



2006-07 WASHBURN BASKETBALL

OUTLOOK



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WASHBURN

2006-07 Washburn Lady Blues

Numerical

3	Cindy Keeley	G	5-9	Sr.	Great Bend, Kan./Great Bend High School
4	Amanda Holmes	F	6-2	Jr.	Topeka, Kan./Texas Christian
5	KG Hellen	G	5-9	Jr.	Detroit, Mich./Barton County Community College
10	Jessica Aebi	G	5-7	Sr.	Enid, Okla./Northeastern Oklahoma A&M
11	Renata Germano	C	6-2	So.	Rio de Janero, Brazil/Southeastern Illinois College
13	Jessica Mainz	G	5-9	So.	Topeka, Kan./Shawnee Heights High School
15	Nikki Holmes	G	5-10	Sr.	Arlington, Texas/Tyler Junior College
20	Holly Henrichs	G	5-5	Sr.	Dodge City, Kan./Dodge City High School
21	Sequorhea Stiger	G	5-9	Jr.	Hopkinsville, Ky./Trinity Valley Community College
23	Stephanie Wittman	G	5-10	So.	Salina, Kan./Sacred Heart High School
24	Karla Tailele	G	5-6	Jr.	Laie, Hawaii/Hutchinson Community College
25	Megan Sullivan	F	6-1	Sr.	Spring Hill, Kan./Spring Hill High School
32	Brooke Ubelaker	F	5-11	Sr.	Osborne, Kan./Osborne High School
33	Hope Gregory	G	5-10	Fr.	Cheney, Kan./Cheney High School

Alphabetical

10	Jessica Aebi	G	5-7	Sr.	Enid, Okla./Northeastern Oklahoma A&M
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Head Coach: Ron McHenry (Washburn '84)
Washburn/career coaching record: 159-33 (.828)
Assistant Coaches: Dustin Odum and Toni Gross
Student Assistant Coaches: Carla Sintra, Lora Westling

Pronunciation Guide

10	Jessica Aebi	AB-ee
11	Renata Germano	Re-NAH-ta GER-mah-no
13	Jessica Mainz	Maines
14	Karla Tailele	Tah-LAY-lay
21	Sequorhea Stiger	SAH-core-ee-ah STY-ger
32	Brooke Ubelaker	YOU-bah-laker

By Class

Seniors (6)	Sophomores (3)
Jessica Aebi	Jessica Mainz
Holly Henrichs	Stephanie Wittman
Nikki Holmes	Renata Germano
Cindy Keeley	Freshman (1)
Megan Sullivan	Hope Gregory
Brooke Ubelaker	
Juniors (4)	
KG Hellen	
Amanda Holmes	
Sequorhea Stiger	
Karla Tailele	

Geographical Breakdown

United States	South America
Kansas (8)	Brazil (1)
Holly Henrichs (Dodge City)	Renata Germano (Rio de Janero)
Amanda Holmes (Topeka)	
Cindy Keeley (Great Bend)	
Jessica Mainz (Topeka)	
Megan Sullivan (Spring Hill)	
Brooke Ubelaker (Osborne)	
Stephanie Wittman (Salina)	
Hope Gregory (Cheney)	
Michigan (1)	
KG Hellen (Detroit)	
Hawaii (1)	
Karla Tailele (Laie)	
Kentucky (1)	
Sequorhea Stiger (Hopkinsville)	
Oklahoma (1)	
Jessica Aebi (Enid)	
Texas (1)	
Nikki Holmes (Arlington)	



3 Cindy Keeley
Sr. / G / 5-9
Great Bend, Kan.



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



5 KG Hellen
Jr. / G / 5-9
Detroit, Mich.



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



11 Renata Germano
So. / C / 6-2
Rio de Janero, Brazil



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



15 Nikki Holmes
Sr. / G / 5-10
Arlington, Texas



20 Holly Henrichs
Sr. / G / 5-5
Dodge City, Kan.



21 Sequorhea Stiger
Jr. / G / 5-9
Hopkinsville, Ky.



23 Stephanie Wittman
So. / G / 5-10
Salina, Kan.



24 Kala Taillele
Jr. / G / 5-6
Laie, Hawaii



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



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



33 Hope Gregory
Fr. / G / 5-10
Cheney, Kan.



Ron McHenry
Head Coach - 7th season
159-33 (.828)



Dustin Odum
Assistant Coach
5th season



Toni Gross
Assistant Coach
1st season



Lora Westling
Student Assistant
Coach - 2nd season



Carla Sintra
Student Assistant
Coach - 2nd season

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2006-07 Photo Roster



By Gene Cassell
Washburn Sports Information Director

One year removed from winning their first NCAA Championship in school history, the Lady Blues looked strong to repeat after holding down the No. 1 spot all season in the WBCA Coaches Poll. However a heartbreaking overtime loss in the regional final ended those dreams and the Lady Blues' NCAA Division II record 51-game winning streak. Despite the loss, Washburn won its fourth straight MIAA regular season championship and its second straight MIAA Postseason Tournament championship in Kansas City, finishing the season with a 32-1 record.

The Lady Blues are primed to continue last season's success with three returning starters and eight letterwinners back from a year ago and the addition of six newcomers who will have the drive to try and become the first MIAA team in conference history to win five straight regular season championships.

Backcourt

Guards (2005-06 Statistics)

Returners	GP-GS	PPG	RPG	APG	SPG	BPG
Cindy Keeley	33-33	5.9	3.9	2.3	1.5	0.4
Jessica Aebi	33-0	4.8	1.0	1.6	0.7	0.1
Jessica Mainz	22-0	2.5	2.0	0.9	1.0	0.1
Holly Henrichs	19-0	0.5	0.1	0.1	0.2	0.1
Stephanie Wittman	19-0	2.2	0.7	0.7	0.0	0.2
Lost	GP-GS	PPG	RPG	APG	SPG	BPG
Jennifer Harris	33-33	24.2	5.8	5.1	0.6	2.9
April Roadhouse	33-33	4.4	3.3	4.5	2.2	0.7

Newcomers: KG Hellen, Nikki Holmes, Hope Gregory, Sequorhea Stiger, Karla Taillele

The Lady Blues' biggest hit will come at the guard position this season as Washburn bids farewell to the division II consensus player of the year in Jennifer Harris, who led the nation with a 24.2 points per game average, and April Roadhouse, the MIAA's defensive player of the year, who was a mainstay at the point guard position for the last four seasons.

Senior Cindy Keeley returns at one guard position after starting all 33 games last season



and averaging 5.9 points and 3.9 rebounds per game. She scored a career-high 19 points against Southwest Baptist as a junior. Keeley was also named to the MIAA's All-Defensive team after drawing the assignment of guarding the opposing team's best scorer much of the year.

Looking to fill the hole left Roadhouse at the point will be senior Jessica Aebi. Aebi saw time at both the point and at the shooting guard spots after transferring from Northeastern Oklahoma A&M by way of Southeast Missouri State. She averaged 4.8 points per game hitting 23 of 54 3-point attempts on the season playing in all 33 games.

After watching her playing time through the season increase, sophomore Jessica Mainz saw action in 22 games running some point and averaged 2.5 points per game after joining the team after finishing her duty on the Lady Blues soccer team.

Also returning is senior point guard Holly Henrichs and sophomore shooting guard Stephanie Wittman. Both played in 19 games last season off the bench for the Lady Blues.

The Lady Blues have four transfer and one high school guard who will look to make an impact in the Washburn backcourt with both scoring and defense.



Junior Sequorhea Stiger was a Kodak/WBCA All-American after leading Trinity Valley Community

College with 17.1 points per game en route to first team all-region and player of the year regional awards.

Senior Nikki Holmes, a transfer from Tyler Junior College, averaged 15.1 points, 6.1 rebounds and 2.1 assists as a freshman at Tyler and 12.2 points per game as a sophomore.

Junior KG Hellen joins the Lady Blues after playing at Barton County where she scored 9.4 points with 3.3 rebounds per game starting 18 as a sophomore.

Junior point guard Karla Taillele returns to the court after missing the second half of the season at Hutchinson Community College with a knee injury. Before the injury, she was averaging 9.3 points per game as a sophomore, increasing her scoring output from 8.6 points per game as a freshman.

The lone prep signing in the backcourt for Washburn is Hope Gregory. Gregory was a two-time all-state pick and the Class 3A player of the year at Cheney High School.





Frontcourt

Forwards (2005-06 Statistics)

Returners	GP-GS	PPG	RPG	APG	SPG	BPG
Brooke Ubelaker	33-33	16.6	5.4	1.6	1.3	0.4
Megan Sullivan	27-27	9.4	6.9	1.2	0.7	0.8
Amanda Holmes	33-6	5.6	4.5	0.9	0.9	0.8
Lost	GP-GS	PPG	RPG	APG	SPG	BPG
Dani McHenry	33-0	2.5	2.2	1.3	0.5	0.3
Bojana Samardziska	33-0	5.9	3.3	0.3	0.4	1.4

Newcomers: Renata Germano



The Lady Blues have the most experience returning in the front court as three different Lady Blues had starting time last season. Off the bench, Washburn lost four-year Lady Blue Dani McHenry, who played in 133 games – the second most in school history – and senior transfer Bojana Samardziska, who recorded 46 blocks with a school-record nine of those coming against Benedictine.

Headlining the group is senior forward Brooke Ubelaker. Ubelaker was

an honorable mention All-America pick after scoring 16.6 points per game. Ubelaker hit a school-record 71 3-pointers last season and needs one more to become the school's all-time leader in 3-point baskets. She enters her senior season eighth on the all-time scoring chart with 1,344 career points after starting all 101 games of her Washburn career.

Fellow senior Megan Sullivan returns to the court after missing the final six games of the season with a knee injury after starting the first 27. Sullivan was averaging 9.4 points per game and a team-high 6.9 rebounds per game. She hit 52 percent of her shots from the field connecting on 106 of 203 attempts.

Junior Amanda Holmes started the final six games of the season after coming off the bench to begin the year after Sullivan's injury. Holmes averaged 5.6 points and 4.5 rebounds per game for the season and averaged nearly 8.0 points per game as a starter.

Adding to the mix will be sophomore transfer Renata Germano from Southeastern Illinois



College. The 6-foot-2 Rio de Janero, Brazil, native averaged 3.3 points and 2.9 rebounds per game playing all 33 as a freshman.

Preseason

The Lady Blues were picked No. 11 in the nation in the preseason Women's Division II Bulletin Preseason Top 25 poll that was released. MIAA foe Emporia State, who ended the Lady Blues 51-game winning streak in the regional final, was picked No. 3 in the nation behind North Dakota and defending national champion Grand Valley State.

Schedule

The Lady Blues will open the 2006-07 schedule with a pair of NCAA Division I exhibition games within two days of each other. On Nov. 5, the Lady Blues will travel to Lawrence to battle the Kansas Jayhawks and on Nov. 7, Washburn will return to the site of the MIAA Tournament in Municipal Auditorium to take on Missouri-Kansas City. During the run to their 2005 championship, the Lady Blues beat the Jayhawks 62-59 after overcoming a 21-point deficit and the Lady Blues have topped the Kangaroos in three straight exhibition games. Last season, Washburn scored the final 12 points of the game to beat UMKC 51-45.

Washburn will travel to Emporia State for a weekend classic taking on Southwestern Oklahoma and Cameron and then battle Cameron for the second time in six days as the Lady Aggies come to town for the WIBW Radio/Premier Mortgage Holiday Classic. Washburn will take on Lynn to second night. After a non-conference game against Southwestern (Kan.), the Lady Blues will begin the defense of their MIAA title as the open conference play with Missouri Western on Dec. 9 in Lee Arena.

The Lady Blues will wrap up non-conference play with four more games, including another trip to Hawaii before returning to MIAA play at Central Missouri.

The conference schedule will see Washburn play only three of its final nine MIAA games at home.



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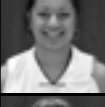



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2006-07 Washburn Lady Blues Preview



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Lady Blues Player Personality Chart

	Name	Favorite Food	Also known as	Favorite Dessert	Role Model	Best Gift I Ever Received	Must Have on Roadtrips	Favorite Store in the Mall	Most Prized Possession	Word or Phrase Most Used	In 10 years I see myself	Dream Job
	Cindy Keeley	Spaghetti	Cin Cynthia	Anything chocolate	Parents	Car	Pillow	Charlotte Russe	National Championship Ring		Married w/ kids and teaching	
	Amanda Holmes	French Fries	Holmes, Holmzy, Holmslice	Ice Cream	Parents		Snacks and Pillow	Forever 21	Dog "Grant"	See-Ya	Owning my own chiropractic practice	Professional Surfer
	KG Hellen	Greens and Ribs	KG	Chocolate cake and poundcake	Dawn Staley		CD Player		My Phone		Playing in the WNBA	WNBA Player
	Jessica Aebi	Chinese Buffett	Jessi, Jess, JessAb, Abs	Strawberry cake	Parents	Dog "Maggie"	Pillow and Music	American Eagle	First pair of basketball shoes	Seriously	RN in an Oklahoma City hospital	Professional World Traveler
	Renata Germano	Churrasco	Nata Hey	Musse de Maracuja	Parents	Dog "Pipa"	My cell phone and pillow	Aeropostale	My CD's	Family and I don't wanna	Married and working	a nurse
	Jessica Mainz	Steak	Jess	Ice Cream Cake	Parents		Music	Finishline	Graduation Ring		A teacher	Professional Coach
	Nikki Holmes	Pasta	Nic-Nac	Cheesecake	Brother	Elijah her son	Headphones	Any shoe store	Elijah	Are you kidding me?	Working in law enforcement	Homicide detective
	Holly Henrichs	Mexican, and moms cooking	Hol	Anything chocolate	Parents	My Ring	Food		My family		Happy	
	Sequorhea Stiger	Lasagna	Corkey	Strawberry Cheesecake	Tiffany Tandy		Cell phone and gum		My Bible		being a mother and a wifre	
	Stephanie Wittman	Mexican	Steph-Anne Stephy	Homemade Ice Cream	Anne Weese	My cat from Grandma Robidou	Sudoku	Finishline	Cat "Cooper"	Sister and Lady		Playing sand volleyball on the beach
	Karla Taillele	Sweet and Sour Chicken with rice	Kar	Homemade Blueberry Cheesecake	Dad	Food	CD Player w/ good CD's	Champs	Scriptures	Be strong, keep your head up	happily married, family and nurse	Bank Accountant
	Megan Sullivan	Shimp Alfredo Pasta	Megs	Brownies	Parents		Pillow and Food		My Pictures		successful and happy	working with special needs children
	Brooke Ubelaker	Chili		Ice Cream	Parents		Food	Charlotte Russe	My scrapbook and pictures			Beautician
	Hope Gregory	Spaghetti	Hopey	Cherry Cheesecake	Parents	Money	Blanket and Pillow	American Eagle	Room at home		Working	Something that makes a lot of money