

MICHELE RUSSELL



COLANDRA ROLLINS



ALICIA BESSEY-MEDFORD



2007-08

CHRISTOPHER NEWPORT WOMEN'S BASKETBALL



USA South
Champions
2006-07



Captains' Quarters



The Freeman Center



Field Hockey/Lacrosse



Tennis Complex



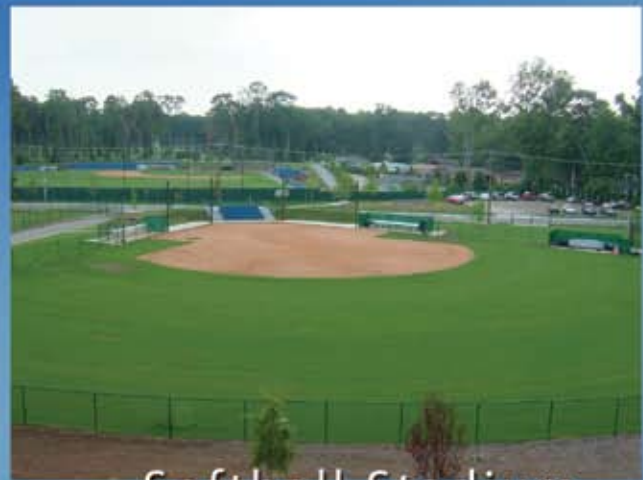
Pomoco Stadium & Belk Track



Baseball Stadium



Soccer Stadium



Softball Stadium

CNU Athletic Facilities



MEDIA INFORMATION

The Department of Athletic Communications at Christopher Newport University would like to welcome you to our campus. We hope to make your visit to the campus and your efforts to cover the University's athletic programs as easy as possible.

We will attempt to provide any service you may need that is within the scope of our abilities.

MEDIA INFORMATION - Pre-game information and statistics on all players and coaches; photographs, media guides, and game programs are available upon request to all accredited members of the media

GAME SERVICES - Complete game information (box score and play-by-play) will be available within 15 minutes after the completion of a game. Writers and broadcasters will also be able to speak with players and coaches after a brief cooling-down period.

PHONES, FAX - Telephones and fax machines are available in the Department of Athletic Communications' offices in the Freeman Center.

INTERNET, E-MAIL - CNU has a comprehensive World Wide Web site at <http://www.cnu.edu/athletics>. A link to the Dixie Conference web site is located at the top of CNU's home page. CNU also offers up-to-date e-mail service with complete results after each game and a weekly update. To subscribe, contact Assistant Director of Athletic Communications Dave Gosselin. His e-mail address is dgosseli@cnu.edu.



The Freeman Center - Home of CNU Women's Basketball
ON THE COVER: CNU's three seniors will lead the Lady Captains in 2007-08.

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Christopher Newport Fast Facts & Directory

Location	1 University Place , Newport News, Va. 23606
Enrollment	4,800
History	Founded, 1961
Colors	Royal Blue & Silver
Nickname	Lady Captains
President	Senator Paul S. Triple, Jr.
Home Court/Capacity	The Freeman Center/2300
Athletic Department Phone	(757) 594-7025
Athletic Director	C.J. Woollum (757) 594-7217
Assistant Athletic Director	Jon Waters (757) 594-8895
Head Athletic Trainer	Chris Jones ATC, MS, CSCS (757) 594-7023
Office Phone	
Assistant Athletic Trainer	Chad Fraser
Assistant to A.D. for Communications	Wayne Block (757) 594-7382
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Phone	(757) 566-8411
Home	(757) 594-7967
Athletic Communications FAX	
Student SIDs	Alan Fontane, Bev Waller, Caroline Morris, Chris Inzirillo
Conference	USA South Athletic Conference NCAA Division III
Head Basketball Coach/ Senior Woman Administrator	Carolyn Hunter (757) 594-7103 chunter@cnu.edu
Record at CNU	162-84 (9 seasons)
2006-2007 Record	21-9, 11-3
Assistant Coaches	Sarah Bolten, Barbara Lewis, and Tim Greer
Returning Starters	Michele Russell
Returning Lettermen	Colandra Rollins, Alicia Bessey-Medford, Shannon Perry
Lettermen Lost	Nikki Rowland, Candace Bryant, Samantha Davis, Dee Luck, Jessica Carmon, Kelly White, Krystal Vest, Megan Farnin
Athletic Department Fax	(757) 594-7839

CNU ATHLETIC STAFF



PRESIDENT
PAUL S. TRIBBLE, JR.

ATHLETIC
DIRECTOR
C.J. WOOLLUM



Scott Ashworth
Athletic Turf Manager



Lindsay Birch
Volleyball
Coach



Wayne Block
Asst. to the A.D.
Communications



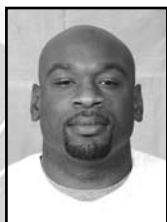
Jason Clevenger
Director of
Intramurals



Rush Cole
Men's Tennis
Coach



Greg Dale
Asst. Director
Freeman Center



Jonathan Dean
Strength &
Conditioning Coord.



Dr. Dan Elliott
Team Physician



Shanika Ellis
Business Manager



Erica Flanigan
Cheerleading
Coach



Chad Fraser
Asst. Athletic Trainer



Brenda Giles
Program
Support



Dave Gosselin
Asst. Director
Athletic Comm.



John Harvell
Baseball Coach
Dir. Intramurals



Carolyn Hunter
Women's Basketball
Coach, Asst. to AD



Sandra Johnson
Program
Support



Chris Jones
Athletic Trainer
Conditioning Spec.



Bobby Jordan
Maintenance
Supervisor



Matt Kelchner
Football
Coach



Tina Kihara
Golf
Coach



Kwame Lloyd
Women's Soccer,
Lacrosse Coach



Keith Maurer
Men's and Women's
Cross Country Coach



Carrie Moura
Field Hockey
Coach



Lacey Nordsiden
Head Football, Men's
Lacrosse trainer



Jenny Nuttycombe
Women's Tennis
Coach, Asst. BKB



Keith Parr
Softball
Coach



Roland Ross
Coordinator
Athletic Outreach



Lou Serio
Athletic Materials
Manager



Steve Shaw
Men's Soccer
Coach



Judy Stenzhorn
Administrative
Assistant



Cindy Sutphin
Program
Support



Chris Swanenberg
Men's Lacrosse
Coach



Francis Tommasino
Director Athletic
Communications



Jon Waters
Associate Athletic
Director



Tyler Wingard
Men's & Women's
Track & Field



Lisa Wingfield
Treishmann Fitness
Center Director



Dan Winters
Sailing
Coach

A LOOK AT THE 2007-2008 SEASON

This year's Captains will be extremely young but full of potential. With only four returners from last year's 21-9 team, they will be looked upon to lead the way. Seven freshmen and one junior will round out the squad and will be expected to step up throughout the season.

BACKCOURT

Senior **Michele Russell (Hampton, VA/Phoebus H.S.)** returns for her final season and will be looked upon as the primary ball handler and leader on the court. The Hampton native from Phoebus High averaged 3.8 ppg and 3.1 assists per game last year. Her flare and energy will provide a spark on both ends of the court. She has the ability to get to the basket, set up her teammates, as well as hit the open jumper.

Others that will see time at the point guard position include junior **Shannon Perry (Hampton, VA/Peninsula Catholic H.S.)** and freshman **Erin Furey (Annandale, VA/Paul VI H.S.)**. Perry and Furey will be looked toward to provide depth at this position. Perry's energy on defense will be key, while Furey could be a threat from behind the arc. Both of them will also see time at the shooting guard position.

Senior **Alicia Medford (Derby, KS/Derby H.S.)** returns after a strong junior year and will be counted on heavily as a leader on and off the court, and is also the team's biggest offensive threat for this season. She will see time at both

the guard and forward position on the court. With the loss of six seniors who averaged close to 50 points per game, her 10.8 scoring average should go up, as well as her 3.7 rebounds per game. Her three-point range, as well as her size, will allow her to play both inside and out. Defensively she will be asked to match up with opponents' post players.

Joining Medford at the shooting guard will be freshman **Chelsie Schweers (Chesapeake, VA/Hickory H.S.)**, **Megan Stangroom (Chantilly, VA/Chantilly H.S.)**, and **Monique Lee (Newport News, VA/Woodside H.S.)**. All three could be threats from behind the arc as well as offering a defensive spark for the entire

team.

FRONTCOURT

The third and final senior returning will be Colandra Rollins. After a steady junior year, averaging almost 20 minutes per game, along with 6.9 points and 5.2 rebounds per game, Rollins will provide scoring and strength on the inside. Others that will see time at this position include three freshman, **Jessica Moore (Fredericksburg, VA/Stafford H.S.)**, **Kristen Duca (Westhampton, NY/Westhampton H.S.)** and **Leanne VanDerveer (Winchester, VA/Randolph-Macon Academy)**.

This young group of Captains appears to have the makings of another team that will battle for an NCAA berth.



Alicia Medford

HEAD COACH CAROLYN HUNTER

Carolyn Hunter enters her tenth season as coach of the Lady Captains, carrying an overall record of 162-85 (.656) into the 2007-2008 season.

Hunter has passed Susan Walthall for second place on the school's all-time wins list. Walthall finished with 125 wins in eight seasons.

During her nine seasons, the Lady Captains have been regular, or co-regular season champions four times, Dixie/USA South Conference Tournament champions three times and have made four post-season appearances in the NCAA Tournament.

She has also led her teams into the Second Round of the NCAA Tournament three times, in 2001-2002, 2003-2004 and 2006-2007.

Hunter also serves as Senior Womens Administrator.

A native of Austin, Texas, Hunter has a wealth of coaching and playing experience at many different levels.

She graduated from Reagan High School in Austin in 1983, where she was an all-district point guard.

She received a Bachelor of Science Degree in Education from Southwestern University in Georgetown, Texas, in 1987. She was a four-year starter at the point and received numerous honors.

She went on to graduate school at the University of Texas and received her Masters in Education in 1990. Hunter's coaching career began there when she became a graduate assistant in 1987 while working on her Masters.

After serving as a graduate assistant at UT for two years, Hunter moved to the high school level. She took over the basketball, volleyball, softball, track, and cross country programs at Hilltop Baptist Academy, a high school in Cedar Park, Texas. Hunter also became Athletic Director there for a two-year period.

Hilltop's squads improved dramatically under Hunter's leadership, and the women's basketball program went 16-10 in her second year there, the best record in school history. After three years at Hilltop, Hunter left to return to the University of Texas as an assistant.

She assisted head coach Jody Conratt for two seasons, and helped guide the Longhorns to a 22-9 season and an NCAA appearance in 1994.

In 1995, Hunter left Austin to become an assistant at Hampton University. In December of 1996, she took the reigns as interim head coach. Hunter's squad went 7-15 overall, including a 1-1 post-season record in the MEAC Tournament.

Hunter returned to high school coaching in 1997 and took over the program at Bethel Christian in Hampton. In addition to coaching basketball, Hunter also led the volleyball squad and assisted in softball. She also taught math, chemistry and physical education.

Hunter is married to Dr. David Hunter, an Endowed Professor of Health and Physical Education at Hampton University. They reside in Hampton, with their daughter, Makayla and son David.



From Left to right: Dr. David Hunter, David, Head Coach Carolyn Hunter and Makayla.



MORE ON COACH HUNTER

THE HUNTER FILE

Hometown: Austin, Texas

Education: BS/ Education
 Southwestern University
 Georgetown, Texas, 1987

Masters/ Exercise
 Science
 University of Texas
 Austin, Texas 1990

1987-89 Graduate Assistant
 University of Texas
 Austin, Texas

1990-93 Head Women's Coach
 Hilltop Baptist
 High School
 Cedar Park, Texas

1993-95 Assistant Coach
 University of Texas

1995-96 Assistant Coach
 Hampton University
 Hampton, VA

1996-97 Interim Head Coach
 Hampton University

1997-98 Head Coach
 Bethel Christian
 High School
 Hampton, VA

1998-Present Head Coach
 Christopher Newport
 University

HUNTER VS. 2007-2008 OPPONENTS

Averett	19-1	Methodist	14-9
Ferrum	14-6	NC Wesleyan	17-3
Greensboro	15-7	Peace	9-2
Goucher	2-1	Roanoke	0-0
Hood	2-1	Shenandoah	16-5
Lynchburg	0-0	Trinity (D.C.)	0-0
Mary Baldwin	4-1	VA Wesleyan	3-4
Mary Washington	3-6		
Meredith	1-0		



Head Coach Carolyn Hunter instructs her team during a timeout.

CNU UNDER CAROLYN HUNTER

Year	Overall	Conference	Highlights
1998-99	15-10, 10-2	Dixie Regular	Season Champs
1999-00	15-11, 9-3	Tied for 2nd in Dixie	
2000-01	20-7, 10-2	Dixie Champions	NCAA Tourney Conf. Coach of the Year
2001-02	24-5, 12-2	Dixie Regular	Season Champs 2nd Round NCAA Trn.
2002-03	19-9, 10-4	Dixie Co-Regular	Season Champs
2003-04	21-9, 12-4	USA South Champs	2nd Round NCAA Trn.
2004-05	10-16, 7-7	Tied for 3rd in USA South	
2005-06	17-9, 11-3	2nd place in USA South	
2006-07	21-9, 11-3	USA South Champs	2nd Round NCAA Trn.

Assistant Coaches



Sarah Bolten

SARAH BOLTEN

Sarah Bolten joins head coach Carolyn Hunter's staff for her first season. Bolten is a 2005 graduate of St. Francis (PA) University. She is currently pursuing her Masters from Utica College.

She comes to CNU from Utica, NY, where she was a full-time assistant coach at Utica College. She assisted the head coach in practice planning, player evaluation, scouting and breakdown of film. She also helped with the recruiting of potential student-athletes, coordinated team fundraising events and helped organize pre-season workouts.

Bolten was a two-year captain at St. Francis and helped her team win three Northeast Conference championships. Bolten also played three times in the NCAA Tournament and scored more than 1,000 points in her career. She participated in Nike's "So you want to be a Coach" program and was also a member of the Dean's List and Athletic Honor Roll.

Her primary duties will be recruiting, and working with the guards and forwards.



Barbara Lewis

BARBARA LEWIS

Barbara Lewis returns to the side of head coach Carolyn Hunter for her sixth overall season and her second since the 2002-2003 campaign. Lewis brings a wealth of coaching and teaching experience back to Hunter's staff. She graduated from Radford University in 1986 with a Bachelor of Science in Child Development and played two seasons of basketball after playing two years at Ferrum Junior College, where she also played volleyball.

She currently works for Downtown Hampton Child Development Center/Pre-School Initiative as a Program Director. She was a coach for Boo Williams AAU team from 1997-2001. She was an assistant coach for Bethel High School 1996.

Her primary responsibilities will be working with the post players along with assisting in scouting and recruiting.

She has three children Ralph Jr. 20, Evelyn 18, and Brandon 16.



Tim Greer

TIM GREER

Tim Greer returns for his second season on head coach Carolyn Hunter's staff. Greer is a 1999 graduate of Bethel Christian High School and a 2004 graduate of CNU with a major in Physical Education.

He currently is a sheet metal mechanic apprentice at the Newport News Apprentice School.

He was a student-volunteer for three years while at Christopher Newport. He also assisted in two summer camps and has coached one season of recreational boys basketball ages 15-18.

His primary responsibilities will be film exchange, scouting and assisting with the guards and forwards.

He aspires to be a head coach at the collegiate level.



Teawanna Cooper

TEAWANNA COOPER

A student at Norfolk St. University, Teawanna Cooper joins the CNU staff for the second year.

She is a graduate of nearby Woodside H.S., where she played basketball and was team captain. While there she won an award as a top student-athlete. After graduation she became Assistant Varsity Coach at Woodside in 2004 and then JV coach in 2005.

Her primary duties for CNU this year will involve recruiting, scouting and assisting with the guards.

She intends to go into coaching after graduation.



CHRISTOPHER NEWPORT 2007-2008 WOMEN'S BASKETBALL ROSTER

NUMERICAL

No.	Name	Class	Pos.	Ht.	'05 Pts	'05 Reb	Hometown	High School
4	Michele Russell***	Sr.	G	4-11	3.8	1.5	Hampton, VA	Phoebus
11	Chelsie Schweers	Fr.	G	5-7	--	--	Chesapeake, VA	Hickory
20	Monique Lee	Fr.	G	5-6	--	--	Newport News, VA	Woodside
21	Shannon Perry**	Jr.	G	5-6	0.5	0.8	Hampton, VA	Peninsula Catholic
23	Erin Furey	Fr.	G	5-3	--	--	Annandale, VA	Paul VI
30	Kristen Duca	Fr.	G/F	5-11	--	--	Westhampton, VA	Westhampton
32	Alicia Medford*	Sr.	G/F	5-11	10.8	3.7	Derby, KS	Derby
33	Megan Stangroom	Fr.	G	5-6	--	--	Chantilly, VA	Chantilly
41	Colandra Rollins***	Sr.	F	5-8	6.9	5.2	Culpeper, VA	Culpeper
44	Jessica Moore	Fr.	G/F	5-10	--	--	Fredericksburg, VA	Stafford

Head Coach: Carolyn Hunter

Assistant Coaches: Sarah Boltan, Barbara Lewis, Tim Greer, Teawanna Cooper

* denotes previous CNU experience

ALPHABETICAL

No.	Name	Class	Pos.	Ht.	'05 Pts	'05 Reb	Hometown	High School
30	Kristen Duca	Fr.	G/F	5-11	--	--	Westhampton, VA	Westhampton
23	Erin Furey	Fr.	G	5-3	--	--	Annandale, VA	Paul VI
20	Monique Lee	Fr.	G	5-6	--	--	Newport News, VA	Woodside
32	Alicia Medford*	Sr.	G/F	5-11	10.8	3.7	Derby, KS	Derby
44	Jessica Moore	Fr.	G/F	5-10	--	--	Fredericksburg, VA	Stafford
21	Shannon Perry**	Jr.	G	5-6	0.5	0.8	Hampton, VA	Peninsula Catholic
41	Colandra Rollins***	Sr.	F	5-8	6.9	5.2	Culpeper, VA	Culpeper
4	Michele Russell***	Sr.	G	4-11	3.8	1.5	Hampton, VA	Phoebus
11	Chelsie Schweers	Fr.	G	5-7	--	--	Chesapeake, VA	Hickory
33	Megan Stangroom	Fr.	G	5-6	--	--	Chantilly, VA	Chantilly

Head Coach: Carolyn Hunter

Assistant Coaches: Sarah Boltan, Barbara Lewis, Tim Greer, Teawanna Cooper

* denotes previous CNU experience

SQUAD BREAKDOWN

Lettermen Returning:	4
Lettermen Lost:	9
Starters Returning:	1
Starters Lost:	4
Seniors:	3
Juniors:	1
Sophomores:	0
Freshman:	6

Tallest Player:	Kristen Duca & Alicia Medford (5-11)
Shortest Player:	Michele Russell (4-11)
Oldest Player:	Alicia Medford (1/25/84)
Youngest Player:	Kristen Duca (9/28/1989)

BREAKDOWN BY CLASS

Seniors (3) Michele Russell, Alicia Medford, Colandra Rollins
Juniors (1) Shannon Perry
Sophomores (0) None
Freshmen (7) Chelsie Schweers, Monique Lee, Erin Furey, Megan Stangroom, Jessica Moore

ACADEMIC MAJOR

Marketing	1
Sociology/Criminology	1
Business	4
Sociology	1
Undecided	0
Pre-Med	1
Mathematics	1

Alicia MEDFORD

formerly Alicia Bessey
Senior • 5-11 • Guard

Derby, KS

Derby H.S.

32

2006-07 - Missed the first half of the season due to a knee injury ... Came back during the Hoop N Surf Classic ... Helped the Captains get to the NCAA Tournament ... Averaged 10.8 points per game ... Shot 48% from the field and 88% from the free throw line ... Had a season-high 25 points and 10 rebounds in CNU's win over NC Wesleyan ... Scored in double figures in 13 of the 24 games she played in ... Was an honorable mention all-USA South selection.

AT EMPORIA STATE - Played two seasons for Head Coach Brandon Schneider ... Was a part of a team that won its conference championship in 2004 ... Averaged 5 points and 2 rebounds in two seasons at Emporia St. ... Shot 50% from the field and 82% from the free throw line.

AT DERBY H.S. - Lettered all four years while a member of the Derby High School basketball team ... Named honorable mention all-state as a sophomore ... First team all-Ark Valley and was a second team all-state selection as a junior ... Named first team all-Ark Valley, first team all-state and a McDonald's All-American nominee as a senior ... Helped lead her team to a tournament championship and was also team captain as a senior ... Also was a member of the track & field program where she finished fifth in the state in the shot put.

PERSONAL - Alicia Bessey-Medford was born on January 25, 1984 in Wichita, KS ... Daughter of Bruce and Mary Bessey ... Has one brother, Heath, 22 ... One sister, Cathy, 37 ... Majoring in Sociology ... Chose CNU because its close to where she now lives and wanted to be a part of a great school and program ... Is an active member at the Waters Edge Church and enjoys golfing, fishing the beach and enjoying life with her husband, Rob ... Recently married on September 22, 2007.

**CAREER HIGHS****POINTS**

25 vs. NC Wesleyan (1/20/07)

REBOUNDS

10 vs. NC Wesleyan (1/20/07)

ASSISTS

4 several times

BLOCKS

1 numerous times

STEALS

5 vs. Averett (2/10/07)

Medford's Career at Emporia St.

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
02-03	27	48-96	.500	6-19	.316	18-24	.750	36	1.3	12	3	3	120	4.4
03-04	29	70-141	.496	2-9	.222	22-25	.880	75	2.6	18	3	17	164	5.7
Career	56	118-237	.498	8-28	.286	40-49	.816	111	2.0	30	6	20	284	5.1

Medford's Career at CNU

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
06-07	24	103-217	.475	17-48	.354	35-40	.875	89	3.7	38	6	30	258	10.8

Medford's USA South Career

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
06-07	14	67-121	.554	10-22	.455	30-34	.882	56	4.0	31	4	20	174	12.4



21

Shannon **PERRY**

Junior • 5-5 • Forward

Hampton, VA

Peninsula Catholic H.S.

2006-07 - Played in four games as a sophomore ... Scored two points in a win at Hood ... Grabbed two rebounds in the Captains' win over Marymount.

2005-2006 - Saw action in 24 games for head coach Carolyn Hunter ... Averaged 0.3 points and 0.6 rebounds ... Scored a season-high five points in a win over NC Wesleyan ... Grabbed three rebounds in win over Guilford.

AT PENINSULA CATHOLIC H.S. - Was a four-year letter winner for head coach Aubrey Perry ... Team captain 2002-2004 ... First team all-conference in 2003-2004 ... MVP in 2004 ... Averaged 12 points and three steals ... Named to the Walsingham and Alliance Christian Tournaments all-tournament team ... Also ran track ... First team all-conference in track from 2003-2004 ... Team captain 2002-2004.

PERSONAL - Shannon Joi Perry was born on August 25, 1987 in Hampton, VA ... Daughter of Aubrey and Donna Perry ... Has three brothers, Cameron, 12; Tre, 12 and Donte, 28 and one sister, Ikia ... Majoring in Pre-Med ... Chose CNU because it was close to home ... Enjoys poetry and music ... Member of PLP and SAAC.



CAREER HIGHS

POINTS

5 vs. NC Wesleyan

REBOUNDS

3 vs. Guilford (11/29/06)

ASSISTS

1 several times

BLOCKS

1 twice

STEALS

2 twice

Perry's Career

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
05-06	24	3-21	.143	1-7	.143	0-2	.000	14	0.6	5	2	6	7	0.3
06-07	4	1-4	.250	0-0	.000	0-0	.000	3	0.8	2	0	0	2	0.5
Career	28	4-25	.160	1-7	.143	0-2	.000	17	.607	7	2	6	9	0.3

Perry's USA South Career

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
05-06	14	3-13	.231	1-3	.333	0-2	.000	8	0.6	3	1	5	7	0.5
06-07	DID NOT PLAY													
Career	14	3-13	.231	1-3	.333	0-2	.000	8	0.6	3	1	5	7	0.5

Colandra ROLLINS

Senior • 5-8 • Forward

Culpeper, VA
Culpeper H.S.

41



2006-07 - Played in all 30 games ... Came off the bench to average seven points and five rebounds ... Set a career-high with 14 rebounds in a loss at Shenandoah ... Had a season-high 15 points in a win at home over Shenandoah.

2005-06 - Had a solid sophomore campaign ... Played in all 26 games, coming mostly off the bench ... Became just the third player under Head Coach Carolyn Hunter's direction to score more than 30 points when she dropped 32 against Ferrum ... Averaged 8.4 points and 7.4 rebounds ... Had four double-doubles ... Scored in double figures eight times ... Had a career-high 13 rebounds twice.

2004-05 - Began the year coming off the bench before earning a starting role in the team's ninth game ... Averaged 11 points and 8 rebounds in 18 games ... Missed the last eight games due to a knee injury ... Had four double-doubles ... Scored in double figures 12 times, including the game where she got hurt (finished with 16 points and 13 rebounds) ... Shot 56% from the field.

AT CULPEPER H.S. - Lettered in basketball at Culpeper in her final three years ... Three-time team Most Valuable Player ... Second team all-district as a sophomore, first team all-district and second team all-area as a junior and a senior ... Named to the all-tournament team ... Averaged 18 points in high school and scored a career high 39 points in one game ... Also played volleyball, track and youth softball ... Named to the A/B Honor Roll and Citizen of the Month.

PERSONAL - Colandra Latrice Rollins was born on September 16, 1986 in Albermarle, VA ... Daughter of Henry and Connie Rollins ... One brother, Cortez, 15 ... Majoring in Business Management ... Chose CNU because of its friendly environment and good reputation ... Enjoys basketball and working with children ... Would like to be a successful professional woman and give back to the youth in the community ... Also a member of MSA, CMA and Captains for Excellence.

CAREER HIGHS**POINTS**

32 vs. Ferrum (2/12/06)

REBOUNDS

14 vs. Shenandoah (1/10/07)

ASSISTS

3 vs. Greensboro (2/23/07)

BLOCKS

3 vs. Chowan (12/03/05)

STEALS

4 vs. Ferrum (1/20/07)

Rollins' Career At CNU

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
04-05	18	69-124	.556	0-0	.000	53-82	.646	138	7.7	11	6	16	191	10.6
05-06	26	77-132	.583	0-0	.000	64-103	.621	192	7.4	14	9	22	218	8.4
06-07	30	71-131	.542	0-0	.000	66-91	.725	157	5.2	20	4	21	208	6.9
Career	74	217-387	.561	0-0	.000	183-276	.663	487	6.6	45	19	59	617	8.3

Rollins' USA South Career

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
04-05	8	36-60	.600	0-0	.000	27-37	.730	65	8.1	5	2	7	99	12.4
05-06	14	53-76	.697	0-0	.000	45-73	.616	118	8.4	8	2	17	151	10.8
06-07	14	47-77	.610	0-0	.000	40-55	.727	90	6.4	11	2	16	134	9.6
Career	36	136-213	.638	0-0	.000	112-165	.679	273	7.6	24	6	40	384	10.7



4

Michele **RUSSELL**

Senior • 4-11 • Guard

Hampton, VA

Phoebus H.S.



2006-07 - Played in all 30 games, starting 28 ... Second on the team in assists with 94 ... Averaged four points and two rebounds as the Captains' primary ball-handler ... Had a season-high 10 points in a win at NC Wesleyan ... Was 25-of-26 from the free throw line.

2005-06 - Played in 23 games, starting 15 times ... Averaged 4 points and 1.5 rebounds ... Had a season-high 12 points against Chowan ... Set a new career-high with 12 assists at Mary Baldwin ... Scored in double figures three times ... Finished third on the team in assists with 60 ... Finished 12-of-15 from the free throw line.

2004-05 - Played in all 26 games while starting 24 in her first season as a Captain ... Averaged 6 points and 3 rebounds ... Third on the team in assists with 71 ... Scored a season high 14 points against Ferrum ... At 4-11, she brought down nine rebounds in a game against Shenandoah ... Dished out seven assists twice ... Shot 87% from the free throw line.

AT PHOEBUS H.S. - Played four years of basketball for head coach Barbara Burgess ... Received the Most Improved Player award in 2002 and 2003 and was given the Coach's Award in 2003 and 2004 ... Averaged 12 points, four assists and three steals while at Phoebus ... Also played softball ... Was an Honor Roll student, a member of the National Honor Society and Math Honor Society.

PERSONAL - Michele Nicole Russell was born November 6, 1986 in Hampton, VA ... Daughter of Clarice Russell ... Majoring in Mathematics ... Has two brothers, Maxie, Jr., 21 and Antwan, 26. Chose CNU because she knew that it was very organized and had a good basketball team ... Enjoys dancing, cards, reading and enjoys helping other people ... Member of SAAC and MSA.

CAREER HIGHS

POINTS

14 vs. Ferrum (2/13/05)

REBOUNDS

9 vs. Shenandoah (2/2/05)

ASSISTS

12 at Mary Baldwin (12/10/05)

BLOCKS

2 vs. Averett (2/10/07)

STEALS

4 several times

Russell's Career At CNU

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
04-05	26	57-139	.410	16-54	.296	31-35	.886	75	2.9	71	2	39	161	6.2
05-06	23	32-82	.390	15-35	.429	12-15	.800	32	1.4	60	2	23	91	4.0
06-07	30	43-110	.391	4-26	.154	25-26	.962	44	1.5	94	3	40	115	3.8
Career	79	132-331	.399	35-115	.304	68-76	.894	151	1.9	225	7	102	367	4.6

Russell's USA South Career

YEAR	G	FG-FGA	PCT.	3PT-PTA	PCT.	FT-FTA	PCT.	REB	AVE.	A	BLK	ST	PTS	AVE.
04-05	14	27-75	.360	11-33	.333	21-23	.913	44	3.1	48	1	25	86	6.1
05-06	13	11-33	.333	4-15	.267	5-6	.833	14	1.1	21	2	9	31	2.4
06-07	14	24-55	.436	2-10	.200	8-8	1.000	21	1.5	59	2	20	58	4.1
Career	41	62-163	.380	17-58	.293	34-37	.919	79	1.9	128	5	54	175	4.3

Kristen DUCA

Freshman • 5-11 • Forward
Westhampton, NY
Westhampton H.S.

30

AT WESTHAMPTON H.S. - Played four years for head coach Mike Polan ... Helped her team to a Long Island Championship and spot in the state Final Four ... Was an All-League choice twice ... Also a team captain for two seasons ... Duca also played lacrosse, soccer and tennis ... Was a member of the Principal's Honor Roll and the National Honor Society and won the Fairfield Book Award.

PERSONAL - Kristen Kathleen Duca was born on August 28, 1989 in St. James, NY ... Daughter of James and Kathleen Duca ... Has a brother, Rob, 21 who plays for the CNU men's lacrosse team ... Has another brother, Ryan, 16 ... Majoring in Psychology while minoring in Business Administration ... Chose CNU because she loved the campus and its educational value.

**Meet Kristen Duca**

Favorites

TV Show - America's Next Top Model

Movie - Goodfellas

Song - Don't Stop Believing (Journey)

Book - Harry Potter

Activities - Going to the beach, shopping, singing and dancing

**Erin FUREY**

Freshman • 5-3 • Guard
Annandale, VA
Paul VI H.S.

23

AT PAUL VI H.S. - Played four years for head coach Scott Allen ... Helped her team win a state championship as a freshman ... Was the team's captain as a junior and senior ... Member of the Spanish Club.

PERSONAL - Erin Elizabeth Furey was born on March 1, 1989 in Fairfax, VA ... Daughter of Sean Furey and Catherine McGrath ... Majoring in Sociology with a focus in Criminology.

Meet Erin Furey

Favorites

TV Show - CSI/Grey's Anatomy

Movie - Super Troopers

Song - Men and My Gang (Rascal Flats)

Activities - Shopping, spending time with friends, being a beach bum



Monique **LEE**

Freshman • 5-6 • Guard
Newport News, VA
Woodside H.S.

20

AT WOODSIDE H.S. - Was a four-year letterwinner for head coach Mike Tallan ... Named team captain as a senior ... Also played softball for three years for Tallan ... She was also voted team captain in 2007.

PERSONAL - Monique Gabrielle Lee was born August 10, 1989 in Willingboro, NJ ... Daughter of Michael and Monica Lee ... Has two brothers; Michael, 15; and Matthew, 15 ... Plans on majoring in Business.



Meet Monique Lee

Favorites

TV Show - Friends

Movie - Love & Basketball

Song - Until the End of Time (Justin Timberlake)

Book - Where the Red Fern Grows

Activities - Laser Tagging



Jessica **MOORE**

Freshman • 5-10 • Guard/For.
Fredericksburg, VA
Stafford H.S.

44

AT STAFFORD H.S. - Played four years for head coach Julie Hinkley ... Helped lead her team to a district championship ... First team all-district and all-area as a senior ... Named team MVP as senior and was also the team's captain ... Also played in the All-Star game ... Was a second team all-district pick as a junior ... Also played field hockey and softball ... Was a member of the National Honor Society and the Honor Roll ... Graduated with a 4.2 grade point average.

PERSONAL - Jessica Lee Moore was born on August 19, 1989 in Fredericksburg, VA ... Daughter of Jimmy and Kathy Moore ... Has two sisters; Kelly, 24 and Stephanie, 21 ... Majoring in Biology ... Chose CNU because of its campus life and basketball ... Hopes to be either a teacher, personal trainer and physical therapist.

Meet Jessica Moore

Favorites

TV Show - Grey's Anatomy, Desperate Housewives

Movie - Superbad

Song - Always Be My Baby (Mraiah Carey)

Book - Harry Potter series

Activities - Hanging out with friends and shopping

Chelsie SCHWEERS

Freshman • 5-7 • Guard

Chesapeake, VA

Hickory H.S.

11



AT HICKORY H.S. - Was a four-year letter winner for head coach DuBois Scott ... Was a three-time first team all-Southeastern District pick ... Second team all-Tidewater twice ... Was also the team's MVP three times ... Scored more than 1,000 career points ... Also became the school's all-time leading scorer ... Averaged more than 24 points per game as a junior and senior ... Graduated with GPA above 3.0.

PERSONAL - Chelsie Alexa Schweers was born on June 11, 1989 in Norfolk, VA ... Daughter of Tom and Judy Schweers ... Has one brother, Justin, 21 ... Plans on majoring in Business ... Chose CNU because of its nice environment.

Meet Chelsie Schweers

Favorites

TV Show - The Hills**Movie** - Love & Basketball**Song** - Always Be My Baby (Mariah Carey)**Book** - Into the Wild**Activities** - going to the beach, and hanging out with her friends.**Megan STANGROOM**

Freshman • 5-6 • Guard

Chantilly, VA

Chantilly H.S.

33

AT CHANTILLY H.S. - Played four years for head coach John Kelly ... Third team all-district pick ... Also named to the all-tournament team.

PERSONAL - Megan E. Stangroom was born on March 29, 1989 in Chantilly, VA ... Daughter of Tom and Shelly Stangroom ... Has two two brothers; Tommy, 21 and Kyle, 13 ... Majoring in Business.

Meet Megan Stangroom

Favorites

TV Show - Grey's Anatomy**Movie** - Mean Girls**Song** - Free Bird (Lynard Skynard)



2007/2008 USA South Opponents

AVERETT

Game #14- 1/27/08 Danville, VA
Game #22- 02/17/08 Freeman Center
Series record: CNU leads 52-7

Location: Danville VA
Enrollment: 1,000
Colors: Blue & Gold
Nickname: Cougars
2006-2007 Record: 5-19, 3-11 USA South
Head Coach: Katrina Williams
Coach Williams' Record: First Season
Record at AU: First Season
Assistant Coaches: Novia Sturdivant
SID: Sam Ferguson (434) 791-5876

Top Returners:

Name, Class	Ht.	PPG	RPG
Taylor Poirier, Jr.	5-4	8.5	2.0
Darcy Jones, Jr.	5-4	5.0	2.0
Kristyn Wharton, So.	5-8	3.6	2.5

Key Losses

Name	PPG	RPG
Kristen Kozar	12.7	6.1
Jasmine Adams	9.2	3.1

FERRUM

Game #13- 1/26/08 Ferrum, VA
Game #21- 2/16/08 Freeman Center
Series record: CNU leads 39-14

Location: Ferrum, VA
Enrollment: 1,000
Colors: Black & Gold
Nickname: Panthers
2006-2007 Record: 21-7, 12-2 USA South
Head Coach: Bryan Harvey
Coach Harvey's Record: 35-20 (2 seasons)
Record at FC: 35-20 (2 seasons)
Assistant Coach: Leigh Ann Woodley
SID: Gary Holden (540) 365-4306

Top Returners:

Name, Class	Ht.	PPG	RPG
Ali Davenport, Sr.	6-1	12.9	7.4
Tonya Wright, So.	5-9	10.7	5.8
Miranda Carasco, Sr.	5-5	6.9	1.6

Key Losses

Name	PPG	RPG
Aline Alzime	11.6	8.4
Quanita Bennett	10.1	3.4

GREENSBORO

Game #16- 2/3/08 Freeman Center
Game #24- 2/22/08 Greensboro
Series record: CNU leads 48-18

Location: Greensboro, NC
Enrollment: 1,310
Colors: Green, White and Silver
Nickname: The Pride
2006-2007 Record: 18-9, 10-4 USA South
Head Coach: Jason Tuggle
Coach Tuggle's Record: 90-47 (5 years)
Record at GC: 90-47 (5 years)
Assistant Coaches: Randy Tuggle
SID: Bob Lowe (336) 272-7102 Ext. 279

Top Returners:

Name, Class	Ht.	PPG	RPG
Jamie Motsinger, Jr.	5-8	11.5	2.9
Katie Freeman, Jr.	5-8	7.1	6.5
Chelsea Thomas, So.	5-4	5.4	2.3

Key Losses

Name	PPG	RPG
Staci Humphrey	24.8	7.1
Bobbi Barnes	8.6	4.2

MARY BALDWIN

Game #9- 1/13/08 Staunton, VA
Game #23- 2/19/07 Freeman Center
Series record: MBC leads 5-4

Location: Staunton, VA
Enrollment: 850
Colors: Yellow, White & Hunter Green
Nickname: Squirrels
2006-2007 Record: 12-15, 1st year in USA South
Head Coach: John Stuart
Coach Stuart's Record: 12-15 (1 year)
Record at MBC: 12-15 (1 year)
Assistant Coaches: Lynda Alanko & Robert Stuart
SID: Donna Miller (540) 887-7160

Top Returners:

Name, Class	Ht.	PPG	RPG
Jessica Carter, Sr.	5-5	19.1	2.9
Kara Hawkins, So.	5-10	11.0	10.7
Jennifer Dobson, Jr.	5-9	9.0	3.7
Christie Hamilton, Jr.	5-8	8.3	4.9

Key Losses

Name	PPG	RPG
Erica Dabney	5.8	6.6
Shenilla Sims	3.3	1.8

MEREDITH

Game #7- 1/9/08 Freeman Center
Game #19- 2/10/07 Raleigh, NC
Series record: CNU leads 1-0

Location: Raleigh, NC
Enrollment: 2,298
Colors: Maroon & White
Nickname: Avenging Angels
2006-2007 Record: 4-19, 1st year in USA South
Head Coach: David Zinn
Coach Zinn's Record: 26-45 (3 years)
Record at MC: 26-45 (3 years)
Assistant Coaches: Heather Herr
SID: Greg Jarvis (919) 760-8310

Top Returners:

Name, Class	Ht.	PPG	RPG
Nicole Hall, Sr.	5-3	20.7	5.3
Brittany Cornelius, So.	5-9	15.6	5.9
Hunter Johnson, So.	5-10	4.0	2.5

Key Losses

Name	PPG	RPG
Sarah Heck	3.2	3.4
Whitney Collins	3.3	4.6

METHODIST

Game #15- 2/2/08 Freeman Center
Game #25- 2/3/08 Fayetteville, NC
Series record: CNU leads 51-17

Location: Fayetteville, NC
Enrollment: 2,277
Colors: Green & Gold
Nickname: Lady Monarchs
2006-2007 Record: 13-13, 7-7 USA South
Head Coach: DeeDee Jarman
Coach Jarman's Record: 157-112 (10 years)
Record at MU: 157-112 (10 years)
Assistant Coaches: Cheryl McNair
SID: Kirbie Britt (910) 630-7172

Top Returners:

Name, Class	Ht.	PPG	RPG
Ashley Harris, Sr.	5-9	9.5	3.1
Kristen Whitehurst, Jr.	5-10	9.7	4.0
Ann Forsberg, Jr.	6-0	6.3	2.4 (in 2005-06)

Key Losses

Name	PPG	RPG
Stacy Williams	15.7	6.2
Antoinett Holiday	8.3	7.5

N.C. WESLEYAN

Game #12 - 1/22/08 Rocky Mount, NC
Game #20 - 2/12/08 Freeman Center
Series record: CNU leads 49-15

Location: Rocky Mount, NC
Enrollment: 2,000
Colors: Blue & Gold
Nickname: Battling Bishops
2006-2007 Record: 4-21, 1-13 USA South
Head Coach: John Brackett
Coach Brackett's Record: 180-272 (18 years)
Coach Brackett's Record at NCWC: 180-272 (18 years)
SID: Rikki Rich (252) 985-5271

Top Returners:

Name, Class	Ht.	PPG	RPG
Nicole Williams, So.	5-5	5.4	1.3
Cheyenne Hall, Sr.	5-9	4.1	4.9
Amanda Sagadraca, So.	5-11	3.0	3.4

Key Losses

Name	PPG	RPG
April Wilson	10.2	5.5
Lawanda Scott	9.8	4.7

PEACE

Game #11 - 1/19/08 Freeman Center
Game #18 - 2/09/08 Raleigh, NC
Series record: CNU leads 9-2

Location: Raleigh, NC
Enrollment: 650
Colors: Green, Black & White
Nickname: Pacers
2006-2007: 9-17, 3-11 USA South
Head Coach: Kelly Johnson
Coach Johnson's Record: 40-39(3 seasons)
Record at PC: 40-39 (3 seasons)
SID: Wendy Jones (919) 508-2331

Top Returners:

Name, Class	Ht.	PPG	RPG
Christy Freeman, Jr.	5-4	13.6	2.5
Lauren Seeger, Jr.	5-11	6.4	7.5
LeAnne Horne, So.	5-6	8.1	3.8
Amanda Cross, Jr.	5-6	7.2	1.5

Key Losses

Name	PPG	RPG
E.B. Watson	5.1	2.0
Emily Stewart	3.0	3.6

SHENANDOAH

Game #10 - 1/15/08 Freeman Center
Game #17 - 2/6/08 Winchester, VA
Series record: CNU leads 28-5

Location: Winchester, VA
Enrollment: 1,700
Colors: Red, White & Blue
Nickname: Hornets
2006-2007: 17-9, 9-5 USA South
Head Coach: Michelle Guyant-Holloway
Coach Guyant-Holloway's Record: 17-9 (1 season)
Record at SU: 17-9 (1 season)
Assistant Coach: Bob Burner
SID: Scott Musa (540) 665-5417

Top Returners:

Name, Class	Ht.	PPG	RPG
Alexis Hargbol, So.	5-10	11.2	8.1
Stephanie Harrold, Jr.	6-1	8.2	4.3
Whitney French, Jr.	5-1	4.1	1.1

Key Losses

Name	PPG	RPG
Alicia Sanders	15.5	4.5
Cassie Womack	7.8	11.3
Valerie Samples	6.9	2.0

2007/2008 Non-Conference Opponents

GOUCHER

Game #3 - 12/1/07
Baltimore, MD

Series record: CNU leads 4-1

Location: Baltimore, MD
Colors: Blue & Gold
Nickname: Gophers
2006-07 Record: 4-20
Head Coach: Didi Cotton
Cotton's Record at GC: 4-20 (1 season)
Assistant Coaches: TBA
SID: Mike Sanders (410) 337-6474

HOOD

Game #2 - 11/24/07
Freeman Center

Series record: Series Tied 2-1

Location: Frederick, MD
Colors: Blue and Gray
Nickname: Blazers
2006-07: 5-18
Head Coach: Jay Butler
Butlers Record at HC: First season
Assistant Coaches: Darnell Barbour and Kristal Hood
SID: Adrienne Gonzales (301) 696-3978

LYNCHBURG

Game #5 - 12/18/07
Freeman Center

Series record: CNU leads 4-2

Location: Lynchburg, VA
Colors: Crimson & Gray
Nickname: Hornets
2006-07 Record: 7-19
Head Coach: Stephanie Tobey
Tobey's Record at LC: 7-19 (1 season)
Assistant Coaches: Chelsie Haines
SID: Mike Carpenter (434) 544-8495

MARY WASHINGTON

Game #6 - 1/4/08
Freeman Center

Series record: CNU leads 20-14

Location: Fredericksburg, VA
Colors: Navy, Blue and Gray
Nickname: Lady Eagles
2006-2007 Record: 31-3
Head Coach: Deena Applebury
Applebury's Record at UMW: 95-24 (4 seasons)
Assistant Coach: Casey Mummah
SID: Clint Often (540) 654-1743

ROANOKE

Game #8 - 1/9/08
Salem, VA

Series record: Lynchburg leads 10-8

Location: Salem, VA
Colors: Maroon & White
Nickname: Maroons
2006-07 Record: 16-11
Head Coach: Susan Dunagan
Dunagan's Record at RC: 498-197 (27 seasons)
Assistant Coaches: Lynn Richmond and Jim Robinson
SID: Brad Moore (540) 375-2344

TRINITY (D.C.)

Game #1 - 11/20/07
Washington, D.C.

Series record: First Meeting

Location: Washington, D.C.
Colors: Purple & Gold
Nickname: Tigers
2006-07 Record: 11-13
Head Coach: Gary Blake
Blake's Record at TU: 11-13 (1 season)
Assistant Coaches: TBA
SID: Beth Stone (202) 884-9686

VA. WESLEYAN

Game #4 - 12/15/07
VA Beach, VA

Series record: CNU leads 34-20

Location: Norfolk, VA
Colors: Navy Blue & Silver
Nickname: Lady Marlins
2006-07 Record: 21-7
Head Coach: Stephany Dunmyer
Dunmyer's Record at VWC: 55-50 (4 seasons)
Assistant Coaches: Sally Payne and Lauren Rector
SID: Joe Wasiluk (757) 455-3393



Alicia Medford

A LOOK AT 2006-2007

NON-CONFERENCE SEASON

The Captains finished their non-conference season with a 10-6 record. But the opponents were no weaklings.

The combined 2006-2007 record of CNU's non-conference opponents was 179-97 (.605). That mark does not include Dickinson's record of 22-6, whom the Captains played in the first round of the NCAA Tournament.

Three of the Captains' opponents made it to the NCAA Tournament last year. William Paterson, Lake Forest and Mary Washington all advanced to post-season play.

Mary Washington enjoyed the most success, finishing 27-4 and losing in the semifinals of the NCAA Tournament.

Lake Forest, a team CNU defeated in the Hoop N Surf Classic in Honolulu, HI, was 24-3 and lost in the second round of the tournament. William Paterson, which CNU defeated to open the season, finished 23-6 and lost in the first round.

CNU opened the year by going 1-1 in the St. Mary's (MD) Tournament. It opened the year with a win over William Paterson before falling to the hosts in the championship game.

The Captains opened their home schedule November 21 where they lost to cross-water rival VA Wesleyan. CNU rebounded to defeat Marymount and Mary Baldwin.

CNU traveled to Hood before making its first-ever trip to Hawaii. Christopher Newport made the trip to Honolulu, HI for the Hoop N Surf Classic. The Captains finished the trip 1-1. They lost to Benedictine, an NAIA school before rebounding to defeat nationally-ranked Lake Forest.

Christopher Newport returned to action after the first of the year for its final three non-conference games. They defeated St. Mary's at home before losing on the road at Catholic and Mary Washington.

USA SOUTH

The Captains, for the second straight season, finished second during the regular season in the USA South. CNU was 11-3 in conference play and finished one game behind Ferrum for the regular season title.

CNU took advantage of hosting the USA South Conference Tournament and ran the table, defeating Averett, Greensboro and Ferrum in the



Nikki Rowland



Dee Luck



Candace Bryant

championship to advance to the NCAA Tournament for the 11th time in program history and the first time since the 2003-2004 season.

The Captains were third in scoring offense averaging 71.2 points per game. CNU led the conference in scoring defense (61.9), scoring margin (+9.3), free throw percentage (72.2), rebound margin (+6.8), and block shots (6.5).

The Captains began conference play with a loss at Shenandoah before winning five in a row, including an overtime win at Methodist. The streak came to an end with a loss at Greensboro.

CNU started the second half of conference play by winning four straight before falling at Ferrum. The Captains won their last two at home to round out the regular season, 11-3, setting up Christopher Newport's three wins in the conference tournament to advance to the NCAA Tournament.

NCAA TOURNAMENT

CNU defeated Dickinson in the first round of the NCAA Tournament by a score of 52-49. It was the fifth win in program history for the Captains in the big dance. Christopher Newport was knocked out of the tournament by the home-standing Eagles of Mary Washington, 77-61.

LEADING THE WAY

For the second time in her two seasons, Nikki Rowland led the Captains in scoring. She averaged 14.5 points per game and shot 40% from the floor. She was a first team all-USA South pick and first team all-state. Rowland was also named to the all-tournament squad.

BRYANT TOPS 1,000

Candace Bryant became the second player in program history to score 1,000 points and grab 1,000 rebounds. She joins Tia Johnson as the only two players on the list.

NATIONAL STAT LEADERS

Dee Luck once again was near the top in blocks per game in the nation. She finished with 99 on the year and averaged 3.5 per contest to finish fifth in the country.

As a team, CNU also finished fifth in the nation in blocks per game, averaging 6.5 as a team.

2007 Hoop N Surf Classic Honolulu, HI December 15-19



The Captains gather for a photo after defeating nationally-ranked Lake Forest.



Arizona Memorial



Waterfall in the rainforest on Oahu.



Shantel Burwell, Candace Bryant, Krystal Vest, Samantha Davis, Dee Luck and Nikki Rowland pose at the rainforest park.



Beautiful Hawaiian shoreline.



A view from Diamond Head Crater.



CNU Wins USA South Championship At Home in the Freeman Center



The Captains celebrate after their 77-53 win over Ferrum to clinch the title



CNU players gather around the USA South championship trophy



Coach Carolyn Hunter was part of the net cutting ceremony



Alicia Bessey voiced the team's excitement at winning the title



Michele Russell gets the pleasure of wearing the net cut down by the entire team



Dee Luck was named the tournament's Most Valuable Player and receives her award from conference President Bob McEvoy

CAPTAINS BASKETBALL 2007-08

2006-2007 FINAL STATISTICS

OVERALL STATISTICS: 21-9 (11-3 USA SOUTH) HOME 13-1, ROAD 5-7, NEUTRAL 3-1

##	Player	GP	GS	Min	Avg	FG-FGA	Pct	3FG-FGA	Pct	FT-FTA	Pct	Off	Def	Tot	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
23	ROWLAND, Nikki	29	29	893	30.8	146-364	.401	43-109	.394	86-106	.811	44	88	132	4.6	91	1	79	94	17	42	421	14.5
45	BRYANT, Candace	30	29	724	24.1	163-329	.495	0-0	.000	54-84	.643	105	148	253	8.4	73	1	34	59	17	33	380	12.7
05	BESSEY, Alicia	24	2	529	22.0	103-217	.475	17-48	.354	35-40	.875	33	56	89	3.7	30	1	38	53	6	30	258	10.8
24	DAVIS, Samantha	30	30	862	28.7	112-280	.400	4-13	.308	64-98	.653	40	81	121	4.0	70	1	107	127	12	58	292	9.7
41	ROLLINS, Colandra	30	4	559	18.6	71-131	.542	0-0	.000	66-91	.725	79	78	157	5.2	49	0	20	36	4	21	208	6.9
33	LUCK, Dee	28	26	580	20.7	74-150	.493	0-0	.000	20-29	.690	65	129	194	6.9	77	3	38	46	99	27	168	6.0
20	BURWELL, Shantel	27	2	486	18.0	54-163	.331	5-25	.200	35-44	.795	11	60	71	2.6	54	1	41	49	11	19	148	5.5
04	RUSSELL, Michele	30	28	641	21.4	43-110	.391	4-26	.154	25-26	.962	13	31	44	1.5	56	2	94	65	3	40	115	3.8
30	CARMON, Jessica	30	0	414	13.8	26-58	.448	0-0	.000	27-39	.692	28	39	67	2.2	36	0	9	24	15	23	79	2.6
50	WHITE, Kelly	14	0	87	6.2	13-26	.500	0-0	.000	5-15	.333	8	19	27	1.9	11	0	3	5	12	3	31	2.2
11	VEST, Krystal	28	0	251	9.0	14-39	.359	0-0	.000	7-15	.467	10	18	28	1.0	35	0	24	21	0	17	35	1.3
21	PERRY, Shannon	4	0	22	5.5	1-4	.250	0-0	.000	0-0	.000	0	3	3	0.8	4	0	2	1	0	0	2	0.5
22	FARNIN, Megan	2	0	2	1.0	0-0	.000	0-0	.000	0-0	.000	0	1	1	0.5	1	0	0	0	0	0	0	0.0
TM TEAM												50	55	105	3.5	1					21		
Total		30				820-1871	.438	73-221	.330	424-587	.722	486	806	1292	43.1	588	10	489	601	196	313	2137	71.2
Opponents		30				618-1732	.357	113-385	.294	508-744	.683	440	649	1089	36.3	499	10	334	610	97	241	1857	61.9

RETURNING PLAYERS IN BOLD

SCORE BY PERIODS: 1st 2nd OT OT2 Total

Christopher Newport University 1064 1055 9 9 2137

Opponents 845 996 9 7 1857

2006-2007 FINAL USA SOUTH CONFERENCE STATISTICS

USA SOUTH STATISTICS: 11-3, HOME 7-0, ROAD 4-3

##	Player	GP	GS	Min	Avg	FG-FGA	Pct	3FG-FGA	Pct	FT-FTA	Pct	Off	Def	Tot	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
23	ROWLAND, Nikki	13	13	396	30.5	75-180	.417	16-37	.432	30-39	.769	19	27	46	3.5	40	0	43	39	4	23	196	15.1
45	BRYANT, Candace	14	14	320	22.9	79-158	.500	0-0	.000	29-44	.659	55	71	126	9.0	32	0	18	22	9	17	187	13.4
05	BESSEY, Alicia	14	1	293	20.9	67-121	.554	10-22	.455	30-34	.882	24	32	56	4.0	11	0	31	30	4	20	174	12.4
41	ROLLINS, Colandra	14	4	325	23.2	47-77	.610	0-0	.000	40-55	.727	45	45	90	6.4	25	0	11	16	2	16	134	9.6
24	DAVIS, Samantha	14	14	384	27.4	49-123	.398	2-5	.400	29-46	.630	14	33	47	3.4	30	1	45	48	7	27	129	9.2
33	LUCK, Dee	12	10	219	18.3	35-58	.603	0-0	.000	7-10	.700	27	40	67	5.6	31	1	14	12	50	14	77	6.4
20	BURWELL, Shantel	14	1	238	17.0	23-68	.338	3-7	.429	26-33	.788	3	30	33	2.4	22	0	26	23	5	15	75	5.4
04	RUSSELL, Michele	14	13	307	21.9	24-55	.436	2-10	.200	8-8	1.000	2	19	21	1.5	21	0	59	32	2	20	58	4.1
50	WHITE, Kelly	7	0	42	6.0	5-11	.455	0-0	.000	4-9	.444	2	9	11	1.6	4	0	0	4	6	0	14	2.0
30	CARMON, Jessica	14	0	197	14.1	10-23	.435	0-0	.000	8-12	.667	12	18	30	2.1	18	0	3	9	7	12	28	2.0
11	VEST, Krystal	14	0	128	9.1	8-22	.364	0-0	.000	2-4	.500	7	12	19	1.4	17	0	13	14	0	10	18	1.3
22	FARNIN, Megan	1	0	1	1.0	0-0	.000	0-0	.000	0-0	.000	0	1	1	1.0	0	0	0	0	0	0	0	0.0
TM TEAM												25	13	38	2.7	0					6		
Total		14				422-896	.471	33-81	.407	213-294	.724	235	350	585	41.8	251	2	263	255	96	174	1090	77.9
Opponents		14				304-810	.375	58-184	.315	215-307	.700	205	281	486	34.7	232	1	162	309	46	111	881	62.9
325	.686	196	335	531	37.9	246	-	189	262	51	133	931	66.5										

RETURNING PLAYERS IN BOLD

SCORE BY PERIODS: 1st 2nd OT OT2 Total

Christopher Newport University 572 500 9 9 1090

Opponents 387 478 9 7 881



2006-2007 FINAL STATISTICS
CATEGORY LEADERS

FG PERCENTAGE	FG	ATT	Pct	FREE THROWS MADE	G	Made	Made/G	STEALS	G	No.	S/G
ROLLINS, Colandra	71	131	.542	ROWLAND, Nikki	29	86	3.0	DAVIS, Samantha	30	58	1.9
WHITE, Kelly	13	26	.500	ROLLINS, Colandra	30	66	2.2	ROWLAND, Nikki	29	42	1.4
BRYANT, Candace	163	329	.495	DAVIS, Samantha	30	64	2.1	RUSSELL, Michele	30	40	1.3
LUCK, Dee	74	150	.493	BRYANT, Candace	30	54	1.8	BRYANT, Candace	30	33	1.1
BESSEY, Alicia	103	217	.475	BESSEY, Alicia	24	35	1.5	BESSEY, Alicia	24	30	1.3
				BURWELL, Shantel	27	35	1.3				
FIELD GOAL ATTEMPTS	G	Att	Att/G	POINTS	G	Pts	Pts/G	OFFENSIVE REBOUNDS	G	No.	Avg/G
ROWLAND, Nikki	29	364	12.6	ROWLAND, Nikki	29	421	14.5	BRYANT, Candace	30	105	3.5
BRYANT, Candace	30	329	11.0	BRYANT, Candace	30	380	12.7	ROLLINS, Colandra	30	79	2.6
DAVIS, Samantha	30	280	9.3	DAVIS, Samantha	30	292	9.7	LUCK, Dee	28	65	2.3
BESSEY, Alicia	24	217	9.0	BESSEY, Alicia	24	258	10.8	ROWLAND, Nikki	29	44	1.5
BURWELL, Shantel	27	163	6.0	ROLLINS, Colandra	30	208	6.9	DAVIS, Samantha	30	40	1.3
3-POINT PERCENTAGE	3FG	ATT	Pct	POINTS AVERAGE	G	Pts	Avg/G	DEFENSIVE REBOUNDS	G	No.	Avg/G
ROWLAND, Nikki	43	109	.394	ROWLAND, Nikki	26	372	14.3	BRYANT, Candace	30	148	4.9
BESSEY, Alicia	17	48	.354	BRYANT, Candace	24	332	13.8	LUCK, Dee	28	129	4.6
DAVIS, Samantha	4	13	.308	DAVIS, Samantha	18	213	11.8	ROWLAND, Nikki	29	88	3.0
BURWELL, Shantel	5	25	.200	ROLLINS, Colandra	26	218	8.4	DAVIS, Samantha	30	81	2.7
RUSSELL, Michele	4	26	.154	BURWELL, Shantel	26	187	7.2	ROLLINS, Colandra	30	78	2.6
3-POINT FG ATTEMPTS	G	Att	Att/G	REBOUNDS	G	Reb	Reb/G	BLOCKED SHOTS	G	No.	Blk/G
ROWLAND, Nikki	29	109	3.8	ROWLAND, Nikki	29	421	14.5	LUCK, Dee	28	99	3.5
BESSEY, Alicia	24	48	2.0	BRYANT, Candace	30	380	12.7	WHITE, Kelly	14	12	0.9
RUSSELL, Michele	30	26	0.9	BESSEY, Alicia	24	258	10.8	BRYANT, Candace	30	17	0.6
BURWELL, Shantel	27	25	0.9	DAVIS, Samantha	30	292	9.7	ROWLAND, Nikki	29	17	0.6
DAVIS, Samantha	30	13	0.4	ROLLINS, Colandra	30	208	6.9	CARMON, Jessica	30	15	0.5
				LUCK, Dee	28	168	6.0	DAVIS, Samantha	30	12	0.4
3-POINT FGS MADE	G	Made	Made/G	REBOUND AVERAGE	G	Reb	Avg/G	MINUTES	G	No.	Min/G
ROWLAND, Nikki	29	43	1.5	BRYANT, Candace	30	253	8.4	ROWLAND, Nikki	29	893	30.8
BESSEY, Alicia	24	17	0.7	LUCK, Dee	28	194	6.9	DAVIS, Samantha	30	862	28.7
BURWELL, Shantel	27	5	0.2	ROLLINS, Colandra	30	157	5.2	BRYANT, Candace	30	724	24.1
DAVIS, Samantha	30	4	0.1	ROWLAND, Nikki	29	132	4.6	RUSSELL, Michele	30	641	21.4
RUSSELL, Michele	30	4	0.1	DAVIS, Samantha	30	121	4.0	LUCK, Dee	28	580	20.7
FT PERCENTAGE	FT	ATT	Pct	ASSISTS	G	No.	A/G	FOULS	G	No.	Per/G
RUSSELL, Michele	25	26	.962	DAVIS, Samantha	30	107	3.6	ROWLAND, Nikki	29	91	3.1
BESSEY, Alicia	35	40	.875	RUSSELL, Michele	30	94	3.1	LUCK, Dee	28	77	2.8
ROWLAND, Nikki	86	106	.811	ROWLAND, Nikki	29	79	2.7	BRYANT, Candace	30	73	2.4
BURWELL, Shantel	35	44	.795	BURWELL, Shantel	27	41	1.5	DAVIS, Samantha	30	70	2.3
ROLLINS, Colandra	66	91	.725	BESSEY, Alicia	24	38	1.6	RUSSELL, Michele	30	56	1.9
CARMON, Jessica	27	39	.692	LUCK, Dee	28	38	1.4				
FREE THROW ATTEMPTS	G	Att	Att/G	FREE THROW ATTEMPTS	G	Att	Att/G	TURNOVERS	G	No.	TO/G
ROWLAND, Nikki	29	106	3.7	ROWLAND, Nikki	29	106	3.7	DAVIS, Samantha	30	127	4.2
DAVIS, Samantha	30	98	3.3	DAVIS, Samantha	30	98	3.3	ROWLAND, Nikki	29	94	3.2
ROLLINS, Colandra	30	91	3.0	ROLLINS, Colandra	30	91	3.0	RUSSELL, Michele	30	65	2.2
BRYANT, Candace	30	84	2.8	BRYANT, Candace	30	84	2.8	BRYANT, Candace	30	59	2.0
BURWELL, Shantel	27	44	1.6	BURWELL, Shantel	27	44	1.6	BESSEY, Alicia	24	53	2.2

INDIVIDUAL GAME HIGHS

POINTS	27	ROWLAND, Nikki vs Mary Baldwin College (12/02/06)	FT PCT	1.000 (8-8)	ROWLAND, Nikki at Ferrum College (02/24/07)
	25	BESSEY, Alicia vs Ferrum College (01/20/07)		1.000 (8-8)	BRYANT, Candace vs Averett University (01/23/07)
	25	BRYANT, Candace vs William Paterson (11/17/06)	REBOUNDS	15	LUCK, Dee at Ferrum College (02/24/07)
	24	BRYANT, Candace at Greensboro College (01-28-07)		14	BRYANT, Candace at Methodist (1/27/07)
	23	BESSEY, Alicia at Methodist (1/27/07)		14	ROLLINS, Colandra at Shenandoah Hornets (11/10/07)
FIELD GOALS MADE	10	BESSEY, Alicia at Methodist (1/27/07)	ASSISTS	8	DAVIS, Samantha vs Greensboro College (02/23/07)
	10	BESSEY, Alicia vs Ferrum College (01/20/07)		8	RUSSELL, Michele vs Shenandoah Hornets (01/31/07)
	10	BRYANT, Candace at Peace College (11/13/07)		8	RUSSELL, Michele vs Ferrum College (01/20/07)
	10	BRYANT, Candace vs William Paterson (11/17/06)	STEALS	6	ROWLAND, Nikki vs NC Wesleyan Bishops (01/16/07)
FIELD GOAL ATT	20	ROWLAND, Nikki at Methodist (1/27/07)		5	BESSEY, Alicia at Averett (02/10/07)
	20	DAVIS, Samantha vs Lake Forest (12/18/06)	BLOCKED SHOTS	9	LUCK, Dee at Ferrum College (02/24/07)
FG PCT	1.000 (7-7)	LUCK, Dee at Ferrum (2-11-07)		9	LUCK, Dee at Peace College (1/13/07)
	.909 (10-11)	BESSEY, Alicia vs Ferrum College (01/20/07)	3 PT FG	10	DAVIS, Samantha vs William Paterson (11/17/06)
MADE	5	ROWLAND, Nikki vs Mary Baldwin College (12/02/06)	TURNOVERS	9	DAVIS, Samantha vs Peace College (02/03/07)
	4	ROWLAND, Nikki vs Greensboro College (02/17/07)		9	ROWLAND, Nikki vs VA Wesleyan College (11/21/06)
3 PT FG ATTEMPTS	11	ROWLAND, Nikki at St. Mary's (Md.) (11/18/06)	FOULS	5	LUCK, Dee at Methodist (1/27/07)
	9	BESSEY, Alicia at Greensboro College (01-28-07)		5	DAVIS, Samantha vs Averett University (01/23/07)
3-PT FG PCT	1.000 (2-2)	BESSEY, Alicia vs Greensboro College (02/17/07)		5	BESSEY, Alicia at Catholic (01/04/07)
	1.000 (2-2)	ROWLAND, Nikki vs William Paterson (11/17/06)		5	LUCK, Dee vs St. Mary's (Md.) (01/02/07)
FREE THROWS MADE	12	ROLLINS, Colandra vs Ferrum (02/12/06)		5	BRYANT, Candace vs Lake Forest (12/18/06)
	9	BRYANT, Candace at Methodist (2/18/06)		5	RUSSELL, Michele vs Benedictine College (12/17/06)
FREE THROW ATT	9	BURWELL, Shantel vs Peace College (02/03/07)		5	LUCK, Dee vs Benedictine College (12/17/06)
	8	ROWLAND, Nikki at Ferrum College (02/24/07)		5	RUSSELL, Michele vs VA Wesleyan College (11/21/06)
	8	BRYANT, Candace vs Averett University (01/23/07)		5	ROWLAND, Nikki at St. Mary's (Md.) (11/18/06)
				5	BURWELL, Shantel at St. Mary's (Md.) (11/18/06)

CAPTAINS BASKETBALL 2007-08

2006-2007 RESULTS

OVERALL STATISTICS: 21-9 (11-3 USA SOUTH) HOME 13-1, ROAD 5-7, NEUTRAL 3-1

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	21-9	13-1	5-7	3-1
CONFERENCE	11-3	7-0	4-3	0-0
NON-CONFERENCE	10-6	5-1	3-3	3-1

DATE	TIME	OPPONENT		SCORE	ATTEND	HIGH POINTS	HIGH REBOUNDS
11/17/06	8:00 pm	vs William Paterson#	W	68-49	75	(25)BRYANT, Candace	(11)LUCK, Dee
11/18/06	7:00 pm	at St. Mary's# (Md.)	L	67-73	225	(18)DAVIS, Samantha (18)BRYANT, Candace	(8)BRYANT, Candace
11/21/06	7:00 pm	VA WESLEYAN	L	63-77	490	(18)BRYANT, Candace	(9)BRYANT, Candace
11/25/06	2:00 pm	MARYMOUNT	W	54-52	617	(14)ROWLAND, Nikki	(9)LUCK, Dee; (9)DAVIS, Samantha
12/02/06	5:00 pm	MARY BALDWIN	W	84-64	678	(27)ROWLAND, Nikki	(12)BRYANT, Candace
12/09/06	3 pm	at Hood	W	80-51	186	(16)ROWLAND, Nikki	(11)WHITE, Kelly
12/17/06	2:00 pm	Benedictine@	L	69-76	90	(17)ROWLAND, Nikki	(13)BRYANT, Candace
12/18/06	12:00 pm	vs Lake Forest@	W	65-62	125	(19)DAVIS, Samantha	(12)BRYANT, Candace
01/02/07	6:00 pm	ST. MARY'S (MD.)	W	66-56	490	(19)ROWLAND, Nikki	(13)LUCK, Dee
01/04/07	6:00 pm	at Catholic	L	55-62	263	(14)BRYANT, Candace	(9)LUCK, Dee
01/06/07	3:00 pm	at Mary Washington	L	48-63	200	(15)ROWLAND, Nikki	(9)LUCK, Dee
1/10/07	5:30 pm	at Shenandoah*	L	64-66	321	(20)ROWLAND, Nikki	(14)ROLLINS, Colandra
1/13/07	2:00 pm	at Peace*	W	67-42	132	(22)BRYANT, Candace	(10)ROLLINS, Colandra
01/16/07	5:30 pm	NC WESLEYAN*	W	93-40	605	(16)ROWLAND, Nikki	(11)BRYANT, Candace
01/20/07	2:00 pm	FERRUM*	W	87-64	1298	(25)BESSEY, Alicia	(10)BRYANT, Candace; (10)BESSEY, Alicia
01/23/07	5:30 pm	AVERETT*	W	84-56	671	(17)BESSEY, Alicia	(9)BRYANT, Candace; (9)BESSEY, Alicia
1/27/07	2 pm	at Methodist*	W2OT	86-84	247	(23)BESSEY, Alicia	(14)BRYANT, Candace
01-28-07	2 pm	at Greensboro*	L	69-82	145	(24)BRYANT, Candace	(13)BRYANT, Candace
01/31/07	5:30 pm	SHENANDOAH*	W	90-65	835	(17)BRYANT, Candace	(11)ROLLINS, Colandra
02/03/07	2:00 pm	PEACE*	W	74-67	764	(15)BRYANT, Candace	(11)LUCK, Dee
02/06/07	5:30 pm	at NC Wesleyan*	W	77-63	215	(19)ROWLAND, Nikki	(5)BRYANT, Candace; (5)LUCK, Dee
02/10/07	2:00 PM	at Averett*	W	71-58	127	(15)ROWLAND, Nikki	(15)BRYANT, Candace
2-11-07	2 pm	at Ferrum*	L	75-88	317	(18)LUCK, Dee	(7)LUCK, Dee
02/16/07	5:30 pm	METHODIST*	W	63-48	1351	(14)BESSEY, Alicia	(7)DAVIS, Samantha; (7)BRYANT, Candace
02/17/07	2:00 pm	GREENSBORO*	W	90-58	1734	(21)ROWLAND, Nikki	(8)LUCK, Dee; (8)BRYANT, Candace
02/20/07	5:30 pm	AVERETT%	W	61-50	613	(13)LUCK, Dee	(8)BRYANT, Candace; (8)ROWLAND, Nikki
02/23/07	6:00 pm	GREENSBORO%	W	77-62	561	(22)ROWLAND, Nikki (22)BESSEY, Alicia	(9)LUCK, Dee
02/24/07	2:00 pm	Ferrum%	W	77-53	418	(15)LUCK, Dee	(15)LUCK, Dee
03/02/07	4:30 pm	vs Dickinson\$	W	52-49	250	(10)BRYANT, Candace	(7)LUCK, Dee
03/03/07	7:00 pm	at Mary Washington\$	L	61-77	425	(13)BURWELL, Shantel	(5)LUCK, Dee; (5)ROLLINS, Colandra

* = USA South games # = St. Mary's (MD) Tournament @ = Hoop N Surf Classic % = USA South Tournament Games \$ = NCAA Tournament games

2006-07 CNU TRENDS

By Month	By Days/Times	By Site/Misc.	By Stats Comparison
November	2-2	Monday 1-0 Home	13-1 When shooting 50%+ 9-0
December	3-1	Tuesday 5-1 Away	5-7 When shooting 40-49% 8-5
January	7-4	Wednesday 1-1 Neutral	3-1 When shooting under 40% 4-4
February	8-1	Thursday 0-1 OT	1-0 When outrebounding opp. 18-5
March	1-1	Friday 4-0 Leading at half	17-3 When rebounds equal 0-0
		Saturday 10-3 Trailing at half	3-5 When opp. outrebounds CNU 3-4
		Sunday 0-3 Tied at half	1-1
		Day 10-4 USA South	11-3
		Night 11-5 USA South Trn.	3-0

CNU'S FG SHOOTING

	FG-FGA	PCT.
Home	377-806	.468
Away	343-836	.410
Neutral	100-229	.437
Totals	820-1871	.438

ATTENDANCE SUMMARY

	GAMES	TOTALS	AVG/GAME
HOME	14	11,125	794
AWAY	12	3,093	258
NEUTRAL	4	540	135
TOTAL	30	14,758	492

CNU'S FT SHOOTING

	FT-FTA	PCT.
Home	200-273	.733
Away	178-244	.730
Neutral	46-70	.657
Totals	424-587	.722



2006-2007 TEAM GAME-BY-GAME STATS

CNU

Opponent	Date	Score	W/L	TOTAL		3-PTRS		REBOUNDS				Pct	Off Def	Tot	Avg	PF	A	TO	Blk	Stl	Pts	Avg	
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA												
vs William Paterson	11/17	68-49	W	27	48	.563	2	4	.500	12	18	.667	12	29	41	41.0	12	18	30	6	10	68	68.0
at St. Mary's (Md.)	11/18	67-73	L	24	60	.400	5	18	.278	14	18	.778	12	27	39	40.0	26	13	22	3	8	67	67.5
VA WESLEYAN	11/21	63-77	L	22	51	.431	0	7	.000	19	28	.679	13	29	42	40.7	27	13	26	7	5	63	66.0
MARYMOUNT	11/25	54-52	W	20	64	.313	1	6	.167	13	17	.765	15	32	47	42.2	14	9	18	9	10	54	63.0
MARY BALDWIN	12/2	84-64	W	34	67	.507	5	11	.647	18	30	.647	18	30	48	43.4	22	29	12	15	10	84	67.2
at Hood	12/9	80-51	W	35	92	.380	5	14	.357	5	10	.500	26	32	58	45.8	26	21	14	9	12	80	69.3
vs Benedictine	12/17	69-76	L	27	65	.415	3	10	.300	12	18	.667	13	29	42	45.3	28	10	31	2	12	69	69.3
vs Lake Forest	12/18	65-62	W	25	65	.385	2	9	.222	13	22	.591	23	24	47	45.5	25	14	21	2	12	65	68.8
ST. MARY'S (MD.)	1/2	66-56	W	22	68	.324	4	12	.333	18	22	.818	19	39	58	46.9	21	19	17	9	10	66	68.4
at Catholic	1/4/07	55-62	L	22	54	.407	2	9	.222	9	15	.600	13	26	39	46.1	27	12	22	2	9	55	67.1
at Mary Washington	1/6/07	48-63	L	19	60	.317	3	9	.333	7	11	.636	16	20	36	45.2	18	9	20	2	7	48	65.4
at Shenandoah	1/10/07	64-66	L	23	70	.329	2	9	.222	16	25	.640	31	20	51	45.7	19	8	21	3	8	64	65.2
at Peace	1/13/07	67-42	W	29	60	.483	1	2	.500	8	17	.471	14	34	48	45.8	17	19	19	17	10	67	65.4
NC WESLEYAN	1/16/07	93-40	W	40	68	.588	1	3	.333	12	15	.800	22	27	49	46.1	13	27	20	8	19	93	67.4
FERRUM	1/20/07	87-64	W	34	63	.540	2	3	.667	17	25	.680	16	29	45	46.0	20	25	12	17	87	68.7	
AVERETT	1/23/07	84-56	W	27	55	.491	2	6	.333	28	31	.903	14	31	45	45.9	21	24	19	8	9	84	69.6
at Methodist	1/27/07	86-84	Wot	33	82	.402	2	7	.286	18	28	.643	25	24	49	46.1	26	23	15	3	16	86	70.6
at Greensboro	1/28/07	69-82	L	27	70	.386	5	16	.313	10	14	.714	19	21	40	45.8	18	15	16	1	10	69	70.5
SHENANDOAH	1/31/07	90-65	W	37	72	.514	1	1	1.000	15	20	.750	16	30	46	45.8	17	21	14	6	9	90	71.5
PEACE	2/3/07	74-67	W	23	50	.460	1	4	.250	27	37	.730	18	24	42	45.6	12	22	5	5	12	74	71.7
at NC Wesleyan	2/6/07	77-63	W	29	55	.527	3	4	.750	16	18	.889	8	21	29	44.8	18	15	19	5	13	77	71.9
at Averett	2/10/07	71-58	W	32	62	.516	2	4	.500	5	8	.625	13	21	34	44.3	12	22	15	5	13	71	71.9
at Ferrum	2/11/07	75-88	L	26	61	.426	3	7	.429	20	22	.909	11	18	29	43.7	28	14	16	5	11	75	72.0
METHODIST	2/16/07	63-48	W	27	64	.422	1	7	.143	8	13	.615	16	18	34	43.2	13	18	14	8	15	63	71.6
GREENSBORO	2/17/07	90-58	W	35	64	.547	7	8	.875	13	21	.619	12	32	44	43.3	17	20	20	10	12	90	72.4
AVERETT	2/20/07	61-50	W	27	64	.422	1	5	.200	6	7	.857	16	32	48	43.5	22	15	25	7	7	61	71.9
GREENSBORO	2/23/07	77-62	W	29	56	.518	6	11	.545	13	20	.650	13	29	42	43.4	14	17	21	6	11	77	72.1
at Ferrum	2/24/07	77-53	W	22	55	.400	0	5	.000	33	38	.868	18	29	47	43.5	21	15	19	12	11	77	72.3
vs Dickinson	3/2/07	52-49	W	21	51	.412	1	4	.250	9	12	.750	10	30	40	43.4	13	7	20	7	2	52	71.6
at Mary Washington	3/3/07	61-77	L	22	55	.400	0	6	.000	17	20	.850	14	19	33	43.1	21	5	18	2	3	61	71.2
CNU		2137		820	1871	.438	73	221	.330	424	587	.722	486	806	1292	43.1	588	489	601	196	313	2137	71.2
Opponents		1857		618	1732	.357	113	385	.294	508	744	.683	440	649	1089	36.3	499	334	610	97	241	1857	61.9

Opponents

Opponent	Date	Score	W/L	TOTAL		3-PTRS		REBOUNDS				Pct	Off Def	Tot	Avg	PF	A	TO	Blk	Stl	Pts	Avg	
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA												
vs William Paterson	11/17	68-49	W	20	73	.274	3	23	.130	6	14	.429	28	11	39	39.0	18	11	22	2	16	49	49.0
at St. Mary's (Md.)	11/18	67-73	L	23	57	.404	4	9	.444	23	36	.639	14	25	39	39.0	15	15	16	1	6	73	61.0
VA WESLEYAN	11/21	63-77	L	25	60	.417	6	15	.400	21	29	.724	11	21	32	36.7	21	15	17	1	8	77	66.3
MARYMOUNT	11/25	54-52	W	17	60	.283	3	11	.273	15	19	.789	16	30	46	39.0	16	9	19	5	9	52	62.8
MARY BALDWIN	12/2	84-64	W	22	68	.324	2	14	.143	18	34	.529	21	20	41	39.4	13	9	17	2	12	64	63.0
at Hood	12/9	80-51	W	15	50	.300	2	11	.182	19	37	.514	14	34	48	40.8	12	11	29	5	6	51	61.0
vs Benedictine	12/17	69-76	L	23	56	.411	7	19	.368	23	38	.605	12	27	39	40.6	19	12	26	2	4	76	63.1
vs Lake Forest	12/18	65-62	W	20	57	.351	4	12	.333	18	34	.529	21	22	43	40.9	20	9	26	0	10	62	63.0
ST. MARY'S (MD.)	1/2	66-56	W	17	68	.250	0	8	.000	22	30	.733	18	30	48	41.7	18	8	15	4	7	56	62.2
at Catholic	1/4	55-62	L	15	44	.341	4	12	.333	28	35	.800	6	22	28	40.3	16	12	16	2	11	62	62.2
at Mary Washington	1/6	48-63	L	20	51	.392	5	15	.333	18	23	.783	13	26	39	40.2	14	14	17	7	9	63	62.3
at Shenandoah	1/10	64-66	L	23	53	.434	4	9	.444	16	25	.640	13	22	35	39.8	17	8	25	3	8	66	62.6
at Peace	1/13	67-42	W	15	65	.231	3	9	.333	9	19	.474	22	20	42	39.9	13	12	22	2	7	42	61.0
NC WESLEYAN	1/16	93-40	W	14	45	.311	1	5	.200	11	16	.688	7	9	16	38.2	12	8	25	2	7	40	59.5
FERRUM	1/20	87-64	W	22	66	.333	5	14	.357	15	18	.833	16	17	33	37.9	21	14	25	3	5	64	59.8
AVERETT	1/23	84-56	W	18	68	.265	2	11	.182	18	26	.692	20	18	38	37.9	21	7	18	3	11	56	59.6
at Methodist	1/27	86-84	Wot	29	67	.433	3	16	.188	23	36	.639	24	28	52	38.7	20	19	24	6	6	84	61.0
at Greensboro	1/28	69-82	L	30	56	.536	6	16	.375	16	21	.762	8	26	34	38.4	14	15	18	1	11	82	62.2
SHENANDOAH	1/31	90-65	W	22	61	.361	8	22	.364	13	23	.565	15	23	38	38.4	18	15	21	1	7	65	62.3
PEACE	2/3	74-67	W	23	55	.418	6	15	.400	15	18	.833	9	14	23	37.7	25	14	19	0	6	67	62.5
at NC Wesleyan	2/6	77-63	W	22	53	.415	3	14	.214	16	24	.667	15	19	34	37.5	16	9	23	4	10	63	62.6
at Averett	2/10	71-58	W	22	51	.431	3	9	.333	11	13	.846	9	18	27	37.0	8	8	20	9	9	58	62.4
at Ferrum	2/11	75-88	L	23	54	.426	8	20	.400	34	42	.810	16	23	39	37.1	20	15	17	2	10	88	63.5
METHODIST	2/16	63-48	W	20	52	.385	2	8	.250	6	9	.667	17	22	39	37.2	10	8	29	5	7	48	62.8
GREENSBORO	2/17	90-58	W	21	64	.328	4	16	.250	12	17	.706	14	22	36	37.1	17	10	23	5	7	58	62.6
AVERETT	2/20	61-50	W	13	54	.241	1	9	.111	23	28	.821	13	22	35	37.0	14	5	19	4	12	50	62.2
GREENSBORO	2/23	77-62	W	24	61	.393	4	14	.286	10	14	.714	11	18	29	36.7	14	12	19	3	3	62	62.1
at Ferrum	2/24	77-53	W	18	53	.340	4	9	.444	13	20	.650	13	16	29	36.5	28	9	23	3	7	53	61.8
vs Dickinson	3/2	52-49	W	17	55	.309	2	11	.182	13	17	.765	11	23	34	36.4	13	8	10	1	4	49	61.4
at Mary Washington	3/3	61-77	L	25	55	.455	4	9	.444	23	29	.793	13	21	34	36.3	16	13	10	9	6	77	61.9
Opponents		1857		618	1732	.357	113	385	.294	508	744	.683	440	649	1089	36.3	499	334	610	97	241	1857	61.9
CNU																							

USA SOUTH ATHLETIC CONFERENCE 2006-2007

School	FINAL STANDINGS			Overall		
	W	L	PCT.	W	L	PCT.
Ferrum	12	2	.857	21	7	.750
Christopher Newport	11	3	.786	21	9	.700
Greensboro	10	4	.714	18	9	.667
Shenandoah	9	5	.643	17	9	.645
Methodist	7	7	.500	13	13	.500
Peace	3	11	.214	9	17	.346
Averett	3	11	.214	5	19	.208
NC Wesleyan	1	13	.071	4	21	.160

ALL-USA SOUTH CONFERENCE TEAM

First Team

Staci Humphrey, Greensboro
 Alicia Sanders, Shenandoah
Nikki Rowland, Christopher Newport
 Ali Davenport, Ferrum
 Stacy Williams, Methodist
Honorable Mention
 Tonya Wright, Ferrum
Alicia Bessey, Christopher Newport
 Kristen Kozar, Averett
 Amoria Bird, Greensboro
 Cassie Womack, Shenandoah
 J.D. Richardson, NC Wesleyan
 Alexis Hargbol, Shenandoah

Second Team

Aline Alzime, Ferrum
Candace Bryant, Christopher Newport
 Quanita Bennett, Ferrum
 Jamie Motsinger, Greensboro
 Christy Freeman, Peace
All-Tournament Team
Dee Luck, Christopher Newport, MVP
Nikki Rowland, Christopher Newport
Candace Bryant, Christopher Newport
 Ashley Norton, Ferrum
 Staci Humphrey, Greensboro
 Alexis Hargbol, Shenandoah

Player of the Year: Staci Humphrey, Greensboro
Rookie of the Year: Tony Wright, Ferrum
Coach of the Year: Bryan Harvey, Ferrum

CONFERENCE STATISTICS

Scoring				Blocked Shots					
Player	School	G	PTS	Ave.	Player	School	G	BLK	Ave.
Staci Humphrey	GC	27	670	24.8	Dee Luck	CNU	28	99	3.5
Stacy Williams	MC	26	408	15.7	Taketta Maxwell	AU	23	29	1.3
Alicia Sanders	SU	26	404	15.5	Amoria Bird	GC	26	31	1.2
Nikki Rowland	CNU	29	421	14.5	Shameika Faircloth	NCW	24	28	1.2
Christy Freeman	PC	26	354	13.6	Katie Freeman	GC	27	29	1.1
Kristen Kozar	AU	23	293	12.7	Candice Jackson	FC	25	20	0.8
Candace Bryant	CNU	30	380	12.7	Jordan Joyce	GC	27	19	0.7
Ali Davenport	FC	28	350	12.5	Tiffany Deloatch	AU	24	16	0.7
Aline Alzime	FC	28	326	11.6	Ashley Harris	MU	26	16	0.6
Jamie Motsinger	GC	27	310	11.5	Nikki Rowland	CNU	29	17	0.6

Rebounding				Steals					
Player	School	G	REB	Ave.	Player	School	G	ST	Ave.
Cassie Womack	SU	26	293	11.3	Staci Humphrey	GC	27	90	3.3
Candace Bryant	CNU	30	253	8.4	Aline Alzime	FC	28	72	2.6
Aline Alzime	FC	28	235	8.4	Stacy Williams	MU	26	64	2.5
Alexis Hargbol	SU	26	210	8.1	Christy Freeman	PC	26	61	2.4
Antoinett Holliday	MC	24	181	7.5	Shameika Faircloth	NCW	24	56	2.3
Lauren Seeger	PC	26	196	7.5	Cassie Womack	SU	26	56	2.2
Ali Davenport	FC	28	206	7.4	Shanita Bennett	FC	27	57	2.2
Staci Humphrey	GC	27	193	7.1	Katherine Flint	SU	23	47	2.0
Lawanda Scott	NCW	25	177	7.1	Katie Freeman	GC	27	55	2.0
Dee Luck	CNU	28	194	6.9	LeAnne Horne	PC	26	51	2.0

Assists				Field Goal Pct.					
Player	School	G	ASST	Ave.	Player	School	G	FG-FGA	PCT.
Staci Humphrey	GC	27	195	7.2	Kristen Whitehurst	MU	26	83-143	.580
Zan Messer	MC	26	108	4.2	Stacy Williams	MU	26	16-290	.555
Caprice Laws	FC	27	109	4.0	Ali Davenport	FC	28	137-250	.548
Shanita Better	FC	27	98	3.3	Lawanda Scott	NCW	25	91-141	.532
Samantha Davis	CNU	30	107	3.6	Tonya Wright	FC	28	110-214	.514
Ashley Norton	FC	28	98	3.3	Candace Bryant	CNU	30	163-329	.495
Christy Freeman	PC	26	86	3.3	Amoria Bird	GC	26	85-173	.491
Valerie Samples	SU	26	84	3.2	Aline Alzime	FC	28	127-263	.783
Michele Russell	CNU	30	94	3.1	Alicia Bessey	CNU	24	103-217	.475
Ashley Harris	MC	26	73	2.8	Antoinett Holliday	MU	24	85-183	.464

THE HISTORY OF THE USA SOUTH

The USA South was formed in 1963, and was originally called the Dixie Conference, when six schools with similar philosophies of academics and athletics joined as the founding members. These colleges were: Charlotte College (presently UNC Charlotte), College of Charleston (S.C.), Methodist College, Lynchburg College, North Carolina Wesleyan College and St. Andrews Presbyterian College. The basis of the new athletic conference was that participation would be strictly amateur, thus no athletically related financial aid or athletic scholarships would be awarded. This philosophy still exists today.

The conference was originally affiliated with the National Association of Intercollegiate Athletics (NAIA), and remained with that affiliation until 1973. At that time the NCAA formed the Division III concept, which allowed membership only for non-athletic scholarship schools. The Dixie Conference joined this new arrangement, and in so doing, it became one of the first conferences to be accepted in Division III. From the beginning of the Division, the Dixie Conference has been a leader in many areas, and has gained an outstanding reputation, regionally and nationally.

The conference sponsored athletic programs for men students only until 1983. The NCAA expanded its sponsorship to include women's programs on the Division III level in that year, and the Dixie Conference followed that lead by also including women's sports. Many of the members' teams have gained excellent recognition in these sports.

Each year the conference not only recognizes the participants for outstanding athletic achievements, but academic achievements are also emphasized. Those student athletes who maintain academic averages of 3.0 or better are named to the All-Academic team. This group annually averages nearly 400 in number.

The conference is presently led by Commissioner Rita Wiggs and President John Hill, of Shenandoah University.

3-Pt. Field Goal Pct.				
Player	School	G	3FT-3FTA	PCT.
Nikki Rowland	CNU	29	43-109	.394
Dee Fisher	SU	25	29-75	.387
Alicia Sanders	SU	26	51-132	.386
Quanita Bennett	FC	28	52-143	.364
Courtney Bisette	MU	26	29-85	.341
Staci Humphrey	GC	27	71-210	.338
J.D. Richardson	NCW	23	45-134	.336
Shameika Faircloth	NCW	24	24-73	.329
Ashley Norton	FC	28	45-140	.321
Christy Freeman	PC	26	39-136	.287

Free Throw Pct.				
Player	School	G	FT-FTA	Pct.
Staci Humphrey	GC	27	119-141	.844
Jasmine Adams	AU	24	84-101	.832
Alicia Sanders	SU	26	95-116	.819
April Wilson	NCW	25	65-80	.813
Nikki Rowland	CNU	29	86-106	.811
Christy Freeman	PC	26	97-123	.789
Tonya Wright	FC	28	75-96	.781
Taylor Poirier	AU	24	67-88	.761
Jamie Motsinger	GC	27	76-100	.760
Valerie Samples	SU	26	63-84	.750

PRE-SEASON COACHES POLL

1. Ferrum (4) 75
2. CNU (2) 65
3. Methodist (3) 63
4. Greensboro 60
5. Shenandoah 50
6. Peace (1) 47
7. Meredith 26
8. Mary Baldwin 24
9. Averett 23
10. NC Wesleyan 17



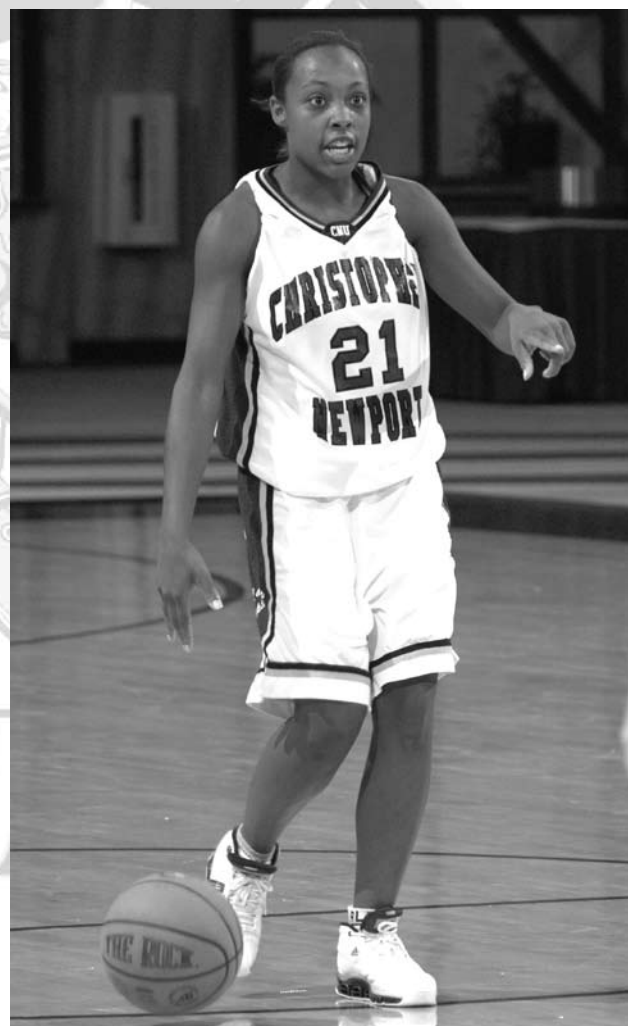
USA SOUTH (DIXIE) RESULTS

USA South (Dixie) Conference

1981-82	at Virginia Wesleyan First Round: CNC 80, Greensboro 44 Semifinals: St. Andrews 62, CNC 55
1982-83	at N.C. Wesleyan First Round: CNC 68, Methodist 53 Semifinals: Va. Wesleyan 66, CNC 65
1983-84	at N.C. Wesleyan First Round: CNC 63, N.C. Wesleyan 46 Semifinals: Va. Wesleyan 63, CNC 50
1984-85	at Greensboro College Semifinals: CNC 54, Va. Wesleyan 48 Finals: UNC Greensboro 72, CNC 65
1985-86	at St. Andrews College First Round: CNC 72, Methodist 63 Semifinals: CNC 69, UNC Greensboro 67 Finals: CNC 66, N.C. Wesleyan 62
1986-87	at Ratcliffe Gym First Round: CNC 76, Methodist 52 Semifinals: CNC 63, N.C. Wesleyan 53 Finals: UNC Greensboro 93, CNC 75
1987-88	at Greensboro College First Round: N.C. Wesleyan 91, CNC 85
1988-89	at Va. Wesleyan College First Round: CNC 85, Ferrum 54 Semifinals: Greensboro 83, CNC 79
1989-90	at Methodist College Semifinals: CNC 79, Ferrum 61 Finals: CNC 64, N.C. Wesleyan 53
1990-91	at N.C. Wesleyan College Semifinals: CNC 94, Ferrum 52 Finals: Greensboro 87, CNC 62
1991-92	at Greensboro College Semifinals: Ferrum 74, CNC 69
1992-93	at Ratcliffe Gym First Round: CNU 92, Averett 51 Semifinals: CNU 92, Greensboro 74 Finals: CNU 85, Methodist 83
1993-94	at Ferrum College Semifinals: Methodist 80, CNU 58
1994-95	at Methodist College Semifinals: Methodist 88, CNU 72
1995-96	at Shenandoah University Semifinals: CNU 71, Greensboro 69 Finals: Shenandoah 58, CNU 55
1996-97	at Ratcliffe Gym Semifinals: CNU 83, Methodist 65 Finals: Greensboro 55, CNU 49
1997-98	at Ferrum College Semifinals: CNU 92, Shenandoah 81 OT Finals: CNU 93, Methodist 91 OT
1998-99	at Greensboro College Semifinals: Greensboro 66, CNU 57
1999-2000	at Averett University Quarterfinals: CNU 81, Averett 71 Semifinals: Shenandoah 84, CNU 68
2000-2001	at Shenandoah University Semifinals: CNU 56, NC Wesleyan 45 Finals: CNU 65, Methodist 51
2001-2002	at NC Wesleyan College Quarterfinals: CNU 57, Shenandoah 36 Semifinals: CNU 66, Ferrum 55 Finals: Methodist 71, CNU 53
2002-2003	at Methodist College Quarterfinals: CNU 70, NC Wesleyan 52 Semifinals: CNU 49, Greensboro 44 Finals: Methodist 56, CNU 53
2003-2004	at Chowan College Quarterfinals: CNU 58, Methodist 57 Semifinals: CNU 64, Greensboro 56 Finals: CNU 57, Chowan 47
2004-2005	at Freeman Center Quarterfinals: Methodist 60, CNU 51
2005-2006	at Freeman Center Quarterfinals: Shenandoah 64, CNU 61
2006-2007	at Freeman Center Quarterfinals: CNU 61, Averett 50 Semifinals: CNU 77, Greensboro 62 Finals: CNU 77, Ferrum 53

Records vs. USA South in Tournament Play

Greensboro	6-4	St. Andrews	0-1
Methodist	7-5	Va. Wesleyan	1-2
N.C. Wesleyan	5-1	UNC Greensboro	1-2
Ferrum	5-1	Averett	3-0
Chowan	1-0	Totals	33-17
Shenandoah	2-3	Semifinals	14-8
First Round	11-2	Finals	7-7



Shannon Perry

USA South All-Academic

Year	Player	Year	Player
1981-82	Patti Kellihan	1998-99	Leema Madden
1982-83	Leanne Eycler		Tamara Pool
	Vicky Gunn	1999-00	Lindsey Carney
1984-85	Karen Joyner	2000-01	Lindsey Carney
1985-86	Alisa Fox		Florine Gholston
	Becky Littreal	2001-02	Tia Moore
1986-87	Rory Peets		Cherri Phillips
1987-88	Susan Frishkorn	2002-03	Heidi Miller
1989-90	Mandy Martin	2003-04	Chazzy Morris
1990-91	Crystal Richardson	2004-05	Chazzy Morris
1996-97	Tina Martin		Alyssa Bolles
	Tamara Pool	2005-06	Samantha Davis
		2006-07	Samantha Davis

Fastest Starts

To five games			To 10 games		To 15 games	
Record	Year	Eventual Streak	Record	Year	Record	Year
5-0	1985-86	8	9-1	1985-86	13-2	1985-86
4-1	1981-82	-	9-1	1997-98	13-2	2001-02
4-1	1986-87	2	9-1	2001-02	12-3	1991-92
4-1	1997-98	1	7-3	1981-82	12-3	1997-98
4-1	2000-01	2	7-3	1991-92	11-4	1996-97
4-1	2001-02	3	7-3	1996-97	10-5	1981-82
4-1	2002-03	4	7-3	2000-01	10-5	1982-83
3-2	1978-79	-	7-3	2002-03	10-5	1986-87
3-2	1982-83	-	6-4	1984-85	10-5	1990-91
3-2	1989-90	1	6-4	1982-83	10-5	1994-95
3-2	1991-92	1	6-4	2005-06	10-5	2000-01
3-2	2005-06	2	5-5	2003-04		

USA South All-Academic



Alyssa Bolles



Lindsey Carney



Samantha Davis



Tina Martin



Heidi Miller



Tia Moore



Chazzy Morris



Rory Peets



MILESTONE GAMES / CNU WOMEN'S HOOPS

Dec. 1, 1971 - CNU plays its first women's basketball game, losing to Norfolk State at Ratcliffe Gym, 56-23.

Dec. 8, 1971 - First CNU victory, a 22-13 win over Virginia Wesleyan at Ratcliffe Gym.

Feb. 16, 1980 - The Lady Captains go over 100 points for the first time in a 119-33 win over Hollins.

Mar. 6, 1980 - Lady Captains reach first post-season tournament, beating Methodist in the AIAW National Championship Tournament, 95-86. Also marks CNU's first winning season, finishing 18-13.

Feb. 22, 1986 - CNU defeats N.C. Wesleyan, 66-62, to win first-ever Dixie Conference post-season championship.

Feb. 28, 1986 - Lady Captains play in first-ever NCAA Tournament game, losing to Rust, 74-43.

Nov. 14, 1988 - In a 101-60 win over Eastern College, two CNU players score 30 points in the same game for the first time ever as Beth Spurell and Cathy Skinner each record 30.

Feb. 22, 1991 - In the semi-finals of

the Dixie Conference Tournament CNU defeats Ferrum, 94-52, with five players scoring in double figures

Feb. 2, 1992 - Karen Barefoot scores on a driving layup at the buzzer as CNU defeats Marymount, 99-98, in possibly the greatest women's game ever played in Ratcliffe Gym.

March 7, 1992 - The Lady Captains host the first NCAA Tournament game ever held at Ratcliffe Gym, and rally from a 38-30 deficit to defeat Marymount, 73-71. The win earns CNU its first spot ever in the "Sweet 16" round.

Feb. 27, 1993 - Cynthia Allen rebounds a missed shot and scores the winning basket with just seconds left as CNU wins another Dixie Conference Tournament, this time at Ratcliffe Gym.

Feb. 25, 1994 - Karen Barefoot becomes the first player in NCAA history, regardless of sex or division, to score 2,000 points and have 1000 assists in a career.

Mar. 4, 1998 - CNU defeats Roanoke in an NCAA Tournament game at Rat-

cliffe Gym, 77-57. The win put CNU at 23-4, the best record in school history and followed another Dixie Conference regular-season and post-season tournament championship.

Feb. 20, 1999 - CNU defeats Methodist in overtime at Ratcliffe Gym, 72-68, to gain a regular season Dixie Conference co-championship.

Nov. 21, 2000 - Christopher Newport loses to Salisbury St., 86-80, in the first women's game ever in the Freeman Center.

Feb. 24, 2001 - CNU defeats Methodist, 65-61, in the Championship Game of the Dixie Conference Tournament in Winchester, VA. The victory puts the Lady Captains in the NCAA Tournament for the 8th time in program history.

Feb. 27, 2002 - Christopher Newport hosts Hood(MD) College in the first ever women's basketball home NCAA Tournament game, in which CNU won, 71-40.

March 3, 2004 - Christopher Newport travels to Bethany (WV) for a Second Round NCAA Tournament game and defeat the Lady Bison 61-60.

USA SOUTH 2007-08 CHAMPIONS



Women's Basketball Freeman Center

Individual and Team Records

Year By Year at the Freeman Center

Year	Won	Lost	Pct.
2000-01	8	4	.667
2001-02	13	1	.929
2002-03	9	3	.750
2003-04	9	1	.900
2004-05	7	5	.583
2005-06	9	4	.692
2006-07	12	1	.923
Total	67	19	.779

Record vs. All Opponents at the Freeman Center

OPPONENT	Record	Streak	First Met	Last CNU Win	Last Opp. Win
Averett	8-0	+8	2000-01	2006-07 (61-50)	—
Catholic	1-0	+1	2005-06	2005-06 (71-69)	—
Chowan	4-2	+1	2000-01	2005-06 (82-71*)	2003-04 (62-59)
Concordia	1-0	+1	2001-02	2001-02 (71-49)	—
Ferrum	7-1	+5	2000-01	2006-07 (77-53)	2002-03 (80-71)
Fisk	0-1	-1	2000-01	-	2000-01 (58-47*)
Goucher	2-0	+2	2001-02	2004-05 (76-50)	—
Greensboro	7-1	+3	2000-01	2006-07 (77-62)	2004-05 (76-60)
Guilford	1-0	+1	2005-06	2005-06 (71-56)	—
Hood	1-0	+1	2001-02	2001-02 (71-40)	—
Mary Baldwin	2-0	+2	2002-03	2004-05 (88-55)	—
Marymount	1-2	+1	2001-02	2006-07 (54-52)	2004-05 (63-58)
Mary Washington	0-3	-3	2000-01	-	2005-06 (71-56)
Methodist	6-2	+2	2000-01	2006-07 (63-48)	2004-05 (60-51)
N.C. Wesleyan	7-0	+7	2000-01	2006-07 (93-40)	—
Peace	4-1	+1	2001-02	2006-07 (74-67)	2005-06 (70-57)
Salisbury	0-2	-2	2000-01	-	2003-04 (77-73)
Savannah A&D	2-0	+2	2001-02	2002-03 (72-60)	—
Shenandoah	7-1	+1	2000-01	2006-07 (90-65)	2005-06 (64-61)
Southern VA	2-0	+2	2001-02	2002-03 (63-41)	—
St. Marys	2-0	+2	2000-01	2006-07 (66-56)	—
VA Wesleyan	2-2	-2	2000-01	2003-04 (66-40)	2006-07 (77-63)
Wheaton (IL)	0-1	-1	2002-03	-	2002-03 (69-61)

Top 15 Freeman Center Crowds

1734	Feb. 17, 2007	Greensboro	W
1392	Feb. 27, 2002	Hood	W
1386	Dec. 9, 2003	VA Wesleyan	W
1351	Feb. 16, 2007	Methodist	W
1298	Jan. 20, 2007	Ferrum	W
1214	Feb. 17, 2001	Methodist	W
1042	Nov. 25, 2003	Salisbury	L
996	Feb. 1, 2003	Greensboro	W
993	Feb. 15, 2003	Chowan	W
992	Feb. 2, 2003	Methodist	W
992	Feb. 5, 2003	Shenandoah	W
984	Feb. 11, 2006	Averett	W
973	Feb. 17, 2003	N.C. Wesleyan	W
923	Jan. 28, 2006	Methodist	W

* overtime games



Individual Records

Field Goals

CNU 12 Tia Moore vs. Ferrum, 2/2/02
Opp. 12 Kate Guggino, Goucher, 1/6/02

Three-pointers

CNU 4 Jessica Hutt vs. Methodist, 2/22/05
Opp. 4 Amber Triplett, Ferrum, 2/2/02
Amanda Currie, Greensboro, 2/17/02
4 Alicia Sanders, Shenandoah, 2/2/05

Free Throws

CNU 8 Jen Harrell vs. N.C. Wesleyan, 1/31/01
8 Tia Moore vs. Averett, 1/22/03
8 Tia Moore vs. Chowan, 2/15/03
8 Chazzy Morris vs. Greensboro, 2/20/15
Opp. 12 Christen Snyder, Methodist, 2/22/05

Rebounds

CNU 17 Candace Bryant vs. Goucher, 1/3/05
Opp. 15 Kim Enoch, Greensboro, 2/20/05

Assists

CNU 11 Lindsey Carney vs. Ferrum, 1/21/01
Opp. 7 Sarah Jones, N.C. Wesleyan, 1/20/02

Blocks

CNU 8 Amber Hallman vs. NC Wesleyan, 2/17/03
8 Amber Hallman vs. Mary Baldwin, 11/26/02
Opp. 5 Jennifer Nunnley, Averett, 1/20/01

Steals

CNU 8 Amber Hallman vs. Greensboro, 2/1/03
Opp. 6 Netagia Foreman, Shenandoah, 2/2/05

Points

CNU 28 Tia Moore vs. Salisbury, 11/21/00
28 Tia Moore vs. Averett, 1/22/03
28 Tia Moore vs. Chowan, 2/15/03
Opp. 32 Kate Guggino, Goucher, 1/6/02

Team Records

Field Goals

CNU 37 vs. Averett, 2/6/02
Opp. 35 Salisbury, 1/21/00

Three-pointers

CNU 5 vs. Hood, 2/27/02
Opp. 9 Ferrum, 2/2/02
9 Shenandoah, 2/2/05

Free Throws

CNU 27 vs. N.C. Wesleyan, 1/31/01
Opp. 31 Greensboro, 2/20/05

Rebounds

CNU 62 So. Virginia, 1/3/03
Opp. 52 Ferrum, 1/18/03

Assists

CNU 27 vs. Greensboro, 2/1/03
Opp. 19 Marymount, 11/24/01

Blocks

CNU 12 vs. Peace, 11/20/01
Opp. 12 Goucher, 1/3/05

Steals

CNU 28 vs. Averett, 1/26/05
Opp. 14 Shenandoah, 2/2/05

Points

CNU 93 vs. Averett, 2/6/02
Opp. 86 Salisbury, 11/21/00



CNU LADY CAPTAINS RECORD BOOK

BASKETBALL HISTORY

YEAR	RECORD	PCT.	Conf.	PCT.	POS.	COACH
1971-72	2-13	.133				Mary Lu Royall
1972-73	No team					
1973-74	5-7	.416				Mary Lu Royall
1974-75	3-7	.300				Mary Lu Royall
1975-76	2-16	.111				Mary Lu Royall
1976-77	4-15	.211				Terry Gooding
1977-78	4-16	.200				Terry Gooding
1978-79	5-21	.193				Terry Gooding
1979-80	18-13	.582				Phil Lee
1980-81	11-13	.458				Susan Walthall
1981-82	16-10	.615	8-4	.667	T2nd	Susan Walthall
1982-83	18-9	.667	8-4	.667	3rd	Susan Walthall
1983-84	12-13	.480	9-5	.643	4th	Susan Walthall
1984-85	16-9	.640	10-2	.833	T1st	Susan Walthall
1985-86	20-9	.690	8-6	.571	4th	Susan Walthall
1986-87	19-8	.704	10-4	.714	T2nd	Susan Walthall
1987-88	13-12	.520	8-6	.571	T3rd	Susan Walthall
1988-89	13-12	.520	9-3	.750	T2nd	Cathy Parson
1989-90	17-9	.654	8-2	.800	T1st	Cathy Parson
1990-91	20-7	.741	10-0	1.000	1st	Cathy Parson
1991-92	22-6	.786	9-1	.900	T1st	Cathy Parson
1992-93	19-9	.679	7-3	.700	T2nd	Cathy Parson
1993-94	15-10	.600	9-3	.750	T1st	Cathy Parson
1994-95	17-9	.654	10-2	.833	1st	Cathy Parson
1995-96	16-10	.615	10-2	.833	1st	Cathy Parson
1996-97	20-7	.741	11-1	.917	1st	Cathy Parson
1997-98	24-4	.857	11-1	.917	1st	Cathy Parson
1998-99	15-10	.562	10-2	.833	T1st	Carolyn Hunter
1999-2000	15-11	.577	9-3	.750	2nd	Carolyn Hunter
2000-2001	20-7	.714	10-2	.833	T1st	Carolyn Hunter
2001-2002	24-5	.828	12-2	.857	1st	Carolyn Hunter
2002-2003	19-9	.679	10-4	.714	T1st	Carolyn Hunter
2003-2004	21-9	.700	12-4	.720	2nd	Carolyn Hunter
2004-2005	10-16	.385	7-7	.500	T3rd	Carolyn Hunter
2005-2006	17-9	.654	11-3	.786	2nd	Carolyn Hunter
2006-2007	21-9	.700	11-3	.786	2nd	Carolyn Hunter
Total	513-359	.588	247-79	.758		

30-POINT GAMES

PTS	PLAYER	OPPONENT	DATE
48	Karen Barefoot	Va. Wesleyan	Nov. 20, 1993
42	Misty Hart	Salisbury St.	Nov. 25, 1997
42	Misty Hart	Shenandoah	Feb. 27, 1998
41	Pam Stewart	Averett	Jan. 9, 1987
39	Joyce Harlow	Col. of Albemarle	Jan. 20, 1977
39	Misty Hart	Averett	Jan. 24, 1998
37	Linda Richardson	Delaware St.	Nov. 15, 1979
36	Pam Stewart	Ferrum	Nov. 29, 1985
36	Karen Barefoot	Marymount	Dec. 18, 1992
36	Karen Barefoot	Ferrum	Jan. 21, 1994
35	Pam Stewart	Averett	Jan. 6, 1987
35	Pam Stewart	Va. Wesleyan	Jan. 31, 1987
35	Karen Barefoot	Marymount	Feb. 2, 1992
34	Linda Richardson	Emory & Henry	Feb. 23, 1980
34	Cathy Skinner	Greensboro	Jan. 13, 1989
34	Karen Barefoot	Wesley	Nov. 30, 1990
34	Karen Barefoot	Roanoke	Nov. 19, 1993
34	Karen Barefoot	Salisbury St.	Nov. 23, 1993
34	Alice Streetman	Salisbury St.	Nov. 23, 1993
34	Cynthia Allen	Greensboro	Feb. 1, 1997
33	Linda Richardson	Mary Washington	Dec. 4, 1979
33	Alice Streetman	Marymount	Jan. 8, 1993
33	Karen Barefoot	Greensboro	Nov. 21, 1993
33	Karen Barefoot	N.C. Wesleyan	Dec. 3, 1993
33	Misty Hart	Bridgewater	March 7, 1998
32	Pam Stewart	Mt. Olive	Feb. 4, 1986
32	Linda Richardson	Hollins	Feb. 16, 1980
32	Cathy Skinner	Averett	Feb. 10, 1989
32	Karen Barefoot	Va. Wesleyan	Jan. 28, 1992
32	Alice Streetman	Greensboro	Feb. 18, 1994
32	Colandra Rollins	Ferrum	Feb. 12, 2006
31	Pam Stewart	Salisbury St.	Nov. 23, 1985
31	Pam Stewart	UNC-Greensboro	Feb. 7, 1986
31	Pam Stewart	Mary Washington	Nov. 21, 1986
31	Linda Richardson	Roanoke	Jan. 12, 1980
31	Alisa Fox	UNC-Greensboro	Feb. 28, 1987
31	Cathy Skinner	Mary Washington	Dec. 8, 1988
31	Karen Barefoot	Marymount	Jan. 8, 1993
31	Alice Streetman	Greensboro	Feb. 26, 1993
31	Alice Streetman	Hampton	Nov. 26, 1993
31	Misty Hart	CCNY	Dec. 5, 1997
31	Misty Hart	Methodist	Jan. 31, 1998
31	Candace Bryant	Guilford	Jan. 05, 2005
30	Cathy Skinner	Eastern	Nov. 19, 1988
30	Beth Spurell	Eastern	Nov. 19, 1988
30	Cathy Skinner	Roanoke	Dec. 4, 1988
30	Cathy Skinner	Ferrum	Jan. 20, 1989
30	Cathy Skinner	Averett	Jan. 21, 1989
30	Kim Cameron	Averett	Feb. 10, 1989
30	Cathy Skinner	N.C. Wesleyan	Feb. 14, 1990
30	April Macario	Greensboro	Feb. 2, 1991
30	Karen Barefoot	Ferrum	Jan. 22, 1993
30	Cynthia Allen	Marymount	March 6, 1993
30	Dolmesha Stallings	Averett	Feb. 12, 1994
30	Misty Hart	Penn St.-Behrend	Dec. 6, 1996
30	Dana Edwards	Chowan	Feb. 16, 1998
30	Amber Hallman	Chowan	Feb. 7, 2004



Cathy Parson, left in white, is CNU's all-time winningest coach. She eventually coached in the WNBA.

COACHING RECORDS

Coach	Years	Seas.	Overall		Conf.	
			W	L	W	L
Mary Lu Royall	1971-76	4	12	43	.218	
Terry Gooding	1976-79	3	13	52	.200	
Phil Lee	1979-80	1	18	13	.582	
Susan Walthall	1980-88	8	125	83	.601	61-31 .663
Cathy Parson	1988-98	10	183	83	.688	94-18 .839
Carolyn Hunter	1998-	9	162	84	.659	92-30 .754

CNU LADY CAPTAINS RECORD BOOK

INDIVIDUAL

POINTS SCORED

Game 48 Karen Barefoot vs. Va. Wesleyan, Nov. 20, 1993
 Season 730 Linda Richardson, 1979-80
 Career 2073 Karen Barefoot, 1990-94

SCORING AVERAGE

Season 25.2 Karen Barefoot, 1993-94
 Career 20.6 Linda Richardson, 1979-81

FIELD GOALS

Game 19 Pam Stewart vs. Averett, Jan. 9, 1987
 Season 275 Linda Richardson, 1979-80
 Career 682 Karen Barefoot, 1990-94

FIELD GOALS ATTEMPTED

Season 575 Pam Stewart, 1985-86
 Career 1597 Pam Stewart, 1982-87

FIELD GOAL PERCENTAGE

Season .569, Dolmesha Stallings, (153-269), 1996-97
 Career .537 Dolmesha Stallings, (589-1096) 1993-97

THREE-POINT FIELD GOALS

Game 8 Misty Hart vs. Methodist, 2/28/98
 8 Dana Edwards vs. Chowan, 2/17/98
 Season 69 Kinsey Pritchett, 1991-92
 Career 156 Dana Edwards, 1994-98

THREE-POINT FIELD GOAL ATTEMPTS

Game 24 Kinsey Pritchett vs. Ferrum, Jan. 24, 1992
 Season 209 Dana Edwards, 1997-98
 Career 387 Misty Hart, 1994-98

THREE-POINT FIELD GOAL PERCENTAGE

Game .750 Kim Cameron vs. Gettysburg (6-8), Nov. 20, 1989
 Season .398 April Macario (33-84), 1990-91
 Career .379 April Macario (72-190), 1989-91

FREE THROWS

Game 21 Karen Barefoot vs. Va. Wesleyan, Nov. 20, 1993
 Season 206 Karen Barefoot, 1993-94
 Career 674 Karen Barefoot, 1990-94

FREE THROWS ATTEMPTED

Game 24 Karen Barefoot vs. Va. Wesleyan, Nov. 20, 1993
 Season 311 Linda Richardson, 1979-80
 Career 929 Karen Barefoot, 1990-94

FREE THROW PERCENTAGE

Season .817 Amber Hallman (94-115), 2003-04
 Career .754 Pam Stewart (313-415), 1982-87

REBOUNDS

Game 25 Linda Richardson vs. Southeastern (D.C.), Nov. 20, 1980
 Season 504 Linda Richardson, 1979-80
 Career 1148 Beth Spurell, 1985-89

REBOUND AVERAGE

Season 16.8 Linda Richardson, 1979-80
 Career 14.7 Linda Richardson, 1979-81

ASSISTS

Game 18 Karen Barefoot vs. Methodist, Jan. 12, 1991
 Season 273 Karen Barefoot, 1993-94
 Career 1002 Karen Barefoot, 1990-94

STEALS

Game 14 Karen Barefoot vs. Wesley,

Nov. 30, 1990
 Season 162 Karen Barefoot, 1990-91
 Career 560 Karen Barefoot, 1990-94

BLOCKS

Game 9 Crystal Richardson vs. N.C. Wesleyan, Feb. 1, 1992
 Season 106 Amber Hallman, 2003-04
 Career 295 Amber Hallman, 2001-04

TEAM

POINTS

Game 120 vs. Averett, Jan. 19, 1991
 120 vs. Wesley, Nov. 30, 1990
 Season 2361 in 1997-98

OPPONENTS POINTS

Game 113 Hampton, Nov. 23, 1990
 Season 2167 in 1979-80

POINTS IN ONE HALF

Game 71 vs. Averett, Jan. 19, 1991 (1st half)

SCORING AVERAGE

Season 84.3 in 1990-91 & 1997-98

FIELD GOALS

Game 56 vs. Averett, Jan. 19, 1991
 Season 919 in 1990-91

FIELD GOALS ATTEMPTED

Season 2165 in 1992-93

FIELD GOAL PERCENTAGE

Season .448 in 1996-97

THREE-POINT FIELD GOALS

Game 15 vs. Chowan, 2/16/98
 Season 191 in 1997-98

THREE-POINT FIELD GOALS ATTEMPTED

Game 36 vs. N.C. Wesleyan, 2/4/98
 Season 377 in 1995-96

THREE-POINT FIELD GOAL PERCENTAGE

Game .625 vs. Gettysburg (10-16), Nov. 20, 1989
 Season .349 in 1989-90 (74-212)

FREE THROWS

Game 32 vs. Southeastern (D.C.), Nov. 28, 1980
 32 vs. Wesley, Nov. 30, 1990
 Season 444 in 1979-80

FREE THROWS ATTEMPTED

Game 54 vs. Southeastern (D.C.), Nov. 28, 1980
 Season 717 in 1979-80

FREE THROW PERCENTAGE

Season .722 in 2006-2007

REBOUNDS

Season 1383 in 1992-93

REBOUND AVERAGE

Season 52.6 in 1995-96

ASSISTS

Game 38 vs. Averett, Feb. 1, 1988
 Season 554 in 1996-97

STEALS

Game 41 vs. Averett, Jan. 19, 1991
 Season 547 in 1990-91

BLOCKS

Game 13 vs. Franklin & Marshall, Jan. 11, 1994
 Season 196 in 2006-2007

LOWEST SCORING AVERAGE

Season 21.1 in 1971-72

BEST OPPONENTS' SCORING AVERAGE

Season 81.3 in 1980-81

LOWEST OPPONENTS' SCORING AVERAGE

Season 35.8 in 1973-74

FEWEST POINTS

Game 10 vs. Old Dominion, Dec. 16, 1971
 Season 317 in 1971-72

FEWEST OPPONENTS' POINTS

Game 13 Virginia Wesleyan, Dec. 8, 1971

MOST WINS

Season 24 in 1997-98 & 2001-2002

FEWEST WINS

Season 2 in 1971-72 & 1975-76

MOST LOSSES

Season 21 in 1978-79

FEWEST LOSSES

Season 4 in 1997-98

LONGEST WINNING STREAK

Season 15 in 1991-92

LONGEST LOSING STREAK

Season 11 in 1975-76

LONGEST HOME COURT WINNING STREAK

Overall 26 from Jan. 4, 1990 to Nov. 24, 1992



Karen Barefoot

SEASON & CAREER LEADERS

Career Scoring

PLAYER	YEAR	G	PTS
1. Barefoot, Karen	1990-94	108	2,073
2. Stewart, Pam	1982-87	91	1,622
3. Moore, Tia	1999-03	109	1,585
4. Streetman, Alice	1990-95	101	1,562
5. Kellihan, Patti	1978-82	104	1,467
6. Bryant, Candace	2003-07	110	1,451
7. Stallings, Dolmesha	1993-97	102	1,433
8. Hart, Misty	1994-98	95	1,430
9. Skinner, Cathy	1987-90	76	1,326
10. Hallman, Amber	2001-04	111	1,232
11. Lofton, Tomorrow	2001-04	87	1,190
12. Cameron, Kim	1986-90	87	1,141
13. Drewry, Gwynn	1977-81	96	1,137
14. Johnson, Tia	1989-93	109	1,129
15. Richardson, Linda	1979-81	53	1,095
16. Barnes, Liisa	1989-93	106	1,040
17. Murray, Allison	1986-90	100	1,024
18. Pool, Tamara	1995-99	105	1,021
19. Gunn, Vicky	1980-84	102	1,007
20. Nice, Cindy	1981-85	96	1,002

Career Rebounds

PLAYER	YEAR	G	REB
1. Spurell, Beth	1985-89	106	1146
2. Johnson, Tia	1989-93	109	1039
3. Peets, Rory	1983-87	104	1033
4. Stallings, Dolmesha	1993-97	102	930
5. Moore, Tia	1999-03	109	872
6. Drewry, Gwynn	1977-81	96	861
7. Nice, Cindy	1981-85	96	841
8. Richardson, Linda	1979-81	53	777
9. Allen, Cynthia	1992-97	107	763
10. Bryant, Candace	2003-	80	756

Career Assists

PLAYER	YEAR	G	A
1. Barefoot, Karen	1990-94	108	1002
2. Eyler, Leanne	1981-85	97	461
3. Leema Madden	1995-99	81	373
4. Freeman, Nesie	1979-85	100	388
5. Fox, Alisa	1983-87	104	349
6. Lofton, Tomorrow	2001-04	87	314
Barnes, Rasheka	1996-99	76	314
8. Murray, Allison	1986-90	100	303
9. Hart, Misty	1995-98	68	300
10. Dana Edwards	1994-98	100	295

Career Steals

PLAYER	YEAR	G	ST.
1. Barefoot, Karen	1990-94	108	560
2. Richardson, Crystal	1988-92	94	384
3. Leema Madden	1995-99	81	328
4. Streetman, Alice	1990-95	101	292
5. Skinner, Cathy	1987-90	76	288
6. Hallman, Amber	2001-04	85	217
7. Cameron, Kim	1986-90	87	210
8. Eyler, Leanne	1981-85	97	202
9. Johnson, Tia	1989-93	109	194
10. Jen Harrell	1999-03	105	189

Career Blocks

PLAYER	YEAR	G	BLK.
1. Hallman, Amber	2001-04	85	295
2. Nice, Cindy	1981-85	96	188
3. Richardson, Crystal	1988-92	94	124
4. Peets, Rory	1983-87	104	123
5. Johnson, Tia	1989-93	109	112
6. Allen, Cynthia	1992-97	107	100
7. Joseph, Keisha	1994-98	52	97
8. Streetman, Alice	1990-95	101	93
9. Barnes, Rasheka	1996-99	76	85
10. Luck, Dee	2005-	26	78

Season Points

PLAYER	YEAR	G	PTS
1. Richardson, Linda	1979-80	30	730
2. Misty Hart	1997-98	28	660
3. Barefoot, Karen	1993-94	25	629
4. Stewart, Pam	1985-86	29	620
5. Skinner, Cathy	1988-89	25	563
6. Stewart, Pam	1986-87	27	561
7. Barefoot, Karen	1991-92	28	546
8. Kellihan, Patti	1979-80	31	544
9. Hart, Misty	1996-97	26	492
10. Hallman, Amber	2003-04	30	479

Season Scoring Average

PLAYER	YEAR	G	AVE.
1. Barefoot, Karen	1993-94	25	25.2
2. Richardson, Linda	1979-80	30	24.3
3. Misty Hart	1997-98	28	23.6
4. Skinner, Cathy	1988-89	25	22.5
5. Stewart, Pam	1985-86	29	21.4
6. Stewart, Pam	1986-87	27	20.8
7. Streetman, Alice	1993-94	25	19.9
8. Slye, Diane	1974-75	10	19.8
9. Barefoot, Karen	1991-92	28	19.5
10. Hart, Misty	1996-97	26	18.9

Season Rebounding

PLAYER	YEAR	G	REB
1. Richardson, Linda	1979-80	30	504
2. Spurell, Beth	1988-89	25	388
3. Johnson, Tia	1991-92	28	366
4. Drewry, Gwynn	1979-80	31	358
5. Peets, Rory	1985-86	29	329
6. Drewry, Gwynn	1978-79	26	328
7. Peets, Rory	1984-85	25	320
8. Spurell, Beth	1987-88	25	302
9. Hallman, Amber	2003-04	30	301
10. Bryant, Candace	2004-05	26	283

Season Assists

PLAYER	YEAR	G	A
1. Barefoot, Karen	1993-94	25	273
2. Barefoot, Karen	1990-91	27	265
3. Barefoot, Karen	1992-93	28	236
4. Barefoot, Karen	1991-92	28	228
5. Fox, Alisa	1986-87	27	166
6. Eyler, Leanne	1984-85	23	160
Kolly, Amy	1989-90	26	160
8. Cooper, Rhonda	1988-89	17	154
9. Madden, Leema	1996-97	27	145
Barnes, Rasheka	1997-98	28	145
Lofton, Tomorrow	2003-04	30	145

Season Blocks

PLAYER	YEAR	G	BLK
1. Hallman, Amber	2003-04	30	106
2. Luck, Dee	2006-07	28	99
3. Hallman, Amber	2002-03	26	96
4. Hallman, Amber	2001-02	29	93
5. Luck, Dee	2005-06	26	78
6. Nice, Cindy	1983-84	25	73
7. DeLoatch, LaTonya	1993-94	25	54
Peets, Rory	1986-87	27	54
9. Nice, Cindy	1982-83	27	53
10. Joseph, Keisha	1995-96	26	49

Season Steals

PLAYER	YEAR	G	ST.
1. Barefoot, Karen	1990-91	27	162
2. Barefoot, Karen	1991-92	28	140
3. Barefoot, Karen	1993-94	25	130
4. Barefoot, Karen	1992-93	28	128
5. Skinner, Cathy	1989-90	26	113
6. Skinner, Cathy	1988-89	25	105
7. Misty Hart	1997-98	28	91
8. Hallman, Amber	2001-02	29	86
9. Stewart, Pam	1986-87	27	84
Madden, Leema	1996-97	27	84

Season Field Goal Pct.

PLAYER	YEAR	G	PCT.
1. Stallings, Dolmesha	1996-97	26	.569
2. Stallings, Dolmesha	1994-95	26	.568
3. Allen, Cynthia	1992-93	28	.565
4. Spurell, Beth	1987-88	25	.558
5. Spurell, Beth	1988-89	25	.552
6. Stallings, Dolmesha	1993-94	25	.543
7. Rollins, Colandra	2006-07	30	.542
8. Moore, Tia	2002-03	28	.533
9. Barefoot, Karen	1990-91	27	.521
10. Streetman, Alice	1992-93	25	.520
Moore, Tia	2001-02	28	.520

Season Free Throw Pct.

PLAYER	YEAR	G	PCT.
1. Russell, Michele	2004-05	26	.886
2. Rowland, Nikki	2005-06	26	.822
3. Hallman, Amber	2003-04	30	.817
4. Rowland, Nikki	2006-07	29	.811
5. Stewart, Pam	1985-86	29	.802
6. Miller, Heidi	2002-03	28	.800
7. Fox, Alisa	1986-87	27	.795
8. Stewart, Pam	1984-85	24	.787
9. Kellihan, Patti	1979-80	31	.781
10. Barefoot, Karen	1993-94	25	.766

2006-2007 performance in bold



Tia Moore



Dee Luck

CAPTAINS BASKETBALL 2007-08

CNU'S 1,000-POINT SCORERS



1 - Karen Barefoot - 5-6 - Newport News, VA
2,073 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1990-91	27	148-284	.521	143-198	.722	95-3.5	441-16.3
1991-92	28	186-431	.432	165-236	.699	106-3.8	546-19.5
1992-93	28	143-314	.455	160-226	.708	131-4.7	457-16.3
1993-94	25	205-483	.424	206-269	.766	112-4.5	629-25.5
Career	108	682-1512	.451	674-929	.726	444-4.1	2073-19.2



2 - Pam Stewart - 5-5 - Hampton, VA
1,622 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1982-83 *	11	19-37	.513	2-5	.400	18-1.6	40-3.6
1984-85	24	163-402	.405	74-94	.787	114-4.8	400-16.7
1985-86	29	245-575	.426	130-162	.802	129-4.4	620-21.4
1986-87	27	227-583	.389	107-154	.695	130-4.8	561-20.8
Career	91	654-1597	.410	313-415	.754	391-4.3	1622-17.8



3 - Tia Moore - 5-7 - Washington, D.C.
1,585 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1999-00	26	136-266	.511	53-86	.616	186-7.2	325-12.5
2000-01	27	163-290	.562	78-112	.696	203-8.5	404-15.0
2001-02	28	167-321	.520	75-104	.721	233-8.3	409-14.6
2002-03	28	170-319	.533	107-145	.738	250-8.9	447-16.0
Career	109	636-1196	.532	313-447	.700	872-8.0	1585-14.5



4 - Alice Streetman - 5-10 - Newport News, VA
1,562 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1990-91	27	128-273	.469	17-32	.531	94-3.5	273-10.1
1992-93	25	187-360	.520	23-33	.697	155-6.2	398-15.9
1993-94	25	223-518	.431	44-69	.638	164-6.6	497-19.9
1994-95	24	177-375	.472	34-49	.694	93-3.5	394-16.4
Career	101	715-1526	.469	122-183	.667	496-4.9	1562-15.5



5 - Patty Kellihan - 5-6 - Hampton, VA
1,467 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1978-79	25	142-353	.402	86-118	.729		370-14.8
1979-80	31	224-545	.411	96-123	.781	164-5.3	544-17.5
1980-81	24	119-301	.395	49-65	.754	87-3.6	287-12.0
1981-82	24	104-314	.331	58-89	.652	110-4.6	266-11.1
Career	104	589-1513	.389	289-395	.732		1467-14.1



6 - Candace Bryant - 5-9 - VA Beach, VA
1,451 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB	PTS
2003-04	30	149-291	.512	50-83	.602	233-7.8	348-11.6
2004-05	26	157-344	.456	77-123	.623	283-10.9	391-15.0
2005-06	24	129-287	.449	74-112	.661	240-10.0	332-13.8
2006-07	30	163-329	.495	54-84	.643	253-8.4	380-12.7
Career	110	598-1251	.478	255-402	.634	1009-9.2	1451-13.2



7 - Dolmesha Stallings - 5-11 - San Diego, CA
1,433 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1993-94	25	157-289	.543	52-110	.473	279-11.2	366-14.6
1994-95	26	191-336	.568	84-145	.579	282-10.8	466-17.9
1995-96	25	88-202	.436	36-66	.546	174-7.0	213-8.5
1996-97	26	153-269	.569	82-130	.631	207-8.0	388-14.9
Career	102	589-1096	.537	254-451	.563	942-9.2	1433-14.0



8 - Misty Hart - 5-8 - Newport News, VA
1,430 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1994-95*	24	40-93	.430	3-8	.375	32-1.3	100-4.2
1995-96*	3	2-4	.500	0-0	.000	2-7	4-1.3
1995-96	14	63-178	.354	35-48	.729	77-5.5	174-12.4
1996-97	26	187-395	.473	80-114	.702	169-6.5	492-18.9
1997-98	28	238-530	.449	120-161	.745	187-6.7	660-23.6
Career	95	530-1200	.442	238-331	.719	467-4.9	1430-14.5.1



9 - Cathy Skinner - 5-6 - Newport News, VA
1,326 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1987-88	25	135-297	.455	46-75	.613	147-5.9	316-12.6
1988-89	25	236-463	.510	91-123	.740	136-5.4	563-22.5
1989-90	26	196-434	.452	55-77	.714	155-6.0	447-17.2
Career	76	567-1194	.475	192-275	.698	440-5.8	1326-17.4



10 - Amber Hallman - 6-1 - Williamsburg, VA
1,232 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
2000-01*	26	51-122	.418	12-21	.571	86/3.3	117/4.5
2001-02	29	129-310	.416	31-54	.574	223/7.7	328/11.3
2002-03	26	125-320	.391	37-56	.661	229/8.8	308/11.8
2003-04	30	183-405	.452	94-115	.817	301/10.0	479/16.0
Career	111	488-1157	.422	174-246	.707	839/7.6	1232/11.1

* at Jacksonville (FL)

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CNU'S 1,000-POINT SCORERS



11 - Tomorrow Lofton - 5-9 - Richmond, VA
1,190 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
2001-02	29	137-333	.411	99-144	.688	185/6.4	386/13.3
2002-03	28	138-338	.408	73-106	.689	202/7.2	360/12.9
2003-04	30	158-414	.382	119-174	.684	279/9.3	444/18.8
Career	87	433-1085	.399	291-424	.686	666/7.7	1190/13.7



12 - Kim Cameron - 5-11 - Manassas, VA
1,141 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1986-87	27	114-253	.451	22-39	.564	155-5.7	250-9.3
1987-88	25	177-435	.407	55-79	.696	143-5.7	423-16.9
1988-89	25	152-395	.385	28-48	.583	187-7.5	359-14.4
1989-90	10	42-115	.365	3-6	.500	42-4.2	109-10.9
Career	87	485-1198	.405	108-172	.628	527-6.1	1141-13.1



13 - Gwynn Drewry - 5-9 - Hampton, VA
1,137 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1980-81	24	68-164	.415	28-35	.800	117-4.9	164-6.8
1981-82	26	106-240	.442	8-12	.667	82-3.2	220-8.5
1982-83	27	145-363	.399	21-33	.636	108-4.0	311-11.5
1983-84	25	146-354	.412	20-31	.645	109-4.4	312-12.5
Career	102	465-1121	.415	77-111	.694	416-4.1	1007-9.9



14 - Tia Johnson - 6-0 - Dale City, VA
1,129 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1989-90	26	51-129	.395	59-88	.671	170-6.5	161-6.2
1990-91	27	109-235	.464	60-96	.625	237-8.8	278-10.3
1991-92	28	166-351	.473	89-141	.631	366-13.1	421-15.6
1992-93	28	110-269	.409	49-83	.590	266-9.5	269-9.6
Career	109	436-984	.443	257-408	.630	1039-9.5	1129-10.4



15 - Linda Richardson - 5-7 - Hampton, VA
1,091 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1979-80	30	275-548	.502	184-311	.592	504-16.8	730-24.3
1980-81	23	142-306	.464	77-146	.527	273-11.9	361-15.7
Career	53	417-854	.488	261-457	.571	777-14.7	1091-20.6



17 - Liisa Barnes - Falls Church, VA
1,040 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1989-90	25	36-116	.310	24-37	.649	50-2.0	96/3.8
1990-91	25	99-287	.345	38-55	.691	76-3.0	237/9.5
1991-92	28	161-426	.378	57-95	.600	121-4.3	382/13.6
1992-93	28	132-379	.348	54-75	.720	97-3.5	325/11.6
Career	106	428-1208	.354	173-262	.660	344-3.2	1040/9.8



18 - Allison Murray - 5-8 - Annandale, VA
1,024 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB.	PTS
1986-87	27	28-96	.292	24-36	.667	43-1.6	80-3.0
1987-88	22	138-346	.399	43-63	.683	75-3.4	328-14.9
1988-89	25	132-371	.356	32-61	.525	66-2.6	320-12.1
1989-90	26	124-318	.390	53-72	.736	76-2.9	314-12.1
Career	100	422-1131	.373	152-232	.655	260-2.6	1024-10.2



19 - Tamara Pool - 5-10 - Hampton, VA
1,021 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1995-96	26	68-172	.395	29-47	.617	116/4.5	165/6.3
1996-97	27	88-183	.481	37-56	.661	144/5.3	218/8.1
1997-98	27	137-265	.517	52-70	.743	196/7.3	328/12.1
1998-99	25	114-280	.407	82-104	.788	220/8.8	310/12.4
Career	105	407-900	.452	200-277	.722	676/6.4	1021/9.7



20 - Vicky Gunn - 5-7 - Gloucester, VA
1,007 Points

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1980-81	24	66-164	.415	28-35	.800	117/4.9	164/6.8
1981-82	26	106-240	.442	8-12	.667	82/3.2	220/8.5
1982-83	27	145-363	.399	21-33	.636	108/4.0	311/11.5
1983-84	25	146-354	.412	20-31	.645	109/4.4	312/12.5
Career	102	465-1121	.415	77-111	.694	416/4.1	1007/9.9



21 - Cindy Nice - 5-10 - Newport News, VA
1,002 Points

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB	PTS
1981-82	26	87-200	.435	27-57	.474	181-7.0	201-7.7
1982-83	27	139-288	.483	33-63	.524	267-10.0	311-11.5
1983-84	25	132-300	.440	51-78	.654	245-9.8	315-12.6
1984-85	18	71-153	.464	33-40	.825	148-8.2	175-9.7
Career	96	429-941	.456	144-238	.605	841-8.8	1002-10.4

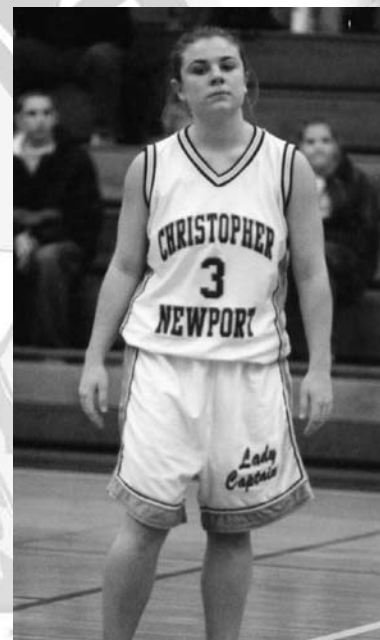
CAPTAINS BASKETBALL 2007-08

Year	Points	Scoring Ave.	FG Pct.
1971-72	Pam Theriault 124	Pam Theriault 8.3	
1973-74	Diane Slye 174	Diane Slye 14.5	
1974-75	Diane Slye 198	Diane Slye 19.8	
1975-76	Karen Gleaton 220	Karen Gleaton 12.2	
1976-77	Allison Kinmonth 223	Allison Kinmonth 11.7	Karen Gleaton .429
1977-78	Karen Gleaton 214	Karen Gleaton 11.3	
1978-79	Gwynn Drewry 376	Patti Kelliham 14.8	Gwynn Drewry .434
1979-80	Linda Richardson 730	Linda Richardson 24.3	Linda Richardson .502
1980-81	Linda Richardson 361	Linda Richardson 15.7	Linda Richardson .464
1981-82	Benitta Coker 330	Benitta Coker 14.4	Benitta Coker .446
1982-83	Vicky Gunn 311	Benitta Coker 12.4	Darlene Harmon .484
1983-84	Cindy Nice 315	Cindy Nice 12.6	Shelley Pidgeon .446
1984-85	Pam Stewart 400	Pam Stewart 16.7	Rory Peets .512
1985-86	Pam Stewart 620	Pam Stewart 21.4	Beth Spurell .483
1986-87	Pam Stewart 561	Pam Stewart 20.8	Rory Peets .507
1987-88	Kim Cameron 423	Kim Cameron 16.9	Beth Spurell .558
1988-89	Cathy Skinner 563	Cathy Skinner 22.5	Beth Spurell .552
1989-90	Cathy Skinner 447	Cathy Skinner 17.2	K.C. Brown .496
1990-91	Karen Barefoot 441	Karen Barefoot 16.3	Karen Barefoot .521
1991-92	Karen Barefoot 546	Karen Barefoot 19.5	Tia Johnson .473
1992-93	Karen Barefoot 457	Karen Barefoot 16.3	Cynthia Allen .565
1993-94	Karen Barefoot 629	Karen Barefoot 25.2	Dolmesha Stallings .543
1994-95	Dolmesha Stallings 466	Dolmesha Stallings 17.9	Dolmesha Stallings .568
1995-96	Cynthia Allen 272	Misty Hart 12.4	Cynthia Allen .470
1996-97	Misty Hart 492	Misty Hart 18.9	Dolmesha Stallings .569
1997-98	Misty Hart 660	Misty Hart 23.6	Serita Jackson .517
1998-99	Rasheka Barnes 504	Rasheka Barnes 20.4	Rasheka Barnes .468
1999-2000	Tia Moore 325	Tia Moore 12.5	Serita Jackson .520
2000-2001	Tia Moore 404	Tia Moore 15.0	Tia Moore .562
2001-2002	Tia Moore 409	Tia Moore 14.6	Tia Moore .520
2002-2003	Tia Moore 447	Tia Moore 16.0	Tia Moore .533
2003-2004	Amber Hallman 479	Amber Hallman 16.0	Candace Bryant .512
2004-2005	Candace Bryant 391	Candace Bryant 15.0	Candace Bryant .456
2005-2006	Nikki Rowland 372	Nikki Rowland 14.3	Jessica Carmon .474
2006-2007	Nikki Rowland 421	Nikki Rowland 14.5	Colandra Rollins .542
Year	Rebounds	Rebound Average	FT Pct.
1971-72			Pam Theriault .400
1973-74			Barbara Petty .545
1974-75			Susan Wilkes .583
1975-76			Debbie Panak .696
1976-77			Karen Gleaton .516
1977-78			Gigi Johnson .667
1978-79	Gwynn Drewry 328	Gwynn Drewry 12.6	Patti Kelliham .729
1979-80	Linda Richardson 504	Linda Richardson 16.8	Patti Kelliham .781
1980-81	Linda Richardson 273	Linda Richardson 11.9	Vicky Gunn .800
1981-82	Benitta Coker 192	Benitta Coker 8.4	Patti Kelliham .652
1982-83	Cindy Nice 267	Cindy Nice 9.9	Norine Davis .711
1983-84	Cindy Nice 245	Cindy Nice 9.8	Cindy Nice .654
1984-85	Rory Peets 320	Rory Peets 12.8	Pam Stewart .787
1985-86	Rory Peets 329	Rory Peets 11.3	Pam Stewart .802
1986-87	Rory Peets 265	Rory Peets 9.8	Alisha Fox .795
1987-88	Beth Spurell 302	Beth Spurell 12.1	Kim Cameron .696
1988-89	Beth Spurell 388	Beth Spurell 15.5	Cathy Skinner .740
1989-90	Tia Johnson 170	Tia Johnson 6.5	Allison Murray .736
1990-91	Tia Johnson 237	Tia Johnson 8.8	Karen Barefoot .722
1991-92	Tia Johnson 366	Tia Johnson 13.1	Karen Barefoot .699
1992-93	Tia Johnson 266	Tia Johnson 9.5	Liisa Barnes .720
1993-94	Dolmesha Stallings 279	Dolmesha Stallings 11.2	Karen Barefoot .766
1994-95	Dolmesha Stallings 282	Dolmesha Stallings 10.8	Alice Streetman .694
1995-96	Cynthia Allen 204	Cynthia Allen 7.9	Dana Edwards .746
1996-97	Cynthia Allen 227	Cynthia Allen 8.4	Dana Edwards .750
1997-98	Rasheka Barnes 198	Tamara Pool 7.3	Misty Hart .745
1998-99	Rasheka Barnes 222	Rasheka Barnes 8.9	Tamara Pool .788
1999-2000	Nadine Ward 220	Nadine Ward 8.5	Lindsey Carney .767
2000-2001	Tia Moore 230	Tia Moore 8.5	Rasheedah Martin .732
2001-2002	Tia Moore 233	Tia Moore 8.3	Tia Moore .721
2002-2003	Tia Moore 250	Tia Moore 8.9	Heidi Miller .800
2003-2004	Amber Hallman 301	Amber Hallman 10.0	Amber Hallman .817
2004-2005	Candace Bryant 283	Candace Bryant 10.9	Michele Russell .886
2005-2006	Candace Bryant 240	Candace Bryant 10.0	Nikki Rowland .822
2006-2007	Candace Bryant 253	Candace Bryant 8.4	Michele Russell .962
Year	Assists	Blocks	Steals
1976-77	Allison Kinmonth 56		Nesie Freeman 43
1978-79	Susan Frishkorn 87	Gwynn Drewry 58	Benitta Coker 59
1979-80	Nesie Freeman 116	Linda Richardson 34	Benitta Coker 62
1980-81	Nesie Freeman 82	Linda Richardson 21	Leanne Eyler 60
1981-82	Leanne Eyler 89	Cindy Nice 24	Leanne Eyler 57
1982-83	Leanne Eyler 103	Cindy Nice 53	Pam Stewart 60
1983-84	Leanne Eyler 109	Cindy Nice 73	Pam Stewart 84
1984-85	Leanne Eyler 160	Cindy Nice 38	Cathy Skinner 70
1985-86	Alisha Fox 119	Rory Peets 43	Cathy Skinner 105
1986-87	Alisha Fox 166	Rory Peets 54	Cathy Skinner 113
1987-88	Evonne Bookwalter 125	Beth Spurell 20	Karen Barefoot 162
1988-89	Rhonda Cooper 154	Kim Cameron 28	Karen Barefoot 140
1989-90	Amy Kolly 160	April Macario 25	Karen Barefoot 128
1990-91	Karen Barefoot 265	Crystal Richardson 43	Karen Barefoot 130
1991-92	Karen Barefoot 228	Crystal Richardson 49	Alice Streetman 78
1992-93	Karen Barefoot 236	Tia Johnson 46	Leema Madden 71
1993-94	Karen Barefoot 273	LaTonya DeLoatch 54	Leema Madden 84
1994-95	Ruby Taylor 129	Keisha Joseph 48	Misty Hart 91
1995-96	Leema Madden 107	Keisha Joseph 49	Leema Madden 102
1996-97	Leema Madden 145	Cynthia Allen 30	Lindsey Carney 48
1997-98	Rasheka Barnes 145	Rasheka Barnes 39	Lindsey Carney 62
1998-99	Rasheka Barnes 129	Rasheka Barnes 35	Amber Hallman 86
1999-2000	Lindsey Carney 80	Nadine Ward 25	Amber Hallman 67
2000-2001	Lindsey Carney 132	Karia Rhone 12	Hallman and Lofton 64
2001-2002	Jen Harrell 101	Amber Hallman 93	Samantha Davis 48
2002-2003	Amber Hallman 119	Amber Hallman 96	Samantha Davis 43
2003-2004	Tomorrow Lofton 145	Amber Hallman 106	Samantha Davis 58
2004-2005	Jess Hutt 104	Two tied at 20	
2005-2006	Nikki Rowland 76	Dee Luck 78	
2006-2007	Samantha Davis 107	Dee Luck 99	

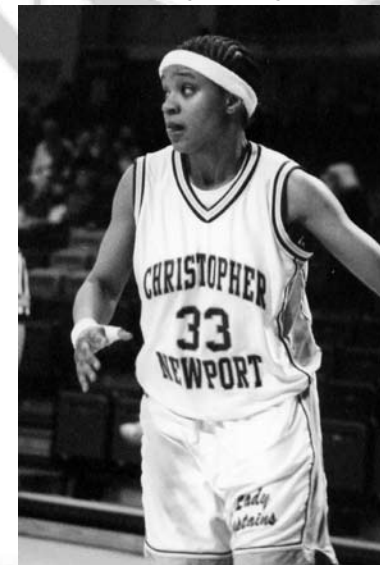
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Rasheeda Martin



Lindsey Carney



Tomorrow Lofton



NCAA PLAY

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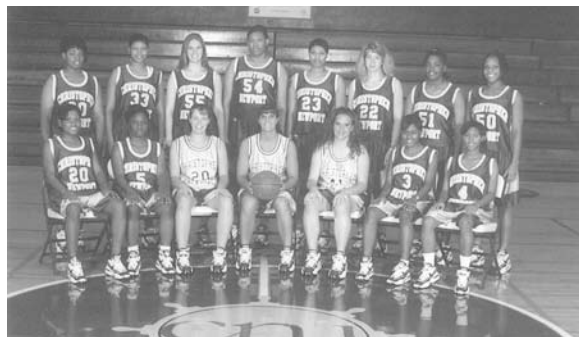
1981-82	First Round - Elizabethtown, Pa. - 3/6/82			
	Elizabethtown	86-59	L	A
1985-86	South Region First Round - Norfolk, Va. - 2/28/86			
	Rust (Miss.)	74-43	L	N
	South Region Consolation - 3/1/86			
	Va. Wesleyan	83-56	L	A
1991-92	South Region First Round - Ratcliffe Gym - 3/7/92			
	Marymount	73-71	W	H
	Sweet 16 - Eau Claire, Wisc. - 3/13/92			
	Wisc.-Eau Claire	90-74	L	A
1992-93	South Region First Round - Arlington, Va. - 3/6/93			
	Marymount	115-96	L	A
1994-95	South Region First Round - Arlington, Va. - 3/1/95			
	Marymount	91-79	L	A
1996-97	South Region First Round - Bridgewater, Va. - 3/5/97			
	Bridgewater	72-82	L	A
1997-98	South Region First Round - Ratcliffe Gym - 3/4/98			
	Roanoke	77-57	W	H
	South Region Second Round - Bridgewater, Va. - 3/7/98			
	Bridgewater	87-90	L	A
2000-01	South Region First Round - Maryville, TN - 2/28/01			
	Maryville	65-77	L	A
2001-02	South Region First Round - Freeman Center - 2/27/02			
	Hood (MD)	71-40	W	H
	South Region Second Round - Arlington, VA - 3/2/02			
	Marymount	62-75	L	A
2003-04	South Region First Round - Bethany, WV - 3/3/04			
	Bethany (WV)	61-60	W	A
	South Region Second Round - Harrisonburg, VA - 3/6/04			
	Eastern Mennonite	62-63	L	A
2006-07	South Region First Round - Fredericksburg, VA - 3/2/07			
	Dickinson	52-49	W	N
	South Region Second Round - Fredericksburg, VA - 3/3/07			
	Mary Washington	77-61	L	A

Top Efforts In NCAA Play

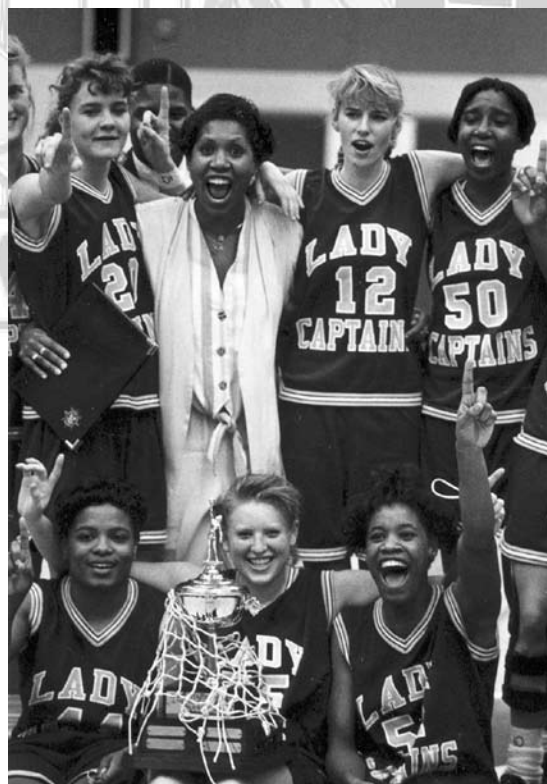
Points	33 by Misty Hart vs. Bridgewater, 3/7/98
Field Goals	14 by Cynthia Allen vs. Marymount, 3/6/93
Field Goal Att.	26 by Misty Hart vs. Bridgewater, 3/7/98
Field Goal Pct.	.933 by Cynthia Allen vs. Marymount, 3/6/93 (NCAA Record)
3pt FG	5 by Kinsey Pritchett vs. Wis.-Eau Claire, 3/13/92
	5 by Misty Hart vs. Bridgewater, 3/7/98
3pt FG Att.	9 by Kinsey Pritchett vs. Wis.-Eau Claire, 3/13/92
	9 by Dana Edwards vs. Bridgewater, 3/5/97
Free Throws	7 by Dolmesha Stallings vs. Bridgewater, 3/5/97
Free Throws Att.	9 by several
Free Throw Pct.	1.000 by Benita Coker vs. Elizabethtown (6-6), 3/6/82
Rebounds	17 by Rory Peets vs. Rust, 2/28/86
Assists	10 by Tina Martin vs. Marymount, 3/1/95
Blocked Shots	6 by Crystal Richardson vs. Marymount, 3/7/92
Steals	6 by Karen Barefoot vs. Marymount, 3/7/92
	Team
Points	96 vs. Marymount, 3/6/93
Field Goals	38 vs. Marymount, 3/1/95
Field Goal Att.	96 vs. Marymount, 3/1/95
Field Goal Pct.	.474 vs. Marymount (37-78), 3/6/93
3pt FG	10 vs. Bridgewater, 3/7/98
3pt FG Att.	28 vs. Bridgewater, 3/7/98
3pt FG Pct.	.444 vs. Wisc.-Eau Claire (8-18), 3/13/92
Free Throws	21 vs. Marymount, 3/6/93
Free Throw Att.	30 vs. Elizabethtown, 3/6/82
Free Throw Pct.	.900 vs. Bridgewater (9-10), 3/5/97
Rebounds	61 vs. Marymount, 3/1/95
Assists	22 vs. Marymount, 3/1/95
Blocked Shots	9 vs. Marymount, 3/7/92
Steals	22 vs. Roanoke, 3/4/98
	Opponents
Individual Points	28 by Catherine Milton, Rust, 2/28/86
Team Points	115 by Marymount, 3/6/93



Fans celebrate with the players after an NCAA win against Marymount at Ratcliffe Gym in 1992.



The 1997-98 team that advanced to the second round of the NCAA Tournament.



Head Coach Cathy Parson (center) celebrates with her team after winning the 1992-93 Dixie Conference Tournament.

CNU'S NCAA HISTORY

FIRST ROUND 1981-82

INAUGURAL NCAA WOMEN'S BASKETBALL
CHAMPIONSHIP TOURNAMENT
1981-82



ELIZABETHTOWN VS.
CHRISTOPHER NEWPORT

MARCH 6, 1982
ELIZABETHTOWN, PA.

Elizabethtown, Pa.
March 6 Elizabethtown 59-86

SOUTH REGIONAL 1985-86

NCAA Women's Basketball
Championship Tournament
1985-86

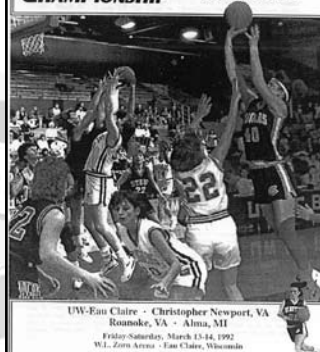


South Regional
Christopher Newport
Rust (Miss.)
Virginia Wesleyan
UNC Greensboro
Norfolk, Va.

Norfolk, Va.
Feb. 28 Rust (Miss.) 43-74
March 1 Va. Wesleyan 56-83

SWEET 16 1991-92

NCAA 4 Great Lakes
CHAMPIONSHIP Sectional



UW-Eau Claire - Christopher Newport, VA
Roanoke, VA - Alma, MI
Friday-Saturday, March 13-14, 1992
W.L. Zorn Arena - Eau Claire, Wisconsin

Ratcliffe Gym
March 7 Marymount 73-71
Eau Claire, Wisc.
March 13 Wisc.-Eau Claire 74-90

FIRST ROUND 1992-93

CHRISTOPHER NEWPORT
UNIVERSITY



POST-SEASON
MEDIA GUIDE
1992-93

Arlington, Va.
March 6 Marymount 96-115

FIRST ROUND 1994-95

NCAA Division III
WOMEN'S BASKETBALL
CHAMPIONSHIP
First Round Game



Christopher Newport University (17-8)
vs.
Marymount University (23-4)

Arlington, Va.
March 1 Marymount 79-91

FIRST ROUND 1996-97

Christopher Newport University
Women's Basketball



Adding Up a Great Season

Post-Season Media Guide

1997



CHRISTOPHER NEWPORT

Bridgewater, Va.
March 5 Bridgewater 72-82

SECOND ROUND 1997-98

NCAA Division III Women's Basketball Championship
First Round
CHRISTOPHER NEWPORT UNIVERSITY

vs.

ROANOKE COLLEGE
March 4, 1998
Ratcliffe Gym, Newport News, Va.
7:30 PM



Ratcliffe Gym
March 4 Roanoke 77-57
Bridgewater, Va.
March 7 Bridgewater 87-90

FIRST ROUND 2000-01

NCAA TOURNAMENT WOMEN'S
BASKETBALL
INFORMATION PACKET

CHRISTOPHER NEWPORT
UNIVERSITY

COOPER ATHLETIC CENTER
BOYDSON BAIRD GYMNASIUM
MARYVILLE, TN
FEBRUARY 28, 2001



Christopher Newport Lady Captains
Basketball 2001
15-11 Overall, 10-2 Dixie
Dixie Conference Regular Season Co-Champions and
Tournament Championship

Maryville, Tenn.
Feb. 28 Maryville (Tn.) 65-77

SECOND ROUND 2001-02

NCAA Division III Women's Basketball Championship
First Round
CHRISTOPHER NEWPORT UNIVERSITY

HOOD COLLEGE
Wednesday, February 27, 2002
7:30 PM
The Freedom Center, Newport News, Va.
On Demand



Freeman Center
Feb. 27 Hood 71-40
Arlington, Va.
March 2 Marymount 62-75

SECOND ROUND 2003-04

2004 NCAA DIVISION III WOMEN'S
BASKETBALL
CHAMPIONSHIP



First Round
March 2
Second Round
March 6

Bethany, W.Va.
March 3 Bethany 61-60
Harrisonburg, Va.
March 6 Eastern Mennonite 62-63

SECOND ROUND 2006-07



2007 NCAA DIVISION III WOMEN'S
BASKETBALL
CHAMPIONSHIP

FIRST ROUND
February 28 or March 2
SECOND ROUND
March 3

Fredericksburg, Va.
March 2 Dickinson 52-49
March 3 Mary Washington 61-77



BASKETBALL HONORS

ALL-AMERICAN

1979-80	Linda Richardson
1985-86	Pam Stewart
1990-91	Karen Barefoot (Honorable Mention)
1992-93	Karen Barefoot (Honorable Mention)
1993-94	Karen Barefoot (First Team)
1996-97	Misty Hart (Honorable Mention)
1997-98	Misty Hart (Honorable Mention)

ALL-SOUTH

1985-86	Pam Stewart
1988-89	Cathy Skinner
1990-91	Karen Barefoot
1992-93	Karen Barefoot
1993-94	Karen Barefoot
1996-97	Misty Hart
1997-98	Misty Hart
2002-03	Tia Moore
2003-04	Amber Hallman

ALL-CONFERENCE

	First Team	All-Tournament
1981-82	Benitta Coker	
1983-84	Cindy Nice	
1984-85	Pam Stewart	
1985-86	Pam Stewart	Leanne Eyler (MVP) Rory Peets Pam Stewart (MVP) Alisa Fox Alisa Fox
1986-87	Pam Stewart	
1987-88	Kim Cameron	
1988-89	Cathy Skinner*	
	Kim Cameron	
1989-90	Cathy Skinner*	Cathy Skinner
	Allison Murray	Allison Murray
1990-91	Karen Barefoot	April Macario
		Karen Barefoot
1991-92	Karen Barefoot*	April Macario
	Tia Johnson	Tia Johnson
1992-93	Alice Streetman*	Alice Streetman (MVP)
	Karen Barefoot	Karen Barefoot
		Kinsey Pritchett
1993-94	Karen Barefoot*	Karen Barefoot
	Alice Streetman	
1994-95	Dolmesha Stallings*	Dolmesha Stallings
	Alice Streetman	
1995-96	Misty Hart	Dolmesha Stallings
1996-97	Misty Hart*	Dolmesha Stallings
1997-98	Misty Hart*	Misty Hart (MVP)
		Rasheka Barnes
1998-99	Rasheka Barnes	
1999-2000	Tia Moore*	Lindsey Carney
2000-01	Tia Moore*	Serita Jackson (MVP)
	Serita Jackson	Tia Moore
	Lindsey Carney^	Jen Harrell
2001-02	Tia Moore	Tomorrow Lofton
	Amber Hallman	Tia Moore
	Tomorrow Lofton^	
2002-03	Tia Moore*	Tomorrow Lofton
	Tomorrow Lofton^	Amber Hallman
2003-04	Amber Hallman	Candace Bryant
	Tomorrow Lofton	Amber Hallman
		Tomorrow Lofton (MVP)
2004-05	Candace Bryant^	Candace Bryant
	Samantha Davis^	Samantha Davis
2005-06	Candace Bryant	
	Nikki Rowland^	
2006-07	Nikki Rowland	Dee Luck (MVP)
	Candace Bryant^	Nikki Rowland
	Alicia Bessey%	Candace Bryant

*Player of the Year
^ Second Team
%Honorable Mention

CONFERENCE PLAYERS & ROOKIES OF THE WEEK

	Player of the Week	Rookie of the Week
1984-85	Nessie Freeman 2/18/85	
1985-86	Beth Spurell 1/19/86	
	Pam Stewart 2/9/86	
1986-87	Pam Stewart 1/11/87	Kim Cameron 11/30/86
	Pam Stewart 2/1/87	Kim Cameron 2/1/87
1987-88	Allison Murray 1/17/88	Cathy Skinner 1/24/88 Cathy Skinner 2/7/88
1988-89	Cathy Skinner 12/4/88	
	Cathy Skinner 1/16/89	
	Cathy Skinner 1/23/89	
1989-90	Cathy Skinner 1/15/90	April Macario 1/15/90
	Cathy Skinner 1/22/90	April Macario 1/29/90
		Mandy Martin 2/20/90
1990-91	April Macario 2/4/91	Karen Barefoot 12/3/90
	K.C. Brown 2/11/91	Karen Barefoot 12/10/90
		Karen Barefoot 1/14/91
		Karen Barefoot 1/21/91
		Alice Streetman 2/11/91
1991-92	Tia Johnson 1/20/92	
	Karen Barefoot 1/27/92	
	Karen Barefoot 2/4/92	
	Karen Barefoot 2/18/92	
	Liisa Barnes 2/25/92	
1992-93	Karen Barefoot 1/11/93	Cynthia Allen 1/11/93
	Alice Streetman 2/15/93	
	Karen Barefoot 12/6/93	
1993-94	Karen Barefoot 1/17/94	Dolmesha Stallings 1/17/94
		Dolmesha Stallings 1/31/94
		Dolmesha Stallings 2/7/94
		Dolmesha Stallings 2/14/94
		Dolmesha Stallings 2/21/94
1994-95	Dolmesha Stallings 2/6/95	Keisha Joseph 1/23/95
	Alice Streetman 2/20/95	Tennille Smith 2/20/95
1995-96		Tamara Pool 12/5/95
1996-97	Misty Hart 1/13/97	Jacque Macklem 1/13/97
	Misty Hart 2/17/97	
1997-98	Misty Hart 12/8/97	Serita Jackson 11/24/97
	Misty Hart 1/19/98	Serita Jackson 2/16/98
	Misty Hart 1/26/98	
	Misty Hart 2/2/98	
	Tamara Pool 2/16/98	
1998-99		Nadine Ward 1/4/99
	Rasheka Barnes 1/11/99	
	Tamara Pool 1/25/99	Nadine Ward 1/25/99
	Rasheka Barnes 2/22/99	
1999-2000		Tia Moore 12/6/99
		Tia Moore 1/25/00
		Tia Moore 2/14/00
2000-01	Tia Moore 11/28/00	
	Tia Moore 12/5/00	
	Serita Jackson 1/16/01	
	Tia Moore 1/30/01	
2001-02	Tia Moore 1/8/02	
	Tia Moore 1/22/02	
	Tia Moore 2/5/02	
	Tia Moore 2/12/02	
2002-03	Tia Moore 2/4/03	
	Jen Harrell 2/25/03	
2003-04	Amber Hallman 11/25/03	Jess Hutt 12/1/03
	Tomorrow Lofton 12/12/04	Candace Bryant 12/12/04
	Amber Hallman 2/2/04	Candace Bryant 2/9/04
	Amber Hallman 2/9/04	
2004-05	Candace Bryant 11/29/04	Theresa Sparks 11/22/04
	Candace Bryant 1/4/05	Colandra Rollins 1/4/05
	Candace Bryant 1/10/05	
2005-06	Samantha Davis 11/28/05	
	Candace Bryant 12/19/05	
	Colandra Rollins 2/13/2006	
2006-07	Alicia Bessey 1/22/07	

CAPTAINS BASKETBALL 2007-08

Most Wins

Two-Year Period

Wins	Years	Losses
44	2000-02	12
44	1996-98	11
43	2001-03	14
42	1990-92	13
41	1991-93	15
40	2002-04	18

Three-Year Period

Wins	Years	Losses
64	2001-04	23
63	2000-03	21
60	1995-98	21
59	1989-92	22
59	1999-02	22
59	1996-99	21

Four-Year Period

Wins	Years	Losses
84	2000-04	30
78	1999-03	31
78	1989-93	31
74	1998-02	32
74	2001-05	39
74	1997-01	31
74	1996-00	31

Best Winning Percentage

Two-Year Period

Pct.	Years	Record
.800	1996-98	44-11
.786	2000-02	44-12
.764	1990-92	42-13
.754	2001-03	43-14
.736	1997-99	39-14
.732	1991-93	41-15

Three-Year Period

Pct.	Years	Record
.750	2000-03	63-21
.741	1995-98	60-21
.736	2001-04	64-23
.735	1989-92	61-22
.679	1984-87	55-26
.656	1996-99	59-21

Four-Year Period

Pct.	Years	Record
.737	2000-04	84-30
.716	1999-03	78-31
.716	1989-93	78-31
.705	1997-01	74-31
.705	1996-00	74-31
.704	1990-94	76-32

20-Win Seasons

8 seasons

Year	Wins
1985-86	20
1990-91	20
1991-92	22
1996-97	20
1997-98	24
2000-01	20
2001-02	24
2003-04	21
2006-07	21

The 2007-08 CNU Captains



Seated, left to right: Shannon Perry, Michele Russell, Erin Furey, Chelsie Schweers. Middle, left to right: Head Coach Carolyn Hunter, Monique Lee, Alicia Medford, Jessica Moore, Kristen Duca, Colandra Rollins, Megan Stangroom, videographer Mike Santomauro, Assistant Coach Teawanna Cooper. Rear, left to right: Assistant Coach Tim Greer, Jessica Carmon, Assistant Coach Barbara Lewis, Assistant Coach Sarah Bolten, Trainer Ryan Krzyzanowicz.

CAPTAINS BASKETBALL 2007-08



Biggest Margins of Victory and Defeat Victory (39 times 40 or more points)

Margin	Opponent	Score	Date
97	Averett	120-23	Jan. 19, 1991
89	Averett	106-17	Feb. 8, 1991
86	Hollins	119-33	Feb. 16, 1980
81	Averett	113-32	Feb. 1, 1988
80	Allen	100-20	Dec. 12, 1998
78	Averett	105-27	Jan. 6, 1987
78	Averett	110-32	Jan. 21, 1989
77	St. Mary's	112-35	Dec. 7, 1990
73	Wesley	120-47	Nov. 30, 1990
67	Averett	100-33	Feb. 9, 1988
66	St. Mary's	111-45	Dec. 5, 1992
63	Averett	88-25	Feb. 14, 1992
62	Hollins	99-37	Feb. 13, 1981
62	Averett	92-30	Dec. 6, 1985
59	Chowan	104-45	Dec. 1, 1996
58	Averett	101-43	Dec. 8, 1984
55	Gettysburg	113-58	Nov. 20, 1989
55	Averett	93-38	Jan. 25, 1992
54	Chowan	111-57	Feb. 16, 1998
53	Chowan	83-30	Jan. 12, 1996
53	Virginia Wesleyan	108-55	Dec. 3, 1996
53	NC Wesleyan	93-40	Jan. 16, 2007
52	Averett	86-34	Jan. 9, 1987
50	Southeastern	93-43	Nov. 28, 1980
50	Phil. Bible	97-47	Nov. 18, 2000
49	Mary Washington	107-58	Feb. 11, 1997
48	Averett	76-28	Dec. 3, 1982
48	Shenandoah	104-56	Jan. 10, 1993
48	Chowan	89-41	Dec. 2, 1997
46	Widener	88-42	Jan. 4, 1991
45	Averett	97-52	Feb. 10, 1989
45	Chowan	103-58	Jan. 10, 1997
44	Averett	85-41	Jan. 22, 2003
43	Greensboro	97-54	Feb. 20, 1998
42	Ferrum	94-52	Feb. 22, 1991
41	Eastern	101-60	Nov. 19, 1988
41	Averett	92-51	Feb. 23, 1993
40	Mary Washington	79-39	Nov. 21, 1986
40	Virginia Wesleyan	99-59	Nov. 20, 1992
40	Chowan	77-37	Feb. 8, 1995

Defeat (24 times 40 or more points)

Margin	Opponent	Score	Date
85	Old Dominion	10-95	Dec. 16, 1971
69	Norfolk State	25-94	Dec. 12, 1974
68	Norfolk State	31-99	Jan. 12, 1976
64	Norfolk State	48-112	Jan. 4, 1990
63	Virginia State	22-85	1976-77
62	Old Dominion	34-96	Dec. 14, 1974
57	William & Mary	32-89	Jan. 12, 1982
56	Norfolk State	29-85	Feb. 10, 1976
53	Hampton Inst.	40-93	Dec. 5, 1977
52	Albemarle	34-86	Jan. 9, 1976
51	Virginia State	27-78	Dec. 11, 1975
49	Virginia State	27-76	Jan. 14, 1978
48	Old Dominion	38-86	Jan. 18, 1975
47	Albemarle	37-84	Feb. 18, 1976
45	Muskingum	58-103	Dec. 1, 1991
44	Old Dominion	15-59	Jan. 7, 1972
44	Virginia State	28-72	1975-76
44	Mary Washington	43-87	Dec. 14, 2004
43	Old Dominion	34-76	Dec. 8, 1975
42	Old Dominion	47-89	Jan. 28, 1976
42	Hampton	71-113	Nov. 23, 1990
41	Hampton Inst.	28-69	1976-77
41	Wisc.-Eua Claire	52-93	Nov. 22, 1997
40	Hampton Inst.	30-70	Nov. 15, 1977

One Point Games

(Overall 24-15; Home 10-9; Away 9-3; Neutral 6-3)

Date	W-L	Opponent	Score
Feb. 2, 1974	W	Chowan	31-30
Dec. 3, 1975	W	YWCA	48-47
1976-77	W	Va. Inter mont	53-52
Jan. 5, 1979	L	Averett	48-49
Mar. 8, 1980	L	Fisk (Tenn.)	84-85
Jan. 23, 1981	L	Emory & Henry	67-68
Dec. 12, 1981	W	Lock Haven	58-57
Jan. 16, 1982	L	St. Haven's	66-67
Jan. 19, 1982	W	NC Wesleyan	56-55
Nov. 19, 1982	L	Roanoke	50-51
Feb. 2, 1983	W	Norfolk St.	63-62
Feb. 5, 1983	W	St. Andrews	73-72
Feb. 25, 1983	L	Va. Wesleyan	65-66
Nov. 18, 1983	W	Roanoke	41-40
Nov. 25, 1984	L	Delaware St.	63-64
Feb. 7, 1986	L	UNC Greens.	74-75
Nov. 29, 1986	L	Barton	67-68
Jan. 8, 1989	L	Barton	64-64
Dec. 4, 1990	W	Mary Washnigton	75-74
Feb. 2, 1991	W	Greensboro	74-73
Nov. 30, 1991	W	Frostburg St.	67-66
Jan. 24, 1992	W	Ferrum	71-70
Feb. 2, 1992	W	Marymount	99-98
Feb. 7, 1992	W	Methodist	93-92
Jan. 12, 1994	W	NC Wesleyan	58-57
Feb. 9, 1994	L	Ferrum	75-76
Jan. 11, 1995	W	NC Wesleyan	54-53
Nov. 21, 1997	W	Nazareth (NY)	95-94
Jan. 29, 1999	W	Methodist	60-59
Feb. 6, 1999	L	Shenandoah	72-73
Jan. 8, 2000	L	William Paterson	64-65
Feb. 6, 2000	W	Shenandoah	64-63
Nov. 28, 2000	W	Mary Washington	66-65
Dec. 1, 2000	W	Peace	78-77
Feb. 26, 2004	W	Methodist	58-57
Mar. 3, 2004	W	Bethany	61-60
Mar. 6, 2004	L	Eastern Mennonite	62-63
Feb. 16, 2005	W	Peace	56-55
Feb. 19, 2005	L	Methodist	54-55
Feb. 1, 2006	W	Shenandoah	66-65



Samantha Davis



Chazy Morris

CAPTAINS BASKETBALL 2007-08

100 Point Games

25 games with a 25-0 record - Home (Ratcliffe Gym 14-0, Freeman Center 0-0), Away 9-0, Neutral 2-0

MON D YEAR	OPPONENT	CNU	OPP	SITE
Feb. 16, 1980	Hollins	119	33	Ratcliffe Gym
Dec. 8, 1984	Averett	101	43	Ratcliffe Gym
Jan. 6, 1987	Averett	105	27	Ratcliffe Gym
Feb. 1, 1988	Averett	113	32	Danville, VA
Feb. 9, 1988	Averett	100	33	Ratcliffe Gym
Nov. 19, 1988	Eastern	101	60	Lancaster, PA
Jan. 21, 1989	Averett	110	32	Ratcliffe Gym
Nov. 20, 1989	Gettysburg	113	58	Gettysburg, PA
Nov. 30, 1990	Wesley	120	47	Ratcliffe Gym
Dec. 7, 1990	St. Mary's	112	35	Ratcliffe Gym
Jan. 19, 1991	Averett	120	23	Ratcliffe Gym
Feb. 8, 1991	Averett	106	17	Danville, VA
Nov. 26, 1991	Salisbury St.	104	101	2OT Salisbury, MD
Dec. 5, 1992	St. Mary's	111	45	Salisbury, MD
Jan. 10, 1993	Shenandoah	104	56	Winchester, VA
Nov. 23, 1993	Salisbury St.	102	81	Salisbury, MD
Feb. 17, 1995	Greensboro	106	86	Ratcliffe Gym
Nov. 26, 1996	Salisbury St.	107	94	Ratcliffe Gym
Dec. 1, 1996	Chowan	104	45	Murfreesboro, NC
Dec. 3, 1996	Va. Wesleyan	108	55	Ratcliffe Gym
Jan. 10, 1997	Chowan	103	58	Ratcliffe Gym
Feb. 11, 1997	Mary Wash.	107	58	Ratcliffe Gym
Jan. 24, 1998	Averett	104	83	Danville, VA
Feb. 16, 1998	Chowan	111	57	Murfreesboro, NC
Dec. 12, 1998	Allen	100	20	Ratcliffe Gym

CNU In Overtime

Year	W-L	Score	Opponent	Site
1980-81	L	76-83	Campbell	Ratcliffe Gym
1980-81	L	53-58	Rand. Macon	Ashland, VA
1982-83	W	50-45	Delaware St.	Salisbury, MD
1988-89	L	63-64	Barton	Ratcliffe Gym
1988-89	W	77-73	Greensboro	Greensboro, NC
1989-90	W	81-76	Mary Wash.	Fredericksburg, VA
1991-92	W	104-101	Salisbury St.	Salisbury, MD
1993-94	W	82-79	NC Wesleyan	Rocky Mount, NC
1995-96	L	81-88	Ferrum	Ratcliffe Gym
1996-97	W	80-73	Penn St-Behrend	Salisbury, MD
1997-98	W	91-82	Shenandoah*	Ferrum, VA
1997-98	W	93-91	Methodist*	Ferrum, VA
1998-99	W	72-68	Methodist	Ratcliffe Gym
1999-00	W	89-83	So. Virginia	Ratcliffe Gym
1999-00	W	70-67	Apprentice	Newport News, VA
1999-00	L	68-78	St. Mary's	St. Mary's City, MD
2000-01	L	56-58	NC Wesleyan	Rocky Mount, NC
2001-02	W	70-63	Emory & Henry	Ashland, VA
2001-02	W	59-54	Methodist	Fayetteville, NC
2003-04	W	88-85	Rand.- Macon	Ashland, VA
2004-05	L	68-72	Hood	Salisbury, MD
2005-06	W	82-71	Chowan	Freeman Center
2006-07	W	86-84	Methodist	Fayetteville, NC

CNU Records: 16-7 Overall; 3-3 Home; 8-4 Away; 5-0 Neutral; 6-2 USA South

*USA South Conference tournament games

CNU Milestone Victories

Win	Date	Opponent	Score	Site
1	Dec. 8, 1971	Virginia Wesleyan	22-13	Ratcliffe Gym
50	Feb. 6, 1981	Lynchburg	76-58	Ratcliffe Gym
100	Feb. 18, 1984	Virginia Wesleyan	55-48	Norfolk, Va.
150	Jan. 16, 1988	St. Andrews	81-62	Ratcliffe Gym
200	Feb. 1, 1991	Methodist	78-70	Ratcliffe Gym
250	Nov. 23, 1993	Salisbury St.	102-81	Salisbury, Md.
300	Dec. 3, 1996	Virginia Wesleyan	108-55	Ratcliffe Gym
350	Jan. 30, 1999	Greensboro	70-65	Greensboro, NC
400	Jan. 9, 2002	Shenandoah	81-56	Freeman Center
450	Feb. 17, 2004	Averett	61-56	Freeman Center
500	Jan. 16, 2007	NC Wesleyan	93-40	Freeman Center

Freeman Center Attendance

Year	No. Games	Attendance
2000-01	12	6443
2001-02	14	8582
2002-03	12	9400
2003-04	10	9314
2004-05	13	6657
2005-06	13	8995
2006-07	13	10,707
Year	Average	National Rank
2000-01	537	9 th
2001-02	613	8 th
2002-03	783	8 th
2003-04	931	2 nd
2004-05	512	--
2005-06	691	--
2006-07	824	7 th



**CNU Basketball History
1971-2007**

Seasons Overall	35
Games Played	871
Games Won.....	514
Games Lost.....	357
Winning Percentage.....	.590
Conference Games Played	313
Conference Games Won.....	239
Conference Games Lost.....	74
Conference Winning Percentage.....	.764
Conference Regular Season Titles.....	13
Conference Championships	7
NCAA Appearances	11
NCAA Tournament Record	5-12

Record By Decade

Overall Record

Decade	Record	Winning Percentage
1970's	43-108	.285
1980's	155-104	.598
1990's	183-83	.688
2000's	143-70	.671

Conference Record

Decade	Record	Winning Percentage
1970's	No Games	
1980's	78-36	.684
1990's	96-18	.842
2000's	82-28	.745



Colandra Rollins

Opening Games

SEASON OPENERS

(Overall 13-21; Home 5-4; Away 1-10; Neutral 7-7)

Date	Opponent	W/L	Score
Dec. 1, 1971	Norfolk St.	L	23-56
Jan. 15, 1974	Peninsula Catholic	L	15-30
Dec. 12, 1974	Norfolk St.	L	25-94
Dec. 3, 1975	YWCA	W	48-47
	William & Mary	L	37-60
Nov. 15, 1977	Hampton Inst.	L	30-70
Nov. 27, 1978	Hampton Inst.	L	35-65
Nov. 15, 1979	Delaware St.	W	75-61
Nov. 25, 1980	William & Mary	L	58-66
Nov. 21, 1981	Hampton Inst.	L	68-63
Nov. 19, 1982	Roanoke	L	50-51
Nov. 18, 1983	Roanoke	W	41-40
Nov. 24, 1984	Kean, N.J.	L	52-66
Nov. 22, 1985	Roanoke	W	59-48
Nov. 21, 1986	Mary Washington	W	79-39
Nov. 21, 1987	Emmanuel	L	66-78
Nov. 18, 1988	Scranton	L	59-66
Nov. 18, 1989	Lycoming	W	91-85
Nov. 16, 1990	Roanoke	L	69-78
Nov. 22, 1991	Elizabethtown	W	82-66
Nov. 20, 1992	Virginia Wesleyan	W	99-59
Nov. 19, 1993	Roanoke	L	74-83
Nov. 18, 1994	Maryville	L	66-91
Nov. 17, 1995	Marymount	L	65-99
Nov. 22, 1996	Muskingum, Oh.	L	58-67
Nov. 21, 1997	Nazareth, N.Y.	W	95-94
Nov. 20, 1998	Marymount	L	75-81
Nov. 19, 1999	Washington	L	54-74
Nov. 17, 2000	Meredith	W	74-71
Nov. 16, 2001	Randolph-Macon	W	74-62
Nov. 23, 2002	Wesleyan (GA)	W	67-56
Nov. 21, 2003	Goucher	L	66-79
Nov. 21, 2004	Mary Baldwin	W	88-55
Nov. 18, 2005	Randolph-Macon	L	62-86
Nov. 17, 2006	William Paterson	W	68-49

HOME OPENERS

(Overall 16-17)

Date	Opponent	W/L	Score
Dec. 1, 1971	Norfolk St.	L	23-56
Jan. 15, 1974	Peninsula Catholic	L	15-30
Jan. 18, 1975	Old Dominion	L	38-86
Dec. 3, 1975	YWCA	W	48-47
Dec. 1, 1977	William & Mary	L	43-63
Nov. 27, 1978	Hampton Institute	L	35-65
Nov. 15, 1979	Delaware St.	W	75-61
Dec. 8, 1980	Norfolk St.	L	58-74
Nov. 21, 1981	Hampton Inst.	L	68-63
Nov. 30, 1982	Longwood	W	69-56
Nov. 29, 1983	William & Mary	L	43-46
Nov. 30, 1984	Mary Washington	W	72-62
Nov. 22, 1985	Roanoke	W	59-48
Nov. 21, 1986	Mary Washington	W	79-39
Nov. 28, 1987	Barton	L	57-69
Dec. 8, 1988	Mary Washington	W	96-61
Nov. 26, 1989	Barton	L	83-88
Nov. 20, 1990	Salisbury St.	W	88-72
Dec. 4, 1991	Bridgewater	W	71-49
Nov. 24, 1992	Salisbury St.	L	74-81
Dec. 11, 1993	Marymount	L	98-101
Nov. 22, 1994	Salisbury St.	W	82-59
Dec. 1, 1995	Virginia State	L	67-82
Nov. 26, 1996	Salisbury St.	W	107-94
Dec. 2, 1997	Chowan	W	89-41
Nov. 24, 1998	Salisbury St.	L	91-97
Nov. 27, 1999	Otterbein	L	72-92
Nov. 21, 2000	Salisbury	L	80-86
Nov. 20, 2001	Peace	W	80-52
Nov. 26, 2002	Mary Baldwin	W	65-41
Nov. 25, 2003	Salisbury	L	73-77
Nov. 21, 2004	Mary Baldwin	W	88-55
Nov. 29, 2005	Guilford	W	71-56
Nov. 21, 2006	VA Wesleyan	L	77-63

CONFERENCE OPENERS

(Overall 21-4; Home 15-0; Away 6-4)

Date	Opponent	W/L	Score
Dec. 1, 1981	NC Wesleyan	W	68-41
Dec. 3, 1982	Averett	W	76-28
Dec. 6, 1983	Averett	W	56-39
Dec. 8, 1984	Averett	W	101-43
Dec. 6, 1985	Averett	W	92-30
Jan. 6, 1987	Averett	W	105-27
Jan. 15, 1988	Methodist	W	59-50
Jan. 13, 1989	Greensboro	W	77-73
Jan. 12, 1990	Greensboro	W	88-53
Jan. 11, 1991	Greensboro	W	65-56
Jan. 18, 1992	Methodist	W	86-71
Jan. 15, 1993	Greensboro	L	67-69
Jan. 12, 1994	NC Wesleyan	W	58-57
Jan. 11, 1995	NC Wesleyan	W	54-53
Jan. 10, 1996	NC Wesleyan	W	90-73
Jan. 15, 1997	NC Wesleyan	W	78-48
Jan. 14, 1998	NC Wesleyan	W	86-49
Jan. 13, 1999	NC Wesleyan	L	71-90
Jan. 12, 2000	NC Wesleyan	W	84-45
Jan. 10, 2001	NC Wesleyan	L	56-58
Jan. 9, 2002	Shenandoah	W	81-56
Jan. 15, 2003	Shenandoah	W	73-42
Dec. 13, 2003	Peace	L	60-66
Jan. 12, 2005	Shenandoah	W	66-63
Jan. 11, 2006	Shenandoah	W	73-69
Jan. 10, 2007	Shenandoah	L	66-64



Amber Hallman



35th Anniversary of Christopher Newport Women's Basketball

Christopher Newport University celebrated its 35th Anniversary of women's basketball last season and also reached the program's 500th all-time win milestone. The Captains 500th win came against NC Wesleyan at home on January 16, 2007 in a 93-40 victory.

The program began in 1971-72 under the direction of Head Coach Mary Lu Royall. After a year off in 1972-73, Royall coached three more seasons before Terry Gooding took over for three seasons from 1976-1979. But it wasn't until Phil Lee took over in 1979-1980 that the Lady Captains had their first winning season when they finished 18-13. Lee coached just one season before moving to Vanderbilt, yielding to Susan Walthall in 1980-81. Walthall was responsible to leading CNU to its first post-season appearance in 1981-82, an 86-59 first round loss at Elizabethtown. She guided her team to one more post-season appearance in 1985-86. The Lady Captains lost to Rust in the first round, 74-43 and then lost to VA Wesleyan in the South Region Consolation game by a score of 83-56.

CNU's all-time winningest coach, Cathy Parson, took over in 1988-89 and four years later, she and her troops won the program's first post-season game. In Ratcliffe Gym, the Lady Captains defeated Marymount, 73-71, before falling to Wisconsin-Eau Claire in the Sweet 16. Parson would lead her squads to four more post-season appearances before leaving CNU after the 1997-98 season to become head coach of the WNBA's Washington franchise. She finished her 10 seasons with a record of 183-83.

Current Head Coach Carolyn Hunter took over as the program's sixth head coach in the 1998-99 season. She has guided her troops to three post-season appearances and two trips to the second round of the NCAA Tournament. Hunter is second on the program's all-time coaching list with 141 wins.

Entering the 2006-2007 season, the CNU women's basketball program has accumulated 492 wins against 350 losses for a winning percentage of .584. CNU has had 24 winning seasons and 26 seasons with at least 10 wins. Thirteen times since the 1981-82 season has CNU finished first or tied for first in conference play.



Three Lady Captains were named to the All-Tournament in the 1990 Dixie Tournament.



Head Coach Cathy Parson (with trophy) celebrates with her team after winning the 1988-89 Dixie title.

CNU RETIRED NUMBERS



#10
Karen
Barefoot



#12
Misty
Hart



#13
Pam
Stewart

IN-SEASON TOURNAMENT RESULTS

1978-79 - CNC Invitational		1990-91 - Hampton U. Tourn.		1995-96 - Marymount Tip-Off Tr.		2001-2002-Randolph-Macon Tournament	
N.C. Wesleyan	48-59	Hampton	71-113	Marymount	65-99	Randolph-Macon	74-62
George Mason	51-69	Shaw	61-68	Centre (Ky.)	65-73	Emory & Henry	70-63
<i>4th place</i>		<i>4th place</i>		Methodist	66-46	1st place	
1978-79 - Div. III State Tourn.		1991-92 - Marymount Tip-Off Tr.		<i>7th place</i>		2002-2003-VA Wesleyan Tournament	
Clinch Valley	84-65	Elizabethtown	82-66	1996-97 - Marymount Tip-Off Tr.		Wesleyan (GA)	67-56
Bridgewater	63-74	Roanoke	72-83	Muskingum (O.)	58-67	VA Wesleyan	52-48
Roanoke	88-86	Marymount	70-78	Maryville	71-83	1st place	
1980-81 - Delaware St. Tourn.		<i>5th place</i>		Centre (Ky.)	92-74	2002-2003-CNU Invitational	
Southeastern	93-43	1991-92 - Muskingum Tourn.		<i>7th place</i>		So. Virginia	63-41
Norfolk St.	58-74	Frostburg St.	67-66	1996-97 - Salisbury St. Tourn.		Wheaton (IL)	61-69
<i>2nd place</i>		Muskingum	58-103	Penn St. Behrend	80-73 2OT	2nd place	
1980-81 - Div. III State Tourn.		<i>2nd place</i>		Salisbury St.	91-96	2003-2004-Randolph-Macon Classic	
Randolph-Macon	48-54	1991-92 - York (Pa.) Tourn.		<i>2nd place</i>		Goucher	66-79
Ferrum	52-67	Western Maryland	80-52	1996-97 - CNU Invitational		Randolph-Macon	88-85*
<i>4th place</i>		York	88-52	Chowan	103-58	T-1st place	
1981-82 - Salisbury St.		<i>Champions</i>		Bethany (W.Va.)	77-79	2003-2004-So. Virginia Classic	
Catholic	80-59	1992-93 - Marymount Tip-Off Tr.		<i>2nd place</i>		Wesley	77-68
Lock Haven	58-57	Va. Wesleyan	99-59	1997-98 - Marymount Tip-Off Tr.		So. Virginia	73-57
<i>Champions</i>		Maryville	75-81	Nazareth	95-94	1st place	
1982-83 - Liberty Baptist Tourn.		Elizabethtown	76-83	Wisc.-Eau Claire	52-93	2004-2005-Salisbury Tournament	
Roanoke	50-51	<i>5th place</i>		Marymount	85-82	Hood	72-68*
Randolph-Macon	51-64	1992-93 - Salisbury St. Tourn.		<i>2nd place</i>		Waynesburg	77-56
<i>4th place</i>		Wilmington (Del.)	76-89	1997-98 - CNU Invitational		4th place	
1982-83 - Salisbury St. Tourn.		St. Mary's (Md.)	111-45	Apprentice	84-61	2005-2006-Randolph-Macon Tournament	
Delaware St.	50-45 OT	<i>3rd place</i>		St. Mary's	90-76	Randolph-Macon	62-86
Salisbury St.	61-69	1992-93 - Frostburg St. Tourn.		<i>1st place</i>		Hamilton (NY)	81-68
<i>2nd place</i>		Marymount	94-73	1998-99 - Marymount Tip-Off Tr.		3rd place	
1983-84 - Liberty Baptist Tourn.		Frostburg St.	80-71	Marymount	75-81	2005-2006-Southern Virginia Tournament	
Roanoke	41-40	<i>Champions</i>		St. Mary's	90-76	Southern Virginia	75-64
Liberty Baptist	55-44	1993-94 - Marymount Tip-Off Tr.		3rd place		Chowan	75-66
<i>Champions</i>		Roanoke	74-83	1998-99-CNU Invitational		2nd place	
1986-87 - Salem (Mass.) St. Tourn.		Va. Wesleyan	85-98	Apprentice	81-71	2006-2007-St. Mary's (MD) Tournament	
Salem St.	57-66	Greensboro	75-63	Savannah A&D	52-72	William Paterson	68-49
Bowdoin	54-39	<i>7th place</i>		2nd place		St. Mary's (MD)	67-73
<i>3rd place</i>		1993-94 - Hampton U. Tourn.		1999-2000-Washington (MD) Tournament		2nd place	
1987-88 - Emmanuel Tourn.		Hampton	74-102	Washington (MD)	54-74	2006-2007-Hoop N Surf Classic	
Emmanuel	66-78	Elizabeth City	69-66	Beaver (PA)	70-51	Benedictine	69-76
Albany (N.Y.) St.	57-72	<i>3rd place</i>		3rd place		Lake Forest	65-62
<i>4th place</i>		1993-94 - Salisbury St. Tourn.		1999-2000-CNU Invitational			
1988-89 - Franklin & Marshall Tr.		N.C. Wesleyan	75-83	Chowan	77-67		
Scranton	59-66	Gallaudet	90-63	William Paterson	64-65		
Eastern	101-60	<i>3rd place</i>		2nd place			
<i>3rd place</i>		1994-95 - Marymount Tip-Off Tr.		2000-2001-Hood College Tournament			
1989-90 - Franklin & Marshall Tr.		Maryville	66-91	Meredith	75-71		
Lycoming	91-85	Methodist	75-69	Philadelphia Bible	97-47		
Franklin & Marshall	74-84	Roanoke	91-80	1st place			
<i>2nd place</i>		<i>3rd place</i>		2000-2001-CNU Invitational			
1990-91 - Marymount Tip-Off Tr.		1994-95 - William Paterson Tourn.		Chowan	52-55		
Roanoke	69-78	William Paterson	54-69	St. Mary's	68-54		
Va. Wesleyan	90-70	Susquehanna	62-72	3rd place			
Greensboro	78-83	<i>4th place</i>					
<i>5th place</i>							

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ALL-TIME RECORDS VS. OPPONENTS

OPPONENT	REC.	STREAK	FIRST MET	LAST CNU WIN	LAST OPP. WIN					
Albany St. (N.Y.)	0-1	-1	1987-88		1987-88 (72-57)	Mary Washington	20-14	-5	1971-72	2001-02 (53-50)
Albemarle	1-3	-1	1975-76	1976-77 (74-60)	1976-77 (76-43)	Meredith	1-0	+1	2000-01	2000-01 (75-71)
Apprentice	5-1	+2	1996-97	1999-2000 (70-67 OT)	2000-01 (90-58)	Methodist	51-17	+4	1979-80	2006-07 (63-48)
Averett	52-7	+5	1975-76	2006-07 (61-50)	2004-05 (64-61)	Midway	1-0	+1	1980-81	1980-81 (74-52)
Barton	0-9	-9	1986-87		1999-2000 (69-51)	Montclair St. (N.J.)	210	+1	1997-98	1997-98 (70-68)
Benedictine	0-1	-1	2006-07		2006-07 (76-69)	Mt. Olive	1-0	+1	1985-86	1985-86 (68-80)
Bethany (W.Va.)	1-1	+1	1996-97	2003-04 (61-60)	1996-97 (79-77)	Muskingum	0-2	-2	1991-92	
Bowdoin	1-0	+1	1986-87	1986-87 (54-39)		Nazareth (N.Y.)	1-1	+1	1988-89	1997-98 (95-94)
Bridgewater	6-12	-2	1976-77	1991-92 (71-49)	1997-98 (90-87)	Norfolk St.	2-14	-2	1971-72	1984-85 (66-58)
Campbell	0-2	-2	1979-80		1980-81 (83-76**)	NC Wesleyan	49-15	+5	1978-79	2006-07 (77-63)
Catholic	2-3	-1	1981-82	2006-07 (62-55)	1988-89 (80-74)	Old Dominion	0-6	-6	1971-72	
Centre	1-1	+1	1995-96	1996-97 (92-74)	1995-96 (73-65)	Peace	9-2	+3	2000-01	2006-07 (74-67)
Chowan	19-17	-1	1971-72	2005-06 (82-71*)	2005-06 (75-66)	Peninsula Catholic	0-1	-1	1973-74	1973-74 (30-15)
City Co. of New York	1-0	+1	1997-98	1997-98 (79-62)		Penn St.-Behrend	1-0	+1	1996-97	1996-97 (80-73**)
Clinch Valley	3-1	+3	1979-80	1982-83 (66-46)	1979-80 (74-59)	Radford	1-1	+1	1979-80	1980-81 (68-61)
Concordia	1-0	+1	2001-02	2001-02 (71-49)		Randolph-Macon	5-9	-1	2003-04 (88-85*)	1979-80 (76-64)
Delaware St.	2-1	-1	1979-80	1982-83 (50-45*)	1984-85 (64-63)	Rappahannock	2-0	+2	1973-74	2005-06 (86-62)
Dickinson	1-0	+1	2006-07	2006-07 (52-49)		Richmond	1-0	+1	1979-80	1979-80 (78-50)
Eastern	1-0	+1	1988-89	1988-89 (101-60)		Roanoke	8-10	+2	1978-79	1997-98 (77-57)
E. Conn.	0-1	-1	1979-80		1979-80 (68-61)	Rust (Miss.)	0-1	-1	1985-86	1993-94 (83-74)
E. Mennonite	2-4	-1	1976-77	1980-81 (59-55)	2003-04 (63-62)	St. Andrews	9-4	+6	1981-82	1985-86 (74-43)
Elizabeth City St.	1-0	+1	1993-94	1993-94 (69-66)		St. Paul's	1-0	+1	1989-90	1983-84 (70-50)
Elizabethtown	1-2	-1	1981-82	1991-92 (82-66)	1992-93 (83-76)	St. Mary's (Md.)	7-3	+1	1989-90	1989-90 (77-53)
Emmanuel	0-1	-1	1987-88		1987-88 (78-66)	St. Thomas (Minn.)	0-1	-1	1992-93	2006-07 (66-56)
Emory & Henry	3-2	+2	1976-77	2001-02 (70-63)	1980-81 (68-67)	Salem St. (Mass.)	0-1	-1	1986-87	2006-07 (73-67)
Fayetteville St.	0-1	-1	1995-96		1995-96 (90-60)	Salisbury	10-7	-2	1982-83	1992-93 (81-50)
Ferrum	39-14	+1	1978-79	2006-07 (77-53)	2006-07 (88-75)	Savannah A&D	2-1	+2	1998-99	2003-04 (88-85*)
Fisk	0-1	-1	1979-80		1979-80 (85-84)	Scranton	0-2	-2	1985-86	1988-89 (66-59)
Franklin & Marshall	1-1	+1	1989-90	1993-94 (70-60)	1989-90 (84-74)	Shaw	0-1	-1	1990-91	1990-91 (68-61)
Frostburg St.	2-0	+2	1991-92	1992-93 (80-71)		Shenandoah	28-6	+1	1992-93	2006-07 (90-65)
Gallaudet	1-0	+1	1993-94	1993-94 (90-63)		Southeastern (D.C.)	1-0	+1	1980-81	1980-81 (93-43)
George Mason	0-4	-4	1976-77		1978-79 (69-51)	Southern Virginia	5-0	+5	1999-00	2005-06 (75-64)
Gettysburg	1-0	+1	1989-90	1989-90 (113-58)		Spelman	0-1	-1	2004-05	2004-05 (72-66)
Goucher	4-1	+2	2000-01	2004-05 (76-50)	2003-04 (79-66)	Susquehanna	0-1	-1	1994-95	1994-95 (72-62)
Greensboro	48-18	+2	1978-79	2006-07 (77-62)	2006-2007 (82-69)	UNC-Greensboro	2-15	-5	1981-82	1987-88 (101-87)
Guilford	4-0	+4	1990-91	2005-06 (70-59)		Va. Commonwealth	0-2	-2	1979-80	1980-81 (82-60)
Hamilton (NY)	1-0	+1	2005-06	2005-06 (81-68)		Va. Interment	3-0	+3	1975-76	1976-77 (53-52)
Hampton Univ.	2-11	-1	1973-74	1992-93 (72-68)	1993-94 (102-74)	Va. State	0-12	-12	1979-80	1995-96 (82-67)
Hollins	2-0	+2	1979-80	1980-81 (99-37)		Va. Tech	0-1	-1	1971-72	1971-72 (49-11)
Hood	2-1	+1	2001-02	2006-07 (80-51)	2004-05 (72-68*)	Va. Union	1-0	+1	1989-90	1989-90 (80-71)
Johns Hopkins	0-1	-1	2002-03		2002-03 (77-56)	Va. Wesleyan	34-20	-3	1971-72	2003-04 (66-40)
Kean (N.J.)	0-1	-1	1984-85		1984-85 (66-52)	Waynesburg	0-1	-1	2004-05	2004-05 (77-56)
King's (Pa.)	1-0	+1	1985-86	1985-86 (53-50)		Wesley	3-0	+3	1990-91	2003-2004 (77-68)
Knoxville	0-1	-1	1980-81		1980-81 (66-56)	W. Maryland	1-0	+1	1991-92	1991-92 (80-52)
Lake Forest	1-0	+1	2006-07	2006-07 (65-62)		Wesleyan (GA)	1-0	+1	2002-03	2002-03 (67-56)
Lee (Tenn.)	0-1	-1	1979-80		1979-80 (78-67)	Westhampton	1-3	+1	1975-76	1977-78 (60-42)
Liberty	1-2	+1	1979-80	1979-80 (98-74)	1983-84 (55-44)	Wheaton (IL)	0-1	-1	2002-03	2002-03 (69-61)
Lock Haven	1-0	+1	1981-82	1981-82 (58-57)		Widener	3-0	+3	1984-85	1990-91 (88-42)
Longwood	1-2	-1	1979-80	1982-83 (58-41)	1983-84 (66-47)	William & Mary	1-11	-1	1971-72	1982-83 (60-55)
Lycoming	1-0	+1	1989-90	1989-90 (91-85)		William Paterson	1-2	+1	1994-95	1999-2000 (65-64)
Lynchburg	4-2	+3	1975-76	1984-85 (59-50)	1979-80 (81-65)	Wilmington (Del)	0-1	-1	1982-93	1992-93 (89-76)
Mary Baldwin	4-5	+3	1974-75	2006-07 (84-64)	2003-04 (74-70)	Wisc.-Eau Claire	0-2	-2	1991-92	1997-98 (93-52)
Marymount	11-13	+1	1983-84	2006-07 (54-52)	2005-06 (79-77)	YWCA	1-0	+1	1975-76	1975-76 (48-37)
Maryville (Tenn.)	0-5	-5	1992-93		2000-01 (77-65)	York (Pa.)	1-0	+1	1991-92	1991-92 (88-52)

*number of overtimes

2007-08 opponents highlighted

CNU Record vs. Conferences and others

Capital Athletic Conf.	55-43	College Conference of IL and WI	0-1
Old Dominion Athletic Conf.	47-45	American Women's Colleges Conference	1-1
NAIA Division II	15-11	President's Athletic Conference	1-1
Division III Independents	25-27	Pennsylvania Athletic Conf.	3-1
NCAA Division II	10-43	Carolinas Athletic Conference	1-9
Middle Atlantic States Conf.	6-4	Ohio Athletic Conference	0-3
NCAA Div. I	6-30	Wisc. Women's Intercollegiate	0-2
Centennial Conf.	3-3	Little East	0-1
New England Small Coll.	2-0	Mass. St. Collegiate	0-1
New Jersey Athletic Conference	2-3	Minn. Intercollegiate	0-1
New York State Women's Conf.	1-0	Great Northeast Athletic	0-1
City Univ. of New York A.C.	1-0	Southern Collegiate Athl. Conf.	1-1
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Dana Edwards



Misty Hart

CNU'S GREATEST BY THE NUMBERS

Cynthia Allen - 5-10 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1992-93	28	70-124	.565	19-42	.452	149-5.3	159-5.7
1994-95	26	76-161	.472	39-67	.582	183-7.0	191-7.3
1995-96	26	109-232	.470	53-81	.654	204-7.9	272-10.5
1996-97	27	109-232	.470	56-85	.659	227-8.4	274-10.2
Career	107	364-749	.486	167-275	.607	763-7.1	986-8.4

Karen Barefoot - 5-5 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1990-91	27	148-284	.521	143-198	.722	95-3.5	441-16.3
1991-92	28	186-431	.432	165-236	.699	106-3.8	546-19.5
1992-93	28	143-314	.455	160-226	.708	131-4.7	457-16.3
1993-94	25	205-483	.424	206-269	.766	112-4.5	629-25.5
Career	108	682-1512	.451	674-929	.726	444-4.1	2073-19.2

Kim Cameron - 5-11 - Manassas, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1986-87	27	114-253	.451	22-39	.564	155-5.7	250-9.3
1987-88	25	177-435	.407	55-79	.696	143-5.7	423-16.9
1988-89	25	152-395	.385	28-48	.583	187-7.5	359-14.4
1989-90	10	42-115	.365	3-6	.500	42-4.2	109-10.9
Career	87	485-1198	.405	108-172	.628	527-6.1	1141-13.1

Gwynn Drewry - 5-9 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1980-81	24	68-164	.415	28-35	.800	117-4.9	164-6.8
1981-82	26	106-240	.442	8-12	.667	82-3.2	220-8.5
1982-83	27	145-363	.399	21-33	.636	108-4.0	311-11.5
1983-84	25	146-354	.412	20-31	.645	109-4.4	312-12.5
Career	102	465-1121	.415	77-111	.694	416-4.1	1007-9.9

Misty Hart - 5-8 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1994-95*	24	40-93	.430	3-8	.375	32-1.3	100-4.2
1995-96*	3	2-4	.500	0-0	.000	2-7	4-1.3
1995-96	14	63-178	.354	35-48	.729	77-5.5	174-12.4
1996-97	26	187-395	.473	80-114	.702	169-6.5	492-18.9
1997-98	28	238-530	.449	120-161	.745	187-6.7	660-23.6
Career	95	530-1200	.442	238-331	.719	467-4.9	1430-14.5

*at Old Dominion

Tia Johnson - 6-1 - Dale City, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1989-90	26	51-129	.395	59-88	.671	170-6.5	161-6.2
1990-91	27	109-235	.464	60-96	.625	237-8.8	278-10.3
1991-92	28	166-351	.473	89-141	.631	366-13.1	421-15.6
1992-93	28	110-269	.409	49-83	.590	266-9.5	269-9.6
Career	109	436-984	.443	257-408	.630	1039-9.5	1129-10.4

Patti Kelliher - 5-6 - Hampton, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1978-79	25	142-353	.402	86-118	.729		370-14.8
1979-80	31	224-545	.411	96-123	.781	164-5.3	544-17.5
1980-81	24	119-301	.395	49-65	.754	87-3.6	287-12.0
1981-82	24	104-314	.331	58-89	.652	110-4.6	266-11.1
Career	104	589-1513	.389	289-395	.732		1467-14.1

Allison Murray - 5-8 - Annandale, Va.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB.	PTS
1986-87	27	28-96	.292	24-36	.667	43-1.6	80-3.0
1987-88	22	138-346	.399	43-63	.683	75-3.4	328-14.9
1988-89	25	132-371	.356	32-61	.525	66-2.6	320-12.1
1989-90	26	124-318	.390	53-72	.736	76-2.9	314-12.1
Career	100	422-1131	.373	152-232	.655	260-2.6	1024-10.2

Cindy Nice - 5-10 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB	PTS
1981-82	26	87-200	.435	27-57	.474	181-7.0	201-7.7
1982-83	27	139-288	.483	33-63	.524	267-10.0	311-11.5
1983-84	25	132-300	.440	51-78	.654	245-9.8	315-12.6
1984-85	18	71-153	.464	33-40	.825	148-8.2	175-9.7
Career	96	429-941	.456	144-238	.605	841-8.8	1002-10.4

Rory Peets - 5-10 - St. Thomas, V.I.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1983-84	23	20-65	.308	9-18	.500	119-5.2	49-2.0
1984-85	25	103-201	.512	53-84	.631	320-12.8	159-10.4
1985-86	29	98-214	.458	34-64	.531	329-11.3	230-7.9
1986-87	27	112-221	.507	29-54	.537	265-9.8	253-9.4
Career	104	333-701	.475	125-220	.568	1033-9.9	791-7.6

Nikki Rowland - 5-9 - Alexandria, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
2003-04*	29	107-309	.346	34-43	.791	101-3.4	282-9.4
2004-05*	27	81-233	.348	53-66	.803	121-4.5	237-8.8
2005-06	26	127-357	.356	74-90	.822	131-5.0	372-14.3
2006-07	29	146-364	.401	86-106	.811	132-4.6	421-14.5
Career	111	461-1263	.365	247-305	.810	485-4.4	1312-11.8

* at Marymount

Linda Richardson - 5-7 - Hampton, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1979-80	30	275-548	.502	184-311	.592	504-16.8	730-24.3
1980-81	23	142-306	.464	77-146	.527	273-11.9	361-15.7
Career	53	417-854	.488	261-457	.571	777-14.7	1091-20.6

Cathy Skinner - 5-6 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1987-88	25	135-297	.455	46-75	.613	147-5.9	316-12.6
1988-89	25	236-463	.510	91-123	.740	136-5.4	563-22.5
1989-90	26	196-434	.452	55-77	.714	155-6.0	447-17.2
Career	76	567-1194	.475	192-275	.698	440-5.8	1326-17.4

Beth Spurell - 5-7 - Ladysmith, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1985-86	29	56-116	.483	24-48	.500	200-7.1	136-4.9
1986-87	27	66-136	.485	30-51	.588	256-9.5	162-6.0
1987-88	25	97-174	.558	41-78	.526	302-12.1	253-9.4
1988-89	25	139-252	.552	59-93	.634	388-15.5	337-13.5
Career	106	358-678	.528	154-270	.570	1146-10.8	888-8.4

Dolmesha Stallings - 5-11 - San Diego, Calif.

Year	G	FG-FGA	PCT.	FT-A	PCT.	REB	PTS
1993-94	25	157-289	.543	52-110	.473	279-11.2	366-14.6
1994-95	26	191-336	.568	84-145	.579	282-10.8	466-17.9
1995-96	25	88-202	.436	36-66	.546	174-7.0	213-8.5
1996-97	26	153-269	.569	82-130	.631	207-8.0	388-14.9
Career	102	589-1096	.537	254-451	.563	942-9.2	1433-14.0

Pam Stewart - 5-5 - Hampton, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1982-83*	11	19-37	.513	2-5	.400	18-1.6	40-3.6
1984-85	24	163-402	.405	74-94	.787	114-4.8	400-16.7
1985-86	29	245-575	.426	130-162	.802	129-4.4	620-21.4
1986-87	27	227-583	.389	107-154	.695	130-4.8	561-20.8
Career	91	654-1597	.410	313-415	.754	391-4.3	1622-17.8

*at Randolph-Macon

Alice Streetman - 5-10 - Newport News, Va.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1990-91	27	128-273	.469	17-32	.531	94-3.5	273-10.1
1992-93	25	187-360	.520	23-33	.697	155-6.2	398-15.9
1993-94	25	223-518	.431	44-69	.638	164-6.6	497-19.9
1994-95	24	177-375	.472	34-49	.694	93-3.5	394-16.4
Career	101	715-1526	.469	122-183	.667	496-4.9	1562-15.5

Tia Moore - 5-7 - Washington, D.C.

Year	G	FG-FGA	PCT.	FT-FTA	PCT.	REB-AVE.	PTS-AVE.
1999-00	26	136-266	.511	53-86	.616	186-7.2	325-12.5
2000-01	27	163-290	.562	78-112	.696	203-8.5	404-15.0
2001-02	28	167-321	.520	75-104	.721	233-8.3	409-14.6
2002-03	28	170-319	.533	107-145	.738	250-8.9	447-16.0
Career	109	636-1196	.532	313-447	.700	872-8.0	1585-14.5

YEAR-BY-YEAR RESULTS



1971-72 (2-13)

Coach - Mary Lu Royall

Norfolk St.	12/1	H/L	23	56
Va. Wesleyan	12/8	H/W	22	13
Old Dominion	12/16	A/L	10	95
Old Dominion	1/7	H/L	15	59
Norfolk St.	1/22	A/L	29	64
Va. Wesleyan	1/13	A/W	29	16
Virginia St.	1/28	A/L	14	46
Chowan	2/2	H/L	24	45
William & Mary	2/9	A/L	14	45
Virginia St.	2/14	H/L	22	32
Chowan	2/22	A/L	32	52
William & Mary	2/22	H/L	24	35
Virginia St. ¹	3/2	N/L	25	52
Virginia Tech ¹	3/3	N/L	11	49
Mary Wash. ¹	3/4	N/L	23	55

1972-73 (No team)

1973-74 (5-7)

Coach - Mary Lu Royall

Pen. Catholic	1/15	H/L	15	30
Norfolk St.		A/L	20	50
Hampton Inst.		H/L	19	35
Rappahannock		H/W	34	20
Virginia St.	1/28	A/L	20	54
Chowan	2/2	H/W	31	30
Norfolk St.	2/5	H/L	34	46
Rappahannock	2/12	A/W	54	27
Va. Wesleyan	2/14	H/W	45	19
Hampton Inst.	2/16	A/L	17	44
Va. Wesleyan	2/25	A/W	37	34
Chowan	2/26	A/L	26	40

1974-75 (3-7)

Coach - Mary Lu Royall

Norfolk St.	12/12	A/L	25	94
Old Dominion	12/14	A/L	34	96
Old Dominion	1/18	H/L	38	86
Norfolk St.	1/21	H/L	41	66
Chowan	1/25	H/L	41	62
Virginia St.	2.1	H/L	45	64
Va. Wesleyan	2/6	A/W	42	31
Va. Wesleyan	2/15	H/W	57	27
Mary Baldwin	2/18	A/L	41	55
Chowan	2/24	H/W	61	55

1975-76 (3-15)

Coach - Mary Lu Royall

YWCA	12/3	H/W	48	47
Old Dominion	12/8	H/L	34	76
Virginia St.	12/11	H/L	27	78
Albemarle	1/9	H/L	34	86
Norfolk St.	1/12	A/L	31	99
Va. Intermont	1/16	A/W	50	36
Va. Intermont	1/17	A/W	54	39
William & Mary	1/21	H/L	47	73
Westhampton		H/L	28	34
Old Dominion	1/28	A/L	47	89
Virginia St.		A/L	28	72
Chowan	1/31	H/L	37	47
Lynchburg		A/L	45	60
Mary Baldwin	2/6	A/L	38	67
Averett ²	2/7	N/L	25	39

Norfolk St.	2/10	H/L	29	85
Albemarle	2/18	A/L	37	84
Chowan	2/23	A/L	30	53



1976-77 (4-15)

Coach - Terry Gooding

William & Mary ^P	L	37	60
Va. Wesleyan	W	61	30
Emory & Henry	L	30	54
Averett ^P	L	47	67
Va. Intermont	W	53	52
Rand.-Macon ^P	L	51	53
Albemarle	W	74	60
Westhampton ^P	L	41	51
Virginia St. ^P	L	22	85
Mary Baldwin ^P	L	46	53
Hampton Inst. ^P	L	28	69
Va. Wesleyan	L	49	52
Chowan	L	61	64
E. Mennonite ^P	L	29	63
Bridgewater ^P	L	52	71
Albemarle	L	43	76
George Mason ^P	L	55	58
Mary Wash. ^P	W	50	39
Chowan	L	55	62

1977-78 (4-16)

Coach - Terry Gooding

Hampton Inst.	11/15	A/L	30	70
William & Mary ^P	12/1	H/L	43	63
Bridgewater ^P	12/3	A/L	36	58
Hampton Inst. ^P	12/5	H/L	40	93
Westhampton ^P	12/6	A/L	42	60
Va. Wesleyan	12/10	A/L	38	55
Averett	12/17	A/L	47	50
Averett	1/6	H/L	49	63
Rand.-Macon	1/12	H/L	46	52
Virginia St. ^P	1/14	H/L	27	76
Mary Wash. ^P	1/20	H/W	60	55
Rand.-Macon ^P	1/25	A/L	41	76
E. Mennonite ^P	1/28	H/L	47	69
Chowan	1/30	H/W	61	57
Mary Baldwin ^P	2/4	A/L	51	63
Mary Wash.	2/10	A/L	45	51
George Mason ^P	2/11	A/L	50	67
Va. Wesleyan	2/18	H/W	54	30
William & Mary	2/21	A/L	55	79
Chowan	2/23	A/W	58	50

1978-79 (5-21)

Coach - Terry Gooding

Hampton Inst. ^P	11/27	H/L	35	65
Chowan	11/29	A/L	68	78
Greensboro	12/2	H/W	67	50
Mary Wash.	12/5	H/W	51	46
Westhampton ^P	12/7	H/W	56	49
Averett	12/16	A/L	45	49
Averett	1/5	H/L	48	49
E. Mennonite ^P	1/9	A/L	50	60
Rand.-Macon	1/13	A/L	55	65
N.C. Wesleyan	1/17	H/L	56	61
Ferrum	1/20	A/W	67	59
Roanoke	1/20	A/L	70	86
Virginia St. ^P	1/24	A/L	59	82
Lynchburg	1/26	H/W	57	54
William & Mary ^P	2/1	A/L	38	67

Roanoke	2/2	H/L	53	57
Bridgewater ^P	2/3	H/L	32	67
Va. Wesleyan ^P	2/6	H/L	55	76
George Mason ^P	2/9	H/L	55	64
N.C. Wesleyan	2/13	A/L	73	79
Rand.-Macon ^P	2/16	A/L	42	52
Mary Wash.	2/17	A/L	53	60
Va. Wesleyan	2/20	A/L	56	78
Chowan	2/27	H/L	49	64
N.C. Wesleyan ³	3/2	H/L	48	59
George Mason ³	3/3	H/L	51	69



1979-80 (18-13)

Coach: Phil Lee
AIAW Tour.

Delaware St.	11/15	H/W	75	61
Longwood	11/17	A/L	58	76
Richmond	11/20	A/W	78	50
Va. Wesleyan	11/24	A/L	61	96
Va. Common.	11/29	A/L	52	62
Mary Wash.	12/4	H/W	76	59
William & Mary	12/6	H/L	58	74
Averett ^A	12/14	A/W	77	54
Greensboro	12/15	A/W	48	37
Radford	12/18	A/L	64	76
Campbell	1/5	A/L	66	76
N.C. Wesleyan	1/9	H/W	78	42
Ferrum	1/11	H/W	81	55
Roanoke ^A	1/12	H/W	85	72
Va. Wesleyan ^A	1/18	H/W	75	53
Liberty Bpt.	1/19	H/W	98	74
Lynchburg ^A	1/25	A/L	65	81
E. Mennonite ^A	1/26	H/W	87	65
N.C. Wesleyan	2/1	H/W	75	79
Bridgewater ^A	2/9	A/L	65	79
Rand.-Macon ^A	2/13	H/W	61	54
Hollins ^A	2/16	H/W	119	33
Clinch Valley ^A	2/22	H/L	59	74
Emory & Henry	2/23	A/W	68	50
Clinch Valley ⁴	2/28	N/W	84	65
Bridgewater ⁴	2/29	N/L	63	74
Roanoke ⁴	3/1	N/W	88	86
Methodist ⁵	3/6	N/W	95	86
Lee (Tenn.) ⁵	3/7	N/L	67	78
Fisk (Tenn.) ⁵	3/8	N/L	84	85
E. Connecticut ⁶	3/12	A/L	61	68



1980-81 (11-13)

Coach: Susan Walthall

William & Mary	11/25	A/L	58	66
Southeastern ⁷	11/28	N/W	93	43
Norfolk St. ⁷	11/29	N/L	61	68
Norfolk St.	12/8	H/L	58	74
Campbell	1/3	H/L	7683**	
Radford	1/6	H/W	68	61
Va. Wesleyan	1/10	A/W	69	49
Roanoke	1/17	A/L	61	71
Va. Common.	1/19	H/L	60	82

Emory & Henry	1/23	H/L	67	68
Clinch Valley	1/24	H/W	75	63
Liberty Bpt.	1/30	A/L	45	62
E. Mennonite	1/31	A/W	59	55
Lynchburg	2/6	H/W	76	58
Bridgewater	2/7	H/L	69	83
Hollins	2/13	A/W	99	37
Ferrum	2/14	A/W	79	74
Rand.-Macon	2/17	A/L	53	58*
Va. Wesleyan	2/24	H/W	65	43
Rand.-Macon ⁴	3/5	N/L	48	54
Ferrum ⁴	3/6	N/L	52	67
Knoxville ⁵	3/12	H/L	56	66
Midway ⁵	3/13	H/W	74	52
Bridgewater ⁵	3/14	H/W	69	52

1981-82 (16-10)

Coach: Susan Walthall
NCAA Tour.

Hampton Inst.	11/21	H/L	68	83
Mary Wash.	11/23	A/W	62	60
N.C. Wesleyan [*]	12/1	A/W	68	41
Roanoke	12/5	H/W	73	59
Va. Wesleyan [*]	12/8	H/W	70	59
Catholic ³	12/11	N/W	80	59
Lock Haven ⁸	12/12	N/W	58	57
Norfolk St.	1/9	A/L	57	93
William & Mary	1/12	H/L	32	89
Methodist [*]	1/15	A/W	75	54
St. Andrews [*]	1/16	A/L	66	67
N.C. Wesleyan [*]	1/19	H/W	56	55
UNC Greens. [*]	1/22	A/L	70	98
Greensboro [*]	1/23	A/W	82	52
Lynchburg	1/27	A/W	59	47
Ferrum	1/29	H/W	65	63
Bridgewater	2/2	A/L	54	72
St. Andrews [*]	2/5	H/L	57	59
Methodist [*]	2/6	H/W	68	63
UNC Greens. [*]	2/12	H/L	56	75
Greensboro [*]	2/13	H/W	60	47
Va. Wesleyan [*]	2/16	H/W	60	48
Rand.-Macon	2/17	H/W	60	43
Greensboro ⁹	2/26	N/W	80	44
St. Andrews ¹⁰	2/27	N/L	55	62
Elizabethtown ¹²	3/6	A/L	59	86

1982-83 (18-9)

Coach: Susan Walthall

Roanoke ¹³	11/19	N/L	50	51
Rand.-Macon ¹³	11/20	N/L	51	64
Rand.-Macon	11/23	A/W	58	43
Longwood	11/30	H/W	58	41
Averett [*]	12/3	H/W	76	28
Mary Wash.	12/4	H/L	64	70
Hampton Inst.	12/6	A/W	69	56
Delaware St. ⁸	12/10	N/W	50	45*
Salisbury St. ⁸	12/11	A/L	61	69
Clinch Valley	1/7	A/W	66	46
Emory & Henry	1/8	A/W	58	56
St. Andrews [*]	1/14	H/W	61	53
Methodist [*]	1/15	H/W	53	35
N.C. Wesleyan [*]	1/18	A/L	55	60
Greensboro [*]	1/21	H/W	76	39
UNC Greens. [*]	1/22	H/L	60	78
Va. Wesleyan [*]	1/29	A/L	63	83
Norfolk St.	2/2	H/W	63	62
Methodist [*]	2/4	A/W	73	57
St. Andrews [*]	2/5	A/W	73	72
William & Mary	2/8	A/W	60	55
UNC Greens. [*]	2/11	A/L	70	76
Greensboro [*]	2/12	A/W	56	34
N.C. Wesleyan [*]	2/15	H/W	64	59
Va. Wesleyan [*]	2/19	H/W	72	57
Methodist ⁹	2/22	H/W	68	53
Va. Wesleyan ¹⁰	2/25	N/L	65	66

1983-84 (12-13)

Coach: Susan Walthall

Roanoke ¹³	11/18	N/W	41	40
Liberty Bpt. ¹³	11/19	A/W	55	44
William & Mary	11/29	H/L	43	46
Mary Wash.	12/2	A/L	51	75
Rand.-Macon	12/3	H/L	62	82
Averett [*]	12/6	A/W	56	39
Catholic	1/9	A/L	45	56
Marymount	12/10	A/W	72	47
Averett [*]	1/9	H/W	74	44
St. Andrews [*]	1/13	A/W	60	58
Methodist [*]	1/14	A/W	80	53
N.C. Wesleyan				

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Marymount	1/24	H/W	63	47
Va. Wesleyan*	1/25	H/L	57	61
Averett*	1/27	A/W	71	66
St. Andrews*	1/31	A/W	67	47
Methodist*	2/1	A/L	64	67
Mt. Olive	2/4	A/W	68	60
UNC Greens.*	2/7	H/L	74	75
Greensboro*	2/8	H/W	65	52
N.C. Wesleyan*2/11	A/L	68	75	
Va. Wesleyan*	2/15	A/L	61	73
Methodist ⁹	2/18	H/W	72	63
UNC Greens. ¹⁰	2/21	N/W	69	67
N.C. Wesleyan ¹¹ 2/28	N/W	66	62	
Rust ¹²	2/28	N/L	43	74
Va. Wesleyan ¹²	3/1	A/L	58	83



1988-89 (13-12)
Coach: Cathy Parson

Scranton ¹⁷	11/18	N/L	59	66
Eastern ¹⁷	11/19	N/W101	60	73
Barton	11/26	A/L	53	81
Marymount	11/29	A/W	86	79
Bridgewater	12/3	A/L	86	93
Roanoke	12/4	A/L	65	81
Mary Wash.	12/8	H/W	94	61
Norfolk St.	1/4	A/L	72	91
Nazareth	1/6	H/L	70	75
Barton	1/8	H/L	63	64*
Greensboro*	1/13	A/W	77	73*
Methodist*	1/14	A/W	96	70
N.C. Wesleyan*	1/17	A/W	94	84
Ferrum*	1/20	H/W	86	46
Averett*	1/21	H/W110	32	
Catholic	1/25	A/L	74	80
Va. Wesleyan*	1/28	A/L	51	67
Methodist*	2/3	H/W	92	65
Greensboro*	2/4	H/L	67	75
Averett	2/10	A/W	97	52
Ferrum*	2/11	A/W	81	57
N.C. Wesleyan*	2/14	H/W	88	57
Va. Wesleyan*	2/19	H/L	71	75
Ferrum ⁹	2/21	H/W	85	54
Greensboro ¹⁰	2/24	N/L	79	83

1989-90 (17-9)
Coach: Cathy Parson
Dixie Co-Regular Season Champs
Dixie Tourn. Champs

Lycoming ¹⁷	11/18	N/W	91	85
Frank. & Mar. ¹⁷	11/19	A/L	74	84
Gettysburg	11/20	A/W113	58	
Barton	11/26	H/L	83	88
Va. Union	11/30	H/W	80	71
Bridgewater	12/2	H/L	62	80
Va. Wesleyan	12/3	H/W	72	65
Marymount	12/6	H/L	81	87
Mary Wash.	12/7	A/W	81	76*
Salisbury St.	12/16	A/L	72	81
Norfolk St.	1/4	H/L	48	112
Virginia St.	1/6	A/L	48	83
Barton	1/8	A/L	81	95
Greensboro*	1/12	H/W	88	53
Methodist*	1/13	H/W	92	85
Ferrum*	1/19	A/W	77	53
Averett*	1/20	A/W	94	72
St. Paul's	1/23	H/W	77	53
N.C. Wesleyan*	1/27	H/W	74	71
Methodist*	2/2	A/W	77	64
Greensboro*	2/3	A/L	69	87
Averett*	2/9	H/W	93	65
Ferrum*	2/16	H/W	79	61
N.C. Wesleyan*	2/17	A/L	69	75
Ferrum ¹⁰	2/23	N/W	79	61
N.C. Wesleyan ¹¹ 2/24	N/W	64	53	

1990-91 (20-7)
Coach: Cathy Parson
Dixie Regular Season Champs
14-Game Winning Streak

Roanoke ¹⁸	11/16	N/L	69	78
Va. Wesleyan ¹⁸	11/17	N/W	90	70
Greensboro ¹⁸	11/18	N/L	78	83
Salisbury St.	11/20	H/W	88	72
Hampton ¹⁹	11/23	A/L71	113	
Shaw ¹⁹	11/24	N/L	61	68
Wesley	11/30	H/W120	47	

Bridgewater	12/1	A/L	70	88
Mary Wash.	12/4	H/W	75	74
St. Mary's, Md.	12/7	H/W112	35	
Widener	1/4	H/W	88	42
Guilford	1/5	H/W	74	64
Greensboro*	1/11	A/W	65	56
Methodist*	1/12	A/W	88	71
Ferrum*	1/18	H/W	99	70
Averett*	1/19	H/W120	23	
N.C. Wesleyan*	1/26	A/W	76	62
Methodist*	2/1	H/W	78	70
Greensboro*	2/2	H/W	74	73
Va. Wesleyan	2/5	A/W	78	71
Averett*	2/8	A/W106	17	
Ferrum*	2/9	A/W	93	65
Marymount	2/11	A/L	84	92
N.C. Wesleyan*2/16	H/W	81	62	
Wesley	2/17	A/W	83	74
Ferrum ¹⁰	2/22	N/W	94	52
Greensboro ¹¹	2/23	N/L	62	87

1991-92 (22-6)
Coach: Cathy Parson
Dixie Co-Regular Season Champs
15-Game Winning Streak
NCAA Sweet 16

Elizabethtown ¹⁸	11/22	N/W	82	66
Roanoke ¹⁸	11/23	N/L	72	83
Marymount ¹⁸	11/24	A/L	70	78
Salisbury St.	11/26A/W104	101**		
Frostburg St. ²⁰	11/30	N/W	67	66
Muskingum ²⁰	12/1	A/L	58	103
Bridgewater	12/4	H/W	71	49
Western Md. ²¹	12/6	N/W	80	52
York (Pa.) ²¹	12/7	A/W	88	52
Guilford	12/14	A/W	74	54
Va. Wesleyan	12/18	H/W	69	63
St. Mary's, Md.	1/13	A/W	84	51
Mary Wash.	1/15	A/W	78	62
Methodist*	1/18	H/W	86	71
Greensboro*	1/19	H/W	79	47
Ferrum*	1/24	A/W	71	70
Averett*	1/25	A/W	93	38
Va. Wesleyan	1/28	A/W	79	64
N.C. Wesleyan*2/1	H/W	71	60	
Marymount	2/2	H/W	99	98
Methodist*	2/7	A/W	93	92
Greensboro*	2/8	A/L	73	85
Averett*	2/14	H/W	88	25
Ferrum*	2/16	H/W	75	61
N.C. Wesleyan*2/22	A/W	84	65	
Ferrum ¹⁰	2/28	N/L	69	74
Marymount ¹²	3/7	H/W	73	71
Wis.-Eau Claire ²² 3/13	A/L	74	90	

1992-93 (19-9)
Coach: Cathy Parson
Dixie Tourn. Champs
NCAA Tournament

Va. Wesleyan ¹⁸	11/20	N/W	99	59
Maryville, Tenn. ¹⁸ 11/21	N/L	75	81	
Elizabethtown ¹⁸	11/22	N/L	76	83
Salisbury St.	11/24	H/L	74	81
St. Thomas, Mn.	11/28	H/L	50	81
Va. Wesleyan	12/1	H/W	79	51
Wilmington, De. ²¹ 12/4	N/L	76	89	
St. Mary's, Md. ¹⁸	12/5	N/W111	45	
Marymount	12/18	A/W	87	74
Hampton	12/31	H/W	72	68
Marymount ²³	1/8	N/W	94	73
Frostburg St. ²³	1/9	A/W	80	71
Shenandoah	1/10	A/W104	56	
Mary Wash.	1/12	H/W	70	61
Greensboro*	1/15	A/L	67	69
Methodist*	1/16	A/L	72	79
Ferrum*	1/22	H/W	81	79
Averett*	1/23	H/W	85	57
N.C. Wesleyan*1/30	A/W	69	55	
Methodist*	2/5	H/W	78	75
Greensboro*	2/6	H/L	52	62

Averett*	2/12	A/W	84	55
Ferrum*	2/13	A/W	81	72
N.C. Wesleyan*2/20	H/W	81	60	
Averett ⁹	2/23	H/W	92	51
Greensboro ¹⁰	2/26	H/W	92	74
Methodist ¹¹	2/27	H/W	85	83
Marymount ¹²	3/6	A/L	96	115

1993-94 (15-10)
Coach: Cathy Parson
Dixie Co-Regular Season Champs

Roanoke ¹⁸	11/19	N/L	74	83
Va. Wesleyan ¹⁸	11/20	N/L	85	98
Greensboro ¹⁸	11/21	N/W	75	63
Salisbury St.	11/23	A/W102	81	
Hampton ¹⁹	11/26	A/L	74	102
Elizabeth City ¹⁹	11/27	N/W	69	66
N.C. Wesleyan ⁸	12/3	N/L	75	83
Gallaudet ⁸	12/4	N/W	90	63
Marymount	12/11	H/L	98	101
Frank. & Marsh.	1/10	H/W	70	60
N.C. Wesleyan*1/12	H/W	58	57	
Va. Wesleyan	1/15	A/W	78	75
Shenandoah*	1/16	H/W	95	65
Ferrum*	1/21	A/L	74	83
Averett*	1/22	A/W	85	68
Mary Wash.	1/27	A/L	89	109
Methodist*	1/29	H/W	84	72
Greensboro*	1/30	H/W	72	57
N.C. Wesleyan*2/2	A/W	82	79*	
Shenandoah*	2/6	A/W	82	52
Ferrum*	2/9	H/L	75	76
Averett*	2/12	H/W	93	58
Greensboro*	2/18	A/W	84	75
Methodist*	2/19	A/L	72	89
Methodist ¹⁰	2/25	N/L	58	80

1994-95 (17-9)
Coach: Cathy Parson
Dixie Reg. Season Champions
NCAA Tournament

Maryville ¹⁸	11/18	N/L	66	91
Methodist ¹⁸	11/19	N/W	75	69
Roanoke ¹⁸	11/20	N/W	91	80
Salisbury St.	11/22	H/W	82	59
Barton	11/29	H/L	72	89
Chowan	12/1	A/W	86	70
Marymount	12/17	A/L	75	80
Wm. Paterson ²⁴	12/28	A/L	54	69
Susquehanna ²⁴	12/29	N/L	62	72
Chowan	1/8	H/W	77	37
N.C. Wesleyan*1/11	A/W	54	53	
Shenandoah*	1/14	A/W	89	57
Ferrum*	1/18	H/W	65	63
Averett*	1/21	H/W	95	62
Mary Wash.	1/26	H/W	90	86
Methodist*	1/27	A/L	69	89
Greensboro*	1/28	A/W	88	74
Va. Wesleyan	1/31	H/W	83	60
N.C. Wesleyan*2/1	H/W	71	58	
Shenandoah*	2/4	H/W	83	64
Averett*	2/10	A/W	72	68
Ferrum*	2/11	A/L	59	73
Greensboro*	2/17	H/W106	86	
Methodist*	2/18	H/W	98	75
Methodist ¹⁰	2/24	A/L	72	88
Marymount ¹²	3/1	A/L	79	91

1995-96 (16-10)
Coach: Cathy Parson
Dixie Regular Season Champions

Marymount ¹⁸	11/17	A/L	65	99
Centre, Ky. ¹⁸	11/18	N/L	65	73
Methodist ¹⁸	11/19	N/W	66	46
Salisbury St.	11/21	A/L	63	68
Fayetteville St.	11/25	A/L	60	90
Virginia State	12/1	H/L	67	82

Marymount	12/2	H/W	78	64
Mary Wash.	12/5	A/L	70	74
Chowan	12/7	A/W	81	51
Maryville, Tn.	12/9	A/L	72	107
N.C. Wesleyan*1/10	H/W	90	73	
Chowan	1/12	H/W	83	30
Shenandoah*	1/14	H/W	68	52
Ferrum*	1/19	A/W	76	72
Averett*	1/20	A/W	90	81
Methodist*	1/27	H/W	80	60
Greensboro*	1/28	H/W	80	55
Va. Wesleyan	1/30	A/W	71	63
N.C. Wesleyan*1/31	A/L	57	76	
Shenandoah*	2/4	A/W	76	64
Ferrum*	2/7	H/L	81	88*
Averett*	2/10	H/W	70	64
Greensboro*	2/16	A/W	67	59
Methodist*	2/17	A/W	75	50
Greensboro ¹⁰	2/23	N/W	71	69
Shenandoah ¹¹	2/24	A/L	55	58

1996-97 (20-7)
Coach: Cathy Parson
Dixie Regular Season Champs
NCAA Tournament

Muskingum, O ¹⁸	11/22	N/L	58	67
Maryville (Tn.) ¹⁸	11/23	N/L	71	83
Centre (Ky.) ¹⁸	11/24	N/W	92	74
Salisbury St.	11/26	H/W107	94	
Chowan	12/1	A/W104	45	
Va. Wesleyan	12/3	H/W108	55	
Penn St.-Behrend ⁸ 12/6	N/W80	73**		
Salisbury St. ⁸	12/7	A/L	91	96
Apprentice	12/16	A/W	84	74
Chowan ²⁵	1/10	H/W103	58	
Bethany, WV ²⁵	1/11	H/L	77	79
N.C. Wesleyan*1/15	A/W	78	48	
Shenandoah*	1/18	A/W	73	63
Ferrum*	1/22	H/W	96	78
Averett*	1/25	H/W	90	71
Methodist*	1/31	A/W	76	62
Greensboro*	2/1	A/W	96	90
N.C. Wesleyan	2/5	H/W	78	35
Shenandoah*	2/8	H/W	77	56
Mary Wash.	2/11	H/W107	58	
Averett*	2/14	A/W	98	67
Ferrum*	2/15	A/W	85	70
Greensboro*	2/21	H/W	66	53
Methodist*	2/22	H/L	58	79
Methodist ¹⁰	2/28	H/W	83	65
Greensboro ¹¹	3/1	H/L	49	55
Bridgewater ¹²	3/5	A/L	72	82

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Shenandoah ¹⁰	2/27	N/W	91-82*
Methodist ¹¹	2/28	N/W	93-91*
Roanoke ¹²	3/4	H/W	77-57
Bridgewater ¹²	3/7	A/L	87-90



1998-99 (15-10)
Coach - Carolyn Hunter
Dixie Regular Season
Co-Champions

Marymount ¹⁸	11/20	A/L	75-81
Centre (KY) ¹⁸	11/21	N/W	74-68
Maryville (TN) ¹⁸	11/22	N/W	88-70
Salisbury St.	11/24	H/L	91-97
St. Mary's(Md) ²⁷	11/28	N/L	70-82
Savan.A&D ²⁷	11/29	A/L	48-64
Allen	12/12	H/W	100-20
Apprentice	12/17	A/L	72-74
Apprentice ²⁵	1/8	H/W	81-71
Savan.A&D ²⁵	1/9	H/L	52-72
N.C. Wesleyan ¹	1/13	A/L	71-90
Shenandoah*	1/16	A/W	74-56
Mary Wash.	1/18	H/W	74-71
Ferrum*	1/20	H/W	88-69
Averett*	1/23	H/W	85-78
Methodist*	1/29	A/W	60-59
Greensboro*	1/30	A/W	70-65
N.C.Wesleyan*	2/3	H/W	84-57
Shenandoah*	2/6	H/L	72-73
Averett*	2/12	A/W	88-73
Ferrum*	2/13	A/W	74-60
VA Wesleyan	2/16	A/L	77-94
Greensboro*	2/18	H/W	77-61
Methodist*	2/20	H/W	72-68*
Greensboro ¹⁰	2/26	A/L	57-66

1999-2000 (15-10)

Coach - Carolyn Hunter

Washington ²⁸	11/19	A/L	54-74
Beaver ²⁸	11/20	N/W	70-51
Salisbury St.	11/23	A/L	93-99
Otterbein	11/27	H/L	72-92
Mary Wash.	11/29	A/L	53/70
So. Virginia	12/4	H/W	89-83*
Barton	12/11	H/L	51-69
Apprentice	12/14	A/W	70-67*
Chowan	12/17	H/W	76-56
St. Mary's	1/4	A/L	68-78*
Chowan ²⁵	1/7	H/W	77-67
William Paterson ²⁵	1/8	H/L	64-65
N.C. Wesleyan ¹	1/12	H/W	84-45
Shenandoah*	1/16	H/L	67-73
Ferrum*	1/21	A/W	84-75
Averett*	1/22	A/W	74-53
Methodist*	1/29	H/W	61-44
Greensboro*	1/30	H/W	60-54
N.C. Wesleyan ²	2/2	A/W	65-41
Shenandoah*	2/6	A/W	64-63
Ferrum*	2/9	H/W	85-57
Averett*	2/12	H/W	76-73
Greensboro*	2/18	A/L	60-74
Methodist*	2/19	A/L	48-65
Averett ¹⁰	2/24	A/W	81-71
Shenandoah ¹⁰	2/25	N/L	68/84

2000-2001 (20-7)

Coach - Carolyn Hunter
Dixie Regular Season
Co-Champions
Dixie Tourn. Champs
NCAA Tournament

Meredith ²⁹	11/17	N/W	74-71
Phil. Bible ²⁹	11/18	N/W	97-47

Salisbury	11/21	H/L	80-86
VA Wesleyan	11/25	H/W	67-60
Mary Wash.	11/28	H/W	66-65
Peace	12/1	A/W	78-77
Fisk	12/3	H/W	58-47
Goucher	12/11	A/W	77-71
Chowan	12/15	A/L	49-58
Apprentice	12/19	A/L	58-90
Chowan ²⁵	1/5	H/L	52-55
St. Mary's ²⁵	1/6	H/W	68-54
NC Wesleyan*	1/10	A/L	56-58*
Shenandoah*	1/13	A/W	93-54
Averett*	1/20	H/W	78-48
Ferrum*	1/21	H/W	88-57
Methodist*	1/26	A/L	64-68
Greensboro*	1/27	A/W	88-71
NC Wesleyan*	1/31	H/W	60-52
Shenandoah*	2/3	H/W	75-59
Averett*	2/9	A/W	93-63
Ferrum*	2/10	A/W	65-38
Greensboro*	2/16	H/W	74-56
Methodist*	2/17	H/W	65-52
NC Wesleyan ¹⁰	2/23	N/W	56-45
Methodist ¹¹	2/24	N/W	65-51
Maryville ¹²	2/28	A/L	65-77

2001-2002 (24-5)

Coach - Carolyn Hunter
Dixie Regular Season
Champions
NCAA Tournament

Ran-Macon ³⁰	11/16	A/W	74-62
Emory&Henry ³⁰	11/17	N/W	70-63*
Peace	11/20	H/W	80-52
Marymount	11/24	H/L	65-72
Mary Wash.	11/27	A/W	53-50
So. Virginia	12/1	H/W	70-56
Savannah	12/12	H/W	82-59
St. Mary's	12/18	A/W	75-55
Concordia (IL)	1/5	H/W	71-49
Goucher	1/6	H/W	68-61
Shenandoah*	1/9	H/W	81-56
Ferrum*	1/12	A/L	65-70
Averett*	1/16	A/W	81-66
Chowan*	1/19	H/W	72-53
NC Wesleyan*	1/20	H/W	68-56
Greensboro*	1/26	A/W	63-43
Methodist*	1/27	A/W	59-54*
Shenandoah*	1/30	A/W	73-54
Ferrum*	2/2	H/W	77-62
Averett*	2/6	H/W	93-60
Chowan*	2/8	A/L	62-64
NC Wesleyan	2/10	A/W	67-53
Methodist*	2/16	H/W	50-48
Greensboro*	2/17	H/W	63-48
Shenandoah ⁹	2/21	N/W	57-36
Ferrum ¹⁰	2/22	N/W	66-55
Methodist ¹¹	2/23	N/L	53-71
Hood ¹²	2/27	H/W	71-40
Marymount ¹²	3/2	A/L	62-75

2002-2003 (19-9)

Coach - Carolyn Hunter
Dixie Regular Season
Co-champions

Wesleyan (GA) ³¹	11/23	N/W	67-56
VA Wesleyan ³¹	11/24	A/W	52-48
Mary Baldwin	11/26	H/W	65-41
Marymount	11/30	A/W	64-53
Johns Hopkins	12/7	A/L	56-77
Mary Wash.	12/17	H/L	58-78
So. Virginia	1/3	H/W	63-41
Wheaton (IL)	1/4	H/L	61-69
Peace	1/10	A/W	93-64
Savannah	1/12	H/W	72-60
Shenandoah*	1/15	A/W	73-42
Ferrum*	1/18	H/L	71-80
Randolph-Macon ¹	1/20	A/L	63-76
Averett*	1/22	H/W	85-41
Chowan*	1/25	A/L	74-85
NC Wesleyan*	1/27	A/W	78-54

Greensboro*	2/1	H/W	78-43
Methodist*	2/2	H/W	57-46
Shenandoah*	2/5	H/W	73-49
Ferrum*	2/8	A/L	61-73
Averett*	2/12	A/W	85-49
Chowan*	2/15	H/W	75-51
NC Wesleyan	2/17	H/W	73-41
Methodist*	2/22	A/L	60-74
Greensboro*	2/23	A/W	71-44
NC Wesleyan ⁹	2/27	N/W	70-52
Greensboro ¹⁰	2/28	N/W	49-44
Methodist ¹¹	3/1	A/L	53-56

2003-2004 (21-9)

Coach - Carolyn Hunter
USA South Conference
Tournament Champions
NCAA Tournament

Goucher ³⁰	11/21	N/L	66-79
Ran.-Macon ³⁰	11/22	A/W	88-85*
Salisbury	11/25	H/L	73-77
Marymount	11/29	A/L	63-70
Mary Baldwin	12/6	A/L	70-74
VA Wesleyan	12/9	H/W	66-40
Peace*	12/13	A/L	60-66
Goucher	1/3	A/W	58-45
Peace*	1/6	H/W	72-57
Wesley ³²	1/9	N/W	77-68
So. Virginia ³²	1/10	A/W	73-57
Shenandoah*	1/14	H/W	76-59
Chowan*	1/17	A/L	68-75
NC Wesleyan*	1/20	H/W	74-60
Ferrum*	1/24	A/W	70-65
Averett*	1/25	A/W	61-56
Methodist*	1/31	H/W	68-46
Greensboro*	2/1	H/W	93-60
Shenandoah*	2/4	A/W	67-56
Chowan*	2/7	H/W	78-71
NC Wesleyan*	2/11	A/W	65-46
Ferrum*	2/14	H/W	91-65
Averett*	2/17	H/W	72-33
Greensboro*	2/21	A/L	54-57
Methodist*	2/22	A/L	48-55
Methodist ⁹	2/26	N/W	58-57
Greensboro ¹⁰	2/27	N/W	64-56
Chowan ¹¹	2/28	A/W	57-47
Bethany ¹²	3/3	A/W	61-60
E. Mennonite ¹²	3/6	A/L	62-63

2004-2005 (10-16)

Coach: Carolyn Hunter

Mary Baldwin	11/21	H/W	88-55
Marymount	11/27	H/L	58-63
Chowan	12/1	A/L	62-68
Hood ⁸	12/3	N/L	68-72*
Waynesburg ⁹	12/4	N/L	56-77
Mary Wash.	12/14	A/L	43-87
VA Wesleyan	12/18	A/L	65-67
Goucher	1/3	H/W	76-50
Guilford	1/5	A/W	70-65
Spelman	1/7	A/L	66-72
Shenandoah*	1/12	A/W	66-63
NC Wesleyan*	1/18	A/L	72-75
Ferrum*	1/22	H/W	88-81
Peace*	1/23	H/W	57-39
Averett*	1/26	H/W	72-65
Methodist*	1/29	A/L	64-68
Greensboro*	1/30	A/L	64-70
Shenandoah*	2/2	H/W	87-78
Chowan	2/4	H/L	59-62
NC Wesleyan*	2/8	H/W	55-49
Averett*	2/12	A/L	61-64
Ferrum*	2/13	A/L	77-93
Peace*	2/16	A/W	56-55
Methodist*	2/19	H/L	54-55
Greensboro*	2/20	H/L	60-76
Methodist ⁹	2/22	H/L	51-60

2005-2006 (17-9)

Coach: Carolyn Hunter

Ran.-Macon ³⁰	11/18	A/L	62-86
Hamilton (NY) ³⁰	11/19	N/W	81-68
Marymount	11/26	A/L	77-79
Guilford	11/29	H/W	71-56
Chowan	12/3	H/W	82-71*
Mary Baldwin	12/10	A/W	91-76
VA Wesleyan	12/16	H/L	64-70
Catholic	12/18	H/W	71-69
Mary Wash.	1/3	H/L	56-71
Southern VA ³²	1/6	A/W	75-64
Chowan ³²	1/7	N/L	66-75
Shenandoah*	1/11	H/W	73-69
Peace*	1/14	H/L	57-70
NC Wesleyan*	1/17	A/W	63-38
Ferrum*	1/21	A/L	70-77
Averett*	1/22	A/W	57-55
Methodist*	1/28	H/W	67-57
Greensboro*	1/29	H/W	70-59
Shenandoah*	2/1	A/W	66-65
Peace*	2/4	A/W	69-59
NC Wesleyan*	2/7	H/W	64-44
Averett*	2/11	H/W	63-52
Ferrum*	2/12	H/W	75-66
Greensboro*	2/17	A/L	52-74
Methodist*	2/18	A/W	68-51
Shenandoah ⁹	2/21	H/L	61-64

2006-2007 (21-9)

Coach - Carolyn Hunter
USA South Conference
Tournament Champions
NCAA Tournament

Wm. Paterson ³³	11/17	N/W	68-49
St. Mary's ³³	11/18	A/L	67-73
VA Wesleyan	11/21	H/L	63-77
Marymount	11/25	H/W	54-52
Mary Baldwin	12/2	H/W	84-64
Hood	12/9	A/W	80-51
Benedictine ³⁴	12/17	N/L	69-76
Lake Forest ³⁴	12/18	N/W	65-62
St. Mary's	1/2	H/W	66-56
Catholic	1/4	A/L	55-62
Mary Wash.	1/6	A/L	48-63
Shenandoah*	1/10	A/W	64-66
Peace*	1/13	A/W	67-42
NC Wesleyan*	1/16	H/W	93-40
Ferrum*	1/20	H/W	87-64
Averett*	1/23	H/W	84-56
Methodist*	1/27	A/W	86-84*
Greensboro*	1/28	A/L	69-82
Shenandoah*	1/31	H/W	90-65
Peace*	2/3	H/W	74-67
NC Wesleyan*	2/6	A/W	77-63
Averett*	2/10	A/W	71-58
Ferrum*	2/11	A/W	75-88
Methodist*	2/16	H/W	63-48
Greensboro*	2/17	H/W	90-58
Averett ⁹	2/20	H/W	61-50
Greensboro ¹⁰	2/23	H/W	61-50
Ferrum ¹¹	2/24	H/W	77-53
Dickinson ¹²	3/2	N/W	52-49
Mary Wash ¹²	3/3	A/L	61-77

- 1 - Mary Washington Sports Day
- 2 - at Mary Baldwin
- 3 - CNC Tourn.
- 4 - Division III State Tourn.
- 5 - AIAW Regional
- 6 - AIAW National Tourn.
- 7 - Delaware St. Tourn.
- 8 - Salisbury St. Tourn.
- 9 - Dixie (USAS) Trn. - First Rd
- 10 - Dixie (USAS) Trn. - Semis.
- 11 - Dixie (USAS) Trn. - Finals
- 12 - NCAA Tournament
- 13 - Liberty Baptist Tourn.
- 14 - at Fort Eustis
- 15 - Salem (Mass.) St. Tourn.
- 16 - Emmanuel (Mass.) Tourn.

- 17 - Franklin & Marshall Tourn.
 - 18 - Marymount Tip-Off Tourn.
 - 19 - Hampton Univ. Tourn.
 - 20 - Muskingum (O.) Tourn.
 - 21 - York (Pa.) Tourn.
 - 22 - NCAA Sweet 16
 - 23 - Frostburg St. Tourn.
 - 24 - William Paterson (N.J.) Tr.
 - 25 - CNU Invitational
 - 26 - Dial Soap Cl. at Montclair St.
 - 27 - Savannah A&D Tourn.
 - 28 - Washington (Md.) Tr.
 - 29 - Hood College (Md.) Tr.
 - 30 - Randolph-Macon Tr
 - 31 - VA Wesleyan Tr.
 - 32 - So. Virginia Tr.
 - 33 - St. Mary's Tr.
 - 34 - UoP N' Surf Classic, Hawaii
- *USA South games
A-VAIAW Conf. games
P-Piedmont Conf.

Later won by forfeit
* in score means Overtimes





LADY CAPTAINS MEDIA ROSTER



4 - Michele Russell
Sr. - Hampton, VA
Mathematics



11 - Chelsie Schweers
Fr. - Chesapeake, VA
Business



20 - Monique Lee
Fr. - Newport News, VA
Business



21 - Shannon Perry
Jr. - Hampton, VA
Biology



23 - Erin Furey
Fr. - Annandale, VA
Sociology



30 - Kristen Duca
Fr. - Westhampton, NY
Psychology



32 - Alicia Medford
Sr. - Derby, KS
Sociology



33 - Megan Stangroom
Fr. - Chantilly, VA
Business



41 - Colandra Rollins
Sr. - Culpeper, VA
Business Management



44 - Jessica Moore
Fr. - Fredericksburg, VA
Biology



Carolyn Hunter
Head Coach
10th season



Sarah Bolten
Assistant Coach
First Season



Barbara Lewis
Assistant Coach
6th season



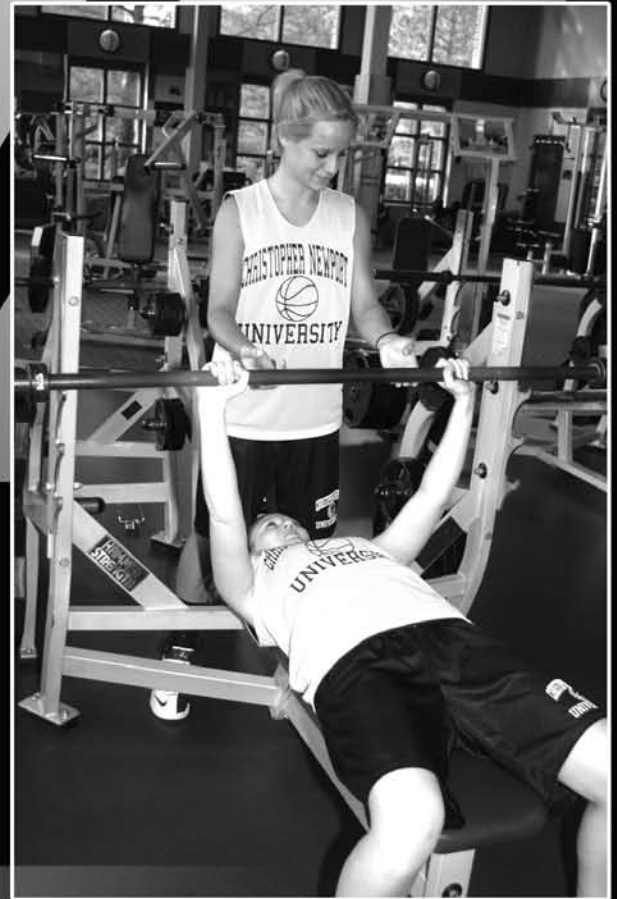
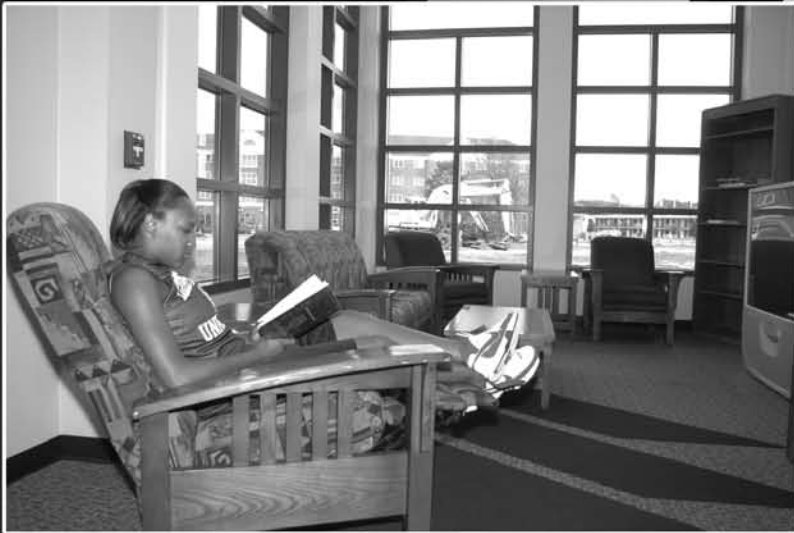
Tim Greer
Assistant Coach
2nd season



Teawanna Cooper
Assistant Coach
2nd season

This is Captains' Basketball

Getting ready to play is tough work, but for the Captains the facilities available to them make it much easier. Not only do they play in one of the best arenas in the nation, but they have the advantage of state-of-the-art sports medicine facility, run by highly skilled professionals. They can also take advantage of the latest in fitness equipment either in CNU's well-equipped team weight room, or as individuals in the outstanding Treishmann Fitness Pavilion in the Freeman Center. They also have top notch lockerroom facilities.



This is Captains' Basketball

At Christopher Newport, women's basketball involves a whole lot more than just on-the-court activities.

The Captains have a full time academic support program, but also find time for important community activities.

At top right, Colandra Rollins helps move some of the many cans of food that CNU gathered during the USA South Cans Across the Conference contest to help to homeless. CNU players worked at clinics at local schools, middle, and hosted a Spring Break camp, bottom.



Home of Champions

Few, if any, Division III schools have had the overall success of the Christopher Newport athletic program.

Through the end of the 2006-07 season, CNU teams had won 12 national championships, either won or shared 150 conference titles and have produced an amazing number of individual accomplishments.

CNU athletes have won All-America recognition an amazing 516 times and have captured 64 individual national championships.

In the USA South Athletic Conference, CNU has won ten consecutive President's Cups and 14 of the last 23. Statewide, in Virginia, Christopher Newport has had the best win-loss record of any school in the state for six of the last ten years.

Nationally, CNU teams have made 59 NCAA appearances since 1982, not counting hundreds of individuals in track, cross country and golf.



ROSTER OF CHAMPIONSHIPS

A LIST OF CHAMPIONSHIPS AND NCAA APPEARANCES
BY CHRISTOPHER NEWPORT TEAMS OVER THE YEARS

FOOTBALL		2000	Dixie Conference	1993	Dixie Conference
2001	Dixie Conference	2001	Dixie Conference	2006	USA South
2001	NCAA	2001	Mason-Dixon Conf.	MEN'S TRACK & FIELD	
2002	Dixie Conference	2002	Dixie Conference	1980	Dixie Conference
2002	NCAA	2003	Mason-Dixon Conf.	1981	Dixie Conference
2003	USA South	2003	USA South	1982	Dixie Conference
2003	NCAA	2004	Mason-Dixon Conf.	1983	Dixie Conference
2004	USA South	2004	USA South	1984	Dixie Conference
2004	NCAA	2005	USA South	1985	Dixie Conference
2006	USA South	2006	USA South	1986	Dixie Conference
2006	NCAA	2007	USA South	1986	Mason-Dixon Conf. Out.
BASEBALL		WOMEN'S CROSS COUNTRY		1994	Mason-Dixon Conf. Ind.
2001	Dixie Conference	1994	Dixie Conference	1995	Mason-Dixon Conf. Ind.
2001	NCAA Regional	1995	Dixie Conference	1995	Mason-Dixon Conf. Out.
2002	Dixie Conference	1998	Dixie Conference	1996	Mason-Dixon Conf. Ind.
2002	NCAA 3rd place	1999	Dixie Conference	1998	Mason-Dixon Conf. Ind.
2003	NCAA Regional	2000	Dixie Conference	1999	Mason-Dixon Conf. Ind.
2003	NCAA 2nd place	2001	Dixie Conference	1999	Mason-Dixon Conf. Out.
MEN'S BASKETBALL		2001	Mason-Dixon Conf.	2000	Mason-Dixon Conf. Ind.
1986	Dixie Conference	2002	Dixie Conference	2001	Mason-Dixon Conf. Ind.
1986	NCAA First Round	2003	Mason-Dixon Conf.	2001	Mason-Dixon Conf. Out.
1988	Dixie Conference	2003	USA South	2002	Mason-Dixon Conf. Ind.
1988	NCAA First Round	2004	Mason-Dixon Conf.	2002	Mason-Dixon Conf. Out.
1989	Dixie Conference	2004	USA South	2003	Mason-Dixon Conf. Ind.
1989	NCAA First Round	2005	USA South	2003	Mason-Dixon Conf. Out.
1990	NCAA First Round	2006	USA South	2004	Mason-Dixon Conf. Ind.
1991	Dixie Conference	2007	USA South	2004	Mason-Dixon Conf. Out.
1991	NCAA Sweet 16	GOLF		2005	Mason-Dixon Conf. Ind.
1993	Dixie Conference	1990	NCAA Nationals	2005	Mason-Dixon Conf. Out.
1993	NCAA Sweet 16	1991	NCAA Nationals	2006	Mason-Dixon Conf. Ind.
1994	NCAA Second Round	1992	NCAA Nationals	2006	Mason-Dixon Conf. Out.
1995	NCAA First Round	1994	NCAA Nationals	2007	Mason-Dixon Conf. Ind.
1996	Dixie Conference	1995	NCAA Nationals	2007	Mason-Dixon Conf. Out.
1996	NCAA Sweet 16	1996	NCAA Nationals	WOMEN'S TRACK & FIELD	
1997	NCAA Second Round	2000	NCAA Nationals	1987	Mason-Dixon Conf. Out.
1998	Dixie Conference	FIELD HOCKEY		1987	NCAA Outdoor Champs
1998	NCAA Sweet 16	2006	NCAA Elite 8	1988	NCAA Indoor Champs
1999	Dixie Conference	2007	NCAA Sweet 16	1988	NCAA Outdoor Champs
1999	NCAA First Round	WOMEN'S SOCCER		1989	NCAA Indoor Champs
2000	Dixie Conference	2000	Dixie Conference	1989	NCAA Outdoor Champs
2000	NCAA Second Round	2000	NCAA First Round	1990	NCAA Indoor Champs
2001	Dixie Conference	2000	USA South	1990	Mason-Dixon Conf. Out.
2001	NCAA Elite 8	2004	USA South	1991	Mason-Dixon Conf. Out.
2003	Dixie Conference	2004	NCAA Elite 8	1991	Mason-Dixon Conf. Out.
2003	NCAA First Round	2005	USA South	1992	Mason-Dixon Conf. Ind.
2006	USA South	2005	NCAA	1992	NCAA Indoor Champs
2006	NCAA First Round	2006	USA South	1992	NCAA Outdoor Champs
WOMEN'S BASKETBALL		2006	NCAA	1992	Mason-Dixon Conf. Out.
1980	AIAW Regionals	MEN'S SOCCER		1994	Mason-Dixon Conf. Ind.
1982	NCAA First Round	1986	NCAA First Round	1994	Mason-Dixon Conf. Out.
1986	Dixie Conference	2000	Dixie Conference	1994	NCAA Outdoor Champs
1986	NCAA Regional	2000	NCAA Elite 8	1995	Mason-Dixon Conf. Ind.
1990	Dixie Conference	2006	NCAA Second Round	1996	Mason-Dixon Conf. Ind.
1992	NCAA Sweet 16	SOFTBALL		1997	NCAA Indoor Champs
1993	Dixie Conference	1993	Dixie Conference	1998	Mason-Dixon Conf. Ind.
1993	NCAA First Round	1993	NCAA Regionals	1998	Mason-Dixon Conf. Out.
1995	NCAA First Round	1994	Dixie Conference	1998	NCAA Indoor Champs
1997	NCAA First Round	1995	Dixie Conference	1998	NCAA Outdoor Champs
1998	Dixie Conference	1995	NCAA Regionals	2000	Mason-Dixon Conf. Ind.
1998	NCAA Second Round	1997	Dixie Conference	2000	Mason-Dixon Conf. Out.
2001	Dixie Conference	1998	NCAA Regionals	2001	Mason-Dixon Conf. Ind.
2001	NCAA First Round	2001	Dixie Conference	2002	Mason-Dixon Conf. Ind.
2002	NCAA Second Round	2001	NCAA Regionals	2002	Mason-Dixon Conf. Out.
2006	USA South	2006	NCAA Regionals	2003	Mason-Dixon Conf. Ind.
2006	NCAA Second Round	WOMEN'S LACROSSE		2003	Mason-Dixon Conf. Out.
MEN'S CROSS COUNTRY		2006	USA South	2004	Mason-Dixon Conf. Ind.
1980	Dixie Conference	2006	NCAA First Round	2004	Mason-Dixon Conf. Ind.
1981	Dixie Conference	2006	USA South	2005	Mason-Dixon Conf. Ind.
1982	Dixie Conference	2006	NCAA Regionals	2005	Mason-Dixon Conf. Out.
1983	Dixie Conference	MEN'S TENNIS		2006	Mason-Dixon Conf. Ind.
1984	Dixie Conference	1976	Dixie Conference	2006	Mason-Dixon Conf. Out.
1984	NCAA Nationals	1977	Dixie Conference	2007	Mason-Dixon Conf. Ind.
1985	Dixie Conference	1978	Dixie Conference	VOLLEYBALL	
1986	Dixie Conference	1978	Dixie Conference	2001	Dixie Conference
1988-92	No competition	1979	Dixie Conference	2001	NCAA Regionals
1993	Dixie Conference	1980	Dixie Conference	2002	Dixie Conference
1993	Mason-Dixon Conf.	1982	Dixie Conference	2002	NCAA Regionals
1994	Dixie Conference	1983	Dixie Conference	2002	NCAA Regionals
1994	NCAA Nationals	1990	Dixie Conference	2004	USA South
1994	Mason-Dixon Conf.	1993	Dixie Conference	2004	USA South
1995	Dixie Conference	2006	USA South	2004	NCAA Regionals
1996	Dixie Conference	WOMEN'S TENNIS		2005	USA South
1997	Dixie Conference	2006	USA South	2005	NCAA Regionals
1998	Dixie Conference			2007	USA South
1999	Dixie Conference			2007	NCAA Regionals

The Virginia Peninsula

A Great Place To Live



The Virginia Peninsula is an exciting place to live with all kinds of entertainment and history right at your doorstep.

Some of the best entertainment in the world can be found in numerous venues, as well as on the CNU campus.

Then, of course, there are the beaches, many historical attractions, pro sports, theme parks such as Busch Gardens and Water Country and much more.

There's always lots to do on the Peninsula and in the Tidewater area.

Christopher Newport University

Fast Facts

Christopher Newport University is a small, selective public university. It offers baccalaureate programs through its College of Liberal Arts and Sciences and the Joseph W. Luter, III School of Business, which earned international accreditation in 2005 by the world's top business accrediting organization – the Association to Advance Collegiate Schools of Business. The University also offers a five-year bachelor's to masters program in teaching and graduate programs in applied physics and computer science and environmental science.

Location

CNU's 260-acre campus is located in Newport News, Va., two and a half hours south of Washington, D.C., less than an hour from Williamsburg and Virginia Beach, and just a few blocks from where the tidal James River flows into the Chesapeake Bay.

Student Profile

Forty-five percent of CNU's 4,800 students are male; 55 percent are female. Students come to CNU from every region in Virginia, 32 other states, and several foreign nations. The average high school GPA is 3.4 (on a 4.0 scale). The average SAT score is 1165 (critical reading and math sections).

History

Founded in 1960 as a two-year branch of the College of William and Mary, CNU became independent in 1977 and gained university status in 1991. Today, CNU is the youngest comprehensive university in the Commonwealth.

Class Size

With an average class size of 25 students, CNU has much smaller classes than most state universities. More than 90 percent of classes are seminars, and no classes are taught by graduate teaching assistants.

Facilities

With a \$400 million building campaign nearly complete, CNU's campus is bursting with new buildings and



CNU's Residence Halls offer students the latest state-of-the-art accommodations.

improvements. Recent additions include state-of-the-art residential facilities, a \$16 million sports and convocation center, the new Ferguson Center for the Arts, and residential facility restaurants and stores. Opening in fall 2006 is a state-of-the-art student union; and an expansion project that will double the size of CNU's library is scheduled for completion in fall 2007.

Ferguson Center for the Arts

The \$60 million Ferguson Center for the Arts is the crowning jewel of Christopher Newport University. Teaching and learning are celebrated in the 1,700-seat Concert Hall, 440-seat Music and Theatre Hall, 200-seat Studio Theatre, classrooms, sound-isolated music practice spaces, rehearsal halls, dance studios, costume shops, lighting labs and set design studios. The Center's inaugural season, which began in September 2005, included world-class classical, pop, Broadway and dance performances, attracting more than 120,000 patrons and ticket revenue in excess of \$3.2 million.

Athletics

CNU athletes compete in 21 NCAA sports, including football, lacrosse and sailing. The University ranks fifth nationally in NCAA Division III Team Championships, and the school has produced 500 All-Americans.

Residence Halls

Nearly 3,000 students are housed in the University's state-of-the-art residential facilities that include four new resi-

dence halls and two new apartment complexes that win raves from students and parents, as well as architectural awards. New residential living includes CNU Village, a unique mixed-use development on campus that houses restaurants and stores that serve the entire community as well as students, faculty and staff. Every residential room has high-speed Internet, basic satellite cable TV, digital local phone service, 24-hour security, and electronic room access. All rooms are equipped with a microwave and mini-refrigerator or have kitchen access.

Faculty

Eighty-five percent of CNU's 932 faculty members hold the Ph.D. or highest degree in their fields. Fifty-five new faculty members have been added since 2003.

Cost

For in-state, full-time undergraduates, tuition and fees are \$6,460, and room and board is \$8,100. Christopher Newport University offers a variety of financial aid programs to help students and their parents pay for college; 43 percent of students receive some form of aid.

Campus Life

CNU's 100 clubs and organizations include academic organizations, fraternities and sororities, and special-interest groups. From Altered Xpressionz to Vibes of Our Vernacular, students are sure to find something to spark their interests.



Outstanding teaching with a strong commitment to undergraduate education and the liberal studies core are the hallmarks of Christopher Newport University. A dramatic transformation spanning the past decade has placed it among the United States' pre-eminent liberal arts universities. As the youngest university in the Commonwealth of Virginia's excellent system of higher education, CNU is getting better, not bigger.

CNU offers an unbeatable combination of great teaching, small classes and a commitment to placing students first, which means that the quality of teaching, advising and student life is the University's first concern. Classes average only 25 students, and are taught by faculty members – 85 percent of which hold a doctorate or the highest degree in their field – not teaching assistants. These scholars desire to engage and challenge students inside and outside the classroom and are committed to playing an active role in campus life.

**www.cnu.edu
(757) 594-7000**



2007-08 Schedule

November

20	(Tue)	at Trinity (D.C.)	Washington, D.C.	7:00
24	(Sat)	Hood	Freeman Center	2:00

December

1	(Sat)	at Goucher	Towson, Md.	4:00
15	(Sat)	at Virginia Wesleyan	Virginia Beach, Va.	2:00
18	(Tue)	Lynchburg	Freeman Center	7:00

January

4	(Fri)	Mary Washington	Freeman Center	4:00
6	(Sun)	Meredith*	Freeman Center	2:00
9	(Wed)	at Roanoke	Salem, Va.	5:30
13	(Sun)	at Mary Baldwin*	Staunton, Va.	2:00
15	(Tue)	Shenandoah*	Freeman Center	5:30
19	(Sat)	Peace*	Freeman Center	2:00
22	(Tue)	at N.C. Wesleyan*	Rocky Mount, N.C.	5:30
26	(Sat)	at Ferrum*	Ferrum, Va.	2:00
27	(Sun)	at Averett*	Danville, Va.	2:00

February

2	(Sat)	Methodist*	Freeman Center	2:00
3	(Sun)	Greensboro*	Freeman Center	2:00
6	(Wed)	at Shenandoah*	Winchester, Va.	5:30
9	(Sat)	at Peace*	Raleigh, N.C.	2:00
10	(Sun)	at Meredith*	Raleigh, N.C.	2:00
12	(Tue)	N.C. Wesleyan*	Freeman Center	5:30
16	(Sat)	Ferrum*	Freeman Center	2:00
17	(Sun)	Averett*	Freeman Center	2:00
19	(Tue)	Mary Baldwin*	Freeman Center	7:00
22	(Fri)	at Greensboro*	Greensboro, N.C.	5:30
23	(Sat)	at Methodist*	Fayetteville, N.C.	2:00
26	(Tue)	USA South Tr. First Round	TBA	TBA
29-1	(Fri-Sat)	USA South Tr.	Freeman Center	TBA

Home games bold

*USA South games