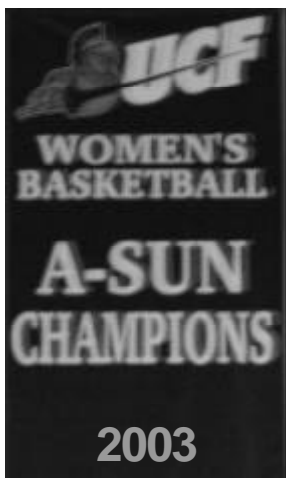




Coaches

BACK-2-BACK

Gail Striegler



Gail Striegler enters her sixth season as the head coach of the UCF Golden Knights women's basketball team. In 2003-04, she guided UCF to a 17-13 overall record against teams like Purdue, Florida, Alabama and Florida State. The team tie for the Atlantic Sun regular season championship and finished second in the

conference tournament. Two players earned season honors under Striegler - Celeste Hudson, First Team All-Conference, and Takira Allen, Second-Team All-Conference. Hudson and Ali Roberts earn a position on the All-Tournament Team under Coach Striegler after earning a second place finish.

Since being hired as the 10th head coach in UCF women's basketball history on June 21, 1999, Striegler has been very successful. She has finished the last four years with double digit wins and the last two as the Atlantic Sun Season Champion. Striegler was also named Coach of the Year by the Atlantic Sun after winning the title in 2003.

Thanks to that support, Striegler made the women's basketball a formidable power in the conference and beyond. The Golden Knights have compiled a 69-75 overall mark and a 53-39 record in conference play during her five-year career.

In 2003-04, Striegler led the Knights to a 17-13 overall record and 14-6 Atlantic Sun record with wins over Nicholls State, Georgia State, Belmont and Campbell. The Golden Knights went into the Atlantic Sun Conference Tournament with a seven game winning streak only to improve it to nine before falling to Lipscomb in the championship game. Celeste Hudson won Atlantic Sun First Team All-Conference honors and Takira Allen won Second Team All-Conference. Hudson and Ali Roberts were both honored at the end of the tournament by being named to the Atlantic Sun All-Tournament Team.

The Golden Knights earned the Atlantic Sun season title in 2002-03 after being led to a 19-11 overall record and a 13-3 Atlantic Sun record by Striegler. For her efforts, Striegler was awarded Coach of the Year by the Atlantic Sun. Shayla Smith was named to the Atlantic Sun All-Freshman Team following the season.

Erin Paige and Hudson were both named to the Atlantic Sun All-Tournament Team.

In 2001-02, she led the squad to a 17-13 overall record, including wins over Kansas, Georgia State, Campbell and Belmont. The team finished as the fourth seed in the Atlantic Sun Conference Tournament. At the end of the season, UCF was ranked 20th in the nation in three-point shooting percentage and blocks per game, while players Ali Roberts and Jessica Scala earned post-season conference honors.

During 1999-2000, her first season at the helm, the team went 9-20 overall while Erin Paige was named to the conference all-freshman team. The following year, UCF led the Atlantic Sun in three-point field goal percentage and finished at 10-18 overall. Adrienne Billings was named to the A-Sun All-Freshman Team, while LaToya Graham earned A-Sun Third-Team All-Conference honors.

Success has followed Striegler throughout her career as a player at the University of Central Arkansas and as an assistant coach at Northwestern State (La.) and Stephen F. Austin.

"I have learned something from every place I have been whether I was a player, assistant coach or head coach," says Striegler. "For me, it's important that I always have the desire to expand my knowledge of basketball. If you lose that desire, you lose your edge."

A native of Fayetteville, Ark., Striegler spent five years at Stephen F. Austin as the top assistant coach and recruiting coordinator. During her tenure at SFA, the Ladyjacks advanced to the tournament five times (1994, '95, '96, '97 & '98), including a trip to the "Sweet 16" in 1996. A highly respected recruiter, Striegler's 1998 recruiting class was ranked 13th by Women's Basketball Journal and Blue Chip Report, while her 1997 class was ranked 17th by the Blue Chip Report. She also



Coaches



A-SUN CHAMPIONS

BACK-2-BACK

STRIEGLER FACTS

Full Name Gail Dianne Striegler

Born July 3, 1967
Fayetteville, Ark.

High School Fayetteville High School, 1985

College University of Central Arkansas
Bachelor in Kinesiology, 1990

University of Arkansas
Master in Kinesiology, 1991

Playing Career University of Central Arkansas
1986-1990 (track & basketball)

Coaching Career Graduate Assistant Coach
Arkansas, 1990-91

Assistant Coach
Northwestern State, 1991-94

Assistant Coach
Stephen F. Austin, 1995-99

Head Coach
UCF, 1999-present

signed and coached numerous All-Americans while at SFA.

One of her many responsibilities as the top assistant included academic monitoring of players. The Ladyjacks maintained an 80-percent student-athlete graduation rate while Striegler was at Stephen F. Austin. She was also in charge of public relations, helping boost the Ladyjacks' attendance among the nation's Top 25 in 1994, 1995 and 1996.

Prior to her position at SFA, Striegler was the first assistant coach at Northwestern State for three seasons. During her time there, the Lady Demons amassed a 65-16 mark, earned a WNIT bid in 1992 and compiled three consecutive 20-win seasons.

Striegler began her coaching career in 1990 at the University of Arkansas as a graduate assistant in charge of on-court workouts as well as on-campus recruiting and public relations. At Arkansas, Striegler was part of a team that posted a 28-4 record en route to winning the Southwest Conference regular season and tournament championships and advancing to the NCAA Tournament "Sweet 16".

As a student-athlete, Striegler was member of the Central Arkansas women's basketball team, earning All-Arkansas Intercollegiate Conference honors in 1988-89.

Always a standout on the court, Striegler was named MVP for Fayetteville High School during the 1985



Coaches



A-SUN CHAMPIONS

BACK-2-BACK

Arkansas AAAA Championship and was twice selected as an all-state honoree.

Striegler holds a bachelor's degree in kinesiology from Central Arkansas and a master's degree in kinesiology from the University of Arkansas.

An active member of the community, Striegler has volunteered for a variety of organizations, including the March of Dimes, Special Olympics, Habitat for Humanity, Make-A-Wish Foundation, Boys and Girls Club, Hoops for Scholars and the Fellowship of Christian Athletes.



STRIEGLER VS. OPPONENTS

Opponent	Record		
Alabama	0-1	Mercer	8-3
American	0-1	Middle Tennessee	0-1
Appalachian State	1-0	Mississippi	0-1
Austin Peay State	1-0	Mississippi State	0-1
Belmont	4-2	Monmouth	1-1
Bethune-Cookman	0-2	Nevada	0-1
Campbell	6-4	New Orleans	0-1
Colgate	1-0	Nicholls State	2-0
Detroit	1-0	North Texas	0-2
Eastern Illinois	1-0	Northern Iowa	0-1
Farleigh Dickinson	1-0	Purdue	0-1
Florida	0-4	Radford	1-0
Florida Atlantic	7-3	Samford	5-2
Florida State	0-4	USF	0-2
Gardner-Webb	3-0	Southern Miss.	0-1
Georgia State	2-8	Stetson	7-7
Georgia Tech	0-2	UT-Arlington	1-0
Jacksonville	6-4	TAMUCC	1-0
Jacksonville State	6-1	Texas Tech	0-1
Kansas	1-0	Troy State	4-6
Lipscomb	0-4	Western Carolina	0-1
Manhattan College	0-1	Wofford	1-0

Coaches

YEAR-BY-YEAR AS A HEAD COACH

Year Record A-Sun.. Notes

1999-00 9-20.. 5-13... 6th seed in the A-Sun Tourney

2000-01 10-18 . 8-10... Led the A-Sun in 3-pt fg%

2001-02 17-13 . 13-7... 3rd seed in the A-Sun Tourney
Earned 25th career win 1/5/02, Ranked in national Top 20 (3-pt fg%), Ranked in national Top 20 (blocks per game)

2002-03 19-11 . 13-3... A-Sun Regular Season Champions
2003 A-Sun Coach of the Year, A-Sun Tourney Runner-up, Earned 50th career win on 2/27/03

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COACHING HONORS

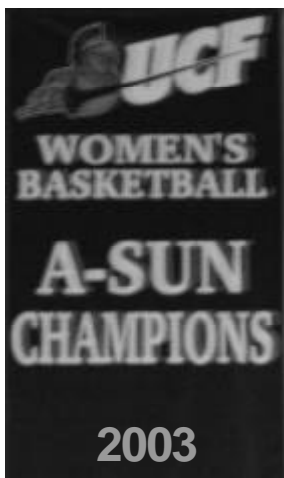
2003 Atlantic Sun Coach of the Year

PLAYER HONORS

10 All-Atlantic Sun Selections
26 A-Sun All-Academic Honors

TEAM ACCOMPLISHMENTS

2002-03 Atlantic Sun Regular Season Champions
2002-03 Atlantic Sun Tournament Runner-Up
2003-04 Atlantic Sun Regular Season Champions
2003-04 Atlantic Sun Tournament Runner-Up



A-SUN CHAMPIONS

BACK-2-BACK

Jen Schneider



Jennifer Schneider joined the Golden Knights' staff in the Spring of 2003 as assistant coach/recruiting coordinator.

As sixth-year Head Coach Gail Striegler's first assistant, Schneider will oversee recruiting, scheduling, scouting and equipment in addition to day-to-day administrative duties. On the floor, she will be responsible for coaching the post players.

"Gail has really established the UCF program as a powerhouse in the Atlantic Sun," says Schneider. "She is an excellent teacher of the game, which was one of the reasons I choose to join her staff."

"[Athletics Director] Steve Orsini and the administration have great vision for this university and are committed to making UCF Athletics a perennial power," she continues. "That is exciting to be a part of."

Schneider is no stranger to basketball in Florida as she comes to the Golden Knights after serving in a similar capacity at USF in Tampa for the two seasons. In her first season with the Bulls, her recruiting class was ranked 40th in the nation by the All-Star Girls Report. Also in her first year, she helped the team improve from a 4-24 record in 2000-01 to a 14-13 mark in 2001-02, the sixth best turnaround in the country at the time. With a full season to recruit, her recruiting class was ranked 25th in the country by the All-Star Girls Report the following year.

Schneider also brings a familiarity with the Atlantic Sun as well. Prior to her tenure at USF, she served as an assistant coach at Stetson University and helped the team improve its record each year she was there. In her final year with the team, Stetson collected a school record 22 victories and earned a spot in the A-Sun semi-finals.

Schneider also assisted in coaching the Michigan Tech women's basketball squad that posted a 21-10 record en route to an appearance in the NCAA Division II Sweet 16 in 1998. She began her coaching career at Barron Collier High School. From 1992-97, she guided the junior varsity girls' program to a 97-5 mark.

"I am very excited about the opportunity to put my experience to work for UCF. Gail is committed to excellence and is really trying to make a difference in the lives of young people," said Schneider. "Working with Gail and her staff is a daily blessing!"

"Jen's 12 years of experience coaching in Florida, with seven at the collegiate level, has really established her as one of the best recruiters in our home state," said Head Coach Gail Striegler. "Her two years in Conference USA before arriving at UCF will definitely be an asset to us as we enter C-USA next season."

Schneider graduated in 1992 from Northwood University in Midland, Mich., with a bachelor's degree in business administration.

SCHNEIDER FACTS	
Full Name	Jennifer Marie Schneider
Born	Dec. 29, 1969 Saginaw, Mich.
High School	Nouvel Catholic Central, 1988
College	Northwood University Bachelor in Economics/ Management, 1992
Playing career	Northwood University, 1989-1992
Coaching career	Head Junior Varsity Coach Barron Collier High School, 1992-97
	Assistant Coach Michigan Tech, 1997-98
	Assistant Coach/Recruiting Coord. Stetson, 1998-2001
	Assistant Coach/Recruiting Coord. USF, 2001-2003
	Assistant Coach/Recruiting Coord. UCF, 2003-present

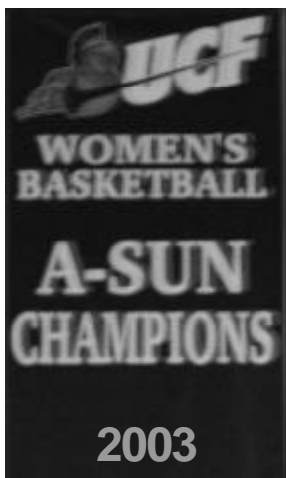
Coaches



A-SUN CHAMPIONS

BACK-2-BACK

Kaycee Kapels



Kaycee Kapels is in her third season as an assistant coach with the UCF women's basketball team. She was promoted to her current position as Gail Strielger's second assistant in the summer of 2003 and is now responsible for scouting, recruiting and on-court development of the guards.

"When I visited the campus for my interview, I attended an athletics department meeting. The administration kept talking about the bright future of UCF athletics and the steps they were seeking to attain national recognition. I was excited about becoming a part of the athletic director's vision while pursuing success at the next level," Kapels remembers of her choice to accept the position at UCF in 2002.

In her first year with the program, the Golden Knights began fulfilling that promise earning a 19-10 record and the Atlantic Sun regular season championship. They also advanced to the tournament final. "I walked into a great situation," says Kapels.

Prior to coming to Orlando, Kapels worked as an

assistant coach at Barry University from 2001-02. She was the recruiting coordinator and the head strength and fitness coach and also assisted with on-floor coaching, where she focused on the development of the guards. The Buccaneers went 14-13 overall and 8-6 in the Sunshine State conference. Two players were named to the SSC All-Conference Team.



In addition to her duties at Barry, Kapels also worked as the assistant fitness coordinator for the WNBA's Miami Sol.

A graduate of the University of Missouri-Kansas City, Kapels played three years for the Kangaroos, averaging 15.1 points a game as a junior and 15.8 as a sophomore. She ranks ninth in UMKC history with 919 points and second all-time with 128 three-pointers. Her performance earned her both all-conference and academic all-conference awards following all three seasons. She was also selected as a Division VII Academic All-American in 1999.

After earning her bachelor's degree in biology from UMKC, Kapels transferred to Barry for her final year of eligibility. She helped the Buccaneers advance to the NCAA Division II Sweet 16, where the team finished 14th in the nation. During that year, she averaged 15 points-per-game and hit a school-record 56 three-pointers. She earned Division II All-South Region and Division II All-South Region Tournament honors as well as All-SSC recognition.

"I am looking for the team to win the conference and conference tournament this season as well as succeeding in the NCAA Tournament. We have a great group of girls who I feel will take this team to many places this season," she says.

In addition to her bachelor's degree, Kapels also holds a master's degree in movement science from Barry. She is an active member of the Fellowship of Christian Athletes and also supports such organizations like the American Cancer Society, the Make-A-Wish Foundation as well as an array of ministries. She currently resides in Winter Park.

Coaches

KAPELS FACTS

Full Name	Kaycee Lynn Kapels
Born	July 4, 1978 Columbus, Neb.
High School	Lakeview High School, 1996
College	Missouri-Kansas City Bachelor in Biology, 2000
	Barry University Master in Movement Science, 2002
Playing career	UMKC 1996-2000
	Barry University 2000-01
Coaching career	Assistant Coach Barry University, 2001-02
	Assistant Coach UCF, 2002-present



A-SUN CHAMPIONS

BACK-2-BACK

LaTricia Gunnells



LaTricia Gunnells joined the UCF women's basketball staff in September of 2003. She is responsible for on-court coaching, recruiting, film exchange and scheduling practice times as well as coordinating the team's public relations and community service efforts.

"I am thrilled to be a part of the Golden Knights establishment," said Gunnells. "My decision to join UCF was not only based upon the close knit family environment that Coach Striegler and team portray, but also upon Gail's in-depth knowledge of basketball. This is an opportunity that I am truly grateful for."

A native of Detroit, Mich., Gunnells most recently served as an assistant women's basketball coach at Lehman College in the New York City area, where she dealt with all administrative and coaching aspects of the game.

Gunnells began her basketball career at Detroit's Murray-Wright High School. Upon graduation, she enrolled at Lansing Community College, where she both played and acted as a student coach from 1993-96.

In the fall of 1996, Gunnells transferred to St. John's University where she continued her playing career. After exhausting her eligibility in 1998, she stayed with the team as an undergraduate assistant coach. She also spent three years as a camp counselor and coach with the Inner-City Games during that time.

Thanks to her previous experience, Gunnells has a lot offer the Golden Knights. "I am a very team oriented person who believes motivation and encouragement are the key to each individual's perseverance," said Gunnells.

Gunnells, who serves as guardian of her two younger siblings – Aaron (6) and Bre'huna (11), graduated from St. John's University in 1999 with a bachelor's degree in communications.

GUNNELLS FACTS

Full Name
Latricia Marvalette Gunnells

Born
Feb. 13, 1975
Detroit, Mich.

High School
Detroit Murray-Wright High School, 1993

College
Lansing Community College
Associate in Arts & Sciences, 1996
St. John's University
Bachelor in Communications, 1999

Playing career
Lansing Community College
1993-96
St. John's University
1996-98

Coaching career
Undergraduate Assistant Coach
St. John's University, 1998-99
Assistant Coach
Lehman College, 1999-2001
Assistant Coach
UCF, 2003-present

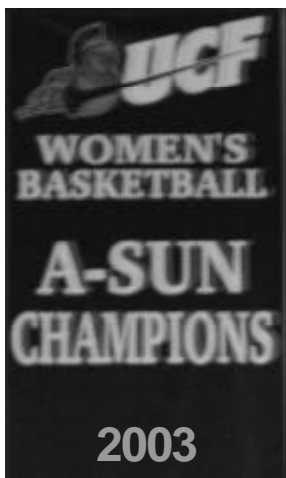


Coaches



A-SUN CHAMPIONS

BACK-2-BACK



Courtney Hastings
ASSISTANT
SPORTS
INFORMATION
DIRECTOR

Courtney Hastings is in her first year as an sports information director at UCF. Currently, she is responsible for women's basketball, women's soccer and women's softball teams.

A 2003 graduate of Florida State University, Hastings began her career in the sports information office there as a student intern assisting with football,

women's soccer, men's and women's basketball, women's softball and baseball.

Upon graduation, she moved to Bradenton, Fla. where she worked as an assistant administrator for a busy law firm.

Born in Florida, Hastings grew up moving throughout central Florida before finding a home in Orlando.



Jennifer Perez
ASSOCIATE ATHLETIC
TRAINER

Jennifer Perez is in her ninth season as an athletic trainer at UCF – her seventh year tending the women's basketball team. She also works with the women's golf team and oversees the graduate assistant trainers working with

baseball and track and field.

Perez began her career with the Golden Knights as a graduate assistant athletic trainer from 1996-98, during which time she worked with the women's volleyball team. Upon completion of her master's degree in health service administration at UCF in 1998, she was then promoted to assistant athletic trainer and currently holds the title of associate athletic trainer.

Perez is a 1994 graduate of the University of Rhode Island, where she earned a bachelor's degree in physical education, health and corrective and adaptive education, with a minor in psychology and a specialization in sports medicine.

Perez holds membership in the National Athletic Trainers Association (NATA), Athletic Trainers Association of Florida (ATAF) and National Strength and Conditioning Association (NSCA).

A native of Pawtucket, R.I., Jennifer and her husband Jeffrey, a government teacher and football and baseball coach at Winter Springs High School, reside in Casselberry with their sons Keagan Joseph (2) and Kaiden Dutch (newborn) .



John Whitford
EQUIPMENT MANAGER

John Whitford is in his second year at UCF as an assistant equipment manager. Whitford oversees equipment for volleyball, men's and women's basketball, women's soccer and women's tennis for the Golden Knights.

A 1995 graduate of Manchester College, he served as the head basketball manager from 1991-95 and also was a member of the golf team in 1993-94. Whitford later served as an assistant golf coach for Manchester in 1995.

Prior to UCF, Whitford worked as an assistant equipment manager at Ferris State University from 1998-2003. He was in charge of football and assisted in game and practice set-up for 17 additional sports.

Whitford is a member of AEMA since 1994 and has been certified since 1997. He resides in Orlando.



Karole Morrison
SENIOR SECRETARY

Karole Morrison became senior secretary for women's basketball in April of 1998. A native of Central Florida, she has lived in the area since the third grade, but her father linked the family to the area more permanently when he was part of the engineering team that

developed the Lake Eola fountain.

Morrison has worked closely with state agencies during her career with Reimbursement Consultants prior to coming to UCF, making her well-versed in state procedures.

Morrison, who holds a bachelor's degree in business management from the University of Florida, resides in Orlando.



Dennison McDavid



Ashley Younger



Merideth Shupp

A-SUN CHAMPIONS

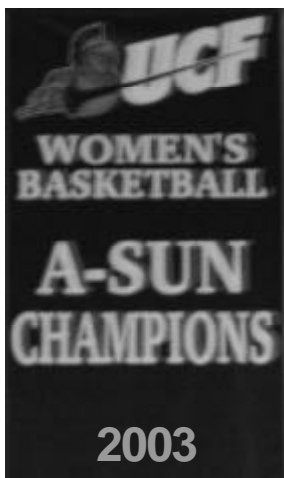
Coaches



Coaches

BACK-2-BACK

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Coaches



A-SUN CHAMPIONS

BACK-2-BACK

STRIEGLER FACTS

Full Name Gail Dianne Striegler

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Fayetteville, Ark.

High School Fayetteville High School, 1985

College University of Central Arkansas
Bachelor in Kinesiology, 1990

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Playing Career University of Central Arkansas
1986-1990 (track & basketball)

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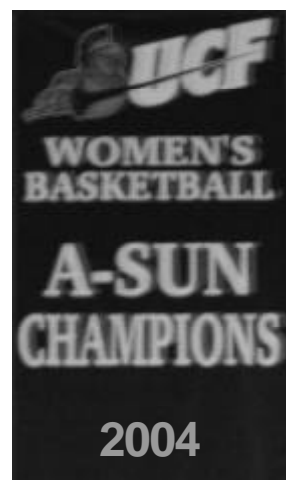
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Coaches



A-SUN CHAMPIONS

BACK-2-BACK

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Coaches

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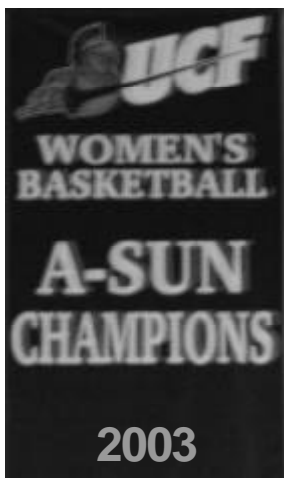
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A-SUN CHAMPIONS

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Schneider is no stranger to basketball in Florida as she comes to the Golden Knights after serving in a similar capacity at USF in Tampa for the two seasons. In her first season with the Bulls, her recruiting class was ranked 40th in the nation by the All-Star Girls Report. Also in her first year, she helped the team improve from a 4-24 record in 2000-01 to a 14-13 mark in 2001-02, the sixth best turnaround in the country at the time. With a full season to recruit, her recruiting class was ranked 25th in the country by the All-Star Girls Report the following year.

Schneider also brings a familiarity with the Atlantic Sun as well. Prior to her tenure at USF, she served as an assistant coach at Stetson University and helped the team improve its record each year she was there. In her final year with the team, Stetson collected a school record 22 victories and earned a spot in the A-Sun semi-finals.

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"I am very excited about the opportunity to put my experience to work for UCF. Gail is committed to excellence and is really trying to make a difference in the lives of young people," said Schneider. "Working with Gail and her staff is a daily blessing!"

"Jen's 12 years of experience coaching in Florida, with seven at the collegiate level, has really established her as one of the best recruiters in our home state," said Head Coach Gail Striegler. "Her two years in Conference USA before arriving at UCF will definitely be an asset to us as we enter C-USA next season."

Schneider graduated in 1992 from Northwood University in Midland, Mich., with a bachelor's degree in business administration.

SCHNEIDER FACTS	
Full Name	Jennifer Marie Schneider
Born	Dec. 29, 1969 Saginaw, Mich.
High School	Nouvel Catholic Central, 1988
College	Northwood University Bachelor in Economics/ Management, 1992
Playing career	Northwood University, 1989-1992
Coaching career	Head Junior Varsity Coach Barron Collier High School, 1992-97
	Assistant Coach Michigan Tech, 1997-98
	Assistant Coach/Recruiting Coord. Stetson, 1998-2001
	Assistant Coach/Recruiting Coord. USF, 2001-2003
	Assistant Coach/Recruiting Coord. UCF, 2003-present

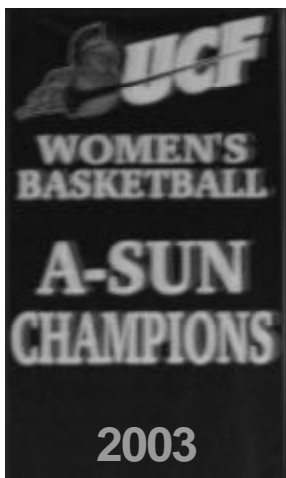
Coaches



A-SUN CHAMPIONS

BACK-2-BACK

Kaycee Kapels



Kaycee Kapels is in her third season as an assistant coach with the UCF women's basketball team. She was promoted to her current position as Gail Strielger's second assistant in the summer of 2003 and is now responsible for scouting, recruiting and on-court development of the guards.

"When I visited the campus for my interview, I attended an athletics department meeting. The administration kept talking about the bright future of UCF athletics and the steps they were seeking to attain national recognition. I was excited about becoming a part of the athletic director's vision while pursuing success at the next level," Kapels remembers of her choice to accept the position at UCF in 2002.

In her first year with the program, the Golden Knights began fulfilling that promise earning a 19-10 record and the Atlantic Sun regular season championship. They also advanced to the tournament final. "I walked into a great situation," says Kapels.

Prior to coming to Orlando, Kapels worked as an

assistant coach at Barry University from 2001-02. She was the recruiting coordinator and the head strength and fitness coach and also assisted with on-floor coaching, where she focused on the development of the guards. The Buccaneers went 14-13 overall and 8-6 in the Sunshine State conference. Two players were named to the SSC All-Conference Team.



In addition to her duties at Barry, Kapels also worked as the assistant fitness coordinator for the WNBA's Miami Sol.

A graduate of the University of Missouri-Kansas City, Kapels played three years for the Kangaroos, averaging 15.1 points a game as a junior and 15.8 as a sophomore. She ranks ninth in UMKC history with 919 points and second all-time with 128 three-pointers. Her performance earned her both all-conference and academic all-conference awards following all three seasons. She was also selected as a Division VII Academic All-American in 1999.

After earning her bachelor's degree in biology from UMKC, Kapels transferred to Barry for her final year of eligibility. She helped the Buccaneers advance to the NCAA Division II Sweet 16, where the team finished 14th in the nation. During that year, she averaged 15 points-per-game and hit a school-record 56 three-pointers. She earned Division II All-South Region and Division II All-South Region Tournament honors as well as All-SSC recognition.

"I am looking for the team to win the conference and conference tournament this season as well as succeeding in the NCAA Tournament. We have a great group of girls who I feel will take this team to many places this season," she says.

In addition to her bachelor's degree, Kapels also holds a master's degree in movement science from Barry. She is an active member of the Fellowship of Christian Athletes and also supports such organizations like the American Cancer Society, the Make-A-Wish Foundation as well as an array of ministries. She currently resides in Winter Park.

Coaches

KAPELS FACTS

Full Name	Kaycee Lynn Kapels
Born	July 4, 1978 Columbus, Neb.
High School	Lakeview High School, 1996
College	Missouri-Kansas City Bachelor in Biology, 2000
	Barry University Master in Movement Science, 2002
Playing career	UMKC 1996-2000
	Barry University 2000-01
Coaching career	Assistant Coach Barry University, 2001-02
	Assistant Coach UCF, 2002-present



A-SUN CHAMPIONS

BACK-2-BACK

LaTricia Gunnells



LaTricia Gunnells joined the UCF women's basketball staff in September of 2003. She is responsible for on-court coaching, recruiting, film exchange and scheduling practice times as well as coordinating the team's public relations and community service efforts.

"I am thrilled to be a part of the Golden Knights establishment," said Gunnells. "My decision to join UCF was not only based upon the close knit family environment that Coach Striegler and team portray, but also upon Gail's in-depth knowledge of basketball. This is an opportunity that I am truly grateful for."

A native of Detroit, Mich., Gunnells most recently served as an assistant women's basketball coach at Lehman College in the New York City area, where she dealt with all administrative and coaching aspects of the game.

Gunnells began her basketball career at Detroit's Murray-Wright High School. Upon graduation, she enrolled at Lansing Community College, where she both played and acted as a student coach from 1993-96.

In the fall of 1996, Gunnells transferred to St. John's University where she continued her playing career. After exhausting her eligibility in 1998, she stayed with the team as an undergraduate assistant coach. She also spent three years as a camp counselor and coach with the Inner-City Games during that time.

Thanks to her previous experience, Gunnells has a lot offer the Golden Knights. "I am a very team oriented person who believes motivation and encouragement are the key to each individual's perseverance," said Gunnells.

Gunnells, who serves as guardian of her two younger siblings – Aaron (6) and Bre'huna (11), graduated from St. John's University in 1999 with a bachelor's degree in communications.

GUNNELLS FACTS

Full Name
Latricia Marvalette Gunnells

Born
Feb. 13, 1975
Detroit, Mich.

High School
Detroit Murray-Wright High School, 1993

College
Lansing Community College
Associate in Arts & Sciences, 1996
St. John's University
Bachelor in Communications, 1999

Playing career
Lansing Community College
1993-96
St. John's University
1996-98

Coaching career
Undergraduate Assistant Coach
St. John's University, 1998-99
Assistant Coach
Lehman College, 1999-2001
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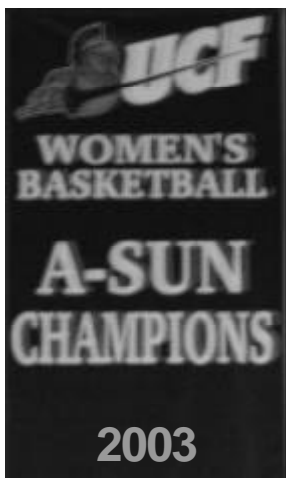


Coaches



A-SUN CHAMPIONS

BACK-2-BACK



Courtney Hastings
ASSISTANT
SPORTS
INFORMATION
DIRECTOR

Courtney Hastings is in her first year as an sports information director at UCF. Currently, she is responsible for women's basketball, women's soccer and women's softball teams.

A 2003 graduate of Florida State University, Hastings began her career in the sports information office there as a student intern assisting with football,

women's soccer, men's and women's basketball, women's softball and baseball.

Upon graduation, she moved to Bradenton, Fla. where she worked as an assistant administrator for a busy law firm.

Born in Florida, Hastings grew up moving throughout central Florida before finding a home in Orlando.



Jennifer Perez
ASSOCIATE ATHLETIC
TRAINER

Jennifer Perez is in her ninth season as an athletic trainer at UCF – her seventh year tending the women's basketball team. She also works with the women's golf team and oversees the graduate assistant trainers working with baseball and track and field.

Perez began her career with the Golden Knights as a graduate assistant athletic trainer from 1996-98, during which time she worked with the women's volleyball team. Upon completion of her master's degree in health service administration at UCF in 1998, she was then promoted to assistant athletic trainer and currently holds the title of associate athletic trainer.

Perez is a 1994 graduate of the University of Rhode Island, where she earned a bachelor's degree in physical education, health and corrective and adaptive education, with a minor in psychology and a specialization in sports medicine.

Perez holds membership in the National Athletic Trainers Association (NATA), Athletic Trainers Association of Florida (ATAF) and National Strength and Conditioning Association (NSCA).

A native of Pawtucket, R.I., Jennifer and her husband Jeffrey, a government teacher and football and baseball coach at Winter Springs High School, reside in Casselberry with their sons Keagan Joseph (2) and Kaiden Dutch (newborn).



John Whitford
EQUIPMENT MANAGER

John Whitford is in his second year at UCF as an assistant equipment manager. Whitford oversees equipment for volleyball, men's and women's basketball, women's soccer and women's tennis for the Golden Knights.

A 1995 graduate of Manchester College, he served as the head basketball manager from 1991-95 and also was a member of the golf team in 1993-94. Whitford later served as an assistant golf coach for Manchester in 1995.

Prior to UCF, Whitford worked as an assistant equipment manager at Ferris State University from 1998-2003. He was in charge of football and assisted in game and practice set-up for 17 additional sports.

Whitford is a member of AEMA since 1994 and has been certified since 1997. He resides in Orlando.



Karole Morrison
SENIOR SECRETARY

Karole Morrison became senior secretary for women's basketball in April of 1998. A native of Central Florida, she has lived in the area since the third grade, but her father linked the family to the area more permanently when he was part of the engineering team that developed the Lake Eola fountain.

Morrison has worked closely with state agencies during her career with Reimbursement Consultants prior to coming to UCF, making her well-versed in state procedures.

Morrison, who holds a bachelor's degree in business management from the University of Florida, resides in Orlando.

Coaches



Dennison McDavid



Ashley Younger



Merideth Shupp

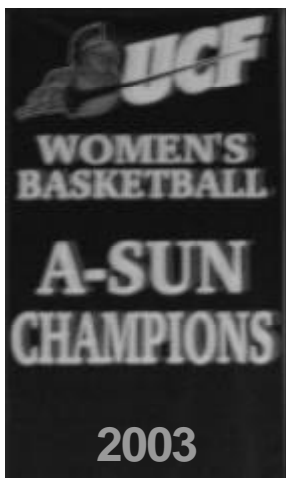
A-SUN CHAMPIONS



Coaches

BACK-2-BACK

Gail Striegler



Gail Striegler enters her sixth season as the head coach of the UCF Golden Knights women's basketball team. In 2003-04, she guided UCF to a 17-13 overall record against teams like Purdue, Florida, Alabama and Florida State. The team tie for the Atlantic Sun regular season championship and finished second in the

conference tournament. Two players earned season honors under Striegler - Celeste Hudson, First Team All-Conference, and Takira Allen, Second-Team All-Conference. Hudson and Ali Roberts earn a position on the All-Tournament Team under Coach Striegler after earning a second place finish.

Since being hired as the 10th head coach in UCF women's basketball history on June 21, 1999, Striegler has been very successful. She has finished the last four years with double digit wins and the last two as the Atlantic Sun Season Champion. Striegler was also named Coach of the Year by the Atlantic Sun after winning the title in 2003.

Thanks to that support, Striegler made the women's basketball a formidable power in the conference and beyond. The Golden Knights have compiled a 69-75 overall mark and a 53-39 record in conference play during her five-year career.

In 2003-04, Striegler led the Knights to a 17-13 overall record and 14-6 Atlantic Sun record with wins over Nicholls State, Georgia State, Belmont and Campbell. The Golden Knights went into the Atlantic Sun Conference Tournament with a seven game winning streak only to improve it to nine before falling to Lipscomb in the championship game. Celeste Hudson won Atlantic Sun First Team All-Conference honors and Takira Allen won Second Team All-Conference. Hudson and Ali Roberts were both honored at the end of the tournament by being named to the Atlantic Sun All-Tournament Team.

The Golden Knights earned the Atlantic Sun season title in 2002-03 after being led to a 19-11 overall record and a 13-3 Atlantic Sun record by Striegler. For her efforts, Striegler was awarded Coach of the Year by the Atlantic Sun. Shayla Smith was named to the Atlantic Sun All-Freshman Team following the season.

Erin Paige and Hudson were both named to the Atlantic Sun All-Tournament Team.

In 2001-02, she led the squad to a 17-13 overall record, including wins over Kansas, Georgia State, Campbell and Belmont. The team finished as the fourth seed in the Atlantic Sun Conference Tournament. At the end of the season, UCF was ranked 20th in the nation in three-point shooting percentage and blocks per game, while players Ali Roberts and Jessica Scala earned post-season conference honors.

During 1999-2000, her first season at the helm, the team went 9-20 overall while Erin Paige was named to the conference all-freshman team. The following year, UCF led the Atlantic Sun in three-point field goal percentage and finished at 10-18 overall. Adrienne Billings was named to the A-Sun All-Freshman Team, while LaToya Graham earned A-Sun Third-Team All-Conference honors.

Success has followed Striegler throughout her career as a player at the University of Central Arkansas and as an assistant coach at Northwestern State (La.) and Stephen F. Austin.

"I have learned something from every place I have been whether I was a player, assistant coach or head coach," says Striegler. "For me, it's important that I always have the desire to expand my knowledge of basketball. If you lose that desire, you lose your edge."

A native of Fayetteville, Ark., Striegler spent five years at Stephen F. Austin as the top assistant coach and recruiting coordinator. During her tenure at SFA, the Ladyjacks advanced to the tournament five times (1994, '95, '96, '97 & '98), including a trip to the "Sweet 16" in 1996. A highly respected recruiter, Striegler's 1998 recruiting class was ranked 13th by Women's Basketball Journal and Blue Chip Report, while her 1997 class was ranked 17th by the Blue Chip Report. She also



Coaches



A-SUN CHAMPIONS

BACK-2-BACK

STRIEGLER FACTS

Full Name Gail Dianne Striegler

Born July 3, 1967
Fayetteville, Ark.

High School Fayetteville High School, 1985

College University of Central Arkansas
Bachelor in Kinesiology, 1990

University of Arkansas
Master in Kinesiology, 1991

Playing Career University of Central Arkansas
1986-1990 (track & basketball)

Coaching Career Graduate Assistant Coach
Arkansas, 1990-91

Assistant Coach
Northwestern State, 1991-94

Assistant Coach
Stephen F. Austin, 1995-99

Head Coach
UCF, 1999-present

signed and coached numerous All-Americans while at SFA.

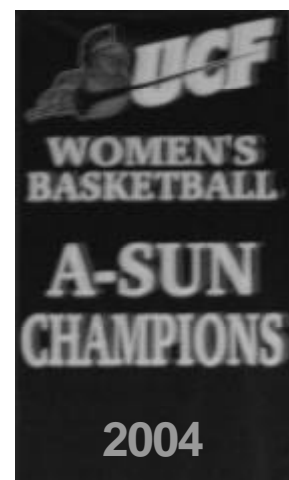
One of her many responsibilities as the top assistant included academic monitoring of players. The Ladyjacks maintained an 80-percent student-athlete graduation rate while Striegler was at Stephen F. Austin. She was also in charge of public relations, helping boost the Ladyjacks' attendance among the nation's Top 25 in 1994, 1995 and 1996.

Prior to her position at SFA, Striegler was the first assistant coach at Northwestern State for three seasons. During her time there, the Lady Demons amassed a 65-16 mark, earned a WNIT bid in 1992 and compiled three consecutive 20-win seasons.

Striegler began her coaching career in 1990 at the University of Arkansas as a graduate assistant in charge of on-court workouts as well as on-campus recruiting and public relations. At Arkansas, Striegler was part of a team that posted a 28-4 record en route to winning the Southwest Conference regular season and tournament championships and advancing to the NCAA Tournament "Sweet 16".

As a student-athlete, Striegler was member of the Central Arkansas women's basketball team, earning All-Arkansas Intercollegiate Conference honors in 1988-89.

Always a standout on the court, Striegler was named MVP for Fayetteville High School during the 1985



Coaches



A-SUN CHAMPIONS

BACK-2-BACK

Arkansas AAAA Championship and was twice selected as an all-state honoree.

Striegler holds a bachelor's degree in kinesiology from Central Arkansas and a master's degree in kinesiology from the University of Arkansas.

An active member of the community, Striegler has volunteered for a variety of organizations, including the March of Dimes, Special Olympics, Habitat for Humanity, Make-A-Wish Foundation, Boys and Girls Club, Hoops for Scholars and the Fellowship of Christian Athletes.



STRIEGLER VS. OPPONENTS

Opponent	Record
Alabama	0-1
American	0-1
Appalachian State	1-0
Austin Peay State	1-0
Belmont	4-2
Bethune-Cookman	0-2
Campbell	6-4
Colgate	1-0
Detroit	1-0
Eastern Illinois	1-0
Farleigh Dickinson	1-0
Florida	0-4
Florida Atlantic	7-3
Florida State	0-4
Gardner-Webb	3-0
Georgia State	2-8
Georgia Tech	0-2
Jacksonville	6-4
Jacksonville State	6-1
Kansas	1-0
Lipscomb	0-4
Manhattan College	0-1
Mercer	8-3
Middle Tennessee	0-1
Mississippi	0-1
Mississippi State	0-1
Monmouth	1-1
Nevada	0-1
New Orleans	0-1
Nicholls State	2-0
North Texas	0-2
Northern Iowa	0-1
Purdue	0-1
Radford	1-0
Samford	5-2
USF	0-2
Southern Miss.	0-1
Stetson	7-7
UT-Arlington	1-0
TAMUCC	1-0
Texas Tech	0-1
Troy State	4-6
Western Carolina	0-1
Wofford	1-0

Coaches

YEAR-BY-YEAR AS A HEAD COACH

Year Record A-Sun.. Notes

1999-00 9-20.. 5-13... 6th seed in the A-Sun Tourney

2000-01 10-18 . 8-10... Led the A-Sun in 3-pt fg%

2001-02 17-13 . 13-7... 3rd seed in the A-Sun Tourney
Earned 25th career win 1/5/02, Ranked in national Top 20 (3-pt fg%), Ranked in national Top 20 (blocks per game)

2002-03 19-11 . 13-3... A-Sun Regular Season Champions
2003 A-Sun Coach of the Year, A-Sun Tourney Runner-up, Earned 50th career win on 2/27/03

2003-04 ... 17-13.... 14-6.... A-Sun Regular Season Champions
A-Sun Tourney Runner-up,



COACHING HONORS

2003 Atlantic Sun Coach of the Year

PLAYER HONORS

10 All-Atlantic Sun Selections
26 A-Sun All-Academic Honors

TEAM ACCOMPLISHMENTS

2002-03 Atlantic Sun Regular Season Champions
2002-03 Atlantic Sun Tournament Runner-Up
2003-04 Atlantic Sun Regular Season Champions
2003-04 Atlantic Sun Tournament Runner-Up

A-SUN CHAMPIONS

BACK-2-BACK

Jen Schneider



Jennifer Schneider joined the Golden Knights' staff in the Spring of 2003 as assistant coach/recruiting coordinator.

As sixth-year Head Coach Gail Striegler's first assistant, Schneider will oversee recruiting, scheduling, scouting and equipment in addition to day-to-day administrative duties. On the floor, she will be responsible for coaching the post players.

"Gail has really established the UCF program as a powerhouse in the Atlantic Sun," says Schneider. "She is an excellent teacher of the game, which was one of the reasons I choose to join her staff."

"[Athletics Director] Steve Orsini and the administration have great vision for this university and are committed to making UCF Athletics a perennial power," she continues. "That is exciting to be a part of."

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College	Northwood University Bachelor in Economics/ Management, 1992
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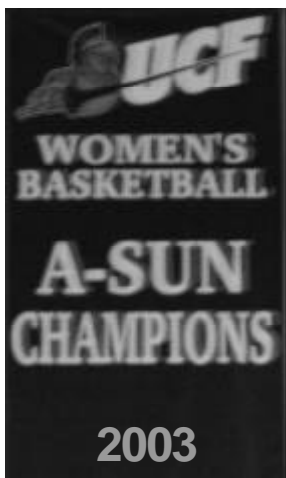
Coaches



A-SUN CHAMPIONS

BACK-2-BACK

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Coaches

KAPELS FACTS

Full Name
Kaycee Lynn Kapels

Born
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High School
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College
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Bachelor in Biology, 2000

Playing career
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Master in Movement Science, 2002

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1996-2000

Barry University
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Coaching career
Assistant Coach
Barry University, 2001-02

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UCF, 2002-present



A-SUN CHAMPIONS

BACK-2-BACK

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College
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St. John's University
Bachelor in Communications, 1999

Playing career
Lansing Community College
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St. John's University
1996-98

Coaching career
Undergraduate Assistant Coach
St. John's University, 1998-99
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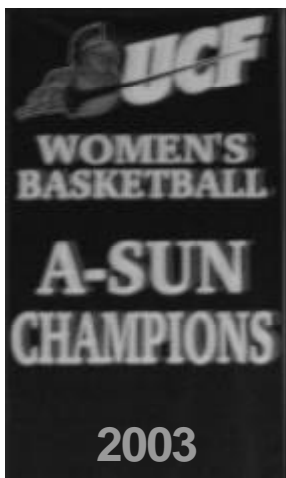


Coaches



A-SUN CHAMPIONS

BACK-2-BACK



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DIRECTOR

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A native of Pawtucket, R.I., Jennifer and her husband Jeffrey, a government teacher and football and baseball coach at Winter Springs High School, reside in Casselberry with their sons Keagan Joseph (2) and Kaiden Dutch (newborn) .



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Karole Morrison
SENIOR SECRETARY

Karole Morrison became senior secretary for women's basketball in April of 1998. A native of Central Florida, she has lived in the area since the third grade, but her father linked the family to the area more permanently when he was part of the engineering team that

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Morrison has worked closely with state agencies during her career with Reimbursement Consultants prior to coming to UCF, making her well-versed in state procedures.

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Dennison McDavid



Ashley Younger



Merideth Shupp

A-SUN CHAMPIONS

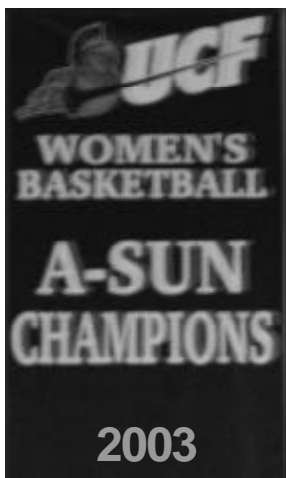
Coaches



Coaches

BACK-2-BACK

Gail Striegler



Gail Striegler enters her sixth season as the head coach of the UCF Golden Knights women's basketball team. In 2003-04, she guided UCF to a 17-13 overall record against teams like Purdue, Florida, Alabama and Florida State. The team tie for the Atlantic Sun regular season championship and finished second in the

conference tournament. Two players earned season honors under Striegler - Celeste Hudson, First Team All-Conference, and Takira Allen, Second-Team All-Conference. Hudson and Ali Roberts earn a position on the All-Tournament Team under Coach Striegler after earning a second place finish.

Since being hired as the 10th head coach in UCF women's basketball history on June 21, 1999, Striegler has been very successful. She has finished the last four years with double digit wins and the last two as the Atlantic Sun Season Champion. Striegler was also named Coach of the Year by the Atlantic Sun after winning the title in 2003.

Thanks to that support, Striegler made the women's basketball a formidable power in the conference and beyond. The Golden Knights have compiled a 69-75 overall mark and a 53-39 record in conference play during her five-year career.

In 2003-04, Striegler led the Knights to a 17-13 overall record and 14-6 Atlantic Sun record with wins over Nicholls State, Georgia State, Belmont and Campbell. The Golden Knights went into the Atlantic Sun Conference Tournament with a seven game winning streak only to improve it to nine before falling to Lipscomb in the championship game. Celeste Hudson won Atlantic Sun First Team All-Conference honors and Takira Allen won Second Team All-Conference. Hudson and Ali Roberts were both honored at the end of the tournament by being named to the Atlantic Sun All-Tournament Team.

The Golden Knights earned the Atlantic Sun season title in 2002-03 after being led to a 19-11 overall record and a 13-3 Atlantic Sun record by Striegler. For her efforts, Striegler was awarded Coach of the Year by the Atlantic Sun. Shayla Smith was named to the Atlantic Sun All-Freshman Team following the season.

Erin Paige and Hudson were both named to the Atlantic Sun All-Tournament Team.

In 2001-02, she led the squad to a 17-13 overall record, including wins over Kansas, Georgia State, Campbell and Belmont. The team finished as the fourth seed in the Atlantic Sun Conference Tournament. At the end of the season, UCF was ranked 20th in the nation in three-point shooting percentage and blocks per game, while players Ali Roberts and Jessica Scala earned post-season conference honors.

During 1999-2000, her first season at the helm, the team went 9-20 overall while Erin Paige was named to the conference all-freshman team. The following year, UCF led the Atlantic Sun in three-point field goal percentage and finished at 10-18 overall. Adrienne Billings was named to the A-Sun All-Freshman Team, while LaToya Graham earned A-Sun Third-Team All-Conference honors.

Success has followed Striegler throughout her career as a player at the University of Central Arkansas and as an assistant coach at Northwestern State (La.) and Stephen F. Austin.

"I have learned something from every place I have been whether I was a player, assistant coach or head coach," says Striegler. "For me, it's important that I always have the desire to expand my knowledge of basketball. If you lose that desire, you lose your edge."

A native of Fayetteville, Ark., Striegler spent five years at Stephen F. Austin as the top assistant coach and recruiting coordinator. During her tenure at SFA, the Ladyjacks advanced to the tournament five times (1994, '95, '96, '97 & '98), including a trip to the "Sweet 16" in 1996. A highly respected recruiter, Striegler's 1998 recruiting class was ranked 13th by Women's Basketball Journal and Blue Chip Report, while her 1997 class was ranked 17th by the Blue Chip Report. She also



Coaches



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STRIEGLER FACTS

Full Name Gail Dianne Striegler

Born July 3, 1967
Fayetteville, Ark.

High School Fayetteville High School, 1985

College University of Central Arkansas
Bachelor in Kinesiology, 1990

University of Arkansas
Master in Kinesiology, 1991

Playing Career University of Central Arkansas
1986-1990 (track & basketball)

Coaching Career Graduate Assistant Coach
Arkansas, 1990-91

Assistant Coach
Northwestern State, 1991-94

Assistant Coach
Stephen F. Austin, 1995-99

Head Coach
UCF, 1999-present

signed and coached numerous All-Americans while at SFA.

One of her many responsibilities as the top assistant included academic monitoring of players. The Ladyjacks maintained an 80-percent student-athlete graduation rate while Striegler was at Stephen F. Austin. She was also in charge of public relations, helping boost the Ladyjacks' attendance among the nation's Top 25 in 1994, 1995 and 1996.

Prior to her position at SFA, Striegler was the first assistant coach at Northwestern State for three seasons. During her time there, the Lady Demons amassed a 65-16 mark, earned a WNIT bid in 1992 and compiled three consecutive 20-win seasons.

Striegler began her coaching career in 1990 at the University of Arkansas as a graduate assistant in charge of on-court workouts as well as on-campus recruiting and public relations. At Arkansas, Striegler was part of a team that posted a 28-4 record en route to winning the Southwest Conference regular season and tournament championships and advancing to the NCAA Tournament "Sweet 16".

As a student-athlete, Striegler was member of the Central Arkansas women's basketball team, earning All-Arkansas Intercollegiate Conference honors in 1988-89.

Always a standout on the court, Striegler was named MVP for Fayetteville High School during the 1985



Coaches



A-SUN CHAMPIONS

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Arkansas AAAA Championship and was twice selected as an all-state honoree.

Striegler holds a bachelor's degree in kinesiology from Central Arkansas and a master's degree in kinesiology from the University of Arkansas.

An active member of the community, Striegler has volunteered for a variety of organizations, including the March of Dimes, Special Olympics, Habitat for Humanity, Make-A-Wish Foundation, Boys and Girls Club, Hoops for Scholars and the Fellowship of Christian Athletes.



STRIEGLER VS. OPPONENTS

Opponent	Record		
Alabama	0-1	Mercer	8-3
American	0-1	Middle Tennessee	0-1
Appalachian State	1-0	Mississippi	0-1
Austin Peay State	1-0	Mississippi State	0-1
Belmont	4-2	Monmouth	1-1
Bethune-Cookman	0-2	Nevada	0-1
Campbell	6-4	New Orleans	0-1
Colgate	1-0	Nicholls State	2-0
Detroit	1-0	North Texas	0-2
Eastern Illinois	1-0	Northern Iowa	0-1
Farleigh Dickinson	1-0	Purdue	0-1
Florida	0-4	Radford	1-0
Florida Atlantic	7-3	Samford	5-2
Florida State	0-4	USF	0-2
Gardner-Webb	3-0	Southern Miss.	0-1
Georgia State	2-8	Stetson	7-7
Georgia Tech	0-2	UT-Arlington	1-0
Jacksonville	6-4	TAMUCC	1-0
Jacksonville State	6-1	Texas Tech	0-1
Kansas	1-0	Troy State	4-6
Lipscomb	0-4	Western Carolina	0-1
Manhattan College	0-1	Wofford	1-0

Coaches

YEAR-BY-YEAR AS A HEAD COACH

Year Record A-Sun.. Notes

1999-00 9-20.. 5-13... 6th seed in the A-Sun Tourney

2000-01 10-18 . 8-10... Led the A-Sun in 3-pt fg%

2001-02 17-13 . 13-7... 3rd seed in the A-Sun Tourney
Earned 25th career win 1/5/02, Ranked in national Top 20 (3-pt fg%), Ranked in national Top 20 (blocks per game)

2002-03 19-11 . 13-3... A-Sun Regular Season Champions
2003 A-Sun Coach of the Year, A-Sun Tourney Runner-up, Earned 50th career win on 2/27/03

2003-04 ... 17-13.... 14-6.... A-Sun Regular Season Champions
A-Sun Tourney Runner-up,

COACHING HONORS

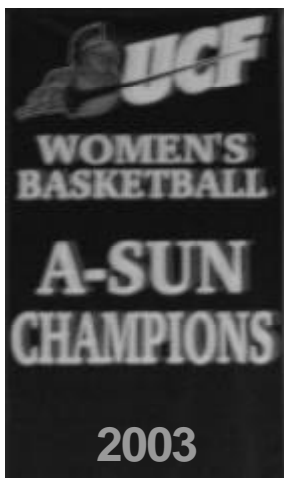
2003 Atlantic Sun Coach of the Year

PLAYER HONORS

10 All-Atlantic Sun Selections
26 A-Sun All-Academic Honors

TEAM ACCOMPLISHMENTS

2002-03 Atlantic Sun Regular Season Champions
2002-03 Atlantic Sun Tournament Runner-Up
2003-04 Atlantic Sun Regular Season Champions
2003-04 Atlantic Sun Tournament Runner-Up



A-SUN CHAMPIONS

BACK-2-BACK

Jen Schneider



Jennifer Schneider joined the Golden Knights' staff in the Spring of 2003 as assistant coach/recruiting coordinator.

As sixth-year Head Coach Gail Striegler's first assistant, Schneider will oversee recruiting, scheduling, scouting and equipment in addition to day-to-day administrative duties. On the floor, she will be responsible for coaching the post players.

"Gail has really established the UCF program as a powerhouse in the Atlantic Sun," says Schneider. "She is an excellent teacher of the game, which was one of the reasons I choose to join her staff."

"[Athletics Director] Steve Orsini and the administration have great vision for this university and are committed to making UCF Athletics a perennial power," she continues. "That is exciting to be a part of."

Schneider is no stranger to basketball in Florida as she comes to the Golden Knights after serving in a similar capacity at USF in Tampa for the two seasons. In her first season with the Bulls, her recruiting class was ranked 40th in the nation by the All-Star Girls Report. Also in her first year, she helped the team improve from a 4-24 record in 2000-01 to a 14-13 mark in 2001-02, the sixth best turnaround in the country at the time. With a full season to recruit, her recruiting class was ranked 25th in the country by the All-Star Girls Report the following year.

Schneider also brings a familiarity with the Atlantic Sun as well. Prior to her tenure at USF, she served as an assistant coach at Stetson University and helped the team improve its record each year she was there. In her final year with the team, Stetson collected a school record 22 victories and earned a spot in the A-Sun semi-finals.

Schneider also assisted in coaching the Michigan Tech women's basketball squad that posted a 21-10 record en route to an appearance in the NCAA Division II Sweet 16 in 1998. She began her coaching career at Barron Collier High School. From 1992-97, she guided the junior varsity girls' program to a 97-5 mark.

"I am very excited about the opportunity to put my experience to work for UCF. Gail is committed to excellence and is really trying to make a difference in the lives of young people," said Schneider. "Working with Gail and her staff is a daily blessing!"

"Jen's 12 years of experience coaching in Florida, with seven at the collegiate level, has really established her as one of the best recruiters in our home state," said Head Coach Gail Striegler. "Her two years in Conference USA before arriving at UCF will definitely be an asset to us as we enter C-USA next season."

Schneider graduated in 1992 from Northwood University in Midland, Mich., with a bachelor's degree in business administration.

SCHNEIDER FACTS	
Full Name	Jennifer Marie Schneider
Born	Dec. 29, 1969 Saginaw, Mich.
High School	Nouvel Catholic Central, 1988
College	Northwood University Bachelor in Economics/ Management, 1992
Playing career	Northwood University, 1989-1992
Coaching career	Head Junior Varsity Coach Barron Collier High School, 1992-97
	Assistant Coach Michigan Tech, 1997-98
	Assistant Coach/Recruiting Coord. Stetson, 1998-2001
	Assistant Coach/Recruiting Coord. USF, 2001-2003
	Assistant Coach/Recruiting Coord. UCF, 2003-present

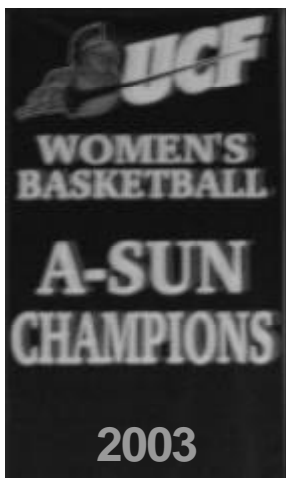
Coaches



A-SUN CHAMPIONS

BACK-2-BACK

Kaycee Kapels



Kaycee Kapels is in her third season as an assistant coach with the UCF women's basketball team. She was promoted to her current position as Gail Strielger's second assistant in the summer of 2003 and is now responsible for scouting, recruiting and on-court development of the guards.

"When I visited the campus for my interview, I attended an athletics department meeting. The administration kept talking about the bright future of UCF athletics and the steps they were seeking to attain national recognition. I was excited about becoming a part of the athletic director's vision while pursuing success at the next level," Kapels remembers of her choice to accept the position at UCF in 2002.

In her first year with the program, the Golden Knights began fulfilling that promise earning a 19-10 record and the Atlantic Sun regular season championship. They also advanced to the tournament final. "I walked into a great situation," says Kapels.

Prior to coming to Orlando, Kapels worked as an

assistant coach at Barry University from 2001-02. She was the recruiting coordinator and the head strength and fitness coach and also assisted with on-floor coaching, where she focused on the development of the guards. The Buccaneers went 14-13 overall and 8-6 in the Sunshine State conference. Two players were named to the SSC All-Conference Team.



In addition to her duties at Barry, Kapels also worked as the assistant fitness coordinator for the WNBA's Miami Sol.

A graduate of the University of Missouri-Kansas City, Kapels played three years for the Kangaroos, averaging 15.1 points a game as a junior and 15.8 as a sophomore. She ranks ninth in UMKC history with 919 points and second all-time with 128 three-pointers. Her performance earned her both all-conference and academic all-conference awards following all three seasons. She was also selected as a Division VII Academic All-American in 1999.

After earning her bachelor's degree in biology from UMKC, Kapels transferred to Barry for her final year of eligibility. She helped the Buccaneers advance to the NCAA Division II Sweet 16, where the team finished 14th in the nation. During that year, she averaged 15 points-per-game and hit a school-record 56 three-pointers. She earned Division II All-South Region and Division II All-South Region Tournament honors as well as All-SSC recognition.

"I am looking for the team to win the conference and conference tournament this season as well as succeeding in the NCAA Tournament. We have a great group of girls who I feel will take this team to many places this season," she says.

In addition to her bachelor's degree, Kapels also holds a master's degree in movement science from Barry. She is an active member of the Fellowship of Christian Athletes and also supports such organizations like the American Cancer Society, the Make-A-Wish Foundation as well as an array of ministries. She currently resides in Winter Park.

Coaches

KAPELS FACTS

Full Name
Kaycee Lynn Kapels

Born
July 4, 1978
Columbus, Neb.

High School
Lakeview High School, 1996

College
Missouri-Kansas City
Bachelor in Biology, 2000

Barry University
Master in Movement Science, 2002

Playing career
UMKC
1996-2000

Barry University
2000-01

Coaching career
Assistant Coach
Barry University, 2001-02

Assistant Coach
UCF, 2002-present



A-SUN CHAMPIONS

BACK-2-BACK

LaTricia Gunnells



LaTricia Gunnells joined the UCF women's basketball staff in September of 2003. She is responsible for on-court coaching, recruiting, film exchange and scheduling practice times as well as coordinating the team's public relations and community service efforts.

"I am thrilled to be a part of the Golden Knights establishment," said Gunnells. "My decision to join UCF was not only based upon the close knit family environment that Coach Striegler and team portray, but also upon Gail's in-depth knowledge of basketball. This is an opportunity that I am truly grateful for."

A native of Detroit, Mich., Gunnells most recently served as an assistant women's basketball coach at Lehman College in the New York City area, where she dealt with all administrative and coaching aspects of the game.

Gunnells began her basketball career at Detroit's Murray-Wright High School. Upon graduation, she enrolled at Lansing Community College, where she both played and acted as a student coach from 1993-96.

In the fall of 1996, Gunnells transferred to St. John's University where she continued her playing career. After exhausting her eligibility in 1998, she stayed with the team as an undergraduate assistant coach. She also spent three years as a camp counselor and coach with the Inner-City Games during that time.

Thanks to her previous experience, Gunnells has a lot offer the Golden Knights. "I am a very team oriented person who believes motivation and encouragement are the key to each individual's perseverance," said Gunnells.

Gunnells, who serves as guardian of her two younger siblings – Aaron (6) and Bre'huna (11), graduated from St. John's University in 1999 with a bachelor's degree in communications.

GUNNELLS FACTS	
Full Name	Latricia Marvalette Gunnells
Born	Feb. 13, 1975 Detroit, Mich.
High School	Detroit Murray-Wright High School, 1993
College	Lansing Community College Associate in Arts & Sciences, 1996 St. John's University Bachelor in Communications, 1999
Playing career	Lansing Community College 1993-96 St. John's University 1996-98
Coaching career	Undergraduate Assistant Coach St. John's University, 1998-99 Assistant Coach Lehman College, 1999-2001 Assistant Coach UCF, 2003-present

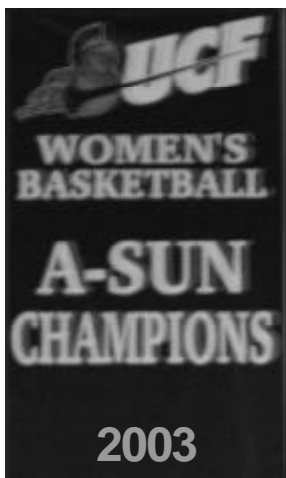


Coaches



A-SUN CHAMPIONS

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Courtney Hastings
ASSISTANT
SPORTS
INFORMATION
DIRECTOR

Courtney Hastings is in her first year as an sports information director at UCF. Currently, she is responsible for women's basketball, women's soccer and women's softball teams.

A 2003 graduate of Florida State University, Hastings began her career in the sports information office there as a student intern assisting with football,

women's soccer, men's and women's basketball, women's softball and baseball.

Upon graduation, she moved to Bradenton, Fla. where she worked as an assistant administrator for a busy law firm.

Born in Florida, Hastings grew up moving throughout central Florida before finding a home in Orlando.



Jennifer Perez
ASSOCIATE ATHLETIC
TRAINER

Jennifer Perez is in her ninth season as an athletic trainer at UCF – her seventh year tending the women's basketball team. She also works with the women's golf team and oversees the graduate assistant trainers working with baseball and track and field.

Perez began her career with the Golden Knights as a graduate assistant athletic trainer from 1996-98, during which time she worked with the women's volleyball team. Upon completion of her master's degree in health service administration at UCF in 1998, she was then promoted to assistant athletic trainer and currently holds the title of associate athletic trainer.

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Dennison McDavid



Ashley Younger



Merideth Shupp

Coaches

A-SUN CHAMPIONS

