoring Avg.

10. LaWanda Newman.....	13.5 (2002-03)
11. Selena Edward.....	13.5 (1997-98)
12. Ashley Bowman.....	13.3 (2005-06)
13. La'Deja James.....	13.1 (2018-19)

Field Goal Percentage (min. 50 made)

8. Taisha Thomas.....	.481 (153-318) (1998-99)
9. Marian Brooks.....	.472 (58-123) (2010-11)
10. Rachel Gordon.....	.471 (107-227) (2012-13)
11. De'Janaire Deas.....	.471 (72-153) (2018-19)

3-Pt Field Goals Made

7. Whitney Long.....	50 (2011-12)
Toia Johnson.....	50 (2006-07)
9. Raychele Payne.....	43 (2007-08)
10. Alexys Long.....	42 (2018-19)
Whitney Long.....	42 (2010-11)

3-Pt Field Goal % (min. 20 made)

5. Raychele Payne.....	.364 (43-118) (2007-08)
6. Rae Corbo.....	.352 (56-159) (2014-15)
7. Alexys Long.....	.336 (42-125) (2018-19)

Free Throw % (min. 30 made)

6. Dekisha Thompson.....	.824 (103-125) (2003-04)
7. Whitney Long.....	.820 (50-61) (2009-10)
8. La'Deja James.....	.800 (60-75) (2018-19)
Suawana Taylor.....	.800 (128-160) (1999-2000)

Assists

1. Recca Trice.....	173 (2012-13)
2. Dana Echols.....	146 (2018-19)
3. Ashley Bowman.....	142 (2005-06)

Assist Per Game

1. Recca Trice.....	6.0 (2012-13)
2. Ashley Bowman.....	5.1 (2005-06)
3. Dekisha Thompson.....	5.0 (2002-03)
4. Dana Echols.....	4.7 (2018-19)

Steals Per Game

1. Ashley Bowman.....	2.7 (2005-06)
2. Charlette Fayton.....	2.7 (1997-98)
3. Toia Johnson.....	2.6 (2004-05)
4. Shenae Johnson.....	2.5 (2002-03)
5. Toia Johnson.....	2.4 (2005-06)
6. Ebony Gibbs.....	2.4 (2007-08)
7. Dekisha Thompson.....	2.3 (2002-03)
8. La'Deja James.....	2.3 (2018-19)

Blocks

1. Khadedra Croker.....	.93 (2017-18)
2. Kayla Roberts.....	.59 (2016-17)
Tiffany Gadsden.....	.59 (2006-07)
4. Khadedra Croker.....	.58 (2018-19)

Blocks Per Game

1. Tiffany Gadsden.....	3.5 (2007-08)
2. Khadedra Croker.....	3.4 (2017-18)
4. Khadedra Croker.....	2.1 (2018-19)

NSU in the MEAC Tournament: Norfolk State made its 21st appearance in the MEAC Tournament last season, making it all the way to the Championship game.

The Spartans topped Hampton, 61-52, in 2002 for their only MEAC Tournament championship.

NSU received a bye into the quarterfinals for the first time since the 2002 championship season. Since their first MEAC Tournament in 1999, the Spartans have received a first-round bye only one other time, doing so in 2000. When Norfolk State has received a first-round bye, it has made the championship game all three times.

The Spartans entered the tournament as the fourth seed for the second-year in a row. NSU holds a 4-3 all-time record as the No. 4 seed in the MEAC Tournament and reached the semifinals as the fourth seed in 2015 before falling to Maryland Eastern Shore, 69-64, in overtime.

In total, NSU is 19-19 all-time in the MEAC Tournament and is 1-3 in the final round.

Head coach Larry Vickers owns a 3-4 record in MEAC Tournament play and made his first-ever appearance in the finals.

NSU vs. the MEAC: Norfolk State concluded its 22nd season of MEAC play. The Spartans joined the conference for the 1997-98 season after spending their first 24 seasons in Division II as a member of the CIAA.

In its 22 seasons in the MEAC, NSU is 145-221 (.396) in conference tilts. The Spartans posted consecutive winning seasons in the MEAC for the first time in 2017-18, going 11-5 after a 9-7 mark in 2016-17. Norfolk State then turned in its third-straight winning conference record with a 10-6 mark this season. Prior to their current run, the Spartans had not strung together three-consecutive winning conference seasons since doing so in seven-straight seasons in the CIAA from 1990 to 1997.

The Spartans are 191-211 (.475) all-time against current members of the MEAC. NSU holds winning marks against Maryland Eastern Shore (26-17), South Carolina State (23-18), Morgan State (22-16), North Carolina Central (21-7) and Savannah State (9-7).

Head coach Larry Vickers owns a 33-25 (.569) record in MEAC play and is 30-18 (.625) since his first full season in 2016-17. Vickers has a winning record against South Carolina State (5-1), Delaware State (4-2), Howard (4-3), Savannah State (4-3), North Carolina Central (3-0), Maryland Eastern Shore (3-1) and Florida A&M (3-2).

NORFOLK STATE IN THE MEAC

Tournament Results (By Year)

1998: Did not play
 1999: 1st Round: NSU 69, B.-Cookman 62
 Quarterfinals: Howard 58, NSU 56
 2000: Quarterfinals: NSU 64, Fla. A&M 53
 Semis: NSU 90, Morgan St. 84 (OT)
 Final: Hampton 66, NSU 64
 2001: 1st Round: NSU 68, UMES 42
 Quarterfinals: Del. State 81, NSU 64
 2002: Quarterfinals: NSU 66, UMES 51
 Semis: NSU 69, S.C. State 56
 Final: NSU 61, Hampton 52
 2003: 1st Round: S.C. State 69, NSU 44
 2004: 1st Round: NSU 60, S.C. State 56
 Quarterfinals: Del. State 50, NSU 44
 2005: 1st Round: NSU 60, B.-Cookman 51
 Quarterfinals: NSU 64, Hampton 53
 Semis: NSU 52, Florida A&M 47
 Final: Coppin State 67, NSU 43
 2006: 1st Round: Hampton 65, NSU 60
 2007: 1st Round: NSU 58, UMES 54
 Quarterfinals: Del. State 63, NSU 55
 2008: 1st Round: Morgan St. 86, NSU 65
 2009: 1st Round: Hampton 68, NSU 49
 2010: 1st Round: B.-Cookman 76, NSU 66
 2011: 1st Round: Howard 68, NSU 56
 2012: 1st Round: NSU 51, B.-Cookman 41
 Quarterfinals: Hampton 61, NSU 40
 2013: 1st Round: NSU 72, Fla. A&M 55
 Quarterfinals: N.C. A&T 78, NSU 47
 2014: 1st Round: UMES 70, NSU 66
 2015: 1st Round: NSU 70, Delaware St. 45
 Quarterfinals: NSU 67, Howard 55
 Semifinals: UMES 69, NSU 64
 2016: 1st Round: Coppin State 78, NSU 54
 2017: 1st Round: NSU 60, Delaware St. 40
 Quarterfinals: Florida A&M 80, NSU 73
 2018: 1st Round: Savannah St. 51, NSU 48
 2019: Quarterfinals: NSU 72, Howard 51
 Semifinals: NSU 60, N.C. A&T 43
 Finals: B-CU 57, NSU 45

Tournament Results (By Opponent)

Bethune-Cookman.....3-2
 Coppin State.....0-2
 Delaware State.....2-3
 Florida A&M3-1
 Hampton2-4
 Howard.....2-2
 Md. Eastern Shore.....3-2
 Morgan State1-1
 N.C. A&T.....1-1
 N.C. Central0-0
 Savannah State0-1
 S.C. State2-1
 Total17-19

Tournament Results (By Round)

First Round: 9-9

Quarterfinals: 5-7

Semifinals: 4-1

Finals: 1-3

All-Tournament

2000..... Hope Knight, F *
Charlette Fayton, G *
Suawana Taylor, G **
Taisha Thomas, C **
 2002.....Suawana Taylor (MVP), G/F
Shavonne Burke, G/F
James Sweat (Outstanding Coach)
 2005.....Toia Johnson, G
Areya Walker, F
 2014.....Rae Corbo, G

2019.....La'Deja James G**

* First Team ** Second Team

Game-By-Game Lead/Deficit

Opponent	Result	Largest Lead	Largest Deficit	Time Led	Time Trailed
Liberty	L, 48-67	2 - 1st, 9:46	20 - 4th, 0:38	0:42	38:13
Marshall	L 69-75	1 - 4th, 5:33	23 - 2nd, 2:21	1:00	38:48
Va. Lynchburg	W, 123-48	75 - 4th, 0:40	N/A	59:42	0:00
High Point	W, 72-58	17 - 2nd, 3:03	N/A	33:26	0:00
La Salle					
<i>North Florida</i>					
<i>Jacksonville</i>					
Longwood					
Hampton					
West Virginia					
Robert Morris					
William & Mary					
Richmond					
Bethune-Cookman					
Coppin State					
Howard					
Maryland Eastern Shore					
South Carolina State					
Florida A&M					
North Carolina A&T					
North Carolina Central					
Delaware State					
Morgan State					
Coppin State					
Florida A&M					
Bethune-Cookman					
Howard					
Delaware State					
Morgan State					

Home Games in Bold Neutral Games in Italics

Game-By-Game Specialty Stats (NSU/Opponent)

Opponent	Paint	Off Turnovers	Second Chance	Fast Break	Bench
Liberty	26/26	8/16	7/6	8/0	16/14
Marshall	24/24	13/17	20/17	4/6	10/29
Va. Lynchburg	60/18	57/13	26/6	30/4	44/7
High Point	40/22	14/12	7/9	8/2	9/19
La Salle					
<i>North Florida</i>					
<i>Jacksonville</i>					
Longwood					
Hampton					
West Virginia					
Robert Morris					
William & Mary					
Richmond					
Bethune-Cookman					
Coppin State					
Howard					
Maryland Eastern Shore					
South Carolina State					
Florida A&M					
North Carolina A&T					
North Carolina Central					
Delaware State					
Morgan State					
Coppin State					
Florida A&M					
Bethune-Cookman					
Howard					
Delaware State					
Morgan State					
Totals	150/90	92/58	60/38	50/12	79/69
Totals/Game	37.5/22.5	23/14.5	15/9.5	12.5/3	19.8/17.3
Home Games in Bold	Neutral Games in Italics				

2019-20 SEASON HIGHS/LOWS

NSU Season Highs

Points - 123, vs. Va. Lynchburg (11/14/19)
FG Made - 47, vs. Va. Lynchburg (11/14/19)
FG Attempted - 85, vs. Va. Lynchburg (11/14/19)
FG % - 49.5 (47-95), vs. Va. Lynchburg (11/14/19)
3Pt. FG Made - 13, vs. Va. Lynchburg (11/14/19)
3Pt. FG Attempted - 31, vs. Va. Lynchburg (11/14/19)
3Pt. FG % - 42.9 (9-21), at Marshall (11/9/19)
FT Made - 16, vs. Va. Lynchburg (11/14/19)
FT Attempted - 27, vs. Liberty (11/5/19)
FT % - 64 (16-25), vs. Va. Lynchburg (11/14/19)
Rebounds - 52, vs. Va. Lynchburg (11/14/19)
Assists - 29, vs. Va. Lynchburg (11/14/19)
Steals - 27, vs. Va. Lynchburg (11/14/19)
Blocks - 4, vs. Liberty (11/5/19)
Turnovers - 14, vs. Liberty (11/5/19)

NSU Season Lows

Points - 48, vs. Liberty (11/5/19)
FG Made - 18, vs. Liberty (11/5/19)
FG Attempted - 58, vs. Liberty (11/5/19)
FG % - 31.1 (18-58), vs. Liberty (11/5/19)
3Pt. FG Made - 1, vs. Liberty (11/5/19)
3Pt. FG Attempted - 13, vs. Liberty (11/5/19)
3Pt. FG % - 07.7 (1-13), vs. Liberty (11/5/19)
FT Made - 11, vs. Liberty (11/5/19)
FT Attempted - 19, at Marshall (11/9/19)
FT % - 40.7 (11-27), vs. Liberty (11/5/19)
Rebounds - 34, vs. Liberty (11/5/19)
Assists - 6, vs. Liberty (11/5/19)
Steals - 7, at Marshall (11/9/19)
Blocks - 2, at Marshall (11/9/19)
Turnovers - 13, at Marshall (11/9/19)

NSU Individual Highs

Points - 29, La'Deja James vs. Va. Lynchburg (11/14/19)
FG Made - 10, La'Deja James vs. Va. Lynchburg (11/14/19)
FG Attempted - 20, Chanette Hicks vs. Va. Lynchburg (11/14/19)
3Pt. FG Made - 5, La'Deja James vs. Va. Lynchburg (11/14/19)
3Pt. FG Attempted - 8, La'Deja James vs. Va. Lynchburg (11/14/19)
FT Made - 6, Chanette Hicks at Marshall (11/9/19)
FT Attempted - 9, Chanette Hicks at Marshall (11/9/19)
Rebounds - 11, Blaire Thomas vs. Va. Lynchburg (11/14/19)
Assists - 14, Chanette Hicks vs. Va. Lynchburg (11/14/19)
Steals - 11, Chanette Hicks vs. Va. Lynchburg (11/14/19)
Blocked Shots - 2, Mikaela Jones at Marshall (11/9/19)

Opp. Season Highs

Points - 75, at Marshall (11/9/19)
FG Made - 27, at Marshall (11/9/19)
FG Attempts - 63, at Marshall (11/9/19)
FG % - 42.9 (27-63), at Marshall (11/9/19)
3Pt. FG Made - 11, at Marshall (11/9/19)
3Pt. FG Attempts - 26, at Marshall (11/9/19)
3Pt. FG % - 42.3 (11-26), at Marshall (11/9/19)
FT Made - 11, vs. Liberty (11/5/19)
FT Attempts - 17, vs. Liberty (11/5/19)
FT % - 66.7 (10-15), at Marshall (11/9/19)
Rebounds - 48, vs. Liberty (11/5/19)
Assists - 18, at Marshall (11/9/19)
Steals - 6, at Marshall (11/9/19)
Blocks - 8, at Marshall (11/9/19)
Turnovers - 40, vs. Va. Lynchburg (11/14/19)

Opp. Season Lows

Points - 48, vs. Va. Lynchburg (11/14/19)
FG Made - 17, vs. Va. Lynchburg (11/14/19)
FG Attempts - 44, vs. Va. Lynchburg (11/14/19)
FG % - 38.6 (17-44), vs. Va. Lynchburg (11/14/19)
3Pt. FG Made - 5, vs. Va. Lynchburg (11/14/19)
3Pt. FG Attempts - 15, vs. Va. Lynchburg (11/14/19)
3Pt. FG % - 33.3 (5-15), vs. Va. Lynchburg (11/14/19)
FT Made - 9, vs. Va. Lynchburg (11/14/19)
FT Attempts - 14, vs. Va. Lynchburg (11/14/19)
FT % - 64.3 (9-14), vs. Va. Lynchburg (11/14/19)
Rebounds - 32, vs. Va. Lynchburg (11/14/19)
Assists - 12, vs. Va. Lynchburg (11/14/19)
Steals - 3, vs. Liberty (11/5/19)
Blocks - 2, vs. Va. Lynchburg (11/14/19)
Turnovers - 17, at Marshall (11/9/19)

Opp. Individual Highs

Points - 19, Ashtyn Baker vs. Liberty (11/5/19)
FG Made - 7, Savannah Wheeler at Marshall (11/9/19)
FG Attempted - 15, DaMya Harris vs. vs. Va. Lynchburg (11/14/19)
3Pt. FG Made - 7, Savannah Wheeler at Marshall (11/9/19)
3Pt. FG Attempted - 8, Emily Lytle vs. Liberty (11/5/19)
FT Made - Dazha Congleton at Marshall (11/9/19)
FT Attempted - 4, Ashtyn Baker vs. Liberty (11/5/19)
Rebounds - 11, Keyen Green vs. Liberty (11/5/19)
Assists - 9, Ria Gulley, vs. Liberty (11/5/19)
Steals - 2, Jame Henson vs. Va. Lynchburg (11/14/19)
Blocked Shots - 4, Ashley Saintigene at Marshall (11/9/19)

THE LAST TIME NORFOLK STATE...

Individual

- **Scored 35 points:** Rae Corbo (37) vs. Marshall - 12/16/14
- **Scored 30 points:** Rae Corbo (30) vs. North Carolina A&T - 1/19/15
- **Scored 20 points:** Ja'Deja James (29), Chanette Hicks (20) vs. Va. Lynchburg - 11/14/19
- **Scored 20 points in a half:** Rae Corbo (20) vs. Marshall - 2nd half - 12/16/14
- **Two players had 20 points:** Ja'Deja James (29), Chanette Hicks (20) vs. Va. Lynchburg - 11/14/19
- **No players in double figures:** vs. Maryland Eastern Shore - 1/26/19
- **One player in double figures:** La'Deja James (10) vs. Coppin State - 3/2/19
- **Two players in double figures:** Ja'Deja James (29), Chanette Hicks (20) vs. Va. Lynchburg - 11/14/19
- **Three players in double figures:** Ja'Deja James (29), Chanette Hicks (20), Armani Franklin (18) vs. Va. Lynchburg - 11/14/19
- **Four or more players in double figures:** Ja'Deja James (29), Chanette Hicks (20), Armani Franklin (18), Blaire Thomas (15), Shekinah Howard (10) vs. Va. Lynchburg - 11/14/19
- **Had 15 rebounds:** Khadedra Croker (17) at MDES - 2/24/18
- **Had 20 points and 20 rebounds:** Kayla Roberts (26p-25r) vs. Hampton - 1/31/15
- **Two players with 10 rebounds:** Khadedra Croker (14), Alexys Long (10) vs. Savannah State - 3/5/18
- **Three players with 10 rebounds:** Kayla Roberts (12), Alexys Long (11), Gabrielle Swinson (10) at Howard (OT) - 2/26/18
- **Had 10 offensive rebounds:** Siobhan Beslow (14) at Virginia - 11/16/15
- **Made 10 field goals:** La'Deja James (29) vs. Va. Lynchburg - 11/14/19
- **Attempted 20 field goals:** Kayla Roberts (20) at UNCG - 12/21/16
- **Made 5 3-point field goals:** La'Deja James (29) vs. Va. Lynchburg - 11/14/19
- **Attempted 10 3-point field goals:** Alexys Long (10) vs. Delaware State - 2/12/18
- **Made 10 free throws:** Raven Russell (12) at South Carolina State - 1/20/18
- **Attempted 15 free throws:** Aivah Parham (17) vs. Morgan State - 1/21/13
- **Was perfect at the free throw line (min. 8 att.):** La'Deja James (8-8) vs. North Carolina A&T - 3/15/19
- **Had 10 assists:** Chanette Hicks (14) vs. Va. Lynchburg - 11/14/19
- **Had 5 steals:** Chanette Hicks (11) & Armani Franklin (7) vs. Va. Lynchburg - 11/14/19
- **Had 5 blocks:** Khadedra Croker (6) vs. North Carolina Central - 2/16/19
- **Played 40 minutes:** Recca Trice (40) vs. Florida A&M - 3/12/13
- **Played more than 40 minutes:** Rae Corbo (44), Jazamine Gray (44) vs. Maryland Eastern Shore (OT) - 3/13/15
- **Had a double-double:** Kendrea Dawkins (18p-10r) vs. Bethune-Cookman - 12/14/19
- **2 players had a double-double:** Alexys Long (10p-11r), Kayla Roberts (13p-12r), Gabrielle Swinson (10p-10r) at Howard (OT) - 2/26/18
- **3 players had a dbl-dbl:** Alexys Long (10p-11r), Kayla Roberts (13p-12r), Gabrielle Swinson (10p-10r) at Howard (OT) - 2/26/18
- **Had a triple-double:** Chanette Hicks (20p, 14a, 11s) vs. Va. Lynchburg - 11/14/19
- **Led NSU in points and rebounds:** Raven Russell (14p-6r) at Morgan State - 2/23/19
- **Led NSU in points, rebounds and assists:** Dana Echols (13p-6r-7a) vs. Liberty - 11/25/18
- **Led NSU in points, rebounds, assists and steals:** Kayla Roberts (14p-11r-3a-3s) vs. Loyola (Md.) - 11/21/17
- **Made a last-second, GW FG:** Rachel Gordon at Morgan State (at buzzer) - 2/8/14
- **Made a GW FT with less than 5 seconds left:** Kayla Roberts vs. St. Francis Brooklyn - 11/25/17

Team

- **Scored 100 points:** 123, vs. Va. Lynchburg - 11/14/19
- **Scored 90 points:** 93, vs. Cheyney - 11/13/18
- **Scored 50 points in a half:** 68, vs. Va. Lynchburg, 2nd Half - 11/14/19
- **Scored less than 20 points in a half:** 16 vs. North Carolina A&T - 1st half - 2/18/19
- **Scored less than 45 points in a game:** 44 vs. North Carolina A&T - 2/18/19
- **Won a game by 30 points:** 75 (123-48) vs. Va. Lynchburg - 11/14/19
- **Won a conference game by 30 points:** 36 (78-42) at Savannah State - 1/19/19
- **Lost a game by 30 points:** 32 at High Point (83-51) - 12/15/18
- **Overcame a deficit of 10 points or more:** 11 (26-15, 2nd quarter) at Coppin State - 1/12/19
- **Shot 50% from the floor:** 50.0 (32-64) vs. Howard - 3/7/19
- **Shot 50% or better and lost:** 54.1 (20-37) vs. Morgan State - 2/3/18
- **Shot 50% from the floor in both halves:** 50.0 (19-38) - 1st half - 50.0 (13-26) - 2nd half - vs. Howard - 3/7/19
- **Shot 60% from the floor in a half:** 60.9 (14-23) at Coppin State - 2nd half - 1/12/19
- **Shot 80% from the floor in a quarter:** 85.7 (12-14) vs. Longwood - 1st quarter - 12/12/18
- **Shot less than 25% from the floor:** 23.6 (17-72) at Howard (OT) - 2/26/18
- **Shot less than 20% from the floor in a half:** 16.2 (6-37) at Bethune-Cookman - 1st half - 1/14/17
- **Held an opponent under 30%:** 24.3 (18-74) vs. Howard - 3/7/19
- **Held an opponent w/o a field goal in a quarter:** vs. St. Augustine's - 3rd quarter - 12/18/18
- **Made 30 field goals in a game:** 47 vs. Va. Lynchburg - 11/14/19
- **Attempted 75 field goals in a game:** 95 vs. Va. Lynchburg - 11/14/19
- **Shot 50% from 3-point range (min. 8 att.):** 61.5 (8-13) at Coppin State - 1/12/19
- **Made 10 3-pointers in a game:** 13 vs. Va. Lynchburg - 11/14/19
- **Attempted 25 3-pointers in a game:** 26 vs. St. Augustine's - 12/18/18
- **Failed to make a 3-pointer:** (0-12) at East Carolina - 12/2/17
- **Made 25 free throws in a game:** 26 at Coppin State - 2/21/15
- **Attempted 35 free throws in a game:** 39 at Howard (OT) - 2/26/18
- **Attempted 5 or fewer free throws in a game:** 3 at Virginia - 12/28/12
- **Shot 80% from the free-throw line:** 90% (9-10) vs. vs Bethune-Cookman - 3/16/19
- **Shot 90% from the free-throw line:** 90% (9-10) vs. vs Bethune-Cookman - 3/16/19
- **Had 50 rebounds:** 52 vs. Va. Lynchburg - 11/14/19
- **Had 60 rebounds:** 64 at Howard (OT) - 2/26/18
- **Had 25 offensive rebounds:** 25 vs. St. Augustine's - 11/15/16
- **Had 20 assists:** 29 vs. Va. Lynchburg - 11/14/19
- **Had 20 steals:** 27 vs. Va. Lynchburg - 11/14/19
- **Had 8 blocks:** 8 vs. Florida A&M - 1/9/19
- **Had less than 10 turnovers:** 2 vs. Va. Lynchburg - 11/14/19
- **Played an OT game:** at Howard - 2/26/18
- **Played in multiple overtime periods:** at Howard (2OT) - 2/6/16
- **Won in OT:** at Howard - 2/26/18
- **Lost in OT:** vs. Maryland Eastern Shore 69-64 (OT) - 3/13/15

THE LAST TIME AN OPPONENT...

Individual

- **Scored 35 points:** Imani Bailey (37) at Howard (2OT) - 2/6/16
- **Scored 30 points:** Kaylee Allen (32) vs. Savannah State - 2/17/18
- **Scored 20 points:** C'Coriea Foy (20) vs. North Carolina A&T - 3/15/19
- **Scored 20 points in a half:** Kaylee Allen (30) vs. Savannah State - 1st half - 2/17/18
- **Two Players had 20 points:** Brooke Fields (21), Chance Graham (20) at Coppin State - 1/12/19
- **No players in double figures:** vs. Longwood - 12/12/18
- **One player in double figures:** C'Coriea Foy (20) vs. North Carolina A&T - 3/15/19
- **Two players in double figures:** Krislyn Marsh (16), Jayla Thornton (12) vs. Howard - 3/14/19
- **Three players in double figures:** Angel Golden (18), Amaya Scott(12), Camary Harris (10) vs Bethune-Cookman - 3/16/19
- **Four or more players in double figures:** Lindsey Edwards (20), Camryn Brown (18), Miya Bull (13), Skyler Curran (11) at High Point - 12/15/18
- **Had 15 rebounds:** Chasimmie Brown (16) vs Bethune-Cookman - 3/16/19
- **Two Players with 10 rebounds:** Bria Gibson (15), Tera Reed (12) at VCU - 11/12/17
- **Made 10 field goals:** Kaylee Allen (10) vs. Savannah State - 2/17/18
- **Attempted 10 field goals without a make:** Myasia Jones (0-11) at Savannah State - 1/19/19
- **Attempted 20 field goals:** Adre'onia Coleman (20) at Morgan State - 2/23/19
- **Made 5 three-point field goals:** Jayla Thornton (6) vs. Howard - 3/7/19
- **Attempted 10 three-point field goals:** Jayla Thornton (16), Sarah Edmond (11) vs. Howard - 3/7/19
- **Made 10 free throws:** Jailyn Maddox (13) at VCU - 11/12/17
- **Attempted 15 free throws:** Jailyn Maddox (18) at VCU - 11/12/17
- **Was perfect at the free throw line (min. 8 att.):** Nadine Soliman (9-9) vs. UNCG - 12/15/17
- **Had 10 assists:** Ciani Byrom (10) vs. Maryland Eastern Shore - 1/26/19
- **Had 5 steals:** Jihayah Chavis (6) at Morgan State - 2/23/19
- **Had 5 blocks:** Imani Bryant (5) vs. Howard - 3/7/19
- **Played 40 minutes:** Angel Golden (40) vs Bethune-Cookman - 3/16/19
- **Played more than 40 minutes:** Jenna Green (45) at William & Mary (OT) - 12/21/17
- **Player had a double-double:** Chasimmie Brown (15p-13r) at Bethune-Cookman - 2/9/19
- **2 players had a double-double:** Alicia McCray (11p-13r), Shakerrya Morrison (11p-13r) at Florida A&M - 2/18/17
- **Led team in points and rebounds:** C'Coriea Foy (20p-8r) vs. North Carolina A&T - 3/15/19
- **Led team in points, rebounds and assists:** Camryn Buhr (15p-11r-3a) at Lehigh - 11/24/18
- **Led team in points, rebounds, assists and steals:** Camryn Buhr (15p-11r-3a-4s) at Lehigh - 11/24/18
- **Made a last-second, GW FG:** Adre'onia Coleman (0.3) vs. Morgan State - 2/3/18
- **Made a GW FT with less than 5 seconds left:** Victoria Gonzales vs. Howard - 2/29/16

Team

- **Scored 100 points:** 108 at Howard (2OT) - 2/6/16
- **Scored 90 points:** 108 at Howard (2OT) - 2/6/16
- **Scored 50 points in a half:** 51 at Mississippi State - 1st half - 11/27/15
- **Scored less than 20 points in a half:** 19 vs. North Carolina A&T - 1st half - 3/15/19
- **Scored less than 45 points in a game:** 43 vs. North Carolina A&T - 3/15/19
- **Shot 50% from the floor:** 51.6 (33-64) at High Point - 12/15/18
- **Shot 50% or better and lost:** 52.5 (32-61) at USC Upstate - 11/21/11
- **Shot 50% from the floor in both halves:** 53.6 (15-28) - 1st half - 50.0 (18-36) - 2nd half - at High Point - 12/15/18
- **Shot 60% from the floor in a half:** 65.2 (15-23) vs. Campbell - 2nd half - 11/20/18
- **Shot less than 25% from the floor:** 24.3 (18-74) vs. Howard - 3/7/19
- **Shot less than 20% from the floor in a half:** 18.2 (8-44) vs. Howard - 2nd half - 3/7/19
- **Made 30 field goals in a game:** 33 at High Point - 12/15/18
- **Attempted 75 field goals in a game:** 79 at Howard (2OT) - 2/6/16
- **Shot 50% from 3-point range (min. 8 att.):** 57.9 (11-19) at High Point - 12/15/18
- **Made 10 3-pointers in a game:** 11 vs. Howard - 3/7/19
- **Attempted 25 3-pointers in a game:** 39 vs. Howard - 3/7/19
- **Failed to make a 3-pointer:** at Morgan State (0-9) - 2/23/19
- **Made 25 free throws in a game:** 26 at Bethune-Cookman - 2/9/19
- **Attempted 35 free throws in a game:** 38 at Savannah State - 2/6/17
- **Shot 80% from the free-throw line:** 92.9 (13-14) at Delaware State - 3/4/19
- **Shot 90% from the free-throw line:** 92.9 (13-14) at Delaware State - 3/4/19
- **Had 50 rebounds:** 52 at Howard (OT) - 2/26/18
- **Had 25 offensive rebounds:** 28 at Morgan State - 1/4/17
- **Had 20 assists:** 21 at High Point - 12/15/18
- **Had 20 steals:** 22 vs. Hofstra - 1/3/13
- **Had 8 blocks:** 10 at Howard (OT) - 2/26/18
- **Had less than 10 turnovers:** 9 at Coppin State - 1/12/19

Spartan Career Highs

#0 Cam Platt-Morris

PointsN/A
FG Made.....N/A
FG ATT.....N/A
3Pt. FG MadeN/A
3Pt. FG ATT.N/A
FT MadeN/A
FT ATT.N/A
ReboundsN/A
Assists.....N/A
StealsN/A
BlocksN/A
MinutesN/A

#2 Danyael Goodhope

Points15, vs. Mercer (12/18/16)*
FG Made.....7 (2x), last: vs. Mercer (12/18/16)*
FG ATT.17, at High Point (1/3/17)*
3Pt. FG Made3, vs. S.C. State (11/14/16)*
3Pt. FG ATT.5, vs. S.C. State (11/14/16)*
FT Made6 (2x), last: vs. Longwood (1/24/17)*
FT ATT.9, vs. Longwood (1/24/17)*
Rebounds7 (3x), last: at Presbyterian (2/27/17)*
Assists.....6, at Old Dominion (11/9/18)
Steals7 (2x), last: at Campbell (1/17/17)*
Blocks2, at ETSU (11/20/16)*
Minutes38, at High Point (1/3/17)*

#5 Jameila Barrett

Points8, vs. Cheyney (11/13/18)
FG Made.....4, vs. Cheyney (11/13/18)
FG ATT.....5 (2x), last: vs. St. Augustine's (12/18/18)
3Pt. FG Made1, vs. Va. Lynchburg (11/14/19)
3Pt. FG ATT.2, vs. St. Augustine's (12/18/18)
FT Made2 (2x), last: at Savannah State (1/19/19)
FT ATT.4, vs. St. Augustine's (12/18/18)
Rebounds2 (5x), last: vs. Va. Lynchburg (11/14/19)
Assists.....1, vs. St. Augustine's (12/18/18)
Steals2, vs. Delaware State (1/5/19)
Blocks1, vs. St. Augustine's (12/18/18)
Minutes13, vs. Cheyney (11/13/18)

#10 La'Deja James

Points29, vs. Va. Lynchburg (11/14/19)
FG Made.....10, vs. Va. Lynchburg (11/14/19)
FG ATT.....17, at Wake Forest (12/30/18)
3Pt. FG Made4, vs. Cheyney (11/13/18)
3Pt. FG ATT.9 (2x), last: vs. Va. Lynchburg (11/14/19)
FT Made8, vs. N.C. A&T (3/15/19)
FT ATT.9, at Howard (2/2/19)
Rebounds9, at Delaware State (3/4/19)
Assists4, at Morgan State (2/23/19)
Steals7, vs. Liberty (11/25/18)
Blocks2, vs. Cheyney (11/13/18)
Minutes35 (5x), last: vs. Howard (3/14/19)

#11 Armani Franklin

Points18, vs. Va. Lynchburg (11/14/19)
FG Made.....6, (2x) last: vs. Va. Lynchburg (11/14/19)
FG ATT.....10, vs. Florida A&M (1/29/18)
3Pt. FG Made1 (8x), last: vs. Va. Lynchburg (11/14/19)
3Pt. FG ATT.2 (5x), last: vs. St. Augustine's (12/18/18)
FT Made6, vs. St. Francis Brooklyn (11/25/17)
FT ATT.10, at Longwood (12/30/17)
Rebounds7, at Hampton (2/10/18)
Assists.....7, at VCU (11/12/17)
Steals7, vs. Va. Lynchburg (11/14/19)
Blocks1 (3x), last: at N.C. Central (1/8/18)
Minutes37, vs. Florida A&M (1/29/18)

#12 Chanette Hicks

Points29 (2x), last: at Georgia Tech (2-5-17)*
FG Made.....14, at Georgia Tech (2-5-17)*
FG ATT.23, vs. Wake Forest (2-16-17)*
3Pt. FG Made.....2, at College of Charleston (11-22-16)*
3Pt. FG ATT.4, vs. North Carolina (2-2-17)*
FT Made9, vs. Miami (Fla.) (2-23-17)*
FT ATT.12 (2x), last: vs. Miami (Fla.) (2-23-17)*
Rebounds8 (3x), last: vs. Marshall (11/09/19)
Assists14, vs. Va. Lynchburg (11/14/19)
Steals11, vs. Va. Lynchburg (11/14/19)
Blocks2 (7x), last: at Monmouth (12-12-17)*
Minutes42, at Auburn (12-18-16)*

#13 Ta'Liyah Edmonds

Points2, vs. Va. Lynchburg (11/14/19)
FG Made.....1, vs. Va. Lynchburg (11/14/19)
FG ATT.....2, vs. Va. Lynchburg (11/14/19)
3Pt. FG MadeN/A
3Pt. FG ATT.N/A
FT MadeN/A
FT ATT.N/A
Rebounds1, vs. Va. Lynchburg (11/14/19)
Assists.....0, vs. Va. Lynchburg (11/14/19)
Steals0, vs. Va. Lynchburg (11/14/19)
Blocks0, vs. Va. Lynchburg (11/14/19)
Minutes2, vs. Va. Lynchburg (11/14/19)

#15 Dana Echols

Points14, vs. St. Augustine's (12/18/18)
FG Made.....5 (3x), last: vs. St. Augustine's (12/18/18)
FG ATT.....12, vs. St. Augustine's (12/18/18)
3Pt. FG Made3, vs. St. Augustine's (12/18/18)
3Pt. FG ATT.6, vs. St. Augustine's (12/18/18)
FT Made5 (2x), last: vs. Liberty (11/25/18)
FT ATT.6, at Old Dominion (11/9/18)
Rebounds10, at N.C. Central (2/16/19)
Assists.....12, vs. Cheyney (11/13/18)
Steals4 (2x), last: vs. William & Mary (12/21/18)
Blocks1 (2x), last: at Lehigh (11/24/18)
Minutes38, vs. Liberty (11/25/18)

#22 Shekinah Howard

Points10, vs. Va. Lynchburg (11/14/19)
FG Made.....3, vs. Va. Lynchburg (11/14/19)
FG ATT.....8, (2x) last: vs. Va. Lynchburg (11/14/19)
3Pt. FG Made3, vs. Va. Lynchburg (11/14/19)
3Pt. FG ATT.7, vs. Va. Lynchburg (11/14/19)
FT Made3 (3x), last: vs. Liberty (11/5/19)
FT ATT.6, at Florida A&M (2/11/19)
Rebounds5, vs. Cheyney (11/13/18)
Assists2, vs. Va. Lynchburg (11/14/19)
Steals1, (2x) last: vs. Va. Lynchburg (11/14/19)
Blocks1, (2x), last: at Savannah State (1/19/19)
Minutes20, at Marshall (11/09/19)

#25 Mikaela Jones

Points9, vs. High Point (11/20/19)
FG Made.....4, (2x) last: vs. Va. Lynchburg (11/14/19)
FG ATT.....11, vs. Va. Lynchburg (11/14/19)
3Pt. FG MadeN/A
3Pt. FG ATT.N/A
FT Made1, vs. Liberty (11/5/19)
FT ATT.5, vs. Liberty (11/5/19)
Rebounds7, (2x) last: vs. High Point (11/20/19)
Assists0, vs. Va. Lynchburg (11/14/19)
Steals1, vs. Liberty (11/5/19)
Blocks2, (2x) last: at Marshall (11/09/19)
Minutes28, vs. Liberty (11/5/19)

#30 De'Janaire Deas

Points14, vs. Navy (11/18/18)
FG Made.....7, vs. Navy (11/18/18)
FG ATT.....12, vs. Cheyney (11/13/18)
3Pt. FG Made1, at Lehigh (11/24/18)
3Pt. FG ATT.2, vs. N.C. A&T (3/15/19)
FT Made3 (2x), last: at Howard (2/26/18)
FT ATT.6, at Towson (12/29/16)
Rebounds10, at S.C. State (1/20/18)
Assists.....4, vs. Longwood (12/12/18)
Steals3, at Savannah State (1/22/18)
Blocks3 (2x), last: at Old Dominion (11/9/18)
Minutes24 (3x), last: vs. William & Mary (12/21/18)

#42 Blaire Thomas

Points25, vs. Livingstone (2/16/19)*
FG Made.....10, vs Livingstone (2/16/19)*
FG ATT.....21, vs Livingstone (2/16/19)*
3Pt. FG Made4, at Marshall (11/09/19)
3Pt. FG ATT.8, vs. Slippery Rock (11/11/16)*
FT Made7, vs Chowan (1/05/17)*
FT ATT.9, vs Chowan (1/05/17)*
Rebounds11, vs. Va. Lynchburg (11/14/19)
Assists3, vs Winston-Salem (2/15/17)*
Steals5, vs Catabwa (11/16/16)*
Blocks2(2x), last vs. Claflin (2/11/19)*
Minutes35, at Marshall (11/09/19)

*Career high set a previous school
NJCAA games not included

2019-20 MEAC Women's Basketball Standings

School	MEAC	Overall
Bethune-Cookman	0-0	2-0
Delaware State	0-0	3-1
Howard	0-0	3-2
Norfolk State	0-0	2-2
North Carolina A&T	0-0	2-2
Morgan State	0-0	2-3
N.C. Central	0-0	1-2
Maryland E. Shore	0-0	1-4
South Carolina State	0-0	1-4
Coppin State	0-0	0-5
*Florida A&M	0-0	1-3

*Ineligible for postseason play.

Upcoming MEAC Schedule

Thursday, November 21, 2019

Coppin State at West Virginia - 10 a.m.
Morgan State at Marshall - 5 p.m.
Delaware State vs. Binghampton - 7 p.m.

Friday, November 22, 2019

N.C. A&T vs. Miami - 1:30 p.m.
Norfolk State vs. La Salle - 6 p.m.
Florida A&M vs. Johnson - 7 p.m.

Saturday, November 23, 2019

N.C. A&T vs. Depaul/Arkansas State
Md. Eastern Shore at ECU - 2 p.m.
Bethune-Cookman vs. Ga. Southern - 3 p.m.
Delaware State vs. Cornell - 7 p.m.
S.C. State at UNLV - 8:30 p.m.

Sunday, November 24, 2019

NC Central vs. High Point - 1 p.m.
Howard at Hofstra - 6 p.m.

Tuesday, November 26, 2019

Morgan State at St. Peter's - 5 p.m.
B-C at Charleston Southern - 5 p.m.
N.C. A&T at Morehead State - 6 p.m.
Coppin State at La Salle - 7 p.m.

Wednesday, November 27, 2019

Howard vs Bucknell - 3:30 p.m.

Friday, November 29, 2019

Norfolk State at North Florida
Howard vs. Washington
N.C. Central at California
S.C. State vs. North Dakota

Previous Results

Thursday, November 14, 2019

Norfolk State 123 vs. Va. Lynchburg 48
Bethune-Cookman 79 vs. Edward Waters 46
Morgan State 55 at Nebraska 78

Friday, November 15, 2019

Coppin State 57 vs. Saint Peters 82
Florida A&M 103 vs Trinity Baptist 54
NC Central 78 at Charleston 85

Saturday, November 16, 2019

SC State 46 at UNC Wilmington 84
Delaware State 69 vs. Georgian Court 48

Sunday, November 17, 2019

Morgan State 64 at Omaha 70
Howard 92 vs. Saint Peter's 80
Md. Easter Shore 45 at UNC Greensboro 86

Monday, November 18, 2019

NC A&T 80 vs. East Tennessee State 69
Florida A&M 60 at Texas Tech 88

Tuesday, November 19, 2019

NC Central 67 vs. Campbell 64
Coppin State 47 at Marshall - 60
Md. Eastern Shore 43 at Virginia Tech 86
SC State 55 vs Charleston - 76
Bethune-Cookman 65 at FIU 60

Wednesday, November 20, 2019

Norfolk State 72 vs. High Point 58
Howard 75 at Loyola (Md.) 69

2018-19 MEAC Players of the Week

Nov. 13 Sarah Edmond, Howard
..... Angel Golden, Bethune-Cookman
Nov. 20 Adre'onia Coleman, Morgan State
Nov. 27 Angel Golden, Bethune-Cookman
Dec. 4 Angel Golden, Bethune-Cookman
..... Charmé Lilly, N.C. A&T
Dec. 11 NaJai Pollard, Delaware State
..... Taylor Brown, S.C. State
Dec. 18 Rodneysha Martin, N.C. Central
..... Chance Graham, Coppin State
Dec. 26 NaJai Pollard, Delaware State
Jan. 2 NaJai Pollard, Delaware State
Jan. 8 Adre'onia Coleman, Morgan State
Jan. 15 Taylor Brown, S.C. State
Jan. 22 C'Coriea Foy, N.C. A&T
Jan. 29 Adre'onia Coleman, Morgan State
Feb. 5 NaJai Pollard, Delaware State
..... Angel Golden, Bethune-Cookman
Feb. 12 NaJai Pollard, Delaware State
..... Angel Golden, Bethune-Cookman
Feb. 19 Angel Golden, Bethune-Cookman
Feb. 26 Brooke Fields, Coppin State
March 5 Jayla Thornton, Howard

2018-19 MEAC Rookies of the Week

Nov. 13 Myasia Jones, Savannah State
Nov. 20 Myasia Jones, Savannah State
Nov. 27 Kiana Williams, Bethune-Cookman
Dec. 4 Krislyn Marsh, Howard
Dec. 11 Camary Harris, Bethune-Cookman
Dec. 18 Kiana Williams, Bethune-Cookman
Dec. 26 Kiana Williams, Bethune-Cookman
..... Mya Moye, Florida A&M
Jan. 2 Rayven Peeples, N.C. A&T
Jan. 8 Mya Moye, Florida A&M
Jan. 15 Rayven Peeples, N.C. A&T
Jan. 22 Krislyn Marsh, Howard
Jan. 29 Ashia McCalla, Morgan State
Feb. 5 Mya Moye, Florida A&M
Feb. 12 Krislyn Marsh, Howard
Feb. 19 Camary Harris, Bethune-Cookman
Feb. 26 Jalynda Salley, Coppin State
March 5 Jalynda Salley, Coppin State

2018-19 MEAC Defensive Players of the Week

Nov. 13 Jacquece Alston, Savannah State
Nov. 20 Chance Graham, Coppin State
Nov. 27 La'Deja James, Norfolk State
Dec. 4 Chance Graham, Coppin State
Dec. 11 Chasimmie Brown, Bethune-Cookman
Dec. 18 Paulina Afriyie, N.C. Central
Dec. 26 Chance Graham, Coppin State
Jan. 2 NaJai Pollard, Delaware State
Jan. 8 **Khadedra Croker, Norfolk State**
..... Chance Graham, Coppin State
Jan. 15 **Danyael Goodhope, Norfolk State**
..... Mikaya Wilson, N.C. A&T
Jan. 22 Paulina Afriyie, N.C. Central
Jan. 29 Chance Graham, Coppin State
Feb. 5 Imani Bryant, Howard
Feb. 12 Imani Bryant, Howard
Feb. 19 **Khadedra Croker, Norfolk State**
..... Imani Bryant, Howard
Feb. 26 Paulina Afriyie, N.C. Central
March 5 Imani Bryant, Howard

2019-20 NSU Women's Basketball
Norfolk State Combined Team Statistics (as of Nov 19, 2019)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	1-2	1-1	0-1	0-0
CONFERENCE	0-0	0-0	0-0	0-0
NON-CONFERENCE	1-2	1-1	0-1	0-0

#	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%									
12	HICKS,Chanette	3-3	104	34.7	22-53	.41 0-5 .00	12-21 .57	2 15 17 5.7	9	0	24	7	1	14	56	18.7
10	JAMES,La'Deja	3-3	96	32.0	18-38	.47 7-18 .38	6-10 .60	8 10 18 6.0	8	0	10	6	1	8	49	16.3
42	THOMAS,Blaire	3-3	82	27.3	10-28	.35 5-10 .50	6-7 .85	7 19 26 8.7	3	0	2	2	0	4	31	10.3
22	HOWARD,Shekin	3-0	54	18.0	7-23	.30 6-17 .35	4-7 .57	4 1 5 1.7	5	0	3	0	0	1	24	8.0
25	JONES,Mikaela	3-3	70	23.3	10-25	.40 0-0 .00	1-9 .11	11 3 14 4.7	7	0	2	3	5	1	21	7.0
11	FRANKLIN,Armani	3-0	35	11.7	7-12	.58 1-1 1.000	6-10 .60	2 3 5 1.7	4	0	4	4	0	10	21	7.0
05	BARRETT,Jameila	1-0	6	6.0	3-4	.75 1-2 .50	0-0 .00	2 0 2 2.0	0	0	0	1	0	0	7	7.0
15	ECHOLS,Dana	3-3	64	21.3	4-19	.21 2-10 .20	3-5 .60	3 3 6 2.0	4	0	4	2	0	2	13	4.3
30	DEAS,De'Janaire	3-0	57	19.0	5-11	.45 0-0 .00	1-2 .50	7 4 11 3.7	6	0	2	5	1	0	11	3.7
02	GOODHOPE,Dan	1-0	13	13.0	1-3	.33 0-0 .00	0-0 .00	0 1 1 1.0	2	0	0	2	0	2	2	2.0
13	EDMONDS,Ta'Liy	2-0	11	5.5	1-3	.33 0-0 .00	0-0 .00	0 1 1 0.5	0	0	0	0	0	1	2	1.0
00	PLATT-MORRIS,C	3-0	8	2.7	1-2	.50 1-2 .50	0-0 .00	0 1 1 0.3	0	0	0	1	0	1	3	1.0
Team								13 7 20				3				
Total.....		3	600		89-221	.40 23-65 .35 39-71 .54	59 68 127 42.3	48 0 51 36 8 44 240 80.0								
Opponents.....		3	600		68-167	.40 24-63 .38 30-46 .65	35 91 126 42.0	65 - 47 74 15 13 190 63.3								

TEAM STATISTICS	NSUW	OPP
SCORING	240	190
Points per game	80.0	63.3
Scoring margin	+16.7	-
FIELD GOALS-ATT	89-221	68-167
Field goal pct	.403	.407
3 POINT FG-ATT	23-65	24-63
3-point FG pct	.354	.381
3-pt FG made per gam	7.7	8.0
FREE THROWS-ATT	39-71	30-46
Free throw pct	.549	.652
F-Throws made per ga	13.0	10.0
REBOUNDS	127	126
Rebounds per game	42.3	42.0
Rebounding margin	+0.3	-
ASSISTS	51	47
Assists per game	17.0	15.7
TURNOVERS	36	74
Turnovers per game	12.0	24.7
Turnover margin	+12.7	-
Assist/turnover ratio	1.4	0.6
STEALS	44	13
Steals per game	14.7	4.3
BLOCKS	8	15
Blocks per game	2.7	5.0
ATTENDANCE	1289	817
Home games-Avg/Ga	2-644	1-817
Neutral site-Avg/Game	-	0-0

Date	Opponent		Score	Att.
11/05/19	LIBERTY	L	48-67	877
11/9/19	at Marshall	L	69-75	817
11/14/19	VIRGINIA-LYNCHBURG	W	123-48	412

* - Conference game

Score by Periods	1st	2nd	3rd	4th	Totals
Norfolk State	54	57	69	60	240
Opponents	50	56	35	49	190

2019-20 NSU Women's Basketball
Norfolk State Team Game-by-Game (as of Nov 21, 2019)
All games

TEAM STATISTICS

Opponent	Date	Score		Total		3-Pointers		Free throws		Rebounds				pf	a	t/o	blk	stl	pts	avg
				fg-fga	pct	3fg-fga	pct	ft-fta	pct	off	def	tot	avg							
LIBERTY	11/05/	48-67	L	18-58	.31	1-13	.07	11-27	.40	15	19	34	34.0	16	6	14	4	10	48	48.0
at Marshall	11/9/1	69-75	L	24-68	.35	9-21	.42	12-19	.63	18	23	41	37.5	19	16	13	2	7	69	58.5
VIRGINIA-LYNCHBU	11/14/	123-48	W	47-95	.49	13-31	.41	16-25	.64	26	26	52	42.3	13	29	9	2	27	123	80.0
HIGH POINT	11/20/	72-58	W	26-59	.44	2-8	.25	18-25	.72	11	34	45	43.0	15	14	15	3	9	72	78.0
Norfolk State		312		115-280	.411	25-73	.342	57-96	.594	70	102	172	43.0	63	65	51	11	53	312	78.0
Opponents		248		89-231	.385	32-99	.323	38-61	.623	47	115	162	40.5	84	55	90	20	15	248	62.0

Games played: 4
Points/game: 78.0
FG Pct: 41.1
3FG Pct: 34.2
FT Pct: 59.4

Rebounds/game: 43.0
Assists/game: 16.3
Turnovers/game: 12.8
Assist/turnover ratio: 1.3
Steals/game: 13.3
Blocks/game: 2.8

OPPONENT STATISTICS

Opponent	Date	Score		Total		3-Pointers		Free throws		Rebounds				pf	a	t/o	blk	stl	pts	avg
				fg-fga	pct	3fg-fga	pct	ft-fta	pct	off	def	tot	avg							
LIBERTY	11/05/	48-67	L	24-60	.40	8-22	.36	11-17	.64	16	32	48	48.0	20	17	17	5	3	67	67.0
at Marshall	11/9/1	69-75	L	27-63	.42	11-26	.42	10-15	.66	15	31	46	47.0	20	18	17	8	6	75	71.0
VIRGINIA-LYNCHBU	11/14/	123-48	W	17-44	.38	5-15	.33	9-14	.64	4	28	32	42.0	25	12	40	2	4	48	63.3
HIGH POINT	11/20/	72-58	W	21-64	.32	8-36	.22	8-15	.53	12	24	36	40.5	19	8	16	5	2	58	62.0
Opponents		248		89-231	.385	32-99	.323	38-61	.623	47	115	162	40.5	84	55	90	20	15	248	62.0
Norfolk State		312		115-280	.411	25-73	.342	57-96	.594	70	102	172	43.0	63	65	51	11	53	312	78.0

Games played: 4
Points/game: 62.0
FG Pct: 38.5
3FG Pct: 32.3
FT Pct: 62.3

Rebounds/game: 40.5
Assists/game: 13.8
Turnovers/game: 22.5
Assist/turnover ratio: 0.6
Steals/game: 3.8
Blocks/game: 5.0

2019-20 NSU Women's Basketball
Norfolk State Points-Rebounds-Assists (as of Nov 21, 2019)
All games

Opponent	Date	Score		00	02	05	10	11	12	13
				PLATT-MOR	GOODHOPE,	BARRETT,J	JAMES,LA'D	FRANKLIN,A	HICKS,CHA	EDMONDS,T
LIBERTY	11/05/19	48-67	L	0-0-0	2-1-0	DNP	9-4-1	3-0-1	18-4-4	DNP
at Marshall	11/9/19	69-75	L	0-0-0	DNP	DNP	11-5-3	0-1-0	18-8-6	0-0-0
VIRGINIA-LYNCHBUR	11/14/19	123-4	W	3-1-0	DNP	7-2-0	29-9-6	18-4-3	20-5-14	2-1-0
HIGH POINT	11/20/19	72-58	W	DNP	DNP	DNP	17-7-4	2-5-0	25-4-5	DNP
Opponent	Date	Score		15	22	25	30	42		
				ECHOLS,DA	HOWARD,S	JONES,MIK	DEAS,DE'JA	THOMAS,BL		
LIBERTY	11/05/19	48-67	L	0-0-0	8-2-0	5-4-0	3-6-0	0-6-0		
at Marshall	11/9/19	69-75	L	6-1-2	6-1-1	8-3-1	4-4-1	16-9-2		
VIRGINIA-LYNCHBUR	11/14/19	123-4	W	7-5-2	10-2-2	8-7-1	4-1-1	15-11-0		
HIGH POINT	11/20/19	72-58	W	3-6-2	0-0-0	9-7-1	7-4-1	9-7-1		

(Nov 21, 2019)
Individual Career History

BARRETT,Jameila

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2018-1	22-0	129/5.9	12-24	.500	0-5	.000	7-13	.538	8	9	17	0.8	19	0	1	12	1	6	31	1.4
TOTAL	22-0	129/5.9	12-24	.500	0-5	.000	7-13	.538	8	9	17	0.8	19	0	1	12	1	6	31	1.4

DEAS,De'Janaire

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2016-1	21-1	148/7.0	13-36	.361	0-1	.000	11-18	.611	18	30	48	2.3	29	1	6	17	7	3	37	1.8
2017-1	28-1	214/7.6	16-41	.390	0-0	.000	16-26	.615	25	53	78	2.8	31	0	6	21	13	10	48	1.7
2018-1	32-11	536/16.8	74-158	.468	1-3	.333	17-25	.680	44	85	129	4.0	68	2	29	47	22	10	166	5.2
2019-2	2-0	45/22.5	3-7	.429	0-0	.000	1-2	.500	6	4	10	5.0	6	0	1	5	1	0	7	3.5
TOTAL	83-13	943/11.4	106-242	.438	1-4	.250	45-71	.634	93	172	265	3.2	134	3	42	90	43	23	258	3.1

ECHOLS,Dana

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2018-1	32-30	1014/31.1	72-196	.367	23-67	.343	33-44	.750	41	121	162	5.1	82	3	149	114	2	52	200	6.3
2019-2	2-2	41/20.5	1-8	.125	1-5	.200	3-4	.750	0	1	1	0.5	3	0	2	2	0	0	6	3.0
TOTAL	34-32	1055/31.1	73-204	.358	24-72	.333	36-48	.750	41	122	163	4.8	85	3	151	116	2	52	206	6.1

EDMONDS,Ta'Liyah

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2019-2	1-0	2/2.0	0-1	.000	0-0	.000	0-0	.000	0	0	0	0.0	0	0	0	0	0	0	0	0.0
TOTAL	1-0	2/2.0	0-1	.000	0-0	.000	0-0	.000	0	0	0	0.0	0	0	0	0	0	0	0	0.0

FRANKLIN,Armani

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2017-1	28-20	582/20.8	49-119	.412	6-17	.353	47-77	.610	29	36	65	2.3	54	1	50	81	3	28	151	5.4
2018-1	19-0	161/8.5	6-32	.188	1-5	.200	6-10	.600	7	10	17	0.9	22	0	16	25	0	6	19	1.0
2019-2	2-0	16/8.0	1-5	.200	0-0	.000	1-4	.250	0	1	1	0.5	2	0	1	3	0	3	3	1.5
TOTAL	49-20	759/15.5	56-156	.359	7-22	.318	54-91	.593	36	47	83	1.7	78	1	67	109	3	37	173	3.5

GOODHOPE,Danyael

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2018-1	29-6	486/16.8	51-122	.418	5-14	.357	24-40	.600	21	43	64	2.2	65	3	52	63	1	47	131	4.5
2019-2	1-0	13/13.0	1-3	.333	0-0	.000	0-0	.000	0	1	1	1.0	2	0	0	2	0	2	2	2.0
TOTAL	30-6	499/16.6	52-125	.416	5-14	.357	24-40	.600	21	44	65	2.2	67	3	52	65	1	49	133	4.4

HICKS,Chanette

Season	gp-gs	min/avg	Total		3-Point		F-Throws		Rebounds										Scoring	
			fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg
2019-2	2-2	74/37.0	13-33	.394	0-2	.000	10-17	.588	2	10	12	6.0	7	0	10	3	1	3	36	18.0
TOTAL	2-2	74/37.0	13-33	.394	0-2	.000	10-17	.588	2	10	12	6.0	7	0	10	3	1	3	36	18.0

(Nov 21, 2019)
Individual Career History

HOWARD,Shekinah

			Total		3-Point		F-Throws		Rebounds											Scoring	
Season	gp-gs	min/avg	fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg	
2018-1	15-0	63/4.2	4-25	.160	3-13	.231	9-16	.563	9	5	14	0.9	10	0	3	5	2	1	20	1.3	
2019-2	2-0	38/19.0	4-15	.267	3-10	.300	3-5	.600	3	0	3	1.5	2	0	1	0	0	0	14	7.0	
TOTAL	17-0	101/5.9	8-40	.200	6-23	.261	12-21	.571	12	5	17	1.0	12	0	4	5	2	1	34	2.0	

JAMES,La'Deja

			Total		3-Point		F-Throws		Rebounds											Scoring	
Season	gp-gs	min/avg	fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg	
2018-1	21-16	644/30.7	97-218	.445	21-75	.280	65-81	.802	42	57	99	4.7	38	1	34	37	5	49	280	13.3	
2019-2	2-2	65/32.5	8-24	.333	2-10	.200	2-5	.400	4	5	9	4.5	5	0	4	5	0	5	20	10.0	
TOTAL	23-18	709/30.8	105-242	.434	23-85	.271	67-86	.779	46	62	108	4.7	43	1	38	42	5	54	300	13.0	

JONES,Mikaela

			Total		3-Point		F-Throws		Rebounds											Scoring	
Season	gp-gs	min/avg	fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg	
2019-2	2-2	48/24.0	6-14	.429	0-0	.000	1-7	.143	4	3	7	3.5	6	0	1	3	4	1	13	6.5	
TOTAL	2-2	48/24.0	6-14	.429	0-0	.000	1-7	.143	4	3	7	3.5	6	0	1	3	4	1	13	6.5	

PLATT-MORRIS,Cam

			Total		3-Point		F-Throws		Rebounds											Scoring	
Season	gp-gs	min/avg	fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg	
2019-2	2-0	3/1.5	0-0	.000	0-0	.000	0-0	.000	0	0	0	0.0	0	0	0	1	0	0	0	0.0	
TOTAL	2-0	3/1.5	0-0	.000	0-0	.000	0-0	.000	0	0	0	0.0	0	0	0	1	0	0	0	0.0	

THOMAS,Blaire

			Total		3-Point		F-Throws		Rebounds											Scoring	
Season	gp-gs	min/avg	fg-fga	pct	fg-fga	pct	ft-fta	pct	off	def	tot	avg	pf	fo	ast	to	blk	stl	pts	avg	
2019-2	2-2	55/27.5	5-16	.313	4-7	.571	2-2	1.00	3	12	15	7.5	2	0	2	1	0	3	16	8.0	
TOTAL	2-2	55/27.5	5-16	.313	4-7	.571	2-2	1.00	3	12	15	7.5	2	0	2	1	0	3	16	8.0	

LAST SERIES MEETING: NSU 52, HIGH POINT 62 (12/09/18)

Official Basketball Box Score -- Game Totals -- Final Statistics

Norfolk State vs La Salle

12/09/18 1 p.m. at Philadelphia, Pa. (Tom Gola Arena)

Norfolk State 52 • 3-5

##	Player		Total	3-Ptr	FT-FTA	Rebounds			PF	TP	A	TO	Blk	Stl	Min
			FG-FGA	FG-FGA		Off	Def	Tot							
13	LONG,Alexys	f	5-12	2-8	2-2	0	3	3	2	14	1	0	0	1	32
30	DEAS,De'Janaire	f	3-5	0-0	0-1	1	0	1	0	6	0	1	1	0	16
44	CROKER,Khadedra	c	0-6	0-0	2-4	0	8	8	1	2	2	3	2	1	31
01	RUSSELL,Raven	g	6-14	1-4	2-2	2	4	6	1	15	2	6	0	1	30
15	ECHOLS,Dana	g	0-4	0-3	0-0	2	7	9	1	0	5	7	0	2	37
02	GOODHOPE,Danyael		0-1	0-0	0-0	1	0	1	1	0	2	0	0	1	3
04	DAWKINS,Kendrea		4-6	3-4	0-0	1	2	3	1	11	0	3	2	0	32
05	BARRETT,Jameila		0-1	0-1	0-0	0	1	1	1	0	0	1	0	0	2
11	FRANKLIN,Armani		1-2	0-0	2-2	0	1	1	2	4	3	4	0	2	17
Team						4	3	7				1			
Totals			19-51	6-20	8-11	11	29	40	10	52	15	26	5	8	200

FG % 1st Half: 10-24 41.7% 2nd half: 9-27 33.3% Game: 19-51 37.3%
 3FG % 1st Half: 2-8 25.0% 2nd half: 4-12 33.3% Game: 6-20 30.0%
 FT % 1st Half: 8-11 72.7% 2nd half: 0-0 0.0% Game: 8-11 72.7%

Deadball
Rebounds
1

La Salle 62 • 1-8

##	Player		Total	3-Ptr	FT-FTA	Rebounds			PF	TP	A	TO	Blk	Stl	Min
			FG-FGA	FG-FGA		Off	Def	Tot							
15	SPRUIILL, Kayla	f	0-7	0-5	0-0	1	1	2	0	0	4	0	0	1	19
22	REESE, Jeryn	f	5-12	2-6	0-0	1	4	5	2	12	1	2	0	1	29
25	MILLER, Shalina	c	7-11	0-0	0-0	4	6	10	1	14	2	4	5	3	32
03	BROWN, Rayshel	g	2-6	0-0	0-0	0	1	1	3	4	1	0	0	5	30
11	KING, Deja	g	5-8	2-4	1-2	1	2	3	4	13	5	4	0	3	37
02	SWEENEY, Shayla		0-3	0-1	2-2	1	1	2	3	2	0	1	0	0	12
14	NICHOLLS, Michelle		6-12	5-10	0-0	0	3	3	1	17	4	2	0	3	30
32	WHITE, Jasmine		0-3	0-2	0-0	0	2	2	2	0	0	0	0	0	7
33	MORGAN, Erin		0-1	0-1	0-0	0	0	0	1	0	1	1	0	0	4
Team						2	3	5							
Totals			25-63	9-29	3-4	10	23	33	17	62	18	14	5	16	200

FG % 1st Half: 12-36 33.3% 2nd half: 13-27 48.1% Game: 25-63 39.7%
 3FG % 1st Half: 3-19 15.8% 2nd half: 6-10 60.0% Game: 9-29 31.0%
 FT % 1st Half: 0-0 0.0% 2nd half: 3-4 75.0% Game: 3-4 75.0%

Deadball
Rebounds
0

Officials: Shawn Goode, Regina Odomes, Felicia Young

Technical fouls: Norfolk State-None. La Salle-None.

Attendance: 453

Score by periods	1st	2nd	3rd	4th	Total
Norfolk State	15	15	13	9	52
La Salle	14	13	16	19	62

	In	Off	2nd	Fast	
Points	Paint	T/O	Chance	Break	Bench
NSUW	20	17	5	8	15
LAS	24	19	5	9	19

Last FG - NSUW 4th-00:12, LAS 4th-00:33.

Largest lead - NSUW by 8 3rd-09:03, LAS by 12 4th-00:33.

Score tied - 5 times.

Lead changed - 6 times.

RADIO / TV SPOT CHART



#0 Cam Platt-Morris

5-7 | Fr. | G
Woodbridge
Woodbridge HS



#2 Danyael Goodhope

5-5 | Sr. | G
Norfolk, Va.
Odessa College



#5 Jameila Barrett

5-8 | So. | G/F
Baltimore, Md.
Catonsville HS



#10 La'Deja James

5-8 | R-Sr. | G
Virginia Beach, Va.
South Georgia Tech



#11 Armani Franklin

5-5 | Jr. | G
Hampton, Va.
Hampton HS



#12 Chanette Hicks

5-6 | R-Sr. | G
Norfolk, Va.
Virginia Tech



#13 Ta'Liyah Edmonds

6-2 | Fr. | F
Norfolk, Va.
Norview HS



#15 Dana Echols

5-5 | Sr. | G
Auburn, Ala.
Shelton State CC



#22 Shekinah Howard

5-11 | So. | G/F
Atlanta, Ga.
Westlake HS



#25 Mikaela Jones

6-3 | R-Sr. | C
Portsmouth, Va.
St. Petersburg CC



#30 De'Janaire Deas

6-0 | Sr. | F/C
Albany, N.Y.
Academy of Holy Names



#42 Blaire Thomas

5-10 | Gr. | F
Waterloo, Iowa
Johnson C. Smith



Larry Vickers

Head Coach



Lou Hamilton

Assistant Coach



Jasmine Young

Assistant Coach



Kymesha Alston

Assistant Coach