



Rachel THERIOT

6-0 | Sophomore | Guard
Middleburg Heights, Ohio
(Midpark)

Outlook (2013-14)

Rachel Theriot (pronounced RAY-chel, TERRY-oh) is working to make even greater contributions as a sophomore for the Huskers.

The 6-0 point guard captured Big Ten All-Freshman honors in 2013, as one of the top young players in the conference.

Theriot averaged 7.9 points, 3.4 rebounds and 3.5 assists per game in Big Ten action, while starting every regular-season conference game. Those numbers came despite playing with an injured foot the entire season.

Theriot played a major role in Nebraska's Big Ten regular-season runner-up finish and the Huskers' eventual run to their second NCAA Sweet 16.

In three NCAA Tournament games, Theriot averaged 8.7 points, 2.3 rebounds and 2.3 assists.

During the offseason, Theriot underwent foot surgery to alleviate the pain she felt throughout her freshman season.

Her recovery and rehabilitation carried through the summer, but she approached fall practice near 100 percent.

Theriot will be expected to carry some of the load left by the graduation of All-America point guard Lindsey Moore.

"Rachel has progressed well after surgery, and we're excited to see her at or near 100 percent," Nebraska Coach Connie Yori said. "She played all of last season with a foot injury, so no one really got to see the kind of plays she can make

because she was basically playing on one leg. Her health will be one of the big keys to our success this season.

"We love Rachel's versatility. She is an unselfish player who loves to set her teammates up to score. She can also drive to the basket, hit the dribble jumper and knock down the three. She is also a good rebounder and defender."

Freshman (2012-13)

Theriot was a unanimous choice of the coaches on the Big Ten All-Freshman Team after averaging 6.2 points, 2.8 rebounds and 3.0 assists on the year. She produced double figures seven times on the year, all in the last 22 games.

Theriot, who played in all 34 games with 28 straight starts despite battling a foot injury, was even better in Big Ten play, averaging 7.9 points, 3.4 rebounds and 3.5 assists while starting all 16 games.

In NU's first-round NCAA win over Chattanooga, Theriot had 12 points, two assists, a rebound and a steal. She scored seven big points - all in the final three minutes of the first half - to help Nebraska knock off No. 9 Texas A&M in College Station March 25. She added seven points on 3-of-4 shooting, while pitching in four rebounds and two assists against No. 5 Duke March 31.

A three-time Big Ten Freshman of the Week, Theriot had a career-high 19 points in NU's win over Iowa Feb. 24, before following with 11 points, including eight in the second half, in NU's win at

Theriot's Honors

- Big Ten All-Freshman Team (2013)
- Big Ten Freshman of the Week (Dec. 31, Jan. 22, Feb. 5, 2012-13)
- Tied for No. 7 in Big Ten Assist-to-Turnover Ratio (1.2)
- No. 13 in Big Ten Assists (3.0 apg)
- No. 5 in Big Ten-Only Assist-to-Turnover Ratio (1.5)
- No. 7 in Big Ten-Only FG Pct. (.471)
- No. 9 in Big Ten-Only Assists (3.6 apg)
- Nebraska Scholar-Athlete Honor Roll (Fall, 2012)
- No. 70 Player in the Nation (Collegiate Girls Basketball Report, 2011)
- No. 96 Player in the Nation (All-Star Girls Report, 2011)
- No. 18 Point Guard in the Nation (ESPN/HoopGurlz, 2011)
- Cleveland Plain Dealer All-Star (1 of 5, 2011)
- All-Ohio Division I (First Team, Midpark, 2012)
- All-Ohio Division I (Third Team, Midpark, 2011)
- All-Ohio Division II (Third Team, Walsh Jesuit, 2010)
- Northeast Lakes District Player of the Year (2012)
- Northeast Lakes All-District (First Team, 2011, 2012)
- Southwestern Conference Most Valuable Player (2012)

Five Facts About Rachel

1. Rachel's favorite nickname to be called is Violet (like Violet from the Incredibles).
2. Her favorite holiday to celebrate is Halloween because she loves to dress up, and her mom makes all of her costumes.
3. Rachel loves Mexican food, and she likes to bake.
4. She loves SpongeBob SquarePants.
5. One talent Rachel wishes she possessed is the ability to sing.



Theriot's Career Statistics

Year	G-GS	Min	FG-FGA	Pct.	3P-3PA	Pct.	FT-FTA	Pct.	-- REBOUNDS --		PF-D	A	TO	Blk	ST	Pts-Avg.
									Off-Def	Tot-Avg.						
2012-13	34-28	884	89-210	.424	23-65	.354	10-17	.588	22-72	94-2.8	34-0	101	84	6	33	211-6.2
Career	34-28	884	89-210	.424	23-65	.354	10-17	.588	22-72	94-2.8	34-0	101	84	6	33	211-6.2





Theriot's Career Bests

Category	Total	Game
Points	19	Iowa (2/24/13)
Rebounds	7	Three Times, most recently Penn State (3/3/13)
Assists	8	Minnesota (1/20/13)
Steals	3	Grambling State (12/29/12) USC (11/23/12)
Blocks	2	Purdue (1/5/13)
FGA	16	Iowa (2/24/13)
FGM	9	Iowa (2/24/13)
FTA	2	Seven Times, most recently Chattanooga (3/23/13)
FTM	2	Three Times, most recently Chattanooga (3/23/13)
3-PT FGA	5	Minnesota (1/20/13) Grambling State (12/29/12)
3-PT FGM	3	Minnesota (1/20/13)

For the season, Theriot hit 50 percent of her field goal attempts, including 45 percent of her threes, while being named the Southwestern Conference Most Valuable Player. In addition to being an All-Ohio Division I first-team selection, Theriot was chosen to participate in the North/South High School All-Star Game.

As a junior in 2010-11, Theriot helped Midpark to a 22-3 overall record and a Southwestern Conference title. Theriot averaged 12.7 points, 9.3 assists, 4.9 rebounds, 3.3 steals and 1.3 blocks per game for the Meteors. In addition to earning third-team All-Ohio Division I honors, she was named one of five players to the Cleveland Plain Dealer All-Star team in 2011. She was also a first-team All-SWC selection and a first-team Northeast Lakes All-District pick.

Theriot was ranked as the No. 70 player overall by Collegiate Girls Basketball Report and No. 96 by the All-Star Girls Report. She was ranked as the No. 18 point guard in the nation by ESPN/HoopGurlz and was also ranked among ESPN's top 100 high school seniors in the nation.

Theriot played her first two high school seasons for the Walsh Jesuit Warriors for Coach Pete Zaccari. As a sophomore, she led Walsh Jesuit to the Ohio Division II state semifinals after averaging 13.8 points, 5.2 assists, 4.0 rebounds, 3.2 steals and 1.1 blocks per game. She led the Warriors to a 23-2 record. She hit 38 threes-pointers on the year and was an 89 percent free throw shooter.

As a freshman, Theriot averaged 11.8 points, 3.8 assists, 4.1 rebounds and 3.2 steals per game to help Walsh Jesuit to a 19-7 record.

Theriot played AAU ball for Sports City U and Coach Tom Jenkins. She earned a spot on the Pool A All-Star Team at the Windy City Classic (U.S. Junior National Championships).

Personal

The daughter of Curtis and Cheryl Theriot, Rachel was born July 7, 1994. Rachel has three older brothers, Josh, Dallas and Bryan. Rachel has not declared a major at Nebraska. She chose Nebraska over Xavier, Louisville, Virginia Tech, Ohio State, Illinois, Michigan State, Dayton and Washington among others.

Wisconsin Feb. 28. She had 11 points on 5-of-5 shooting in the win over Minnesota Feb. 3, tying her career high with seven rebounds and dishing out five assists with no turnovers. That followed a nine-point, five-rebound, six-assist effort in a win at Ohio State Jan. 31. She added nine points, two rebounds, two assists and two steals in NU's second meeting with the Buckeyes.

Theriot had 13 points and a career-high eight assists at Minnesota Jan. 20. She added career highs with three threes and 39 minutes played at Minnesota. She had 14 points and six assists at Indiana Jan. 10, then nine points, three boards and three assists at No. 8 Penn State. She had a career-high seven boards against No. 25 Michigan State Jan. 24. Theriot had 12 points, three rebounds, three assists and a career-high three steals against Grambling State Dec. 29.

She made her first career start against No. 11 Maryland Nov. 28, scoring six points, grabbing six rebounds and adding four assists. She had six points, four rebounds and four assists in a win over No. 24 Florida State Dec. 8.

High School

Theriot was a three-time All-Ohio performer, earning first-team Division I honors as a senior at Midpark High School in Middleburg Heights, Ohio, in 2011-12. Theriot was named the Northeast Lakes District Player of the Year after averaging 16.6 points, 11.0 assists and 6.0 rebounds per game for Coach Stephanie Mentz. She led Midpark to its second straight district title. In the district championship game victory over Brecksville, Theriot erupted for 19 points, 16 assists, six rebounds and three steals.

Theriot's Career Big Ten Statistics

Year	G-GS	Min	FG-FGA	Pct.	3P-3PA	Pct.	FT-FTA	Pct.	-- REBOUNDS --		PF-D	A	TO	Blk	ST	Pts-Avg.
									Off-Def	Tot-Avg.						
2012-13	16-16	471	55-118	.466	14-37	.378	2-4	.500	12-42	54-3.4	15-0	56	38	4	14	126-7.9
Career	16-16	471	55-118	.466	14-37	.378	2-4	.400	12-42	54-3.4	15-0	56	38	4	14	126-7.9