



MEET THE KEYDETS



VMI BASKETBALL

2008-09 MEDIA GUIDE



2008-09 VMI PREVIEW

All college basketball programs face challenges replacing graduated personnel, but this year's VMI Keydets face the daunting task of replacing the nation's leading scorer from the two previous seasons.

Nevertheless, four starters from last year's 14-win team will move forward without standout forward Reggie Williams, who departed the Institute with 2,556 points and holding the top spot on the VMI, Big South, and Virginia Division I career scoring lists.

In VMI's fast-paced, up-tempo, share-the-ball system that has produced the top scoring team in the country the past two years, the Keydets may not have as difficult a time replacing Williams' points as in other styles of play, but all Keydet returnees must step up to take the place of his formidable rebounding, assist and steals numbers. Executing these tasks may be what determines VMI's hoops journey in 2008-09.

The 2008-09 squad returns 10 lettermen and four starters from last year's team that finished fifth in the Big South Conference, its highest finish since joining the league in 2003-04.

This year's Keydets will be led by two offensive weapons who have been making opponents see double the last three years. Twin brothers Chavis and Travis Holmes will now shoulder the team leadership responsibilities and are ready for the task. The pair have combined for 2,600 points and rank fourth all-time on the NCAA Division I twins career scoring list.

Chavis, a 2008-09 preseason conference pick and second team All-BSC selection last year, is a dynamic scorer who will be counted on for consistency this year with the graduation of Reggie Williams. A preseason All-Big South pick, Chavis has excellent shooting

range, quickness and has thrived in the up-tempo system over his career. In 2007-08, he ranked second in the conference in steals, third in three-pointers made, third in scoring, fifth in three-point FG%, seventh in FG%, 10th in FT% and had four games of 25 points scored or more.

In addition, Chavis Holmes had six games with five or more three-pointers made. He also got hot at the charity stripe, converting 28 of his last 31 including 8-of-9 in February's win over Liberty. Chavis hopes to pick up where he left off last year, as he scored in double figures in the final 11 games of the year (all conference games) averaging 21.9 points over that stretch.

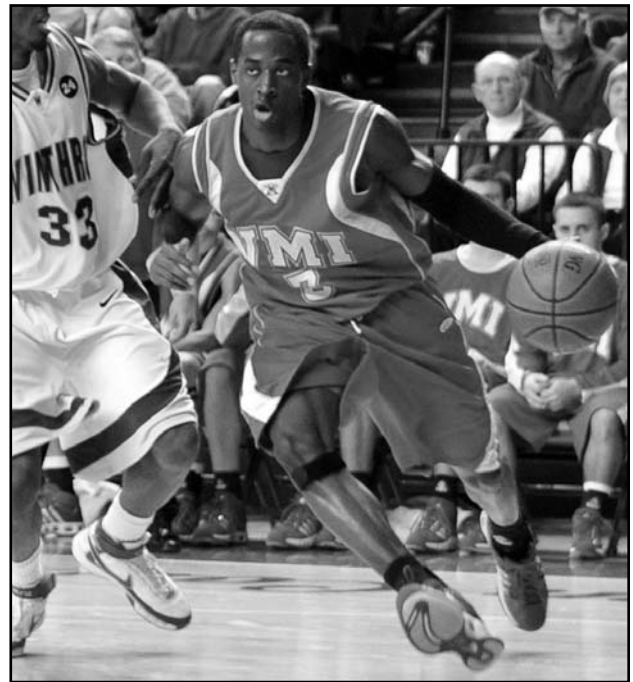
Travis Holmes will solidify the squad with his all-around play. In 2007-08, he ranked fourth in the conference in FT%, fourth in steals, eighth in rebounding, eighth in scoring, 12th in blocks, and 10th in FG%. Travis scored in double figures in four straight conference games in mid-February and averaged 26.2 points and 5.5 rebounds per game over that stretch. He also posted five double-double games on the year (the second-highest total for VMI) including three against conference opponents. Two years ago, Travis led the nation in steals, and last season he registered eight steals against William & Mary. That performance was the fourth-highest total in school history.

Two other players, senior forward Willie Bell and sophomore guard Austin Kenon, will also be asked to step up their scoring this season.

Bell has improved his overall game since switching to basketball full-time last year and will be counted on as a pivotal part of the Keydet success this season. Bell is a returning starter who will be counted on to lead the inside game and stabilize rebounding.

Bell appeared in 28 contests, missing only one game and starting 21. He finished third on the team in rebounding with a 5.8 average, while co-leading the team in blocks with 17. The Keydets will need Bell to match his play during the conference season last year where he produced a stretch of six straight conference games when he averaged 15.3 points and 7.2 rebounds.

Kenon was perhaps the biggest surprise on the team last year and was a key figure in a December/early January run when VMI reeled off seven wins over eight contests. Kenon gave the Keydets dependable shooting from the outside and was VMI's most consistent outside shooting threat, until his season was cut short in January when he was forced to sit out the spring semester games. Kenon played in 16 games with 10 starts and was averaging double figures (12.3) points



Chavis Holmes

before his departure from the active roster.

Kenon scored in double figures in 10 games and shot 40.4% from three-point range, finishing third on the team in three-point field goals despite missing most of the conference season. Kenon, in consecutive weeks, was named Big South Freshman of the Week after scoring a career-high 25 points at William & Mary (12/20), tallying 18 points at Richmond (12/30) and also scoring 15 points at Mercer (1/2) and hitting the go-ahead bucket for the win.

Junior point guard Adam Lonon, a veteran backcourt performer and returning starter is one of the team's better defenders and will be counted on for leadership and experience. Lonon is expected once again to start at the point. Last season, Lonon co-led the team in assists with 97 and averaged 3.5 assists per game, a number which ranked eighth in the Big South Conference. Lonon ranked fifth in the Big South in steals (2.07 per game) and posted an improved shooting percentage of 51.1% for the season (45-88). Lonon averaged seven assists over a four-game stretch in January, and will look to extend that consistency over the course of the season.

Three returning upperclassmen, junior forward Carl Josey and sophomore forwards Quinn Brownfield and Hunter Houston, will be looking to expand their contributing roles to the team this season.

Josey showed perhaps the most improvement of any player on the squad last year and developed into a dependable reserve at the end of last season. He will look to replicate games that he had last season such as High Point (3/1) when he scored nine points, grabbed four rebounds and drained all four shots from the



Travis Holmes

floor in 15 minutes of reserve duty. Josey also had a season-high nine rebounds against Charleston Southern (2/11) and will be counted on for rebounding production.

Brownfield returns for his sophomore season after gaining considerable playing experience as a freshman and will help add to the Keydet depth after showing the ability to be a steady scorer. Houston was limited by injury last year, but showed what he could do in limited appearances and will also help the depth along the front-line. Houston returns bigger and stronger from his sophomore season and played in 19 games with six starts with most of his playing time coming in the first part of the season.

Sophomore point guard Joey Cantafio stabilizes the depth picture at point guard and brings to the team hustle and energy when called to the court.

Redshirt freshman Stephen Sargent, the program's first seven-footer, who will work hard this year to rebound from a freshman campaign that saw him undergo pre-season surgery for an appendectomy and limited his development.

The Keydets add five newcomers (all freshmen) to the mix and all will be counted on to fill various roles on the team in both frontline and perimeter play.

Headlining the list is 6-4 guard and early signee Michael Sparks (Lexington, Ky./Tates Creek) who averaged 19.1 points and 8.5 rebounds his senior year and became the school's all-time leading scorer, surpassing new South Carolina head coach Darrin Horn. Sparks was also selected to play in the prestigious Kentucky-Indiana all-star game following his senior year.

Other newcomers include 6-3 guard Keith Gabriel, 6-7 power forward Wayne Whiting, Jr. and 6-3 guard Ron Burks, Jr.

Gabriel, from United Faith School in Charlotte, N.C., averaged 17.0 points and four rebounds during his sen-



Adam Lonon

ior year. He also averaged three assists and three steals per game for the United Faith squad that posted a 31-3 record under coach Shaun Wiseman, and finished runner-up in the 1A state championship game. Whiting Jr., from Benedictine High School in Richmond, Va., averaged 10.4 points and 6.8 rebounds with 1.2 blocks per game as a senior. He was voted first team All-CAC in 2007-08. Whiting played for a Benedictine program under Coach Sean McAloon that was nationally ranked for two seasons and attained the No. 1 ranking among Richmond metro area schools for the better part of two years.

Burks, Jr. from Paul VI School in Fairfax, Va. averaged 13.7 points, seven rebounds and three assists during his senior season at Paul VI where he shot 52% from the floor and 75% from the line. Burks was a three-year starter, served as team captain for two seasons and was also named WCAC second-team All-Conference and was also named honorable mention All-Metro by The Washington Post.

Forward Aaron Blosser, a 6-3, 205 freshman out of Cox High School in Virginia Beach, Va. rounds out the recruiting class.

The Keydets will open the 2008-09 campaign against heavyweights Kentucky (SEC) and Virginia (ACC) and will play their first four games over a span of six days. The non-conference schedule features a New's Year Eve date at Cameron Hall with Atlantic-10 and in-state foe Richmond, and a home-and-home with Campbell. VMI will also play road dates at Jacksonville State and Army. The Big South schedule begins in early December when the Keydets draw the top two teams in the conference last year during the first week of the



Willie Bell

season. VMI will host Winthrop Dec. 3 and will face UNC Asheville Dec. 6 in Asheville.

VMI will appear on television five times in 2008-09 including three televised home games on MASN- Winthrop (Dec. 3), Richmond (Dec. 31) and Radford (Feb. 21).

PERSONNEL BREAKDOWN

| Roster Size: 15 | | Letterwinners Returning/Lost: 9/2 | | Starters Returning/Lost: 4/1 | | | |
|---|-----------------------|-----------------------------------|------|--------------------------------|-----|------|--|
| 2007-08: 14-15 (H: 8-6; A: 6-7; N: 0-2) | | Big South Finish: T-5th (6-8) | | Postseason: Big South Quarters | | | |
| STARTERS RETURNING (4): | | '07-'08 Season Stats | | | | | |
| # | Player | Pos. | Ht. | PPG | RPG | APG | 2007-08 Notes |
| 1 | Adam Lonon, Jr. | G | 5-11 | 4.2 | 1.4 | 3.5 | Team's returning assists leader |
| 2 | Willie Bell, Sr. | F | 6-6 | 8.2 | 5.8 | 1.8 | Missed one game in 2008, first full bball season |
| 3 | Chavis Holmes, Sr. | G | 6-4 | 18.3 | 4.3 | 2.5 | Preseason All-Big South Conference |
| 23 | Travis Holmes, Sr. | G | 6-4 | 15.6 | 5.9 | 2.8 | Team's leading returning rebounder |
| STARTERS LOST (1): | | '07-'08 Season Stats | | | | | |
| 55 | Reggie Williams | F | 6-6 | 27.8 | 9.7 | 3.9 | Two-time NCAA leading scorer |
| OTHER RETURNERS (6): | | '07-'08 Season Stats | | | | | |
| 4 | Joey Cantafio, So. | G | 5-6 | 0.5 | 0.6 | 0.9 | Son of former VMI head coach Joe Cantafio |
| 10 | Austin Kenon, So. | G | 5-11 | 12.3 | 1.9 | 1.3 | Shot over 40% from 3-PT in '07-08 |
| 11 | Quinn Brownfield, So. | F | 6-7 | 2.6 | 1.3 | 0.3 | Scored nine points in 2/26 win over Liberty |
| 20 | Carl Josey, Jr. | F | 6-5 | 1.6 | 2.8 | 0.4 | Dependable reserve and capable rebounder |
| 34 | Hunter Houston, So. | F | 6-6 | 3.1 | 1.9 | 0.4 | Limited by injury last season |
| 50 | Stephen Sargent, So. | C | 7-0 | 4.5 | 1.8 | --- | Redshirted the 2007-08 campaign |
| NEWCOMERS (5): | | HS Season Stats | | | | | |
| 15 | Ron Burks, Fr. | F | 6-4 | 13.7 | 7.0 | 3.0 | Honorable Mention All-Met (Washington Post) |
| 21 | Keith Gabriel, Fr. | G | 6-2 | 17.0 | 4.0 | 3.0 | Helped lead team to state championship game |
| 31 | Michael Sparks, Fr. | G | 6-4 | 19.1 | 8.5 | --- | School's all-time leading scorer |
| 32 | Wayne Whiting, Fr. | C | 6-7 | 10.4 | 6.8 | 1.2* | Played for nationally-ranked Benedictine |
| 35 | Aaron Blosser, Fr. | F/G | 6-3 | 13.0 | 8.0 | --- | Will help depth on wings and in backcourt |

*Blocks Per Game





2008-09 ROSTERS

ROSTER BREAKDOWN

BY CLASS

First Classmen (Seniors)- 3

- Willie Bell
- Chavis Holmes
- Travis Holmes

Second Classmen (Juniors)- 2

- Carl Josey
- Adam Lonon

Third Classmen (Sophomores)- 5

- Quinn Brownfield
- Joey Cantafio
- Hunter Houston
- Austin Kenon
- Stephen Sargent

Rats (Freshmen)- 5

- Aaron Blosser
- Ron Burks
- Keith Gabriel
- Michael Sparks
- Wayne Whiting

BY STATE

Virginia- 6

- Willie Bell (Newport News)
- Aaron Blosser (Virginia Beach)
- Joey Cantafio (Richmond)
- Austin Kenon (Virginia Beach)
- Adam Lonon (Richmond)
- Wayne Whiting (Chester)

North Carolina- 3

- Keith Gabriel (Charlotte)
- Chavis Holmes (Charlotte)
- Travis Holmes (Charlotte)

Alabama- 1

- Hunter Houston (Birmingham)

Georgia- 1

- Stephen Sargent (Fayetteville)

Kentucky- 1

- Michael Sparks (Lexington)

Maryland- 1

- Ron Burks (Mitchellville)

Texas- 1

- Quinn Brownfield (Kyle)

International- 1

- Carl Josey (Surrey, England)

PRONUNCIATION GUIDE

- Chavis Holmes- CHAY-vis
- Adam Lonon- LAHN-in
- Joey Cantafio- can-TAFF-ee-oh
- Austin Kenon- KEEN-un
- Duggar Baucom- Rhymes with sugar

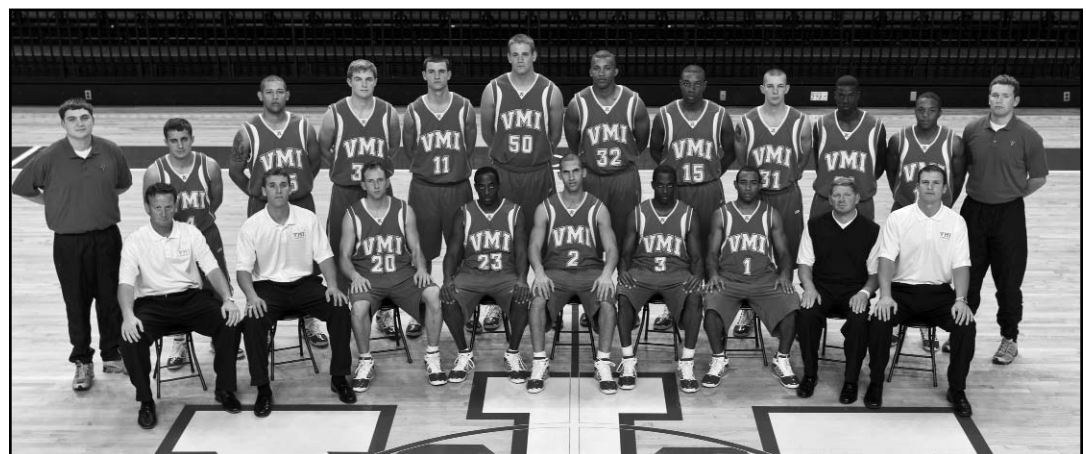
NUMERICAL

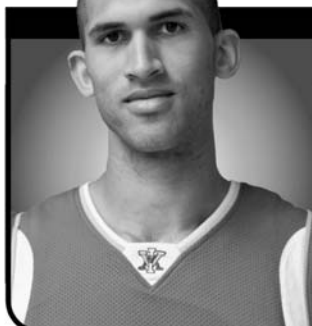
| # | Player | Pos. | Ht. | Wt. | Cl. | Hometown/Previous School |
|----|------------------|------|------|-----|-----|--|
| 1 | Adam Lonon | G | 5-11 | 175 | Jr. | Richmond, Va./ Steward School |
| 2 | Willie Bell | F | 6-6 | 205 | Sr. | Newport News, Va./ Woodside |
| 3 | Chavis Holmes | G | 6-4 | 195 | Sr. | Charlotte, N.C. / Christ School |
| 4 | Joey Cantafio | G | 5-6 | 150 | So. | Richmond, Va./ Benedictine |
| 10 | Austin Kenon | G | 5-11 | 180 | So. | Virginia Beach, Va. / First Colonial |
| 11 | Quinn Brownfield | F | 6-7 | 195 | So. | Kyle, Texas / Anderson |
| 15 | Ron Burks | F | 6-4 | 205 | Fr. | Mitchellville, Md. / Paul VI (Va.) |
| 20 | Carl Josey | F | 6-5 | 195 | Jr. | Surrey, England / King's Academy (Tenn.) |
| 21 | Keith Gabriel | G | 6-3 | 180 | Fr. | Charlotte, N.C. / United Faith |
| 23 | Travis Holmes | G | 6-4 | 195 | Sr. | Charlotte, N.C. / Christ School |
| 31 | Michael Sparks | G | 6-4 | 195 | Fr. | Lexington, Ky. / Tates Creek |
| 32 | Wayne Whiting | C | 6-7 | 240 | Fr. | Chester, Va. / Benedictine |
| 34 | Hunter Houston | F | 6-6 | 195 | So. | Birmingham, Ala. / Mountain Brook |
| 35 | Aaron Blosser | F | 6-3 | 205 | Fr. | Virginia Beach, Va./ Cox |
| 50 | Stephen Sargent | C | 7-0 | 245 | So. | Fayetteville, Ga. / Whitewater |

ALPHABETICAL

| # | Player | Pos. | Ht. | Wt. | Cl. | Hometown/Previous School |
|----|------------------|------|------|-----|-----|--|
| 2 | Willie Bell | F | 6-6 | 205 | Sr. | Newport News, Va./ Woodside |
| 35 | Aaron Blosser | F | 6-3 | 205 | Fr. | Virginia Beach, Va./ Cox |
| 11 | Quinn Brownfield | F | 6-7 | 195 | So. | Kyle, Texas / Anderson |
| 15 | Ron Burks | F | 6-4 | 205 | Fr. | Mitchellville, Md. / Paul VI (Va.) |
| 4 | Joey Cantafio | G | 5-6 | 150 | So. | Richmond, Va./ Benedictine |
| 21 | Keith Gabriel | G | 6-3 | 180 | Fr. | Charlotte, N.C. / United Faith |
| 3 | Chavis Holmes | G | 6-4 | 195 | Sr. | Charlotte, N.C. / Christ School |
| 23 | Travis Holmes | G | 6-4 | 195 | Sr. | Charlotte, N.C. / Christ School |
| 34 | Hunter Houston | F | 6-6 | 195 | So. | Birmingham, Ala. / Mountain Brook |
| 20 | Carl Josey | F | 6-5 | 195 | Jr. | Surrey, England / King's Academy (Tenn.) |
| 10 | Austin Kenon | G | 5-11 | 180 | So. | Virginia Beach, Va. / First Colonial |
| 1 | Adam Lonon | G | 5-11 | 175 | Jr. | Richmond, Va./ Steward School |
| 50 | Stephen Sargent | C | 7-0 | 245 | So. | Fayetteville, Ga. / Whitewater |
| 31 | Michael Sparks | G | 6-4 | 195 | Fr. | Lexington, Ky. / Tates Creek |
| 32 | Wayne Whiting | C | 6-7 | 240 | Fr. | Chester, Va. / Benedictine |

- Head Coach-** Duggar Baucom (Charlotte '95); Fourth season
- Associate Head Coach-** Daniel Willis (Lenoir-Rhyne '01); Fourth season
- Assistant Coach-** Jason Allison (Liberty '99); Fourth season
- Assistant Coach-** Jack Castleberry (VMI '07); First season
- Student Assistant Coach-** Nick Matson
- Managers-** Budge Hunter, Matt Deacon





Willie Bell

Senior • Forward
6' 8" • 205 lbs.
Newport News, Va.
(Woodside)

#2

TWO-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON BELL- Has improved his overall game since switching to basketball full-time last year...will be a pivotal part of the Keydet success this year...a returning starter who will be counted on to lead the inside game and stabilize rebounding.

2007-08: Began his first full season of college basketball and showed much improvement...appeared in 28 contests, missing only one game...started 21 games...finished third on the team in rebounding by averaging 5.8 per game...co-led the team in blocks with 17...had seven games with five or more rebounds...hit double figures in 10 games, including a stretch of six straight conference games when he averaged 15.3 points and 7.2 rebounds... turned in double-double games against Southern Virginia 1/8 (17 pts.- 13 rebs.), Radford 2/5 (16 pts.- 11 rebs.) and Charleston Southern 2/11 (13 pts. - 12 rebs.)...scored a career-high 19 points at UNC Asheville 2/16 and was 8-of-11 from the field...hit 5-of-6 shots from the field against Radford 2/5 and 6-of-8 shots against West Virginia Wesleyan...blocked three shots against Howard 12/8...ranked eighth in the Big South in rebounding (5.8) and ninth in steals (1.64).

2006-07: Joined the team just days after catching a 17-yard touchdown pass in the football season finale against Liberty (11/18)...scored nine points and grabbed three rebounds in his season debut against James Madison Nov. 22, then started three nights later and grabbed a team-high eight rebounds at Howard on Nov. 25...had 14 points, seven rebounds, two blocks and a pair of three pointers against Army...had his first career double-double with 12 points and 10 rebounds against Jacksonville State Dec.15...scored a career-high 15 points against Lee-McRae...played perhaps his best game at UNC Asheville where he scored 11 points and grabbed seven rebounds in the conference win...pulled down seven rebounds in the tournament win against High Point...was 16th in the league overall in rebounding (4.5) and tied for 15th in the conference in offensive rebounds...also ranked 15th in the league in steals.

2005-06: Joined the basketball team after playing wide receiver on the VMI football team in the fall...was not eligible for second semester games in his freshman year...grabbed a season-high six rebounds in the victory against Towson Dec. 21...Played in seven games and scored a career-high seven points by hitting all three shots in 15 minutes vs. UVA-Wise Dec. 2...averaged 4.2 rebounds over his last five games played...scored four points with four rebounds against Southern Virginia Dec. 10.

HIGH SCHOOL: A two-sport athlete and a second-team All-District selection at Woodside High School in Newport News,Va...finished his high school basketball career as the school's all-time leading rebounder...played on two state championship basketball teams in 2003-04 and 2004-05...invited to play in the VHSL Coaches All-Star game and Commonwealth Classic game...was named second team All-District at quarterback and first team All-District defensive back...passed for over 1,400 yards and 15 TD's in 2004.

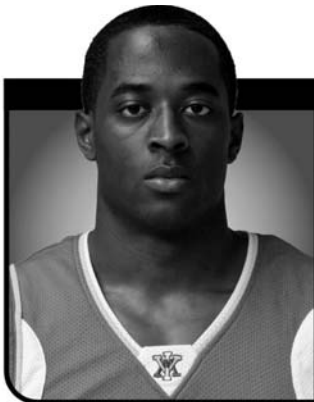


Top Career Performances

- Points - 17, vs. Southern Virginia, 1/8/08
- Rebounds - 13, vs. Southern Virginia, 1/8/08
- 3-Point FG Made- 3, (Three Times) Last at UNC Asheville, 2/16/08
- Blocked Shots - 2, (Four Times) Last vs. Liberty, 1/28/08
- Assists - 5, (Four Times) Last at Radford, 2/25/08
- Steals - 4, (Four Times) Last vs. Winthrop, 2/20/08
- FG% - .833 (5-6), vs. Radford, 2/5/08
- 3-Point FG% - 1.000 (3-3), vs. Liberty, 1/28/08
- FT% - 1.000 (6-6), at Richmond, 12/30/07

Bell's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT | | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|------------------|----------------|-------------|--------------|-------------|---------------|-------------|------------|------------|-----------|-----------|-----------|-----------|--------------|------------|------------|
| | | | | | FG-FGA | PCT | | | | | | | | | | | |
| 05-06 | 7-0 | 84-12.0 | 5-11 | .455 | 0-0 | .000 | 6-9 | .667 | 22 | 3.1 | 6 | 6 | 1 | 4 | 10-0 | 16 | 2.3 |
| 06-07 | 28-19 | 564-20.1 | 62-151 | .411 | 10-30 | .333 | 19-47 | .404 | 125 | 4.5 | 38 | 38 | 8 | 41 | 81-2 | 153 | 5.5 |
| 07-08 | 28-22 | 738-26.4 | 84-154 | .545 | 12-29 | .414 | 49-73 | .671 | 162 | 5.8 | 49 | 55 | 17 | 46 | 92-3 | 229 | 8.2 |
| Totals | 63-41 | 1386-22.0 | 151-316 | .478 | 22-59 | .373 | 74-129 | .574 | 309 | 4.9 | 93 | 99 | 26 | 91 | 183-5 | 398 | 6.3 |



Chavis Holmes

Senior • Guard
6' 4" • 195 lbs.
Charlotte, N.C.
(Christ School)

#3



THREE-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

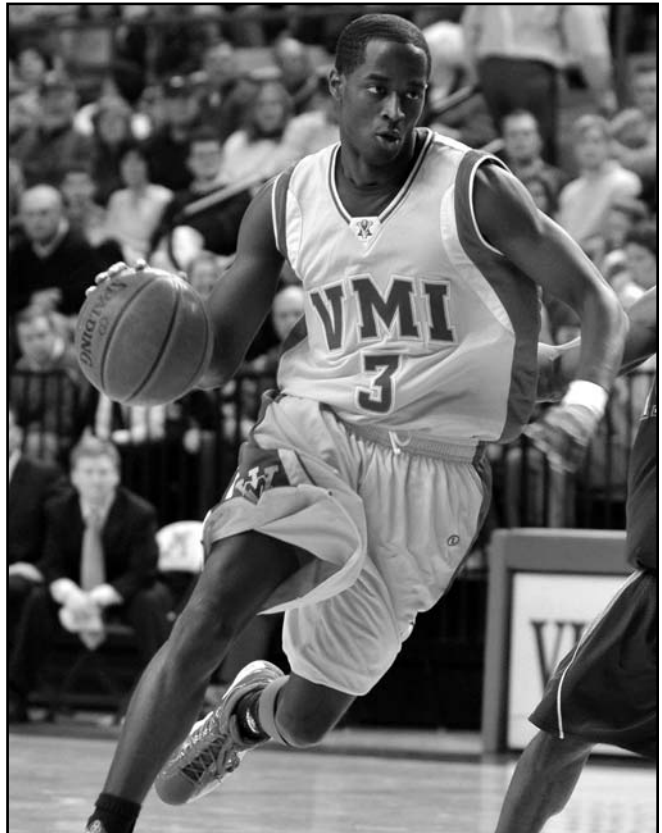
ON HOLMES- Regarded to be, along with his brother Travis, one of the top returning performers in the Big South Conference this year...a dynamic scorer who will be counted on for consistency this year with the graduation of Reggie Williams...picked to Big South Preseason All-Conference Team...has excellent shooting range and quickness...has thrived in the up-tempo system over his career...Has teamed with his twin brother, Travis, to move into fourth on the NCAA Division I Twins Career Scoring Leaders chart with 2,600 combined points entering the 2008-09 campaign...They will take over the top spot with 664 combined points this season.

2007-08: Named Second Team All-Big South Conference...Ranked second in BSC in steals, third in 3-point FG made, third in scoring, fifth in 3-point FG%, seventh in FG%, 10th in FT%...had four games of 25 points or more...had six games with five or more 3-point FG made per game, including a perfect six-of-six vs. Columbia Union (11/28), six vs. Howard (12/8), five vs. Mercer (1/2), and five each in conference play against Radford and Charleston Southern...converted 28 of his last 31 from the stripe, including 8-of-9 in win over Liberty (2/26)...scored in double figures in the final 11 games of the year (all conference games) averaging 21.9 points over that stretch...registered at least three steals over the 11 of the final 12 conference games, including five against High Point (2/2)...had six steals against William & Mary (12/20)...pulled down a season-high eight rebounds against UNCA (2/16).

2006-07: Led the Big South in 3-point FG made per game and was 10th nationally...ranked second in the Big South in steals and was tied for fourth nationally...ranked fourth in the Big South in scoring and sixth in FT%...ranked second in the BSC in 3-point FG%...15 games with 20 or more points...hit four or more 3-point FG in 17 games...scored in double-figures in 25 straight games...hit six 3-point FG against Cornell (12/1) and CSU (2/5)...had career-high 31 points against VIC (11/15)...scored 29 points (9-15 FG) against Princeton (11/11) and 27 points against Penn State (12/29)...averaging 19.8 points in conference games...hit 5-of-9 beyond the arc in a 27-point outing against Radford (1/25)...scored 26 points against Liberty (2/21)...logged nine steals against Bridgewater (1/18)...had six steal games against Radford (1/25) and UNC Asheville (2/10)...dished out six assists against Howard (11/25) and Penn State (12/30).

2005-06: Played in 27 games with 18 starts and started 12 straight games at point guard until the Feb. 4 Birmingham-Southern game...returned to the starting five against UNC Asheville Feb. 11 for three straight starts...led the team in assists with 77 and ranked in the league's top 10...scored a career-high 20 points in the win against Army Dec. 8 and hit 9 of 13 free throws...finished the season with a scoring flurry and broke a 10-game non-double figures scoring streak with 11 points against High Point Feb. 15, and followed with another 11 point outing against Charleston Southern Feb. 18...named **New Balance Big South Freshman of the Week** on Dec. 12 when he averaged 12.6 points, 4.0 rebounds, and 3.6 assists over a three-game stretch...was fourth on the team in scoring with an 8.8 average...scored 15 points at Towson Dec. 21 and dished out a season-high seven assists...also had seven assists on Feb. 11 against UNC Asheville...had nine points, seven rebounds, and six assists against Ferrum Dec. 5.

HIGH SCHOOL: Averaged 17.5 points and 4.3 rebounds as a senior and also earned All-State and first team All-Western North Carolina honors...also averaged 3.7 assists and 3.4 steals a game in 2003-04...played at Christ School for two seasons and posted a 32-1 record and captured the state championship in 2004-05, and finished as the state runner-up with a 27-6 mark the previous year...also played on a 2002-03 state championship team at Vance High School in Charlotte, N.C...twin brother of Travis Holmes, together becoming the third set of twins to play basketball at VMI.



Top Career Performances

- Points - 31, vs. Virginia Intermont, 11/15/06
- Rebounds - 8, (Twice) Last at UNC Asheville, 2/16/08
- 3-Point FG Made- 6, (Six Times) Last at Charleston So., 1/12/08
- Blocked Shots - 2, (Three Times) Last at Liberty, 2/26/08
- Assists - 9, vs. Radford, 2/5/08
- Steals - 9, vs. Bridgewater, 1/18/07
- FG% - .750 (9-12), vs. Columbia Union, 11/28/07
- 3-Point FG% - 1.000 (6-6), vs. Columbia Union, 11/28/07
- FT% - 1.000 (6-6), vs. High Point, 3/1/08

Holmes' Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT | | | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|------------------|-----------------|-------------|----------------|-------------|----------------|-------------|------------|------------|------------|------------|-----------|------------|--------------|-------------|-------------|-----|
| | | | | | FG-FGA | PCT | PCT | | | | | | | | | | | |
| 05-06 | 27-18 | 683-25.3 | 78-216 | .361 | 33-102 | .324 | 48-66 | .727 | 64 | 2.4 | 77 | 84 | 5 | 39 | 62-0 | 237 | 8.8 | |
| 06-07 | 32-11 | 806-25.2 | 188-460 | .409 | 108-277 | .390 | 131-176 | .744 | 105 | 3.3 | 67 | 81 | 9 | 90 | 95-2 | 615 | 19.2 | |
| 07-08 | 29-27 | 897-30.9 | 186-419 | .444 | 82-228 | .360 | 78-110 | .709 | 124 | 4.3 | 73 | 62 | 11 | 70 | 74-1 | 532 | 18.3 | |
| Totals | 88-56 | 2386-27.1 | 452-1095 | .413 | 223-607 | .367 | 257-352 | .730 | 293 | 3.3 | 217 | 227 | 25 | 199 | 231-3 | 1384 | 15.7 | |



Travis Holmes
 Senior • Guard
 6' 4" • 195 lbs.
 Charlotte, N.C.
 (Christ School) **#23**

THREE-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON HOLMES – Returning starter who will be counted on for scoring, rebounding and defense...has the ability to elevate a team with his play on both ends of the floor...excellent defender and rebounder...projected to start but has also been an effective sixth man...a returning NCAA statistical champion (steals) from two years ago...Has teamed with his twin brother, Chavis, to move into fourth on the NCAA Division I Twins Career Scoring Leaders chart with 2,600 combined points entering the 2008-09 campaign...They will take over the top spot with 664 combined points this season.

2007-08: Ranked fourth in Big South Conference in FT%, fourth in steals, eighth in rebounding, eighth in scoring, 12th in blocks, and 10th in FG%...scored in double figures in four straight conference games between 2/2 and 2/11, averaging 26.2 points and 5.5 rebounds per game over that stretch...had five double-double games on the year (second-most on team) including three against conference opponents (CSU, 16 pts-13 rebounds, CCU, 18 pts-10 rebounds, and Liberty 18 pts. 10 rebounds)...named Big South Co-Player of the week Feb. 11 after averaging 26.5 points, 6.0 rebounds, 5.5 assists and 4.0 steals during a two-game stretch, including 29 points, five steals, three assists and two blocks against Radford and 24 points and nine rebounds and eight assists vs. CCU, where he hit four-straight free throws over the final 17.4 seconds to seal the win...had a season-high eight steals in win over William & Mary.

2006-07: Led Division I in steals (111) and steals per game (3.4), which also set a new VMI season record...logged a school and Big South record 11 steals against Bridgewater 1/18...had nine games with five or more steals, including eight against CSU 1/13, seven against UNCA 1/22, and six each against WVU (1/6) and LU (1/27)...ranked ninth in the Big South in scoring and 11th in league games, 14th in the BSC in rebounding and 14th in league games, 10th in the Big South in assists and sixth in conference games...had 24 double figure scoring games, including a stretch of 15 straight contests (16.6 ppg)...had eight games of 20 or more points including a career-best 29 points in the Big South Tournament Final and 28 points against LMC (12/6)...scored 22 points and grabbed a career-best 11 rebounds against Radford (2/14)...dished out a career-high nine assists against Bridgewater 1/18 and followed with consecutive six-assist games against UNC Asheville, Radford, and Liberty...named 2007 All-Big South Tournament.

2005-06: Played in 27 games with four starts...was third on the team in scoring with a 9.9 scoring average...led the team in steals with 48 and was in the top five in the league all season...scored a career-high 20 points against High Point Feb. 15...had averaged 18.5 points and 7.5 rebounds over two games before a three-point, seven rebound game Feb. 18 against CSU but rebounded with 13 points the next game at Coastal Feb. 20...made his first college start Feb. 11 against UNCA and scored 17 points and grabbed eight rebounds...On Jan. 9th, was named **New Balance Big South Freshman of the Week** after averaging 14.0 points, 3.5 rebounds and 3.0 steals in two conference games for the Keydets...scored in double figures in 11 of the last 22 games...scored 19 points against Charleston Southern Jan. 5 and High Point Jan. 12...scored 14 points at Maryland Dec. 31 and hit 4-8 3-point FG...scored 16 points against Southern Virginia Dec. 10...had 13 points with seven rebounds against Virginia-Wise Dec. 2 and hit 5-7 shots from the field including two 3-point FG...dished out a season-high four assists against Southern Virginia Dec. 10 and also had four against High Point Jan. 12.

HIGH SCHOOL: Averaged 19.7 points and 6.0 rebounds as a senior and was named All-State and first team All-Western North Carolina...Averaged 3.3 assists and 3.0 steals a game in 2004-05...named Piedmont Athletic Conference of Independent Schools most valuable player this past season...played at Christ School for two seasons and posted a 32-1 record and captured the state championship in 2004-05, and finished as the state runner-up with a 27-6 mark the previous year...also played on a 2002-03 state championship team at Vance High School in Charlotte, N.C...twin brother of Chavis Holmes, together becoming the third set of twins to play basketball at VMI.

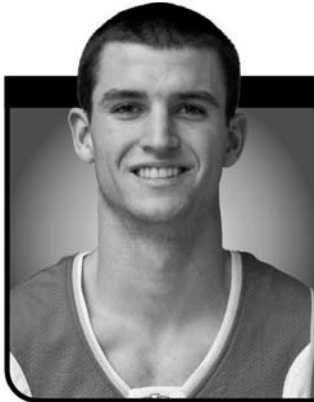


Top Career Performances

- Points** - 29, (Twice) Last vs. Radford, 2/5/08
- Rebounds** - 13, (Twice) Last at Charleston Southern, 1/12/08
- 3-Point FG Made** - 6, (Three Times) Most Recent vs. Winthrop, 3/3/07
- Blocked Shots** - 3, (Twice) Most Recent vs. Charleston So., 1/13/07
- Assists** - 9, vs. Bridgewater, 1/18/07
- Steals** - 11, vs. Bridgewater, 1/18/07
- FG%** - .750 (6-8), vs. Southern Virginia, 12/10/05
- 3-Point FG%** - .667 (6-9), at Winthrop, 3/3/07
- FT%** - 1.000 (10-10), vs. Dartmouth, 11/10/07

Holmes' Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|------------------|----------------|-------------|----------------|-------------|----------------|-------------|------------|------------|------------|------------|-----------|------------|--------------|-------------|-------------|
| 05-06 | 27-4 | 640-23.7 | 93-227 | .410 | 34-105 | .324 | 48-64 | .750 | 91 | 3.4 | 56 | 50 | 6 | 48 | 39-0 | 268 | 9.9 |
| 06-07 | 33-12 | 806-24.4 | 173-404 | .428 | 71-195 | .364 | 78-114 | .684 | 163 | 4.9 | 107 | 74 | 19 | 111 | 85-4 | 495 | 15.0 |
| 07-08 | 29-15 | 798-27.5 | 148-361 | .410 | 41-152 | .270 | 116-150 | .773 | 170 | 5.9 | 80 | 79 | 17 | 63 | 65-3 | 453 | 15.6 |
| Totals | 89-31 | 2244-25.2 | 414-992 | .417 | 146-452 | .323 | 242-328 | .738 | 424 | 4.8 | 243 | 203 | 42 | 222 | 189-7 | 1216 | 13.7 |



Quinn Brownfield

Sophomore • Forward
6' 7" • 195 lbs.
Kyle, Texas
(Anderson)

#11

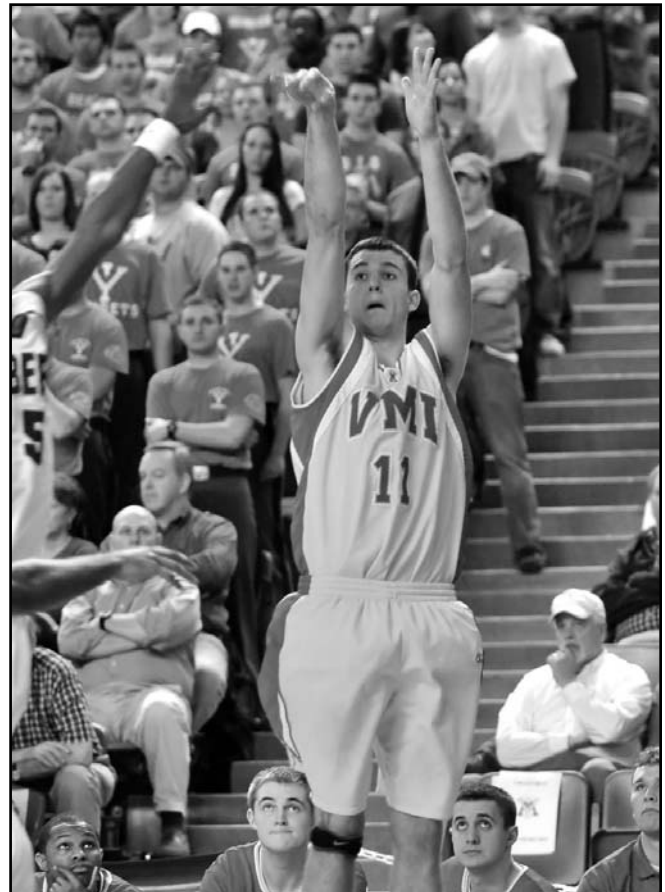


ONE-YEAR LETTERMAN/MECHANICAL ENGINEERING MAJOR

ON BROWNFIELD – Returns for his sophomore season after gaining considerable playing experience as a freshman...will help add to the Keydet scoring depth...ready to step up and expand his role...showed the ability to be a steady scorer.

2007-08: Played 27-of-28 games with four starts...starts came against Dartmouth, South Carolina State, Southern Virginia and Winthrop (1/23)...averaged nearly nine minutes per game...scored a season-high nine points in a win at Liberty 2/26, where he hit 6-of-6 free throws down the stretch to key the win in a game where the Keydets were missing injured starting forward Willie Bell...also scored nine points against Columbia Union (11/28)...scored eight points vs. Southern Virginia (1/8)...hit 2-of-3 shots from the field against Radford (2/5)...grabbed a season-high four rebounds at Coastal Carolina (1/14)...scored in four of the six final conference competitions of the year.

HIGH SCHOOL: Averaged 12 points and five rebounds in 2006-07...coached by Richard Sanford at Anderson High...played for the Centex Shooters AAU team coached by Chris Blevins.

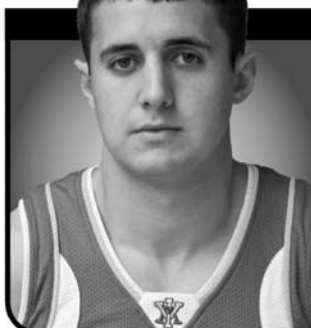


Top Career Performances

- Points - 9, (Twice) Last at Liberty, 2/26/08
- Rebounds - 3, (Four Times) Last at Liberty, 2/26/08
- 3-Point FG Made- 2, (Twice) Last vs. Radford, 2/5/08
- Blocked Shots - 1, (Three Times) Last at Radford, 2/25/08
- Assists - 2, vs. Columbia Union, 11/28/07
- Steals - 3, vs. Columbia Union, 11/28/07
- FG% - .667 (2-3) (Twice), Last vs. Radford, 2/5/08
- 3-Point FG% - .667 (2-3), vs. Radford, 2/5/08
- FT% - 1.000 (6-6), at Liberty, 2/26/08

Brownfield's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|-------------|----------------|--------------|-------------|--------------|-------------|--------------|-------------|-----------|------------|----------|-----------|----------|----------|-------------|-----------|------------|
| 07-08 | 27-4 | 240-8.9 | 21-58 | .362 | 15-42 | .357 | 12-20 | .600 | 35 | 1.3 | 7 | 16 | 3 | 5 | 43-0 | 69 | 2.6 |
| Totals | 27-4 | 240-8.9 | 21-58 | .362 | 15-42 | .357 | 12-20 | .600 | 35 | 1.3 | 7 | 16 | 3 | 5 | 43-0 | 69 | 2.6 |



Joey Cantafio

Sophomore • Guard
5' 6" • 150 lbs.
Richmond, Va.
(Benedictine)

#4

ONE-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON CANTAFIO – Contributes to the team with hustle and brings energy to the squad...a hard worker who is ready when called upon...will help the Keydet back-court depth.

2007-08: Played in 14 games and lettered...scored a season-high five points against West Virginia Wesleyan (11/14)...dished out 12 assists on the season, including a season-high five against Columbia Union (11/28)...also pulled down four rebounds in the Columbia Union game...hit both of his free throw attempts in conference games at Winthrop (1/23) and High Point (2/2).

HIGH SCHOOL: Starting point guard for three years at Benedictine High School in Richmond, Va...averaged 7.5 points, 8.0 assists and 2.0 steals per contest as a senior...named All-Tournament in the prestigious BCC tournament...three-year starter, two-year captain... Benedictine went 66-26 in his career...Led Benedictine to a Virginia Independent State Championship as a senior, going 29-3...No stranger to VMI, having been born in Lexington when his father, Joe Cantafio, served as VMI head basketball coach from 1987-1994.

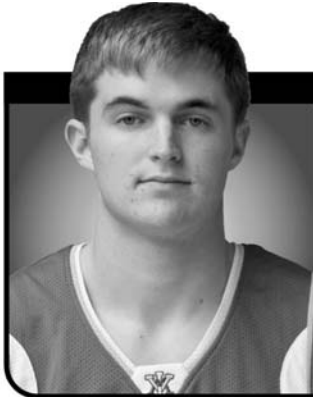


Top Career Performances

- Points - 5, vs. West Virginia Wesleyan, 11/14/07
- Rebounds - 4, vs. Columbia Union, 11/28/07
- 3-Point FG Made- 1, (Twice) Last vs. Howard, 12/8/07
- Assists - 5, vs. Columbia Union, 11/28/07
- Steals - 1, (Three Times) Last vs. Radford, 2/5/08
- FG% - .500 (2-4), vs. West Virginia Wesleyan, 11/14/07
- 3-Point FG% - 1.000 (1-1), vs. Howard, 12/8/07
- FT% - 1.000 (2-2) (Twice), Last at High Point, 2/2/08

Cantafio's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|-------------|---------------|-------------|-------------|-------------|-------------|------------|-------------|----------|------------|-----------|----------|----------|----------|-------------|-----------|------------|
| 07-08 | 14-0 | 67-4.8 | 4-14 | .286 | 2-8 | .250 | 5-7 | .714 | 9 | 0.6 | 12 | 8 | 0 | 3 | 10-0 | 15 | 1.1 |
| Totals | 14-0 | 67-4.8 | 4-14 | .286 | 2-8 | .250 | 5-7 | .714 | 9 | 0.6 | 12 | 8 | 0 | 3 | 10-0 | 15 | 1.1 |



Hunter Houston

Sophomore • Forward
6' 6" • 195 lbs.
Birmingham, Ala.
(Mountain Brook)

#34

ONE-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON HOUSTON – Limited by injury last year but showed potential in limited appearances...will help the depth along the front line...comes back bigger and stronger for his sophomore season and has starting experience.

2007-08: Played in 19 games with six starts with most of his playing time coming in the first part of the season...played in the season's first eight games with four starts, averaging 15 minutes a game...was limited to 11 games the rest of the way...scored a season-high 16 points on 7-of-14 shooting from the field against West Virginia Wesleyan (11/14)...scored nine points at Winthrop (1/23) and nailed 3-of-6 shots from beyond the arc...started conference games against Radford and Coastal Carolina...hit a big trey in the first half against James Madison (11/21) to help lift the Keydets to its first win over the Dukes since 1988...pulled down a season-high four rebounds in conference games against Winthrop (1/23) and Radford (2/5)...lettered for the first time.

HIGH SCHOOL: Averaged 18.0 points and 9.0 rebounds per game as a senior for Class 6A Mountain Brook High...averaged 3.5 assists and 2.5 blocks while shooting 40% from 3-point range during his senior season playing under coach Mark Cornelius...participated in more basketball wins than any other player in Mountain Brook school history and was selected Most Valuable Player for the 2005-06 Choo-Choo Classic as well as the 2004-05 Area Tournament...also played for the AAU state champion Alabama Ice...was also named second-team All-Birmingham Area and honorable mention All-State as well as All-Over-the-Mtn. team for two years...participated in the Alabama North/South All-Star game and scored 12 points and had nine rebounds...named to 10 all-tournament teams during his scholastic career including three times in the Green and Gold Classic, twice in the sub-state regional and Boaz Classic, and once in the Hoover Christmas tournament...second team all-state selection in football, lettering three years at tight end and wide receiver at Mountain Brook, catching 74 passes over his junior and senior seasons.



Top Career Performances

- Points - 16, vs. West Virginia Wesleyan, 11/14/07
- Rebounds - 5, vs. Columbia Union, 11/28/07
- 3-Point FG Made- 3, at Winthrop, 1/23/08
- Blocked Shots - 1, (Three Times) Last vs. Southern Virginia, 1/8/08
- Assists - 4, vs. West Virginia Wesleyan, 11/14/07
- Steals - 3, vs. West Virginia Wesleyan, 11/14/07
- FG% - .500 (7-14), vs. West Virginia Wesleyan, 11/14/07
- 3-Point FG% - .500 (3-6), at Winthrop, 1/23/08
- FT% - .500 (1-2) (Four Times), Last vs. Charleston So., 2/11/08

Houston's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|-------------|-----------------|--------------|-------------|--------------|-------------|------------|-------------|-----------|------------|----------|-----------|----------|----------|-------------|-----------|------------|
| 07-08 | 19-6 | 213-11.2 | 21-74 | .284 | 13-51 | .255 | 4-8 | .500 | 37 | 1.9 | 7 | 11 | 3 | 7 | 14-0 | 59 | 3.1 |
| Totals | 19-6 | 213-11.2 | 21-74 | .284 | 13-51 | .255 | 4-8 | .500 | 37 | 1.9 | 7 | 11 | 3 | 7 | 14-0 | 59 | 3.1 |



Carl Josey

Junior • Forward
6' 5" • 195 lbs.
Surrey, England
(King's Academy (Tenn.))

#20

TWO-YEAR LETTERMAN/PSYCHOLOGY MAJOR

ON JOSEY - Showed perhaps the most improvement of any player on the squad last season...has continued to make gains in size and strength...will be counted on for rebounding and to help fill the void on the boards left by the graduation of Reggie Williams...hard worker and dependable performer on the wing.

2007-08: Developed into a dependable reserve at the end of last season and lettered for the second time...averaged four rebounds per game while coming off the bench over the last seven games of the year...played perhaps his strongest game of the year against High Point (3/1) when he scored nine points, grabbed four rebounds and drained all four shots from the floor in 15 minutes of reserve duty...also scored a season-high 10 points against Columbia Union (11/28) going 3-for-4 from the floor...had a season-high nine rebounds against Charleston Southern (2/11) and Columbia Union (11/28)...played a season-high 24 minutes in Feb. 26 win at Liberty, where he had his lone block on the year, and also played 24 minutes at Winthrop...started 10 games, including the first five of the season...pulled down five rebounds in 14 minutes at South Carolina State.

2006-07: Played in 17 games with three starts...scored 10 points in his first career start at Army on Nov. 28 and grabbed a career-best eight rebounds in the team's opening game at the William & Mary tip-off Classic against Cornell on Dec. 1...appeared in the team's first 15 games but played in only two of the last 18 contests...other starts came against Jacksonville State and Winthrop...connected on 3-of-7 3-point FG against Southern Virginia November 20

HIGH SCHOOL: Signed in the Fall 2005 period...averaged 20 points, 14 rebounds and 4.7 assists as a senior and was named All-State...received the team's impact player award at The King's Academy his junior year and averaged 22 points and 12 rebounds a game...also averaged three assists and two steals...was honored as the school's Male Athlete-of-the-Year...Josey attended the 2005 Blue Chip All-Star Camp was named an all-star...he was also named Sevier County Slam Dunk Champion in 2004...before playing at The King's Academy, Josey played basketball for three years (2000-2003) at The Mountbatten School in England...Honor roll student that also received a Latin award in his high school career.



Top Career Performances

- Points - 10, (Twice) Last vs. Columbia Union, 11/28/07
- Rebounds - 9, (Twice) Last vs. Charleston Southern, 2/11/08
- 3-Point FG Made- 3, vs. Southern Virginia, 11/20/06
- Blocked Shots - 1, (Twice) Last at Liberty, 2/26/08
- Assists - 3, vs. Virginia Intermont, 11/15/06
- Steals - 2, vs. Virginia Intermont, 11/15/06
- FG% - 1.000 (4-4), vs. High Point, 3/1/08
- 3-Point FG% - .429 (3-7), vs. Southern Virginia, 11/20/06
- FT% - 1.000 (3-3), at Army, 11/28/06

Josey's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|-----------------|--------------|-------------|-------------|-------------|--------------|-------------|------------|------------|-----------|-----------|----------|-----------|-------------|-----------|------------|
| 06-07 | 17-3 | 164-9.6 | 11-56 | .196 | 6-40 | .150 | 5-7 | .714 | 31 | 1.8 | 6 | 19 | 0 | 5 | 27-1 | 33 | 1.9 |
| 07-08 | 27-9 | 287-10.6 | 17-37 | .459 | 3-14 | .214 | 7-16 | .438 | 76 | 2.8 | 10 | 23 | 1 | 6 | 49-0 | 44 | 1.6 |
| Totals | 44-12 | 451-10.3 | 28-93 | .301 | 9-54 | .167 | 12-23 | .522 | 107 | 2.4 | 16 | 42 | 1 | 11 | 76-1 | 77 | 1.8 |





Austin Kenon

Sophomore • Guard
5' 11" • 180 lbs.
Virginia Beach, Va.
(First Colonial)

#10

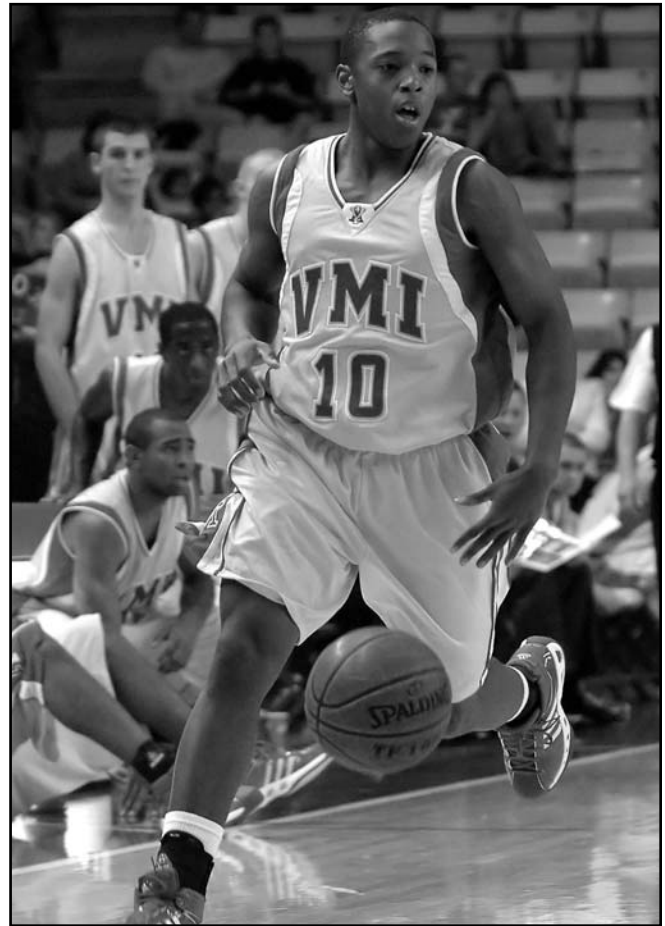


ONE-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON KENON – Will give the Keydets dependable shooting from the outside...was VMI's most consistent outside shooting threat until season was cut short last year...hopes to pick up where he left off last season...projected at starting no. 2 guard

2007-08: Played in 16 games with 10 starts and was averaging double figures (12.3) points before sitting out games in the spring semester...scored in double figures in 10 games...shot 40.4% from three-point range and finished third on the team in three-point field goals despite missing most of the conference season...was fourth on the team in scoring at the time of his last game and was ranked fifth in the Big South in field goal percentage...was named Big South Freshman of the Week consecutive weeks after scoring a career-high 25 points at William & Mary (12/20), tallying 18 points at Richmond (12/30) and also scoring 15 points at Mercer (1/2), where he hit the go-ahead bucket for the win...shot 18-of-27 beyond the arc (67%) over the three-game William & Mary, Richmond, and Mercer stretch...connected on 28 treys over his final six games...logged three or more steals in six games, including four against Columbia Union...was 7-for-11 from three-point range against William & Mary (12/20).

HIGH SCHOOL: Averaged 17.6 points and 4.2 rebounds his senior season for First Colonial while shooting 41% from 3-point range and 85% from the free throw line...named the team MVP for two consecutive years ('06, '07)... is First Colonial's all-time career leader in 3-pointers made with 130 after hitting 73 during his senior season while also averaging 2.0 steals and 2.1 assists per game... was named first team All-Beach District on 2007 as well as second team All-Eastern Region...also named third team All-Beach District in 2006.



Top Career Performances

- Points - 25, at William & Mary, 12/20/07
- Rebounds - 5, (Twice) Last at Mercer, 1/2/08
- 3-Point FG Made- 7, at William & Mary, 12/20/07
- Assists - 3, (Three Times) Last vs. Southern Virginia, 1/8/08
- Steals - 4, vs. Columbia Union, 11/28/07
- FG% - .667 (8-12), at William & Mary, 12/20/07
- 3-Point FG% - .636 (7-11), at William & Mary, 12/20/07
- FT% - 1.000 (2-2) (Twice), Last at William & Mary, 12/20/07

Kenon's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|-----------------|---------------|-------------|---------------|-------------|------------|-------------|-----------|------------|-----------|-----------|----------|-----------|-------------|------------|-------------|
| 07-08 | 16-10 | 387-24.2 | 68-160 | .425 | 57-141 | .404 | 4-5 | .800 | 31 | 1.9 | 20 | 23 | 0 | 23 | 29-1 | 197 | 12.3 |
| Totals | 16-10 | 387-24.2 | 68-160 | .425 | 57-141 | .404 | 4-5 | .800 | 31 | 1.9 | 20 | 23 | 0 | 23 | 29-1 | 197 | 12.3 |





Adam Lonon

Junior • Guard
5' 11" • 175 lbs.
Richmond, Va.
(Steward School)

#1

TWO-YEAR LETTERMAN/ECONOMICS AND BUSINESS MAJOR

ON LONON - A veteran backcourt performer and returning starter...one of the team's better defenders...will be counted on for leadership and experience...expected to start at the point.

2007-08: Played in 28 games with 27 starts...co-led the team in assists with 97 and averaged 3.5 assists per game, ranking eighth in the Big South Conference...ranked fifth in the Big South in steals (2.07 per game)...improved shooting percentage to 51.1% for the season (45-88)...averaged seven assists per contest over a four-game stretch in January...dished out four or more assists in 14 games...had a season-high nine assists against Columbia Union on Nov. 28 and eight assists at Charleston Southern (1/12)...scored in double figures against Columbia Union (14 points) and 10 points against UNC Asheville (1/19)...logged a season-high five steals against S.C. State (12/4) and West Virginia Wesleyan (11/14)...ranked seventh in the Big South Conference in assist/turnover ratio (1.4)...played a season-high 38 minutes against Winthrop (1/23) and Radford (2/5)...lettered for the second time.

2006-07: Was second on the team in assists with 120...played in all 33 games with 31 starts at point guard...dished out a season-high 11 assists in record setting win against Virginia Intermont and also had 10 assists against Lees-McRae...had a season-high eight assists in a conference game at Winthrop Jan. 5 ...gave the team a first-half scoring burst against Winthrop Jan. 31 with 12 points, hitting four-of-seven shots from the floor and four-of-five from the line...ranked eighth in the Big South in assists (3.64) and was sixth in assist-turnover ratio...one of five Keydets to rank among the top 13 in steals in league games...had four steal games against Charleston Southern, Southern Virginia, and Virginia Intermont...played 31 minutes and gave the Keydets excellent defensive play in the tourney win at Liberty.

HIGH SCHOOL: Averaged 17.3 points as a senior with 4.0 steals and 3.8 assists per game...scored a career-high 42 points in a game along with 13 rebounds, six assists, and four steals...a first team 2005-06 All-State selection, Lonon was also named first team All-Virginia Commonwealth Conference and was selected MVP of the conference tournament his senior year...also co-captained the team...helped Steward to 64 wins over his three-year high school career and played on the state championship Steward School team as a sophomore and was named MVP of the Virginia Independent Schools State Championships...also earned All-Conference and All-Academic team honors as a junior.



Top Career Performances

- Points - 14, vs. Columbia Union, 11/28/07
- Rebounds - 5, (Twice) Last vs. Howard, 12/8/07
- 3-Point FG Made- 1, (Four Times) Last at Liberty, 2/26/08
- Blocked Shots - 1, (Twice) Last vs. UNC Asheville, 1/19/08
- Assists - 11, vs. Virginia Intermont, 11/15/06
- Steals - 5, (Twice) Last at South Carolina State, 12/4/07
- FG% - .833 (5-6) (Twice), Last vs. UNC Asheville, 1/19/08
- 3-Point FG% - 1.000 (1-1) (Four Times), Last at Liberty, 2/26/08
- FT% - .800 (4-5), vs. Winthrop, 1/31/07

Lonon's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|--------------|------------------|---------------|-------------|-------------|-------------|--------------|-------------|-----------|------------|------------|------------|----------|------------|--------------|------------|------------|
| 06-07 | 33-31 | 608-18.4 | 26-75 | .347 | 0-17 | .000 | 14-28 | .500 | 59 | 1.8 | 120 | 75 | 1 | 45 | 61-1 | 66 | 2.0 |
| 07-08 | 28-27 | 637-22.8 | 45-88 | .511 | 4-22 | .182 | 24-37 | .649 | 40 | 1.4 | 97 | 70 | 1 | 58 | 57-0 | 118 | 4.2 |
| Totals | 61-58 | 1245-20.4 | 71-163 | .436 | 4-39 | .103 | 38-65 | .585 | 99 | 1.6 | 217 | 145 | 2 | 103 | 118-1 | 184 | 3.0 |





Stephen Sargent

(R) Freshman • Center
7' 0" • 245 lbs.
Fayetteville, Ga.
(Whitewater)

#50



ONE-YEAR LETTERMAN/HISTORY MAJOR

ON SARGENT- The program's first 7-footer...was limited by injury last year and was redshirted...continues to develop in all facets of his game and working to make a contribution.

2007-08: Played in four games before shutting his season down to rehab from pre-season surgery...played against Dartmouth, West Virginia Wesleyan, Columbia Union and Howard...scored 12 points against Columbia Union and was six-for-eight from the floor...hit three-of-four shots from the floor against West Virginia Wesleyan and scored six points.

HIGH SCHOOL: Played under coach Brent Jackson at Whitewater High...averaged 9.0 points and 10.0 rebounds as a senior and averaged 11.0 points, 10.0 rebounds, and eight blocks as a junior...is WHS all-time leading in blocks (336) and rebounds (689)...All-County First Team for two years and Second Team his sophomore year...named All Tournament Team-Thanksgiving 2006...named Outstanding Rebounder 2006-2007...led WHS to the state playoffs in 2007...Played for AAU Metro Mavericks (National Qualifiers-Orlando, Fla.-2006)...scored eight points, 15 rebounds and 20 Blocks against Our Lady of Mercy his sophomore season.



Top Career Performances

- Points - 12, vs. Columbia Union, 11/28/07
- Rebounds - 6, vs. West Virginia Wesleyan, 11/14/07
- Blocked Shots - 3, vs. Columbia Union, 11/28/07
- Assists - None
- Steals - None
- FG% - .750 (6-8), vs. Columbia Union, 11/28/07
- FT% - None

Sargent's Career Numbers

| YEAR | G-GS | MIN-AVG | FG-FGA | PCT | 3 PT FG-FGA | PCT | FT-FTA | PCT | REB | AVG | AST | TO | BLK | STL | PF-DQ | PTS | AVG |
|---------------|------------|---------------|-------------|-------------|-------------|-------------|------------|-------------|----------|------------|----------|----------|----------|----------|------------|-----------|------------|
| 07-08 | 4-0 | 23-5.8 | 9-12 | .750 | 0-0 | .000 | 0-1 | .000 | 7 | 1.8 | 0 | 3 | 6 | 0 | 5-0 | 18 | 4.5 |
| Totals | 4-0 | 23-5.8 | 9-12 | .750 | 0-0 | .000 | 0-1 | .000 | 7 | 1.8 | 0 | 3 | 6 | 0 | 5-0 | 18 | 4.5 |



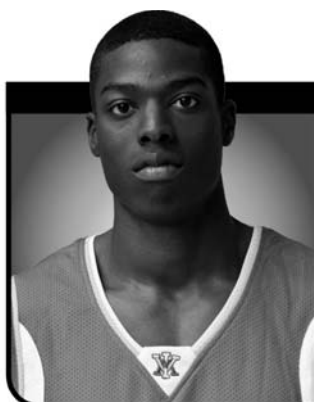


Ron Burks

Freshman • Forward
6' 4" • 205 lbs.
Mitchellville, Md.
(Paul VI)

#15

Averaged 13.7 points, 7.0 points and 3.0 assists during his senior season at Paul VI and shot 52% from the floor and 75% from the line...was a three-year starter and served as team captain for two seasons...named WCAC Second Team All Conference and was also named honorable mention All-Metro by The Washington Post...known as an excellent team player who played a number of positions and also showed his skill as an effective rebounder from the perimeter.

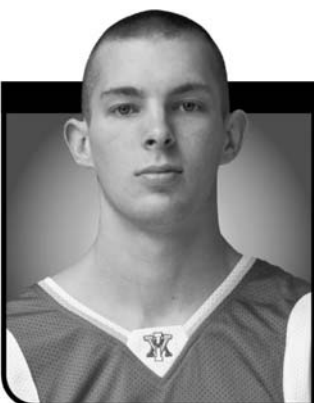


Keith Gabriel

Freshman • Guard
6' 2" • 180 lbs.
Charlotte, N.C.
(United Faith)

#21

Averaged 17.0 points and 4.0 rebounds during his senior year...also averaged three assists and three steals per game for the United Faith squad under coach Shaun Wiseman that posted a 31-3 record and finished runner-up in the 1A state championship game...named to First Team All-Conference and First Team All-State Private Schools squads and was also picked to the All-Tournament team...was also selected to the Charlotte Weekly Newspaper second team and earned a spot on the Shootout by the Sea All-Tournament team.

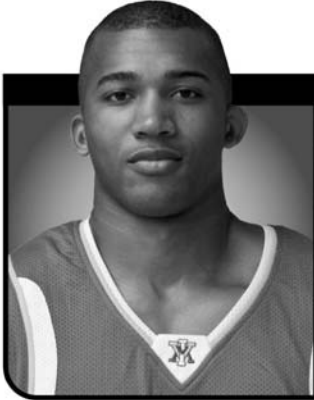


Michael Sparks

Freshman • Guard
6' 4" • 195 lbs.
Lexington, Ky.
(Tates Creek)

#31

Averaged 19.1 points and 8.5 rebounds his senior year and became the school's all-time leading scorer surpassing new South Carolina head coach Darrin Horn...was also selected to play in the prestigious Kentucky-Indiana all-star game following his senior year...averaged 17 points, 8 rebounds, and 3 assists per game as a junior...was named the Tates Creek MVP on a team that went 26-7 in 2006-07...also shot 80% last year from the free throw line to lead the team and surpassed the 1,000 point career scoring mark during the season...played for one of the highest scoring high school teams at the highest classification in the state of Kentucky which should mesh well with VMI's up-tempo system of play...has also received the Tates basketball team GPA award... played on the Shining Star AAU team which won the Kentucky Championships in Spring, 2007.



Wayne Whiting

Freshman • Center
6' 7" • 240 lbs.
Chester, Va.
(Benedictine)

#31



Averaged 10.4 points and 6.8 rebounds with 1.2 blocks per game as a senior and was voted first team All-CAC in 2007-08...played for a Benedictine program under coach Sean McAloon that was nationally ranked for two seasons and attained the #1 ranking among Richmond metro area schools for the better part of two years and received exposure on ESPN game broadcasts...served as the team's sixth man as a junior before moving into the starting line-up for his senior season...Benedictine was 57-10 (85% win percentage) while Whiting played for the Cadets...Keydet staff feels he has the athleticism and work ethic to make him a force inside.



Aaron Blosser

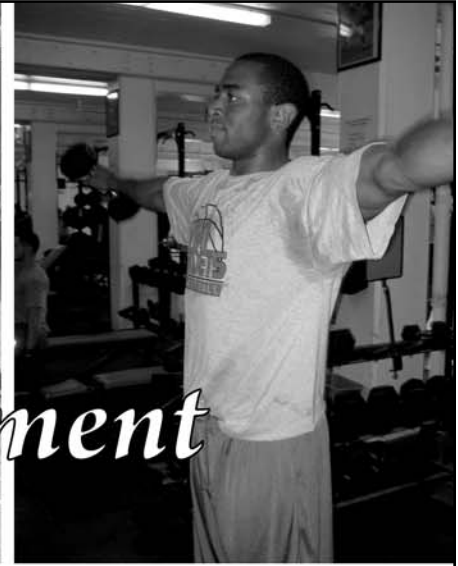
Freshman • Forward
6' 3" • 205 lbs.
Virginia Beach, Va.
(Frank Cox)

#35



Comes to the team as a recruited walk-on...averaged 13 points and eight rebounds per game for Cox...a solid player with sound fundamentals...has the ability to adapt to several different positions...will help the backcourt and wing position depth.





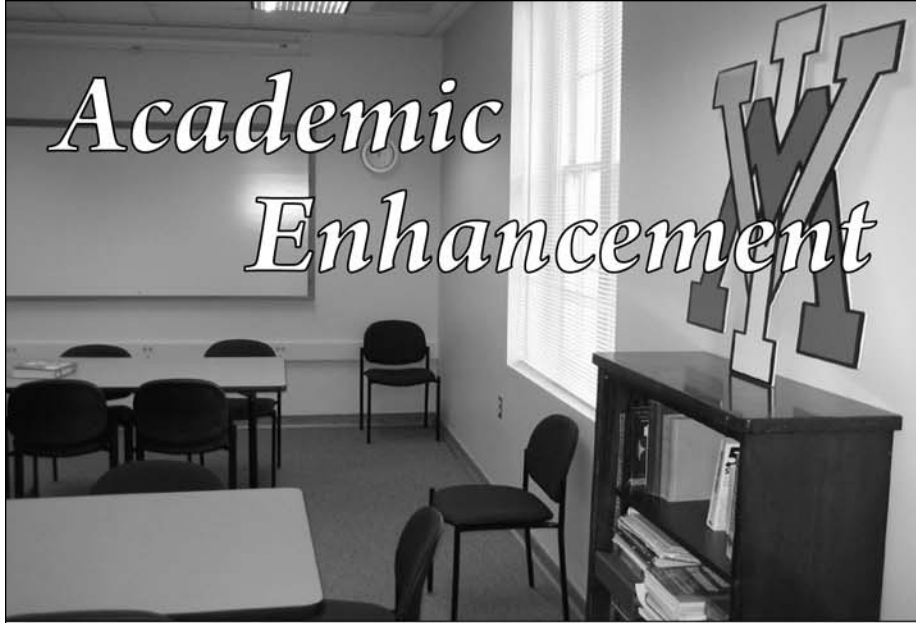
Player Development



Coach Duggar Baucom and his staff are dedicated to developing the cadet-athlete to his fullest potential in both individual and team practice settings. Basketball skills including shooting, ball-handling, defense and team play are developed through countless hours of hard work put in by players and coaches of VMI Basketball.

Conditioning is a key component to the success of the basketball program, and VMI prides itself on providing the cadet-athlete with the tools to improve oneself physically. With over 9,000 square feet of space, the Charles S. Luck '20 Memorial Weight Room, located in Cocke Hall, contains over 17,000 pounds of free weights and 3,000 pounds of dumbbell weights. Over 70 pieces of free weight training equipment are available and over 40 separate pieces of resistive training machine-type equipment. Additional Olympic platforms, heavy duty power racks and a number of back, leg, and neck machines have been installed to complement existing equipment.





Academic Enhancement



The Academic Advising Office provides academic support to all NCAA athletes in a variety of functions. The office, located in Miller Academic Center in Carroll Hall, assists athletes with the identification of individual career goals and selection of an academic major, and also maintains the tutoring program.

The Academic Advising staff mentors the cadet-athlete throughout the cadetship, and devotes all resources to continued progress toward degree completion and successful employment upon graduation.

The Academic Advising Office is currently staffed by **Sherry E. Baucom**, who also serves as the VMI Senior Woman Administrator, **Stephen T. Ross**, former VMI head men's soccer coach, and **Col. Donald K. Jamison**, professor emeritus of Civil Engineering and former VMI head tennis coach.

