



VANGUARD UNIVERSITY QUICK FACTS SHEET WOMEN'S BASKETBALL - 2009-10



GENERAL

NAME OF SCHOOL	<i>Vanguard University</i>		
LOCATION	<i>Costa Mesa, CA</i>		
FOUNDED	<i>1920</i>	ENROLLMENT	<i>1250</i>
STADIUM	<i>The Pit</i>	CAPACITY	<i>1200</i>
NICKNAME	<i>Lions</i>		
SCHOOL COLORS	<i>Navy Blue and Gold</i>		
AFFILIATION	<i>NAIA</i>		
CONFERENCE	<i>Golden State Athletic Conference</i>		
PRESIDENT	<i>Dr. Carol Taylor, PhD</i>		
ALMA MATER, YR	<i>Florida State University</i>		
ATH. DIRECTOR	<i>Bob Wilson, MA, (15th Year)</i>		
ALMA MATER, YR	<i>Wyoming University '69</i>		
ATH. DEPT. PHONE	<i>(714)556-3610 Ext. 2305</i>		
ASSOCIATE AD	<i>Beth Renkoski, NSU '87, (7th Year)</i>		
ASSOCIATE AD	<i>Nolan Steputis, VUSC '06, (3rd Year)</i>		

SPORTS INFORMATION

SPORTS INFO. DIR.	<i>Beth Renkoski, (15th year)</i>
SID OFFICE PHONE	<i>(714)556-3610 Ext. 2303</i>
SID OFFICE FAX	<i>(714)668-6144</i>
SPORTS HOTLINE	<i>(714)619-6600</i>
RADIO PHONE LINE	<i>(714)556-3610, ext. 2398 or 2399</i>
MAILING ADDRESS	<i>55 Fair Drive, Costa Mesa, CA 92626</i>
VU ATHLETIC WEBSITE	www.vanguard.edu/athletics/
VU LIVESTATS LINK	www.vanguard.edu/athletics/livestats/index.aspx

TICKETING INFORMATION

ADMISSION: Adults - \$5, Non-VU Students with ID - \$3, Under 6 - Free
 VU Faculty, Staff, Students, Administration Free with ID

Group Admission: Contact Nolan Steputis at nvsteputis@vanguard.edu

FREE PARKING Limited on campus - See Campus Map

VU honors Vanguard passes for regular season HOME games and only NAIA passes for all sports in regular and postseason play.

ATHLETIC TRAINING

HEAD ATH. TRAINER	<i>Darin Voigt, MS, ATC (5th year)</i>
ALMA MATER/YR	<i>CPP '94</i>
OFFICE PHONE	<i>(714)556-3610 Ext. 2390</i>
A TEP DIRECTOR	<i>Dr. Terry Zeigler, Ed.D, ATC (25th year)</i>
ALMA MATER/YR	<i>VUSC '83</i>
OFFICE PHONE	<i>(714)556-3610 Ext. 2828</i>
ASST. ATH. TRAINER	<i>Alise Juanes, MA, ATC (4th year)</i>
ALMA MATER/YR	<i>VUSC '04</i>
OFFICE PHONE	<i>(714)556-3610 Ext. 2392</i>
ASST. ATH. TRAINER	
ALMA MATER/YR	
OFFICE PHONE	<i>(714)556-3610 Ext. 2391</i>

AT ROOM HOURS OF OPERATION: 12pm - 6pm, Mon-Fri

The Athletic Training Room will open 2 hours prior to any home event and will be staffed by at least one certified athletic trainer.

ATR FAX NUMBER *(714)662-5259*

CHAMPIONS OF CHARACTER PROGRAM CENTER

CONTACT *Bob Wilson - Program Director*
PHONE or E-MAIL *(714)556-3610, ext 2301 or bwilson@vanguard.edu*
Joining the NAIA in "Changing the Culture of Sport"
WEBSITE: www.vanguard.edu/athletics/championsofcharacter/

COACHING STAFF

HEAD COACH	<i>Russ Davis</i>
ALMA MATER, YR	<i>NA</i>
VU RECORD (YRS), CAREER (YRS)	<i>349-86 (13), 349-86 (13)</i>
E-MAIL ADDRESS	rdavis@vanguard.edu
BASKETBALL OFFICE PHONE	<i>(714)556-3610, ext. 2310</i>
BEST TIME TO REACH COACH	<i>mornings</i>
ASST. COACHES (ALMA MATER/YR/RESPONSIBILITIES)	<i>Brian Roberts (2nd year), Melissa Cook (1st year)</i> <i>John Barney (7th year), Matt Klemin (1st year)</i>

TEAM INFORMATION

OVERALL RECORD LAST YEAR	<i>31-4</i>
CONF. RECORD/FINISH	<i>19-1/1st</i>
NATIONAL RANKING LAST YEAR	<i>2nd, Final Rating 3/11/09</i>
STARTERS RETURNING/LOST	<i>4/1</i>
LETTERWINNERS RETURN/LOST	<i>8/3</i>

HISTORY

OVERALL ALL-TIME RECORD	<i>498-291 (since 1985)</i>
NAIA TOURN. APPEARANCES	<i>1998-2000, 2002-09 (11)</i>
LAST POST-SEASON OPPONENT	<i>Oklahoma City (OK), 3/21/09</i>
RESULT	<i>L 68-83, 2009 NAIA Div. I Quarterfinals</i>

MEDIA INFORMATION

LA TIMES - OC EDITION	<i>(714)966-5904 PHONE</i> <i>(714)966-5663 FAX</i> peter.yoon@latimes.com
Peter Yoon (213)237-6469	
LA TIMES-MAIN EDITION	<i>(800)528-4637 ext.77145 PHONE</i> <i>(213)237-7876 FAX</i> sports@latimes.com
ASSOCIATED PRESS-LA	<i>(213)626-1200 PHONE</i> <i>(213)346-0200 FAX</i>
ORANGE COUNTY DAILY PILOT	<i>(714)966-4616 PHONE</i> <i>(714)966-4668 FAX</i>
SPORTS CONTACTS:	
Steve Virgen	steve.virgen@latimes.com
Barry Faulkner	barry.faulkner@latimes.com
Dave Thorpe	dave.thorpe@latimes.com
ORANGE COUNTY REGISTER	<i>(714)796-7804 PHONE</i> <i>(714)796-6765 FAX</i> dbean@ocregister.com current@register.com preps@ocregister.com sports@ocregister.com
David Bean (714)796-7806	
KOCE - TV	<i>(714)842-5790 FAX</i>
Rick Mielke - Anchor/Reporter	rmielke@koce.org (714)861-4357
Jack Gallagher - Assignment Desk	(714)861-4356
COSTA MESA BREEZE	<i>(714)445-6682 PHONE</i> <i>(714)445-6602 FAX</i> <i>(714)549-5820 PHONE</i> <i>(714)641-2890 FAX</i>
TIME WARNER CABLE	<i>(816)595-8000 PHONE</i> <i>(816)595-8200 FAX</i> naia.cstv.com/ jdannelly@collegefanz.com
bob.gibson@twcable.com	
NAIA - Sports Information	<i>(308)383-1431 PHONE</i>
Chad Waller (816)595-8119	<i>(816)595-8200 FAX</i>
cwaller@naia.org	
COLLEGE FANZ	<i>(909)392-9225 PHONE</i>
CONTACT: Jason Dannelly	
GSAC SPORTS INFO. DIRECTOR	<i>(909)392-9225 PHONE</i> spine@gsacsports.org
CONTACT: Sheri Pine	
GSAC WEBSITE	www.gsacsports.org



VANGUARD UNIVERSITY TEAM INFORMATION WOMEN'S BASKETBALL - 2009-10



STARTERS RETURNING

	POS	HT	YR	GP/GS	Points/Rebs/Assists per game	COMMENTS
Rachel Copeland	F	5-10	Sr.	32/31	14.9/2.7/8	led VU in scoring and 3FG
Sarah Boyd	G	5-4	Jr.	35/27	6.6/2.1/5.05	led VU in assists
Molly Pfohl	F/C	6-0	Jr.	35/28	6.8/5.3/1.3	2nd in rebounds for VU
Diana Neves	G	5-7	Sr.	35/30	13.4/3.5/1.6	2009 All-GSAC

OTHER KEY RETURNERS

Bridgette Reyes	G	5-7	Sr.	33/7	10.3/2.2/3.8	09 All-GSAC, NAIA-HM
Paige (Alexandra) Halberg	G	5-9	Jr.	33/5	.8/1.9/8	Team Captain
Jaclyn Blied	G	5-8	Sr.	35/6	6.5/2.7/4	
Nondi Johnson	F	5-11	Sr.	34/0	2.4/3.3/1	

STARTERS LOST

Lauren Gregory	F	6-1	Sr.	35/35	14.6/6.3/1.3	2xAll-GSAC, NAIA AA
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OTHER KEY LOSSES

Kelsey Carlson	G	5-11	So.	34/1	2.9/1.0/2	
Joy Sterling	F	5-10	Jr.	34/0	1.7/2.6/1	

KEY NEWCOMERS

				COMMENTS	LAST SCHOOL
Allison Burns	F	5-10	Fr.	2008-09 Redshirt	Esperanza HS
Veronica Beavor	G	5-5	Fr.	2008-09 Redshirt	Orange Lutheran HS
Miljana Cejic	F	6-2	Sr.	senior transfer	UC Irvine
Chelsea Alfafara	G	5-5	So.		Orange Coast College
Stephanie Fredricks	G	5-7	Fr.		Bradshaw Christian HS
Sheena Holden	G	5-5	Fr.		

ALPHABETICAL PRESEASON ROSTER

Chelsea Alfafara	G	5-5	So.	Dana Point, CA/Orange Coast College
Veronica Beavor	G	5-5	Fr.	Costa Mesa, CA/Orange Lutheran HS
Jaclyn Blied	G	5-8	Sr.	Fullerton, CA/Troy High School
Sarah Boyd	G	5-4	Jr.	Oregon City, OR/Oregon City High School
Allison Burns	F	5-10	Fr.	Yorba Linda, CA/Esperanza High School
Miljana Cejic	F	6-2	Sr.	Vrsac, Serbia/UC Irvine
Rachel Copeland	F	5-10	Sr.	Dexter, OR/Clackamas CC
Stephanie Fredricks	G	5-7	Fr.	Plymouth, CA/Bradshaw Christian High School
Paige (Alexandra) Halberg	G	5-9	Jr.	Oregon City, OR/Oregon City High School
Sheena Holden	G	5-5	Fr.	Gillette, WY/
Nondi Johnson	F	5-11	Sr.	Cathedral City, CA/CSU Long Beach
Diana Neves	G	5-7	Sr.	Gladstone, Australia/Tusculum College
Molly Pfohl	F/C	6-0	Jr.	Rolling Hills Estates, CA/Redondo Union HS
Bridgette Reyes	G	5-7	Sr.	Tustin, CA/Boise State University

1998, 99, 00, 03, 04, 05, 06, 07, 09 GSAC CHAMPIONSHIPS

1998, 99, 00, 02, 03, 04, 05, 06, 07, 08, 09 NAIA APPEARANCES

2003, 2006, 2007, 2008 NAIA FINAL FOUR



**Home of the 2008 NAIA Division I
Women's Basketball National Champions!**

2009-10 Season Outlook

Although the Vanguard Lions were not able to defend their 2008 NAIA Championship, the Lions did regain their title of GSAC Champions with a 19-1 conference record in 2009, earning the program's ninth GSAC Championship. Vanguard also won the GSAC Tournament Championship and qualified for the program's 11th NAIA Tournament appearance as one of the four No. 1 seeds. Coach Russ Davis and the Lions made it to the quarter finals before being eliminated by Oklahoma City, 83-68. The Lions return to the court this season without the services of senior Lauren Gregory, a 2009 All-GSAC and NAIA 1st-Team All-American. Gregory led the Lions with 6.3 rebounds per game, was 2nd for VU in scoring (14.6 ppg), led VU in free throws attempted and made, and was 4th-highest in 3FG made. Although Gregory will be hard to replace, the 2009-10 roster is stacked with returners who made huge contributions in 2009 and are ready to pick up the slack. VU's top scorer and three-point leader Rachel Copeland is joined in the senior class by All-GSAC and NAIA Honorable Mention guard Bridgette Reyes, All-GSAC Diana Neves, Jaclyn Blied and Nondi Johnson. Juniors Sarah Boyd, Molly Pfohl, and Paige Halberg also return to give the Lions a very experienced returning crew to help defend the GSAC Championship and lead the way back to the postseason. In addition, Vanguard gains the services of a pair of redshirts from 2009 (Allison Burns and Veronica Beavor), and a handful of new additions. Leading the newcomers should be senior transfer Miljana Cejic who came to VU from UC Irvine and looks to be an important part of the lineup from the start. OCC sophomore transfer Chelsea Alfafara and freshmen Stephanie Fredricks and Sheena Holden are the final new pieces to Vanguard's puzzle for the 2009-10 season. Davis and his coaching staff has the annual job of figuring out how that puzzle will fit together and equal the kind of success that the VU program has become accustomed to achieving. "We have great depth, leadership, and focus. I think we have a great chance if we stay healthy to make a run at the title," says Davis. Healthy or not, the GSAC title is there to defend and a 2nd NAIA title awaits.

www.vanguard.edu/athletics/wbasketball/

2008-09 STATISTICS COMMENTS

2009-10 SCHEDULE

Bold Denotes GSAC Games

11/1	Stanford (Exhibition)	A	2:00 PM
11/2	San Francisco (Exhibition)	A	7:00 PM
11/3	California (Exhibition)	A	6:00 PM
11/5	Arizona State (Exhibition)	A	6:00 PM
11/9	Connecticut (Exhibition)	A	4:00 PM
11/9	Bethany (CA)	H	7:30 PM
11/11	Bethany (CA)	H	7:30 PM
11/20-21	UGF Tournament - Great Falls, MT		
11/20	Montana State - Northern	UGF	5:00 PM
11/21	Great Falls (MT)	UGF	1:00 PM
12/1	Point Loma Nazarene	A	5:30 PM
12/5	Biola	H	5:30 PM
1/3	The Master's	A	5:30 PM
1/6	Hope International	A	5:30 PM
1/8	Fresno Pacific	H	5:30 PM
1/13	San Diego Christian	H	5:30 PM
1/17	Azusa Pacific	A	5:30 PM
1/20	Concordia (CA)	H	5:30 PM
1/24	Westmont	A	5:30 PM
1/27	California Baptist	A	5:30 PM
1/31	The Master's	H	5:30 PM
2/3	Point Loma Nazarene	H	5:30 PM
2/7	Biola	A	5:30 PM
2/10	Hope International	H	5:30 PM
2/12	Fresno Pacific	A	5:30 PM
2/17	San Diego Christian	A	5:30 PM
2/21	Azusa Pacific	H	5:30 PM
2/24	Concordia (CA)	A	5:30 PM
2/28	Westmont	H	5:30 PM
3/2	California Baptist	H	5:30 PM
3/4	GSAC Tourn. First Round	TBA	TBA
3/6	GSAC Tourn. Semifinals	TBA	TBA
3/9	GSAC Tourn. Championship	TBA	7:30 PM
3/17-23	NAIA National Tournament	TN	TBA
All Home Games are played on campus at The Pit			
2009 GSAC Final Standings			
NAIA Rank	School	GSAC	Overall
2	Vanguard	19-1	31-4
8	Point Loma Nazarene	17-3	27-7
16	Westmont	13-7	22-9
18	Azusa Pacific	12-8	23-11
21	Biola	11-9	20-12
RV	The Master's	11-9	16-14
	California Baptist	9-11	17-14
	Fresno Pacific	9-11	13-15
	Concordia (CA)	7-13	14-14
	San Diego Christian	2-18	5-23
	Hope International	0-20	1-27

Vanguard Women's Basketball 2008-09
Vanguard Combined Team Statistics (as of Oct 04, 2009)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES.....	(31-4)	(17-1)	(9-1)	(5-2)
CONFERENCE.....	(19-1)	(10-0)	(9-1)	(0-0)
NON-CONFERENCE.....	(12-3)	(7-1)	(0-0)	(5-2)

## Player	GP-GS	Min--Avg	---TOTAL---		---3-PTS---		FT-FTA	Pct	---REBOUNDS---				PF	FO	A	TO	Blk	Stl	Pts	Avg
			FG-FGA	Pct	3FG-FGA	Pct			Off	Def	Tot	Avg								
14 COPELAND, Rachel...	32-31	845 26.4	163-400	.408	108-275	.393	44-47	.936	24	62	86	2.7	77	3	29	64	1	36	478	14.9
34 GREGORY, Lauren....	35-35	977 27.9	161-355	.454	47-116	.405	142-181	.785	65	154	219	6.3	99	1	48	79	25	50	511	14.6
01 NEVES, Diana.....	35-30	801 22.9	156-399	.391	89-259	.344	67-82	.817	32	92	124	3.5	51	1	57	61	3	49	468	13.4
24 REYES, Bridgette...	33-7	701 21.2	98-206	.476	18-60	.300	125-155	.806	16	58	74	2.2	38	0	125	49	5	47	339	10.3
32 PFOHL, Molly.....	35-28	872 24.9	89-165	.539	6-26	.231	54-73	.740	55	130	185	5.3	86	6	47	59	4	20	238	6.8
04 BOYD, Sarah.....	35-27	741 21.2	61-129	.473	19-35	.543	91-112	.813	39	36	75	2.1	67	0	177	60	1	61	232	6.6
02 BLIED, Jaclyn.....	35-6	720 20.6	70-224	.313	58-184	.315	29-43	.674	44	49	93	2.7	50	0	17	23	2	19	227	6.5
25 CARLSON, Kelsey....	34-1	331 9.7	34-99	.343	17-61	.279	14-17	.824	8	27	35	1.0	24	0	8	17	2	11	99	2.9
21 JOHNSON, Nondi....	34-0	389 11.4	30-79	.380	0-2	.000	22-35	.629	58	54	112	3.3	78	3	4	24	17	12	82	2.4
33 STERLING, Joy.....	27-5	222 8.2	19-48	.396	0-0	.000	8-13	.615	33	36	69	2.6	26	0	5	17	1	8	46	1.7
23 HALBERG, A. (Paige)	33-5	426 12.9	13-49	.265	0-8	.000	2-4	.500	17	45	62	1.9	22	0	31	29	22	14	28	0.8
TEAM.....									60	98	158	4.6	1		9					

Total.....	35	7025	894-2153	.415	362-1026	.353	598-762	.785	451	841	1292	36.9	619	14	548	491	83	327	2748	78.5
Opponents.....	35	7033	776-1939	.400	225-728	.309	468-671	.697	407	876	1283	36.7	673	-	504	704	75	211	2245	64.1

TEAM STATISTICS	VUSC	OPP	DATE	OPPONENT	W/L	SCORE	ATTEND		
SCORING.....	2748	2245	10/30/08	GREAT FALLS (MT)	W	85-60	250		
Points per game.....	78.5	64.1	!10/31/08	vs Rocky Mountain (MT)	W	78-54	210		
Scoring margin.....	+14.4	-	!11/01/08	MSU-NORTHERN	W	81-55	405		
FIELD GOALS-ATT.....	894-2153	776-1939	11/22/08	ACADEMY OF ARTS (CA)	W	95-56	207		
Field goal pct.....	.415	.400	11/28/08	LEE (TN)	W	74-66	120		
3 POINT FG-ATT.....	362-1026	225-728	11/29/08	UNION (TN)	L	75-90	305		
3-point FG pct.....	.353	.309	*12/02/08	POINT LOMA NAZARENE	W	72-57	182		
3-pt FG made per game..	10.3	6.4	*12/06/08	at Biola	W	81-78	112		
FREE THROWS-ATT.....	598-762	468-671	+12/28/08	vs Madonna	W	84-59	101		
Free throw pct.....	.785	.697	+12/29/08	vs Mount Marty, SD	W	77-68	101		
REBOUNDS.....	1292	1283	+12/30/08	vs California Baptist	LOT	90-92	115		
Rebounds per game.....	36.9	36.7	*01/03/09	THE MASTER'S	W	83-64	200		
Rebounding margin.....	+0.3	-	*01/06/09	HOPE INTERNATIONAL	W	95-48	76		
ASSISTS.....	548	504	*01/08/09	at Fresno Pacific	W	67-54	-		
Assists per game.....	15.7	14.4	*01/13/09	at San Diego Christian	W	68-43	50		
TURNOVERS.....	491	704	*01/17/09	AZUSA PACIFIC	W	78-71	161		
Turnovers per game.....	14.0	20.1	*01/20/09	at Concordia	W	73-68	213		
Turnover margin.....	+6.1	-	*01/24/09	WESTMONT	W	83-75	228		
Assist/turnover ratio..	1.1	0.7	*01/27/09	CALIFORNIA BAPTIST	W	96-62	149		
STEALS.....	327	211	*01/31/09	at The Master's	W	70-65	-		
Steals per game.....	9.3	6.0	*02/03/09	at Point Loma Nazarene	L	73-79	320		
BLOCKS.....	83	75	*02/07/09	BIOLA	W	62-56	370		
Blocks per game.....	2.4	2.1	*02/10/09	at Hope International	W	108-46	60		
WINNING STREAK.....	0	-	*02/12/09	FRESNO PACIFIC	W	68-53	150		
Home win streak.....	13	-	*02/17/09	SAN DIEGO CHRISTIAN	W	89-46	174		
ATTENDANCE.....	3787	7330	*02/21/09	at Azusa Pacific	W OT	87-85	-		
Home games-Avg/Game....	18-210	10-131	*02/24/09	CONCORDIA (CA)	W	67-62	242		
Neutral site-Avg/Game..	-	7-860	*02/28/09	at Westmont	W	86-79	209		
			*03/02/09	at California Baptist	W	62-58	348		
SCORE BY PERIODS:	1st	2nd	OT	Total	^03/04/09	FRESNO PACIFIC	W	70-49	111
-----	-----	-----	-----	-----	^03/06/09	AZUSA PACIFIC	W	73-71	160
Vanguard.....	1333	1398	17	- 2748	^03/09/09	POINT LOMA NAZARENE	W	78-71	297
Opponents.....	1006	1222	17	- 2245	\$3/18/09	vs Berry GA	W	72-51	1226
					\$3/20/09	vs Westminster UT	W	80-71	1300
					\$3/21/09	vs Oklahoma City OK	L	68-83	2965

! = Montana State-Northern Tournament
+ = Las Vegas Shootout
* = Conference game
^ = GSAC Postseason Tournament
\$ = NAIA National Tournament