

Florida State Basketball

2006-07 Seminoles

Season Prospectus





Sue Semrau Head Coach • 10th Season (136-128 Career Record)

2001 & 2005 ACC Coach of the Year

The 2006-07 season will represent a milestone in Florida State head coach Sue Semrau's career as she embarks on her 10th season at the helm of the Florida State program.

"The thing I do think about when it's brought to my attention is all of the hard work that a lot of people have put in to get this program on solid ground and competing at the highest level every year," Semrau said. "It's the people I think about and the players who had the courage early on to make the choice to be a part of something special and pave the way for the players today and for the opportunities we all have."

While Semrau notes the courage of the players she's had in her program, perhaps she should realize that those players were just following in her footsteps because Semrau will do just about anything for her women's basketball program. She proved just that when she camped outside of the Donald L. Tucker Center for two days and two nights in an effort to sell 3,000 tickets for the last home game of the 2005-06 season. It's not like Semrau likes the great outdoors, but when she puts her mind to something, there's usually no stopping her.

"The thing I love most about Florida State is the people who support us," Semrau said. "It's unbelievable to be at an FSU football game with 80,000 awesome fans. I want my players, who have done so much to elevate our women's basketball program, to experience that special atmosphere," Semrau said the week of her Tents for Tickets campaign.

An area outside of the Tucker Center ticket window became a home away from home for Semrau following the Seminoles' win over Wake Forest on February 23rd. Just shortly after 2 p.m. that Saturday, Semrau and her "Tent for Tickets" campaign became victorious when she sold the 3,000th ticket. In fact, a total of 3,125 tickets were sold for the women's basketball season finale vs. nationally-ranked Boston College and by game time, a record 3,781 fans were in attendance.

Semrau's passion for the Florida State program has translated into a great deal of success for the Seminoles. In her nine years at the helm of the FSU program and with 136 victories, Semrau is the most winningest women's basketball coach in Florida State history. She has guided the Seminoles to double-digit victories in seven straight seasons, four straight postseason appearances, both program bests, and to three NCAA Tournaments – more than any other FSU women's basketball coach.

Semrau and Florida State had a lot to celebrate with the Class of 2006. The first class to lead FSU to seven or more ACC victories in four consecutive seasons including a record 10 wins in 2005-06, this group helped Florida State to three top four finishes in the ACC, and led the team to its record fourth-straight postseason

appearance and second straight trip to the NCAA Tournament. Before the 2005-06 season, the only time Florida State has made back-to-back NCAA Tournament appearances was 1989-90 and 1990-91. In the Class of 2006's time together, FSU averaged 19 wins per season which is the most in the Semrau era and second most in FSU history.

With a 20-10 record in 2005-06, FSU earned back-to-back 20-win seasons for the first time under Semrau's direction and just the second time in program history. The season started earlier than usual for the Seminoles when the squad, including the six incoming freshmen, gathered in early August for 10 days of practice in preparation for Florida State's trip to Italy later that month. During those 10 days, the Seminoles would realize their task ahead. Not only would they have to replace the explosiveness and leadership of departing seniors Roneeka Hodges and Linnea Liljestrand, they would have to figure out a way to mesh six newcomers with nine returning Seminoles. Unfortunately, due to NCAA rules, the incoming freshmen were not allowed to travel to Italy but they were never far from the Seminoles' thoughts.

While the Seminoles felt some growing pains early in the season, they pulled together and Semrau guided them to eight wins in the final 10 regular-season games. While a fourth-place finish in the nation's No. 1 rated conference was a feat in itself, the fact that the league's top three teams were ranked in the top five in the nation and advanced to the Final Four made it even more impressive.

The success of 2005-06 was just a continuation of the process by which Semrau has built the Florida State program. Prior to the 2004-05 season, Semrau introduced Phase Two of the program. While the foundation and the strength of the program would remain an unwavering commitment to the total collegiate experience, Semrau made significant changes including an attitudinal shift within the program, which was geared toward a higher level of personal responsibility, selflessness and the development of a championship mentality.

"When I arrived at Florida State seven years ago, we were winless in the ACC and had been a cellar dweller for quite sometime," Semrau explained. "We had to do some things to jumpstart our program. We had a lot of courageous young people that stepped into our program who were very talented but maybe didn't have that elite level work ethic that you would hope in a contender that was year-in and year-out in the Top 20. With Phase Two, we've taken a major shift in our program to commit to a little different way of doing things."

She asked the players to "believe" in Phase Two in 2004-05 and in 2005-06, it was time for them to totally "commit" themselves to it.

Semrau also altered her own coaching style with Phase Two in order to move the program a step closer to its goals. Beginning with the 2004-05 season, Semrau made associate head coach Cori Close the offensive coordinator, assistant coach Lance White the defensive coordinator and assistant coach Angie Johnson the recruiting coordinator. The previous seven years, Semrau involved herself in every move and every decision of her program and she felt it was time to allow her assistants to take ownership and have authority with responsibility.

The results were immediate and have proven successful over the long haul with back-to-back 20-win seasons. With a 24-8 record and an NCAA Tournament second round appearance in 2004-05, Semrau and her staff guided the Seminoles to one of the program's most successful seasons, which earned Semrau Atlantic Coast Conference Coach of the Year accolades for the second time in her career. The honor was very deserving for not only what the team accomplished on the court,

but for how Semrau helped her squad overcome a great deal of adversity.

Heading into the 2004-05 season, the team was dealing with devastating circumstances with the death of promising sophomore Ronald Pierce, a projected starter who died suddenly in early June 2004. FSU would also be without two other projected starters so entering preseason conditioning, an already fragile team was without its top six scorers from the previous season. The roster was comprised of 10 players and of the 10, only five played the season before, one was coming back from a medical redshirt season and four others had never played a single minute as a Seminole.

FSU defied the odds in 2004-05 and for the first time in program history, the Seminoles made a national postseason tournament appearance for a third straight season. FSU's fourth-place ACC finish in the expanded league race was no where near what the media had predicted. At ACC Media Day, the media picked FSU to finish eighth in the 12-team league which proved to be four spots too low. The Seminoles began the season on a mission and with a perfect 12-0 record. It was not only the best start in program history, but the most consecutive wins an FSU women's basketball team has ever strung together. But that was just the beginning of the "firsts" Semrau would lead FSU to in 2004-05. Once the ACC season began, the Seminoles won three straight overtime games in the same week over ranked league teams. FSU broke into the national rankings in January and spent five weeks there. It was the first time FSU had been ranked in the *USA Today/ESPN Coaches Poll* since December 2001 and the Seminoles earned their highest ranking ever in the poll at No. 19. When the team broke into the *Associated Press* rankings, it was the first time since 1990-91. In February, the team earned its 20th victory of the season. It was the first time since 1990-91 that FSU had earned 20 or more wins and just the fifth time ever in the program's history.

Semrau, herself, admits that over the years, she has grown in many ways as a head coach and in that process, she has tried to pattern her coaching philosophies after coaches that she admires and respects. One of those coaches is Florida State's very own Bobby Bowden. Sure, who wouldn't want to imitate the actions of a coaching legend? But what people may not realize is that when Coach Bowden arrived in Tallahassee in 1976, he was facing a situation that was very similar to what Semrau faced when she came to FSU in 1997. The Seminole football team had won just four games combined in the two years before Bowden arrived. The Seminole women's basketball team had won just five games and had gone 0-16 in the ACC the season prior to Semrau's arrival. Both had huge challenges ahead of them and both committed themselves to revitalizing their respective programs. Bowden's success speaks for itself. He took a football program that FSU was considering discontinuing and turned it into a national power. In nine seasons, Semrau, has taken a program from the cellar of the ACC and turned it into a program that is respected not only in the state of Florida and in the ACC, but in the nation as well.

The daunting task that faced Semrau in 1997 when she was named Florida State's third head coach in as many years certainly would have persuaded others to run the other way, but not Semrau. She had a passion and a desire to build and she wasn't going to let anything get in her way. Now, Florida State is reaping the benefits of Semrau's determination and Florida State women's basketball is definitely back on the map. Under Semrau's direction, the Seminoles have made five postseason appearances in the past six years, including a program-best four straight, have been nationally-ranked and have finished in the ACC top four, four times.

UNIVERSITY INFORMATION

Location Tallahassee, Florida
 Founded 1851
 Enrollment 39,652
 President Dr. T.K. Wetherell
 Symbol Seminole
 Colors Garnet & Gold
 Home Court Donald L. Tucker Civic Center/12,100
 Tucker Center Press Row Phone 850*224-8790
 Affiliation NCAA Division I
 Conference Atlantic Coast

ATHLETICS ADMINISTRATION

Athletics Director Dave Hart, Jr.
 Hart's Phone 850*644-2526
 Senior Assoc. AD, Basketball Kim Record
 Record's Phone 850*644-4933

SPORTS INFORMATION

Sports Information Director Rob Wilson
 Senior Associate SID, WBB Tina Thomas
 Email Address tthomas@mailers.fsu.edu
 SID Phone 850*644-1065
 Thomas' Personal Phone 850*322-8766
 SID Fax 850*644-3820
 Athletics Website www.seminoles.com

RADIO BROADCAST

Station WFLA Newsradio AM 1270 • www.seminoles.com
 Play-by-Play Ryan Pency (Fourth Season)
 850*645-1273 • rpency@mailers.fsu.edu
 Color Analyst Jamie Hoyda (Third Season)
 tjh04d@garnet.acns.fsu.edu

PROGRAM HISTORY

First Year of Basketball 1973-74
 All-time Record 453-477 (.487)
 Overall ACC Record 80-156 (.339)
 No. Years in NCAA Tourney 6
 NCAA Tourney Record 4-5
 First NCAA Appearance 1983
 Last NCAA Appearance 2006
 Result 1st Round, defeated Louisiana Tech 80-71;
 2nd Round, lost to Stanford 88-70
 No. Years in WNIT 3 (1982, 2003, 2004)
 WNIT Record 4-3

BASKETBALL STAFF

Head Coach Sue Semrau (California-San Diego '85)
 Record at FSU (Years) 136-128 (9)
 Career Record (Years) Same
 Associate Head Coach .. Cori Close (UC-Santa Barbara '93)
 Assistant Coaches Angie Johnson (Louisville '91),
 Lance White (Texas Tech '96)
 Basketball Office Phone 850*644-3641
 Director of Basketball Operations Melissa Bruner
 Bruner's Office Phone 850*644-6959
 Basketball Athletic Trainer Bob Hammons
 Training Room Phone 850*644-1206
 Basketball Strength Coach Dave Plett
 Weight Room Phone 850*644-4716

2005-06 RESULTS

Overall Record 20-10
 ACC Record/Place 10-4/4th
 Nonconference 10-6
 Home 13-2 (6-1 ACC)
 Away 6-6 (4-3 ACC)
 Neutral 1-2
 Postseason NCAA Tournament Second Round
 Number of Weeks Ranked 0

2006-07 PERSONNEL

Starters Returning/Lost 2/3
 Letterwinners Returning/Lost 8/5
 Newcomers 3

Starters Returning:

Alicia Gladden (Sr., 5-11, G) 13.1 ppg, 6.4 rpg
 Britany Miller (So., 6-4, C) 10.5 ppg, 5.1 rpg

Other Key Returning Players:

Shante Williams (Jr., 5-7, G) 6.5 ppg, 2.8 rpg, 2.1 apg
 Nikki Anthony (Jr., 6-3, C) 2.7 ppg, 3.6 rpg
 Tanae Davis-Cain (So., 5-11, G) 5.5 ppg, 2.2 rpg
 Mara Freshour (So., 6-1, G) 2.8 ppg, 2.4 rpg

Key Losses:

Ganiyat Adeduntan (6-1, G) 12.1 ppg, 5.2 rpg
 Holly Johnson (5-9, G) 11.2 ppg, 3.4 rpg, 3.5 apg
 LaQuinta Neely (5-6, G) 5.2 ppg, 3.8 rpg

Newcomers:

Angel Gray (5-9, G, Fr.) Stone Mountain, GA (Stone Mtn)
 Alysha Harvin (5-10, G, Fr.) ... Hollywood, FL (So. Broward)
 Jacinta Monroe (6-4, F/C, Fr.) Ft. Lauderdale, FL (Stranahan)

2006-07 FSU SCHEDULE

| | | |
|----------------------------------|---------------------------------|--------|
| Wed., Nov. 1 | DT2 (Exh) | 7:00 |
| Wed., Nov. 8 | PREMIER PLAYERS (Exh) | 7:00 |
| Sun., Nov. 12 | UAB | 2:00 |
| Tue., Nov. 14 | at Fordham | 7:00 |
| Fri., Nov. 17 | at Southeast Missouri State | 8:30 |
| Sun., Nov. 19 | OAKLAND | 1:00 |
| Fri., Nov. 24 | FLORIDA | 7:00 |
| Mon., Nov. 27 | TULSA | 7:00 |
| Thu., Nov. 30 | at Mississippi State | 7:00 |
| LADY PIRATES INVITATIONAL | | |
| Sat., Dec. 2 | vs. Fairfield | 1:00 |
| Sun., Dec. 3 | vs. East Carolina/N. Dakota St. | 1/3:00 |
| Wed., Dec. 6 | STETSON | 7:00 |
| Sat., Dec. 9 | at UCF | 5:30 |
| Sun., Dec. 17 | at Washington | 4:00 |
| Wed., Dec. 20 | at San Francisco | 10:00 |
| Tue., Jan. 2 | HIGH POINT | 7:00 |
| Thu., Jan. 4 | at Boston College | 7:00 |
| Sun., Jan. 7 | MIAMI | 2:00 |
| Mon., Jan. 15 | at Virginia Tech (RSN) | 2:00 |
| Thu., Jan. 18 | at Clemson | 7:00 |
| Sun., Jan. 21 | vs. Georgia (RSN) | 12:30 |
| Thu., Jan. 25 | DUKE | 7:00 |
| Sun., Jan. 28 | VIRGINIA | 2:00 |
| Thu., Feb. 1 | at Miami | 7:00 |
| Mon., Feb. 5 | at NC State (RSN) | 7:00 |
| Fri., Feb. 9 | GEORGIA TECH (RSN) | 7:00 |
| Mon., Feb. 12 | NORTH CAROLINA (RSN) | 7:00 |
| Thu., Feb. 15 | MARYLAND (ESPN2) | 7:00 |
| Sun., Feb. 18 | at Virginia | 2:00 |
| Thu., Feb. 22 | CLEMSON | 7:00 |
| Sun., Feb. 25 | at Wake Forest | 3:00 |

12-Team Conference Format

For the second straight season, each ACC women's basketball team will play a 14-game conference schedule that includes three primary partners and eight rotating partners. Every team will play its primary partners once at home and once on the road for a total of six games. The remaining eight conference games will feature one meeting, for a total of four home contests and four road contests, against each school's rotating partners.

Within the two-year cycle, every student-athlete would travel to every conference campus at least once. The 14-game schedule also allows flexibility for each team to schedule non-conference intersectional games as well as maintaining national rivalries.



Cori Close
Associate
Head Coach

3rd Season



Angie Johnson
Assistant
Coach

10th Season



Lance White
Assistant
Coach

4th Season

2006-07 NUMERICAL ROSTER

| No. | Player | Hgt | Pos | Yr | Hometown (Last School) |
|-----|------------------|------|-----|-------|--|
| 1 | Angel Gray | 5-9 | G | Fr. | Stone Mountain, GA (Stone Mountain HS) |
| 2 | Alysha Harvin | 5-10 | G | Fr. | Hollywood, FL (South Broward HS) |
| 3 | Tiffany Buckelew | 5-11 | G | Jr. | Cleveland, TN (Bradley Central HS) |
| 4 | Cayla Moore | 6-2 | F | R-Fr. | Albany, GA (Westover HS) |
| 10 | Mara Freshour | 6-1 | G | So. | Nashville, IN (Brown County HS) |
| 20 | Tanae Davis-Cain | 5-11 | G | So. | Dawson, GA (Terrell County HS) |
| 21 | Christie Lautsch | 6-4 | F | Jr. | Smyrna, GA (Campbell HS) |
| 22 | Shante Williams | 5-7 | G | Jr. | Jacksonville, FL (Ribault Senior HS) |
| 23 | Alicia Gladden | 5-11 | G | Sr. | Orange Park, FL (Orange Park HS) |
| 33 | Britany Miller | 6-4 | C | So. | Tallapoosa, GA (Haralson County HS) |
| 44 | Nikki Anthony | 6-3 | C | Jr. | Pickens, SC (Pickens HS) |
| 50 | Jacinta Monroe | 6-4 | F/C | Fr. | Ft. Lauderdale, FL (Stranahan HS) |

Head Coach: Sue Semrau/10th Year

Associate Head Coach: Cori Close

Assistant Coaches: Angie Johnson, Lance White

Director of Basketball Operations: Melissa Bruner



Returnees



**#23 Alicia
Gladden**
Sr. • G • 5-11
Orange Park, FL

2006: Earned her seventh double-double of the season with 20 points and a team-high 12 rebounds in the La. Tech win...shot 64 percent from the field and was a perfect 6-for-6 from the free throw line in the La. Tech effort...named to the All-ACC Third Team...earned ACC All-Defensive Team honors for the second straight season...scored in double figures in 12 of 14 ACC games, and had an 11-game scoring streak of double figures...had 16 points and a team-high nine rebounds in the win over No. 17 Boston College...ranked first on the team in scoring at 13.1 points per game...was first on the team in rebounding at 6.4 rpg...recorded her sixth double-double of the season with season-highs of 22 points and 14 rebounds at Clemson...averaged 14.6 ppg in ACC play...led the team in scoring four times and in rebounding 10 times...recorded her fifth double-double with 14 points and 11 rebounds in the win vs. Miami...earned her fourth double-double of the season and third in ACC play with 19 points and a game-high 11 rebounds in the win over No. 24 NC State...had her second straight double-double with 12 points and 11 rebounds in win at UVA...recorded her second double-double of the season with 19 points and 10 rebounds at No. 3 UNC...had one of her best performances of the season with 22 points in the first win over Virginia and had four 20+ point games this season...scored in double figures in 19 of the last 22 games and 23 games overall...recorded her first double-double of the season with 12 points and 12 rebounds in the win over UCF...grabbed four or more rebounds in 21 games...was second on the team with 109 free throw attempts and was first with 62 steals...made her first career three-pointer in the season-opener and had three on the year...averaged 27.7 minutes per game...led the team in steals the last two seasons and now has 202 career steals which moved her into a 4th place on FSU's all-time list.



**#44 Nikki
Anthony**
Jr. • C • 6-3
Pickens, SC

2006: Played in all 30 games with two starts...may not have put up the numbers but was a force to be reckoned with in the middle defensively and on the boards...pulled down a career-high 10 rebounds in the NCAA Tourney win over No. 17 Louisiana Tech in just 19 minutes of play to lead FSU...led the squad again with eight boards vs. No. 14 Stanford...scored in 19 games and grabbed four or more rebounds 11 times...was a defensive force at No. 3 North Carolina and had three steals while tying her then-career-high with nine rebounds in just 12 minutes of play off of the bench...scored a season-high 10 points in the win over Montana and grabbed eight rebounds in the Western Carolina victory...was named to the Seminole Classic All-Tournament team after averaging 9.0 points and 6.0 rebounds per game.



**#3 Tiffany
Buekelew**
Jr. • G • 5-11
Cleveland, TN

2006: Played in four games...had a strong showing in the four games in Italy in August 2005 with double figures in three games and hit 13 three-pointers through the four games, including 5-for-10 in one contest.



**#21 Christie
Lautsch**
Jr. • C • 6-4
Smyrna, GA

2006: Had a breakout game in the win vs. Clemson with a season-high 12 points and a season-high six rebounds in a season-high 14 minutes of play...played in 24 games and scored in 14 of those games...averaged 6.7 minutes per game but played double digit minutes in five games...had seven points to boost the Seminoles in the Florida win.



**#22 Shante
Williams**
Jr. • G • 5-7
Jacksonville, FL

2006: Was usually the first player off of the bench...sparked the team when she entered a game...greatly improved her defense...scored a career-high 23 points in the season-finale vs. Stanford...led the team in assists with four vs. Louisiana Tech and a season-high six assists in the ACC Tourney loss to NC State...averaged 16.6 minutes per game but played 20 or more minutes in eight games, including the Georgia Tech win where she had 10 points and three assists...averaged 6.5 points per game...was fourth on the team with 34 steals and third with 92 free throw attempts...scored in 26 of the 27 games she played in, including six or more points in 13 contests and double figures in six...had two starts...grabbed four or more rebounds in six games...grabbed a season-high seven rebounds in the Mississippi State win.



**#20 Tanea
Davis-Cain**
So. • G • 5-11
Dawson, GA

2006: Played in all 30 games, including three starts...hit two big three-pointers in the La. Tech game, recorded the first three blocks of her career and had 10 points...had nine points at No. 6 Maryland and 10 points off of the bench at No. 2 Duke in a season-high 24 minutes...scored 13 points vs. Ga. Southern in her collegiate debut and bettered that in her second game with a team-high 15 points vs. Washington...made a season-high three, three-pointers at Xavier...had 20 three-pointers - third on the team...averaged 16.0 mpg but played 20+minutes nine times...scored in 21 games, including double figures nine times...had a season-high five rebounds vs. Miss. State, Fordham and Ga. Tech.



**#10 Mara
Freshour**
So. • G • 6-1
Nashville, IN

2006: Played in all 30 games with two starts...played an ACC season-high 19 minutes in the home win vs. Miami and scored eight points, including two big three-pointers late in the game, while grabbing five rebounds...hit a big three-pointer in the Georgia Tech win...scored in double figures off the bench in three games...snagged a career-high eight rebounds to go with her 12 points at FAU...didn't attempt a free throw until the FAU game and went 5-for-5 in that game...had the best game of her young career with a team-high 16 points in the win over UCF in which she hit four three-pointers...averaged 13.7 minutes played per game...with 15 three-pointers was one of four players with 15 or more three-pointers...scored in 15 games overall.



**#33 Britany
Miller**
So. • C • 6-4
Tallapoosa, GA

2006: Named to the ACC All-Freshman Team...the only Seminole to start all 30 games this season...had an unbelievable game in the ACC Tournament with a career-high 23 points and seven rebounds in a career-high 34 minutes of play...scored in double figures in 10 of the last 15 games, including 10 points vs. No. 17 Boston College...had a team-high 22 points in the win over Wake Forest...on Feb. 6th was named ACC Co-Rookie of the Week (for the third time) after helping FSU to wins over Georgia Tech and NC State...had 10 points and three rebounds in the win over No. 24 NC State...was the only Seminole in double figures at No. 6 Maryland with 16 points...was fourth on the team in scoring at 10.5 points per game and averaged 5.1 rebounds per game, third on the team...scored in double figures 19 times and led the team in scoring six times including three ACC regular-season games...had a team-high 39 blocks for the year...grabbed four or more rebounds in 21 games...recorded her second career double-double with 12 points and a game-high 12 rebounds in the FAU win and on Dec. 19th, earned her second ACC Rookie of the Week award...named ACC Co-Rookie of the Week on December 5th...led the team in rebounding vs. Western Carolina with a season-high 14 rebounds to record FSU's first double-double of the year...was named the Most Valuable Player of the Seminole Classic, the first FSU freshman to earn the honor, after averaging 14.5 points and 9.5 rebounds per game in FSU's two victories...averaged just 20.9 minutes of play per game.



**#4 Cayla
Moore**
Fr. • C • 6-2
Albany, GA

2006: Redshirted her true freshman season to develop her skills and learn from a veteran senior class...will have four years of eligibility remaining.

2005-06 Final Statistics

| ## | Player | GP/S | Min-Avg | FG-A | Pct | 3FG-A | Pct | FT-A | Pct | REBOUNDS | | | | PF-FO | A | TO | Blk | Stl | Pts | Avg |
|----------------|-------------------|-------|-----------|----------|------|---------|------|---------|-------|----------|-----|------|------|-------|-----|-----|-----|-----|------|------|
| | | | | | | | | | | Off | Def | Tot | Avg | | | | | | | |
| 23 | Alicia Gladden | 30/28 | 832-27.7 | 157-337 | .466 | 3-15 | .200 | 75-109 | .688 | 74 | 119 | 193 | 6.4 | 83-1 | 53 | 73 | 17 | 62 | 392 | 13.1 |
| 31 | Ganiyat Adeduntan | 30/28 | 837-27.9 | 129-349 | .370 | 39-114 | .342 | 65-84 | .774 | 54 | 101 | 155 | 5.2 | 50-0 | 24 | 39 | 9 | 26 | 362 | 12.1 |
| 12 | Holly Johnson | 30/28 | 1025-34.2 | 101-264 | .383 | 44-124 | .355 | 90-119 | .756 | 14 | 88 | 102 | 3.4 | 43-0 | 106 | 67 | 3 | 39 | 336 | 11.2 |
| 33 | Britany Miller | 30/30 | 627-20.9 | 148-283 | .523 | 0-0 | .000 | 18-51 | .353 | 71 | 82 | 153 | 5.1 | 94-3 | 9 | 41 | 39 | 22 | 314 | 10.5 |
| 22 | Shante Williams | 27/2 | 449-16.6 | 59-130 | .454 | 0-6 | .000 | 58-92 | .630 | 21 | 54 | 75 | 2.8 | 43-1 | 56 | 51 | 2 | 34 | 176 | 6.5 |
| 20 | Tanae Davis-Cain | 30/3 | 480-16.0 | 63-158 | .399 | 20-70 | .286 | 18-26 | .692 | 20 | 47 | 67 | 2.2 | 54-0 | 23 | 31 | 3 | 17 | 164 | 5.5 |
| 02 | LaQuinta Neely | 30/27 | 777-25.9 | 55-149 | .369 | 0-0 | .000 | 46-70 | .657 | 57 | 58 | 115 | 3.8 | 66-2 | 96 | 87 | 4 | 53 | 156 | 5.2 |
| 15 | Kyria Buford | 7/0 | 34-4.9 | 9-20 | .450 | 0-1 | .000 | 5-5 | 1.000 | 6 | 4 | 10 | 1.4 | 3-0 | 0 | 3 | 1 | 2 | 23 | 3.3 |
| 10 | Mara Freshour | 30/2 | 411-13.7 | 27-69 | .391 | 15-35 | .429 | 15-20 | .750 | 27 | 45 | 72 | 2.4 | 15-0 | 27 | 22 | 8 | 14 | 84 | 2.8 |
| 44 | Nikki Anthony | 30/2 | 364-12.1 | 26-64 | .406 | 0-0 | .000 | 29-67 | .433 | 53 | 55 | 108 | 3.6 | 54-1 | 4 | 29 | 3 | 17 | 81 | 2.7 |
| 21 | Christie Lautsch | 24/0 | 160-6.7 | 18-48 | .375 | 0-3 | .000 | 13-23 | .565 | 13 | 14 | 27 | 1.1 | 29-0 | 2 | 18 | 5 | 5 | 49 | 2.0 |
| 34 | Hannah Linquist | 3/0 | 14-4.7 | 0-4 | .000 | 0-0 | .000 | 2-2 | 1.000 | 4 | 1 | 5 | 1.7 | 1-0 | 0 | 1 | 0 | 0 | 2 | 0.7 |
| 03 | Tiffany Buckelew | 4/0 | 15-3.8 | 0-2 | .000 | 0-2 | .000 | 0-0 | .000 | 0 | 0 | 0 | 0.0 | 2-0 | 0 | 3 | 0 | 0 | 0 | 0.0 |
| TEAM..... | | | | | | | | | | 38 | 67 | 105 | 3.5 | | 6 | | | | | |
| Total..... | | 30 | | 792-1877 | .422 | 121-370 | .327 | 434-668 | .650 | 452 | 735 | 1187 | 39.6 | 537-8 | 400 | 471 | 94 | 291 | 2139 | 71.3 |
| Opponents..... | | 30 | | 707-1749 | .404 | 126-405 | .311 | 395-551 | .717 | 378 | 746 | 1124 | 37.5 | 558-0 | 362 | 589 | 86 | 223 | 1935 | 64.5 |

| SCORE BY PERIODS: | 1st | 2nd | OT | Total |
|-------------------|-----|------|----|-------|
| FSU | 992 | 1130 | 17 | 2139 |
| Opponents | 862 | 1064 | 9 | 1935 |

| DEADBALL REBOUNDS: | OFF | DEF | TOTAL |
|--------------------|-----|-----|-------|
| FSU | 105 | 14 | 119 |
| Opponents | 71 | 16 | 87 |



#1 Angel Gray G • 5-9 • Stone Mountain, GA

Was rated among the nation's 2006 Top 100 players by All-Stars Girls Report... although rated among the top 20 point guards in the nation, has the versatility to play multiple guard positions... as a senior at Stone Mountain High School, ranked second in DeKalb County with 17.3 points per game, 4.7 steals per game and in free throw percentage at 75 percent... finished her career with 1,765 points... was nominated for the WBCA All-American game and played in the North-South Georgia All-Star and East-West Metro Atlanta games... a three-time recipient of the Naismith Team of the Month Award... also earned Most Valuable Player honors at Stone Mountain three straight seasons... was selected the Player of the Year for Dekalb County in 2004-05... pegged the *Atlanta Journal Constitution's* Class 4A Player of the Year in 2004-05... team captain all four years... named *Street & Smith's* All-America honorable mention, a 4 Shot Hoops all-state second team honoree and an *Orlando Sentinel* All-South honorable mention selection in 2005... selected to the End of the Oregon Trail All-Tournament Team as a member of the GA/Lina 76ers AAU team.

#2 Alysha Harvin G • 5-10 • Hollywood, FL

Averaged 22 points, 10 rebounds and five assists her senior season at South Broward High School... named the *South Florida Sun-Sentinel* Class 6A-5A-4A Player of the Year... a 2006 *Orlando Sentinel* All-South honorable mention and 6A all-state first team selection... rated No. 13 among shooting guards across the country by All Star Girls Report... ranked No. 4 among the Top 40 players in the state of Florida by FloridaHoops.com and averaged 18.0 points, 10.0 rebounds and 5.0 assists per game as an all-Broward County first team selection in 2004-05... a 2005 *Street & Smith's* honorable mention All-American... garnered adidas Top Ten Camp Underclass All-Star honors in 2004... also a track and cross country standout... was teammates with Jacinta Monroe, playing AAU summer basketball for the Hollywood Suns.

#50 Jacinta Monroe F/C • 6-4 • Ft. Lauderdale, FL

Named the 2006 Gatorade Florida Girls' Basketball Player of the Year, an award FSU's Shante Williams also won... one of three Broward County athletes recognized and noted by *SchoolSports Magazine* for accomplishments in 2005-06 and among six from the Miami-Dade/Broward area selected to be part of the Athlete of the Year issue... a three-time all-Broward County first team selection... averaged 20.6 points, 15.9 rebounds, 8.5 blocks and 4.4 steals in 2005-06 for Stranahan High School... ranked No. 1 among the Top 40 players in the state of Florida by FloridaHoops.com... a 2006 *Orlando Sentinel* All-South honorable mention selection... averaged 24.7 points, 18.1 rebounds and 2.6 assists per game as a junior... a 2005 AAU 16U All-American... also pegged a *Street & Smith's* honorable mention All-American in 2005... earned Florida Sports Writers Association girls' 5A all-state honors in 2006 (first team), 2005 (third team) and 2004 (second team)... also competed in volleyball and track for Stranahan... was rated No. 29 among centers across the country by All Star Girls Report... was teammates with Alysha Harvin, playing AAU summer basketball for the Hollywood Suns.

2005-06 Results (20-10, 10-4 ACC)

| DATE | OPPONENT | W/L | SCORE | ATTEND |
|----------|---------------------------|-----|-------|--------|
| 11/18/05 | GEORGIA SOUTHERN | W | 82-57 | 1201 |
| 11/20/05 | WASHINGTON | L | 69-71 | 936 |
| 11/23/05 | FLORIDA | W | 82-76 | 1711 |
| 11/26/05 | WESTERN CAROLINA | W | 75-67 | 629 |
| 11/27/05 | MONTANA | W | 69-56 | 1074 |
| 12/02/05 | MISSISSIPPI STATE | W | 75-59 | 823 |
| 12/04/05 | UCF | W | 81-49 | 1397 |
| 12/06/05 | at Tulsa | L | 71-80 | 1107 |
| 12/17/05 | at Florida Atlantic | W | 76-63 | 328 |
| 12-21-05 | at Xavier | L | 68-75 | 1023 |
| 12/28/05 | at Fordham | W | 73-50 | 312 |
| 12/30/05 | LIPSCOMB | W | 92-42 | 1179 |
| 01/02/06 | at Florida | L | 62-72 | 1303 |
| 01-05-06 | *at #2/2 Duke | L | 68-87 | 4675 |
| 01/08/06 | *VIRGINIA | W | 60-46 | 1154 |
| 01/16/06 | *at #6/6 Maryland | L | 57-75 | 7194 |
| 01/19/06 | *CLEMSON | W | 80-66 | 1150 |
| 01/22/06 | *at #4/3 North Carolina | L | 51-68 | 7056 |
| 01/29/06 | *at Virginia | W | 67-58 | 3595 |
| 02/02/06 | *at Georgia Tech | W | 59-54 | 909 |
| 02/05/06 | *#24 NC STATE | W | 75-61 | 1498 |
| 02/09/06 | *at Miami | W | 79-54 | 1317 |
| 02/13/06 | *VIRGINIA TECH | L | 69-76 | 1178 |
| 02/17/06 | *MIAMI | W | 68-61 | 1369 |
| 02/19/06 | *at Clemson | WOT | 80-72 | 1940 |
| 02/23/06 | *WAKE FOREST | W | 70-57 | 1263 |
| 02/26/06 | *#17/19 BOSTON COLLEGE | W | 71-60 | 3781 |
| 03/03/06 | \$vs NC State | L | 60-64 | |
| 03/18/06 | +vs #17/16 Louisiana Tech | W | 80-71 | 2725 |
| 03/20/06 | +vs #14/14 Stanford | L | 70-88 | 3436 |

*ACC game \$ACC Tournament +NCAA Tournament



2006-07 Outlook

The 2006-07 Florida State women's basketball season will be much like a new season of a popular television series. Each season, a television show has the same name and airs on the same network but often introduces new characters and new storylines. While the premise and main characters of the show remain the same from year to year, each season is filled with new adventures, new drama and a whole lot of entertainment.

Over the years, FSU women's basketball has provided many chills and thrills. It's a storyline that seems to get better and better with each season. While the past two seasons have been some of the Florida State's best with back-to-back 20-win seasons for just the second time in school history, they were very different in many ways. Each season had its own cast of players who created their own storylines and style of play. Gone are four seniors from last year's squad, making this year's team short on experience, but certainly not short on talent or size.

"It's hard to say right now how different it will be on the court, but that's what's fun," FSU head coach Sue Semrau said. "It's the same program and that's the key. There's a foundation, there's a tradition, there's a system that's in place and now we introduce fresh faces, fresh talent and players who have been here will be stepping up into new roles. That will be the exciting.

"Last year's freshmen gained experience and a year of ACC experience under their belt is going to be critical," Semrau continued. "With our talent and ACC experience, it's going to be an exciting year."

Headlining the 2006-07 version of the Florida State women's basketball team will be guard Alicia Gladden, the only senior on the squad. Gladden, a third team All-ACC selection last year and a member of the ACC All-Defensive Team the past two seasons, led the Seminoles in both scoring at 13.1 points and rebounding at 6.4 rebounds per game. While several players who saw substantial playing time last season return, sophomore center Britany Miller is the only other returning starter among them. Miller, who was named to the ACC All-Freshman Team, was the only Seminole last season to start all 30 games. She averaged 10.5 points and 5.1 rebounds and used her 6-4 frame to record a team-high 39 blocks.

"Alicia and Britany have solidified themselves with the amount of work they've done over the summer," Semrau said. "They were productive for us last year, on both ends of the floor, and both of them chose to be in Tallahassee all summer. They have worked extremely hard to improve their games. I just can't imagine anyone vying for those two spots. They're just very solid."

The remaining three spots are up for grabs. First and foremost, the Seminoles will need to replace three-year starting point guard Holly Johnson, who not only directed the offensive show last season, but played a major role in the scoring herself. Johnson averaged 11.2 points per game and led the team with 3.5 assists per game and three-pointers with 44. Florida State will have options at the point with returning junior Shante Williams and incoming freshmen Angel Gray and Alysha Harvin. There's also some talk about sophomore wing Mara Freshour seeing some time at the one.

"The backcourt is going to be interchangeable and versatile," Semrau said. "We can move Mara Freshour, who is a great passer, into the backcourt with Shante Williams who is a great penetrator and a great scorer. We experienced versatility last year with Quint (Neely)

and Holly (Johnson) and what they could do at the one. I think the same thing is going to be true this year with Mara, Shante, with Alysha Harvin and Angel Gray. All of them will be able to rotate through into that point spot but will also be capable of being scorers. The guard spots are where we have the most ambiguity but also the greatest possibility."

Williams had moved into the starting point guard role as a freshman in 2003-04 but after a redshirt season, saw most of her action in 2005-06 as a back up at the point or even as a two-guard. She scored a career-high 23 points in the season-finale vs. Stanford and it's that kind of offensive explosiveness that may put her on the receiving end of a pass rather than on the throwing end.

Although rated among the top 20 point guards in the nation, Gray has the versatility to play multiple guard positions. As a senior at Stone Mountain High School in Georgia, she ranked second in DeKalb County with 17.3 points per game, 4.7 steals per game and in free throw percentage at 75 percent and finished her career with 1,765 points. Harvin, from Hollywood, Florida, who averaged 22 points, 10 rebounds and five assists her senior season at South Broward High School, will have the opportunity to challenge for key playing time at both guard and wing. She was named the *South Florida Sun-Sentinel* Class 6A-5A-4A Player of the Year and ranked No. 4 among the Top 40 players in the state of Florida by FloridaHoops.com.

Freshour possesses the knowledge and vision of a point guard, but at 6-1, has the size to play at the wing. She played in all 30 games as a rookie and averaged nearly 14 minutes per game.

Florida State will also have options in filling the final two positions. With the team's personnel, the Seminoles' complexion will be one of finesse and speed with the luxury of having size and bulk as well. The team will have five players on the roster who stand 6-2 or taller. Aside from Miller, the player in this category who saw the most action a season ago was junior Nikki Anthony. She may not have always put up the numbers but she was a force to be reckoned with in the middle defensively and on the boards. Anthony pulled down a career-high 10 rebounds in the NCAA Tourney win over No. 17 Louisiana Tech in just 19 minutes of play to lead FSU and led the squad again with eight boards vs. No. 14 Stanford in the season-finale.

The FSU coaches believe 6-4 Jacinta Monroe, a freshman from Ft. Lauderdale, has the ability to make an immediate impact. Named the 2006 Gatorade Florida Girls' Basketball Player of the Year, Monroe averaged 20.6 points, 15.9 rebounds, 8.5 blocks and 4.4 steals per game her senior season and was ranked No. 1 among the Top 40 players in the state of Florida by FloridaHoops.com. Junior Christie Lautsch, who played 24 games last season, and freshman Cayla Moore, who returns after a redshirt year, will also vie for playing time.

"Alicia Gladden, with her versatility, has done a great job at the small forward spot for us," Semrau said. "We'll be relying on her experience, but as Jacinta Monroe comes along and Christie Lautsch comes along in their development process, we'll be able to move Alicia out to the wing and one of those two players into the forward spot to give us more size.

"We'll play very similar to what we did last year with four out and one in," Semrau said. "Britany is a dominant post player and along with Nikki Anthony and Cayla Moore, we'll be able to hold down that low post and will be versatile on the perimeter."

Versatility on the wings begins with sophomore Tanae Davis-Cain, who started three games in 2005-06 – more than any other player outside of the starting five – and she averaged 5.5 points in playing in all 30 games. She also ranked third on the team with 20 three-pointers. Freshour's natural position is at the wing and she too can shoot the long ball. She made 15 three-pointers and

averaged 2.8 points and 2.4 rebounds. Tiffany Buckelew enters her junior season in the best shape of her career. Add in Gray, Harvin and Williams, and the Seminoles have a plethora of options.

Leadership, as always, will be a vital component in the success of this year's team. While Gladden is the lone senior athletically, both Williams and Anthony are entering their fourth seasons with the program having each redshirted a season. While Gladden is likely to lead more by example, Anthony and Williams are vocal players both on and off the court.

"I see our leadership as being a package deal," Semrau said. "I thought that was very true with our seniors last year. We needed all four of them in order to have a great leadership team. The same is going to be true this year. Alicia has always led by example. She always has and she always will. She'll never be the vocal leader that maybe Holly Johnson or Roneeka Hodges was but she will have people who compliment her like Shante and Nikki. I think, too, emerging in that leadership will be a couple of last year's freshmen. We have some great leadership personalities. It will be a team effort."

With seven ACC teams in the 2006 NCAA Tournament, three league teams in last year's Final Four and the 2006 National Champion from the ACC, the Seminoles will have their work cut out for them again this season. The ACC has been rated the No. 1 conference in RPI rankings the past two seasons and last season, Florida State won a program-best 10 games on its way to its third top four finish in the last four years. The good news is that North Carolina, Duke and Maryland, who finished one, two and three in the league and were FSU's first three ACC road games in 2005-06, will have to travel to Tallahassee.

"What else can you say about the ACC, it's the top conference in the country," Semrau said. "When our three top teams go to the Final Four and we finished fourth in the league, it's a lot easier to feel better about finishing fourth. A lot of programs will want to talk about a national championship but in the process of getting there, they usually talk about a conference championship first. For us, our conference champion didn't even win the national championship. It really puts a different spin on success and how we can achieve success in our program but it's so fun to play in a conference where night in and night out, it's going to be a great basketball game. We had seven teams represented in the NCAA Tournament last year and we want again to be in that mix."

FSU's contest with 2006 national champion Maryland on February 15th will be showcased not only in Tallahassee but nationally as well as the game will be televised on ESPN2. It will be the first time that the Seminoles will host a game that is nationally televised.

"The opportunity to play Maryland on ESPN2 is so exciting for our program," Semrau said. "To host the defending national champion is exciting but to have that televised nationwide speaks volumes for the growth of our program and where we are going."

The Seminoles will play another six non-conference teams that advanced to NCAA Tournament play last season, including three SEC schools with Florida, Georgia and Mississippi State as well as teams from the Pac 10, the Mountain West Conference and Conference USA.

"It has always been a staple of our program to play a tough non-conference schedule to prepare us for our conference," Semrau said. "It's important that we play teams that have been to the tournament and that we get ourselves ready not only for the ACC schedule but to complete in the NCAA Tournament. Going to the NCAA Tournament is something that we expect in our program so we have to play a schedule that prepares us and also gives us an opportunity for the highest seed that we can achieve."