

Lady Raider Basketball

2008-2009

Lauren Beckley



Elise Mercer

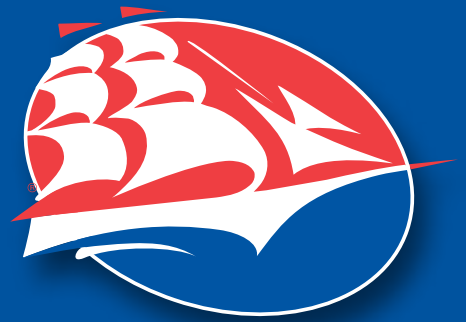


Head Coach Kristy Trn



SHIPPENSBURG
UNIVERSITY

WWW.SHIPRAIDERS.COM



Lauren Beckley, 2008



Christa Cline, 2001



Ashley Totedo, 1999

PSAC Western Division Players of the Year

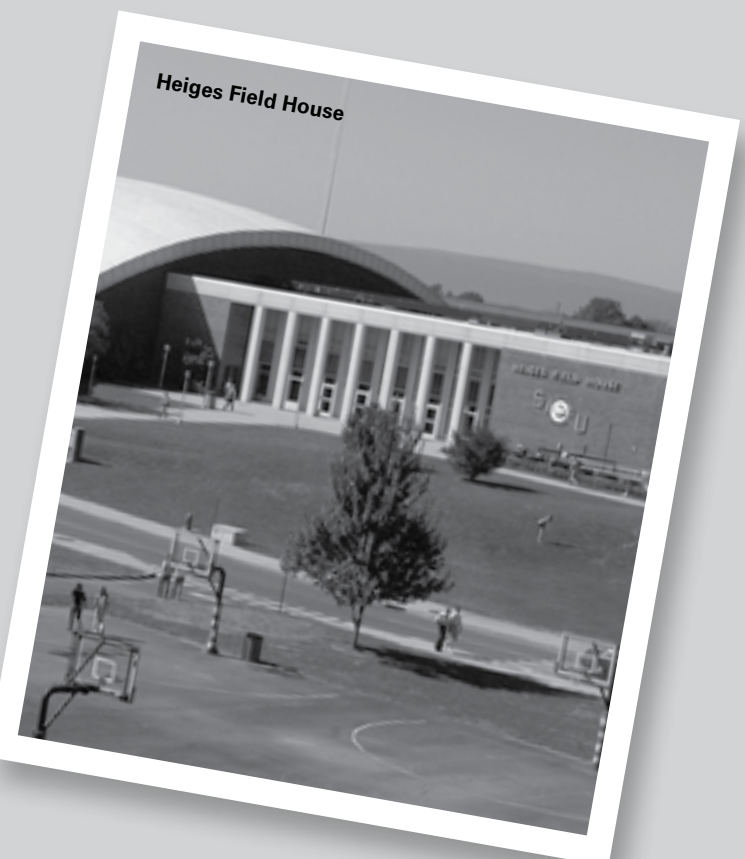
Shippensburg has had five players of the year since 1996, including three under head coach Kristy Trn.

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Shippensburg Quick Facts

Official Name of University:	Shippensburg University of Pennsylvania
Member:	The Pennsylvania State System of Higher Education
Location and Zip Code:	Shippensburg, Pa. 17257
President:	Dr. William N. Ruud
Undergraduate Enrollment:	6,600
Overall Enrollment:	7,600
Founded:	1871
Colors:	Red and Blue
Nickname:	Lady Raiders
Conference:	Pennsylvania State Athletic
Other Affiliations:	NCAA Division II
Director of Athletics:	Dr. Roberta Page
Athletics Office:	(717) 477-1541
Head Coach:	Kristy Trn (Shippensburg '93/'94M)
Assistant Coaches:	Jen Scaffidi (Shippensburg '05)
	Jack Schenzel (Shippensburg '95)
	Megan Fogle
Head Coach's Office:	717-477-1543
Head Coach's E-Mail:	kktrn@ship.edu
Home Court:	Heiges Field House (2,768)
Sports Information Director:	Bill Morgal
Office Phone	717-477-1201
E-mail	wjmorgal@ship.edu
Fax	740-477-1253
Hotline	717-477-7678
Mailing Address	
	Sports Information Office
	1871 Old Main Drive (OM 302)
	Shippensburg, Pa. 17257
Web site	www.shipraiders.com



Shippensburg University of Pennsylvania, in compliance with federal and state laws and university policy, is committed to human understanding and provides equal educational, employment, and economic opportunities for all persons without regard to race, color, sex, age, creed, national origin, religion, veteran status, or disability. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329.

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Press passes and all other media requests are to be directed to Bill Morgal, sports information director.

About Shippensburg University

General Information

- Founded in 1871 as the Cumberland Valley State Normal School
- Comprehensive regional public university
- Member of the Pennsylvania State System of Higher Education
- Located on 200 acres in southcentral Pennsylvania

Enrollment

- 6,621 undergraduate students and 1,144 graduate students
- 53% women and 47% men
- 40% of our students live on campus
- 95% of our students are from Pennsylvania.

Faculty

- Student-faculty ratio: 19:1 and each student has a faculty advisor
- 86% of the 301 full-time instructional faculty members hold a doctorate or other terminal degree in their field
- Our faculty's main focus is teaching. All classes are taught by faculty, not graduate assistants

Accreditations

- AACSB International
- ABET (computer science)
- American Chemical Society
- Council for the Accreditation of Counseling and Related Educational Programs
- Council for Exceptional Children
- Council on Social Work Education
- International Association of Counseling Services
- National Council for the Accreditation of Coaching Education
- Middle States Association of Colleges and Schools
- National Council for the Accreditation of Teachers

Academic Programs and Opportunities

- 75 majors and concentrations and 22 graduate programs
- 3 colleges: Arts and Sciences, Business, and Education and Human Services; plus a Office of Undeclared Students.
- Study abroad opportunities are available in dozens of countries. Find out more at www.ship.edu/international
- Internships, hands-on labs, graduate assistantships and more, SU helps you create opportunities for real-life experiences.
- Academic options include independent study and research internships, field experience, the Marine Science Consortium at Wallops Island, a

3+2 engineering program with two schools of engineering, 3+4 and 3+3 health science programs with professional schools, 2+2 allied health programs, and Army ROTC.

- Find a job or focus on a career with the help of Career Development Center and alumni career services.

Facilities and Resources

- Ezra Lehman Memorial Library houses more than 2 million items and provides access to electronic resources which are accessible from your personal computer 24-7.
- Campus computer network has connections in every classroom, faculty office, and residence hall rooms (one for every student). Every student has an e-mail and a Web homepage account. Students can access their academic and scheduling records online. A wireless network is available in many buildings on campus.
- 21 microcomputer labs (3 general and 18 with major specific software). Two labs are open 24-7.

Student Life

- The Student Services, Inc. administers a \$2.8 million budget and provides a highly diversified program of student activities.
- More than 200 student clubs, organizations, honor societies and activity groups.
- Cultural and lecture series brings nationally and internationally known persons to campus.
- 9 student housing facilities; all but one are co-ed. Rooms are double occupancy and have two high-speed computer connections. Seavers Complex houses six students in each unit. Stone Ridge Commons offers apartment-style living for two, four, or six students.
- Student services: University Counseling Center, Career Development Center, Learning Center, Women's Center, Multicultural Student Development Center.
- Etter Health Center provides 24-hour access to medical services.

Athletics

- Member of the Pennsylvania State Athletic Conference and NCAA Division II.

- Intercollegiate sports

Men: baseball, basketball, cross-country, football, soccer, swimming, track and field, wrestling.

Women: basketball, cross country, field hockey, lacrosse, soccer, softball, swimming, tennis, track/field, volleyball.

- **Intramural sports:** Basketball, bowling, racquetball, soccer, softball, street hockey, tennis, Ultimate Frisbee, volleyball
- **Sports facilities include:** outdoor tennis courts, indoor and outdoor track, two indoor swimming pools, squash and handball courts, a rehabilitation center, outdoor sand volleyball courts.
- 62,000-square-foot Student Recreation Building features an 8,000-square-foot fitness center, an elevated running track, racquetball courts, and four multi-purpose courts.
- 12-acre student recreation center includes: hockey rink; sand volleyball courts; basketball courts; fields for football, softball, lacrosse, and rugby; exercise trail for rollerblading, biking, and jogging.

Costs/Financial Aid

- Total estimated annual costs/in-state: \$12,245* per year
- Total estimated annual costs/out-of-state students: \$19,868* per year.
**Estimated annual costs include tuition, fees, room and board (2007-2008). Average cost for books and supplies: \$700.*

- 80 percent of undergraduates receive some form of financial aid, including grants, academic or athletic scholarships, loans, and student employment.

Admission to SU

- Prospective students must provide: a completed application form, a \$30 processing fee, official high school transcript*, recommendations*, and aptitude test results (SAT or ACT)*. The new SAT essay score or writing sample will not be used in the admission decision, but will be used for English placement.
*(*These must be sent by the high school, the College Board, or ACT.)*
- Transfer students must submit college transcripts.
- The Admissions Office operates on a rolling basis.
- The average applicant has a grade average of B or better and SAT score of 1070, for regularly admitted students.
- Successful applications display a student's leadership ability, special talents and interests and a high school record of college preparatory courses.
- 75% of applying students are admitted.



Academic Programs

Undergraduate Major Programs of Study

Accounting
Applied Physics
Nanofabrication
Art
Computer Graphics
Biology
Biotechnology
Ecology and Environment
Medical Technology



Chemistry
Biochemistry
Medical Technology
Communication/Journalism
Electronic Media
Print Media
Public Relations
Computer Science
Computer Graphics
Embedded Programming
Related Discipline
Software Engineering
Systems Programming
Criminal Justice
Earth Science
Economics
Business
Mathematics
Political Science
Public Administration
Social Science
Elementary Education
English
Writing
Exercise Science
Finance
Personal Financial Planning
French
Geoenvironmental Studies
Geography
Geographic Information Systems
Human-Environment
Land Use

History
Public History
Human Communication Studies
Information Technology for Business Education
Interdisciplinary Arts
Management
Entrepreneurship & Corporate Entrepreneurship
General
Human Resource
International
Management Information Systems
Marketing
Mathematics
Applied
Computer Science
Statistics
Physics
Political Science
Psychology
Public Administration
Secondary Certification
Art
English
French
Spanish
Secondary Education
Biology
Biology/Environmental Education
Chemistry
Information Technology for Business Education
Mathematics
Physics
Sociology
Social Studies
Economics
Geography
History
Political Science
Social Work
Spanish
Supply Chain Management
Logistics
Pre-Forensic Science
Students interested in a pre-forensic science program may select any major. Typical curricula include Biology, Chemistry, and Criminal Justice.



Pre-Law
Students interested in a pre-law program may select any major. Typical curricula include Political Science, Business, English, and History.
Health Professions Concentration
Pre-Chiropractic
Pre-Dentistry
Pre-Medicine
Pre-Optometry
Pre-Pharmacy
Pre-Physical Therapy
Pre-Podiatry
Pre-Veterinary Medicine
Allied Health Science
Shippensburg University is affiliated with Thomas Jefferson University Jefferson College of Health Professions. These are 2+2 transfer programs unless otherwise indicated. Respective fields of study are:
Bioscience Technology
Nursing
Occupational Therapy (2+3)
P.A.C.E. Program (2+2, 3+3)
Radiologic Sciences

Undergraduate Minor Programs

Anthropology
Biochemistry
Business
Coaching
Early Childhood Education
Ethnic Studies
Geographic Information Science
German Studies
Gerontology
International Studies
Music
Philosophy
Reading
Technical/Professional Communications
Theater
Women's Studies

Graduate Degree Programs

Administration of Justice
Biology
Business Administration (MBA)
Communication Studies
Computer Science
Counseling
College
Community
Elementary
Mental Health
Secondary
Student Personnel
Curriculum & Instruction
Biology
Early Childhood Education
Elementary Education
English
Geography/Earth Science
History
Mathematics
Middle School Education
Geoenvironmental Studies
History-Applied
Information Systems
Organizational Development and Leadership
Business
Communications
Education
Environmental Management
Higher Education
Individual and Organizational Development
Public Organizations
Psychology
Public Administration
Reading
School Administration
Social Work (with Millersville)
Special Education
Behavior Disorders
Comprehensive
Learning Disabilities
Mental Retardation

Certificate and Certification Programs

Advanced Studies in Business
Advanced Counseling in
Marriage, Couples and Family Therapy
Applied History
Principal's Certification K-12
Superintendent's Letter of Eligibility
Supervisory I Certificate

Academics and Athletics

Shippensburg University shapes its athletic program to fit within the overall academic goals of the university—maintaining a balance between athletics and academics.

Since 1984, the university's Office of Institutional Research has monitored the progress of our athletes in the classroom. The original study found that Shippensburg was ahead of many institutions in meeting the standards of Propositions 48 and 64—two NCAA resolutions designed to set minimum educational levels in collegiate athletes.

Proposition 64 of the NCAA established a minimum score of 700 in the SAT and a 2.0 grade point average in 11 core curriculum courses in high school. Proposition 48 carries these minimums even further and outlines availability of scholarships to freshmen athletes based on their school performance.

Incoming freshmen athletes show preparation levels comparable to those of all incoming students. In 2006, the average SAT score for incoming freshmen athletes was 1006, only slightly below the SAT average for new incoming students of 1015. Both groups average in the upper two-fifths of their graduating high school classes.

Today Shippensburg University athletes continue to uphold the study's findings. The quality point average (QPA) for all athletic teams in 2006-07 was 2.67 on a 4.0 scale. The 10 women's teams had a 2.93 overall average while the eight men's teams averaged 2.82. This can be compared to the fall 2006 figures: the total student body QPA averaged 2.82, females were slightly higher at 2.98, and males were slightly lower at 2.66.

Shippensburg's athletes continue to show high six-year graduation rates. Seventy-one percent of those receiving athletically related financial aid graduate within six years of enrolling. The 2005 NCAA Graduation Rate Report found that nationally, among public Division II schools, the graduation rate was 45 percent with athletes graduating at 54 percent. Retention studies by the Office of Institutional Research and Planning show male athletes at Shippensburg graduated at 55 percent and those receiving athletically related financial aid graduated at 54 percent. In addition, female athletes graduated at 79 percent and those receiving athletically related financial aid graduated at a rate of 81 percent.



Since 1975, 43 athletes have earned Academic All-America honors and three athletes have earned NCAA Postgraduate scholarships. Many more of Shippensburg's fine athletes have been nominated for these and other regional and national honors.

Although the academic standards are stringent at Shippensburg, the 20 athletic teams have won about 60 percent of all their contests since 1975. Twelve university teams have won 53 Pennsylvania State Athletic Conference (PSAC) championships in the same period.

Academic Support Services for Student Athletes

Shippensburg University established the Office of Academic Support Services for Student-Athletes to provide the best possible resources for enhancing the academic experiences of student-athletes. Through the coordinator, a variety of academic assistance services are available, including academic advising support, academic progress monitoring, academic counseling and referral, and assisting graduating student-athletes in researching and pursuing employment and/or opportunities for graduate education.

The Office of Academic Support Services for Student-Athletes has strong links with the Learning Center and other campus-wide programs to support the academic well being of student-athletes.

All student-athletes have the opportunity to participate in the CHAMPS/Life Skills program. This program is committed to promoting excellence in academics, athletics, career and personal development, and community service. In addition, all incoming first-year student-athletes have the opportunity to voluntarily participate in the PACES program. PACES (Personal, Academic, and Career Exploration Seminar) is open to all incoming undeclared first-year student-athletes who want to gain greater insight into campus majors, possible careers paths, campus resources, technology, scheduling concerns, and wellness issues.

The office provides advisement and a variety of programming options for all student-athletes to assist with balancing the demands of academic achievement and athletics success.

2008 SPRING SEMESTER STUDENT-ATHLETE ACADEMIC SUMMARY

The information listed below is based on 18 intercollegiate athletics teams. Shippensburg University had a total of 398 student-athletes during the 2008 spring semester.

- The semester QPA for all student-athletes was a 2.82.
- The semester QPA for men's athletics was a 2.57.
- The semester QPA for women's athletics was a 3.13.
- Women's swimming compiled the highest semester QPA by achieving a 3.45. Seven additional teams earned a QPA of 3.0 or higher: Tennis (3.32), Volleyball (3.29), Women's Cross Country (3.22), Women's Basketball (3.21), Field Hockey (3.19), Women's Soccer (3.16), and Women's Track and Field (3.12).
- Fourteen student-athletes earned a 4.0 QPA.
- Twenty-two percent (88) of student-athletes earned a 3.5 or higher QPA.
- Forty-three percent (172) of student-athletes earned a 3.0 or higher QPA.
- Thirty-six percent (142) of student-athletes have achieved a 3.0 or higher cumulative QPA.

Athletics Administration

Dr. Roberta Page

Director of Athletics

Dr. Roberta Page was appointed director of athletics in June 2003. She joined Shippensburg athletics in January 2000 as associate director of athletics and then served as interim director of athletics from December 2001 until June 2003.

Since coming on board, she has helped maintain Shippensburg's winning traditions. Shippensburg earned the 2005 Dixon Trophy, which is awarded by the Pennsylvania State Athletic Conference to the member institution that has the best overall athletic program. It was the fifth time in the 10-year history of the award Shippensburg captured the honor.

A native of Greensburg, Pa., Page played basketball and softball at Slippery Rock University where she graduated in 1988. She majored in physical education with a minor in sports management.

Following graduation she taught health and physical education and served as assistant track coach (1989-95) and assistant varsity and head junior varsity basketball coach (1989-94) at Chambersburg High School. She also was head volleyball coach at Wilson College (1992-94).

Page earned two master's degrees from Western Maryland College — in athletic administration and educational administration with a concentration on higher education. She earned a doctoral degree in educational leadership from Duquesne University.



Jeff Michaels

Associate Director of Athletics

Jeff Michaels, associate director of athletics since July 2005, is responsible for organizing and implementing all aspects of NCAA rules compliance and education for the Shippensburg University Athletics Department.

Michaels is the chair of the NCAA Division II Field Hockey committee and is also a member of the Division II women's lacrosse regional advisory committee. In addition, he has served as a facilitator for the NCAA Division II Leadership Academy for the past two years.

Prior to coming to Shippensburg, Michaels served five years as an assistant to the athletics director at Slippery Rock University where he worked with rules compliance and facilities.

Previous to his position Slippery Rock, Michaels spent five years as the sports information director at Lycoming College, a Division III school in Williamsport, Pa. Prior to Lycoming, Michaels served six months as Slippery Rock's interim sports promotion and information director and one year as a graduate assistant in the same capacity.

Michaels earned his bachelor of arts in mass communication and political science from Lycoming in 1992 and his master's degree in athletics administration from Slippery Rock in 1993. He in Shippensburg with his wife Carrie and is the father of two sons, Douglas and Drew.



Carrie Michaels

Assistant Director of Athletics

On Sept. 2, 2008, the Raider athletic department announced the hiring of Carrie Michaels as the assistant athletic director and senior woman administrator at Shippensburg University. Michaels had been serving as the interim coordinator of Academic Support Services for Student-Athletes since September of 2006.

"I am extremely excited about the opportunity to work directly in athletics," Michaels said.

Before coming to Shippensburg, Michaels served as the assistant to the Athletics Director at Slippery Rock University where she coordinated all academic support services for student-athletes, in addition to directing athletic fund-raising and camps and conferences.

Prior to that position, Michaels served as the Athletics Academic Coordinator and Assistant Women's Basketball Coach. After her time in Slippery Rock, Michaels served as Commissioner of the Atlantic Women's Colleges Conference (AWCC).

Michaels earned her bachelor of arts in psychology and criminal justice in 1995 at Duquesne where she also competed as a student-athlete in the sport of basketball. She earned her master's degree in sport management at Slippery Rock in 2001. She resides in Shippensburg with her husband, Jeff.



Shippensburg University PSAC Championship Teams

Baseball	Football	Men's Indoor Track
1926 1941 1954	1925 1931 1935	2005 2006
1958 1977 1981	1938 1957 1976	
1984 1986 1987	1981 2004	Men's Outdoor Track
1989 1996 2000		1931 1958 1982
2003 2007	Softball	1984 1985 1986
	2003 2004 2005	1990 1991 1992
Men's Basketball		1993 1995 1997
1991	Men's Soccer	2003 2004 2005
	1971 1975	2006
Women's Basketball	Men's Swimming	
1996 1997 1998	1990 1991 1993	Women's Indoor Track
1999 2000 2001	1994	2008
Women's X-Country	Men's Tennis	
1996 1997 2008	1960 1963 1965	Women's Outdoor Track
		1984 1993 1994
Field Hockey	Women's Tennis	1998
2005	1983 1984 1992	
	1994	Women's Volleyball
		2004

Heiges Field House

Fitness Center

In addition to the rehabilitation center, Shippensburg University has a complete weight-training and fitness center inside the field house. The facility contains state-of-the-art equipment that benefits the athletes on campus and remains open more than 80 hours per week.

The facility is undergoing a complete renovation this winter and will be operational in February with brand new equipment specifically designed to enhance the well being of the student athletes on campus.

The cornerstone of Shippensburg's recent construction is a brand new Student Recreation Center - an 8,000 square foot, two-level, fitness center with free weights and cardio machines. It houses a four-court gymnasium, an elevated running track, racquet and handball courts, and exercise and dance spaces.

Training Facilities

The scope and importance of sports medicine at Shippensburg University has shown rapid growth in recent years. In addition to upgraded facilities in Heiges Field House, the university completed the renovation of a sports medicine facility in Henderson Gymnasium that primarily serves the women's lacrosse, field hockey, and softball teams. Three full-time trainers oversee the training needs of 20 men's and women's athletic teams.



Rehabilitation Center

The Etter Health Center provides essential health-care services for Shippensburg's student athletes. Orthopaedic Associates of Chambersburg serve as the team orthopedic consultants. Wes Mallicone, director of sports medicine, supervises the first-aid, prevention, treatment, evaluation, and rehabilitation of injuries to approximately 600 student athletes. The sports medicine staff operates three coed training rooms on campus.

Student athletes seek out the new techniques and care now available to them in the area of sports medicine. They continue to be surprisingly sophisticated in their knowledge of today's sports medicine methods. The coaches are very supportive of Ship's sports medicine program since strong and healthy athletes are at a premium.

According to Orthopaedic Associates of Chambersburg, "The speciality of sports medicine is now as deeply involved in the prevention of sports injuries as in their treatment. This requires the active participation and input of coaches, trainers, and physicians in the use of highly specialized equipment during the pre-season conditioning programs."

Shippensburg's evaluation and rehabilitation capabilities in Heiges Field House were relocated to the west end of the field house arena in 1991 for easier accessibility. Constantly upgrading, the rehabilitation center offers state-of-the-art Cybex evaluation and rehabilitation equipment. The equipment includes a computerized treadmill that can operate at speeds up to 10 miles per hour and can be elevated to heights up to 25 degrees; four Fitron bicycle ergometers; an Upper Body Ergometer; an Orthotron for knee rehabilitation; and a multi-axle ankle rehabilitation machine. The most dynamic piece of equipment is the Cybex II isokinetic dynamometer, which produces a computerized readout on muscle strength and weakness for every muscle group and joint in the body. This equipment gives Shippensburg an evaluation and rehabilitation center that is unique in the Pennsylvania State Athletic Conference.



The Coaches



The Coaches

HEAD COACH KRISTY TRN

Kristy Trn

Head Coach

Shippensburg '93-'94M

Tenth Year

Kristy Trn enters her tenth season as head coach of the Shippensburg University women's basketball team in 2008 as the winningest coach in Lady Raider basketball history. The two-time PSAC Western Division Coach of the Year has a career record of 169-91 overall and a mark of 65-43 in the PSAC Western Division.

Shippensburg has had seven winning seasons in nine years under Trn. The team has also posted three seasons of 20 or more wins and has advanced to the PSAC tournament eight times and won two PSAC championships in 2000 and 2001. She was named PSAC Western Division Coach of the Year in 2001 and 2002.

In Trn's 14 seasons at Shippensburg as both the head coach and full-time assistant coach from 1994-present, the Lady Raiders have a record of 296-119 (.713), 12 winning seasons, eight 20-win seasons, eight NCAA Tournament appearances, seven PSAC championships, three NCAA East Region titles, three NCAA Division II Elite Eight appearances and a final national ranking of No. 2 in 1996.



TRN CAREER PROFILE

Year	Position	Record	Pct.	Postseason
1994-95	Asst. Coach	22-7	.759	NCAA Second Round
1995-96	Asst. Coach	28-6	.824	NCAA Runner-up
1996-97	Asst. Coach	25-5	.833	NCAA East Semifinal
1997-98	Asst. Coach	28-4	.875	NCAA Elite Eight
1998-99	Asst. Coach	25-6	.806	NCAA East Final
1999-00	Head Coach	24-6	.800	NCAA East Semifinal
2000-01*	Head Coach	28-5	.848	NCAA Final Four
2001-02	Head Coach	20-9	.690	NCAA East Quarterfinals
2002-03	Head Coach	13-15	.464	
2003-04	Head Coach	19-11	.633	
2004-05	Head Coach	17-10	.630	
2005-06	Head Coach	12-15	.444	
2006-07	Head Coach	17-11	.607	
2007-08	Head Coach	19-9	.679	
Head Coach		169-91	.650	3 Appearances (3-3)
Overall Record		297-119	.714	8 Appearances (11-7)

COACHING CREDENTIALS

PSAC Western Division Coach of the Year (2001, '02)
Eight NCAA Tournaments (1995, '96, '97, '98, '99, '00, '01, '02)
Three NCAA Elite Eight Appearances (1996, '98, '01)
PSAC Western Division Athlete of the Year (1996, '98, '99, '01, '08)
PSAC Western Division Rookie of the Year (1998, '01, '04, '05, '07)

*Trn coached four Academic All-America nominees in 2000-01

MILESTONE VICTORIES

#1 • Nov. 19, 1999 vs. Georgian Court, 86-30
#25 • Nov. 17, 2000 vs. Felician, 95-49
#50 • March 9, 2001 vs. Pittsburgh-Johnstown, 80-70
#75 • Dec. 2, 2002 vs. University of the Sciences, 81-67
#100 • Feb. 10, 2004 vs. Pittsburgh-Johnstown, 83-61
#150 • Feb. 19, 2007 vs. California (Pa.), 79-68

In addition, the program has also boasted 19 All-PSAC Western Division First Team selections, 11 Second Team selections, five Athlete of the Year and five Rookie of the Year honors.

Last year, Shippensburg thrived with a combination of veteran leadership and young scoring threats, totaling a 19-9 record and advancing to the team's second consecutive PSAC Tournament. Trn's instruction helped the Lady Raiders place a strong emphasis on ball control and distribution. As a result, Shippensburg led the conference in three-point shooting (38.6 percent) and assist-to-turnover ratio (0.92) while committing the second-fewest turnovers in the PSAC.

In the 2006-07 season, Shippensburg regained its standing as one of the top teams in the PSAC after finishing with an overall record of 17-11, improving by five victories from a disappointing 2005-06 campaign. A year after going 2-10 in conference play, the Lady Raiders went 7-5 in the PSAC Western Division to finish third and begin a new streak of consecutive PSAC Women's Basketball Championship appearances.

The success of the program continued to flourish under Trn during the 2004-05 season as the Lady Raiders finished third in the highly competitive Western Division with an 8-4 record, the fifth time that the team has won at least seven conference games and finished in the top three. She also continued her success in developing and mentoring some of the top players in the PSAC as Shippensburg had two players named to the All-PSAC Western Division First Team and the Rookie of the Year. The team also advanced to the conference tournament for the 11th consecutive year.

In 2003-04, Trn led Shippensburg to a 19-11 record and an appearance in the PSAC tournament championship game for the eighth time in school history before losing to eventual national champion California (Pa.). The Vulcans finished the year with a 35-1 record with the team's only loss coming at Shippensburg, 77-73, on Feb. 21, 2004.

In 2002-03, the Lady Raiders finished fourth in the PSAC Western Division and in 2001-02, totaled the team's eighth-straight 20-win season.

Two years earlier in 2001, Trn guided Shippensburg to its sixth consecutive conference championship, still, the only time in PSAC history that a men's or women's basketball team has won six-straight championships. The next closest team to challenge that mark was the California (Pa.) women who won three-straight from 2002-04.

Also that year, the Lady Raiders were ranked No. 4 in the nation in the final Women's Basketball Coaches Association (WBCA) Division II Coaches' Poll, advancing to the program's second-straight NCAA Tournament under Trn before losing to North Dakota in the national semifinals. Off the court, Shippensburg had a 3.401 team grade point average, the 18th highest on the WBCA Honor Roll and the only team from the East Region listed.

In Trn's first year at the helm during the 1999-2000 season, the Lady Raiders won the PSAC Western Division championship as well as the team's fourth-straight conference tournament title. Under Coach Trn, the women's basketball team has also thrived academically - never holding a team grade-point average lower than 2.75 while compiling a grade-point average above 3.0 in five seasons.

A 1993 graduate of Shippensburg, Trn was a volunteer assistant coach for the Lady Raiders in 1994 before being elevated to a full-time assistant coach prior to the 1994-95 season. Trn received her master's degree in administration of justice from Shippensburg in 1994.

As a player, Kristy (O'Hara) Trn scored 1,765 points, the fourth-highest total in school history. Her career free throw percentage of 78.8-percent stood for 11 seasons. Trn is also fifth in school history in rebounds (656), seventh in assists (348) and ninth in steals (180). She is the only player to have led Shippensburg in scoring, rebounding, assists, steals and blocked shots in the same season, a feat she accomplished during the 1992-93 season. Trn also held the Lady Raider single-game scoring record for 15 seasons, totaling 45 points on Feb. 11, 1993 against Cheyney.

In 1992 and 1993, Trn was named All-PSAC Western Division First Team after earning Second Team honors as a sophomore. As a junior and senior, she was an All-Eastern College Athletic Conference (ECAC) selection and in 1993, Trn was an NCAA Division II All-East Region honoree and Honorable Mention All-American.

In 2003, she was inducted into the University's Athletic Hall of Fame for her accomplishments as a player and was inducted into the hall of fame at Plum High School in 2007.

A member of the WBCA, Trn is a voting member for the USA Today/ESPN/WBCA Division Coaches' Poll. She and her husband John currently live in Shippensburg and are the proud parents of two-year-old daughter Alyssa, born in June 2006, and son Cole, born December 2007.

TRN RECORDS

Record at Shippensburg	169-91 (9 years)
Overall Record	169-91 (9 years)
Home Record	99-27
Away Record	59-57
Neutral Record	11-7
PSAC West Record	70-49
PSAC East Record	50-18
Non-Conference Record	49-24
NCAA Tournament Record	3-3

BY CONFERENCE

Carolinas-Virginia Athletic (1-1)

St. Andrews Presbyterian	0-1
Pfeiffer	1-0

Central Atlantic Collegiate (5-0)

Caldwell	1-0
Felician	1-0
Georgian Court	1-0
University of the Sciences	2-0

Central Intercollegiate Athletic Association (4-2)

Bowie State	2-1
N.C. Central	1-1
Shaw	1-0

East Coast (4-0)

Concordia (NY)	1-0
Dowling	1-0
Mercy	1-0
New Haven	1-0

Great Lakes Intercollegiate Athletic (1-0)

Tiffin	1-0
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Gulf South (1-0)

Delta State	1-0
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Independent (2-0)

Columbia Union	2-0
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North Central Intercollegiate Athletic (0-1)

North Dakota	0-1
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Northeast-10 (2-1)

Saint Rose	1-0
Assumption	1-0
Bentley	0-1

Pacific West (1-1)

Grand Canyon	1-1
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PSAC Eastern Division (50-18)

Bloomsburg	10-1
Cheyney	8-0
East Stroudsburg	8-1
Kutztown	7-3
Mansfield	6-2
Millersville	5-6
West Chester	6-5

PSAC Western Division (70-49)

California (Pa.)	7-15
Clarion	11-9
Edinboro	13-7
Gannon	0-1
Indiana (Pa.)	7-12
Lock Haven	15-3
Mercyhurst	1-0
Slippery Rock	17-3

Sunshine State (0-2)

Florida Southern	0-1
Tampa	0-1

West Virginia Intercollegiate Athletic (25-13)

Charleston (WV)	2-2
Davis & Elkins	1-0
Glenville State	0-1
Ohio Valley	1-0
Pittsburgh-Johnstown	6-5
Seton Hill	2-0
Shepherd	6-2
West Virginia Wesleyan	3-1
West Liberty State	0-1
West Virginia State	1-1
West Virginia Tech	2-0
Wheeling Jesuit	1-0

OTHER

NCAA DIVISION I (1-1)

Binghamton	0-1
Longwood	1-0

NON-NCAA

United States Collegiate Athletic Association (1-0)

Warren Wilson	1-0
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BY OPPONENT

Assumption	1-0
Bentley	0-1
Binghamton	0-1
Bloomsburg	10-1
Bowie State	2-1
Caldwell	1-0
California (Pa.)	7-15
Charleston (WV)	2-2
Cheyney	8-0
Clarion	11-9
Columbia Union	2-0
Concordia (NY)	1-0
Davis & Elkins	1-0
Delta State	1-0
Dowling	1-0
East Stroudsburg	8-1
Edinboro	13-7
Felician	1-0
Florida Southern	0-1
Gannon	0-1
Georgian Court	1-0
Glenville State	0-1
Grand Canyon	1-1
Hillsdale	0-1
Indiana (Pa.)	7-12
Kutztown	7-3
Lock Haven	15-3
Longwood	1-0
Mansfield	6-2
Mercy	1-0
Mercyhurst	1-0
Millersville	5-6
N.C. Central	1-1
New Haven	1-0
North Dakota	0-1
Ohio Valley	1-0
Pfeiffer	1-0
Pittsburgh-Johnstown	6-5
Saint Rose	1-0
Seton Hill	2-0
Shaw	1-0
Shepherd	6-2
Slippery Rock	17-3
St. Andrew's Presbyterian	0-1
Tampa	0-1
Tiffin	1-0
University of the Sciences	2-0
Warren Wilson	1-0
West Chester	6-5
West Liberty State	0-1
West Virginia State	1-1
West Virginia Tech	2-0
West Virginia Wesleyan	3-1
Wheeling Jesuit	1-0

The Coaches

ASSISTANT COACHES

Jen Scaffidi

*Assistant Coach
Shippensburg '05
Second Year*

After completing one season as the team's interim full-time assistant, former Shippensburg women's basketball standout Jen Scaffidi has officially landed the job and begins her second season as the primary assistant coach with the Lady Raiders this year.

Following her career with the Lady Raiders, Scaffidi was an assistant coach at Shippensburg High School during the 2005-06 season where she worked with the guards.

A native of Turnersville, New Jersey, Scaffidi spent the 2006-07 season as the assistant varsity coach at her high school alma mater, Washington Township, while also working as a ninth grade math teacher. As an assistant on the varsity, she helped lead the Minutemaids to a 21-7 record, an Olympic Conference championship and berth in the sectional semifinals.

As a player at Washington Township, Scaffidi was a two-year captain and 1,000-point scorer en route to earning All-South Jersey First Team and All-State Honorable Mention honors.

Scaffidi returns to Shippensburg following a highly successful four-year career in which she earned two All-PSAC Western Division honors, including a first team selection in 2005. She is currently ranked sixth on the school's career scoring list with 1,583 points and holds the school records for career and season free throw percentage. Scaffidi graduated in 2005.

For her career, Scaffidi made 405-of-510 attempts for 79.4 percent while as a senior during the 2004-05 season, she made 104-of-122 attempts for 85.2 percent. She is also the only player to total over 100 assists in four-straight seasons and lead the team in assists four consecutive years. Scaffidi concluded her career with 481 assists.

A Daktronics, Inc. All-East Region Second Team selection as a senior, Scaffidi is the only player since Trn during the 1992-93 season, to lead the team in both scoring and assists, a feat she accomplished twice as a sophomore and a senior. She played in all 114 of the team's games during her four-year career, starting in 111 of them. During that time, the Lady Raiders had a record of 69-45, a winning percentage of 60.5 percent.



Jack Schenzel

*Assistant Coach
Shippensburg '95
Fourth Year*

A 1995 graduate of Shippensburg University, Schenzel begins his fourth year with the women's basketball team as an assistant coach for the 2008-09 season.

Schenzel has over 10 years of basketball coaching experience, including four years as a high school assistant coach at Shippensburg Area Senior High School. With the Greyhounds, the boys' basketball team won a Mid-Penn championship and made three district playoff appearances.

Schenzel was also a coach at Grace Baptist Temple High School in St. Albans, West Virginia during the 2002-03 season.

As a student-athlete at Shippensburg, Schenzel received a bachelor of arts degree in history in 1995. A member of the track and field team, he was named All-ECAC as a junior and senior. During his career, the Red Raiders won three PSAC championships in 1992, 1993 and 1995.

Schenzel currently resides in Falling Waters, West Virginia with his wife, Erin, and two boys, Aidan and Micah. In addition to his work with the women's basketball team, he works as a large claims property adjuster for Erie Insurance.



Megan Fogle

*Assistant Coach
First Year*

Four-year standout Megan Fogle joins the Lady Raider coaching staff as an assistant coach for 2008-09 while she completes her bachelor's degree. Fogle ranks 11th on the school's all-time scoring list with 1,418 points and had 208 career three-pointers to rank second behind Tracy Spencer's 246.

A dependable guard and one of the school's best defenders in history, Fogle ranks seventh in school history in assists with 353 and converted 35.9 of her three-point field goal attempts. She was a 2006 All-PSAC Western Division Second Team selection and the 2005 PSAC Western Division Rookie of the Year after averaging 12.0 points per game and draining 64 three-pointers in her debut season.

Before arriving at Shippensburg, Fogle was a standout athlete at Eastern York High School, where she graduated with the fifth-most points in school history. She is the 15th player in Shippensburg history to have totaled 1,000 career points.



Season Outlook



Season Outlook

ROSTER



No.	Name	Pos.	Yr.	Ht.	Hometown/High School
12	Kasey Gardner	F	So.	5-9	Sharpsville / Sharpsville
13	Erin Varley	G	Fr.	5-5	Bethel Park / Bethel Park
20	Elise Mercer	G	Sr.	5-7	Bishopville, Md. / Stephen Decatur
21	Michelle Metz	G	Jr.	5-6	Pottsgrove / Pottsgrove
23	Phylicia Bessick	G	Sr.	5-8	Columbia / Hempfield
24	Sheila Wasser	G	Jr.	5-8	Tremont / Pine Grove
31	Caitlin Bamberger	F	Fr.	5-11	Blandon / Fleetwood
32	Ally Briggs	G	Jr.	5-6	Palmyra / Palmyra
33	Kaitlin Capriccio	F	Fr.	6-0	Hillsborough, N.J. / Hillsborough
34	Shannon Stokes	C	Fr.	6-2	Lebanon / Cedar Crest
35	Shelley Wasser	F	Jr.	5-9	Tremont / Pine Grove
40	Lindsay Howard	C	Fr.	6-1	Forest Hills, Md. / Fallston
41	Lauren Beckley	F	Jr.	6-0	Fairfield / Fairfield
42	Jenn Morrow	C	Fr.	6-3	Etters / Red Land
44	Beth Hart	C	Fr.	6-2	Crownsville, Md. / Old Mill

Head Coach: Kristy Trn (Shippensburg '93/'94M), 10th year at SU, 10th overall

Assistant Coach: Jen Scaffidi (Shippensburg '05)

Assistant Assistant: Jack Schenzel (Shippensburg '95)

Assistant Assistant: Megan Fogle

PRONUNCIATION GUIDE

13	Erin Varley	VAR-lee
24	Sheila Wasser	WASS-ur
33	Kaitlin Capriccio	cuh-PREEZ-io
35	Shelley Wasser	WASS-ur
42	Jenn Morrow	MAR-oh
Head Coach: Kristy Trn		TURN
Asst. Coach: Jack Schenzel		SHENZ-ull
Asst. Coach: Megan Fogle		FO-gull

After making its second consecutive appearance in the PSAC Women's Basketball Championship in 2007-08, the Shippensburg University women's basketball team had returned to its rightful position as one of the premier squads in the conference's Western Division.

Heading into the 2008-09 season, the Lady Raiders will find themselves as the premier team in the PSAC Eastern Division, beginning their first season in the new division following a conference re-alignment that includes the addition of Mercyhurst and Gannon to the Western Division.

Shippensburg has posted a 50-18 record against PSAC Eastern Division opponents in nine seasons under head coach Kristy Trn '93/'94M, including a 6-1 mark last season. This season, the Lady Raiders will be vying for a third-straight appearance in the PSAC Women's Basketball Championship and the team's 14th in the last 15 seasons.

One of the primary objectives for Shippensburg this season will be to establish consistency. The team returns six letter winners from last year's squad, including four starters. The team's only significant loss is senior Megan Fogle, who completed her four-year run at Shippensburg starting in all 110 of the team's games during that span and ranking 11th in school history with 1,418 career points.

Perhaps Fogle's most valuable assets were her leadership, ball control and court vision. She will personally assist the transition as an assistant coach this season while completing her degree this winter. One of her primary pupils will be junior guard **Michelle Metz**, who broke through for a much-improved sophomore campaign with 140 assists in 2007-08, the fourth-most in a single season in school history.

Much to the conference's dismay, junior phenom **Lauren Beckley** is back and better than ever. Already ranked 13th in school history

with 1,172 points through just two seasons, Beckley is prepared to shoulder a significant offensive load once again and is perfectly capable of providing double digits every night on the court. With two competitive seasons under her belt, Beckley will also be looked upon as one of the team's leaders this season.

Opposing defenses are well aware of Beckley's prowess for points, but at the same time they must focus on her supporting cast that is more than capable of complementing the reigning PSAC Western Division Player of the Year.

Sophomore **Kasey Gardner** finished her debut season averaging 12.1 points and 5.2 rebounds while starting in all 28 games and will return to her familiar role on the court this season. Meanwhile, senior **Elise Mercer** capitalized on her open looks last season by averaging 9.6 points per game and recording 15 double-digit scoring games.

These four veterans will be primed to produce while gearing up to mentor one of the strongest, deepest and most talented recruiting classes in several seasons. Seven true freshmen have entered camp in excellent condition and prepared to receive as much playing time as they earn.

In Trn's nine seasons at Shippensburg, four Lady Raiders have earned the honor of the division's top newcomer, and that doesn't even factor in the excellent production of Gardner, who finished last season with five Rookie of the Week awards.

With all of these elements in place, the coaching staff is confident that the ingredients are in place for the Lady Raiders to be a serious contender for the program's league-leading seventh PSAC championship.

BACKCOURT

The consistency of Fogle will certainly be missed. But the improved guard play of Metz has eased the comfort level of the ball-handling capabilities for Shippensburg. Metz will once again run the point and continue to guide the team in a positive direction on the court as a team leader.

Her improvement could be seen in 2007-08 by doubling her freshman assist total from 70 to 140 and raising her three-point percentage by 12 points, shooting 41.4 percent from distance and connecting for an impressive 29 triples.

Shifting back to the guard position in her senior season is Mercer, who played a bit more of a bruising role in 2007-08. Mercer quadrupled her average playing time as a junior, starting in 25 of the team's 28 games and averaging 31.8 minutes per contest. She averaged 40 percent shooting from the field and 4.5 rebounds per contest.

Complementing these two players will be junior **Sheila Wasser** - a diligent worker who has continued to gain experience and has taken full advantage of her game opportunities over the past two seasons. Wasser has expanded her confidence as a point guard and appeared in 21 games last season, averaging 14.9 minutes per contest. She will be counted upon as a valuable reserve for the Lady Raiders this season.

Unfortunately, the Lady Raiders will be without senior guard **Phylicia Bessick**, who suffered a knee injury and has undergone surgery that will sideline her for the season. Bessick missed the beginning of last season with an injury and averaged 4.4 points per game in 14 contests. Bessick is expected to return for her red-shirt senior season in 2009-10.

Among the freshmen that could see time in the backcourt this season are **Erin Varley** and **Ally Briggs**. Varley was a three-year letter winner for Bethel Park High School and averaged seven points and six assists per game while appearing in four consecutive district playoffs. Briggs is a junior who is formerly of the Shippensburg outdoor track and field squad but won four letters in high school as a guard and was named her team's MVP as a senior.

FRONTCOURT

The list of accomplishments achieved by Beckley last season would put an embarrassment to the term "laundry list," so we can begin by mentioning that the junior forward is the reigning PSAC Western Division Player of the Year and a National All-American after becoming the first sophomore in conference history to eclipse the 1,000-point total.

Last season, Beckley led the conference in scoring (23.1 points per game) and rebounding (11.1 rebounds per game) while playing out of position. Due to a lack of size on the roster, Beckley primarily played the post and even center at certain times and yet still thrived due to her tenacity and sheer desire to win.



Elise Mercer

Season Outlook

For the 2008-09 season, Beckley is back to her natural position of power forward and the opportunity to build off 130 career three-pointers and 400 career field goals is simply huge. She enters the season with the second-best scoring average in school history (20.9 points) behind Stacey Cunningham and in no time flat will be among the school's Top 10 in points and rebounds.

Gardner excelled after being given the opportunity to start at forward last season and will again be counted upon for significant offensive production. After finishing her high school career with 1,445 points and 731 rebounds, Gardner totaled 340 points as a freshman for an average of 12.1 per contest.

Her versatility is particularly impressive, as Gardner was second on the team last season with 5.2 rebounds per contest yet also connected for 39.8 percent of her three-point attempts. She totaled 72 assists and 37 steals while averaging 34.7 minutes per contest.

The only other returning forward is junior **Shelley Wasser**, who is eager to fill a bench role after joining the team midway through the 2007-08 season. Wasser played in six games last season for the Lady Raiders.

Two exciting freshmen forwards with similar first names will be vying for chances to play as soon as possible in the Lady Raider rotation. Freshman **Kaitlin Capriccio**, a native of Hillsborough High School in New Jersey, earned multiple awards as a senior (including team MVP and school's outstanding female athlete) while thriving as a power forward and center. Freshman **Caitlin Bamberger** totaled 934 points in high school and was a three-time All-Berks Division II selection for Fleetwood Area High School.

Last season, Shippensburg did not have a center on its roster. This year, four freshmen with a boatload of talent are seeking playing time at the '5', including **Beth Hart** and **Lindsay Howard**. Hart was a member of the regional championship squad at Old Mill High School in Maryland last season and over her career averaged 12.6 points and 11.3 rebounds per game. Howard totaled 749 points, 510 rebounds and 148 blocks for Fallston High School in Maryland and averaged 10.6 points per game as a senior.

Two other centers joining the Lady Raiders this season are **Jenn Morrow** and **Shannon Stokes**. Morrow was a three-year letter winner for Red Land High School, while Stokes was a two-time All-Lebanon County selection as a post player for Cedar Crest High School.



COACHING STAFF

Head coach **Kristy Trn '93/'94M** begins her 10th season at the helm of the Lady Raiders in 2008 and has been a full-time coach at Shippensburg since 1994. The two-time PSAC Western Division Coach of the Year has a career record of 169-91 overall and has guided the team to seven winning seasons.

Former standout **Jen Scaffidi '05** begins her second season as the team's primary assistant this year after initially earning the job on an interim basis last season. **Jack Schenzel '95** returns for his fourth season on the Lady Raider staff and **Megan Fogle** will also assist while completing her bachelor's degree.

With this trio joining Trn, a 1993 graduate and the fourth-leading scorer in team history, the Lady Raiders have a staff that has been a part of the program's rich history and is fully aware of the high level of competition in the conference.

SCHEDULE

Shippensburg shifts to the PSAC Eastern Division this season after spending 21 seasons in the PSAC West. Since joining the Western Division prior to the 1987-88 season, the Lady Raiders won six PSAC West titles, the most of any current Western Division team.

The team will host its annual Wolf's Bus Lines Tournament on a Saturday and Sunday, November 15 and 16. The University of Charleston, UDC and East Stroudsburg will come calling to Heiges Field House that weekend.

Following the season-opening tournament, the Lady Raiders will only have two home games in December (West Virginia Wesleyan on December 3 and Fairmont State on December 20).

From there, the team will travel to Arizona to compete in the Grand Canyon Classic against Franklin Pierce and Gannon. An added highlight will be on the weekend of January 10 and 11, when Shippensburg travels to take on familiar rivals Indiana (Pa.) and California (Pa.) on back-to-back days in PSAC crossover competition.

The team opens its PSAC Eastern Division schedule at Mansfield on January 14. That weekend, Shippensburg will host East Stroudsburg in a game on January 17 that will be broadcast live on the CBS College Sports television network and online at ncaa.com. Shippensburg is the only institution from the PSAC and one of just four women's Division II programs in the nation granted the privilege this season to host a game on the network this season.

The quarterfinals of the PSAC Women's Basketball Championship are set for March 4 with the semifinals and championship game being held on March 7 and 8 at the top remaining seed in the East.

Player Profiles





Lauren Beckley

Jr. • Forward • 6-0

Fairfield/Fairfield



Career Highs

Points

47 at Lock Haven (02/13/08)

Rebounds

19 at Indiana (Pa.) (01/30/08)

Field Goals

15 at Lock Haven (02/13/08)

Field Goals Attempted

25 at Mansfield (12/19/07)

3-Pointers Made

8 vs. Shaw (12/29/06)

3-Pointers Attempted

15 vs. Shaw (12/29/06)

Free Throws Made

12 vs Clarion (02/16/08)

Free Throws Attempted

16 vs Seton Hill (12/08/07)

Assists

4 vs. Assumption (11/18/06)

Blocked Shots

3 vs Pittsburgh-Johnstown
(11/25/07)

Steals

6 vs. Cheyney (1/14/07)

Minutes

40 at Indiana (Pa.) (03/04/08)

2007-08 (as a sophomore)

Concluded an unbelievable sophomore season in which she was named PSAC Western Division Player of the Year, earning her second straight PSAC First Team selection... became the third player in school history to be named to the WBCA Coaches' All-America Team and was one of just ten players across the country to earn the award...received a selection to the PSAC Winter Top 10 team and was a PSAC Scholar Athlete after compiling a 3.62 grade-point average...also named to the Division II Daktronics All-American Team as voted on by the Division members of CoSIDA... finished the season leading the conference in both points (23.1) and rebounds (11.1) per game... led the conference in double-doubles with 21... was a five-time PSAC Western Division Player of the Week over the course of the season... completed the season with 624 points, the third-highest single-season total in school history...through two seasons has totaled 1,172 career points, ranking 13th on school's all-time list... became the first woman in PSAC history to record 1,000 career points as a sophomore... scored double digits in all but one contest... notched 20 points or more on 17 occasions... topped 30 points on six occasions...broke the school record for points in a single game with 47 (15-of-22 shooting) against Lock Haven on February 13,among single-season totals, finished fourth in school history in scoring average (22.3 points), fifth in rebounds (310), fourth in rebounding average (11.1), and fourth in three-point percentage (.433)...capped off her season ranked fourth in the nation in scoring and ninth in rebounds per game.

2006-07 (as a freshman)

Named PSAC Rookie of the Year and selected First Team All-Conference, the first freshman to receive such an honor since 2001-02 ... broke the PSAC freshman scoring record which was previously set by California's Erin McKinney ... became the first Shippensburg freshman to lead the team in scoring since Stacey Cunningham set the school's freshman scoring record in 1981 ... named PSAC West Rookie of the Week six times and player of the week twice during the 2007 season ... selected to the Daktronics All-East Region Second Team ... averaged 19.6 points per game, and posted a .455 shooting percentage ... led the team in field goals, (183) free throws made (107), steals (47), three-pointers (75) and rebounds (231) ... finished second on the team with 13 blocks ... totaled 34 assists ... was one of two players to start in all 28 of the team's games.

Before Shippensburg

Averaged 24.5 points as a senior at Fairfield in earning AP Pennsylvania AA First Team honors ... played for head coach Gregg Dietz ... finished her career with 2,258 points to rank as the all-time leading scorer in both Adams and York County ... set a school record for most points in a season with 717 as a senior where she averaged 24.5 points per game ... scored 50 points in an 81-42 win against Biglerville on Dec. 16, 2005 to set the single-game school record ... named Co-Player of the Year by the YAIAA, Gettysburg Times and Hanover Evening Sun ... selected Gettysburg Times 2005-06 Outstanding Female Athlete of the Year ... named AP Pennsylvania Girls Basketball Class AA First Team and PIAA AA All-State First Team honors as a senior.

Personal

Full name is Lauren Christine Beckley ... born on July 11, 1987 in Frederick, Maryland ... is the daughter of Joe and Peg Beckley ... majoring in exercise science.

Trn on Beckley

"After being selected First Team All-PSAC West and Player of the Year, as well as a State Farm Division II All American there is no doubt Lauren will be keyed upon once again this season by our opponents. Fortunate for us, with the addition of size in our newcomers, Lauren can go back to her regular position as a small forward for the Lady Raiders. She has worked extremely hard in the off-season on her strength and conditioning and will provide tremendous leadership for her team. She has the heart of a champion!"

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CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Std	Pts-Avg
2006-07	28-28	925-33.0	183-402	.455	75-170	.441	107-133	.805	59-172	231-8.3	67-1	34	61	13	47	548-19.6
2007-08	28-28	983-35.1	217-430	.505	55-127	.433	135-163	.828	59-251	310-11.1	67-2	34	48	25	40	624-22.3
Career	56-56	1964-35.1	400-832	.481	130-297	.438	242-296	.818	118-423	541-9.7	134-3	68	177	38	87	1172-20.9



Phylicia Bessick

Sr. • Guard • 5-8
Columbia/Hempfield

2007-08 (as a junior)

Made two starts while appearing in 14 games during the season after missing the first two months of the season with a foot injury...averaged 4.4 points per game for the season...scored a season-high 10 points against Cheyney on January 13...shot 37 percent from the field...converted five three pointers...totaled 61 points and 18 rebounds along 11 steals for the season.

2006-07 (as a sophomore)

Appeared in all 28 games as a sophomore, earning four starts ... posted 6.3 points per game and finished the year with 175 total points...was third on the team with 70 assists ... finished second on the team with 26 steals ... totaled 31 assists and 61 rebounds ... tied for third on the team with 16 three-point field goals, averaged 20.9 minutes per game as an integral member of the team's rotation.

2005-04 (as a freshman)

Finished third on the team in scoring, averaging 10.7 points per game, the fifth-highest average by a freshman in school history ... ranked 24th in the PSAC in scoring and fourth among all freshmen ... was also second on the team in three-point field goals with 42, the seventh-highest total in the PSAC ... ranked 10th in the conference in three-point field goal percentage at 34.4-percent ... led the team in scoring three times and scored in double figures in 16 games ... scored a career-high 19 points in her second collegiate game against Mercy on November 19 ... also added seven rebounds and made five three-pointers ... matched her career-high with 19 points at home versus Clarion on February 6 ... totaled 11 points and a career-high nine rebounds at home against West Chester on December 3 ... had 14 points, seven rebounds, a career-high six steals and four assists versus Shepherd at home on November 22.

Before Shippensburg

Averaged over 18 points per game at Hempfield for head coach Lenny Groft ... scored over 1,000 career points and led her team in points, assists and three-point field goals as a senior ... holds the school records for career points and three-pointers ... led her team to the district playoffs four-straight seasons and a state appearance her senior year ... was voted a Section 1 All-Star twice and was named All-League and District 3 All-Star as a senior ... graduated with a 3.1 grade point average and was on the honor roll all four years.

Personal

Full name is Phylicia Ranae Bessick ... born on February 18, 1987 in Lancaster ... is the daughter of Terry and Robin Bessick ... majoring in business/marketing ... Robin is a 1979 graduate of Shippensburg.



Trn on Bessick

"Phylicia again has been bitten by the injury bug early this season. Unfortunately she will have surgery for an ACL tear and will be relegated to the sidelines to provide emotional support and guidance to her teammates. Hopefully we will see her again in the future on the hardwood."

Career Highs

Points

20 vs. Slippery Rock (2/17/07)

Rebounds

12 vs. West Chester (12/3/05)

Field Goals

3 vs Indiana (Pa.) (02/27/08)

Field Goals Attempted

8 at California (02/20/08)

3-Pointers Made

2 at Indiana (Pa.) (03/04/08)

3-Pointers Attempted

3 at Edinboro (02/09/08)

Free Throws Made

10 at Cheyney (01/13/08)

Free Throws Attempted

11 at Cheyney (01/13/08)

Assists

5 at Pitt-Johnstown

Blocked Shots

1 vs. Bentley (12/30/06)

Steals

6 vs. Shepherd (11/22/05)

Minutes

40 vs. Clarion (2/6/06)

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CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Std	Pts-Avg
2005-06	27-18	902-33.4	99-261	.379	42-122	.344	50-72	.694	41-86	127-4.7	60-1	49	69	1	40	290-10.7
2006-07	28-4	585-20.9	59-156	.378	16-49	.327	41-81	.506	19-42	61-2.2	43-0	31	64	4	26	175-6.3
2007-08	14-2	208-14.9	20-54	.370	5-17	.294	16-28	.571	6-12	18-1.3	18-0	15	22	0	11	61-4.4
Career	69-24	1695-24.6	178-471	.378	63-188	.335	107-181	.591	66-140	206-3.0	121-1	95	155	5	77	526-7.6



Kasey Gardner

So. • Forward • 5-9
Sharpville/Sharpville

2007-08 (as a freshman)

Completed her debut season as a six-time PSAC Western Division Rookie of the Week selection...finished the season averaging 13.1 points and 5.1 rebounds per game and was second among all PSAC freshman in scoring and third in rebounding...averaged 14.6 points per contest in PSAC Western Division games...led the team in scoring four times and scored 20 or more points three times...scored a career-high 27 points in a home victory over IUP on February 27...in three games against PSAC Champion IUP, she averaged 18.0 points and totaled 11 three pointers...delivered 2.6 assists per game.

Before Shippensburg

Four-time letter winner for coach Jeff Hanley at Sharpville High School ... concluded her career with 1,445 points and 731 rebounds, finishing with a field-goal percentage of 46 percent ... named a Region One All Star, and honored as Third Team All-State ... received All-District 10 Region 1 honors for three consecutive seasons ... also totaled 204 assists, 177 steals and 104 three-point field goals ... also competed for the volleyball and track teams.

Personal

Full name is Kasey Janine Gardner ... born on Jan. 12, 1989 in Sharon ... is the daughter of Kim and Tim Gardner ... majoring in criminal justice.



Trn on Gardner

"In Kasey's first season her work ethic and competitiveness made her impact to the program undeniable. With that experience under her belt I see Kasey stepping up more as a leader on the court. She is one of the hardest workers we have, and she has worked tirelessly to improve her shooting range and ball handling in the off-season. I see her stepping into the role of defensive stopper, and emotional spark plug left with the graduation of Megan Fogle."

Career Highs

Points

27 vs Indiana (Pa.) (02/27/08)

Rebounds

10 vs Edinboro (01/19/08)

Field Goals

9 at Indiana (Pa.) (01/30/08)

Field Goals Attempted

17 vs Clarion (02/16/08)

3-Pointers Made

6 at Indiana (Pa.) (01/30/08)

3-Pointers Attempted

8 at Indiana (Pa.) (01/30/08)

Free Throws Made

10 vs Indiana (Pa.) (02/27/08)

Free Throws Attempted

10 vs Indiana (Pa.) (02/27/08)

Assists

5 at California (02/20/08)

Blocked Shots

1 vs Clarion (02/16/08)

Steals

4 vs Pittsburgh-Johnstown (11/25/07)

Minutes

44 vs Clarion (02/16/08)

12

CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Std	Pts-Avg
2007-08	28-28	971-34.7	117-273	.429	37-93	.398	69-96	.719	40-106	146	73-1	72	94	1	37	340-12.1
Career	28-28	971-34.7	117-273	.429	37-93	.398	69-96	.719	40-106	146	73-1	72	94	1	37	340-12.1



Elise Mercer

Sr. • Guard • 5-7

Bishopville, Md./Stephen Decatur

2007-08 (as a junior)

Enjoyed a breakout campaign in 2007-08, evolving into a reliable team player who is able to adapt to the needs of the team...appeared in all 28 games on the season, making 25 starts...recorded a career-high 21 points on 5-of-6 shooting against California (Pa.) on January 23...completed four games as the team's leading scorer...totaled double-digit scoring totals in 15 games...compiled 268 points and finished the season averaging 9.6 points per game...was third on the team in rebounding with 126 for an average of 4.5 per game...ranked second on the team in offensive boards.

2006-07 (as a sophomore)

Appeared in 27 of the team's 28 games and made eight starts... posted a 42.4 field goal percentage and totaled 27 rebounds... totaled 17 assists and recorded five steals ... averaged 2.4 points per game, totaling 65 for the season.

2005-06 (as a freshman)

Appeared in 21 games, including the final seven contests ... scored a career-high nine points to go along with six rebounds at California (Pa.) on February 15 ... totaled four assists in 22 minutes, both career-highs, combined with eight points at Indiana (Pa.) on January 21 ... made nine consecutive free throws to end the season after starting the year 4-for-7 ... had a career-high three rebounds in four games, including most recently against Indiana (Pa.) at home on February 11 ... had four points and three rebounds versus Mercy at home on November 19 ... totaled five points, three rebounds and two assists in upset victory over Edinboro at home on February 4 ... the Fighting Scots entered the game at No. 8 in the NCAA Division II East Region rankings and first in the PSAC Western Division standings.

Before Shippensburg

Finished her career as the all-time leading scorer in school history with 1,494 points ... played small forward for head coach Dan Mergott at Stephen Decatur ... was named Bayside South Player of the Year as a senior and team Player of the Year as both a junior and senior ... earned three-straight All-Bayside First Team honors from 2003-05 ... led her team to the Maryland state semifinals as a junior ... also played volleyball and softball ... was a four-year letterwinner in basketball ... was a four-year member of the honor roll and two-year member of the National Honor Society.

Personal

Full name is Elise Aunshae' Mercer ... born on January 6, 1987 in Salisbury, Maryland ... is the daughter of Curtis and Valerie Mercer ... majoring in exercise science.



Trn on Mercer

"Elise will be back to her natural position as a guard this season.

She did a great job last year adapting to the team's needs, and spending some time at the small forward position. She has been working to improve her shooting range, and with her penetrating and elevating ability should be able to make up for some of the offensive firepower lost with the graduation of Megan Fogle."

Career Highs

Points

21 vs California (Pa.) (01/23/08)

Rebounds

7 vs Indiana (Pa.) (02/27/08)

Field Goals

8 at Edinboro (02/09/08)

Field Goals Attempted

20 vs California (Pa.) (01/23/08)

3-Pointers Attempted

1 at Indiana (Pa.) (03/04/08)

Free Throws Made

6 vs West Chester (01/05/08)

Free Throws Attempted

10 vs West Chester (01/05/08)

Assists

4 vs Indiana (Pa.) (02/27/08)

Blocked Shots

1 vs California (Pa.) (01/23/08)

Steals

3 vs Dowling (12/07/07)

Minutes

40 at West Virginia Wesleyan (12/15/07)

20

CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Stl	Pts-Avg
2005-06	21-0	167-8.0	12-46	.261	1-3	.333	13-16	.813	13-14	27-1.3	15-0	9	21	0	6	38-1.8
2006-07	27-8	228-8.4	28-66	.424	0-2	.000	9-17	.529	7-20	27-1.0	13-0	17	15	0	5	65-2.4
2007-08	28-25	891-31.8	103-257	.401	0-2	.000	62-91	.681	49-77	126-4.5	60-2	46	82	3	20	268-9.6
Career	46-33	1286-27.9	143-369	.387	1-7	.143	84-124	.677	69-111	180-3.9	88-2	72	118	3	31	371-8.1



Michelle Metz

Jr. • Guard • 5-6
Pottstown/Pottsgrove



Career Highs

Points

15 vs West Chester (01/05/08)

Rebounds

7 at Lock Haven (02/13/08)

Field Goals

6 vs East Stroudsburg (12/02/07)

Field Goals Attempted

11 vs East Stroudsburg (12/02/07)

3-Pointers Made

5 vs West Chester (01/05/08)

3-Pointers Attempts

6 vs West Chester (01/05/08)

Free Throws Made

3 vs Edinboro (01/19/08)

Free Throws Attempted

4 at Indiana (Pa.) (01/30/08)

Assists

9 at Slippery Rock (02/02/08)

Blocked Shots

1 at Indiana (Pa.) (03/04/08)

Steals

3 vs Lock Haven (01/16/08)

Minutes

40 at Edinboro (02/09/08)

2007-08 (as a sophomore)

Continues to improve at the point guard position...excels with ability to drive to the basket and create open looks for teammates...led team with 140 assists, an average of 5.0 per game...that total is the fourth-most in SU single-season history... tied a career high with 15 points on five three-pointers against West Chester on January 5...recorded a career-high nine assists against Slippery Rock on February 2...was also a strong rebounder...grabbed a career-high seven rebounds against Lock Haven on February 13...finished the season shooting 41 percent from three point range, and paired with Lauren Beckley to become the first duo in school history to shoot over 40 percent in the same season...averaged 6.8 points per game and 5.0 assists per game...averaged 8.8 points per game in PSAC contests...ranked 35th in the nation in assists per game and 65th in assist-to-turnover ratio.

2006-07 (as a freshman)

Was one of six players to appear in all 28 of the team's games, averaging 17.9 minutes per game ... made five starts for the season as a valuable member of the guard rotation...totaled 11 three-point field goals ... converted over 71 percent of her free throw attempts ... averaged 3.2 points per game, totaling 89 for the season ... recorded 18 steals and five blocks.

Before Shippensburg

Totaled 1,345 points, 15th in Pottstown Mercury-area history and third on Pottsgrove's career list ... also had 473 assists and 298 steals at Pottsgrove where she played for head coach Mike Brendlinger ... averaged nearly five assists per game in helping her team to a 71-27 record during her career, including 59-15 her last three seasons ... led the Pioneer Athletic Conference in three pointers as a senior ... named Pottstown Mercury Player of the Year last year ... averaged 13.3 points, 5.9 assists, 4.4 rebounds and two steals per game as a junior ... she also made 39 three-pointers ... earned four consecutive All-PAC First Team honors ... named Honorable Mention Southeastern Pennsylvania by the Philadelphia Inquirer as a junior and senior ... although the Falcons were quite successful during Metz's four seasons, they never won a PAC postseason championship or advanced past the second round of the District 1 Class AAA tournament ... an all-around athlete, Metz played field hockey and softball through 10th grade before trying lacrosse as a junior and track and field as a senior.

Personal

Full name is Michelle Lynne Metz ... born on March 9, 1988 in Phoenixville ... is the daughter of Randy and Susan Metz ... majoring in art ... uncle Rick Sturgeon also attended Shippensburg

Trn on Metz

"Michelle made many improvements throughout the 2007-2008 season, and will be looked upon to take that experience to the next level for the Lady Raiders. She showed she has the ability to get to the basket, and set up her teammates very well off the pass. If she can step up as a leader on the floor, there is no telling where we can go!"

21

CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Stl	Pts-Avg
2006-07	28-5	502-17.9	24-70	.343	11-37	.297	30-42	.714	8-49	57-2.0	54-1	70	62	5	18	89-3.2
2007-08	28-28	982-35.1	68-157	.433	29-70	.414	24-36	.667	10-96	106-3.8	63-0	140	95	5	21	189-6.8
Career	56-33	1484-26.5	92-227	.405	40-107	.374	54-78	.692	18-145	163-2.9	117-1	210	367	10	39	278-5.0



Sheila Wasser

Jr. • Guard • 5-8

Tremont/Pine Grove

2007-08 (as a sophomore)

Appeared in 21 games before missing time with a foot injury... provided critical depth in the Lady Raider rotation...shot 45 percent from the field...totaled 44 points on the season for an average of 2.1 per game...scored a career-high seven points against Tiffin on November 16...recorded five rebounds and played 23 minutes against West Virginia Wesleyan on December 15...averaged 13.5 minutes per game.

2006-07 (as a freshman)

Appeared in eight of the team's games as a freshman, earning a start on the road against Lock Haven ... totaled three points and one rebound, while forcing two steals ... averaged 2.3 minutes per game.

Before Shippensburg

Four-year letterwinner at Pine Grove for head coach Theodore Dreisbach ... averaged 10.2 points and 4.8 rebounds as a senior ... totaled 861 points, 352 rebounds, 255 assists and 153 steals in her career with the Cardinals ... earned All-Schuylkill League Second Team honors as a senior ... team won at least 20 games in all four seasons ... won Schuylkill League championship and District 9 championship as a freshman ... also competed in cross country and track and field ... graduated ranked sixth out of 132 in her class ... member of distinguished honor roll and National Honor Society.

Personal

Full name is Sheila Marie Wasser ... born on August 31, 1988 in Pottsville ... is the daughter of Bill and Sandy Wasser ... majoring in education ... has a twin sister, Shelley also a member of the Lady Raider basketball team.



Trn on Wasser

"Sheila provided some key minutes for our team last season before being sidelined with a foot injury. As she continues to get healthy and back into game shape, I see Sheila providing us with solid, fundamental play on both offense and defense. Sheila knows the game and makes solid decisions on the floor. She has a very good perimeter shot, and our goal is to get her to take more of her open looks on the floor."

Career Highs

Points

7 vs Tiffin (11/16/07)

Rebounds

5 at West Virginia Wesleyan (12/15/07)

Field Goals

3 at West Virginia Wesleyan (12/15/07)

Field Goals Attempted

7 at West Virginia Wesleyan (12/15/07)

3-Pointers Made

1 at Cheyney (01/13/08)

3-Pointers Attempted

2 vs Dowling (12/07/07)

Free Throws Made

2 vs Dowling (12/07/07)

Free Throws Attempted

7 at West Virginia Wesleyan (12/15/07)

Assists

2 vs Lock Haven (01/16/08)

Steals

2 vs Kutztown (12/01/07)

Minutes

23 at West Virginia Wesleyan (12/15/07)

24

CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Stl	Pts-Avg
2006-07	8-1	18-2.3	1-3	.333	0-2	.000	1-2	.500	1-0	1-0.1	0-0	0	3	0	2	3-0.4
2007-08	21-0	208-14.9	19-42	.452	3-8	.375	3-7	.429	14-19	33-1.6	10-0	9	17	0	5	44-2.1
Career	29-1	226-7.8	20-45	.444	3-10	.300	4-9	.444	15-19	34-1.2	10-0	9	20	0	7	47-1.6



Shelley Wasser

Jr. • Guard • 5-8

Tremont/Pine Grove

2007-08 (as a sophomore)

Appeared in six games after joining the team in the middle of the season...added depth to the roster during the second half of the season...scored seven points on 3-of-4 shooting from the field...was 1-of-2 from the free throw line...totaled three rebounds on the year.

2006-07 (as a freshman)

Attended Millersville University but did not compete in any athletic programs.

Before Shippensburg

Four-year letterwinner at Pine Grove for head coach Ted Dreisbach ... averaged 9.7 points and 6.6 assists as a senior ... totaled 838 points during her career with the Cardinals ... earned All-Schuylkill League Honorable Mention honors as a senior ... team won at least 20 games in all four seasons ... won Schuylkill League championship all four seasons ... won District 9 championship as a freshman ... also competed in cross country and track and field ... graduated third out of 132 in her class ... member of distinguished honor roll and National Honor Society ... named Senior of the Month.

Personal

Full name is Shelley Lynn Wasser ... born on Aug. 31, 1988 in Pottsville ... is the daughter of Bill and Sandy Wasser ... majoring in elementary education ... has a twin sister, Sheila, who is also a member of the Lady Raider Basketball Team ... was enrolled at Millersville for three semesters from fall 2006-fall 2007.



Trn on Wasser

"Shelley joined us midseason last year, and worked very hard to acclimate herself to our system. She has a tremendous work ethic, and continues to improve with every passing day. I feel she has the ability to play the 2, 3, or 4 spot for us."

Career Highs

Points

2 vs Indiana (Pa.) (02/27/08)

Field Goals

1 vs Indiana (Pa.) (02/27/08)

Field Goals Attempted

2 at California (02/20/08)

Free Throws Made

1 vs California (Pa.) (01/23/08)

Free Throws Attempted

2 vs California (Pa.) (01/23/08)

Minutes

2 vs Indiana (Pa.) (02/27/08)

35

CAREER STATISTICS

Year	G-GS	Min-Avg	FG-FGA	Pct.	3FG-FGA	Pct.	FT-FTA	Pct.	Off-Def	Reb-Avg	PF-DQ	A	TO	Blk	Stl	Pts-Avg
2007-08	6-0	8-1.3	3-4	.750	0-0	.000	1-2	.500	2-1	3-0.5	0-0	0	1	0	0	7-1.2
Career	6-0	8-1.3	3-4	.750	0-0	.000	1-2	.500	2-1	3-0.5	0-0	0	1	0	0	7-1.2



32

Ally Briggs

Jr. • Guard • 5-7

Palmyra/ Palmyra

2007-08 (as a sophomore)

Was not with the team...competed for the Lady Raider track and field program.

2006-07 (as a freshman)

Was not with the team...competed for the Lady Raider track and field program.

Before Shippensburg

Was named the most-valuable player of her high school team in her senior year... earned a playing spot in the Pennsylvania vs. Maryland game... won four letters while playing at Palmyra... also ran cross country, track, and played tennis.

Personal

Full name is Alexis Julianne Briggs... born Mar. 3, 1987... is the daughter to Tray and Julie Briggs... majoring in biology and marketing.



Trn on Briggs

"Ally comes to us after two years with the track and field program. She has done an outstanding job in pre-season, and will provide us with extra depth at the 1 or 2 spot this season. She is very focused on the defensive end, and can provide us with the extra help we need in that area."



31

Caitlin Bamberger

Fr. • Forward • 6-0

Blandon/ Fleetwood Area

Before Shippensburg

Totaled 934 total points while averaging 21.1 points per game... was a three-time All-Berks Division II Team...was a three-time MVP, a two-year captain, and a four-year varsity starter... won four letters... also played volleyball and ran track.

Personal

Full name is Caitlin Renee Bamberger... born Nov. 1, 1989... is the daughter of Greg and Bernie Bamberger... is majoring in biology.



Trn on Bamberger

"Although undersized for the post, she has great natural instincts on the block, and the ability to put the ball on the floor and go strong from the perimeter. I see her creating some matchup problems for our opponents. She has the ability to play the '3' or '4' for us."



33

Kaitlin Capriccio

*Fr. • Forward • 6-0
Hillsborough, N.J./Hillsborough*

Before Shippensburg

Earned a leadership role as a team captain at Hillsborough High School in 2007 and 2008... received the Star Player of the Year and MVP award in 2008... also won the Outstanding Female Athlete Award and received Second Team All-Conference honors in 2008... was an All-Area Honorable Mention recipient in 2008... received All-Area Improvement Team honors in 2008... earned the All-Tournament MVP award 2008... won the Skyland Conference Delaware East Division Championship in 2007... won the Somerset County Conference Title in 2006... earned four letters.

Personal

Full name is Kaitlin Mary Capriccio... born Oct. 19, 1989... is the daughter of Frank and Kerry Capriccio... majoring in education.



Trn on Capriccio

"Kaitlin has outstanding fundamentals, footwork, strength and instincts in the block area. She wants to learn and has a great work ethic. I see her making contributions right away."



44

Beth Hart

*Fr. • Center • 6-2
Crownsville, Md./ Old Mill*

Before Shippensburg

Was a part of the MPSAA Regional Champion squad in 2007...won second county championship in 2007... had a career-high of 20 points and 16 rebounds in one game... averaged 12.6 points and 11.3 rebounds throughout her high school career... won three letters at Old Mill High School.

Personal

Full name is Bethany Faithe Hart... born Oct. 20, 1989... daughter to Jonathan and Kendra Hart... is majoring in communications/journalism.



Trn on Hart

"Beth gives us that strong presence in the lane we were lacking last season. We need her to establish herself as a defensive presence in the paint. She has the ability to get up and down the floor, and her toughness on the block can provide us with some offensive impact as well. She will need to battle in the paint everyday."



40

Lindsay Howard

Fr. • Center • 6-1
Forest Hills, Md./ Fallston

Before Shippensburg

Earned 749 career points, 148 career blocks, and 510 career rebounds... averaged 10.6 points per game as a senior... the Fallston women's basketball team won the UCBA conference in all three years in which she participated... earned a UCBA All-Star award as a senior... won a spot on the First Team All-County during two years of competition... received Second Team All-Metro honors as a senior... won three letters and also earned two letters for women's soccer.

Personal

Full name is Lindsay Anne Howard... born June 25, 1990... is the daughter of Marty and Kathy Howard... majoring in exercise science.



Trn on Howard

"Lindsay provides us with a post that can really get up and down the floor. She is more finesse than power in the post. She has a good perimeter touch, and will provide us with many different looks from our post positions."



42

Jenn Morrow

Fr. • Center • 6-4
Etters/Red Land

Before Shippensburg

Won three letters at Red Land High School... played for the Mid-Penn Motion club team for head coach Brett McCreary.

Personal

Full name is Jennifer Leigh Morrow... born July 2, 1990... is the daughter of Craig and Kathy Morrow... majoring in elementary education.



Trn on Morrow

"Jenn will also be looked upon to provide a presence in the paint for us. Defense will be the focus with Jenn, and as she gets stronger and in better shape, she too will give us many options in the post this year."



34

Shannon Stokes

Fr. • Center • 6-2
Lebanon/Cedar Crest

Before Shippensburg:

Selected to the Lebanon All-County Team... earned a spot on the Cedar Crest High School Tip-off All-Tournament Team in 2007 and 2008... won three letters while playing at Cedar Crest.

Personal

Full name is Shannon Michele Stokes... born Oct. 10, 1989 in Lebanon... is the daughter of Timothy and Michele Stokes... majoring in chemistry.



Trn on Stokes

"Shannon has great hands. She can shoot with accuracy from the perimeter, and can hit turnarounds on the baseline. Once she gets in shape and adds some strength the sky's the limit."



13

Erin Varley

Fr. • Guard • 5-5
Bethel Park/ Bethel Park

Before Shippensburg

Averaged seven points, six assists and five rebounds per game in her high school career... nominated for Athlete of the Year and the National Women in Sports award by The Almanac... played on four district playoff teams, one district final team, three state playoff teams and one state quarterfinal team at Bethel Park... won three letters... earned a leadership role as captain.

Personal

Full name is Erin Kathleen Varley... born Oct. 21, 1989... is the daughter of Kevin and Kathleen Varley... majoring in chemistry.



Trn on Varley

"Erin has come into the program as one of the best conditioned freshmen I have ever coached. She is a tremendous worker and team player. Her ability to make plays and set up her teammates will give us very good depth at the point position. She is a coach's dream. You know she is always working and looking for ways to improve herself, for her team."

2007-2008 Season Review



2007-2008 Season in Review

No. 16 IUP Edges Shippensburg 55-48 in PSAC Quarterfinals, Lady Raiders End Season 19-9

Jahzinga Tracey totaled 19 points and 12 rebounds, both game-highs, to lead No. 16-ranked Indiana (Pa.) to its first victory in three tries against Shippensburg this season, 55-48 in the quarterfinals of the PSAC Women's Basketball Championship at Memorial Field House.

With the win, the Crimson Hawks (25-4) will host the PSAC final four where they will play West Chester in the semifinals after the Golden Rams defeated Cheyney 84-69. Meanwhile, Shippensburg concludes its season with a 19-9 record, just missing its first 20-win season since 2002.

With 6:06 left in the first half, senior guard Megan Fogle scored to put Shippensburg in front 27-20, but the Lady Raiders would not hit another field goal until Fogle scored with 15:54 to play in the game that put Shippensburg up by one, 31-30.

Following a two-pointer by Fogle with 5:49 left in the game, the Lady Raiders did not score another point from the field, finishing the game with just two attempts from the floor while committing six turnovers.

Sophomore forward Lauren Beckley led Shippensburg in scoring with 13 points and 10 rebounds, while Fogle finished with 11 points, and sophomore guard Michelle Metz added seven points and seven assists.

Through two seasons, Beckley has totaled 28 double-doubles and 1,172 points, including 130 three-point field goals.

Gardner Keys Second Victory Over Nationally-Ranked IUP, 77-50

Shippensburg University women's basketball freshman forward Kasey Gardner scored a career-high 27 points while holding All-American Jahzinga Tracey to just eight points as the Lady Raiders upset nationally-ranked Indiana (Pa.) for the second time in as many games this season, 77-50 at Heiges Field House.

More importantly for Shippensburg (19-8, 7-5 PSAC West), the win all but assures the team the fourth and final playoff spot from the Western Division for the PSAC Women's Basketball Championship. If the Lady Raiders can clinch, it will mark the 14th time in the last 15 seasons that the Lady Raiders have advanced to the conference tournament, including the last two-straight.

Strong Defense, Balanced Scoring Lead Lady Raiders Past Slippery Rock, 62-44

Strong defense and balanced scoring helped the Shippensburg University women's basketball move one step closer to making a return trip to the PSAC Women's Basketball Championship and highlighted a 62-44 victory over Slippery Rock at Heiges Field House.

The Lady Raiders maintained their half-a-game lead over Edinboro for the fourth and final playoff spot from the Western Division after the Fighting Scots were also winners, 75-65 over Lock Haven.

Four players scored in double figures for Shippensburg, who limited The Rock (7-18, 1-0 PSAC West) to just 44 points, the fewest a Lady Raider opponent has totaled all season. Slippery Rock managed only 17 points in the first half and trailed by 15, 32-17.

Beckley Scores School Record 47 Points in 76-69 Victory at Lock Haven

Shippensburg University women's basketball sophomore forward Lauren Beckley scored a school record 47 points, 30 of which came in the second half, as the Lady Raiders won their ninth game out of the last 12, 76-69 at Lock Haven at Thomas Fieldhouse.

The 47 points broke a 15-year old school record held by current head coach Kristy Trn '93-'94M who scored 45 against Cheyney on Feb. 11, 1993.

The game featured 12 lead changes, including eight in the first half, the last of which came with four seconds remaining when sophomore guard Michelle Metz scored on a layup to give Shippensburg (17-6, 5-3 PSAC West) a 33-31 halftime lead. There were also 16 ties.

Beckley Makes History in Scoring 1,000th Career Point in 74-58 Victory at The Rock

Shippensburg University women's basketball sophomore forward Lauren Beckley became the first woman in PSAC history to score 1,000 points as a sophomore, finishing with 23 to lead the Lady Raiders to a 74-58 victory at Slippery Rock inside Morrow Field House.

The win was important for Shippensburg (16-5, 4-2 PSAC West) who maintained its hold on third place in the PSAC Western Division, just a half-game behind California (Pa.) and Indiana (Pa.) who are tied for first with a 4-1 record.

Strong Free Throw Shooting Leads Lady Raiders Past Cheyney on the Road, 82-73

Sophomore forward Lauren Beckley scored a career-high 38 points to lead four Lady Raiders in double figures as the Shippensburg University women's basketball team overcame 30 turnovers en route to an 82-73 victory over Cheyney at Cope Hall.

As a team, Shippensburg (12-3) has now won nine in a row over Cheyney, including six-straight on the road, while matching its best start since the 2000-01 season when the Lady Raiders started 18-2 en route to a 28-5 record, their conference record sixth-straight PSAC championship and an appearance in the Elite Eight.

Shippensburg has not lost to Cheyney on the road since Jan. 30, 1989 and is 49-19 against the PSAC Eastern Division in nine seasons under head coach Kristy Trn, who became the team's career wins leader on January 6 with a 72-61 victory over Millersville at home.



Second Half Run Leads Lady Raiders to Third-Straight Win, 72-61 Over Millersville

Shippensburg University women's basketball team used a decisive 19-1 run to open an 11-point lead midway through the second half en route to its third consecutive win, 72-61 over Millersville in a PSAC crossover contest Sunday afternoon at Heiges Field House.

During the run, the Lady Raiders (11-3) scored 12 points on four three-pointers while holding the Marauders to 0-of-8 shooting from the floor and forcing four turnovers. Shippensburg finished the game with a season-high 10 three-pointers, tying the mark set in yesterday's 74-62 win over West Chester at home.

During that time, Shippensburg turned a seven-point deficit into an 11-point lead before Kunzman's basket cut the deficit to eight.

Kristy Trn Becomes the Winningest Coach in School History with a 72-61 Victory over Millersville

The Shippensburg University women's basketball team's 72-61 victory over Millersville on January 6 was the 161st victory for head coach Kristy Trn '93-'94M in nine seasons at Shippensburg, making her the winningest coach in school history. She passed current Bel-larmine head coach David Smith who totaled 160 wins in eight seasons with the Lady Raiders from 1990-98.

Trn, who played three seasons under Smith in from 1990-93 before joining him as an assistant coach for four seasons from 1994-98, had a career record of 161-85 (.654). Smith had a record of 160-69 (.699) at Shippensburg.

The victory also marked the Lady Raiders' best start to a season since the 2001-02 campaign when Shippensburg also started the year 11-3 en route to a 20-9 record and an appearance in the 2002 NCAA Women's Basketball Championship.

In Trn's 13-plus seasons at Shippensburg as both the head coach and full-time assistant coach, the Lady Raiders had a record of 288-113 (.718), 11 winning seasons, eight 20-win seasons, eight NCAA Tournament appearances, six PSAC championships, three NCAA East Region titles, three Elite Eight appearances and a final national ranking of No. 2 in 1996.

Lady Raiders Hold Off Late Rally From West Virginia Wesleyan in 75-72 Road Victory

Led by 21 points from senior guard Megan Fogle, highlighted by two free throws with 7.1 seconds remaining, the Shippensburg University women's basketball team escaped West Virginia Wesleyan with a 75-72 victory at Rockefeller Center.

2007-2008 SEASON RESULTS

OVERALL: • HOME: • AWAY: • NEUTRAL: • PSAC WEST:

Date	Opponent	W/L	Score	High Points	High Rebounds
11/16/07	TIFFIN	W	89-71	31-Beckley	10-Beckley
11/17/07	HILLSDALE	L	49-64	20-Fogle	6-Metz
11/25/07	PITT-JOHNSTOWN	W	71-57	Two with 16	10-Beckley
12/01/07	KUTZTOWN	W	62-46	24-Beckley	14-Beckley
12/02/07	E. STROUDSBURG	W	76-65	30-Beckley	12-Beckley
12/07/07	DOWLING	W	61-50	Two with 15	Two with 7
12/08/07	SETON HILL	W	66-47	27-Beckley	10-Beckley
12/15/07	WEST VA WESLEYAN	W	75-72	23-Beckley	10-Beckley
12/18/07	BLOOMSBURG	W	90-74	25-Beckley	11-Beckley
12/19/07	MANSFIELD	L	56-76	26-Beckley	12-Beckley
12/29/07	CHARLESTON (WV)	L	51-68	14-Beckley	16-Beckley
12/30/07	W. VIRGINIA STATE	W	74-61	35-Beckley	8-Beckley
01/05/08	WEST CHESTER	W	74-62	Two with 18	Four with 6
01/06/08	MILLERSVILLE	W	72-61	21-Beckley	8-Beckley
01/13/08	CHEYNEY	W	82-73	38-Beckley	10-Beckley
01/16/08	LOCK HAVEN	W	69-55	20-Beckley	13-Beckley
01/19/08	EDINBORO	W	72-65	22-Beckley	11-Beckley
01/23/08	CALIFORNIA (PA.)	L	74-100	21-Mercer	10-Beckley
01/26/08	CLARION	L	58-72	20-Gardner	15-Beckley
01/30/08	INDIANA (Pa.)	W	88-75	25-Gardner	19-Beckley
02/02/08	SLIPPERY ROCK	W	74-58	23-Beckley	14-Beckley
02/09/08	EDINBORO	L	65-77	19-Mercer	12-Beckley
02/13/08	LOCK HAVEN	W	76-69	47-Beckley	11-Beckley
02/16/08	CLARION	L (OT)	81-88	32-Beckley	18-Beckley
02/20/08	CALIFORNIA	L	66-86	20-Beckley	8-Beckley
02/23/08	SLIPPERY ROCK	W	62-44	13-Beckley	Three with 7
02/27/08	INDIANA (PA.)	W	77-50	27-Gardner	14-Beckley
03/04/08	INDIANA (Pa.)	L	48-55	13-Beckley	10-Beckley

The win was the sixth-straight for the Lady Raiders (7-1) who are off to their best start since the 2003-04 season when the team also started 7-1 en route to a 19-11 final record and an appearance in the title game of the PSAC Women's Basketball Championship.

Fogle, who has made 79.0 percent of her free throw attempts in her career, would hit both to give Shippensburg a three-point lead, 75-72, and more importantly, force the Lady Bobcats to have to make a three-pointer to send the game into overtime.

Fogle finished the game with 21 points, five rebounds and five assists while holding Darling, the Lady Bobcats' second-leading scorer and top three-point shooter, scoreless. Her 79.0 percent career free throw percentage is just off the school record held by current assistant coach Jen Scaffidi who made 79.3 percent of her attempts from 2001-05.

Metz Scores Career-High 15 in 76-65 Victory over East Stroudsburg

Behind 30 points and 12 rebounds from sophomore forward Lauren Beckley, the Shippensburg University women's basketball team won its third-straight, using a strong second half to down East Stroudsburg, 76-65 at Heiges Field House.

Beckley was one of four Lady Raiders to score in double figures. Sophomore guard Michelle Metz was also a factor in the second half, totaling 12 of her career-high 15 points. She also finished the game with six rebounds, one shy of her career-high.

Freshman forward Kasey Gardner continued her strong rookie season, scoring in double figures for the fourth time this season with 14 points, all in the second half, while adding five rebounds. Despite a poor shooting performance on Saturday, senior guard Megan Fogle rebounded with 10 points on Sunday to go along with a career-high eight assists.

2007-2008 Season Statistics

SEASON STATISTICS

Name	GP-GS	Min-Avg	(----TOTAL----		(-----3 PTS-----)		(----REBOUNDS----													
			FG-FGA	Pct	3FG-FGA	Pct	FT-FTA	Pct	Off	Def	Reb	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
Lauren Beckley	28-28	983-35.1	217-430	.505	55-127	.433	135-163	.828	59	251	310	11.1	67	2	34	48	25	40	624	22.3
Megan Fogle	28-28	993-35.5	128-327	.391	47-136	.346	76-99	.768	35	82	117	4.2	68	0	104	77	4	53	379	13.5
Kasey Gardner	28-28	971-34.7	117-273	.429	37-93	.398	69-96	.719	40	106	146	5.2	73	1	72	94	1	37	340	12.1
Elise Mercer	28-25	891-31.8	103-257	.401	0-2	.000	62-91	.681	49	77	126	4.5	60	2	46	82	3	20	268	9.6
Michelle Metz	28-28	982-35.1	68-157	.433	29-70	.414	24-36	.667	10	96	106	3.8	63	0	140	95	5	21	189	6.8
Phylicia Bessick	14-2	208-14.9	20-54	.370	5-17	.294	16-28	.571	6	12	18	1.3	18	0	15	22	0	11	61	4.4
Sheila Wasser	21-0	284-13.5	19-42	.452	3-8	.375	3-7	.429	14	19	33	1.6	10	0	9	17	0	5	44	2.1
Chrissy Minnick	26-1	249-9.6	17-44	.386	0-0	.000	2-4	.500	11	28	39	1.5	21	0	4	11	1	7	36	1.4
Shelley Wasser	6-0	8-1.3	3-4	.750	0-0	.000	1-2	.500	2	1	3	0.5	0	0	0	1	0	0	7	1.2
Natalie Monroig	15-0	56-3.7	3-14	.214	0-3	.000	4-6	.667	1	6	7	0.5	8	0	3	10	0	0	10	0.7
TEAM									50	60	110	3.9	0			7				
Total	28	5625	695-1602	.434	176-456	.386	392-532	.737	277	738	1015	36.2	388	5	427	464	39	194	1958	69.9
Opponents	28	5625	699-1712	.408	103-366	.281	340-455	.747	336	707	1043	37.2	452	-	352	459	90	248	1841	65.8

PSAC WESTERN DIVISION STATISTICS

Name	GP-GS	Min-Avg	(----TOTAL----		(-----3 PTS-----)		(----REBOUNDS----													
			FG-FGA	Pct	3FG-FGA	Pct	FT-FTA	Pct	Off	Def	Reb	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
Lauren Beckley	12-12	434-36.2	85-181	.470	26-59	.441	69-86	.802	21	131	152	12.7	34	1	20	24	6	14	265	22.1
Kasey Gardner	12-12	438-36.5	59-114	.518	25-46	.543	32-44	.727	18	46	64	5.3	30	0	32	48	1	14	175	14.6
Megan Fogle	12-12	408-34.0	53-126	.421	17-47	.362	41-59	.695	12	30	42	3.5	29	0	35	29	1	26	164	13.7
Elise Mercer	12-10	326-27.2	38-96	.396	0-1	.000	23-30	.767	18	25	43	3.6	26	0	15	28	1	3	99	8.3
Michlle Metz	12-12	430-35.8	26-70	.371	13-33	.394	14-21	.667	6	32	38	3.2	29	0	63	33	2	6	79	6.6
Phylicia Bessick	12-2	176-14.7	18-50	.360	3-15	.200	6-16	.375	5	6	11	0.9	15	0	12	18	0	10	45	3.8
Shelley Wasser	6-0	8-1.3	3-4	.750	0-0	.000	1-2	.500	2	1	3	0.5	0	0	0	1	0	0	7	1.2
Sheila Wasser	6-0	68-11.3	3-3	1.000	1-1	1.000	0-0	.000	2	3	5	0.8	2	0	3	7	0	1	7	1.2
Natalie Monroig	7-0	23-3.3	3-5	.600	0-1	.000	2-2	1.000	0	4	4	0.6	3	0	2	6	0	0	8	1.1
Chrissy Minnick	12-0	114-9.5	6-21	.286	0-0	.000	1-2	.500	6	13	19	1.6	5	0	2	6	0	2	13	1.1
TEAM									19	28	47	3.9	0			2				
Total	12	2425	294-670	.439	85-203	.419	189-262	.721	109	319	428	35.7	173	1	184	202	11	76	862	71.8
Opponents	12	2425	317-757	.419	39-145	.269	166-217	.765	147	303	450	37.5	213	-	146	180	30	112	839	69.9

TEAM STATISTICS

Opponent	Score	W/L	(----TOTAL----		(-----3 PTS-----)		FT-FTA		(----REBOUNDS----		Tot	Avg	FO	A	TO	Blk	Stl	Pts	Avg
			FG-FGA	Pct	3FG-FGA	Pct			Off	Def									
TIFFIN	89-71	W	29-53	.547	7-17	.412	24-29	.828	10	32	42	42.0	15	17	20	3	10	89	89.0
HILLSDALE	49-64	L	20-59	.339	2-11	.182	7-10	.700	6	22	28	35.0	13	10	15	2	8	49	69.0
PITT-JOHNSTOWN	71-57	W	29-67	.433	5-16	.313	8-11	.727	16	18	34	34.7	9	17	10	4	13	71	69.7
KUTZTOWN	62-46	W	25-61	.410	4-16	.250	8-11	.727	14	27	41	36.2	6	13	12	3	13	62	67.8
E. STROUDSBURG	76-65	W	28-61	.459	9-14	.643	11-16	.688	12	29	41	37.2	12	15	16	3	6	76	69.4
vs Dowling	61-50	W	22-53	.415	3-13	.231	14-19	.737	10	26	36	37.0	11	12	15	0	9	61	68.0
vs Seton Hill	66-47	W	21-56	.375	6-18	.333	18-26	.692	11	25	36	36.9	12	12	13	1	7	66	67.7
at West Virginia Wesl	75-72	W	23-64	.359	6-19	.316	23-26	.885	12	21	33	36.4	21	15	13	2	8	75	68.6
at Bloomsburg	90-74	W	37-65	.569	8-13	.615	8-13	.615	10	30	40	36.8	13	22	14	0	4	90	71.0
at Mansfield	56-76	L	23-64	.359	4-22	.182	6-9	.667	12	16	28	35.9	20	14	11	2	7	56	69.5
vs Charleston (WV)	51-68	L	20-58	.345	2-11	.182	9-11	.818	10	33	43	36.5	14	10	24	1	4	51	67.8
vs West Virginia Stat	74-61	W	30-62	.484	5-11	.455	9-11	.818	10	33	43	37.1	15	15	14	3	3	74	68.3
WEST CHESTER	74-62	W	27-62	.435	10-21	.476	10-18	.556	12	23	35	36.9	15	22	19	0	11	74	68.8
MILLERSVILLE	72-61	W	26-52	.500	10-22	.455	10-15	.667	8	23	31	36.5	9	21	18	2	6	72	69.0
at Cheyney	82-73	W	24-47	.511	6-13	.462	28-33	.848	8	34	42	36.9	20	16	30	1	5	82	69.9
LOCK HAVEN	69-55	W	20-52	.385	9-19	.474	20-26	.769	12	30	42	37.2	12	15	23	0	11	69	69.8
EDINBORO	72-65	W	29-59	.492	4-11	.364	10-16	.625	7	28	35	37.1	11	16	12	2	5	72	69.9
CALIFORNIA (PA.)	74-100	L	23-61	.377	6-14	.429	22-28	.786	12	21	33	36.8	10	11	15	1	5	74	70.2
at Clarion	58-72	L	23-72	.319	6-17	.353	6-8	.750	9	24	33	36.6	17	12	9	1	7	58	69.5
at Indiana (Pa.)	88-75	W	30-54	.556	10-20	.500	18-32	.563	3	34	37	36.7	16	21	12	3	5	88	70.4
at Slippery Rock	74-58	W	29-62	.468	12-23	.522	4-8	.500	10	20	30	36.3	10	23	10	0	9	74	70.6
at Edinboro	65-77	L	23-55	.418	4-18	.222	15-21	.714	15	19	34	36.2	17	14	15	0	2	65	70.4
at Lock Haven	76-69	W	25-52	.481	7-15	.467	19-28	.679	12	25	37	36.3	15	7	20	0	8	76	70.6
CLARION	81-88	L OT	26-62	.419	6-14	.429	23-28	.821	11	31	42	36.5	28	17	18	2	4	81	71.0
at California	66-86	L	26-51	.510	5-14	.357	9-11	.818	7	22	29	36.2	11	17	29	0	4	66	70.8
SLIPPERY ROCK	62-44	W	19-46	.413	6-18	.333	18-25	.720	8	27	35	36.2	9	12	18	1	8	62	70.5
INDIANA (PA.)	77-50	W	21-44	.477	10-20	.500	25-31	.806	3	38	41	36.3	17	19	21	1	8	77	70.7
at Indiana (Pa.)	48-55	L	17-48	.354	4-16	.250	10-12	.833	7	27	34	36.2	10	12	18	1	4	48	69.9
Shippensburg	1958		695-1602	.434	176-456	.386	392-532	.737	277	738	1015	36.2	388	427	464	39	194	1958	69.9
Opponents	1841		699-1712	.408	103-366	.281	340-455	.747	336	707	1043	37.2	452	352	459	90	248	1841	65.8

The PSAC



The Pennsylvania State Athletic Conference, with 57 years of organized competition, has evolved into one of the NCAA's largest and most heralded intercollegiate athletic conferences.

The 2008-09 academic year will be a groundbreaking one for the PSAC, as the league will expand beyond its original 14 members for the first time since its official formation in 1951. New full-time members Gannon University and Mercyhurst College, along with associate member Long Island University – C.W. Post, expect to complement the PSAC's already solid foundation.

With 16 full-time institutions, the PSAC shares distinction with the West Virginia Intercollegiate Athletic Conference as the NCAA Division II's largest in terms of membership. League expansion has brought acclaim through postseason opportunities, as well. In 2008-09, the Conference will sponsor 23 championships, the most for leagues in Division II.

Highly competitive on a regional and national level, PSAC schools annually combine to send nearly one-third of its teams into NCAA postseason play. Ultimately, the membership's success has yielded 40 NCAA team and 218 individual title winners.

While proud of its athletic accomplishments, the league also has evolved into one of Division II's finest from an academic standpoint. Today, well over a quarter of the PSAC's estimated 5,300 participants are honored each year as "Scholar-Athletes" for maintaining a grade-point average of 3.25 or better – a total that has nearly doubled since PSAC Scholar-Athletes were first recognized in the mid-1990s.

The PSAC was organized in 1951 for the purpose of promoting and administering men's athletic programs within the 14 state teachers colleges in the Commonwealth of Pennsylvania. In 1977, due to the interest and growth of women's athletics, the conference was restructured to provide for women's programs.

Upon its formation, the league did not have a standard competitive division. However, in 1980, the league voted to reclassify the entire conference to NCAA Division II. Although all 16 current institutions are members of Division II, eight schools also compete at the Division I level in select sports. PSAC schools enroll over 117,000 students and claim over 661,000 alumni, including 430,000 who reside in Pennsylvania.

The PSAC is governed by the presidents of the 16 member institutions. It employs a commissioner, two assistant commissioners and a director of media relations at its headquarters in Lock Haven, Pa.



PSAC Final Standings

WESTERN DIVISION

Team	PSAC	Overall	Pct.
Indiana (Pa.) # * \$	9-3	27-5	.844
California (Pa.) \$	9-3	27-7	.794
Clarion	8-4	18-9	.667
Shippensburg	7-5	19-9	.679
Edinboro	6-6	17-10	.630
Lock Haven	2-10	7-19	.269
Slippery Rock	1-11	7-20	.259

EASTERN DIVISION

Team	PSAC	Overall	Pct.
Millersville # \$	12-0	24-6	.800
West Chester	9-3	19-10	.655
Cheyney	7-5	11-16	.407
East Stroudsburg	6-6	12-15	.444
Kutztown	4-8	11-16	.407
Bloomsburg	3-9	8-19	.296
Mansfield	1-11	6-21	.222

Division Champion

* Tournament Champion

\$ NCAA Tournament participant

2008 PSAC Tournament

QUARTERFINALS

California 79, Shippensburg 65
Indiana 81, Edinboro 58
East Stroudsburg 66, Mansfield 45
Millersville 57, West Chester 54

SEMIFINALS

Indiana 71, Millersville 53
California 59, East Stroudsburg 52

FINAL

Indiana 63, California 53

2008 PSAC Tournament

WESTERN DIVISION FIRST TEAM

F	Lauren Beckley, Shippensburg
G	Katrina Greer, Clarion
G	Samantha Reimer, Edinboro
F	Kayla Smith, California (Pa.)
G/F	Jahzinga Tracey, Indiana (Pa.)
G	Brooque Williams, California (Pa.)

WESTERN DIVISION SECOND TEAM

F	Jessica Albanese, Clarion
F	Crystal Andrews, California (Pa.)
F	Kelsey Conklin, Edinboro
G	Megan Fogle, Shippensburg
F	Kasey Gardner, Shippensburg
G/F	Staci Heberling, Indiana (Pa.)

WESTERN DIVISION HONORS

Athlete of the Year – Lauren Beckley, Shippensburg
Rookie of the Year – Kayla Smith, California (Pa.)
Coach of the Year – Gie Parsons, Clarion

EASTERN DIVISION FIRST TEAM

G	Danielle Jones, Cheyney
C	Colleen Kegerreis, Bloomsburg
F	Gladine St. Julien, Millersville
C	Mercedes Van Wagner, Kutztown
G	Dana Weems, West Chester
G	Jackie Yandrisevits, East Stroudsburg

EASTERN DIVISION SECOND TEAM

G	Catherine Andrews, West Chester
G	Alicia Espigh, Mansfield
F	Monika Fogelsanger, East Stroudsburg
F	Janelle Garber, West Chester
F	Stephanie Orji, Cheyney
G	Rachel Weidensaul, Kutztown

EASTERN DIVISION HONORS

Athlete of the Year – Dana Weems, West Chester
Rookie of the Year – Megan Stewart, West Chester
Coach of the Year – Darryl Brown, Cheyney

SCORING

No.	Name, Team	Yr.	G	FG	3FG	FT	Pts	Avg
1.	Beckley, Lauren-SHIP	So.	28	217	55	135	624	22.3
2.	Reimer, Samantha-EDIN	So.	27	155	53	175	538	19.9
3.	Tracey, Jahzinga-IUP	Jr.	32	262	16	67	607	19.0
4.	Williams, Brooque-CAL		34	252	0	107	611	18.0
5.	Kelshaw, Lauren-LHU	Jr.	26	149	46	80	424	16.3
6.	Yandrisevits, Jackie	Jr.	27	162	17	90	431	16.0
7.	Smith, Kayla-CAL		33	204	0	93	501	15.2
8.	Greer, Katrina-CLAR	Jr.	27	114	36	127	391	14.5
9.	Conklin, Kelsey-EDIN	So.	26	147	7	71	372	14.3
10.	Espigh, Alicia-MANS		27	131	63	54	379	14.0
11.	Kegerreis, Colleen-BLOOM		27	142	1	83	368	13.6
12.	Kudrick, Kristin-LHU	So.	26	121	2	110	354	13.6
13.	Fogle, Megan-SHIP		28	128	47	76	379	13.5
14.	Albanese, Jessica-CLAR	Sr.	24	123	0	65	311	13.0
15.	St. Julien, Gladine-MILL	Jr.	30	124	1	126	375	12.5
16.	Gardener, Kasey-SHIP	Fr.	28	117	37	69	340	12.1
17.	Weems, Dana-WCU	Jr.	29	130	6	81	347	12.0
18.	Cohill, My'Kea-CLAR	Sr.	25	112	24	49	297	11.9
19.	Healy, Lauren-BLOOM		27	106	33	64	309	11.4
20.	Andrews, Catherine-WCU	Sr.	29	124	36	42	326	11.2
21.	Correll, Clarissa-MANS		27	99	19	79	296	11.0
22.	Jones, Danielle-CHEY	Sr.	25	102	33	36	273	10.9
23.	McDonald, Janine-EDIN	Fr.	27	114	21	42	291	10.8
24.	Nero, Amanda-ROCK	Jr.	27	97	49	45	288	10.7
25.	Garber, Janelle-WCU	So.	27	108	0	67	283	10.5
26.	Molloy, Julie-ROCK	So.	24	88	43	31	250	10.4
27.	Fogelsanger, Monika-ESU	Sr.	27	98	9	75	280	10.4
28.	Heberling, Staci-IUP	Jr.	32	128	3	69	328	10.3
29.	Pratt, Sara-CLAR	Sr.	27	109	0	58	276	10.2

REBOUNDS

No.	Name, Team	Yr.	G	Off	Def	Total	Avg
1.	Beckley, Lauren-SHIP	So.	28	59	251	310	11.1
2.	Kegerreis, Colleen-BLOOM		27	62	194	256	9.5
3.	Tracey, Jahzinga-IUP	Jr.	32	116	173	289	9.0
4.	Williams, Brooque-CAL		34	114	154	268	7.9
5.	Smith, Kayla-CAL		33	113	137	250	7.6
6.	Mcquade, Melissa-Kutz	Fr.	27	54	148	202	7.5
	Garber, Janelle-WCU	So.	27	84	118	202	7.5
8.	Albanese, Jessica-CLAR	Sr.	24	57	122	179	7.5
9.	Van Wagner, Mercedes-KUTZ	Sr.	27	52	148	200	7.4
10.	Zabresky, Janelle-CLAR	Si.	27	63	135	198	7.3
11.	Weems, Dana-WCU	Jr.	29	69	142	211	7.3
12.	Pratt, Sara-CLAR	Sr.	27	61	134	195	7.2
	Stephens, Angel-CHEY	So.	27	102	93	195	7.2
14.	Craig, Jenna-MILL	So.	30	62	147	209	7.0
15.	Meacham, Jeanette-MANS	Sr.	25	70	102	172	6.9
16.	Orji, Stephanie-CHEY	So.	27	92	89	181	6.7
17.	St. Julien, Gladine-MILL	Jr.	30	89	112	201	6.7
18.	Heberling, Staci-IUP	Jr.	32	74	138	212	6.6
19.	Conklin, Kelsey-EDIN	So.	26	62	108	170	6.5
20.	Yandrisevits, Jackie-ESU	Jr.	27	46	127	173	6.4

STEALS

No.	Name, Team	Yr.	G	Stls	Avg
1.	Williams, Brooque-CAL		34	130	3.82
2.	Andrews, Crystal-CAL		34	122	3.59
3.	Tracey, Jahzinga-IUP	Jr.	32	10	3.34
4.	Miller, Malika-LHU	So.	26	73	2.81
5.	Weems, Dana-WCU	Jr.	29	81	2.79
6.	Orji, Stephanie-CHEY	So.	27	73	2.70

7.	Jones, Danielle-CHEY	Sr.	25	60	2.40
8.	Stewart, Megan-WCU	Fr.	28	65	2.32
9.	Kelshaw, Lauren-LHU	Fr.	26	60	2.31
10.	Andrews, Catherine-WCU	Sr.	29	66	2.28
11.	Mitchell, Michelle-LHU	Sr.	25	56	2.24
12.	Dubyak, Amber-CAL		34	70	2.06
13.	Cohill, My'Kea-CLAR	Sr.	25	51	2.04
14.	Conklin, Kelsey-EDIN	So.	26	53	2.04
15.	Muhammad, Lutfiyya-CHEY	So.	27	55	2.04

FIELD GOAL PERCENTAGE (Min. 3.0 made per game)

No.	Name, Team	Yr.	G	FG	FGA	Pct
1.	Zabresky, Janelle-CLAR	So.	27	85	152	.559
2.	Conklin, Kelsey-EDIN	So.	26	147	269	.546
3.	Williams, Brooque-CAL		34	252	472	.534
4.	Albanese, Jessica-CLAR	Sr.	24	123	323	.530
5.	Tracey, Jahzinga-IUP	Jr.	32	262	500	.524
6.	Smith, Kayla-CAL		33	204	392	.520
7.	Kudrick, Kristin-LHU	So.	26	121	235	.515
8.	Pratt, Sara-CLAR	Sr.	27	109	214	.509
9.	Weems, Dana-WCU	Jr.	29	130	256	.508
10.	Beckley, Lauren-SHIP	So.	28	217	430	.505
11.	Yandrisevits, Jackie-ESU	Jr.	27	162	322	.503
12.	Heberling, Staci-IUP	Jr.	32	128	255	.502
13.	Van Wagner, Mercedes-KUTZ	Sr.	27	93	186	.500
14.	Fogelsanger, Monika-ESU	Sr.	27	98	197	.497
15.	St. Julien, Gladine-MILL	Jr.	30	124	252	.492

ASSISTS (Min. 3.0 per game)

No.	Name, Team	Yr.	G	Asst	Avg
1.	Grimm, Ashley-CLAR	Sr.	27	171	6.33
2.	Reimer, Samantha-EDIN	So.	27	143	5.30
3.	Andrews, Crystal-CAL		34	176	5.18
4.	Metz, Michelle-SHIP	So.	28	140	5.00
5.	Andrews, Catherine-WCU	Sr.	29	117	4.03
6.	Correll, Clarissa-MANS		27	107	3.96
7.	Fogle, Megan-SHIP		28	104	3.71
8.	Stewart, Megan-WCU	Fr.	28	103	3.68
9.	Filla, Kierstin-IUP	So.	32	116	3.63
10.	Nero, Amanda-ROCK	Jr.	27	97	3.59
11.	Philo, Jenna-MILL	Jr.	30	107	3.57
12.	Williams, Brooque-CAL		34	117	3.44
13.	Bellamy, Aiesha-MILL	So.	30	94	3.13
14.	Cohill, My'Kea-CLAR	Sr.	25	76	3.04
15.	Miler, Kylie-IUP	Jr.	32	91	2.84

FREE THROW PERCENTAGE (Min. 2.0 made per game)

No.	Name, Team	Yr.	G	3FG	FGA	Pct
1.	Greer, Katrina-CLAR	Jr.	27	127	124	.894
2.	Reimer, Samantha-EDIN	So.	27	175	206	.850
3.	Fogelsanger, Monika-ESU	Sr.	27	75	89	.843
4.	Shope, Hillary-IUP	So.	32	69	82	.841
5.	Albanese, Jessica-CLAR	Sr.	24	65	78	.833
6.	Espigh, Alicia-MANS		27	54	65	.831
7.	Beckley, Lauren-SHIP	So.	28	135	163	.828
8.	Hemberling, Staci-IUP	Jr.	32	69	87	.793
9.	Rayam, DeAnna-ESU	So.	27	80	101	.792
10.	Healy, Lauren-BLOOM		27	64	82	.780
11.	Kegerreis, Colleen-BLOOM		27	83	107	.776
12.	Fogle, Megan-SHIP		28	76	99	.768
13.	Kudrick, Kristin-LHU	So.	26	110	144	.764
14.	Cahill, Keri-ESU	Jr.	27	56	74	.757
15.	Kelshaw, Lauren-LHU	Jr.	26	80	106	.755

SCORING OFFENSE

No.	Team	G	W-L	Pts	Avg
1.	California	34	27-7	2624	77.2
2.	Clarion	27	18-9	1954	72.4
3.	Indiana	32	77-5	2295	71.7
4.	Edinboro	27	17-10	1908	70.7
5.	West Chester	29	19-10	2043	70.4
6.	Shippensburg	28	19-9	1958	69.9
7.	East Stroudsburg	27	12-15	1835	68.0
8.	Millersville	30	24-6	1977	65.9
9.	Cheyney	27	11-16	1749	64.8
10.	Lock Haven	26	7-19	1665	64.0
11.	Slippery Rock	27	7-20	1642	60.8
12.	Kutztown	27	11-16	1627	60.3
13.	Bloomsburg	27	8-19	1560	57.8
14.	Mansfield	27	6-21	1512	56.0

SCORING DEFENSE

No.	Team	G	Pts	Avg
1.	Millersville	30	1616	53.9
2.	California	34	2068	60.8
3.	Indiana	32	1948	60.9
4.	Kutztown	27	1667	61.7
5.	West Chester	29	1867	64.4
6.	Shippensburg	28	1841	65.8
7.	Edinboro	27	1796	66.5
8.	Slippery Rock	27	1811	67.1
9.	Mansfield	27	1815	67.2
10.	East Stroudsburg	27	1823	67.5
11.	Bloomsburg	27	1826	67.6
12.	Clarion	27	1835	68.0
13.	Cheyney	27	1908	70.7
14.	Lock Haven	26	1881	72.3

SCORING MARGIN

No.	Team	G	OFF	DEF	Margin
1.	California (Pa.)	34	77.2	60.8	+16.4
2.	Millersville	30	65.9	53.9	+12.0
3.	Indiana (Pa.)	32	71.7	60.9	+10.8
4.	West Chester	29	70.4	64.4	+6.1
5.	Clarion	27	72.4	68.0	+4.4
6.	Shippensburg	28	69.9	65.8	+4.2
7.	Edinboro	27	70.7	66.5	+4.1
8.	East Stroudsburg	27	68.0	67.5	+0.4
9.	Kutztown	27	60.3	61.7	-1.5
10.	Cheyney	27	64.8	70.7	-5.9
11.	Slippery Rock	27	60.8	67.1	-6.3
12.	Lock Haven	26	64.0	72.3	-8.3
13.	Bloomsburg	27	57.8	67.6	-9.9
14.	Mansfield	27	56.0	67.3	-11.2

FREE THROW PERCENTAGES

No.	Team	G	FTM	FTA	Pct
1.	Clarion	27	440	554	.794
2.	Edinboro	27	381	500	.762
3.	East Stroudsburg	27	406	542	.749
4.	Shippensburg	28	392	532	.737
5.	Indiana (Pa.)	32	428	611	.700
6.	Slippery Rock	27	325	464	.700
7.	Millersville	30	508	738	.688
8.	Bloomsburg	27	306	446	.686
9.	Kutztown	27	285	427	.667
10.	Lock Haven	26	363	549	.661
	West Chester	29	363	549	.661
12.	Mansfield	27	251	383	.655
13.	California (Pa.)	34	429	666	.644
14.	Cheyney	27	329	536	.614

FIELD GOAL PERCENTAGES

No.	Team	G	FG	FGA	Pct
1.	California (Pa.)	34	1049	2309	.454
2.	Clarion	27	698	1578	.442
3.	Shippensburg	28	695	1602	.434
4.	Slippery Rock	27	606	1422	.426
5.	East Stroudsburg	27	648	1540	.421
6.	Indiana (Pa.)	32	862	2052	.420
7.	West Chester	29	768	1830	.420
8.	Edinboro	27	691	1661	.416
9.	Kutztown	27	600	1504	.399
10.	Millersville	30	677	1714	.395
11.	Mansfield	27	563	1454	.387
12.	Lock Haven	26	605	1579	.383
13.	Bloomsburg	27	566	1534	.369
14.	Cheyney	27	646	1869	.346

FIELD GOAL PCT DEFENSE

No.	Team	G	FG	FGA	Pct
1.	Millersville	30	570	1596	.357
2.	Kutztown	27	601	1672	.359
3.	West Chester	29	664	1746	.380
4.	Bloomsburg	27	674	1711	.394
5.	California (Pa.)	34	721	1823	.396
6.	East Stroudsburg	27	660	1664	.397
7.	Clarion	27	691	1737	.398
8.	Edinboro	27	650	1606	.405
9.	Indiana (Pa.)	32	746	1834	.407
10.	Shippensburg	28	699	1712	.408
11.	Slippery Rock	27	694	1632	.425
12.	Mansfield	27	703	1641	.428
13.	Lock Haven	26	617	1438	.429
14.	Cheyney	27	651	1479	.440

3-POINT FIELD GOAL PERCENTAGES

No.	Team	G	FG	FGA	Pct
1.	Shippensburg	28	176	456	.386
2.	Kutztown	27	142	424	.335
3.	West Chester	29	144	435	.331
4.	Slippery Rock	27	105	323	.325
5.	Clarion	27	118	363	.325
6.	Mansfield	27	135	417	.324
7.	East Stroudsburg	27	133	428	.311
8.	Edinboro	27	145	472	.307
9.	Indiana (Pa.)	32	143	466	.307
10.	Bloomsburg	27	122	430	.284
11.	Millersville	30	115	409	.281
12.	Lock Haven	26	92	342	.269
13.	California (Pa.)	34	97	361	.296
14.	Cheyney	27	128	481	.266

3-POINT FIELD GOAL PCT DEFENSE

No.	Team	G	FG	FGA	Pct
1.	Millersville	30	108	402	.269
2.	California (Pa.)	34	140	500	.280
3.	Shippensburg	28	103	366	.281
4.	Edinboro	27	90	311	.289
5.	West Chester	29	147	503	.292
6.	Indiana (Pa.)	32	150	503	.298
7.	Kutztown	27	132	442	.299
8.	Mansfield	27	121	404	.300
9.	Bloomsburg	27	136	445	.306
10.	East Stroudsburg	27	144	471	.306
11.	Cheyney	27	105	316	.332
12.	Clarion	27	124	357	.347
13.	Slippery Rock	27	159	453	.351
14.	Lock Haven	26	145	410	.354

REBOUNDING MARGIN

No.	Team	G	TEAM	Avg	OPP	Avg	Margin
1.	California (Pa.)	34	1454	42.8	1163	34.2	+8.6
2.	Millersville	30	1231	41.0	1032	34.4	+6.6
3.	West Chester	29	1223	42.2	1116	38.5	+3.7
4.	Clarion	27	1073	39.7	1001	37.1	+2.7
5.	Indiana (Pa.)	32	1272	39.8	1216	38.0	+1.8
6.	Kutztown	27	1095	40.6	1049	38.9	+1.7
7.	Shippensburg	28	1015	36.2	1042	37.2	-1.0
8.	Slippery Rock	27	875	32.4	907	33.6	-1.2
9.	Cheyney	27	1133	42.0	1170	43.3	-1.4
10.	Edinboro	27	999	37.0	1063	39.4	-2.4
11.	East Stroudsburg	27	988	36.6	1062	39.3	-2.7
12.	Lock Haven	26	916	35.2	991	38.1	-2.9
13.	Bloomsburg	27	1027	38.0	1114	41.3	-3.2
14.	Mansfield	27	936	34.7	1029	38.1	-3.4

BLOCKED SHOTS

No.	Team	G	Blocks	Avg
1.	Clarion	27	151	5.59
2.	Kutztown	27	135	5.00
3.	Edinboro	27	104	3.85
4.	Millersville	30	112	3.73
5.	Bloomsburg	27	88	3.26
6.	Cheyney	27	80	2.76
7.	West Chester	29	80	2.76
8.	California (Pa.)	24	82	2.41
9.	East Stroudsburg	27	64	2.37
10.	Indiana (Pa.)	32	70	2.19
11.	Slippery Rock	27	49	1.81
12.	Lock Haven	26	44	1.69
13.	Shippensburg	28	39	1.39
14.	Mansfield	27	36	1.33

ASSISTS

No.	Team	G	Asst	Avg
1.	West Chester	29	480	16.55
2.	Clarion	27	446	16.52
3.	California (Pa.)	34	55	16.24
4.	Kutztown	27	434	16.07
5.	Shippensburg	28	427	15.25
6.	East Stroudsburg	27	409	15.15
7.	Slippery Rock	27	406	15.04
8.	Indiana (Pa.)	32	471	14.72
9.	Edinboro	27	392	14.52
10.	Millersville	30	419	13.97
11.	Mansfield	27	344	12.74
12.	Cheyney	27	313	11.59
13.	Bloomsburg	27	311	11.52
14.	Lock Haven	26	297	11.42

STEALS

No.	Team	G	Steals	Avg/G
1.	California (Pa.)	32	518	15.24
2.	Cheyney	27	380	14.07
3.	West Chester	29	397	13.69
4.	Millersville	30	360	12.00
5.	Lock Haven	26	308	11.85
6.	East Stroudsburg	27	304	11.26
7.	Indiana (Pa.)	32	354	11.06
8.	Mansfield	27	230	8.52
	Edinboro	27	230	8.52
10.	Clarion	27	220	8.15
11.	Slippery Rock	27	198	7.33
12.	Shippensburg	28	194	6.93
13.	Kutztown	27	179	6.63
14.	Bloomsburg	27	176	6.52

TURNOVER MARGIN

No.	Team	G	Team	Avg	Opp	Avg	Margin
1.	California (Pa.)	34	668	19.6	885	26.0	+6.38
2.	Indiana (Pa.)	32	562	17.6	743	23.2	+5.66
3.	Cheyney	27	582	21.6	707	26.2	+4.63
4.	Millersville	30	627	20.9	727	24.2	+3.33
5.	Lock Haven	26	547	21.0	599	23.0	+2.00
	Edinboro	27	447	16.6	501	18.6	+2.00
7.	West Chester	29	641	22.1	647	23.2	+1.14
8.	Shippensburg	28	464	16.6	459	16.4	-0.18
9.	East Stroudsburg	27	566	21.0	556	20.6	-0.37
10.	Clarion	27	526	19.5	463	17.1	-2.33
11.	Slippery Rock	27	546	20.2	438	16.2	-4.00
12.	Bloomsburg	27	581	21.5	463	17.1	-4.37
13.	Mansfield	27	581	21.5	457	16.9	-4.59
14.	Kutztown	27	584	21.6	430	15.9	-5.70



Michelle Metz

All-time PSAC Career Leaders

POINTS		
Name, Team	Years	Points
1. Valerie Walker, Cheyney	1978-82	2,289
2. Theresa Lorenzi, Bloomsburg	1985-89	2,173
3. Yolanda Laney, Cheyney	1980-84	2,173
4. Tina Martin, Lock Haven	1982-86	2,157
5. Sara McKinney, California (Pa.)	2001-05	2,117
6. Stacey Cunningham, Shippensburg	1980-84	2,057
7. Ashley Totedo, Shippensburg	1995-99	2,050
8. Becky Siembak, SRU/Cal	99-01/02-04	2,019
9. Tracy Spencer, Shippensburg	1992-96	1,976
10. Carlita Jones, Clarion	1990-95	1,948

REBOUNDS		
Name, Team	Years	Rebounds
1. Ashley Totedo, Shippensburg	1995-99	1,489
2. Heather Gates, Edinboro	1994-98	1,301
3. Carlita Jones, Clarion	1990-95	1,258
4. Sara McKinney, California (Pa.)	2001-05	1,204
5. Becky Siembak, SRU/Cal	99-01/02-04	1,203
6. Heather Cigich, Clarion	2001-05	1,121
7. Montique Wade, Edinboro	1985-90	1,113
8. Mona Gaffney, Clarion	1992-96	1,079
9. Sherri Leysock, Indiana (Pa.)	1987-91	1,075
10. Helen Woltman, Lock Haven	1981-86	1,044

ASSISTS		
Name, Team	Years	Assists
1. Megan Storck, California (Pa.)	2003-06	767
2. Callie Iorfido, Edinboro	2002-06	682
3. Lori Richelderfer, California (Pa.)	1993-94	660
4. Tammy Wood, California (Pa.)	1988-92	656
5. Lori Young, Lock Haven	1983-87	643
6. Stacy Perryman, East Stroudsburg	1992-96	607
7. Paula Light, Millersville	1990-93	597
8. Vickie Mikesic, Shippensburg	1997-01	575
Becky Pigga, Bloomsburg	1987-91	575
10. Melissa Swartz, Shippensburg	1993-97	572

All-time PSAC Titles

Shippensburg	6
California (Pa.)	4
Cheyney	4
Clarion	3
Millersville	3
Indiana (Pa.)	3
Lock Haven	2
Bloomsburg	1
East Stroudsburg	1
Edinboro	1
Slippery Rock	1

PSAC Championship Appearances Year-by-Year

2008	
QF	Indiana (Pa.) 55, Shippensburg 48
2007	
QF	California (Pa.) 79, Shippensburg 65
2005	
QF	Clarion 69, Shippensburg 49
2004	
CH	California 87, Shippensburg 54
SF	Shippensburg 73, West Chester 50
QF	Shippensburg 65, Clarion 36
2003	
QF	California 82, Shippensburg 50
2002	
SF	Millersville 73, Shippensburg 63
QF	Shippensburg 96, S. Rock 84
2001	
CH	Shippensburg 86, California 71
SF	Shippensburg 88, W. Chester 75
QF	Shippensburg 82, Edinboro 53
2000	
CH	Shippensburg 83, Millersville 57
SF	Shippensburg 85, Bloomsburg 62
QF	Shippensburg 90, Edinboro 76
1999	
CH	Shippensburg 92, IUP 85
SF	Shippensburg 54, Kutztown 51
QF	Shippensburg 85, California 48
1998	
CH	Shippensburg 89, Edinboro 80 (ot)
SF	Shippensburg 75, Kutztown 66
QF	Shippensburg 69, IUP 60
1997	
CH	Shippensburg 89, Edinboro 74
SF	Shippensburg 70, West Chester 62
QF	Shippensburg 68, Kutztown 59
1996	
CH	Shippensburg 87, Slippery Rock 67
SF	Shippensburg 95, Bloomsburg 87
QF	Shippensburg 93, West Chester 83
1995	
SF	East Stroudsburg 80, Shippensburg 69
1985	
QF	Millersville 84, Shippensburg 69
1984	
SF	Shippensburg 69, IUP 67
QF	Shippensburg 65, East Stroudsburg 61

Key:
QF - Quarterfinals
SF - Semifinals
CH - Championship

The Opponents



The Opponents

District of Columbia

GAME 1

Date: November 15, 2008



Location: Washington, DC

Nickname: Firebirds

Colors: Red & Yellow

Arena: Physical Activities Center

Affiliation: NCAA Division II

Conference: Independent

Head Coach/Years: Lester Butler/4th

2007-08 Results: 13-15

SID: Bernard Payton

Phone: (202) 274-5064

E-mail: bpayton@udc.edu

Fax: (202) 274-5065

Web site: www.udcfirebirds.com

Last meeting: W, 81-45 (12-27-97)

Charleston

GAME 2

Date: November 16, 2008



Location: Charlestown, WV

Nickname: Golden Eagles

Colors: Maroon & Gold

Arena: Eddie King Gymnasium

Affiliation: NCAA Division II

Conference: WVIAC

Head Coach: Sherry Winn

2007-08 Results: 17-11, 14-6 WVIAC

Web site: www.ucwv.edu

Last meeting: W, 68-51 (12-29-07)

Pittsburgh-Johnstown

GAME 3

Date: November 22, 2008



Location: Johnstown, Pa.

Nickname: Lady Cats

Colors: Navy Blue & Vegas Gold

Arena: Sports Center

Affiliation: NCAA Division II

Conference: West Virginia Intercollegiate Athletic

Conference (WVIAC)

Head Coach/Years: Sasha Palmer/ 2 years

2007-08 Results: 10-18, 9-11 WVIAC

SID: Chris Caputo

Phone: (814) 269-2031

E-mail: ccaputo@pitt.edu

Fax: (814) 269-2026

Web site: www.upj.pitt.edu/athletics

Last meeting: W, 71-57 (11-25-07)

Philadelphia

GAME 4

Date: November 25, 2008



Location: Philadelphia, Pa.

Nickname: Rams

Colors: Maroon and Grey

Arena: Gallagher Center

Affiliation: NCAA Division II

Conference: Central Atlantic Collegiate Conference (CACC)

Head Coach: Tom Shirley

2007-08 Results: 19-10, 12-6 CACC

SID: Sarah Punderson

Phone: (215) 951-2852

E-mail: pundersons@philau.edu

Fax: (215) 951-0049

Web site: www.philaurams.com

Last meeting: W, 72-59 (12-08-90)

West Virginia Wesleyan

GAME 5

Date: December 3, 2008



Location: Buckhannon, WV

Nickname: Lady Bobcats

Colors: Orange and Black

Arena: Rockefeller Center

Affiliation: NCAA Division II

Conference: West Virginia Intercollegiate Athletic Conference (WVIAC)

Head Coach/Years: Steve Tierney/5th

2007-08 Results: 19-11, 14-6 WVIAC

SID: Duane Carpenter

Phone: (304) 473-8102

Fax: (304) 473-8056

Web site: bobcats.wvwc.edu

Last meeting: W, 75-72 (12-15-07)

Seton Hill

GAME 6

Date: December 18, 2008



Location: Greensburg, Pa.

Nickname: Griffins

Colors: Crimson and Vegas Gold

Arena: McKenna Center

Affiliation: NCAA Division II

Conference: West Virginia Intercollegiate Athletic Conference (WVIAC)

Head Coach/Years: Ferne Labati/3rd

2007-08 Results: 12-15, 8-12 WVIAC

SID: Jason Greene

Phone: (724) 830-1132

E-mail: greene@setonhill.edu

Fax: (724) 830-1173

Web site: www.setonhill.edu

Last meeting: W, 66-47 (12-08-07)

Fairmont State

GAME 7

Date: December 20, 2008



Location: Fairmont, WV.

Nickname: Fighting Falcons

Colors: Maroon, White, and

Fairmont Tan

Affiliation: NCAA Division II

Conference: West Virginia Intercollegiate Athletic Conference (WVIAC)

Head Coach: Steve McDonald

2007-08 Results: 25-7, 15-5 WVIAC

SID: Adam Zundell

Phone: (304) 367-4264

E-mail: azundell@fairmontstate.edu

Fax: (304) 367-0202

Web site: www.fairmontstate.edu

Last meeting: W, 69-55 (11-15-96)

Franklin Pierce

GAME 8

Date: December 29, 2008 at Mesa
High School (Phoenix, AZ)



Location: Rindge, N.H.

Nickname: Ravens

Colors: Maroon, White, and Fairmont Tan

Affiliation: NCAA Division II

Conference: Northeast - 10 Conference (NE-10)

Head Coach/Years: Mark Swasey/7th

2007-08 Results: 27-6 NE-10

SID: Doug Monson

Phone: (603) 899-4222

E-mail: monsond@franklinperce.edu

Fax: (603) 899-4328

Web site: www.athletics.franklinperce.edu

Last meeting: N/A

Gannon

GAME 9

Date: December 30, 2008 at Mesa
High School (Phoenix, AZ)



Location: Erie, Pa.

Nickname: Lady Knights

Colors: Maroon, White, and Gold

Arena: Hammerhill Center

Affiliation: NCAA Division II

Conference: PSAC Western Division

Head Coach/Years: Cleve Write/6th

2007-08 Results: 16-12, 10-7 GLIAC

SID: Dan Teliski

Phone: (814) 871-7418

E-mail: teliski002@gannon.edu

Fax: (814) 871-7794

Web site: www.gannonsports.com

Last Meeting: L, 57-81 (12-28-01)

Mercyhurst

GAME 10

Date: January 3, 2009



Location: Erie, Pa.

Nickname: Lakers

Colors: Green & Blue

Arena: Mercyhurst Athletic Center

Affiliation: NCAA Division II

Conference: PSAC Western Division

Head Coach/Years: Deanna Richard/8th

2007-08 Results: 7-20, 2-15 GLIAC

SID: Lauren Webster

Phone: (814) 824-2525

E-mail: lwebster@mercyhurst.edu

Fax: (814) 824-2591

Web site: www.hurstathletics.com

Last meeting: W, 88-77 (12-30-01)

Slippery Rock

GAME 11

Date: January 4, 2009



Location: Slippery Rock, Pa.

Nickname: The Rock

Colors: Green and White

Arena: Morrow Field House

Affiliation: NCAA Division II

Conference: PSAC Western Division

Head Coach/Years: Laurel Heilman/9th

2007-08 Results: 7-20, 1-11 PSAC West

SID: Bob McComas

Phone: (724) 738-2777

E-mail: Robert.mccomas@sru.edu

Fax: (724) 738-4761

Web site: www.rockathletics.com

Last meeting: W, 62-44 (02-23-08)

Indiana (Pa.)

GAME 12

Date: January 10, 2009



Location: Indiana, Pa.

Nickname: Crimson Hawks

Colors: Crimson and Gray

Arena: Memorial Field House

Affiliation: NCAA Division II

Conference: PSAC Western Division

Head Coach/Years: Jeff Dow/1st

2007-08 Results: 27-5, 9-3 PSAC West

SID: Mike Hoffman

Phone: (724) 357-2747

E-mail: mhoffman@iup.edu

Fax: (724) 357-2754

Web site: www.iupathletics.com

Last meeting: L, 48-55 (03-04-08)

California (Pa.)

GAME 13

Date: January 11, 2009



Location: California, Pa.

Nickname: Vulcans

Colors: Red & Black

Arena: Hamer Hall

Affiliation: NCAA Division II

Conference: PSAC Western Division

Head Coach/Years: Heather Kearney/1st

2007-08 Results: 27-7, 9-3 PSAC West (1st)

SID: Matthew Kifer

Phone: (724) 938-4351

E-mail: kifer@cup.edu

Fax: (724) 938-5849

Web site: www.calvulcans.com

Last meeting: L, 68-86 (2-20-08)

Mansfield

GAME 14/21

Date: January 14, 2009 at Mansfield
February 7, 2009
at Shippensburg



Location: Mansfield, Pa.

Nickname: Mountaineers

Colors: Red and Black

Arena: Decker Gymnasium

Affiliation: NCAA Division II

Conference: PSAC Eastern Division

Head Coach/Years: Ruth Hermansen/10th

2007-08 Results: 6-21, 1-11 PSAC East

SID: Steve McCloskey

Phone: (570) 337-1308

E-mail: smcclosk@mansfield.edu

Web site: www.sports.mansfield.edu

Last meeting: L, 56-76 (12-19-08)



The Opponents

East Stroudsburg

GAME 15/24



Date: January 17, 2009
at Shippensburg
February 14, 2009 at East Stroudsburg

Location: East Stroudsburg, Pa.
Nickname: Warriors
Colors: Red and Black
Arena: Koehler Fieldhouse
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Juliene Simpson/8th
2007-08 Results: 12-15, 6-6 PSAC East (4th)
SID: Greg Knowlden
Phone: (570) 422-3312
E-mail: gknowlden@po-box.esu.edu
Fax: (570) 422-3586
Web site: www.esu.edu
Last meeting: W, 76-56 (12-02-08)

Millersville

GAME 16/22



Date: January 21, 2009 at Millersville
February 11, 2009
at Shippensburg

Location: Millersville, Pa.
Nickname: Marauders
Colors: Black and Gold
Arena: Pucillo Gymnasium
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Mary Fleig / 19th
2007-08 Results: 24-6, 12-0 PSAC East (1st)
SID: Ethan Hulsey
Phone: (717)-872-3100
E-mail: ehulsey@millersville.edu
Fax: (717) 872-3995
Web site: www.millersvilleathletics.com
Last meeting: W, 72-61 (01-06-08)

Kutztown

GAME 17/25



Date: January 24, 2009
at Shippensburg
February 21, 2009 at Kutztown

Location: Kutztown, Pa.
Nickname: Golden Bears
Colors: Maroon and Gold
Arena: Keystone Hall
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Janet Malout/15th
2007-08 Results: 11-16, 4-8 PSAC East
SID: Josh Leiboff
Phone: (610) 683-4182
E-mail: leiboff@kutztown.edu
Fax: (610) 683-4676
Web site: www.kubears.com
Last meeting: W, 62-46 (12-01-07)

Bloomsburg

GAME 19/24



Date: January 28, 2009
at Bloomsburg
February 18, 2009
at Shippensburg

Location: Bloomsburg, Pa.
Nickname: Huskies
Colors: Maroon and Gold
Arena: Nelson Field House
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Bill Cleary/1st
2007-08 Results: 8-19, 3-9 PSAC East
SID: Tom McGuire
Phone: (570) 389-4413
E-mail: tmcguire@bloomu.edu
Web site: www.buhuskies.com
Last meeting: W, 90-74 (12-18-07)

Cheyney

GAME 19/27



Date: January 31, 2009 at Cheyney
February 28, 2009
at Shippensburg

Location: Cheyney, Pa.
Nickname: Wolves
Colors: Royal Blue and White
Arena: Cope Hall
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Marilyn Stephens/1st
2007-08 Results: 11-16, 7-5 PSAC East
SID: Lenn Margolis
Phone: (610) 399-2143
E-mail: lmargolis@cheyney.edu
Web site: www.cheyneywolves.com
Last meeting: W, 82-73 (01-13-08)

West Chester

GAME 20/26



Date: February 4, 2009
at Shippensburg
February 25, 2009
at West Chester

Location: West Chester, Pa.
Nickname: Golden Rams
Colors: Purple and Gold
Arena: Hollinger Field House
Affiliation: NCAA Division II
Conference: PSAC Eastern Division
Head Coach/Years: Deirdre Kane/22nd
2007-08 Results: 19-10, 9-3 PSAC East
SID: Jim Zuhlke
Phone: (610) 436-3316
E-mail: jzuhlke@wcupa.edu
Web site: www.wcupagoldenrams.com
Last meeting: W, 74-62 (01-05-08)

History





The bench erupts with joy at the buzzer as the Lady Raiders defeat Abilene Christian 84-81 in the 1996 NCAA Division II semifinals in Fargo, North Dakota. The victory allowed Shippensburg to advance to the national championship game. (Photo by Bruce Crummy and courtesy of the Fargo Forum)

The Shippensburg University women's basketball team has a long and proud tradition that dates back to the early years of this century. The women's basketball team was formed during the 1902-03 academic year and played two games. The Red and Blue traveled to Carlisle to play the Dickinson varsity and lost 6-4. One week later, in a return engagement on the Shippensburg campus, Shippensburg registered its first victory, defeating Dickinson 6-2.

The following year women's basketball was relegated to intramural status. Philosophically, physical education for women emphasized participation and shunned the male model which gave more importance to competition.

It was not until the 1921-22 academic year that Shippensburg reorganized the basketball team and began competing again against outside competition. The team was coached by Claudia Robb for two seasons and the Evelyn Van Duzer for three years.

In 1926, the Pennsylvania legislature granted Shippensburg and the other normal schools the authority to award bachelor's degrees and Shippensburg became a four-year college. The age of intercollegiate athletics officially began that fall.

That year the women's basketball team was coached by Esther Henderson, who was a proponent of the philosophy emphasizing participation. The schedule was scaled back to three games in 1927 and 1928. In 1928-29, basketball was relegated to intramural status again.

However, on the eve of World War II, that philosophy was undergoing changes. The war itself accelerated social change including women's physical education. During the war teams comprised of Shippensburg's best intramural basketball players

were organized and sent to compete with other schools in Central Pennsylvania in what were known as "play days." Usually one day a year was set aside for field hockey and basketball games played at another school or hosted by Shippensburg. Organized schedules between schools spanning weeks and months were not widespread and did not exist at Shippensburg. The intramural program was still prominent and 16 basketball teams existed, encompassing a sizeable percentage of the female student body.

In 1943-44 the women's basketball team was re-established under Coach Robb and a couple games were played. The following year four games were played.

The 1947-48 season was the beginning of Shippensburg's first basketball dynasty. Again, Esther Henderson was named coach. Led by freshmen Shirley Fordney and Marty Stroup, Shippensburg went 7-1. The team lost its first game to an industrial league team, the Fairchild Aircraft Cargoettes, but then swept over seven collegiate opponents. The following year, with coach Eleanor Wright at the helm, the team was undefeated, but had one tie. The season ended with a 7-0-1 record. (Basketball rules for women did not allow for overtime periods until the 1953-54 season).

Fordney and company went 7-1 the next season and then in 1950-51, with Esther Henderson again coaching the team, the Raiderettes enjoyed an undefeated and untied season with a 6-0 record. Fordney averaged 21 points per game.

Henderson coached the rest of the decade and had an outstanding team in 1952 with a 5-0-1 record and a 6-0 team in 1956. She retired following the 1961 season and ended her career with a 59-28-4 record for a winning percentage of .670.

In 1962, Gwen Baker took over as head coach and guided the team until 1980. The Red and Blue began another dynasty in 1965-66 and compiled a 28-2 record in four seasons. Shippensburg beat Penn State four straight years and Maryland twice. The 1969 team, led by Sandy Stewart, went 10-0 and beat teams by the average margin of 23.3 points. After ten straight wins in 1969, the Lady Raiders won their first five in 1970 for a 24 game winning streak, that still stands today.

Congress passed Title IX in 1972 and Shippensburg began to increase its efforts to achieve gender equity. The basketball schedules began to increase along with scholarship aid and the level of competition.

The 1977-78 basketball team was one of the best of that era. Forwards Dorothy Fichter and Kristi Miller, and center Linda Virgens led the team to a 13-5 record and a berth in the Association of Intercollegiate Athletics for Women (AIAW) tournament. It was Shippensburg's first taste of post-season competition. Fichter led the team to a 13-9 record in 1980 and a berth in the first annual Pennsylvania State Athletic Conference women's basketball tournament. Baker retired after the 1980 season with a record of 150-67 for a .691 winning percentage.

The 1981 team, with Fichter and freshman guard Stacey Cunningham grabbing headlines, went 14-4. Cunningham was the premier player at Shippensburg in the 1980s. She set numerous school and national records, including most free throws made in a game with 21 against West Liberty in 1982 and scoring average with 29.9 points per game in 1983. That NCAA Division II scoring record was not broken until 1990. Cunningham was invited to a try out for the 1984 Olympics and finished her career with 2,057 points, a mark that still stands today. She averaged 23.1 points per game for her career.

In 1983-84, the team moved from Henderson Gym to Heiges Field House. Led by Cunningham and point guard Mary Endsley, Shippensburg went 18-9 that season and finished second in the PSAC tournament. Cunningham was named first team All-America by the Women's Basketball Coaches Association (WBCA).

After Cunningham graduated, the team entered a period of decline and was not revived until the arrival of Dave Smith at the helm. Gradually building respectability for the team, the Lady Raiders received their first bid to the NCAA tournament in 1995. Led by guards Tracy Spencer and Melissa Swartz, Shippensburg topped UDC 87-81 in the first round but lost to eventual region champion Mercyhurst.

In 1996, Shippensburg achieved one of its highest pinnacles of success. The Lady Raiders won their first PSAC championship with an 87-67 triumph over Slippery Rock and then won the NCAA Division II East Region championship. Shippensburg beat Salem-Teikyo 79-68 in the regional final.

Advancing to the Elite Eight tournament in Fargo, North Dakota, the underdog Lady Raiders with Spencer and Swartz in the backcourt, and Ann Svensson, Jessica Bobiak and freshman Ashley Totodo starting in the front court, defeated Wingate 78-64 in the national quarterfinals.

Shippensburg faced second-ranked Abilene Christian in the semifinals. The Wildcats had a 30-1 record and were led by Jennifer Clarkson, the Division II Player of the Year. Spencer and Swartz tallied 26 and 23 points, respectively and Svensson grabbed 10



Julie Sutch (1996-2000)

rebounds as the Lady Raiders pulled off a major upset with an 84-81 win. Shippensburg advanced to the championship game and a national TV audience on ESPN2. Shippensburg lost 104-78 in the title game to North Dakota State.

In 1997 Shippensburg continued to dominate the PSAC. The Lady Raiders, led by Swartz and Totodo, won their second straight PSAC title and finished the year with a 25-5 record. Shippensburg's season ended in the regional semifinals with a loss to High Point. Totodo became Shippensburg's second WBCA first team All-American.

In 1998 the Lady Raiders won their third straight PSAC championship and added a NCAA East Region championship to their laurels. With only one starter returning to the lineup, the Shippensburg got off to a rough start, going 8-3 in the early part of the season. Then the youngsters, sophomore Julie Sutch and freshmen Christa Cline, Vickie Mikesic and Janette Pieczynski, began to jell, putting together a 20-game winning streak. The Lady Raiders became the first PSAC Western Division team to win all 12 conference games in a season.

After winning the regional crown they advanced to the Elite Eight but lost in the quarterfinals. The team went 28-4, and Totodo earned All-America honors again. In six pressure-filled PSAC and NCAA tournament games she averaged 24 points and 11.5 rebounds per game. She was the MVP of both the conference and regional tournaments.

In 1999 Shippensburg won its fourth straight PSAC title and Totedo earned All-America first team honors for the third straight season. She is the only player in the NCAA to combine 2,000 points, 1,400 rebounds and 300 blocked shots in a career.

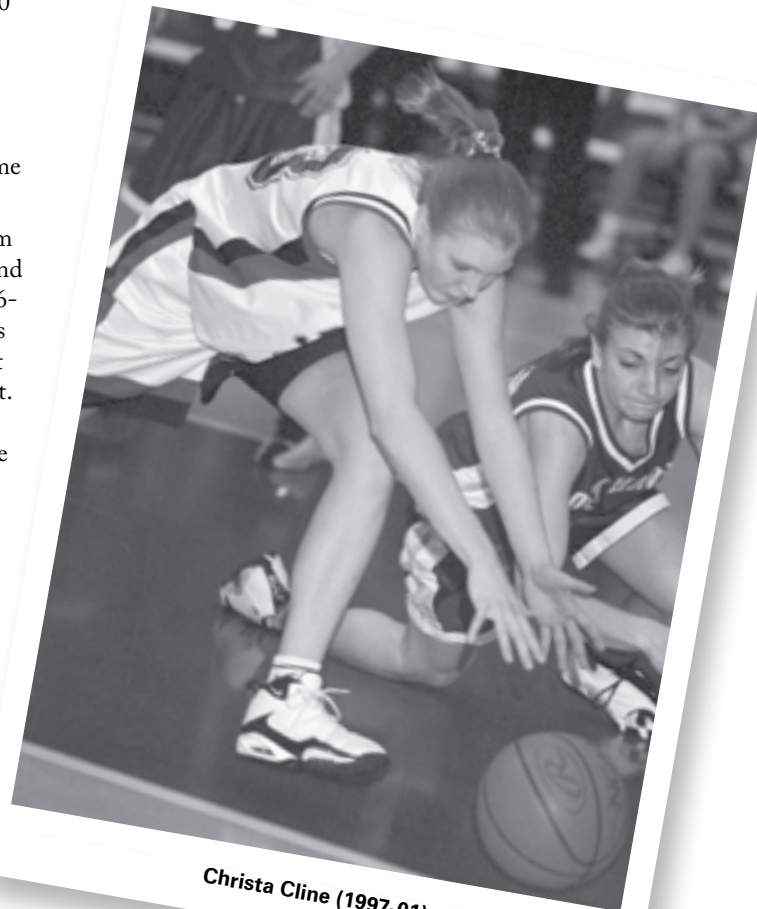
In 2000, Shippensburg became the first PSAC team to win five straight conference championships. All five starters, Pieczynski, Cline, Mikesic, Tamaura Woodson and Sutch averaged in double figures. The Lady Raiders were upset in the regional semi-final game the following weekend.

In 2001, Shippensburg put together one of its finest seasons in team history. The Lady Raiders finished the season with a 28-5 record and won the PSAC championship for the sixth year in a row with an 86-71 win over California. Janette Pieczynski tallied 25 points and was tournament MVP. The following week Shippensburg won the East region title (third time in six years) and advanced to the Elite Eight. Shippensburg defeated Delta State 70-65. The Lady Raiders fell 76-67 to North Dakota in a thrilling semi-final game. Center Jessie Gordon scored 24 points and pulled down nine rebounds. Cline was PSAC West Player of the Year. Pieczynski and Mikesic were named first team All-Conference.

In 2002 Shippensburg engaged in a rebuilding season and achieved many accolades. The team finished the year with a 20-9 overall record, marking the eighth season in a row that the Lady Raiders won 20 or more games. The team also competed in the NCAA Division II tournament for the eighth year in a row. Head Coach Kristy Trn was named PSAC Western Division Coach of the Year for the second season in a row.

In 2003 the Lady Raider suffered through a losing season with a 13-15 record, but earned a PSAC tournament berth for the ninth year in a row, compiling a 6-6 record in the conference's Western Division.

Shippensburg ended the 2004-05 season with a 17-10 record, including a mark of 8-4 in the Pennsylvania State Athletic Conference (PSAC) Western Division. Sixth-year head coach Kristy Trn was faced with the challenge of replacing two 1,000-point scorers from the 2003-04 team and two All-PSAC Western Division selections in Katie Bray and Emily Swingler.



Christa Cline (1997-01)

Historical notes

- Shippensburg won six consecutive PSAC Championships from 1996 to 2001. That is the longest string of basketball championships in PSAC history in either men's or women's basketball.
- Shippensburg finished 2nd in the NCAA Division II national tournament in 1996
- Shippensburg reached the semi-finals of the NCAA Division II national tournament in 2001.
- Shippensburg is one of only five teams outside the state of North Dakota that has reached the Final Four more than once during the past eight seasons and one of only five to reach the Elite Eight three times or more.
- Eastern College Athletic Conference Division II Team of the Year in 1996 and 2001.
- Eight straight 20 win seasons and eight straight NCAA tournament appearances from 1995 to 2002.

PSAC Western Division Players of the Year

1996	Tracy Spencer
1998	Ashley Totedo
1999	Ashley Totedo
2001	Christa Cline
2008	Lauren Beckley

Ashley (Totedo) Swanson

One of the best players in the history of NCAA Division II women's basketball, Ashley Totedo is currently an associate with Dickie, McCamey & Chilcote, P.C., in the firm's Pittsburgh office. She concentrates her practice in the areas of general liability and construction law with a particular emphasis in transportation law.

Totedo, who graduated cum laude from Shippensburg in 1999 with a bachelor's degree in psychology, was the first women's player in Division II history to total over 2,000 points, 1,400 rebounds and 300 blocked shots in a career. She finished her career with 2,050 points, 1,489 rebounds and 315 blocks.

A three-time Kodak/WBCA All-American First Team selection from 1997-99, Totedo was inducted in the Shippensburg Athletic Hall of Fame in 2000. During her career, Shippensburg compiled a 106-21 record, won four PSAC and two NCAA East Region championships.

Totedo was also a member of the only two teams in school history to advance to the Elite Eight. In 1996, the Lady Raiders finished the year ranked No. 2 in the nation after advancing to the national championship game.

Off the court, Totedo was an Academic All-American and two-time PSAC Winter Top Ten award winner. Following her graduation from Shippensburg, she attended the Duquesne University School of Law as a recipient of both an NCAA postgraduate scholarship and academic scholarship.

Totedo received her justice degree from Duquesne in 2002, where she was a recipient of the CALI Excellence for the Future Award in Trial Advocacy.

A member of the Allegheny County, Pennsylvania, and American Bar Associations, Totedo is admitted to practice before the Supreme Court of Pennsylvania and the United States District Court for the Western District of Pennsylvania.

Before joining Dickie McCamey, Totedo worked as an associate with Meyer, Darragh, Buckler, Bebenek & Eck and Burns White & Hickton LLC, two mid-sized Pittsburgh law firms.

Totedo is also executive board member of Young Republicans of Allegheny County and an Assistant Solicitor of the Republican Committee of Allegheny County.

A native of Donora, Totedo currently resides in Aspinwall with her husband, Matthew Swanson.



Jeanne Shaheen

Born Jeanne Bowers in Saint Charles, Missouri on Jan. 28, 1947, Shaheen was elected this November as the first female senator to represent the people of New Hampshire in the U.S. Senate. A 1967 graduate of Shippensburg with a bachelor's degree in English, she was a member of the junior varsity team for two seasons in 1965-66 and 1966-67.

Shaheen has served as the Director of the Institute of Politics (IOP) at Harvard University's John F. Kennedy School of Government. She is also currently on the board of the Nellie Mae Education Foundation. Following her graduation from Shippensburg, Shaheen earned her master's degree in political science from the University of Mississippi in 1973. She would teach high school in Mississippi before moving to New Hampshire where she became a school teacher and ran a small business with her husband.

Shaheen was the national campaign manager for Jimmy Carter during the 1980 presidential campaign and for Gary Hart in 1984. She also managed two state campaigns for Paul McEachern in 1986 and 1988. Following her stints as a campaign manager, Shaheen decided to run for office herself. Her career in elected office began in 1990 when she was elected to the New Hampshire state Senate and served three terms, being re-elected twice in 1992 and 1994.

In 1996, Shaheen was elected Governor of New Hampshire, becoming the state's first woman governor and the first Democrat elected governor in 16 years. She served three terms as governor, winning re-election in 1998 and 2000. As the governor, Shaheen chaired the Education Commission of the States from 2000-01 and led the first trade mission for New Hampshire outside North America, generating \$500 million dollars in projected sales for New Hampshire businesses.

After leaving office, Shaheen served as a Senior Fellow at the IOP at the Kennedy School and at the Tufts University College of Citizenship and Public Service. Shaheen previously ran for the U.S. Senate in 2002 and in 2004, served as the national chairperson of Senator John Kerry's U.S. presidential campaign and vice chairman of the Democratic Party National Convention.

Jeanne and her husband, Bill, have been married for 35 years and live in Madbury, New Hampshire. They have three daughters and four grandchildren.



Shirley Fordney



Stacey Cunningham



Dorothy Fichter Cross



Mary Jo Grove



Tracy Spencer

1994-95

22-7 OVERALL • 9-3 PSAC WEST

Western Division Champions

NCAA Second Round



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
13	Tracy Spencer	Jr.	G	5-7	Collegeville/Perkiomen Valley
20	Deborah Dawson	So.	F/C	6-1	Crownsville, Md./Old Mill
22	Christi Hare	Sr.	G/F	5-9	Shrewsbury/Susquehannock
23	Stephanie Hector	Fr.	G	5-6	Glenside/Cheltenham
24	Jennifer Rasberry	Sr.	G	5-7	Walkerville, Md./Walkersville
30	Jessica Bobiak	So.	G	5-9	Frackville/North Schuylkill
32	Marie McDonald	So.	F	5-10	Centralia Heights/North Schuylkill
33	Melissa Swartz	So.	G	5-8	Carlisle/Big Spring
34	Alyson Mangan	Jr.	F	5-11	Eastampton, N.J./Rancocas Valley
35	Kelly Doerzbacher	Fr.	G	5-9	Apollo/Greensburg Central Catholic
41	Dee DeShong	So.	C	6-3	Big Cove Tannery/McConnellsburg
42	Anne Svensson	Fr.	C	6-3	Norrkoping, Sweden

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Tracy Spencer	29/29	37.9	77.4	111/3.8	91	614/21.2
Melissa Swartz	29/29	37.8	71.9	137/4.7	136	375/12.9
Christi Hare	29/29	54.4	70.1	249/8.6	56	318/11.0
Anne Svensson	29/29	50.0	44.9	175/6.0	34	226/7.8
Kelly Doerzbacher	29/17	37.7	76.6	101/3.5	35	206/7.1
Deborah Dawson	29/0	48.1	57.1	116/4.0	22	178/6.1
Marie McDonald	29/0	46.2	70.2	135/4.7	17	161/5.6
Dee DeShong	16/0	51.0	72.7	53/3.3	15	66/4.1
Jessica Bobiak	29/12	31.3	66.0	68/2.3	49	94/3.2
Stephanie Hector	29/0	42.0	64.0	51/1.8	25	91/3.1
Jennifer Rasberry	28/0	44.8	60.9	33/1.2	60	43/1.5
Alyson Mangan	1/0	0.0	0.0	0/0	0	0/0.0
Shippensburg	29	42.4	68.4	1347/46.4	540	2372/81.8
Opponents	29	39.3	67.7	1216/41.9	374	1996/68.8

PSAC TOURNAMENT

Semifinals - East Stroudsburg 80, Shippensburg 69

NCAA TOURNAMENT

First Round - Shippensburg 87, District of Columbia 81 (OT)

Regional Semifinals - Mercyhurst 73, Shippensburg 68

1995-96

22-5 OVERALL • 9-3 PSAC WEST

PSAC Champions

Western Division Champions

NCAA Elite Eight



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Vanessa Walker	Fr.	G	5-3	Carlisle/Tulsa Union (Okla.)
13	Tracy Spencer	Sr.	G	5-7	Collegeville/Perkiomen Valley
14	Anna Latschar	Fr.	G	5-6	Gettysburg/North Pocono
15	Dorrie Martin	Fr.	G	5-4	Marietta/Donegal
20	Deborah Dawson	Jr.	F/C	6-1	Crownsville, Md./Old Mill
23	Stephanie Hector	So.	G	5-6	Glenside/Cheltenham
24	Jennifer Steck	Jr.	G	5-9	Dry Run/Fannett-Metal
30	Jessica Bobiak	Jr.	G	5-9	Frackville/North Schuylkill
32	Marie McDonald	Jr.	F	5-10	Centralia Heights/North Schuylkill
33	Melissa Swartz	Jr.	G	5-8	Carlisle/Big Spring
34	Alyson Mangan	Sr.	F	5-11	Eastampton, N.J./Rancocas Valley
35	Kelly Doerzbacher	So.	G	5-9	Apollo/Greensburg Central Catholic
40	Ashley Totedo	Fr.	C	6-0	Donora/Ringgold
42	Anne Svensson	So.	C	6-3	Norrkoping, Sweden

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Tracy Spencer	34/34	36.4	77.2	148/4.4	117	670/19.7
Melissa Swartz	34/34	41.4	80.5	195/5.7	215	614/18.1
Ashley Totedo	34/31	53.9	65.2	359/10.6	37	421/12.4
Anne Svensson	34/34	50.2	61.0	201/5.9	49	265/7.8
Deborah Dawson	34/0	48.2	59.9	173/5.1	15	264/7.8
Jessica Bobiak	34/33	42.6	71.7	140/4.1	81	205/6.0
Marie McDonald	34/3	42.6	78.1	170/5.0	14	167/4.9
Kelly Doerzbacher	26/1	36.6	72.4	67/2.6	14	102/3.9
Vanessa Walker	5/0	22.2	66.7	4/0.8	4	8/1.6
Stephanie Hector	32/0	19.1	42.3	43/1.3	26	31/1.0
Alyson Mangan	22/0	30.8	55.6	16/0.7	1	21/1.0
Jennifer Steck	18/0	20.0	30.0	15/0.8	1	9/0.5
Dorrie Martin	19/0	20.0	50.0	4/0.2	1	3/0.2
Anna Latschar	20/0	0.0	100.00	7/0.4	2	2/0.1
Shippensburg	34	42.3	71.6	1645/48.4	577	2782/81.8
Opponents	34	38.3	68.8	1539/45.3	518	2565/75.4

PSAC TOURNAMENT

Quarterfinals - Shippensburg 93, West Chester 83

Semifinals - Shippensburg 95, Bloomsburg 87

Championship - Shippensburg 87, Slippery Rock 67

NCAA TOURNAMENT

Regional Semifinals - Shippensburg 87, Pittsburgh-Johnstown 77

Regional Championship - Shippensburg 79, Salem International 68

NCAA Quarterfinals - Shippensburg 78, Wingate 64

NCAA Semifinals - Shippensburg 84, Abilene Christian 81

NCAA Championship - North Dakota State 104, Shippensburg 78

1996-97

25-5 OVERALL • 10-2 PSAC WEST

PSAC Champions

Western Division Champions

NCAA First Round



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Abigail Minder	Fr.	G	5-7	Lebanon/Lebanon Catholic
14	Julie Sutch	Fr.	G	5-5	New Bloomfield/West Perry
15	Nisa Wilson	Fr.	G	5-4	Lancaster/McCaskey
20	Deborah Dawson	Sr.	C	6-1	Crownsville, Md./Old Mill
23	Jennifer Hamilton	Fr.	F	6-0	Perkasie/Pennridge
24	Christy Hammaker	Fr.	G	5-4	Sanatoga/Pottsgrove
30	Jessica Bobiak	Sr.	F	5-9	Frackville/North Schuylkill
32	Marie McDonald	Sr.	F	5-10	Centralia Heights/North Schuylkill
33	Melissa Swartz	Sr.	G	5-8	Carlisle/Big Spring
34	Rebekah Hosler	Fr.	F	5-11	Newville/Big Spring
35	Kelly Doerzbacher	Jr.	F	5-10	Apollo/Greensburg Central Catholic
40	Ashley Totedo	So.	C	6-0	Donora/Ringgold
41	Jamie Porter	Fr.	F	5-9	Pittsburgh/Plum

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Ashley Totedo	30/30	45.9	64.2	391/13.0	39	466/15.5
Melissa Swartz	30/30	40.2	68.9	109/3.6	173	432/14.4
Deborah Dawson	30/30	46.0	75.9	209/7.0	31	332/11.1
Nisa Wilson	29/4	36.0	72.2	69/2.4	59	261/9.0
Marie McDonald	30/0	44.5	84.4	159/5.3	26	236/7.9
Kelly Doerzbacher	30/20	37.8	77.4	127/4.2	42	232/7.7
Jessica Bobiak	30/30	39.4	68.9	124/4.1	80	191/6.4
Julie Sutch	26/0	37.5	65.7	45/1.7	33	72/2.8
Jamie Porter	22/6	36.8	50.0	53/2.4	20	69/3.1
Christy Hammaker	11/0	35.0	0.0	9/0.8	8	18/1.6
Abigail Minder	17/0	18.2	57.1	21/1.2	7	20/1.2
Jennifer Hamilton	16/0	37.5	63.6	16/1.0	1	19/1.2
Rebekah Hosler	12/0	50.0	100.0	16/1.3	0	14/1.2
Shippensburg	30	41.2	70.5	1427/47.6	519	2362/78.7
Opponents	30	37.4	64.3	1269/42.3	414	1945/64.8

PSAC TOURNAMENT

Quarterfinals - Shippensburg 68, Kutztown 59
 Semifinals - Shippensburg 70, West Chester 62
 Championship - Shippensburg 89, Edinboro 74

NCAA TOURNAMENT

First Round - High Point 71, Shippensburg 53

1997-98

28-4 OVERALL • 12-0 PSAC WEST

PSAC Champions

Western Division Champions

NCAA Elite Eight



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Julie Sutch	So.	G	5-5	New Bloomfield/West Perry
15	Vickie Mikesic	Fr.	G	5-7	Holidaysburg/Holidaysburg
20	Nisa Wilson	So.	G	5-4	Lancaster/McCaskey
22	Ashley Totedo	Jr.	F	6-0	Donora/Ringgold
23	Janette Pieczynski	Fr.	G	5-7	Kingston/Wyoming Valley West
32	Stephanie Rothery	Fr.	C	5-11	Berwick/Berwick
33	Christa Cline	R-Fr.	F	5-10	Carlisle/Carlisle
41	Jamie Porter	So.	F	5-9	Pittsburgh/Plum
42	Tamara Woodson	Fr.	C	5-11	Harrisburg/Harrisburg

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg.	Ast.	Pts./Avg.
Ashley Totedo	32/32	43.7	76.6	370/11.6	34	569/17.8
Nisa Wilson	30/25	34.0	72.7	86/2.9	148	366/12.2
Christa Cline	32/31	49.7	68.4	198/6.2	52	365/11.4
Janette Pieczynski	32/22	43.0	71.4	127/4.0	88	364/11.4
Vickie Mikesic	32/5	39.4	73.6	85/2.7	74	247/7.7
Julie Sutch	32/32	38.9	74.4	128/4.0	112	225/7.0
Stephanie Rothery	31/3	46.0	79.6	109/3.5	15	131/4.2
Tamara Woodson	28/8	44.2	40.0	100/3.6	11	112/4.0
Jamie Porter	32/2	28.8	71.2	123/3.8	47	124/3.9
Shippensburg	32	40.9	69.8	1446/42.3	581	2503/79.6
Opponents	32	37.5	68.6	1310/40.9	451	2070/64.7

PSAC TOURNAMENT

Quarterfinals - Shippensburg 69, Indiana (Pa.) 60
 Semifinals - Shippensburg 75, Kutztown 66
 Championship - Shippensburg 89, Edinboro 80 (OT)

NCAA TOURNAMENT

Regional Semifinals - Shippensburg 88, Edinboro 78
 Regional Championship - Shippensburg 91, Bloomsburg 62
 NCAA Quarterfinals - Emporia State 122, Shippensburg 84

1998-99

25-6 OVERALL • 8-4 PSAC WEST

PSAC Champions

NCAA Sweet Sixteen



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Julie Sutch	Jr.	G	5-5	New Bloomfield/West Perry
15	Vickie Mikesic	So.	G	5-7	Holidaysburg/Holidaysburg
20	Jennifer Hamilton	So.	F	5-11	Perkasie/Pennridge
22	Ashley Totedo	Sr.	F	6-0	Donora/Ringgold
23	Janette Pieczynski	So.	G	5-7	Kingston/Wyoming Valley West
24	Erin Corrie	Fr.	G	5-9	Orbisonia/Southern Huntingdon
30	Trisha Lower	Fr.	G	5-7	Williamsburg/Williamsburg
32	Stephanie Rothery	So.	C	5-11	Berwick/Berwick
33	Christa Cline	So.	F	5-10	Carlisle/Carlisle
34	Anja Thiele	Fr.	C	6-1	Halle, Germany
42	Tamara Woodson	So.	C	5-11	Harrisburg/Harrisburg

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Ashley Totedo	31/31	42.4	77.3	369/11.9	52	594/19.2
Janette Pieczynski	31/29	41.6	70.5	151/4.9	89	448/14.5
Vickie Mikesic	31/31	43.4	79.8	154/5.0	136	406/13.1
Christa Cline	31/31	42.7	74.6	163/5.3	40	288/9.3
Julie Sutch	31/31	36.1	63.4	125/4.0	125	227/7.3
Tamara Woodson	31/2	59.3	35.0	108/3.5	16	213/6.9
Stephanie Rothery	31/0	39.1	72.9	91/2.9	30	135/4.4
Erin Corrie	13/0	37.5	62.5	20/1.5	10	23/1.8
Jennifer Hamilton	20/0	60.0	30.8	22/1.1	5	34/1.7
Anja Thiele	9/0	28.6	62.5	15/1.7	0	13/1.4
Trisha Lower	31/0	19.6	41.2	36/1.2	27	32/1.0
Shippensburg	31	41.2	70.7	1464/45.8	577	2514/78.6
Opponents	31	37.5	68.6	1310/40.9	451	2070/64.7

PSAC TOURNAMENT

Quarterfinals - Shippensburg 85, California (Pa.) 48
 Semifinals - Shippensburg 54, Kutztown 51
 Championship - Shippensburg 92, Indiana (Pa.) 85

NCAA TOURNAMENT

Regional Semifinals - Shippensburg 86, Belmont Abbey 62
 Regional Championship - Indiana (Pa.) 85, Shippensburg 75

1999-2000

24-6 OVERALL • 10-2 PSAC WEST

PSAC CHAMPIONS

WESTERN DIVISION CHAMPIONS, NCAA SECOND ROUND



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Julie Sutch	Sr.	G	5-5	New Bloomfield/West Perry
14	Cortney Campbell	Fr.	F	5-9	Marysville/Susquenita
15	Vickie Mikesic	Jr.	G	5-7	Holidaysburg/Holidaysburg
20	Jennifer Hamilton	Jr.	F	5-11	Perkasie/Pennridge
21	Christan Kelly	Fr.	G/F	5-10	Holland/Council Rock
23	Janette Pieczynski	Jr.	G	5-7	Kingston/Wyoming Valley West
24	Erin Corrie	So.	G	5-9	Orbisonia/Southern Huntingdon
31	Jamie Fredley	Fr.	G	5-9	State College/Council Rock
32	Stephanie Rothery	Jr.	F	5-11	Berwick/Berwick
33	Christa Cline	Jr.	F	5-10	Carlisle/Carlisle
42	Tamara Woodson	Jr.	C	5-11	Harrisburg/Harrisburg

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Janette Pieczynski	30/29	43.8	74.1	119/4.0	87	452/15.1
Christa Cline	30/30	44.5	73.5	247/8.2	42	415/13.8
Vickie Mikesic	30/30	43.7	65.5	163/5.4	170	394/13.1
Tamara Woodson	29/28	54.8	50.4	220/7.6	35	372/12.8
Julie Sutch	30/30	39.9	66.7	171/5.7	105	303/10.1
Stephanie Rothery	30/2	35.9	80.0	126/4.2	38	226/7.5
Jennifer Hamilton	8/0	37.5	66.7	13/1.6	6	26/3.3
Christan Kelly	15/0	48.1	69.2	25/1.7	5	35/2.3
Erin Corrie	30/1	36.0	54.5	39/1.3	18	48/1.6
Jamie Fredley	20/0	52.6	58.3	9/0.5	11	29/1.5
Cortney Campbell	2/0	0.0	0.0	1/0.5	0	0/0.0
Shippensburg	30	44.0	67.0	1267/42.2	517	2300/76.7
Opponents	30	38.9	70.0	1168/38.9	405	1891/63.0

PSAC TOURNAMENT

Quarterfinals - Shippensburg 90, Edinboro 76
 Semifinals - Shippensburg 85, Bloomsburg 62
 Championship - Shippensburg 83, Millersville 57

NCAA TOURNAMENT

Regional Semifinals - Slippery Rock 74, Shippensburg 65

2000-01

28-5 OVERALL • 10-2 PSAC WEST

PSAC CHAMPIONS

WESTERN DIVISION CHAMPIONS

NCAA ELITE EIGHT



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Christan Kelly	So.	G/F	5-10	Holland/Council Rock
13	Jamie Cable	Fr.	F	5-9	Brunswick, Md./Brunswick
14	Jamie Fredley	So.	G	5-9	State College/Council Rock
15	Vickie Mikešic	Sr.	G	5-7	Hollidaysburg/Hollidaysburg
20	Holly Evanov	Fr.	G	5-2	South Park/South Park
21	Katie Bray	Fr.	G	5-9	Reedsville/Indian Valley
22	Emily Swingler	Fr.	G	5-10	Columbia/Columbia
23	Janette Pieczynski	Sr.	G	5-7	Kingston/Wyoming Valley West
24	Erin Corrie	Jr.	G	5-9	Orbisonia/Southern Huntingdon
30	Janet Williams	Fr.	G	5-8	Meadville/Saegertown
32	Stephanie Rothery	Sr.	F	5-11	Berwick/Berwick
33	Christa Cline	Sr.	F	5-10	Carlisle/Carlisle
35	Jessie Gordon	Jr.	C	6-0	Williamsburg/Williamsburg
42	Tamara Woodson	Sr.	C	5-11	Harrisburg/Harrisburg

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Janette Pieczynski	32/32	39.1	74.3	105/3.3	84	417/13.0
Christa Cline	33/33	43.7	74.6	261/7.9	37	426/12.9
Jessie Gordon	33/26	49.5	73.0	263/8.0	44	394/11.9
Tamara Woodson	6/6	54.0	40.0	53/8.8	2	66/11.0
Vickie Mikešic	33/33	46.6	69.5	144/4.4	195	352/10.7
Katie Bray	33/28	51.3	81.0	120/3.6	92	313/9.5
Stephanie Rothery	33/6	36.2	71.1	104/3.2	23	195/5.9
Christan Kelly	21/0	43.4	65.0	31/1.5	10	74/3.5
Erin Corrie	28/0	43.0	65.7	34/1.2	11	91/3.3
Jamie Cable	19/0	37.3	47.1	53/2.8	8	47/2.5
Emily Swingler	18/0	40.9	50.0	18/1.0	5	43/2.4
Holly Evanov	14/0	22.2	68.8	12/0.9	12	21/1.5
Janet Williams	16/0	10.0	82.4	10/0.6	10	17/1.1
Jamie Fredley	27/1	14.8	42.9	19/0.7	26	12/0.4
Shippensburg	33	43.7	70.7	1391/42.2	559	2468/74.8
Opponents	33	38.8	66.2	1178/35.7	386	2021/61.2

PSAC TOURNAMENT

Quarterfinals - Shippensburg 82, Edinboro 53

Semifinals - Shippensburg 88, West Chester 75

Championship - Shippensburg 86, California (Pa.) 71

NCAA TOURNAMENT

Regional Semifinals - Shippensburg 80, Pittsburgh-Johnstown 70

Regional Championship - Shippensburg 76, Bloomsburg 75

NCAA Quarterfinals - Shippensburg 70, Delta State 65

NCAA Semifinals - North Dakota State 76, Shippensburg 67

NCAA ALL-TOURNAMENT TEAM

Jessie Gordon

2001-02

20-8 OVERALL • 8-4 PSAC WEST

NCAA FIRST ROUND



TEAM ROSTER

No.	Name	Yr.	Pos.	Ht.	Hometown/High School
12	Christan Kelly	Jr.	G/F	5-10	Holland/Council Rock
13	Alicia Bray	Fr.	G	5-7	Reedsville/Indian Valley
14	Jamie Cable	So.	F	5-9	Brunswick, Md./Brunswick
15	Jamie Fredley	Jr.	G	5-9	State College/Council Rock
20	Janet Williams	So.	G	5-8	Meadville/Saegertown
21	Katie Bray	So.	G	5-9	Reedsville/Indian Valley
22	Emily Swingler	So.	G	5-10	Columbia/Columbia
23	Holly Evanov	So.	G	5-2	South Park/South Park
24	Erin Corrie	Sr.	G	5-9	Orbisonia/Southern Huntingdon
30	Jen Scaffidi	Fr.	G	5-8	Turnersville, N.J./Washington Twp.
32	Emma Lomax	Fr.	F	5-8	Dumfries/Gar-Field
35	Jessie Gordon	Sr.	C	6-0	Williamsburg/Williamsburg
40	Katie Lazor	Fr.	F	5-9	Wood/Tussey Mountain
41	Christine Brobston	Fr.	C	6-1	Yorktown, Va./Grafton
42	Sonia Spriggs	Fr.	F	5-11	Avondale/Avon Grove

SEASON STATISTICS

Name	GP/GS	FG%	FT%	Reb/Avg	Asst	Pts/Avg
Jessie Gordon	29/29	45.1	76.0	275/9.5	40	487/16.8
Jen Scaffidi	29/27	43.9	76.3	100/3.4	129	384/13.2
Emily Swingler	28/28	45.1	83.6	160/5.7	61	342/12.2
Katie Bray	29/29	47.0	76.4	141/4.9	101	336/11.6
Christan Kelly	28/28	41.8	66.3	275/9.8	43	303/10.8
Jamie Cable	27/1	43.4	50.0	77/2.9	8	81/3.0
Janet Williams	17/1	38.2	78.3	31/1.8	15	46/2.7
Jamie Fredley	23/2	21.2	52.6	15/0.7	23	26/1.1
Emma Lomax	23/0	17.2	50.0	19/0.8	13	25/1.1
Katie Lazor	22/0	30.0	50.0	35/1.6	2	24/1.1
Erin Corrie	19/0	42.9	44.4	11/0.6	6	22/1.2
Holly Evanov	9/0	28.6	63.6	5/0.6	4	11/1.2
Sonia Spriggs	7/0	66.7	100.0	4/0.6	0	6/0.9
Christine Brobston	4/0	50.0	0.0	4/1.0	0	2/0.5
Alicia Bray	7/0	0.0	50.0	3/0.4	0	1/0.1
Shippensburg	29	43.3	70.6	1274/43.9	445	2096/72.3
Opponents	29	38.4	67.0	1052/36.3	379	1883/64.9

PSAC TOURNAMENT

Quarterfinals - Shippensburg 96, Slippery Rock 84

Semifinals - Millersville 73, Shippensburg 63

NCAA TOURNAMENT

First Round - West Liberty State 82, Shippensburg 72 (OT)

History

LADY RAIDERS IN THE NCAA TOURNAMENT

NCAA Tournament Appearances Year-by-Year

Date	Location	Round	Opponent	Result
3/7/95	Washington, D.C.	First Round	District of Columbia	W, 87-81 OT
3/10/95	Erie, Pa.	Region Semis	Mercyhurst	L, 73-68
3/8/96	Shippensburg, Pa.	Region Semis	Pittsburgh-Johnstown	W, 87-77
3/9/96	Shippensburg, Pa.	Region Final	Salem International	W, 79-68
3/20/96	Fargo, N.D.	NCAA Quarters	Wingate	W, 78-64
3/21/96	Fargo, N.D.	NCAA Semis	Abilene Christian	W, 84-81
3/24/96	Fargo, N.D.	NCAA Final	North Dakota State	L, 78-104
3/7/97	Shippensburg, Pa.	First Round	High Point	L, 53-71
3/6/98	Philippi, W. Va.	Region Semis	Edinboro	W, 88-78
3/7/98	Philippi, W. Va.	Region Final	Bloomsburg	W, 91-62
3/18/98	Pine Bluff, Ark.	NCAA Quarters	Emporia State	L, 84-122
3/5/99	Indiana, Pa.	Region Semis	Belmont Abbey	W, 86-62
3/6/99	Indiana, Pa.	Region Final	Indiana (Pa.)	L, 75-85
3/10/00	Shippensburg, Pa.	Region Semis	Slippery Rock	L, 65-74
3/9/01	Shippensburg, Pa.	Region Semis	Pittsburgh-Johnstown	W, 80-70
3/10/01	Shippensburg, Pa.	Region Final	Bloomsburg	W, 76-75
3/21/01	Rochester, Minn.	NCAA Quarters	Delta State	W, 70-65
3/22/01	Rochester, Minn.	NCAA Semis	North Dakota	L, 67-76
3/7/02	Glenville, W. Va.	First Round	West Liberty State	L, 72-82 OT

Appearances: Eight (11-8)

1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002



Jen Scaffidi (2001-05)

TEAM RECORDS:

Highest Winning Pct.: 1.000, 1951 (6-0); 1956 (10-0); 1966 (10-0); 1969 (10-0)

Most Consecutive Victories: 24 (1968-70); 20 (1997-98)

Most Wins: 28, (1995-96; 1997-98; 2000-01)

Most Points Scored in One Season: 2,782 (1995-96)

Highest Average Per Game: 81.82 (1995-96)

Most Points Scored in One Game: 115, vs. California (1982-83)

MOST POINTS SCORED:

Game:	47	Lauren Beckley vs. Lock Haven, (2/13/08)
	45	Kristy (O'Hara) Trn vs. Cheyney, 2/11/93
	44	Stacey Cunningham vs. California (Pa.), 1/15/83
	44	Stacey Cunningham vs. Bloomsburg, 2/3/83
	44	Stacey Cunningham vs. West Chester, 2/19/83
	41	Stacey Cunningham vs. West Liberty, 2/13/82
	41	Kristy (O'Hara) Trn vs. Slippery Rock, 1/25/92
	41	Tracy Spencer vs. Indiana (Pa.), 2/8/95
Season:	670	Tracy Spencer (1995-96)
	658	Stacey Cunningham (1982-83)
	624	Lauren Beckley (2007-08)
	614	Tracy Spencer (1994-95)
	614	Melissa Swartz (1995-96)
	595	Kristy (O'Hara) Trn (1992-93)
	594	Ashley Totodo (1998-99)
	582	Stacey Cunningham (1981-82)
	569	Ashley Totodo (1997-98)
	548	Lauren Beckley (2006-07)
	545	Kristy (O'Hara) Trn (1991-92)
	523	Stacey Cunningham (1983-84)
Career:	2,057	Stacey Cunningham (1980-84)
	2,050	Ashley Totodo (1995-99)
	1,976	Tracy Spencer (1992-96)
	1,765	Kristy (O'Hara) Trn (1989-93)
	1,681	Janette Pieczynski (1997-01)
	1,583	Jen Scaffidi (2001-05)
	1,551	Melissa Swartz (1993-97)
	1,494	Christa Cline (1997-01)
	1,453	Shanna Oaddams (2003-07)
	1,440	Katie Bray (2000-03)
	1,399	Vickie Mikesic (1997-01)
	1,172	Lauren Beckley (2006-present)
	1,146	Emily Swingler (2000-03)
	1,113	Ellen Banick (1990-94)
	1,418	Megan Fogle (2004-08)
	1,023	Mary Endsley (1981-85)

HIGHEST AVERAGE POINTS PER GAME:

Season:	29.9	Stacey Cunningham (1982-83)
Career:	23.1	Stacey Cunningham (1980-84)

MOST GAMES IN DOUBLE FIGURES:

Season:	32	Melissa Swartz (1995-96)
Career:	110	Ashley Totodo (1995-99, 110 of 127)

MOST CONSECUTIVE GAMES SCORING IN DOUBLE FIGURES:

Season:	31	Ashley Totodo (1998-99)
Career:	51	Stacey Cunningham (1981-84)

MOST FIELD GOAL ATTEMPTS:

Game:	32	Stacey Cunningham vs. Indiana (Pa.), 11/28/83
Season:	579	Tracy Spencer (1992-96)
Career:	1,777	Tracy Spencer (1992-96)

MOST FIELD GOALS MADE:

Game:	19	Stacey Cunningham vs. California (Pa.), 1/15/83
Season:	266	Stacey Cunningham (1982-83)
Career:	816	Stacey Cunningham (1981-84)

HIGHEST FIELD GOAL PERCENTAGE:

Game (10 att.):	92.9,	Tamaura Woodson vs. Kutztown, 11/29/99 (13-14)
Game (20 att.):	75.0,	Shanna Oaddams vs. Shepherd, 11/22/05 (15-29)
Season:	63.6,	Michelle Trego (1991-92, 145-228)
Career:	61.3,	Michelle Trego (1988-92, 401-654)

MOST 3-POINT FIELD GOAL ATTEMPTS:

Game:	20	Tracy Spencer vs. Clarion, 1/14/95
Season:	269	Tracy Spencer (1995-96)
Career:	701	Tracy Spencer (1992-96)

MOST 3-POINT FIELD GOALS MADE:

Game:	8	Tracy Spencer vs. Clarion, 1/14/95
	8	Tracy Spencer vs. Indiana (Pa.), 2/8/95
	8	Julie Sutch vs. Millersville, 3/04/00
Season:	93	Tracy Spencer (1994-95)
Career:	246	Tracy Spencer (1992-96)

HIGHEST 3-POINT FIELD GOAL PERCENTAGE:

Game (5 att.):	100.0,	Kristy (O'Hara) Trn vs. Cheyney, 2/11/93 (5-5)
Season (50 att.):	51.0,	Kristy (O'Hara) Trn (1990-91, 26-51)
Season (100 att.):	43.3,	Lauren Beckley (2007-08)
Career (200 att.):	39.2,	Kristy (O'Hara) Trn (1989-93, 105-268)

MOST FREE THROW ATTEMPTS:

Game:	22	Stacey Cunningham vs. West Liberty, 2/13/82
Season:	272	Melissa Swartz (1995-96)
Career:	711	Ashley Totodo (1995-99)

MOST FREE THROWS MADE:

Game:	21	Stacey Cunningham vs. West Liberty, 2/13/82
Season:	219	Melissa Swartz (1995-96)
Career:	508	Ashley Totodo (1995-99)

HIGHEST FREE THROW PERCENTAGE:

Game: (min. 10 att.)		
	100,	Tracy Spencer vs. Clarion, 1/13/96 (18-18)
	100,	Jen Scaffidi vs. Edinboro, 1/19/02 (12-12)
	100,	Jen Scaffidi vs. Millersville, 12/22/02 (10-10)
	100,	Christa Cline vs. Edinboro, 1/22/00 (10-10)
	100,	Nisa Wilson vs. Elon, 11/29/97 (10-10)
	100,	Kristy (O'Hara) Trn vs. West Chester, 12/5/90 (10-10)
	100,	Stacey Cunningham vs. Bloomsburg, 2/3/83 (10-10)
Game: (min. 20 att.)		
	95.5,	Stacey Cunningham vs. West Liberty, 2/13/83 (21-22)
Season: (min. 100 att.)		
	85.2,	Jen Scaffidi (2004-05, 104-122)
Career:	80.0,	Michelle Sneeringer (1989-1993, 212-265)
	79.4,	Jen Scaffidi (2001-05, 405-510)

MOST CONSECUTIVE FREE THROW MADE:

Game:	18	Tracy Spencer vs. Clarion, 1/13/96
Season:	25	Emily Swingler, 2003

MOST REBOUNDS:

Game:	24	Patty Wallace-Bonitz vs. California (Pa.), 1/25/89
Season:	391	Ashley Totodo (1996-97)
Career:	1,489	Ashley Totodo (1995-99)

HIGHEST AVERAGE REBOUNDS PER GAME:

Season:	13.0	Ashley Totodo (1996-97, 391 in 30 games)
Career:	11.7	Ashley Totodo (1995-99, 1489 in 127 games)

MOST ASSISTS:

Game:	15	Vickie Mikesic vs. Lock Haven, 1/31/01
Season:	215	Melissa Swartz (1995-96)
Career:	575	Vickie Mikesic (1997-01)

HIGHEST AVERAGE ASSISTS PER GAME:

Season:	6.32	Melissa Swartz (1995-96, 215 in 34 games)
Career:	4.89	Melissa Swartz (1993-97, 572 in 117 games)

MOST STEALS:

Game:	12	Stacey Cunningham vs. West Liberty, 2/13/82
Season:	114	Janette Pieczynski (1999-00)
Career:	379	Janette Pieczynski (1997-01)

MOST BLOCKED SHOTS:

Game:	8	Gloria Goworowski vs. Indiana (Pa.), 1/27/83
	8	Ashley Totodo, three times
Season:	106	Ashley Totodo (1997-98)
Career:	315	Ashley Totodo (1995-99)

GAMES

1.	127	Ashley Totedo (1995-99)
2.	126	Vickie Mikesic (1997-2001)
3.	126	Christa Cline (1997-2001)
4.	125	Janette Pieczynski (1997-2001)
5.	125	Stephanie Rothery (1997-2001)
6.	120	Katie Bray (2000-03)
7.	119	Julie Sutch (1996-2000)
8.	117	Melissa Swartz (1994-97)
9.	117	Jessica Bobiak (1993-97)
10.	117	Debbie Dawson (1993-97)

SCORING AVERAGE

1.	23.1	Stacey Cunningham (1980-84)
2.	20.9	Lauren Beckley (2006-present)
3.	17.8	Kristy (O'Hara) Trn (1989-93)
4.	17.3	Tracy Spencer (1992-96)
5.	16.1	Ashley Totedo (1995-99)
6.	14.2	Jessie Gordon (2000-02)
7.	13.9	Jen Scaffidi (2001-05)
8.	13.7	Megan Fogle (2004-08)
9.	13.4	Janette Pieczynski (1997-2001)
10.	13.3	Melissa Swartz (1993-97)

REBOUNDS

1.	1489	Ashley Totedo (1995-99)
2.	969	Shanna Oaddams (2003-07)
3.	869	Christa Cline (1997-2001)
4.	666	Kristy Weil (1988-92)
5.	664	Linda Virgens (1975-80)
6.	656	Kristy (O'Hara) Trn (1989-93)
7.	631	Kim Strickland (2002-06)
8.	585	Christan Kelly (1999-2003)
9.	584	Debbie Dawson (1993-97)
10.	574	Shelly Trego (1993-92)

REBOUND AVERAGE

1.	11.7	Ashley Totedo (1995-99)
2.	9.7	Lauren Beckley (2006-present)
3.	9.0	Shanna Oaddams (2003-07)
4.	8.7	Jessie Gordon (2000-02)
5.	7.2	Patty Wallace (1986-90)
6.	7.2	Kristy Weil (1988-92)
7.	7.0	Casey Reath (2003-05)
8.	6.9	Christa Cline (1997-2001)
9.	6.6	Kristy (O'Hara) Trn (1989-93)
10.	6.4	Christan Kelly (1999-2003)

FIELD GOALS MADE

1.	816	Stacey Cunningham (1980-84)
2.	771	Ashely Totedo (1995-99)
3.	679	Kristy (O'Hara) Trn (1989-93)
4.	670	Tracy Spencer (1992-96)
5.	585	Christa Cline (1997-2001)
6.	568	Janette Pieczynski (1997-2001)
7.	583	Shanna Oaddams (2003-07)
8.	506	Katie Bray (2000-03)
9.	495	Jen Scaffidi (2001-05)
10.	478	Melissa Swartz (1993-97)

FIELD GOAL ATTEMPTS

1.	1,777	Tracy Spencer (1992-96)
2.	1,704	Stacey Cunningham (1980-84)
3.	1,691	Ashley (Totedo) Trn (1995-99)
4.	1,608	Kristy O'Hara (1989-93)
5.	1,361	Janette Pieczynski (1997-2001)
6.	1,297	Christa Cline (1997-2001)
7.	1,275	Jen Scaffidi (2001-05)
8.	1,229	Melissa Swartz (1993-97)
9.	1,124	Shanna Oaddams (2003-07)
10.	1,095	Vickie Mikesic (1997-2001)

FIELD GOAL PCT. (MIN. 400 ATTEMPTS)

1.	.613	Shelly Trego (1990-92)
2.	.542	Tamura Woodson (1997-2001)
3.	.524	Christi Hare (1991-95)
4.	.520	Nicki Straley (1992-93)
5.	.519	Shanna Oaddams (2003-07)
6.	.501	Anne Svensson (1994-96)
7.	.481	Lauren Beckley (2006-present)
8.	.485	Patty Wallace-Bonitz (1986-90)
9.	.472	Debbie Dawson (1993-97)
10.	.469	Katie Bray (2000-03)

FREE THROWS MADE

1.	508	Ashley Totedo (1995-99)
2.	501	Melissa Swartz (1993-97)
3.	427	Janette Pieczynski (1997-01)
4.	425	Stacey Cunningham (1980-84)
5.	405	Jen Scaffidi (2001-05)
6.	390	Tracy Spencer (1992-96)
7.	328	Vickie Mikesic (1997-2001)
8.	302	Kristy (O'Hara) Trn (1989-93)
9.	287	Shanna Oaddams (2003-07)
10.	270	Katie Bray (2000-03)

FREE THROW ATTEMPTS

1.	711	Ashley Totedo (1995-99)
2.	677	Melissa Swartz (1993-97)
3.	593	Janette Pieczynski (1997-2001)
4.	531	Tracy Spencer (1992-96)
5.	510	Jen Scaffidi (2001-05)
6.	503	Shanna Oaddams (2003-07)
7.	454	Vickie Mikesic (1997-2001)
8.	383	Kristy (O'Hara) Trn (1989-93)
9.	362	Christa Cline (1997-2001)
10.	350	Katie Bray (2000-03)

FREE THROW PCT. (Min. 200 Attempts)

1.	.818	Lauren Beckley (2006-present)
2.	.800	Michelle Sneeringer (1989-93)
3.	.794	Jen Scaffidi (2001-05)
4.	.789	Kristy (O'Hara) Trn (1989-93)
5.	.785	Marie McDonald (1993-97)
6.	.771	Katie Bray (2000-03)
7.	.755	Stephanie Rothery (1997-2001)
8.	.744	Jessie Gordon (1997-2001)
9.	.740	Melissa Swartz (1993-97)
10.	.734	Tracy Spencer (1992-96)

ASSISTS

1.	575	Vickie Mikesic (1997-2001)
2.	572	Melissa Swartz (1993-97)
3.	481	Jen Scaffidi (2001-05)
4.	375	Julie Sutch (1996-2000)
5.	361	Katie Bray (2000-03)
6.	355	Tracy Spencer (1992-96)
7.	353	Megan Fogle (2004-08)
8.	348	Kristy (O'Hara) Trn (1989-93)
9.	318	Janette Pieczynski (1997-2001)
10.	298	Michelle Sneeringer (1989-93)

BLOCKED SHOTS

1.	315	Ashley Totedo (1995-99)
2.	141	Kim Strickland (2002-06)
3.	77	Shanna Oaddams (2003-07)
4.	97	Sue Noel (1980-84)
5.	62	Debbie Dawson (1993-97)
6.	50	Tamura Woodson (1997-2001)
7.	47	Anne Svensson (1994-96)
	47	Doreen Sabol (1984-86)
9.	43	Katie Bray (2000-03)
10.	41	Ellen Banick (1990-94)

STEALS

1.	379	Janette Pieczynski (1997-2001)
2.	346	Vickie Mikesic (1997-2001)
3.	345	Stacey Cunningham (1980-84)
4.	298	Melissa Swartz (1993-97)
5.	254	Tracy Spencer (1992-96)
6.	219	Julie Sutch (1996-2000)
7.	194	Ashley Totedo (1995-99)
8.	185	Jen Scaffidi (2001-05)
9.	180	Kristy (O'Hara) Trn (1989-93)
10.	151	Nisa Wilson (1996-99)

3-POINT FIELD GOALS MADE

1.	246	Tracy Spencer (1992-96)
2.	208	Megan Fogle (2004-08)
3.	188	Jen Scaffidi (2001-05)
4.	158	Katie Bray (2000-03)
5.	132	Emily Swingler (2000-03)
6.	131	Michelle Sneeringer (1989-93)
7.	130	Lauren Beckley (2006-present)
8.	126	Julie Sutch (1996-2000)
9.	118	Ellen Banick (1990-94)
10.	117	Vickie Mikesic (1997-2001)

3-POINT FIELD GOAL ATTEMPTS

1.	701	Tracy Spencer (1992-96)
2.	579	Megan Fogle (2004-08)
3.	545	Jen Scaffidi (2001-05)
4.	469	Emily Swingler (2000-03)
5.	398	Katie Bray (2000-03)
6.	380	Julie Sutch (1996-2000)
7.	375	Michelle Sneeringer (1989-93)
8.	365	Janette Pieczynski (1997-2001)
9.	356	Vickie Mikesic (1997-2001)
10.	306	Ellen Banick (1990-94)

3-POINT FIELD GOAL PCT. (Min. 100 attempts)

1.	.438	Lauren Beckley (2006-present)
2.	.397	Katie Bray (2000-03)
3.	.393	Kristy (O'Hara) Trn (1989-93)
4.	.386	Ellen Banick (1990-94)
5.	.364	Kelly Doerzbacher (1994-98)
6.	.359	Megan Fogle (2004-08)
7.	.351	Tracy Spencer (1992-96)
8.	.349	Michelle Sneeringer (1989-93)
9.	.345	Jen Scaffidi (2001-03)
10.	.332	Julie Sutch (1996-2000)

SCORING AVERAGE

1.	29.9	Stacey Cunningham (1982-83)
2.	26.5	Stacey Cunningham (1981-82)
3.	22.9	Kristy (O'Hara) Trn (1992-93)
4.	22.3	Lauren Beckley (2007-08)
5.	21.2	Tracy Spencer (1994-95)
6.	20.2	Kristy (O'Hara) Trn (1991-92)
7.	19.7	Tracy Spencer (1995-96)
8.	19.6	Lauren Beckley (2006-07)
9.	19.4	Stacey Cunningham (1982-84)
10.	19.2	Ashley Totedo (1998-99)

REBOUNDS

1.	391	Ashley Totedo (1996-97)
2.	370	Ashley Totedo (1997-98)
3.	369	Ashley Totedo (1998-99)
4.	359	Ashley Totedo (1995-96)
5.	310	Lauren Beckley (2007-08)
6.	275	Kristy Weil (1991-92)
	275	Jessie Gordon (2001-02)
	275	Christan Kelly (2001-02)
9.	274	Shanna Oaddams (2004-05)
	274	Shanna Oaddams (2005-06)

REBOUND AVERAGE

1.	13.0	Ashley Totedo (1996-97)
2.	11.9	Ashley Totedo (1998-99)
3.	11.6	Ashley Totedo (1997-98)
4.	11.1	Lauren Beckley (2007-08)
5.	10.6	Ashley Totedo (1995-96)
6.	10.2	Kristy Weil (1991-92)
7.	10.1	Shanna Oaddams (2004-05)
	10.1	Shanna Oaddams (2005-06)
9.	9.8	Christan Kelly (2001-02)
10.	9.5	Jessie Gordon (2001-02)

FIELD GOALS MADE

1.	266	Stacey Cunningham (1982-83)
2.	225	Stacey Cunningham (1981-82)
3.	222	Ashley Totedo (1998-99)
4.	221	Kristy (O'Hara) Trn (1992-93)
5.	217	Lauren Beckley (2007-08)
6.	211	Tracy Spencer (1995-96)
7.	209	Ashley Totedo (1997-98)
8.	206	Kristy (O'Hara) Trn (1991-92)
9.	199	Tracey Spencer (1994-95)
10.	196	Jessie Gordon (2001-02)

FIELD GOAL ATTEMPTS

1.	579	Tracy Spencer (1995-96)
2.	539	Kristy (O'Hara) Trn (1992-93)
3.	525	Tracey Spencer (1994-95)
4.	524	Ashley Totedo (1998-99)
5.	499	Stacey Cunningham (1981-82)
6.	479	Stacey Cunningham (1982-83)
7.	478	Ashley Totedo (1997-98)
8.	462	Kristy (O'Hara) Trn (1990-91)
9.	447	Tracey Spencer (1993-94)
10.	438	Kristy (O'Hara) Trn (1990-91)

FIELD GOAL PCT. (Min 100 attempts)

1.	.636	Shelly Trego (1991-92)
2.	.623	Shelly Trego (1990-91)
3.	.593	Tamara Woodson (1998-99)
4.	.590	Christi Hare (1993-94)
5.	.588	Shelly Trego (1989-90)
6.	.548	Tamara Woodson (1999-00)
	.548	Shanna Oaddams (2005-06)
8.	.544	Christi Hare (1994-95)
9.	.543	Nicki Straley (1992-93)
10.	.539	Ashley Totedo (1995-96)

FREE THROWS MADE

1.	156	Tracy Spencer (1995-96)
2.	151	Ashley Totedo (1997-98)
3.	150	Ashley Totedo (1998-99)
4.	135	Lauren Beckley (2007-08)
5.	131	Melissa Swartz (1996-97)
6.	126	Stacey Cunningham (1982-83)
7.	123	Tracey Spencer (1994-95)
	123	Jen Scaffidi (2002-03)
9.	118	Kristy (O'Hara) Trn (1992-93)
10.	115	Melissa Swartz (1994-95)

FREE THROW ATTEMPTS

1.	272	Melissa Swartz (1995-96)
2.	202	Tracy Spencer (1995-96)
3.	197	Ashley Totedo (1997-98)
4.	194	Ashley Totedo (1998-99)
5.	190	Melissa Swartz (1996-97)
6.	175	Stacey Cunningham (1981-82)
7.	166	Janette Pieczynski (1998-99)
8.	163	Lauren Beckley (2007-08)
9.	162	Ashley Totedo (1996-97)
10.	160	Melissa Swartz (1994-95)

FREE THROW PCT. (Min 50 attempts)

1.	.863	Emily Swingler (2002-03)
2.	.852	Jen Scaffidi (2004-05)
3.	.844	Marie McDonald (1996-97)
4.	.836	Emily Swingler (2001-02)
	.836	Megan Fogle (2005-06)
6.	.828	Lauren Beckley (2007-08)
7.	.819	Michelle Sneeringer (1990-91)
8.	.814	Kristy (O'Hara) Trn (1992-91)
9.	.810	Katie Bray (2000-01)
10.	.805	Melissa Swartz (1995-96)
	.805	Lauren Beckley (2006-07)

ASSISTS

1.	215	Melissa Swartz (1995-96)
2.	195	Vickie Mikesic (2000-01)
3.	173	Melissa Swartz (1996-97)
4.	170	Vickie Mikesic (1999-00)
5.	148	Nisa Wilson (1997-98)
6.	140	Michelle Metz (2007-08)
7.	137	Michelle Sneeringer (1990-91)
8.	136	Melissa Swartz (1994-95)
	136	Vickie Mikesic (1998-99)
10.	130	Jen Scaffidi (2003-04)

BLOCKED SHOTS

1.	106	Ashley Totedo (1997-98)
2.	72	Ashley Totedo (1995-96)
3.	69	Ashley Totedo (1996-97)
4.	68	Ashley Totedo (1998-99)
5.	51	Kim Strickland (2005-06)
6.	48	Sue Noel (1981-82)
7.	38	Doreen Sabol (1984-85)
	38	Gloria Goworowski (1982-83)
9.	37	Carol Katchik (1984-85)
10.	33	Anne Svensson (1995-96)
	33	Kim Strickland (2002-03)

STEALS

1.	114	Janette Pieczynski (1999-00)
2.	108	Stacey Cunningham (1981-82)
3.	103	Janette Pieczynski (1998-99)
4.	102	Vickie Mikesic (2000-01)
5.	97	Melissa Swartz (1994-95)
	97	Melissa Swartz (1995-96)
7.	93	Vickie Mikesic (1998-99)
8.	92	Nisa Wilson (1997-98)
9.	91	Stacey Cunningham (1983-84)
10.	85	Vickie Mikesic (1999-00)
	85	Janette Pieczynski (2000-01)

3-POINT FIELD GOAL MADE

1.	93	Tracy Spencer (1994-95)
2.	92	Tracy Spencer (1995-96)
3.	75	Lauren Beckley (2006-07)
4.	64	Megan Fogle (2004-05)
5.	60	Jen Scaffidi (2004-05)
6.	58	Megan Fogle (2005-06)
7.	56	Katie Bray (2003-04)
8.	55	Lauren Beckley (2007-08)
9.	51	Julie Sutch (1999-00)
10.	50	Emily Swingler (2003-04)

3-POINT FIELD GOAL ATTEMPTED

1.	269	Tracy Spencer (1995-96)
2.	245	Tracy Spencer (1994-95)
3.	179	Emily Swingler (2003-04)
4.	170	Lauren Beckley (2006-07)
5.	169	Megan Fogle (2005-06)
6.	164	Jen Scaffidi (2004-05)
7.	159	Nisa Wilson (1997-98)
8.	157	Emily Swingler (2002-03)
9.	154	Jen Scaffidi (2004-05)
10.	150	Megan Fogle (2004-05)

3-POINT FIELD GOAL PCT. (MIN 50 ATT)

1.	.510	Kristy (O'Hara) Trn (1990-91)
2.	.441	Lauren Beckley (2006-07)
3.	.440	Kristy (O'Hara) Trn (1992-93)
4.	.433	Lauren Beckley (2007-08)
5.	.427	Megan Fogle (2004-05)
6.	.423	Jessie Gordon (2001-02)
7.	.422	Michelle Sneeringer (1989-90)
8.	.417	Ellen Banick (1993-94)
9.	.414	Michelle Metz (2007-08)
10.	.413	Katie Bray (2000-01)

SCORING

Year	Name	G	Pts.	Avg.
1961-62	Kathy Zimmerman	8	156	19.5
1962-63	Kathy Zimmerman	8	125	15.6
1963-64	Kathy Zimmerman	9	128	14.2
1964-65	Linda McClure	9	56	6.2
1965-66	Sandy Stewart	10	170	17.0
1966-67	Sandy Stewart	10	118	11.8
1967-68	Jan Lauver	10	111	11.1
1968-69	Kathy Lippy	10	137	13.7
1969-70	Kathy Lippy	10	134	13.4
1970-71	Donna Shanabrook	11	74	6.7
1971-72	Emily Toot	9	104	11.6
1972-73	Emily Toot	10	128	12.8
1973-74	Karen Reed	10	72	7.2
1974-75	Barb Schmit	10	153	15.3
1975-76	Linda Virgens	13	158	12.2
1976-77	Kristi Miller	13	129	9.9
1977-78	Linda Virgens	16	204	12.7
1978-79	Linda Virgens	17	212	12.4
1979-80	Dee Fichter	22	236	10.7
1980-81	Stacey Cunningham	18	294	16.3
1981-82	Stacey Cunningham	22	582	26.4
1982-83	Stacey Cunningham	22	658	29.9*
1983-84	Stacey Cunningham	27	523	19.4
1984-85	Mary Endsley	24	360	15.0

REBOUNDING

Year	Name	G	Rebs	Avg.
1979-80	Linda Virgens	22	177	8.0
1980-81	Dee Fichter	18	167	9.1
1981-82	Sue Noel	22	206	9.1
1982-83	Gloria Goworowski	22	201	9.1
1983-84	Gloria Goworowski	27	216	8.0
1984-85	Bobbie Mitzel	24	187	8.1
1985-86	Bobbie Mitzel	23	248	10.8
1986-87	Teddi Hesser	21	124	5.9
1987-88	Cary Jones	26	132	5.3
1988-89	Patty Wallace-Bonitz	24	212	8.8
1989-90	Patty Wallace-Bonitz	25	227	9.1
1990-91	Shelly Trego	26	234	9.0
1991-92	Kirsten Weil	27	275	10.2
1992-93	Kristy (O'Hara) Trn	26	241	9.3
1993-94	Ellen Banick	25	186	7.4
1994-95	Christi Hare	29	249	8.6
1995-96	Ashley Totedo	34	359	10.6
1996-97	Ashley Totedo	30	391*	13.0*
1997-98	Ashley Totedo	32	370	11.6
1998-99	Ashley Totedo	31	369	11.9
1999-00	Christa Cline	30	247	8.2
2000-01	Jessie Gordon	33	263	8.0
2001-02	Christan Kelly	28	275	9.8
	Jessie Gordon	29	275	9.5
2002-03	Christan Kelly	28	254	9.1
2003-04	Shanna Oaddams	29	196	6.8
2004-05	Shanna Oaddams	27	274	10.1
2005-06	Shanna Oaddams	27	274	10.1
2006-07	Lauren Beckley	28	231	8.3
2007-08	Lauren Beckley	28	310	11.1

Year	Name	G	Pts.	Avg.
1985-86	Bobbie Mitzel	23	402	17.5
1986-87	Ruth McCraw	21	267	12.7
1987-88	Sandy Reno	26	250	9.6
1988-89	Terri Bischof	24	306	12.8
1989-90	Patty Wallace-Bonitz	25	326	13.0
1990-91	Kristy (O'Hara) Trn	26	481	18.5
1991-92	Kristy (O'Hara) Trn	27	545	20.2
1992-93	Kristy (O'Hara) Trn	26	595	22.9
1993-94	Ellen Banick	25	469	18.8
1994-95	Tracy Spencer	29	614	21.2
1995-96	Tracy Spencer	34	670*	19.7
1996-97	Ashley Totedo	30	466	15.5
1997-98	Ashley Totedo	32	569	17.8
1998-99	Ashley Totedo	31	594	19.2
1999-00	Janette Pieczynski	30	452	15.1
2000-01	Christa Cline	33	426	12.9
	Janette Pieczynski	32	417	13.0
2001-02	Jessie Gordon	29	487	16.8
2002-03	Jen Scaffidi	28	411	14.7
2003-04	Katie Bray	30	419	14.0
2004-05	Jen Scaffidi	27	432	16.0
2005-06	Shanna Oaddams	27	479	17.7
2006-07	Lauren Beckley	28	548	19.6
2007-08	Lauren Beckley	28	624	22.3

ASSISTS

Year	Name	G	Assts	Avg.
1979-80	Kathy Pillion	22	59	2.7
1980-81	Kele White	18	80	4.4
1981-82	Kele White	22	105	4.8
1982-83	Mary Endsley	22	81	3.7
1983-84	Mary Endsley	27	107	3.9
1984-85	Mary Endsley	24	96	4.0
1985-86	Cathy Damiano	23	77	3.3
1986-87	Cindy King	21	67	3.2
1987-88	Terri Bischof	26	96	3.7
1988-89	Terri Bischof	24	106	4.4
1989-90	Terri Bischof	19	96	5.1
1990-91	Michelle Sneeringer	26	136	5.2
1991-92	Sherri Martin	22	114	5.2
1992-93	Kristy (O'Hara) Trn	26	99	3.8
1993-94	Tracy Spencer	25	101	4.0
1994-95	Melissa Swartz	29	136	4.7
1995-96	Melissa Swartz	34	215*	6.3*
1996-97	Melissa Swartz	30	173	5.8
1997-98	Nisa Wilson	30	148	4.9
1998-99	Vickie Mikesic	31	136	4.4
1999-00	Vickie Mikesic	30	170	5.7
2000-01	Vickie Mikesic	33	195	5.9
2001-02	Jen Scaffidi	29	129	4.4
2002-03	Jen Scaffidi	28	121	4.3
2003-04	Jen Scaffidi	30	130	4.3
2004-05	Jen Scaffidi	27	101	3.7
2005-06	Sam Ramus	27	122	4.5
2006-07	Megan Fogle	28	78	2.8
2007-08	Michelle Metz	28	140	5.0

STEALS

Year	Name	G	Steals	Avg.
1982-83	Stacey Cunningham	22	88	4.0
1983-84	Stacey Cunningham	27	91	3.4
1984-85	Mary Endsley	24	51	2.1
1985-86	Cathy Damiano	23	53	2.3
1986-87	Ruth McCraw	21	41	1.9
1987-88	Terri Bischoff	26	66	2.5
1988-89	Terri Bischoff	24	72	3.0
1989-90	Patty Wallace-Bonitz	25	58	2.3
1990-91	Michelle Sneeringer	26	66	2.5
1991-92	Kristy (O'Hara) Trn	27	46	1.7
1992-93	Kristy (O'Hara) Trn	26	63	2.4
1993-94	Tracy Spencer	25	70	2.8
1994-95	Melissa Swartz	29	97	3.3
1995-96	Melissa Swartz	34	97	2.9
1996-97	Melissa Swartz	30	70	2.3
1997-98	Nisa Wilson	30	92	3.1
1998-99	Janette Pieczynski	31	103	3.3
1999-00	Janette Pieczynski	30	114*	3.8*
2000-01	Vickie Mikesic	33	102	3.1
2001-02	Katie Bray	29	47	1.6
2002-03	Emily Swingler	28	60	2.1
2003-04	Jen Scaffidi	30	57	1.9
2004-05	Casey Reath	27	52	1.9
2005-06	Phylcia Bessick	27	40	1.5
2006-07	Lauren Beckley	28	47	1.7
2007-08	Megan Fogle	28	53	1.9

BLOCKED SHOTS

Year	Name	G	No.	Avg.
1982-83	Gloria Goworowski	22	38	1.7
1984-85	Doreen Sabol	23	38	1.7
1986-87	Teddi Hesser	21	17	0.8
1987-88	Amy Powers	25	10	0.4
1988-89	Cary Jones	24	8	0.3
	Patty Wallace-Bonitz	24	8	0.3
1989-90	Michelle Trego	25	10	0.4
	Cary Jones	25	10	0.4
1990-91	Michelle Trego	26	17	0.7
1991-92	Michelle Trego	27	22	0.8
1992-93	Kristy (O'Hara) Trn	26	15	0.6
1993-94	Debbi Dawson	24	17	0.7
1994-95	Anne Svensson	29	14	0.5
1995-96	Ashley Totedo	34	72	2.1
1996-97	Ashley Totedo	30	69	2.3
1997-98	Ashley Totedo	32	106*	3.3*
1998-99	Ashley Totedo	31	68	2.2
1999-00	Tamara Woodson	29	23	0.8
2000-01	Christa Cline	33	19	0.6
2001-02	Jessie Gordon	29	31	1.1
2002-03	Kim Strickland	28	33	1.2
2003-04	Kim Strickland	30	31	1.0
2004-05	Casey Reath	27	27	1.0
2005-06	Kim Strickland	27	51	1.9
2006-07	Shanna Oaddams	28	27	1.0
2007-08	Lauren Beckley	28	25	0.9



Janette Pieczynski (1997-01)

Radio and Television Chart



12

*Kasey Gardner
Forward
5-9, So.
Sharpsville / Sharpsville*



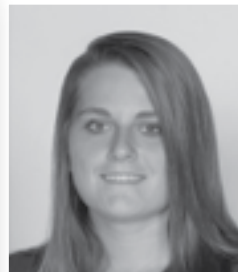
13

*Erin Varley
Guard
5-5, Fr.
Bethel Park /
Bethel Park*



20

*Elise Mercer
Guard
5-7, Sr.
Bishopville, Md. /
Stephen Decatur*



21

*Michelle Metz
Guard
5-6, Jr.
Pottsgrove / Pottsgrove*



23

*Phylicia Bessick
Guard
5-8, Sr.
Columbia / Hempfield*



24

*Sheila Wasser
Guard
5-8, Jr.
Tremont / Pine Grove*



31

*Caitlin Bamberger
Forward
5-11, Fr.
Blandon / Fleetwood*



32

*Ally Briggs
Guard
5-6, Jr.
Palmyra / Palmyra*



33

*Kaitlin Capriccio
Forward
6-0, Fr.
Hillsborough, N.J. /
Hillsborough*



34

*Shannon Stokes
Center
6-2, Fr.
Lebanon / Cedar Crest*



35

*Shelley Wasser
Forward
5-9, Jr.
Tremont / Pine Grove*



40

*Lindsay Howard
Center
6-1, Fr.
Forest Hills, Md. /
Fallston*



41

*Lauren Beckley
Forward
5-11, Jr.
Fairfield / Fairfield*



42

*Jenn Morrow
Center
6-3, Fr.
Etters / Red Land*



44

*Beth Hart
Center
6-3, Fr.
Crownsville, Md. /
Old Mill*

JAM the GYM



Lauren Beckley



Jackie Yandrisevits



Division II Women's Basketball Game of the Week
East Stroudsburg at Shippensburg
January 17, 2009 • 1 PM
Televised by CBS College Sports



2008-2009 Lady Raider Basketball Schedule

Day	Date	Opponent	Location	Time
Sat.-Sun.	Nov. 15-16	WOLF'S BUS LINES CLASSIC		
Sat.	Nov. 15	Charleston (WV) vs. East Stroudsburg	Heiges Field House	1 PM
		DISTRICT OF COLUMBIA	Heiges Field House	3 PM
		District of Columbia vs. East Stroudsburg	Heiges Field House	1 PM
Sun.	Nov. 16	CHARLESTON (WV)	Heiges Field House	3 PM
Sat.	Nov. 22	at Pittsburgh-Johnstown	Johnstown, PA	2 PM
Tue.	Nov. 25	at Philadelphia	Philadelphia, PA	6 PM
Wed.	Dec. 3	WEST VIRGINIA WESLEYAN	Heiges Field House	6 PM
Thu.	Dec. 18	at Seton Hill	Greensburg, PA	5:30 PM
Sat.	Dec. 20	FAIRMONT STATE	Heiges Field House	2 PM
Mon.	Dec. 29	at Grand Canyon Classic	Phoenix, AZ	TBA
Tue.	Dec. 30	at Grand Canyon Classic	Phoenix, AZ	TBA
Sat.	Jan. 3	MERCYHURST	Heiges Field House	1 PM
Sun.	Jan. 4	SLIPPERY ROCK	Heiges Field House	1 PM
Sat.	Jan. 10	at Indiana (Pa.)	Indiana, PA	1 PM
Sun.	Jan. 11	at California (Pa.)	California, PA	1 PM
Wed.	Jan. 14	at Mansfield *	Mansfield, PA	6 PM
Sat.	Jan. 17	EAST STROUDSBURG *	Heiges Field House	1 PM
Wed.	Jan. 21	at Millersville *	Millersville, PA	6 PM
Sat.	Jan. 24	ALUMNI GAME	Heiges Field House	10 AM
Sat.	Jan. 24	KUTZTOWN *	Heiges Field House	1 PM
Wed.	Jan. 28	at Bloomsburg *	Bloomsburg, PA	6 PM
Sat.	Jan. 31	at Cheyney *	Cheyney, PA	1 PM
Wed.	Feb. 4	WEST CHESTER *	Heiges Field House	6 PM
Sat.	Feb. 7	MANSFIELD *	Heiges Field House	1 PM
Wed.	Feb. 11	MILLERSVILLE *	Heiges Field House	6 PM
Sat.	Feb. 14	at East Stroudsburg *	East Stroudsburg, PA	1 PM
Wed.	Feb. 18	BLOOMSBURG *	Heiges Field House	6 PM
Sat.	Feb. 21	at Kutztown *	Kutztown, PA	1 PM
Wed.	Feb. 25	at West Chester *	West Chester, PA	6 PM
Sat.	Feb. 28	CHEYNEY *	Heiges Field House	1 PM
Tue.	Mar. 4	PSAC Quarterfinals	Higher seed	
Fri.	Mar. 7	PSAC Semifinals	Top seed - Eastern Division	
Sat.	Mar. 8	PSAC Championship	Top seed - Eastern Division	

* PSAC Eastern Division game
Home games in **bold CAPS**

Head Coach: Kristy Trn (Shippensburg '93/'94M), 10th year
Phone: 717-477-1543 • Email: kktrn@ship.edu

