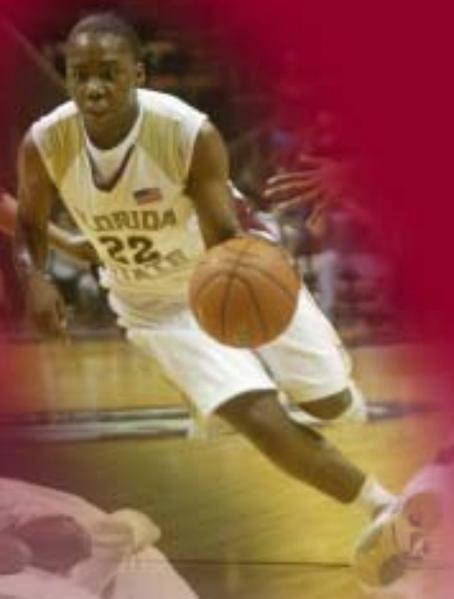


2007-08 FLORIDA STATE



Women's Basketball Preseason Prospectus

Sue Semrau



**Head
Coach
●
11th
Season
●
(160-138
Career
Record)**

2001 & 2005 ACC Coach of the Year

If the end of Sue Semrau's first decade as the Florida State head women's basketball coach is any indication, year No. 11 should be the best yet.

The year-long celebration of Semrau's tenth season in Tallahassee culminated with Florida State reaching the NCAA Tournament Sweet 16 for the first time in school history. In addition, the Seminoles had another "first" as they ended the year ranked 19th in the *USA Today*/ESPN women's coaches poll. It was the highest FSU has ever been ranked at the conclusion of the season and matched the highest ranking at any point in the year.

Last season the Seminoles strung together their third-straight 20-win season, posting a 24-10 overall mark while finishing fourth in the ACC at 10-4 for the second year in a row. The last three years have been the best three-year run in school history as the Seminoles have amassed 68 victories. In addition, FSU has won 29 ACC games during that stretch which is also the most in a three-year span. Since 2004-05, only Duke, Maryland and North Carolina have won more overall and ACC games than FSU.

The winningest coach in school history, Semrau starts her 11th season with a career record of 160-138 while her 68 ACC triumphs are tenth in league history. She needs three more conference victories to move up to eighth on the league list.

There was an early indication that the 2006-07 campaign was going to be a special one for the Seminoles as they started the year by winning 10 of their first 11 games, including a 22-point throttling of in-state rival Florida. A two-game setback at the end of the calendar year only refocused Florida State as it started the ACC slate by winning its first-four games. The four conference losses came to 2006 National Champion Maryland, 2007 Final Four participant North Carolina, regular season champion Duke and ACC Tournament finalist NC State.

A third-straight trip to the NCAA Tournament awaited the Seminoles as they were matched up with Old Dominion in the first round of the Fresno Regional. The Seminoles earned their third-straight opening round victory by dispensing the Lady Monarch, 85-75, and set up a second round match up against Stanford on its home court.

Looking to get back at the Cardinal after it knocked FSU out of the 2006 tournament, the Seminoles played their best down the stretch and pulled away for the 68-61 triumph and the school's first spot in the Sweet 16. Unfortunately, the magical

run ended in Fresno as Florida State ran into a hot LSU team on its way to Final Four. The Tigers ended the Seminoles season with the 55-43 decision.

Numerous individual awards were bestowed upon the Seminoles in 2007. Senior Alicia Gladden was named Third-Team All-ACC and for the third time in four years FSU was represented on the ACC All-Freshman Team with Jacinta Monroe's selection. In addition, Gladden was chosen for the ACC All-Defensive Team for the third year in a row.

Those accolades are nothing new for Semrau's players as FSU has been bringing home some series hardware over the last 10 years. Gladden and Monroe's honors gave FSU 19 All-ACC awards during Semrau's tenure to go along with a pair of ACC Coach of the Year accolades (2001 & 2005).

Florida State players have garnered national attention under Semrau's watch. Following the start of FSU's current three-year NCAA run in 2005, Roneeka Hodges was named All-American. The first Semrau prodigy to earn All-America honor was Brooke Wyckoff with her Second-Team selection in 2001. Both players are currently playing professionally in the WNBA and are two of FSU's four players to be drafted into the WNBA.

As well as Florida State has done on the court during Semrau's ten years, the student-athletes have been even more successful in the classroom. The Seminoles led all conference schools with three players on the 2007 All-ACC Academic Women's Basketball Team, but leading the way academically has been nothing new for Florida State.

Since its inception in 1998, Florida State has had 23 members of the All-ACC Academic Women's Basketball Team, which is eight more than the next closest school. In addition, since Semrau took over the program, FSU has had 63 ACC Academic Honor Roll selections, which also leads the conference.

Florida State started the 2005-06 campaign a ball of fire, averaging 97.8 points per game in its first four contests. The Seminoles went on to post their second 20-win season in a row with a 20-10 mark. For just the second time in the program's history, FSU made back-to-back trips to the NCAA Tournament as it opened with an 80-71 victory over Louisiana Tech before falling to Stanford, 88-70. In addition, the squad set a school record with a 10-4 mark in the ACC to finish fourth for the third time in four years. A 70-57 victory over Wake Forest on February 23 gave Semrau 133 career victories as she surpassed Marynell Meadors as the winningest coach in Florida State history.

The 2004-05 season marked FSU's return to the Big Dance for the first time since 2001. A school-record 12-0 start paved the way for the first 20-win season under Semrau as the Seminoles put up an 87-54 blowout of Richmond in the Storrs Regional as part of a 24-8 record. Nine conference wins, good enough for fourth place, earned Semrau her second ACC Coach of the Year honor. Florida State spent five weeks in the *USA Today*/Coaches Poll as well as another two in the Associated Press rankings. It was the first AP rankings since 1991. Standout Roneeka Hodges had one of the best seasons in school history as she became the first player in four years to earn Kodak All-America honors. Hodges, who scored 19.2 ppg on her way to First-Team All-ACC honors would be drafted by the Houston Comets in the WNBA draft.

Following a two-year absence in the postseason, Florida State started a run of five-straight seasons in the postseason with a pair of appearances in the WNIT. The Seminoles bounce back from a 13-15 campaign in 2001-02 to go 17-13 overall, 8-8 in the league. FSU opened the 2003 WNIT with a win over Florida International before falling to Auburn. A year later a 15-15 record was highlighted by a victory over South Alabama in the first round of the WNIT.

With a roster finally comprised of her players, Semrau put together the Seminoles' best season in over a decade as she led the team back to the NCAA Tournament in 2000-01. For the first time since 1991-92, FSU had a winning record as it posted a 19-12 mark and won a then-school record-nine league games to earn Semrau her first ACC Coach of the Year award. The Seminoles finished ranked No. 25 nationally, the program's first national ranking since 1991. Wyckoff capped off a tremendous career with Second-Team All-America honors, the first for a Seminole since 1993, and was FSU's first First-Team All-ACC selection in eight years. Wyckoff, who ended her career as the FSU career leader in blocks, was selected in the second round as the 26th overall pick in the WNBA Draft while Levys Torres was a third round selection (37th pick).

Since her hire in June of 1997, Semrau has had an instant impact on the Seminoles. She took over a program that did not win a single ACC game the year before and guided them to five conference wins, which was as many as the three previous seasons. Within three years of taking over the program she produced the team's first double-digit wins (12) in seven seasons despite playing a schedule that included 12 NCAA Tournament teams and eight ranked opponents. Latavia Coleman became the first Seminole to be taken in the WNBA draft in 2000.

Prior to coming to FSU, Semrau served three years as an assistant coach and recruiting coordinator at Wisconsin, under Jane Albright, where she contributed to the Badgers' three-straight winning seasons and two NCAA tournament appearances, including the program's first back-to-back 20-win seasons. Semrau was also noted for her recruiting efforts at Wisconsin with a 1995 recruiting class that ranked eighth in the country by *Blue Star Index*.

Semrau first joined Albright at Northern Illinois in 1991 where she assisted in leading NIU to three consecutive NCAA tournament appearances. Prior to her hiring at NIU, Semrau served as women's basketball coach and assistant AD at Occidental College in Los Angeles for four years where she compiled a 51-47 record. At Occidental, Semrau was a member of the NCAA regional selection committee and chaired the Southern California Intercollegiate Athletic Conference for women's basketball.

Semrau also worked as the public relations and promotions director for the L.A. Heat professional soccer team from 1986-87 and the PR director for the Seattle Storm soccer team in the previous year.

A native of Seattle, Wash., Semrau is a graduate of Shorecrest High School where she earned all-conference honors. She attended the University of Puget Sound for two years before transferring to the UC-San Diego where she finished her career ranked 13th all-time scoring and fourth in assists. She graduated in 1985 with a bachelor's degree in communications and received her master's in athletic administration from Southern California in 1988.

2007-08 FSU Women's Basketball Quick Facts

UNIVERSITY INFORMATION

Location Tallahassee, Florida
 Founded 1851
 Enrollment 38,553
 President Dr. T.K. Wetherell
 Symbol Seminoles
 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 Tina Thomas
 Assistant SID, WBB Michael Smoose
 Email Address msmoose@fsu.edu
 SID Phone (850) 644-4836
 Smoose's Cell (850) 694-1579
 SID Fax (850) 644-3820
 Athletics Website www.seminoles.com

RADIO BROADCAST

Station WNLS AM 1270 • www.seminoles.com
 Play-by-Play Ryan Pensy (Fifth Season)
 (850) 645-1273 • rpensy@fsu.edu
 Color Analyst TBA (First Season)

PROGRAM HISTORY

First Year of Basketball 1973-74
 All-time Record 477-487 (.495)
 Overall ACC Record 90-160 (.360)
 NCAA Tournament Appearances 7
 NCAA Tournament Record 6-7
 First NCAA Appearance 1983
 Last NCAA Appearance 2007
 Result 1st Round, defeated Old Dominion 85-75;
 2nd Round, defeated Stanford 68-61;
 Sweet 16, lost to LSU 55-43
 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 160-138 (.537)/10
 Career Record/Years Same
 ACC Record 68-86 (.441)
 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 Cheryl Pfeil
 Training Room Phone (850) 644-1206
 Basketball Strength Coach Dave Plettl
 Weight Room Phone (850) 644-4716

2006-07 RESULTS

Overall Record 24-10
 ACC Record/Place 10-4/4th
 Home 10-3 (4-3 ACC)
 Away 10-4 (6-1 ACC)
 Neutral 4-3
 Postseason NCAA Tournament Sweet 16
 Number of Weeks Ranked 3
 Final Ranking 19th (USA Today/ESPN Coaches[®])

2007-08 PERSONNEL

Starters Returning/Lost 4/1
 Letterwinners Returning/Lost 8/4
 Newcomers 3

Starters Returning:

Britany Miller (Jr., 6-4, C) 12.6 ppg, 6.1 rpg
 Tanae Davis-Cain (Jr., 5-11, G) ... 9.2 ppg, 3.2 rpg
 Shante Williams (Sr., 5-7, G) ... 8.2 ppg, 4.0 rpg, 3.7 apg
 Mara Freshour (Jr., 6-1, G) 7.4 ppg, 3.1 rpg, 3.2 apg

Other Key Returning Players:

Jacinta Monroe (So., 6-4, F/C) 8.1 ppg, 6.0 rpg
 Alysha Harvin (So. 5-10, G) 4.3 ppg, 2.0 rpg
 Angel Gray (So., 5-9, G) 3.0 ppg, 2.3 rpg

Key Losses:

Alicia Gladden (Sr., 5-11, G) 13.5 ppg, 5.9 rpg
 Nikki Anthony (Jr., 6-3, C) 4.2 ppg, 5.4 rpg

Newcomers:

Antionette Howard (5-11, F, Fr.)
 Snellville, Ga. (South Gwinnett)
 Christian Hunnicutt (5-10, G, Fr.)
 Jonesboro, Ga. (Landmark Christian)
 Courtney Ward (5-7, G, Fr.)
 Montgomery, Ala. (Jefferson Davis)

2007-08 NUMERICAL ROSTER

No.	Player	Hgt	Pos	Yr	Hometown (Last School)
1	Angel Gray	5-9	G	So.	Stone Mountain, Ga. (Stone Mountain)
2	Alysha Harvin	5-10	G	So.	Dania, Fla. (South Broward)
4	Cayla Moore	6-2	F	So.	Albany, Ga. (Westover)
5	Christian Hunnicutt	5-10	G	Fr.	Jonesboro, Ga. (Landmark Christian)
10	Mara Freshour	6-1	G	Jr.	Nashville, Ind. (Brown County)
12	Courtney Ward	5-7	G	Fr.	Montgomery, Ala. (Jefferson Davis)
15	Antionette Howard	5-11	F/G	Fr.	Snellville, Ga. (South Gwinnett)
20	Tanae Davis-Cain	5-11	G	Jr.	Dawson, Ga. (Terrell County)
22	Shante Williams	5-7	G	Sr.	Jacksonville, Fla. (Ribault Senior)
33	Britany Miller	6-4	C	Jr.	Tallapoosa, Ga. (Haralson County)
50	Jacinta Monroe	6-4	F/C	So.	Ft. Lauderdale, Fla. (Stranahan)

Head Coach: Sue Semrau/11th Year

Associate Head Coach: Cori Close

Assistant Coaches: Angie Johnson, Lance White

Director of Basketball Operations: Melissa Bruner

2007-08 Schedule

Wed, Oct 31	DT3	6 PM
Fri, Nov 2	PREMIER PLAYERS	7 PM
Fri, Nov 9	at Florida Gulf Coast	7:30 pm
Sun, Nov 11	NORTH FLORIDA	2 PM
Nov 15-17	at DePaul Invitational	
Fri, Nov 16	at DePaul	7 pm
Sat, Nov 17	vs. Florida International	tba
Tue, Nov 20	FORDHAM	TBA
Fri, Nov 23	at Florida	tba
Fri, Nov 30	at Indiana (Big 10/ACC Challenge)	tba
Sun, Dec 2	at Oakland	4 pm
Thurs, Dec 6	at Texas A&M	7 pm
Sun, Dec 16	ALABAMA STATE	2 PM
Thurs, Dec 20	at UAB	tba
Thurs, Dec 27	SAMFORD	7 PM
Dec 29-30	at FIU Fun & Sun Classic	
Fri, Dec 29	vs. Georgia	tba
Sat, Dec 30	vs. FIU/Hostra	tba
Thurs, Jan. 3	LSU	7 PM
Sun, Jan. 6	VIRGINIA TECH*	TBA
Fri, Jan. 11	at Duke*\$	7 pm
Thurs, Jan. 17	WAKE FOREST*	7 PM
Sun, Jan 20	at Clemson*	2 pm
Thurs, Jan. 24	at Miami*	7 pm
Sat, Jan. 26	VIRGINIA*	7 PM
Sun, Feb. 3	at Georgia Tech*\$	4 pm
Thurs, Feb. 7	NC STATE*	TBA
Sun, Feb. 10	at Virginia*	2 pm
Thurs, Feb. 21	BOSTON COLLEGE*	TBA
Sun, Feb. 17	at North Carolina*\$	1 pm
Sun, Feb. 24	at Maryland*	2 pm
Thurs, Feb. 28	MIAMI*	7 PM
Sat, Mar 1	CLEMSON*	7 PM
March 6-9	ACC Tournament (Greensboro, N.C.)	tba
March 22-25	NCAA Tournament	tba
March 29-1	NCAA Tournament	tba
April 6-8	NCAA Final Four	tba
* ACC Game		
\$ RSN TV		



Cori Close
 Associate
 Head Coach
 3rd Season



Lance White
 Assistant
 Coach
 5th Season



Angie Johnson
 Assistant
 Coach
 10th Season



Melissa Bruner
 Director of
 Operations
 2nd Season



The Returners



#22 Shante Williams
Sr. • G • 5-7
Jacksonville, Fla.

2007: Played in 31 games, including 23 starts, and averaged 8.2 points, 4.0 rebounds and a team-high 3.7 assists per game... teamed with Mara Freshour to form a dangerous duo in the back court...suffered from a hip injury late in the season but bounced back to score a team-high 16 points in the Stanford win to help the Seminoles advance to their first Sweet Sixteen...scored at least six points in 23 games and had double figures 10 times, including a season-high 21 points in the win over rival-Florida...had a 13-point performance off of the bench vs. Georgia Tech in which she made a career-high nine free throws...strong rebounder who grabbed five or more rebounds 14 times had a season-high seven assists in the UNC and UVA games...played 30 or more minutes in 12 games, including a season-high 35 vs. No. 6 Maryland and at UVA...had a season-high nine rebounds in three different games, including at Washington...led the team in scoring in four games overall...Second on the team with 46 steals.



#20 Tanae Davis-Cain
Jr. • G • 5-11
Dawson, Ga.

2007: Started 25 games in her second season as a Seminole and averaged 9.2 points, third on the team, and 3.2 rebounds per game...played in 33 games and averaged 29.5 minutes per game...scored a career-high 24 points to lead the Seminoles in the victory over ODU in the first round of the NCAA Tourney...scored nine or more points in 18 games and had double figures 13 times and 20+ points three times...led the team in scoring four times and in rebounding once...grabbed a career-high nine rebounds vs. Georgia...had a team-high 52 three-pointers after having 20 treys total last season...made at least one three-pointer in 27 games and multiple threes in 15 games...hit a career-high five three-pointers in the win at SEMO...played 30 or more minutes per game in 19 games including a career-high 39 at Mississippi State.



#10 Mara Freshour
Jr. • G • 6-1
Nashville, Ind.

2007: Started at point guard, a new position after seeing action off of the bench as a two-guard her freshman season...averaged a team-high 33.4 minutes of play per game and started 33 games...ranked second on the team in assists per game at 3.2 and had a positive assist-to-turnover

ratio...scored in double figures in 13 games, including both first and second round NCAA Tournament games and averaged 7.4 points and 3.1 rebounds per game...Scored a career-high 18 points, including a career-high five three-pointers in the ACC Tourney win over Wake Forest...had a career-high six assists in seven games, including the NCAA Tourney win over ODU...was second on the team with 36 three-pointers...had 15 points three times including in the win at Boston College in which she scored all 15 in the second half and led the team with six assists...had a career-high 10 rebounds vs. Fairfield...played a career-high 39 minutes at Mississippi State and Boston College and played 30 or more minutes 26 times last season ... Led the team in scoring four times and in rebounding once.



#33 Britany Miller
Jr. • C • 6-4
Tallapoosa, Ga.

2007: In her second season as a starter, averaged 12.6 points, second on the team, and a team-high 6.1 rebounds per game...led the team in scoring eight times, including a career performance of 29 points and a season-best 13 rebounds in the regular-season win at Wake Forest...Had two double doubles to up her career total to four...Scored in double figures in 21 games overall including seven of the last nine games...Scored 20+ points in six games ...named Lady Pirate Invitational Most Valuable Player after scoring a game-high 17 points in the win over Fairfield and 13 in win over East Carolina...had 10 rebounds in the Florida and Miami wins and grabbed five or more boards in 25 games...recorded her first double-double of the season with a team-high 20 points and 10 rebounds in the win at Miami...had a career-high five blocks in the Stetson game and tied her career-high with 34 minutes of play...was second on the team with 55 blocks on the year and had three or more blocks in eight games.



#1 Angel Gray
So. • G • 5-9
Stone Mountain, Ga.

2007: True freshman who was lost for the season just after Christmas with a torn ACL in her right knee...was averaging 18.2 minutes per game off the bench which was leading all four freshmen...scored in 11 games...averaged 3.0 points and 2.3 rebounds per game...played a season-high 27 minutes vs. Fairfield...tied her career-high with six points at Washington...scored a career-high six points and dished out a career-high four assists at Fordham...also had career-high six points vs. Fairfield, including 4-for-8 from the free throw line...tied her career-high with four assists vs. East Carolina...had a season-high five rebounds in the win over Florida to go with her five points...had five or more points in four games.



#2 Alysha Harvin
So. • G • 5-10
Hollywood, Fla.

2007: True freshman who averaged 15.6 minutes per game and started the last five games of the season...Played in all 34 games, averaging 4.3 points and 2.0 rebounds...Came on strong toward the end of the season and averaged 6.8 points per game in the final 13 games...Scored a career-high 12 points at Wake Forest and played a career-high 31 minutes in her first career start ...Recorded double-digit scoring six times and FSU went 5-1 in those games...Named November 27th ACC Rookie of the Week after scoring nine points, all in the first half, vs. Florida...Second on the team with a .774 free throw percentage...Had a career-high seven rebounds at Boston College in her first ACC game...Second on the team with 12 three-pointers...Nickname is Lee-lee.



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

2006: Named to the ACC All-Freshman Team...True freshman who played in all 34 games and started 14 games...Averaged 8.1 points per game - four amongst ACC freshman and was second on the team, and in the league, at 6.0 rebounds per game...Led the team with 63 blocks and had a career-high five in the Old Dominion NCAA Tournament win...Had five double-doubles, including 16 points and 10 rebounds in 20 minutes vs. Wake Forest in the ACC Tournament...Three-time ACC Rookie of the Week honoree...Named the first ACC Rookie of the Week after scoring a career-high 23 points on 10-of-13 shooting, and snagging a career-high 21 rebounds in her first collegiate game against UAB...scored in double figures 14 times and led the team in scoring twice, including 15 points vs. LSU in the Sweet Sixteen...Grabbed seven or more rebounds in 12 games and led the team in rebounding eight times...Had at least four blocks seven times...Averaged 20.0 minutes per game and played a career-high 30 games in the first game of the season vs. UAB.



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

2006: Redshirt freshman who played in 10 games...strong rebounder...played seven or more minutes in four games...played nine minutes at Mississippi State and had five rebounds and a block...in a season-high 15 minutes at Fordham, had four points, six rebounds and an assist...a valuable practice player...a solid back up in the middle.

2006-07 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	34/33	1086-31.9	175-391	.448	10-27	.370	98-137	.715	88	114	202	5.9	70-1	80	107	24	73	458	13.5
33	Britany Miller	34/32	826-24.3	184-359	.513	0-0	.000	59-103	.573	87	120	207	6.1	94-4	6	42	55	28	427	12.6
20	Tanae Davis-Cain	33/25	972-29.5	118-334	.353	52-181	.287	16-23	.696	26	79	105	3.2	72-1	34	49	7	30	304	9.2
50	Jacinta Monroe	34/14	679-20.0	111-206	.539	1-5	.200	53-82	.646	79	125	204	6.0	84-2	16	45	63	27	276	8.1
22	Shante Williams	31/23	718-23.2	94-253	.372	5-21	.238	61-100	.610	34	91	125	4.0	42-0	116	117	3	46	254	8.2
10	Mara Freshour	34/33	1137-33.4	81-224	.362	36-104	.346	53-65	.815	11	95	106	3.1	36-0	109	88	6	29	251	7.4
02	Alysha Harvin	34/5	532-15.6	46-141	.326	12-38	.316	41-53	.774	23	44	67	2.0	43-0	41	56	4	17	145	4.3
44	Nikki Anthony	34/5	572-16.8	56-116	.483	0-1	.000	30-58	.517	82	100	182	5.4	69-0	12	31	2	27	142	4.2
01	Angel Gray	13/0	236-18.2	10-26	.385	0-0	.000	19-32	.594	5	25	30	2.3	12-0	15	25	0	9	39	3.0
04	Cayla Moore	10/0	52-5.2	3-4	.750	0-0	.000	0-2	.000	12	8	20	2.0	11-0	1	6	1	5	6	0.6
21	Christie Lautsch	4/0	15-3.8	1-1	1.000	0-0	.000	2-2	1.000	0	2	2	0.5	4-0	0	1	1	1	4	1.0
TM	TEAM									68	82	150	4.4	1	6					
Total		34	6825	879-2055	.428	116-377	.308	432-657	.658	515	885	1400	41.2	538-8	430	573	166	292	2306	67.8
Opponents		34	6825	795-2021	.393	142-511	.278	352-542	.649	424	755	1179	34.7	579	430	582	93	287	2084	61.3

SCORE BY PERIODS:	1st	2nd	OT	Total
FSU	1087	1213	6	2306
Opponents	964	1109	11	2084

DEADBALL REBOUNDS:	OFF	DEF	TOTAL
FSU	109	19	128
Opponents	88	23	111

2007-08 Freshmen Class



2007-08 Freshmen (l-r): Courtney Ward, Antionette Howard, Christian Hunnicutt

Antionette Howard • #15 • Forward/Guard Snellville, Ga. (South Gwinnett)

Prep: Georgia's Class 5A Player of the Year ... 2006 *Street & Smith* Honorable Mention All-American ... 2006-07 MaxPreps All-American ... Averaged 15.3 points and 7.9 rebounds per game in leading South Gwinnett to the state semifinals ... GACA 5A First-Team All-State in 2007 after honorable mention in 2006 ... No. 41-ranked player in the country, ninth at her position by All-Star Girls Report ... Also rated No. 53 Blue Star and No. 55 by Hoopgurlz.com.

Christian Hunnicutt • #5 • Guard Jonesboro, Ga. (Landmark Christian)

Prep: Two-time GACA 5A-A First-Team All-State selection ... Averaged 20.1 points, 7.5 rebound, 3.7 steals and 2.8 assists per game her senior season ... Played in the Georgia High School Association All-Star game ... Heritage Bank Classic Tournament MVP ... Atlanta Tip Off Club Southwest Metro Player of the Month ... Two-year team MVP ... Helped Landmark Christian to the Region 5-A Championship ... Averaged 21.2 ppg, 8.8 rpg and 3.2 spg as a junior.

Courtney Ward • #12 • Guard Montgomery, Ala. (Jefferson Davis)

Prep: Two-time (2006-07) Three-year All-State selection, including a pair of First-Team awards her last two seasons ... Rated 57th overall on the HoopGurlz.com Hot 100 ... Scout.com listed her as the No. 32 guard in the country ... Named MVP of the Alabama squad at the Alabama-Mississippi All-Star game ... Selected to 2006 6A all-state tournament after leading Jefferson Davis to the state title ... Averaged 15.0 points, 5.3 assists and 3.3 steals per game as a junior.

2006-07 Results (24-10, 10-4 ACC)

DATE	OPPONENT	W/L	SCORE	ATTEND
11/12/06	UAB	W	93-77	1554
11/14/06	at Fordham	W	84-34	217
11/17/06	at Southeast Missouri	W	64-50	2183
11/19/06	OAKLAND	W	74-69	1478
11/24/06	FLORIDA	W	88-66	1976
11/27/06	TULSA	W	60-43	1372
11/30/06	at Mississippi State	LOT	60-65	778
12/02/06	vs Fairfield	W	69-54	1423
12/03/06	at East Carolina	W	62-44	1376
12/06/06	STETSON	W	70-44	1443
12/09/06	at UCF	W	75-66	530
12/17/06	at Washington	L	65-84	2057
12/20/06	at San Francisco	L	64-67	205
1/02/07	HIGH POINT	W	67-39	1602
*1/04/07	at Boston College	W	72-53	603
*1/07/07	MIAMI	W	71-62	2123
*1/15/07	at Virginia Tech	W	70-60	3289
*1/18/07	at Clemson	W	61-60	1093
1/21/07	vs Georgia	L	65-70	4130
*1/25/07	DUKE	L	60-73	2203
*1/28/07	VIRGINIA	W	63-47	1848
*2/1/07	at Miami	W	75-68	1007
*2/05/07	at NC State	L	51-68	2162
*2/09/07	GEORGIA TECH	W	63-52	2038
*2/12/07	NORTH CAROLINA	L	59-80	2227
*2/15/07	MARYLAND	L	60-74	4732
*2/18/07	at Virginia	W	79-77	4662
*2/22/07	CLEMSON	W	73-61	1529
*2/25/07	at Wake Forest	W	74-57	486
%3/01/07	vs Wake Forest	W	70-53	10019
%3/02/07	vs NC State	L	49-76	10019
\$3/17/07	vs Old Dominion	W	85-75	-
&3/19/07	vs Stanford	W	68-61	4111
3/24/07	vs Louisiana State	L	43-55	3658

*ACC Games

% ACC Tournament (Greensboro, N.C.)

\$ NCAA Tourname (Palo Alto, Calif.)

& NCAA Sweet 16 (Fresno, Calif.)



2007-08 Outlook



Never before have the expectations been any loftier for Florida State women's basketball team as it starts the 2007-08 season.

While the bar has been set higher this year, no other team may be more prepared to handle the challenge. This year's squad brings back four starters from last year's NCAA Tournament Sweet 16 squad and three more players who saw significant playing time. Add in three talented newcomers and the Dance may go from being Sweet to Elite or maybe even the whole way to Tampa.

Going into her 11th season as the Seminoles' court boss - making her the fourth-longest tenured active coach in the ACC and eighth in conference history - **Sue Semrau** has her team poised to be a permanent fixture on the national radar, not just a blip from time-to-time.

"Obviously I would have loved to have seen everything happen quickly, but I knew when I came that it wasn't going to be a quick fix," Semrau said. "I see all the great facilities and everything we have that wasn't here 11 years ago and I remember the people that came before and did the very hard work to make that possible. Not that it's not hard now, but it's never fun when you're putting fourth all the effort and you're not seeing the results. Those are the people that I appreciate so much and now going into it and having had that Sweet 16 experience we just want to continue to build this program at Florida State and bring a championship here."

The winningest coach in school history, Semrau has a career record of 160-138 while her 68 ACC triumphs are tenth in league history. She needs three more conference victories to move up to eighth on the league list.

It goes without saying that Semrau has never had this much coming back from a team that achieved so much. Often times great runs are led by a team that is heavily reliant on seniors, but guard Alicia Gladden is the only starter not back.

"I think we have to understand that our celebration has already occurred," Semrau added. "I think this team is hungry because they feel like, now that they were there and they had a taste of it, that they really believe 'We can go further than this.' It comes back to, once you understand that hunger you've got to go back to 'How are you going to get back there?' We've got to get back to the basics; you've got to be in a stance on defense, you've got to have great footwork on offense. As coaches we have to challenge them everyday because obviously we weren't good enough and now we have to prepare ourselves to be good enough to do more than we were able to do last year."

Even more exciting for the future is that this year's team is scheduled to lose one player next year. Guard **Shante Williams** is the only senior on the squad so the forecast for the next two years is only getting brighter.

What is back is a group that is headed up by five players that started at least 14 games. All told, 76 percent of the minutes played from last year is back for 2007-08. With that experience comes a squad that returns over 70 percent of last year's production in nearly every facet of the game.

In the category that wins you the games, Florida State has 74 percent (1702-of-2306) of its points back from a year ago, led by junior center **Britany Miller** who averaged 12.6 points per game. Miller was ranked amongst the league leaders in scoring and rebounding (6.1 rebounds per game). FSU's rebounding effort returns 72 percent (1014-of-1400) as 6-foot-4 sophomore forward/center **Jacinta Monroe** produced 6.0 rpg during her rookie year to rate third within the ACC freshmen ranks. Florida State was 19th in the country last year with 6.5 rebounding margin.

The area of the team that brings back the most production is three-point shooting. Junior guard **Tanae Davis-Cain** was just two three-pointers shy of tying the Florida State record last season as she nailed 52 three-balls, the second-highest single-season total. Fellow junior guard **Mara Freshour** drilled 36 three-pointers last season as the Seminoles retained 92 percent (106-of-116) of their three-point shooting.

Right on the heels of the three-point shooting is the block department which is led by the front line of Miller and Monroe. M&M were the top blocking tandem in the league last year as Monroe rejected 1.85 shots per game - the highest total amongst freshmen - and Miller was just behind at 1.62 bpg. The duo also ranked in the ACC's top 10 for field goal percentage. Monroe was second amongst the newcomers at 53.9 percent to boost her onto the ACC All-Freshman Team. Miller was not very far behind, draining 51.3 percent of her shots to come in eighth.

Just like last season, Florida State will benefit from having two excellent ball handlers in the back court. Williams rates fifth amongst returning ACC players at 3.74 assists per game. During conference games only one player was better at dishing the rock as Williams' production increased to 4.74 apg. Freshour was right behind with a clip of 3.21 apg. As a team, Florida State brings back 351-of-430 (79 percent) assists from a year ago.

"When you're young and you see that there is something out there that you can taste, I think it drives the discipline and sacrifice side of things," Semrau said. "Even with Shante being our only senior and being injured, she did a great job this summer of reining them in and bringing them together so that they were developing a chemistry as well as the work ethic that is going to be necessary."

With the four-guard offense that FSU runs the lone front court player may stick out like a sore thumb, but Miller has excelled at being the only one wearing Garnet & Gold in the paint. Given the improvement she made from her freshman year to her sophomore campaign she has the potential to be one of the dominant players in the league. Miller upped her scoring average by more than two points per game, which in part was helped by getting to the free throw line more. As a sophomore, Miller made more free throws (59) than she took as a freshman (51).

There might as well be a do not enter sign outside the paint when Monroe enters the game. Her 63 blocked shots last year are the most in a season by any player not named Brooke Wyckoff. Her 1.85 bpg was the sixth-highest total in the nation by a fresh-

man last year. Monroe had one of the best debuts in FSU history as she scored 23 points and had 21 rebounds - the eighth-best single-game output in the country - against UAB.

"To be able to play the two of them together gives us such a great inside presence," Semrau said. "They are both exceptional shot blockers, their timing is great. I think it encourages us defensively to get out and get after it because if someone comes in the lane there is that second line of defense. Those two together are going to be really fun this year."

While Gladden, Miller and Monroe may have grabbed the headlines, Davis-Cain put together a great sophomore campaign. She finished third on the team at 9.2 ppg, while her 52 three-pointers - on a school record 181 attempts - is the second-highest single-season total in school history. Davis-Cain nearly doubled her minutes played from her sophomore year and saw her scoring average rise by 3.6 ppg. She also finished third on the team with 30 steals.

Recruiting as a shooting guard, Freshour made the switch to point guard last season and made the transition look easy. In her first year running the offense, the Nashville, Ind., native rated eighth in the league with a 1.24 assist-to-turnover ratio. Playing more than 20 minutes per game compared to her rookie season, Freshour logged an average of 33.4 minutes per game, which was the seventh-highest total in the league.

On any given night, Williams is one of the most electrifying players in the country. The 5-foot-7 guard has enough acrobatics to be a member of the FSU Circus and the toughness to play for Bobby Bowden. Williams came on during the later half of the season to help the Seminoles' stretch run. She upped her point production by nearly two points per game and goes into her final season needing 244 points to become the 21st member of the FSU 1000-point club.

"Her talented is unlimited," Semrau said of Williams. "Obviously she has been slowed a couple of times during her career, most recently with an injured hip. Our hope for her is that she's playing without pain and can use all of the talent that she has. Even with a terribly injured hip she was able to put that aside at Stanford and really be a spark for us. With a healthy hip and maturity about her she can really step in and have a great year."

One of the first people off the bench for the majority of the season, sophomore **Alysha Harvin** moved into a starting role during the postseason after a career-high 12 points against Wake Forest. Classmate **Angel Gray** was seeing significant minutes but a torn ACL in her right knee in the 13th game of the season sidelined her for the year.

A pair of top 100 recruits highlights this year's incoming freshmen class. Forward/guard **Antionette Howard** from Snellville, Ga., was the Georgia 5A Player of the Year after averaging 15.3 ppg and 7.9 rpg. She was rated 41st by All-Star Girls Report. Ranked 57th by hoopGurlz.com guard **Courtney Ward** was a two-time First-Team All-State from Montgomery, Ala. Rounding out the class is guard **Christian Hunnicutt**. The Jonesboro, Ga., native earned a pair of GACA 5A-A First-Team All-State honors.