

# 2005-06 NWAACC WOMEN'S BASKETBALL SEASON OUTLOOK

## NORTHERN DIVISION

### **BELLEVUE HELMSWOMEN**

**COACH:** Cheryl Sorenson (2nd year).

**2004-05:** 1-15(League), 4-21(Season). Last place.

**RETURNING PLAYERS:** 1

**KEY PLAYERS:** F-G Nicci Landdeck, F Katie Trew, F Renee Harder.

**COACH'S OUTLOOK:** With the 13 new players we will be suiting up this season, we are a very young and talented group. Solid post play is expected, and we look to play up-tempo. We have high expectations in a tough Northern Division.

### **EDMONDS TRITONS**

**COACH:** Ciara Papac (first year).

**2004-05:** 10-6, 17-15. Third place.

Eighth place at NWAACC Tournament.

**RETURNING PLAYERS:** 1

**KEY PLAYERS:** Nichole Messey, Sharna St. Clair, Chanel Griffin, Jamie Lyons.

**COACH'S OUTLOOK:** We are young, but we are going to turn some heads before the season is over.

### **EVERETT TROJANS**

**COACH:** Chet Hovde (18th year).

**2004-05:** 4-12, 12-17. Eighth place.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** F Nikki Jordan, P Kristi Auckland, G Casey Jensen, P Britni Rathke, P Rachel Tover, G Trixy Miller.

**COACH'S OUTLOOK:** We have a good mix of freshmen and sophomores, and if they can learn to play defense, we may have a shot at the top four in our league.

### **OLYMPIC RANGERS**

**COACH:** Megan Buchman-Murray (2nd year).

**2004-05:** 11-5, 20-10. Second place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** G Brittany Milne, G Stephanie Kirkendoll, P Dominique Simmons, G Sharon Daley.

**COACH'S OUTLOOK:** Although our numbers are down again, this season's team is still looking pretty strong. We're looking to finish in the top four in league and return to the NWAACC Tournament.

### **PENINSULA PIRATES**

**COACH:** Derek Witt (first year).

**2004-05:** 12-4, 21-10. First place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** W Latasha McCoy, G Leah Bradley, P Suzanna Goplen-Dean

**COACH'S OUTLOOK:** This season's team will be young. We have to mesh early as our preseason schedule is very tough. The thing I like about this team is its depth. With eleven girls who will play most nights, this squad will be a true team concept. I believe our "whole" is greater than the individual parts.

### **SEATTLE STORM**

**COACH:** Rebecca Valdivia (first year).

**2004-05:** 8-8, 14-14. Tied for sixth place.

**RETURNING PLAYERS:** 2

**KEY PLAYERS:** G Darniella Russell, G Monique Lee, P Angela Keller, G Keosha Bradford, G Tiana Raine, P Elena Flory-Barnes, G-F L'Tisha Smith, G Maureen Erickson.

**COACH'S OUTLOOK:** If we can stay free of injuries, we should be one of the top teams in the NWAACC. We're young but quick, and we'll play an up-tempo style of basketball. Russell, last season's North Region MVP, will lead this team to the playoffs.

### **SHORELINE DOLPHINS**

**COACH:** Rhonda Smith (first year).

**2004-05:** 8-8, 15-13. Tied for sixth place.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** G-F Breianna Gaines, G-F Ophelia Whitfield, F Whitney Voight.

**COACH'S OUTLOOK:** With five returners, including Gaines who is fully recovered from an ACL injury, we expect to play better than last season and avenge some losses.

### **SKAGIT VALLEY CARDINALS**

**COACH:** Steve Epperson (28th year).

**2004-05:** 9-7, 18-12. Tied for fourth place.

Seventh place at NWAACC Tournament.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** G Hannah Wells, G Amy Lindeman, F Tanaia Keyes, F Marielle Hickman, G Keisha Reynolds.

**COACH'S OUTLOOK:** With five returning sophomores and six outstanding freshmen, we hope to contend for the Northern Region title and a trip to the NWAACC Tournament.

### **WHATCOM ORCAS**

**COACH:** Becky Rawlings (10th year).

**2004-05:** 9-7, 16-12. Tied for fourth place.

Lost playoff to Skagit Valley.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** Breanne Lindquist, Brynn Miltenberger, Sara Bergner, Alissa Wright.

**COACH'S OUTLOOK:** I am excited about our opportunities for the upcoming season. Our team is made up of eager learners who are continuing to improve and are excited to get going. We will be competitive, and we're looking forward to improving as the season goes along.

*(Continued on next page)*

**2005-06 NWAACC WOMEN'S BASKETBALL**  
**SEASON OUTLOOK** (page 2 of 4)

**WESTERN DIVISION**

***CENTRALIA TRAILBLAZERS***

**COACH:** Garry Viggers (8th year).

**2004-05:** 14-2, 26-5. Tied for first place.

**RETURNING PLAYERS:** 6

**KEY PLAYERS:** P Sade Smith, G Karissa Scherer,  
W Ashley Baker, G Andreas Staley,  
P Autumn Spencer, G Maile Kauhola.

**COACH'S OUTLOOK:** This season's success will depend on how well we play good *team* defense and offense, and adapt to their roles. We have a special group of sophomores who work extremely hard and have the potential to help us finish toward the top of the West Division and a return to the NWAACC Tournament.

***CLARK PENGUINS***

**COACH:** Aaron Christian (2nd year).

**2004-05:** 7-9, 10-20. Tied for fourth place.

**RETURNING PLAYERS:** 1

**KEY PLAYERS:** C Danette Bergerson, G Danielle Boggs,  
G Stephanie Woullard, F Brooke Lowery,  
F Maryam Razavi, G Christy Sampson.

**COACH'S OUTLOOK:** With only one player back from last season's playoff team, the Penguins look to reload and compete with other NWAACC teams.

***GRAYS HARBOR CHOKERS***

**COACH:** Pat Wulfekuhle (2nd year).

**2004-05:** 4-12, 4-22. Eighth place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** G Katherine Carlisle, G Morgan Olson,  
F Amanda Lane, F Katie Holleran, G Carrie Thompson,  
F Tonya Lyons, G Bridget Onasch, G Ashley Stagg.

**COACH'S OUTLOOK:** With a lot of new faces, and only three returning players, we are looking for an immediate impact from our freshmen. We feel that we should be in the hunt for the fourth playoff spot come March.

***GREEN RIVER GATORS***

**COACH:** Rochelle Mitchell (first year).

**2004-05:** 5-11, 7-19. Seventh place.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** P Katie Nybo, P Erin Moore,  
G Lydia Lewellyn.

**COACH'S OUTLOOK:** A good balance of returners and recruits will provide us with options this season. Improvement in the perimeter game will be a key to success in 2006.

***HIGHLINE THUNDERBIRDS***

**COACH:** Amber Rowe (3rd year).

**2004-05:** 13-3, 21-10. Third place.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** F Marissa Cain, G Christine Kim,  
G Allison Maas, G Ashley Clark, C Moiana Taliloa,  
F Grace Dobson G Kristen Jones.

**COACH'S OUTLOOK:** We're a much more athletic team than years past. We have three very tough, solid post players to go with good shooting guards. We look to finish in the top two in the West and contend for the title.

***LOWER COLUMBIA RED DEVILS***

**COACH:** Jason Hosenev (6th year).

**2004-05:** 14-2, 26-5. Tied for first place.

Fifth place at NWAACC Tournament.

**RETURNING PLAYERS:** Brithani Lassiter, Nichole Hallman,  
Tricia Hamilton.

**COACH'S OUTLOOK:** A solid group of freshmen should complement five experienced sophomores as the Lady Devils make a run at another playoff berth in the much improved Western Division.

***PIERCE RAIDERS***

**COACH:** Ann Bowen (2nd year).

**2004-05:** 7-9, 7-20. Tied for fourth place.

Lost playoff at South Puget Sound.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** G Jazzmn Montgomery, W Kameka Nolen,  
F Jemina Ellis, C Heid Schmid, F Leah Williams.

**COACH'S OUTLOOK:** The Raiders return three key players from last season's squad that earned the first postseason appearance since the 1996-97 season. Six freshmen strengthen the guard and center positions. We look to be much improved this season.

***SOUTH PUGET SOUND CLIPPERS***

**COACH:** Dee Dee Horton (2nd year).

**2004-05:** 7-9, 8-19. Tied for fourth place.

Lost playoff at Clark.

**RETURNING PLAYERS:** 2

**KEY PLAYERS:** G Katie Carns, F Aiesha Ailey-Brown.

**COACH'S OUTLOOK:** After playing last season with a roster of seven, the coaches are excited about having depth and athleticism this year. We did suffer a preseason loss of a key returner, Chantel Hernandez, a second-team West Region selection. The freshmen class will be expected to contribute immediately, and the early part of the season will be a good chance to see who will step up in the leadership and scoring roles. The goal is to be ready to compete with every team in the West by January.

***TACOMA TITANS***

**COACH:** Sharon Rissmiller (2nd year).

**2004-05:** 1-15, 1-17. Last place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** F Miracle Failauga, G Megan Gilbert,  
G Luv Rattler.

**COACH'S OUTLOOK:** Our goal is to finish in the top four in our region. We are looking to improve throughout the season.

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**2005-06 NWAACC WOMEN'S BASKETBALL**  
**SEASON OUTLOOK** (page 3 of 4)

**EASTERN DIVISION**

**BIG BEND VIKINGS**

**COACH:** Craig Randall (3rd year).

**2004-05:** 4-10, 10-19. Sixth place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** G Jenna Ball, P Kari Darnell,  
P Cheyenne Hudson.

**COACH'S OUTLOOK:** Our sophomores worked hard to improve during the off-season, and our freshmen have improved on a daily basis. This is the most talented team we've had since I've been here. We're hoping to compete for a playoff spot in the always tough East Region.

**BLUE MOUNTAIN TIMBERWOLVES**

**COACH:** Amber Evans (2nd year).

**2004-05:** 0-14, 1-26. Last place.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** F Rosalind Lee, G Megan Bergstrom.

**COACH'S OUTLOOK:** We are still working to make our program a true contender in the East. This season, we will depend on the experience of our sophomores to lead us at a more competitive level.

**COLUMBIA BASIN HAWKS**

**COACH:** Cheryl Holden (5th year).

**2004-05:** 11-3, 26-5. Tied for first place.

NWAACC Champions.

**RETURNING PLAYERS:** 7

**KEY PLAYERS:** G Jessica Miller, G Jessica Robinson,  
P Sara Dalglish, P Jennifer Griffin.

**COACH'S OUTLOOK:** We have a good nucleus of players returning. The Eastern Region will be tough as usual. We will need to be ready to compete every night. We will be pushing for one of the top four spots into the tournament.

**SPOKANE SASQUATCH**

**COACH:** Bruce Johnson (18th year).

**2004-05:** 9-5, 18-15. Tied for fourth place.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** G Dee Dee Jackson, F Sarah Scates,  
C Emily Wittkopf, F Ashlee Taylor, G Brittany O'Neal.

**COACH'S OUTLOOK:** We could be the least experienced team in the region but we do have some talent. When we get healthy, we will have some depth. We will need significant production from our freshmen right away. Our goal will be to get in the top four in the East again. Overall, our region looks to be tougher than it was last season, so our goal could be a difficult task.

**TREASURE VALLEY CHUKARS**

**COACH:** Brent Harrison (8th year).

**2004-05:** 2-12, 5-20. Seventh place.

**RETURNING PLAYERS:** 6

**KEY PLAYERS:** G Christon Vander Esch, G Charlotte Brown,  
C Ashley Stephen, W Megan Haueter, W Kristy Church,  
G Jennifer DeGroot, C Bonnie Jung, W Jordan Reinstra.

**COACH'S OUTLOOK:** We have the size and talent to compete for a playoff spot in the very competitive Eastern Division. We will need outstanding leadership from our sophomores, and our freshmen will have to provide major production for us to be successful.

**WALLA WALLA WARRIORS**

**COACH:** Bobbi Hazeltine (7th year).

**2004-05:** 11-3, 25-6. Tied for first place.

Fourth place at NWAACC Tournament.

**RETURNING PLAYERS:** 4

**KEY PLAYERS:** G Ashley Wolfe, G Jenni Miller,  
G Nicole Moramarco, F Mandy Troutt.

**COACH'S OUTLOOK:** We lost about 35 points per game to graduation, so we'll be hard-pressed to score like we did last season. The players we have here are working hard and are fun to coach. Our goal is to be competitive by our league opener.

**WENATCHEE VALLEY KNIGHTS**

**COACH:** Jessica Schutt (2nd year).

**2004-05:** 9-5, 18-11. Tied for fourth place.

Lost playoff to Spokane.

**RETURNING PLAYERS:** 4

**KEY PLAYERS:** P Kassie Ludeman, F Amber Harmon,  
F Krissy Call, G Shayne Freeman.

**COACH'S OUTLOOK:** With several new faces on our team, the Knights will have a battle on their hands to place in the top four in the East Region and advance to the NWAACC Tournament. Hard work and discipline can get them there if they buy into the system and function as a team.

**YAKIMA VALLEY YAKS**

**COACH:** Cody Butler (4th year).

**2004-05:** 10-4, 24-9. Third place.

Sixth place at NWAACC Tournament.

**RETURNING PLAYERS:** 3

**KEY PLAYERS:** G Siena Locke, F Angie Ibach,  
F Tiffanie Ulmer, F Katie Kotter, F Chelsea Morrison.

**COACH'S OUTLOOK:** YVCC will be a team that will play aggressive on both ends of the floor. We look to overachieve in a very tough league.

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**2005-06 NWAACC WOMEN'S BASKETBALL**  
**SEASON OUTLOOK** (page 4 of 4)

**SOUTHERN DIVISION**

**CHEMEKETA STORM**

**COACH:** Marty Branch (6th year).

**2004-05:** 8-6, 15-16. Fourth place.

**RETURNING PLAYERS:** 0

**KEY PLAYERS:** G Alysse Carlson, P Megan Johnson, W Kara Smith, W Cassie Belhodos, G Whitney Brooks.

**COACH'S OUTLOOK:** We are very young with no sophomores. Our success depends on how fast we mature. I am looking forward to a successful season.

**CLACKAMAS COUGARS**

**COACH:** Jim Martineau (8th year).

**2004-05:** 11-3, 26-7. Tied for second place.

Third place at NWAACC Tournament.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** G LaToya Hill, G Rochelle Reeves, G Kellie Morey.

**COACH'S OUTLOOK:** This season's group has a good mix of returners and newcomers. The kind of season we have will be determined by how much, and how fast, the freshmen learn the system and their roles. We hope to once again be competitive in a tough Southern Region.

**LANE TITANS**

**COACH:** Greg Sheley (7th year).

**2004-05:** 13-1, 31-3. First place.

NWAACC runner-up.

**RETURNING PLAYERS:** 6

**KEY PLAYERS:** F Lisa Fernandez, G Cora McVey, G Dominique King, G Morgan Zajonc, F Ashley Weber, F Stephanie Stephens, G Kammy Martindale.

**COACH'S OUTLOOK:** We are looking forward to another strong season. With six returning players, and a solid group of freshmen, we feel that we can compete for another Southern Region championship.

**LINN-BENTON ROADRUNNERS**

**COACH:** A.J. Dionne (8th year).

**2004-05:** 5-9, 13-16. Tied for fifth place.

**RETURNING PLAYERS:** 4

**KEY PLAYERS:** F Sarah Long, W Simrin Cummins, F Becky Welch, G Whitney Bryant.

**COACH'S OUTLOOK:** We are young but athletic. Preseason will be a big factor for the freshmen. We should be quicker than last season. Time will tell with this group.

**MT. HOOD SAINTS**

**COACH:** Larry Davis (first year).

**2004-05:** 0-14, 1-27. Last place.

**RETURNING PLAYERS:** 1

**KEY PLAYERS:** G Angela Zieliknski, G Tara Prow, G Teena Yates, F Tristen Naylor, F-C Laura Leppert, G-F Jenna Schneider, G-F Cristina Sowlea, F Ashley Kerslake.

**COACH'S OUTLOOK:** I have high expectations for this team this season. We have great chemistry and character, and when we step onto the court, our goal will be to win and not merely compete. We are a highly skilled team and now we just have to put it all together.

**PORTLAND PANTHERS**

**COACH:** Rob Pridemore (2nd year).

**2004-05:** 3-11, 9-18. Seventh place.

**RETURNING PLAYERS:** 2

**KEY PLAYERS:** G Krystal Saling, W Aurora Dillon.

**COACH'S OUTLOOK:** Our program is excited about the upcoming season, and we're eager to compete. We graduated some key players last year, but have some new faces that are looking forward to making a contribution. It's a great opportunity to play in such a competitive division against some very good teams.

**SOUTHWESTERN OREGON LAKERS**

**COACH:** Tom Nicholls (2nd year).

**2004-05:** 5-9, 10-16. Tied for fifth place.

**RETURNING PLAYERS:** 4

**KEY PLAYERS:** G Erin Smith, G Tammy Andres, W Chelsea Praus.

**COACH'S OUTLOOK:** The Lakers will look to improve on last season by adding athleticism and shooting skill in their attempt to break into the "big four" in the Southern Region.

**UMPQUA TIMBERWOMEN**

**COACH:** Dave Stricklin (10th year).

**2004-05:** 11-3, 28-5. Tied for second place.

Seventh place at NWAACC Tournament.

**RETURNING PLAYERS:** 5

**KEY PLAYERS:** G Moina Snyder, G Katie Stephens, G Micaela Williams.

**COACH'S OUTLOOK:** We have a good mix of sophomores and freshmen, but have been racked by preseason injuries. We're not as far along at this point as we'd like to be, but if we ever get completely healthy, we have a chance to be pretty good.

**COACHES' TEAMS TO BEAT**

**NORTH** 1-Skagit Valley. 2-Peninsula & Whatcom.

**WEST** 1- Highline. 2-Centralia, 3-Lower Columbia, 4-Clark, 5-Pierce, 6-So. Puget Sound, 7-Tacoma, 8-Green River, 9-Grays Harbor.

**EAST** 1-Columbia Basin. 2-Walla Walla. 3-Yakima Valley.

**SOUTH** 1-Lane. 2-Clackamas. 3-Umpqua.

*NOTE: The West Region submitted a separate poll to the NWAACC office.*

**NWAACC CHAMPIONSHIP**

1-Columbia Basin. 2-Lane. 3-Clackamas.