

**Numerical**

No	Name	Pos	HT	Cl.	Hometown/Previous School
3	Cindy Keeley	G	5-9	FR	Great Bend, Kan./Great Bend High School
5	Juwanna Rivers	G	5-7	JR	Cleveland, Ohio/Tyler Junior College
10	Erin Menard	G	5-7	SO	Burlington, Kan./Oral Roberts University
11	April Roadhouse*	G	5-7	SO	Osborne, Kan./Osborne High School
13	Anna Nimz	G	5-9	FR	Topeka, Kan./Hayden High School
14	Stacey Becker	G	5-9	JR	McPherson, Kan./McPherson High School
15	Jill Heiman*	G	5-7	SO	Baileyville, Kan./Baileyville High School
20	Holly Henrichs	G	5-5	FR	Dodge City, Kan./Dodge City High School
25	Alison Garrett**	G	5-7	JR	Burlington, Kan./Burlington High School
30	Charlotte Dikeman	G	5-10	FR	Larned, Kan./Larned High School
32	Brooke Ubelaker	F	5-10	FR	Osborne, Kan./Osborne High School
33	Montoya Whitfield	F	6-1	SR	Long Beach, Calif./Paris Junior College
42	Lora Westling**	G/F	5-10	JR	Casper, Wyoming/Natrona County High School
43	Dani McHenry*	F	6-0	SO	Topeka, Kan./Shawnee Heights High School
44	Megan Sullivan	F	6-1	FR	Spring Hill, Kan./Spring Hill High School
45	Carla Sintra	F	6-1	JR	Goiania, Brazil/South Plains College



**2003-04 Washburn Lady Blues:** Front Row (l to r) - Assistant Coach Gosia Czarnecka, Erin Menard, Anna Nimz, Juwanna Rivers, April Roadhouse, Alison Garrett, Lora Westling, Jill Heiman, Holly Henrichs, Cindy Keeley, Carissa Goeglein. Back Row (l to r) - Assistant Coach Dustin Odum, Stacey Beker, Brooke Ubelaker, Dani McHenry, Megan Sullivan, Montoya Whitfield, Carla Sintra, Ineke Ingram, Charlotte Dikeman, Head Coach Ron McHenry.

**Head Coach**

Ron McHenry (4th season)  
(Washburn '84)  
Washburn Coaching Record  
66-25 (.725)  
Career Coaching Record  
Same

**Assistant Coaches:**

Dustin Odum (2nd season)  
Carissa Goeglein (1st season)  
Gosia Czarnecka (1st season)

**Lady Blues Roster****Personnel Breakdown****By State - inside United States**

Kansas 11  
California 1  
Ohio 1  
Wyoming 1

**By Country**

Brazil 1

**Personnel Breakdown****By Class****Seniors (1)**

Montoya Whitfield

**Juniors (5)**

Stacey Becker Alison Garrett  
Juwanna Rivers Carla Sintra  
Lora Westling

**Sophomores (4)**

Jill Heiman Dani McHenry  
Erin Menard April Roadhouse

**Freshman (6)**

Charlotte Dikeman Holly Henrichs  
Cindy Keeley Anna Nimz  
Megan Sullivan Brooke Ubelaker

**Pronunciation Guide**

Brooke Ubelaker (You-ba-LAKE-er)

**Alphabetical**

No	Name	Pos	HT	Cl.
14	Stacey Becker	G	5-9	JR
30	Charlotte Dikeman	G	5-10	FR
25	Alison Garrett**	G	5-7	JR
15	Jill Heiman*	G	5-7	SO
20	Holly Henrichs	G	5-5	FR
3	Cindy Keeley	G	5-9	FR
43	Dani McHenry*	F	6-0	SO
10	Erin Menard	G	5-7	SO
13	Anna Nimz	G	5-9	FR
5	Juwanna Rivers	G	5-7	JR
11	April Roadhouse*	G	5-7	SO
45	Carla Sintra	F	6-1	JR
44	Megan Sullivan	F	6-1	FR
32	Brooke Ubelaker	F	5-10	FR
42	Lora Westling**	F/G	5-10	JR
33	Montoya Whitfield	F	6-1	SR

\*Number of Letters Earned

After finishing with 30-4 overall and a 15-3 MIAA record, the Washburn Lady Blues win have to reload this season. The Lady Blues graduated five seniors from its MIAA regular season and tournament champion squad, which made the Elite Eight for the first time since 1992-93.

Gone are the All-MIAA frontcourt of Crystal Walker (two-time All-American) and Carissa Goeglein. The squad also lost guards Bethany McGraw, Kristy Chapman and Gosia Czarnecka.

Instead of rebuilding coach Ron McHenry has reloaded the team into a potential national powerhouse once again this season by adding 11 talented newcomers to a group of five returnees.

"We've got a good group coming back that we believe has a lot of confidence in playing in big games after their experience last season," said McHenry. "A lot of them will be asked to step up and take on new roles this season."

Washburn returns two players in Lora Westling and Alison Garrett with starting experience from last year and several others who are ready for increased roles.

## Returners

The 2003-04 Lady Blues return only 29 percent of their scoring and 28 percent of their rebounding from last season's Elite Eight squad. Five players return from that group ready to make a bigger impact in 2003-04.

Lora Westling worked her way into the starting lineup by the end of the 2002-03 season, making 15 starts to 7.0 points and 3.7 rebounds a game. She will be looked at to be one of the leaders on both sides of the floor as a junior this season.

"Lora is a tough competitor who we look to be a team leader this year," said McHenry. "She will be asked to defend the other team's top player and score on the other end."

Fellow junior Alison Garrett started seven games before a broken hand slowed her down last season. She averaged 6.0 points a game, including 41 3-pointers in 28 games.

Sophomore



**Junior guard  
Lora Westling**

April Roadhouse will look to replace Bethany McGraw as the team's starting point guard after learning the ropes last season. Roadhouse averaged 2.2 points a game and dished out 35 assists last season.

Sophomore Dani McHenry added strength to the Washburn post position last year with 2.8 points and 2.2 rebounds a game off the bench. McHenry will join the team after finishing out the season with the Lady Blues volleyball squad.

Sophomore Jill Heiman added depth at guard last season and continues to improve in the Washburn system. She averaged 1.8 points and 1.2 rebounds a game in 2002-03.

## Newcomers

The Lady Blues have added 11 new players into the mix this season, including five transfers and six freshman. With the graduation of several key players, the group will be asked to compete right away for playing time and starting spots.

"When you mix 11 new kids into a program, the biggest challenge is getting everyone on the same page," said McHenry. "This group coming in is very talented and we expect them to develop into the system quick enough to contribute right away."

Two junior college transfers - Carla Sintra of South Plains College and Montoya Whitfield of Paris Junior College will be counted on to add immediate depth to the post.

Sintra was an all-region selection after averaging 11.5



**Junior guard  
Alison Garrett**





points and 6.8 rebounds a game last season, while Whitfield averaged 8.8 points and 5.9 rebounds a game.

Transfer guards Juwana Rivers from Tyler Junior College and Erin Menard from Oral Roberts will be asked to play key minutes at guard.

Rivers was a second team All-American after leading Tyler with 16.0 points a game. Menard averaged 2.9 points a game for ORU. University of Kansas transfer Stacey Becker will redshirt this season.

Freshman Brooke Ubelaker joins the Washburn frontcourt after a record-breaking career at Osborne High School, where she was a former teammate of Roadhouse.

Ubelaker broke Osborne's school record with 2,293 points, which also ranks seventh in Kansas high school history. The Bulldogs went 99-5 and won two state titles in her career.

Megan Sullivan also helped her team to a state title, by averaging 18 points and 10 rebounds a game as a senior at Spring Hill High School last season. Sullivan earned 4A all-state honors.

Four additional freshman will give Washburn depth in the backcourt this season. Charlotte Dikeman, Holly Henrichs, Cindy Keeley and Anna Nimz all finished stellar high school careers in 2002-03.

Dikeman was an all-state selection three seasons at Larned, where she broke school records for steals and blocked shots. She also garnered All-American honors at the Miss Basketball Showcase in Kearney, Neb.

Henrichs was a four-year starter at Dodge City, where she earned all-conference honors as a junior and senior. She averaged 8.8 points, 9.0 assists and 3.2 steals as a senior.

Keeley was a second team all-state all-class selection as a senior at Great Bend High School. Keeley owns Great Bend single game and season records for both points and steals.

Nimz left Hayden High School as the career leader in points with 1,225 and assists with 282. She also broke school records for 437 points and 111 assists as a senior in 2002-03 to lead the Wildcats to a second straight runner-up finish in the state tournament.

## Outlook

After finishing first in the MIAA in 2002-03, Washburn is picked second in the MIAA Coaches Poll.

Making another run at the MIAA regular season title and a third straight trip to the NCAA Tournament won't be easy with another slate of tough MIAA competition ahead.

Emporia State, which finished second last year, is the top pick with two starters returning from last year's regional semifinalist team. The Hornets gained five first place votes in the poll and had 77 points overall, followed by Washburn's 72 points with three first place votes.

ESU Juniors Nicole Patry and Esmay Vargas-Sanchez averaged 12.0 and 9.4 points a game respectively. Vargas-Sanchez averaged 8.7 rebounds a game and was on the MIAA's All-Defensive squad.

Northwest Missouri State is primed to make a run at the MIAA top spot, returning all five starters from last year's team, which finished fourth in the MIAA. Sarah Vollertsen averaged 13.9 points and 7.4 rebounds a game and is the leading returnee as a senior. The Bearcats were third in the poll with 62 points and one first place vote.

Missouri Western, which made a seventh straight trip to the NCAA Tournament, is picked fourth after losing 75 percent of their offense from last season. Carly Lee is the top returning scoring at 9.0 points a game. The Griffons earned 53 points in the poll.

Southwest Baptist returns four starters from last year, including the MIAA Freshman of the Year in Amber Wheeler. Wheeler averaged 15.7 points a game and hit 39 percent from the 3-point range. The Lady Bearcats had 52 points, including one first place vote.

Pittsburg State leads the bottom half of the poll with 39 points, followed by Missouri Southern with 33, Central Missouri State with 30, Truman at 23 and Missouri-Rolla at 9 points.

"The conference race is really wide open this year and five or six teams have a legitimate shot to win it," said McHenry. "It should be another exciting race for the title this season and every night we have to come out and play at the top of our game in this league."

## 2003-04 MIAA Coaches Poll

1. Emporia State (5) . . . . .	77
<b>2. Washburn (3) . . . . .</b>	<b>72</b>
3. Northwest Missouri (1) . . . . .	62
4. Missouri Western . . . . .	53
5. Southwest Baptist (1) . . . . .	52
6. Pittsburg State . . . . .	39
7. Missouri Southern . . . . .	33
8. Central Missouri . . . . .	30
9. Truman State . . . . .	23
10. Missouri-Rolla . . . . .	9

Parenthesis for number of first place votes



SONIC/MIAA  
MEN'S BASKETBALL  
CHAMPIONSHIP  
2004





25

# ALISON GARRETT

5-7 • JUNIOR • GUARD

BURLINGTON, KANSAS/BURLINGTON HIGH SCHOOL



## Coach McHenry on Ali:

Ali is a shooter, who has shown the ability to make big shots in big games when it counts. We will look for her to step up again after making several starts last season.

## As a sophomore in

**2002-03:** Played in 28 games, making seven starts for the Lady Blues before breaking shooting hand in regular season finale against Missouri Southern. Scored a career high 18 points by making 7 of 10 FG (4-for-5 3FG) against Northwest Missouri State on Feb. 12. Was second on the team with 41 3-point field goals.

## As a freshman in

**2001-02:** Played in all 30 games, providing a proven outside threat off the Lady Blue bench by averaging 3.6 points and 1.2 assists a game. Scored 10 points twice, including a 4-for-4 perform-

ance with two 3-point-

ers at Southwest Baptist Jan. 10. Made 24 of 52 3-pointers, which was just six away from Washburn's record for freshman. Earned MIAA Presidential Scholar Award for student athletes with 4.0 GPA.

## Background

A 2001 graduate of Burlington High, where she earned all-area and all-league honors each of her four seasons. She was also an all-state selection two years for Burlington and was selected to the KBCA All-Star game. Alison posted a 4.0 GPA in high school and was named to the KBCA All-State Academic team.

## Personal

Born August 22, 1983. Daughter of Terry and Lisa Garrett. Majoring in biology.

## Career Highs

POINTS: 18

2/12/03 vs. NWMSU

REBOUNDS: 5

2/6/03 at SBU

ASSISTS: 4

(3) last 12/10/02 vs. Benedictine

STEALS: 2

(3) last 12/18/02 at Lynn

FG'S MADE: 7

2/12/03 vs. NWMSU

FT'S MADE: 2

12/7/02 vs. Cameron

## Tip Ins

### Favorites:

#### Food

Ice Cream

#### Book

Oh the Places You'll Go - Dr. Seuss

#### TV Show

E.R.

#### Movie

Old School

In the movie of my life, who would play me

Sandra Bullock

#### Sport other than basketball

Volleyball

#### Person In History I Want to Meet

Grandpa Isch

#### Favorite Sports Moment

Winning State HS Basketball

If I lived anywhere else in the world

Aspen, Colorado

#### Advice to youngsters

Listen to your coaches



YEAR	GP-GS	MIN-AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	AVG	PF	FO	A	TO	BLK	ST	PTS	AVG
2001-02	30-0	338.11.3	40	77	.519	24	52	.462	5	9	.556	7	19	26	0.9	23	0	37	19	2	9	109	3.6
2002-03	28-7	440.15.7	62	151	.411	41	103	.398	2	2	1.000	2	26	28	1.0	28	0	21	22	0	12	167	6.0
<b>TOTALS</b>	<b>58-7</b>	<b>778-13.4</b>	<b>102</b>	<b>228</b>	<b>.447</b>	<b>65</b>	<b>155</b>	<b>.419</b>	<b>7</b>	<b>11</b>	<b>.636</b>	<b>9</b>	<b>45</b>	<b>54</b>	<b>0.9</b>	<b>51</b>	<b>0</b>	<b>58</b>	<b>41</b>	<b>2</b>	<b>21</b>	<b>276</b>	<b>4.8</b>





# LORA WESTLING

5-10 • JUNIOR • GUARD/FORWARD  
CASPER, WYOMING/NATRONA COUNTY HIGH SCHOOL



## Career Highs

**POINTS: 19**

11/17/01 vs. Southwestern

**REBOUNDS: 11**

12/6/02 at Drury

**ASSISTS: 6**

12/6/02 at Drury

**STEALS: 4**

2/6/03 at SBU

**FG'S MADE: 7**

(2) last 3/8/03 vs. NWMSU

**FT'S MADE: 5**

3/01/02 at MWSC

## Tip Ins

**Favorites:**

**Music Group**

Good Charlotte

**If I owned 1 CD**

Yellowcard - Ocean Avenue

**Movie**

Moulin Rouge/Can't Hardly Wait

**In the movie of my life, who would play me**

Melanie Griffith

**After a game I**

Shower and hug my family and the Humphreys

**Famous person to graduate from her high school**

Vice President - Dick Cheney

**Favorite Sports Moment**

Making Elite Eight in 2003

**Pregame superstition**

Be the last one to shoot before tipoff

**If I could live anywhere**

Anywhere by the ocean

**Advice to youngsters**

Don't wear sandals while mowing



### McHenry on Westling:

Lora started the last half of the season and we look to her to be a leader for the team this season. She is a tough competitor that is able to defend and score.

### As a sophomore in

**2002-03:** Played in all 34 games, making 15 starts and averaged 7.0 points a game. Had a season-high 18 points to help Washburn to an 87-71 victory over Drury in the South Central Region finals. Was named to the All-South Central Region Tournament team. Was also named to the Sonic MIAA All-Tournament team.

### As a freshman in

**2001-02:** Played in all 30 games, making two starts to average 4.1 points, 2.4 rebounds and 1.7 assists a game. Opened her career with a 19-point effort,

which was the most ever in a Lady Blue debut. Scored 10 points at Southwest Baptist Jan. 10.

### Background

A 2001 graduate of Natrona County High in Wyoming, where she was a talented multi-sport athlete. In basketball, Lora was a part of two state championship teams and was a Wyoming All-Star. She was also on two state championship soccer teams at Natrona County and garnered all-state honors in tennis, basketball and soccer.

### Personal

Born July 19, 1983. Daughter of David and Carrie Westling. Majoring in marketing.



YEAR	GP-GS	MIN-AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	AVG	PF	FO	A	TO	BLK	ST	PTS	AVG
2001-02	30-2	397-13.2	44	119	.370	14	54	.259	22	33	.667	26	46	72	2.4	42	0	51	42	8	20	124	4.1
2002-03	34-15	664-19.5	91	215	.423	32	85	.376	23	38	.605	43	83	126	3.7	63	1	75	53	7	32	237	7.0
<b>TOTALS</b>	<b>64-17</b>	<b>1061-16.6</b>	<b>135</b>	<b>334</b>	<b>.404</b>	<b>46</b>	<b>139</b>	<b>.331</b>	<b>45</b>	<b>71</b>	<b>.634</b>	<b>69</b>	<b>129</b>	<b>198</b>	<b>3.1</b>	<b>105</b>	<b>1</b>	<b>126</b>	<b>95</b>	<b>15</b>	<b>52</b>	<b>361</b>	<b>5.6</b>



# Jill Heiman

5-7 • FRESHMAN • GUARD  
BAILEYVILLE, KAN. • B&B BAILEYVILLE HIGH SCHOOL



## Career Highs

**POINTS: 8**

1/8/03 vs. SBU

**REBOUNDS: 3**

2/27/02 vs. ESU

**ASSISTS: 4**

(2) last 2/25/02 vs. SBU

**STEALS: 2**

2/20/02 at ESU

**FG'S MADE: 4**

1/10/02 at SBU

**FT'S MADE: 2**

2/16/02 vs. CMSU

## Tip Ins

### Favorites:

#### Food

Chinese/Pizza Hut Pizza

#### Book

In These Girls, Hope is a Muscle

#### TV Show

Friends

#### Movie

Dumb & Dumber

#### Music

Bubba Sparks

### Advice to young- sters

Success is achieved through hard work  
and determination

### Top sports moment

Beating HS rival Centralia in sub-state  
championship junior year

### Pregame super- stition

Have the same music, socks and food.

### In the movie of my life, who would play me

Julia Roberts



**McHenry on Heiman:**  
Jill was part of program last year  
that had a great experience. She  
can play mutiple postitions and  
is a strong kid who understands  
the game well.

### As a freshman in 2002-03

Played in nine games, averag-  
ing 1.8 points a game. Scored  
a career-high eight points  
against Southwest Baptist Jan.  
8 by hitting 2-for-2 from the  
field and 3-for-4 from the line.

### Background

Heiman was named to the  
Class 1A All-State team as a  
senior in 2001-02 and played  
in the KBCA and NEK All-Star  
games at B&B Baileyville. She  
averaged 15 points, seven  
rebounds, three assists and  
four steals a game to earn all-  
league and second team all-  
state Class 1A honors as a  
junior. She helped the Falcons  
to a 1A state title her fresh-  
man year and a second place  
finish her sophomore season.

### Personal

Born July 11, 1984. Daughter of Mike and Jolene Heiman. Majoring in mass media.

YEAR	GP-GS	MIN	AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	AVG	PF	FO	A	TO	BLK	ST	PTS	AVG
2002-03	9-0	24	2.7	4	10	.400	1	5	.200	7	8	.875	3	8	11	1.2	3	0	1	3	1	0	16	1.8
TOTALS	9-0	24	2.7	4	10	.400	1	5	.200	7	8	.875	3	8	11	1.2	3	0	1	3	1	0	16	1.8





# DANI McHENRY

6-0 • FRESHMAN • FORWARD

TOPEKA, KAN./SHAWNEE HEIGHTS HIGH SCHOOL



**McHenry on McHenry:** Dani will move more into the four spot to become more of an offensive presence after playing mostly at the five as a freshman. A good competitor that gives some depth and versatility.

**As a freshman in 2002-03:** Played in 33 games, averaging 2.8 points and 2.2 rebounds a game. Scored a career-high 12 points against Benedictine College on Dec. 12, making 5 of 5 field goals and two free throw attempts. Had a career-high with seven rebounds in the South Central Region championship against Drury on March 17.

## Background

Named to the All-MIAA volleyball team for the second straight year in the fall for the Lady Blues. She is a 2001 graduate of Shawnee Heights High School, where she earned first team Class 5A All-State honors and third team all-class all-state honors



as a senior in 2000-01.

She also earned first team Class 5A All-State in 1999-2000 and third team all-state honors in 1998-99. The T-Birds finished third in the state in 2000. Was a four-year All-Centennial League pick and earned league MVP honors her senior season and Newcomer of the Year honors her freshman year. Was a two-time all-city first team selection.

She was also the Kansas Sports Magazine Volleyball Player of the Year after her junior and senior seasons. She also earned Gatorade Player of the Year honors and was also Class 5A and Centennial League Player of the Year her senior season. She helped the T-Birds capture 5A State volleyball titles her junior and senior seasons.

## Personal

Born Oct. 26, 1982. Daughter of Ron and Misha

McHenry. Majoring in business.

## Career Highs

**POINTS: 12**

12/10/02 vs. Benedictine

**REBOUNDS: 7**

3/17/03 vs. Drury

**ASSISTS: 4**

2/19/03 vs.

**STEALS: 2**

2/20/02 at ESU

**FG'S MADE: 4**

1/10/02 at SBU

**FT'S MADE: 2**

2/16/02 vs. CMSU

## Tip Ins

### Favorites:

#### Food

Chicken

#### TV Show

Real World

#### Movie

Oceans 11

#### Music

Kenny Chesney

**If I owned one CD it would be**

Jock Jams

**Sport other than basketball**

Volleyball/Golf

**If I could live anywhere it would be**

Chicago, Ill.

#### Sports Team

Lakers

#### Cartoon

#### Character

Donald Duck

**Advice to youngsters**

Never give up

YEAR	GP-GS	MIN-AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	AVG	PF	FO	A	TO	BLK	ST	PTS	AVG
2002-03	33-0	444-13.5	27	73	.370	1	2	.500	39	55	.709	30	43	73	2.2	59	2	25	26	7	15	94	2.8
<b>TOTALS</b>	<b>33-0</b>	<b>444-13.5</b>	<b>27</b>	<b>73</b>	<b>.370</b>	<b>1</b>	<b>2</b>	<b>.500</b>	<b>39</b>	<b>55</b>	<b>.709</b>	<b>30</b>	<b>43</b>	<b>73</b>	<b>2.2</b>	<b>59</b>	<b>2</b>	<b>25</b>	<b>26</b>	<b>7</b>	<b>15</b>	<b>94</b>	<b>2.8</b>





## APRIL ROADHOUSE

5-7 • FRESHMAN • GUARD

OSBORNE, KAN./OSBORNE HIGH SCHOOL



### Career Highs

**POINTS: 8**

1/4/03 vs. Truman State

**REBOUNDS: 5**

12/6/02 at Drury

**ASSISTS: 5**

12/10/02 vs. Benedictine

**STEALS: 3**

(2) last 3/15/03 vs. ESU

**FG'S MADE: 3**

1/4/03 vs. Truman State

**FT'S MADE: 2**

several times

### Tip Ins

#### Favorites:

##### Food

Corn on the cob

##### Book

Anything by Stephen King

##### Movie

Go

##### Music

Zero

**In the movie of my life, who would play me**

Lisa Kudrow

**Sport other than basketball**

Football

##### Sports Team

76ers

**Cartoon character**

Dexter and Courage

**Top sports moment**

Winning state tournament twice

**Pregame superstition**

Listen to the same song



**McHenry on Roadhouse:** April has good size for a point guard and is a tough defender. She has gotten stronger and worked hard to improve offensively. She got to watch how done after spending last year backing up a good point guard. We need her to come in and start and finish games the right way.

#### As a freshman in 2002-

**03:** Played in all 34 games, averaging 2.2 points and 1.9 rebounds. Scored a career-high eight points in the MIAA home opener against Truman State Jan. 4. Dished out a career-high five assists against Benedictine College Dec. 10.

#### Background

Roadhouse earned first team Class 2A All-State honors and third team all-class honors after leading Osborne to a 55-33 win over Ness City to win the 2A state championship last season as a senior. Was named first team all-class all-state by the Hays Daily News. Finished her

career with a 95-7 record in four seasons.

She earned first team all-league and first team all-state honors as a junior, averaging 10 points, 3.5 rebounds, 6.8 assists and 4.5 steals a game for the Bulldogs.

She also earned third team Topeka Capital Journal Class 2A all-state honors as a sophomore and junior and was Kansas Sports Magazine's all-class leader in assists each of her first three seasons. Osborne also won the state championship in 1999-2000 and finished second in 2000-01.

She also participated in track, placing first in class 1A in the 400 and 800 meter dash her freshman and sophomore years.

#### Personal

Born April 12, 1984. Daughter of Mark and Karol Roadhouse. Undecided on a major.



YEAR	GP-GS	MIN	AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	AVG	PF	FO	A	TO	BLK	ST	PTS	AVG
2002-03	34-0	463	13.6	27	59	.458	5	12	.417	15	20	.750	7	56	63	1.9	32	0	35	30	4	26	74	2.2
<b>TOTALS</b>	<b>34-0</b>	<b>463</b>	<b>13.6</b>	<b>27</b>	<b>59</b>	<b>.458</b>	<b>5</b>	<b>12</b>	<b>.417</b>	<b>15</b>	<b>20</b>	<b>.750</b>	<b>7</b>	<b>56</b>	<b>63</b>	<b>1.9</b>	<b>32</b>	<b>0</b>	<b>35</b>	<b>30</b>	<b>4</b>	<b>26</b>	<b>74</b>	<b>2.2</b>



## MONTOKA WHITFIELD

6-1 • SENIOR • FORWARD  
LONG BEACH, CALIF. • PARIS JUNIOR COLLEGE

**McHenry on Whitfield:** Montoya gives us height and athletic ability at the four and five spots. She should be able to adjust to the system after playing in a similar style of play.

### Background

A transfer from Paris Junior College, where she averaged 8.8 points and 5.9 rebounds a game in 2002-03. Is a 1999 graduate of Long Beach Poly High School, where she was an all-conference selection and was team Most Valuable Player. She was also named conference Defensive Player of the Year and a Top 100 Senior in California. Started her career at Long Beach State University.

### Personal

Born May 25, 1981. Daughter of Ike and Carolyn Whitfield. Majoring in psychology.

### Tip Ins

#### Favorites:

##### Food

Italian

##### Book

No Disrespect

##### Movie

Love Jones

##### Music Group

Jagged Edge

Italian

##### Announcer

Dick Vitale

##### Advice to youngsters

Reach for the stars

##### Person in history I'd like to meet

Wilma Rudolph

##### Famous person to graduate from my high school

NFL player Omar Stoutmire

##### Pregame superstition

Eat a box of Hot Tamales



## JUWANNA RIVERS

5-7 • JUNIOR • GUARD  
CLEVELAND, OHIO • TYLER JUNIOR COLLEGE

**McHenry on Rivers:** Juwana has the ability to break people down. Good scorer from the inside and outside from the guard spot. A good addition to our program after being part of a successful junior college program.

### Background

A transfer from Tyler Junior College, where she helped lead the Apaches to a Region XIV title and a seventh place finish at the NJCAA national tournament with a 28-8 record. Led the team in scoring with 16.0 points a game, making 59.8 percent of her field goals and a region best 84.4 percent of her free throw attempts. Earned first team all-conference and All-Region XIV honors and was a second team All-American selection.

### Personal

Born May 25, 1983. Majoring in human services.

### Tip Ins

#### Favorites:

##### Food

Chicken or pork chops (fried)

##### TV Show

Sportscenter

##### Movie

Scarface

##### Other sport

Football

##### Sports

##### Announcer

Dick Vitale

##### Sports team

Lakers

##### Advice to youngsters

Never give up

##### Top sports moment

Watching high school coach win state championship

##### Person in history I'd like to meet

Harriet Tubman

##### Sportscenter fantasy

Interview Michael Jordan





# CARLA SINTRA

6-1 • JUNIOR • FORWARD  
GOIANIA, BRAZIL • SOUTH PLAINS COLLEGE

**McHenry on Sintra:** Carla gives us a big presence in the post player has good passing skills. A strong presence at the five spot and needs to play well for us to be successful.

## Background

A transfer from South Plains College in Levelland, Texas, where she averaged 11.5 points and 6.8 rebounds a game to help the Lady Texans to a 23--9 record in 2002-03. Finished her sophomore season with 68 assists and 42 steals and won the Lady Texan rebounder award. She averaged 10 points and six rebounds a game as a freshman and earned the Lady Texan Fighting Heart award. Named to the All-Western Junior College Athletic Conference and All-Region V teams both seasons at South Plains.

A 1999 graduate of Joao Baptista Brito in Goiania, Brazil.

## Personal

Born November 15, 1980. Majoring in physical therapy.

## Tip Ins

### Favorites:

#### Food

Italian

#### Book

The Bible

#### TV Show

E.R.

#### Movie

Message in a bottle

#### Music

Eagles

#### Other sport

Soccer

#### In the movie of my life, who would play me

Demi Moore

#### Professional

#### Sports team

Cowboys

#### Cartoon

Tom and Jerry



# ERIN MENARD

5-7 • SOPHOMORE • GUARD  
BURLINGTON, KAN. • BURLINGTON HIGH SCHOOL

**McHenry on Menard:** Erin is a good scorer who can shoot 3s and put the ball on the floor. Has played in some big games in her basketball career. I think she will be back to full throttle after getting back into basketball after a knee injury last season.

## Background

A transfer from Oral Roberts University, averaging 2.9 points a game as a redshirt freshman in 2002-03. Sat out the 2001-02 season for the Golden Eagles after suffering a knee injury during the KBCA All-Star game the previous summer.

A 2001 graduate of Burlington High School, where she was the school's all-time leading scorer. Was a first team Class 4A All-State selection and was named the Emporia Gazette's All-Area Player of the Year her junior and senior seasons. Also earned second team all-class all-state honors her senior year and third team all-class honors her junior year.

She helped Burlington to a 67-5 record her final three seasons, including a 26-0 record and a 4A state championship as a junior. She also was a first team all-league selection in volleyball and softball.

## Personal

Born November 30, 1982. Daughter of Chris and Jamie Menard. Majoring in business.

## Tip Ins

### Favorites:

#### Food

Mom's spaghetti and meatballs

#### TV Show

Friends

#### Movie

Dazed and Confused

#### Music Group

Aerosmith

#### Sports

#### Announcer

Stuart Scott

#### Other sport

Volleyball

#### Advice to youngsters

Play hard, have fun

#### Top sports moment

Winning state title her junior year

#### If I could live anywhere it would be

Australia

#### Person I'd like to meet

Dean Smith



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## CHARLOTTE DIKEMAN

5-10 • FRESHMAN • GUARD

LARNED, KAN. • LARNED HIGH SCHOOL

**McHenry on Dikeman:** *Charlotte is a player that can score from the inside and outside with good size at guard. If she can physically adjust to the college game, she will be a factor.*

### Background

A 2003 graduate of Larned High School, where she was an all-state selection three seasons. She was also named to the Hutchinson News All Class Top Ten, leading the Indians to a conference title and 17-5 record as a junior.

Also tied Larned's single game scoring record with 37 points and set season records with 99 steals and 68 blocked shots. She earned All-American honors at the Miss Basketball Showcase in Kearney, Neb. Also played for Dodge City Drillers summer league team, which won four national titles and won 53 straight games.

### Personal

Born April 11, 1985. Daughter of Gene and Jeanine Dikeman. Majoring in sports medicine.

### Tip Ins

#### Favorites:

**Food**

Steak

**TV Show**

Gillmore Girls

**Movie**

Miss Congeniality/Just Married

**Music Group**

Good Charlotte

**Top Sports**

**Moment**

Winning four national championships (summer leagues)

**In the movie**

**of my life,**

**who would**

**play me**

Sandra Bullock

**Person in his-**

**tory I want to**

**meet**

Jesus

**If I won the**

**lottery the**

**first thing I**

**would buy**

A monkey



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## HOLLY HENRICHS

5-5 • FRESHMAN • GUARD

DODGE CITY, KAN. • DODGE CITY HIGH SCHOOL

**McHenry on Henrichs** *Holly is a good kid who loves to play the game and always has a smile on her face. Has a lot to learn but knowing her she will develop into a player with a good future in our program.*

### Background

Henrichs was a four-year starter at Dodge City, where she was the team's co-captain and earned first team all-conference honors as a junior and senior. She was named to the Hutchinson News all-area Class 6A after averaging 8.8 points, 9.0 assists and 3.2 steals a game.

### Personal

Born August 23, 1984. Daughter of Kelly and Ronnetta Henrichs. Has not declared a major.

### Tip Ins

#### Favorites:

**Food**

Anything Mexican

**TV Show**

Friends

**Movie**

Pretty Woman

**Cartoon**

**character**

Scooby Doo

**Other sport**

Football

**Advice to youngsters**

You can do anything you set your mind to

**In the movie**

**of my life,**

**who would**

**play me**

Sarah Michelle Gellar

**If I won the**

**lottery the**

**first thing I**

**would buy**

A sportscar for my mom





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## CINDY KEELEY

5-9 • FRESHMAN • GUARD

GREAT BEND, KAN. • GREAT BEND HIGH SCHOOL

**McHenry on Keeley:** Cindy is a guard with great strength and athletic ability. She can score, put the ball on the floor and is a good defender. She has great work ethic and will be a big part of our future when she gets the feel for the college game.

### Background

Keeley is a 2003 graduate of Great Bend High School, where she earned second team honors on the Topeka Capital Journal all-state all-class team as a senior. She earned Class 5A all-state honors as a junior by averaging 21.5 points, 6.4 rebounds and 3.5 steals a game.

She owns the Great Bend record for single game steals with 11, season steals at 132. She also owns the school record for single game scoring with 40 points and single season scoring of 473 points.

Keeley was also an all-state selection in volleyball and holds Great Bend's 300-meter hurdle record in track.

### Personal

Born March 25, 1985. Daughter of Mike and Jan Keeley. Majoring in elementary education. Her father Mike played football and baseball four years at Washburn. Her brother Matt is currently on the MidAmerica Nazarene basketball squad.

### Tip Ins

#### Favorites:

##### Food

Spaghetti

##### TV Show

Friends

##### Movie

Remember the Titans

##### Other sport

Volleyball

##### Top Sports Moment

Hitting shot to put sub-state championship in overtime

##### In the movie of my life, who would play me

Katie Holmes

##### If I could live anywhere

Hawaii

##### Person in history I'd like to meet

Jesus



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## ANNA NIMZ

5-9 • FRESHMAN • GUARD

TOPEKA, KAN. • HAYDEN HIGH SCHOOL

**McHenry on Nimz:** Anna brings great intensity to our program and has a love for the game. She is a competitor that has been a part of a winning program and will be a big factor when she gets the feel for the pace of the college game.

### Background

Nimz is a 2003 graduate of Hayden High School, where she left the school as the career leader in points with 1,225 and assists with 282. She also broke the school records with 437 points and 111 assists as a senior to lead Hayden to its second straight runner-up finish in the 4A state tournament. She was first team all-class all-state and earned All-City Player of the Year honors from the Topeka Capital Journal.

Nimz also helped Hayden to second place finishes in the 2001 and 2002 volleyball state tournament and 2002 soccer tournament.

### Personal

Born April 18, 1985. Daughter of Chuck and Linda Nimz. Undecided on major.

### Tip Ins

#### Favorites:

##### Food

Mexican

##### TV Show

Friends

##### Movie

Dumb &amp; Dumber

##### Music

Rascal Flatts

##### Sports

##### Announcer

Bruce Steinbrock

##### Pro team

Lakers

##### Other sport

Volleyball

##### Pregame superstition

Pray, eat a box of Cheez-Its and drink a pop

##### In the movie of my life, who would play me

Sandra Bullock

##### Person in history I'd like to meet

Jesus



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# MEGAN SULLIVAN

6-1 • FRESHMAN • FORWARD

SPRING HILL, KAN./SPRING HILL HIGH SCHOOL

**McHenry on Sullivan:** Megan has good size and is very athletic. She defends well and is a great rebounder, who will play the four and five spots.

## Background

A 2003 graduate of Spring Hill High School, where she earned Class 4A all-state honors to help the Broncos to a 56-45 win in the Class 4A state basketball championship over Hayden as a senior. She averaged 18 points and 10 rebounds a game in 2002-03 and was a four-year member of the all-league team.

She also earned all-league honors in volleyball and was Academic all-state in 2003.

## Personal

Born March 11, 1985. Daughter Tim and Linda Sullivan. Majoring in pre-med/nursing.

## Tip Ins

### Favorites:

#### Food

Mashed potatoes, Hot Tamales and Bagels

#### TV Show

Friends & E.R.

#### Movie

The Best Man & Old School

#### Other sport

Softball & Volleyball

#### Top Sports

#### Moment

Winning HS State Basketball title as a senior

**If I won the lottery the first thing I would buy**

Clothes

**If I could live anywhere**

Australia



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# BROOKE UBELAKER

5-10 • FRESHMAN • FORWARD

OSBORNE, KAN. • OSBORNE HIGH SCHOOL

**McHenry on Ubelaker:** Brooke is a very talented athlete who was one of the state's top players. She can get the ball to the basket quickly and is a hard worker who will be asked to be a big factor early in her career.

## Background

A 2003 graduate of Osborne High School, where she finished as the school's all-time scoring leader and seventh in state history with 2,293 career points. As a senior she led Osborne to a runner-up finish in the 2A state tournament and a 23-3 record by averaging 28.3 points, 10 rebounds, four assists and 5.6 steals a game. She earned all-state all-class honors her senior year and helped the Bulldogs to a 99-5 record during her four seasons, including two state titles as a freshman and junior.

As a junior in 2001-02 she was also an all-state all-class selection, averaging 25 points, 9.2 rebounds and four assists a game. She set a 2A state tournament record with 37 points in a 55-33 win over Ness City.

Ubelaker earned all-league honors in volleyball her last three seasons and helped the Bulldog track team to three straight state titles by winning the discus and 4x800 relay titles as a junior.

## Personal

Born January 16, 1985. Daughter of Kenny and Shari Ubelaker. Majoring in elementary education.

## Tip Ins

### Favorites:

#### Food

Chili

#### TV Show

To Kill a Mockingbird

#### TV Show

Saved by the Bell

#### Movie

Dirty Dancing

#### Other sport

Volleyball

#### Top Sports

#### Moment

Winning two state titles

**Person in history I want to meet**

Jesus

**If I could live anywhere**

Australia

**Advice to youngsters**

Work hard





# STACEY BECKER

5-9 • JUNIOR • GUARD

McPHERSON, KAN. • UNIVERSITY OF KANSAS

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**McHenry on Becker:** *Stacey will have to redshirt this season. She is a great scorer who can hit can hit the deep three and is a well-rounded player with lots of experience.*

## Background

A transfer from the University of Kansas, where she played one season. Originally signed to play at Wichita State after graduating from McPherson High School in 2001. Helped McPherson to undefeated state championships during her freshman and sophomore season and a combined 56-0 record. Left the school as the all-time leading scorer, earning all-state first team and league Most Valuable Player honors twice. Also earned second team all-state honors two seasons. Was a member of the Washburn soccer team this fall.

## Personal

Born Nov. 21, 1982. Daughter of George and Donna Becker. Majoring in athletic training.

## Tip Ins

### Favorites:

#### Food

Chinese

#### TV Show

Friends

#### Movie

Contact

#### Music

Country music

**In the movie of my life, who would play me**

Demi Moore

#### Superstition

Sleeping with my socks on