

2005-06 Outlook



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2005 NCAA Champions

1992-93 • 2002-03 • 2003-04 • 2004-05 MIAA Champions

WASHBURN VIEW

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HISTORY

OPPONENTS

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Numerical

3	Cindy Keeley	G	5-9	Jr.	Great Bend, Kan./Great Bend High School
4	Amanda Holmes	F	6-2	So.	Topeka, Kan./Texas Christian
5	Kaydi Hooker	G	5-6	Fr.	Casper, Wyo./Kelly Walsh HS
10	Jessica Aebi	G	5-7	Jr.	Enid, Okla./Northeastern Oklahoma A&M
11	April Roadhouse	G	5-9	Sr.	Osborne, Kan./Osborne High School
13	Jessica Mainz	G	5-9	Fr.	Topeka, Kan./Shawnee Heights HS
15	Bojana Samardziska	C	6-4	Sr.	Belgrade, Serbia & Montenegro/Nebraska
20	Holly Henrichs	G	5-5	Jr.	Dodge City, Kan./Dodge City High School
21	Jennifer Harris	G	5-10	Sr.	Morristown, N.J./Trinity Valley Community College
23	Stephanie Wittman	G	5-10	Fr.	Salina, Kan./Sacred Heart High School
25	Megan Sullivan	F	6-1	Jr.	Spring Hill, Kan./Spring Hill High School
32	Brooke Ubelaker	F	5-11	Jr.	Osborne, Kan./Osborne High School
43	Dani McHenry	F	6-0	Sr.	Topeka, Kan./Shawnee Heights High School

Alphabetical

10	Jessica Aebi	G	5-7	Jr.	Enid, Okla./Northeastern Oklahoma A&M
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Head Coach: Ron McHenry (Washburn '84)

Washburn Coaching Record: 127-32 (.799)

Career Coaching Record: Same

Assistant Coaches: Dustin Odum, Juwana Rivers, Carla Sintra, Lora Westling

Pronunciation Guide

10	Jessica Aebi - Abby
13	Jessica Mainz - Mains
15	Bojana Samardziska
	Boy-yan-ah
	Som-ar-dis-ka
32	Brooke Ubelaker
	U-ba-laker

By Height

5-5	Holly Henrichs
5-6	Kaydi Hooker
5-7	Jessica Aebi
5-9	Cindy Keeley

	Jessica Mainz
	April Roadhouse
5-10	Jennifer Harris
	Stephanie Wittman
5-11	Brooke Ubelaker
6-0	Dani McHenry
6-1	Megan Sullivan
6-2	Amanda Holmes
6-4	Bojana Samardziska

By Class

Seniors (3)	Jennifer Harris
	Dani McHenry

Bojana Samardziska Juniors (5)

Jessica Aebi
Holly Henrichs
Cindy Keeley
Megan Sullivan
Brooke Ubelaker

Sophomores (1)

Amanda Holmes

Freshman (3)

Kaydi Hooker
Jessica Mainz
Stephanie Wittman

By State/Country

Kansas (9)
Holly Henrichs (Dodge City)
Amanda Holmes (Topeka)
Cindy Keeley (Great Bend)
Dani McHenry (Topeka)
Jessica Mainz (Topeka)
April Roadhouse (Osborne)
Megan Sullivan (Spring Hill)
Brooke Ubelaker (Osborne)
Stephanie Wittman (Salina)

Oklahoma (1)

Jessica Aebi (Enid)

New Jersey (1)

Jennifer Harris (Morristown)

Wyoming (1)

Kaydi Hooker (Casper)

Serbia & Montenegro (1)

Bojana Samardziska (Belgrade)

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Jr. / G / 5-9
Great Bend, Kan.



4 **Amanda Holmes**
So. / F / 6-2
Topeka, Kan.



5 **Kaydi Hooker**
Fr. / G / 5-6
Casper, Wyo.



10 **Jessica Aebi**
Jr. / G / 5-7
Enid, Okla.



11 **April Roadhouse**
Sr. / G / 5-9
Osborne, Okla.



13 **Jessica Mainz**
Fr. / G / 5-9
Topeka, Kan.



15 **Bojana Samardziska**
Sr. / C / 6-4
Belgrade, Serbia & Montenegro



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Jr. / G / 5-5
Dodge City, Kan.



21 **Jennifer Harris**
Sr. / G / 5-10
Morristown, N.J.



23 **Stephanie Wittman**
Fr. / F / 5-10
Salina, Kan.



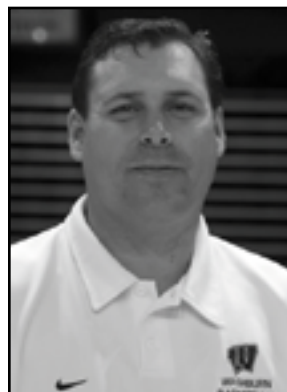
25 **Megan Sullivan**
Jr. / F / 6-1
Spring Hill, Kan.



32 **Brooke Ubelaker**
Jr. / F / 5-11
Osborne, Kan.



43 **Dani McHenry**
Sr. / F / 6-0
Topeka, Kan.



Ron McHenry
127-32 (.799) (6th season)



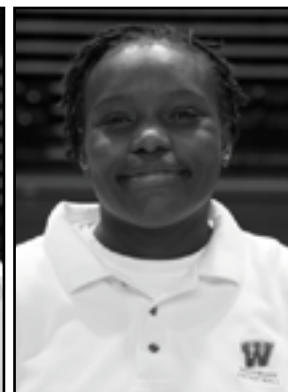
Dustin Odum
Assistant Coach - 3rd season



Lora Westling
Student Assistant - 1st



Carla Sintra
Student Assistant - 1st



Juwanna River
Student Assistant - 1st

By Brad Noller
Washburn Assistant Sports Information Director

After winning the school's first-ever NCAA Division II national title last season, the Washburn Lady Blues will have to reload to capture a fourth straight MIAA title and compete again for an NCAA title.

The Lady Blues finished 2005 on a roll by winning their last 10 regular season MIAA game before capping a 19-game winning streak with nine more wins in the MIAA and NCAA postseason tournaments.

The squad lost four seniors from last year's championship team. Carla Sintra was named to the WBCA All-American team, while Juwana Rivers were named to the Elite Eight All-Tournament team during the national championship run.

Alison Garrett left as one of the most prolific 3-point shooters in school history. The senior group accounted for 31.8 points and 15.1 rebounds a game last season.

Washburn does return three regular starters from last years squad and has a talented group of newcomers ready to make another run.

"Last season was definitely a storied year for us," said coach Ron McHenry. "We had a tough group that won a lot of big games. This year we will look to build off last year's success and we have a good core of returning players and a lot of talent from the newcomers. Its just a matter of how well our newcomers fit it and learn the system."

Returnees

The Lady Blues return three starters in junior forward Brooke Ubelaker and senior guards Jennifer Harris and April Roadhouse. Harris joined the squad as a junior college transfer last year, while Ubelaker and Roadhouse have started the last two seasons after stellar high school careers at Osborne High School.

"We have a good group of returnees that have

been a key part of our success the past few seasons," said McHenry. "I'm excited for some of our returning players to step up into new roles and see how they respond."

Ubelaker, who earned All-MIAA first team and second team all-region honors, averaged 12.9 points a game and has scored 794 points in two seasons for the Lady Blues. She also has grabbed 382 rebounds in her career, including 5.8 per game last season. Ubelaker is a career 54.2 percent shooter from the field and has made 73 3-pointers in her career.

Harris, who earned honorable mention All-MIAA and South Central Regional Most Valuable Player honors, returns for her second season after leading the team with 14.4 points a game last season. Harris scored a career-high 31 points in the regional final against Emporia State March 14.

Roadhouse, a two-time MIAA All-Defensive Team selection, averaged 3.8 points and 3.7 assists per game. She led the MIAA in assist/turnover ratio for the second straight year at 2.3 and scored a career-high 18 points at Pittsburg State Feb. 2.

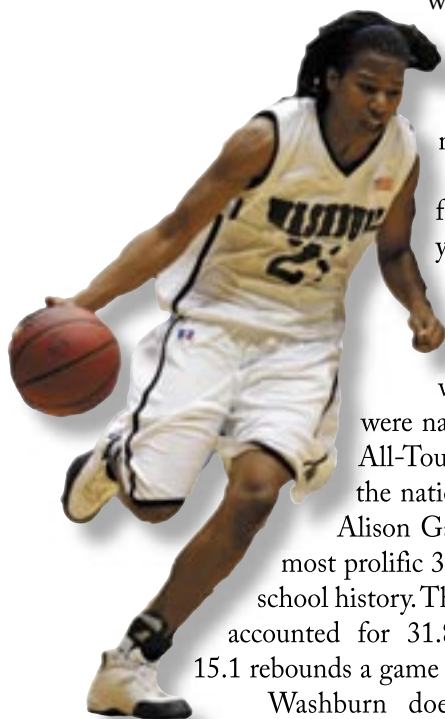
Washburn also returns key reserves to the squad that will likely see a more significant role this season. Juniors Cindy Keeley, Megan Sullivan and Holly Henrichs will join senior Dani McHenry back to the squad this season.

Keeley, who earned one start and saw significant minutes in 2005, will likely step into a starting role this season. She was one of the team's top offensive rebounders and defenders last season and will be called upon for scoring as well this season.

Sullivan, will look to step into a starting role in the Lady Blue frontcourt after backing up All-American Carla Sintra. Sullivan was the team's top scorer and rebounder off the bench at 4.0 points and 3.6 rebounds a game.

Henrichs will add depth to the Lady Blue backcourt after grabbing minutes at the point guard position the past two seasons.

McHenry, a solid defender and shooter, will play her first full sea-



1.5
and



son of basketball after playing volleyball the past three fall seasons. She averaged points and 2.3 rebounds last season will be asked to step up in her senior campaign.

Newcomers

The Washburn Lady Blues added six newcomers to the talented group of returning players. Three transfers and three true freshman round out this year's recruiting class.

Bojana Samardziska, a 6-4 senior transfer from Nebraska, will be an immediate impact for the Lady Blue frontcourt. Samardziska averaged only 3.1 points and 1.8 rebounds a game at Nebraska last season but will look to impose the same scoring and rebounding threat she showed at Colby CC this season. She averaged 16.0 points and 9.2 rebounds a game at Colby in her two seasons from 2002-04 and all-league honors.

Jessica Aebi, a 5-7 junior from Northeastern Oklahoma A&M, will add depth and compete for significant minutes at guard. She helped NEO to a 26-6 record and a NJCAA Regional playoff berth last season. She was an all-state selection in 2003 at Enid High in Enid, Okla.

Amanda Holmes, a 6-2 sophomore, is returning home to play for the Lady Blue frontcourt. Holmes spent a year at Texas Christian after a stellar high school career at Hayden High, where she earned all-state honors.

Stephanie Wittman will lead a talented freshman trio into battle. Wittman, a 5-10 guard from Salina Sacred Heart, finished her career with 1,665 points and 540 rebounds. She earned all-state honors four seasons for the Scarlet Knights.

Jessica Mainz, a 5-9 guard from Shawnee Heights, will take her game from the soccer field to the basketball court. Mainz broke the school record with 13 goals scored in soccer for the Lady Blues this fall and has an outstanding basketball background from the high school ranks that includes all-state honors as a junior.



Kaydi Hooker, a 5-6 freshman guard, will also take the court after playing for the soccer squad. Hooker was the runner-up for Wyoming Gatorade Player of the Year honors for her high school basketball squad at Kelly Walsh High in Casper, Wyo.

"We addressed our recruiting needs with a combination of transfers and freshman," said McHenry. "These players are very talented and we think they will all fit well into our system."

MIAA

After winning it all in 2004-05, the Lady Blues are the pick to win a fourth straight MIAA title in 2005-06. Washburn had 61 points, including six first place votes in the coaches poll.

Emporia State was picked second with 56 points with a first place vote and returns two starters in junior Casey Henningsen and Andi McAlexander along with MIAA Freshman of the Year Michelle Stueve. Like Washburn, the Hornets will have two replace key parts, including four-year starter Nicole Patry from last year's squad.

Central Missouri was picked third with 51 points and one first place vote after returning to the NCAA Tournament after a long dry spell last season. Senior Tiffany Vincent is one of the league's top returning players in the CMSU frontcourt.

Missouri Western was fourth and picked up the final first place vote with 45 points. The Griffons lost two key players in Selma Barbosa and Eldra Paixao but reloaded with junior college talent to compliment two returning starters in Brandi Rodgers and Tera Petersen.

Pittsburg State was picked fifth with 31 points, Northwest Missouri State was sixth with 29 points, Missouri Southern was seventh with 27, Southwest Baptist was next with 15 and Truman rounded out the poll with 9.

2005-06 MIAA Coaches Poll

School	1st Place Votes	Pts.
1. Washburn	6	61
2. Emporia State	1	56
3. Central Missouri State	1	51
4. Missouri Western	1	45
5. Pittsburg State		31
6. Northwest Missouri State		29
7. Missouri Southern		27
8. Southwest Baptist		15
9. Truman		9

Points awarded on a 8-7-6-5-4-3-2-1 basis. Coaches could not vote for their own school.



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	Name	Number	Role Model	Most famous person I have met	Favorite NBA Player	Favorite sports movie	Favorite Book	Favorite Meal	My first paying job was	Favorite Song	Favorite TV Show(s)	Nickname
	Cindy Keeley	3	Parents	Mike Tyson		Hoosiers	The Notebook	Spaghetti, garlic bread and salad	Babysitting	Hands Down	One Tree Hill/The O.C.	
	Amanda Holmes	4	Parents	Fat Joe	Gary Payton		The Notebook	Salad, burger and fries	Babysitting	Take it Easy "Eagles"	Golden Girls The Nanny Will & Grace Laguna Beach	Holmes Holmzy Holmslice
	Kaydi Hooker	5	Parents	Sheryl Swoopes		Remember the Titans	Any Nicholas Sparks Book	Texas Roadhouse Steak & Rolls	Spritz		Laguna Beach	Hook
	Jessica Aebi	10			Steve Nash	Hoosiers	The Notebook	Chinese Buffet w/strawberry cake dessert	Babysitting	Free Fallin	Grey's Anatomy	Jess Jessi
	April Roadhouse	11	Parents	Mike Tyson	Allen Iverson	Ali		Corn on the Cob		Draped Up	Family Guy	A P
	Jessica Mainz	13	Parents	DMX	Dwayne Wade	The Big Green	Farewell to Arms	Steak & mashed potatoes	Job at the softball diamonds	Fishing in the Dark	CSI	Jess
	Bojana Samardziska	15	My Brother	Vlade Divac	Shaq	Rudy/Remember the Titans	Ana Karenina	Cereal	Student job at WU	Tortura - Shakira	Friends	Beyonce' / B / Bobo / Sami / Boki
	Holly Henrichs	20	Parents			Hoosiers	The Notebook	Mexican Food	Mowing		Desperate Housewives	Hol
	Jennifer Harris	21	Odie	Lisa Leslie/ Teresa Witherspoon	Dwayne Wade	Love & Basketball		Soul Food			Prison Break	Spanky
	Stephanie Wittman	23	Parents	Jackie Stiles		Love & Basketball	James and the Giant Peach	Any kind of Mexican Food	Painting at a Feedlock	I Can Only Imagine - Mercy Me	Cosby Show	
	Megan Sullivan	25	Parents	Mike Tyson	Kirk Hinrich	Rudy	The Wedding	Chips & Cheese w/salsa	Beverage Cart Girl		Desperate Housewives/ Laguna Beach	Sully / Megs
	Brooke Ubelaker	32	My sister	Mike Tyson	Shaquille O'Neal	Remember the Titans	To Kill a Mockingbird	Chili	Mowing Lawns	Angel of Mine - Monica	Friends	
	Dani McHenry	43	Parents / Michael Jordan		Michael Jordan	Michael Jordan to the Max	Mr. Maybe	Dessert	Waitress	Sugar, We're Going Down	Desperate Housewives	Dani / Nana