

Colorado State University



Women's Basketball

FOR IMMEDIATE RELEASE
Nov. 4, 2009

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www.CSURams.com

2009-10 Schedule (0-0, 0-0 MWC)

Date	Opponent	Time/Result
Oct. 29	CSU-Pueblo (exh.)	W, 81-59
Nov. 6	Adams State (exh.)	7 p.m.
Nov. 13	Montana	7 p.m.
Nov. 15	Wichita State	2 p.m.
Nov. 18	at Denver	7 p.m.
Nov. 22	at Valparaiso	12:30 p.m.
Nov. 27	*Texas State	7 p.m.
Nov. 28	*TBD	7 p.m.
Dec. 1	at Idaho	7 p.m.
Dec. 5	!at California	1 p.m.
Dec. 6	!TBD	1 p.m.
Dec. 11	Colorado	7 p.m.
Dec. 21	at Northern Colorado	5 p.m.
Dec. 30	at Texas A&M Corpus Christi	1 p.m.
Jan. 2	South Dakota	2 p.m.
Jan. 5	*Wyoming	6 p.m.
Jan. 9	*at Air Force	2 p.m.
Jan. 16	*BYU	2 p.m.
Jan. 20	*at UNLV	8 p.m.
Jan. 23	*New Mexico	2 p.m.
Jan. 27	*at TCU	5:30 p.m.
Jan. 30	*at San Diego State	3 p.m.
Feb. 3	*Utah	7 p.m.
Feb. 6	*at Wyoming	2 p.m.
Feb. 9	*Air Force	6 p.m.
Feb. 17	*at BYU	7 p.m.
Feb. 20	*UNLV	2 p.m.
Feb. 24	*at New Mexico	7 p.m.
Feb. 27	*TCU	2 p.m.
March 3	*San Diego State	7 p.m.
March 6	*at Utah	2 p.m.
March 9	#Round 1	TBA
March 10	#Quarterfinal Round	TBA
March 12	#Semifinal Round	TBA
March 13	#Championship Round	2 p.m.

All times listed are Mountain Time Zone; Home games in **Bold**
 ^ - Coors Rocky Mountain Invitational - Fort Collins, Colo.
 ! - Colliers International Tournament - Berkeley, Calif.
 # - Conoco Mountain West Conference Championships - Las Vegas, Nev.
 * - Mountain West Conference Game

Exhibition Game No. 2

Colorado State (1-0 exhibition) vs. Adams State (0-1 exhibition)

Nov. 6, 2009 | Fort Collins, Colo. | Moby Arena (8,745) | 7 p.m. MT



Rams host Adams State in final exhibition...

Second-year Head Coach Kristen Holt and the Colorado State women's basketball program host the Adams State Grizzlies on Friday in the team's final exhibition game before the start of the 2009-10 season.

The game is scheduled to begin at 7 p.m. MT from Moby Arena. Doors open at 6 p.m. and tickets are available at the McGraw Athletic Center ticket office or online at CSURams.com.

Live statistics are available on CSURams.com by clicking on the "Gametracker" icon on the calendar of the home page or from the women's basketball schedule page.

About Adams State...

The Adams State Grizzlies enter the 2009-10 season under fourth-year Head Coach Kelly Kruger. Last season the team finished with a 14-14 record and made the quarterfinals

The Series (regular season only)

Overall Record	0-0
In Fort Collins	0-0
In Pueblo	0-0
At Neutral Sites	0-0
Holt vs. Adams State	0-0

Radio

Colorado State Sports Network	AM 1410 KIIH
Brian Roth	Play-by-Play
Matt Wozniak	Color Analyst

Television

None

Live Stats

Gametracker	CSURams.com
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CSU Media Relations Contact

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Amanda Nutting, Student-Assistant

Vanessa Nettingham, Student-Assistant

2009-10 Colorado State Women's Basketball Roster

No.	Name	Ht.	Pos.	Cl.	Exp.	Hometown (Last School)	GP-GS*	Pts.*	Reb.*	Notes
1	Chatilla van Grinsven	6-2	F	SO	1L	Helmond, Netherlands (Dr. Knippenberg College)	24-3	4.1	3.3	Scored 18 points in 20 minutes against UNC Bears (Dec. 6)
2	Bonnie Barbee	5-8	G	JR	2L	Mesa, Ariz. (Red Mountain)	31-3	7.1	1.5	Averaged a team high .333 in three-point percentage in 2008-09
3	Sara Hemmings	5-3	G	JR	TR	Greeley, Colo. (University of Arizona)	--	--	--	All-time assist leader at Greeley West High School
5	Kim Mestdagh	5-10	G/F	SO	1L	Ieper, Belgium (Sint Vincentius)	31-14	7.5	3.5	Ranked eighth in MWC with 51 three-point baskets in 2008-09
10	Natalie van den Adel	6-1	G	SO	1L	Barendrecht, Netherlands (Walburg)	5-0	1.3	0.5	Played in five contests in 2008-09 per NCAA transfer rules
11	Meghan Heimstra	6-2	F	SO	1L	Longmont, Colo. (Silver Creek)	29-0	4.8	3.5	Recorded team high 13 blocks in 2008-09
21	Kelly Bond	5-10	G	FR	HS	Longmont, Colo. (Longmont)	--	--	--	Led LHS to a City Championship and Final 8 appearance
23	Zoi Simmons	5-6	G	JR	2L	Fontana, Calif. (IMG Academy)	29-13	5.6	2.9	Led team in free throw percentage with .797 in 2008-09
24	Chantel Kennedy	5-7	G	FR	HS	Norcross, Ga. (Wesleyan)	--	--	--	Led WHS team to a state title junior year
32	Meixandra Porter	5-6	G	FR	HS	Chantilly, Va. (Freedom)	--	--	--	Team captain in basketball, cross country and track and field
54	Erin Cooke	6-2	F	JR	JC	Billings, Mont. (Northwest College)	--	--	--	Averaged 27 points and 12.5 rebounds second year at Northwest

Head Coach: Kristen Holt (second season)

Assistants: Dick Lien (third season), Taylor Steven (first season)

Director of Basketball Operations: Matt Klein (third season)

Pronunciation Guide

Chatilla van Grinsven	shuh-TILL-uh van GRINS-venn
Kim Mestdagh	mest-DOGG
Natalie van den Adel	van din ADD-ul
Meghan Heimstra	HIME-struh
Meixandra Porter	MIX-an-dra

* 2008-09 CSU statistics

The Rams' Record in 2008-09 When

At Home.....	6-10
On the Road.....	2-10
On Neutral Court.....	2-1
Playing on Monday.....	0-1
Playing on Tuesday.....	3-0
Playing on Wednesday.....	1-10
Playing on Thursday.....	0-0
Playing on Friday.....	0-1
Playing on Saturday.....	5-8
Playing on Sunday.....	1-1
Playing during the day.....	7-8
Playing at night.....	3-12
Playing in November.....	1-4
Playing in December.....	3-4
Playing in January.....	3-6
Playing in February.....	2-5
Playing in March.....	1-1
An overtime game.....	0-1
Leading at the half.....	7-4
Tied at the half.....	2-0
Trailing at the half.....	1-17
Scoring 60 or fewer points.....	4-13
Scoring 61-70 points.....	5-8
Scoring 71-80 points.....	0-0
Scoring 81-90 points.....	1-0
Scoring 91 or more points.....	0-0
Allowing 60 points or less.....	9-1
Allowing 61-70 points.....	1-10
Allowing 71-80 points.....	0-9
Allowing 81-90 points.....	0-0
Allowing 91 or more points.....	0-1
Shooting higher field goal %.....	9-3
Shooting .350 or below.....	1-15
Shooting .351-.400.....	4-5
Shooting .401-.450.....	2-0
Shooting .451-.500.....	3-1
Shooting above .501.....	0-0
Allowing less than .350.....	6-3
Allowing .351-.400.....	2-8
Allowing above .400.....	2-10
Shooting higher 3-pt field goal %.....	7-11
Shooting .300 or higher 3-pt %.....	6-12
Allowing .300 or higher 3-pt %.....	4-18
Shooting higher free throw %.....	6-6
Making more free throws.....	4-8
Making less free throws.....	5-12
Free throws are equal.....	1-0
Outrebounding opponent.....	9-7
Being outrebounded.....	1-14
Rebounds are equal.....	0-0
Recording more assists.....	8-4
Recording more steals.....	7-8
Blocking more shots.....	5-7
Recording fewer turnovers.....	3-5
Win opening tip.....	8-8
Lose opening tip.....	2-13
When CSU scores first.....	4-9
When opponent scores first.....	6-12
On television.....	1-3

in the RMAC Tournament. The Grizzlies return four starters from last year's team that set an NCAA Division II school record by winning 14 games. They have been picked to finish third in the RMAC West Division and eighth overall in the preseason coaches' poll.

Highlighting the Grizzlies' returning players is junior guard Vera Jo Bustos. Bustos, the 2008 RMAC Freshman of the Year, led the Grizzlies in scoring last season with an average of 17.9 points per game. The sharp-shooting guard knocked down 88.5 percent of her free throws and 37.9 percent of her three-point attempts on the season. She was named first-team all-RMAC and set a school record by scoring 502 points.

CSU vs. Adams

State comparison*...

CSU	Category	Adams St.
59.1	Points Per Game	66.0
65.0	Points Allowed Per Game	66.5
35.7%	FG %	42.9%
39.2%	Opponent FG %	38.7%
32.5%	3-PT Field Goal %	32.7%
32.5%	Opp. 3-PT Field Goal %	33.3%
67.3%	Free-Throw %	68.1%
40.6	Rebounding Average	41.4
+1.8	Rebounding Margin	+7.4
10.9	Assists Per Game	15.7
17.5	Turnovers Per Game	18.6
15.1	Opp. Turnovers Per Game	14.9
6.8	Steals Per Game	5.8
2.6	Blocks Per Game	1.9

*(2008-09 statistics)

Quick Facts

General Information

Location.....	Fort Collins, Colo.
Founded.....	1870
Enrollment.....	25,413
Nickname.....	Rams
Colors.....	Green and Gold
Elevation.....	5,004 feet
Arena (Capacity).....	Moby Arena (8,745)
Conference.....	Mountain West Conference
Interim President.....	Dr. Anthony A. Frank
Director of Athletics.....	Paul Kowalczyk
Assoc. A.D./SWA.....	Christine Susemihl
Faculty Representative.....	Jackie Hartman
Athletic Department Phone.....	970/491-3350
Athletic Web site.....	www.CSURams.com
Press Row Phone.....	970/491-3981

Coaching Staff Information

Head Coach

Kristen Holt.....	Second Year (Ohio, '92)
.....	Third overall season at CSU
Record at CSU.....	10-21 (Second Season)
Career Record.....	20-36 (Two Seasons)

Assistant Coaches

Dick Lien.....	Third season (Moorhead State, '65)
Taylor Steven.....	First season (Wichita State, '08)

Director of Basketball Operations

Matt Klein.....	Third season (Colorado State, '06)
Women's Basketball Office.....	970/491-6569

Team Information

2008-09 Record.....	10-21
2008-09 MWC Record (Finish).....	4-12 (eighth)
2008-09 Postseason Play.....	None
All-Time Record.....	495-482 (.507)
NCAA Appearances (Record).....	5 (5-5)
Last NCAA Appearance.....	2002
WNIT Appearances (Record).....	3 (6-3)
Last WNIT Appearance.....	2004
Starters Ret./Lost.....	1/4
Letterwinners Ret./Lost.....	7/6

Media Information

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Mountain West Standings (11-06-09)

Team	Conference				Overall				
	W-L	Pct.	H	A	W-L	Pct.	H	A	N
Air Force	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
BYU	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
Colorado State	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
New Mexico	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
San Diego State	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
TCU	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
UNLV	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
Utah	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0
Wyoming	0-0	.000	0-0	0-0	0-0	.000	0-0	0-0	0-0

AP/Writers' Poll - Final 2008-09

Connecticut (45)	33-0	1125
2. Stanford	26-4	1062
3. Maryland	28-4	1039
4. Oklahoma	27-3	934
5. Baylor	24-5	928
6. Duke	26-5	891
7. Louisville	29-4	846
8. Auburn	29-3	827
9. Texas A&M	23-6	766
10. Ohio State	27-5	739
11. North Carolina	26-6	698
12. Florida State	25-7	592
13. California	24-5	541
14. Vanderbilt	24-8	522
15. Pittsburgh	23-7	492
16. South Dakota State	31-2	386
17. Iowa State	23-7	370
18. Tennessee	22-10	322
19. Arizona State	23-7	275
20. Xavier	25-6	243
21. Kansas State	23-6	227
22. Florida	23-7	191
23. Notre Dame	22-8	170
24. Virginia	23-9	163
25. Texas	20-10	113

OTHERS RECEIVING VOTES

Middle Tennessee State 41, Wisconsin-Green Bay 30, Purdue 22, Marist 22, LSU 17, DePaul 13, USC 4, **Utah 4**, Gonzaga 3, **Montana 3**, Ball State 1, Florida Gulf Coast 1, Villanova 1, Bowling Green 1

Bold - Denotes Rams opponent in 2009-10

USA Today/ESPN Coaches' Poll - Final 2008-09

1. Connecticut (31)	39-0	775
2. Louisville	34-5	736
3. Stanford	33-5	715
4. Oklahoma	32-5	687
5. Maryland	31-5	641
6. Baylor	29-6	545
7. Texas A&M	27-8	513
8. Vanderbilt	26-9	470
9. Ohio State	29-6	468
10. California	27-7	461
11. Iowa State	27-9	428
12. Arizona State	26-9	410
13. Auburn	30-4	380
14. Duke	27-6	379
15. Pittsburgh	25-8	365
16. Purdue	25-11	313
17. North Carolina	28-7	302
18. Florida State	26-8	267
19. South Dakota State	32-3	252
20. Kansas State	25-8	180
21. Rutgers	21-13	148
22. Michigan State	22-11	136
23. Florida	24-8	125
24. Virginia	24-10	98
25. Xavier	25-7	70

OTHERS RECEIVING VOTES

Notre Dame 65, Gonzaga 37, Tennessee 25, Middle Tennessee State 24, Texas 13, Mississippi State 8, Boston College 7, **Utah 7**, Ball State 6, Minnesota 5, **San Diego State 5**, Bowling Green 4, LSU 3, North Carolina A&T 1, South Florida 1

Bold - Denotes Rams opponent in 2009-10

Last time out...

On Thursday the Rams' first exhibition game to open the 2009-10 season, the Colorado State women's basketball team got off to a slow start, but came alive in the second half and finished with 81-59 win in dominating fashion over the CSU-Pueblo Thunder Wolves.

Sophomore Kim Mestdagh took control of the game in the second half and led the Rams to the win. Mestdagh scored 23 of her 25 points in the second half, including seven three-pointers.

The Rams had three players score in double figures: Mestdagh (25), Meghan Heimstra (18) and Meixandra Porter (14).

Mestdagh and Heimstra each recorded a double-double with Mestdagh grabbing 11 rebounds and Heimstra pulling down 10. Chatilla van Grinsven led the Rams in rebounding with 13.

Home sweet home...

Including exhibition games, Colorado State plays six of its first eight contests at Moby Arena. Overall since 1974-75, the Rams hold a record of 293-176 (.625) in Moby Arena. The Rams will play a total of 14 regular-season contests in Moby Arena in 2009-10.

International flavor...

Fans will notice that the 2009-10 Rams roster features many international players. Three sophomores from the Rams' squad are from Europe. Guard/forward Kim Mestdagh hails from Ieper, Belgium, while forward Chatilla van Grinsven (Helmond) and Natalie van den Adel (Barendrecht) are both from the Netherlands.

Homegrown talent...

In addition to the three international players on the CSU roster, the Rams also feature three players from Colorado. Junior guard Sara Hemmings graduated from Greeley West High School as a five-sport athlete, and played one season at the University of Northern Colorado before transferring to the University of Arizona and then coming to CSU. Sophomore forward Meghan Heimstra

2008-09 Misc. Stats (Rams' Record)**Games Led in Scoring**

Barbee	8 (2-6)
Mestdagh	6 (1-5)
Minor	5 (2-3)
Beemer	4 (1-3)
Cornell	3 (1-2)
Reimink	3 (1-2)
Simmons	3 (0-3)
van Grinsven	1 (1-0)
Heimstra	1 (0-1)

Games Led in Rebounding

Uzomah	11 (5-6)
Minor	6 (3-3)
Cornell	3 (1-2)
Heimstra	3 (0-3)
Reimink	2 (0-2)
Simmons	2 (0-2)
van Grinsven	2 (0-2)
Tanacan	1 (0-1)
Mestdagh	1 (0-1)

Games Led in Assists

Simmons	10 (4-6)
Mestdagh	8 (3-5)
Beemer	5 (1-4)
Minor	4 (2-2)
Cornell	4 (1-3)
Barbee	3 (0-3)
Uzomah	3 (0-3)
Tanacan	2 (1-1)
van Grinsven	2 (0-2)
Heimstra	1 (0-1)
Tanacan	1 (0-1)

Games Led in Steals

Mestdagh	8 (3-5)
Cornell	8 (2-6)
Beemer	6 (1-5)
Heimstra	6 (1-5)
Minor	5 (2-3)
Simmons	4 (0-4)
Uzomah	3 (2-1)
Minor	3 (1-2)
Reimink	2 (1-1)
van Grinsven	2 (0-2)
Barbee	1 (0-1)
Tanacan	1 (0-1)

Games Led in Blocks

Reimink	15 (4-11)
Mestdagh	8 (3-5)
Heimstra	7 (2-5)
Uzomah	5 (2-3)
Cornell	4 (2-2)
van Grinsven	3 (2-1)
Tanacan	2 (1-1)
Beemer	1 (1-0)
Minor	1 (0-1)

Double-Double Games

Cornell	3 (2-1)
Simmons	1 (0-1)

DbI Fig. Scoring Games

Cornell	10 (4-6)
Minor	9 (3-6)
Barbee	8 (2-6)
Mestdagh	8 (2-6)
Simmons	6 (2-4)
Beemer	5 (1-4)
Reimink	4 (2-2)
van Grinsven	2 (1-1)
Tanacan	1 (1-0)
Heimstra	1 (0-1)

20-Point Games

Beemer	1 (1-0)
Mestdagh	1 (0-1)
Cornell	1 (0-1)
Minor	1 (0-1)

Double-Figure Rebound Games

Uzomah	6 (2-4)
Cornell	2 (1-1)
Simmons	1 (0-1)

Scored First Point

Cornell	8 (2-6)
Minor	8 (3-5)
Mestdagh	3 (2-1)
Reimink	3 (2-1)
Beemer	3 (0-3)
van Grinsven	1 (0-1)
Heimstra	1 (0-1)
Simmons	1 (0-1)
Barbee	1 (0-1)

How First Point Scored

Jumper	11 (3-8)
Layup	10 (4-6)
Three-Pointer	4 (1-3)
Free Throw	4 (1-3)

How Opp. First Scored

Jumper	9 (4-5)
Three-Pointer	9 (1-8)
Layup	9 (2-7)
Free Throw	2 (2-0)

Opening Tips

Rams	15 (7-8)
Opponents	14 (2-12)

Rams Biggest Run

14, at TCU, 2/7/09

Opp. Biggest Run

23, vs. Utah, 1/17/09

Rams Biggest Lead

35, vs. UNLV, 2/14/09

Rams Biggest Deficit

37, vs. Utah, 1/17/09

Rams Biggest Halftime Lead

14, vs. UNC, 12/6/08

Rams Biggest Halftime Deficit

26, vs. Utah, 1/17/09

Rams Biggest Deficit In A CSU Win

10, vs. South Dakota, 1/3/09

Rams Biggest Lead In A CSU Loss

14, vs. Murray State, 11/29/08

The Last Time The Rams Had

Player score 20 points:

- 21, Britney Minor vs. Wyoming, 1/24/09
- 20, Juanise Cornell vs. Wyoming, 1/24/09

Player score 30 points:

- 41, Sara Hunter vs USF, 11/13/07

Player score 40 points:

- 41, Sara Hunter vs USF, 11/13/07

Player grab 15 rebounds:

- 16, Amaka Uzomah vs. Wyoming, 1/24/09

Player grab 20 rebounds:

- 20, Jennifer Halbach at UT-San Antonio, 1/20/88

Player record a double-double:

- 20p-11r, Juanise Cornell, vs. Wyoming, 1/24/09

Two players record double-doubles in game:

- 16p-11r Elle Queen; 15p-10r Carine Reimink vs. USF 11/13/07

Player record 10 assists:

- 11, Jasai Ferrucho at Air Force, 3/4/04

Player block five shots:

- 6, Marilyn Moulton vs Idaho, 11/24/06

Two or more players score 20 points:

- 21, Britney Minor; 20, Juanise Cornell vs Wyoming, 1/24/09

Two players record 10 rebounds:

- 16, Amaka Uzomah; 11, Juanise Cornell, vs. Wyoming, 1/24/09

Three players record 10 rebounds:

- 11, Elle Queen; 11, Juanise Cornell; 10, Carine Reimink vs. USF, 11/13/07

Five players record double figures in scoring:

- 13 Jasai Ferrucho; 12 Vanessa Espinoza; 11 Melissa Dennett; 11 Lindsay Thomas; 10 Joy Jenkins vs. Wyoming (MWC), 3/10/04

100 points or more in a game:

- Nov. 26, 2004; Colorado State 108, Iona 59

50 points or less in a game:

- March 11, 2009; Colorado State 48, New Mexico 62

Opponent score 100+ points in a game:

- Nov. 13, 2007; Colorado State 96, San Francisco 101

Opponent score 35 or fewer points in a game:

- Nov. 16, 2001; Colorado State 102, Sacramento St. 30

Opponent shoot 25% or less from the field:

- Dec. 18, 2007; Idaho .220 (13-59)

Game over 60% from the field as a team:

- Dec. 21, 2004; vs Tenn.-Martin .607 (34-56)

Overtime victory:

- Feb. 15, 2003; Colorado State 71, BYU 70

Overtime loss:

- Nov. 15, 2008; Wichita State 76, CSU 69

Double-overtime game:

- Jan. 2, 2001; Colorado State 83, Marquette 82

Triple-overtime game:

- Nov. 13, 2007; Colorado State 96, San Francisco 101

Game without a 3-pointer:

- Nov. 20, 2007 at Northern Colorado

is a former two-time all-Colorado performer at Silver Creek High School in nearby Longmont, Colo., and freshman guard Kelly Bond led her team to a city championship and a Final 8 appearance at Longmont High School.

Fresh faces...

The Rams have five newcomers this season with three freshmen and two junior transfers. Freshman Chantel Kennedy looks to bring speed to the team this season. At Wesleyan High School in Norcross, Ga., Kennedy set a school record in track relays and was the state and regional champion in the 400 meter dash.

Meixandra Porter, a freshman guard from Freedom High School in Chantilly, Va., is said to be the most athletic player on the team pound for pound. At 5-6, she presses 170 pounds.

Holt holding court...

Second-year Head Coach Kristen Holt begins her second season at the helm of the Rams' program on Nov. 13 when CSU hosts Montana. Last season, Holt improved the Rams' overall record by six wins and improved conference wins by four games. She has installed a fast-paced offense this season in order to continue building a program of excellence at Colorado State.

Up next...

The Rams host Montana on Nov. 13 at Moby Arena in the team's regular season opener. Last year, the Rams fell to the Grizzlies 68-53 despite a 20-point effort from then-freshman Kim Mestdagh. Tipoff is set for 7 p.m. MT.

MWC Preseason Coaches' Poll/Awards

The Mountain West Conference released its 2009-10 women's basketball preseason media poll and all-conference team Oct. 7 at the league's media day held at The Mtn. studios.

Colorado State will have an opportunity to surprise league observers this season, as the Rams were selected to finish eighth in the league for the second consecutive season, just ahead of in-state rival Air Force. The Rams received 57 points.

San Diego State, the co-MWC regular season champion and one of four teams in the MWC to advance to the postseason, was tabbed as the preseason favorite with 25 first-place votes and 240 points. TCU, the only other team receiving first-place votes (3), came in second with 216 points, followed by Utah (185), New Mexico (168), Wyoming (121), BYU (109) and UNLV (97).

SDSU also led the way with a pair of preseason all-league selections in junior C Paris Johnson and senior G Jene Morris. Morris is a two-time all-MWC selection and also earned preseason Player of the Year. They are joined on the team by New Mexico's Amy Beggin, TCU's Helena Sverrisdottir and Utah's Kalee Whipple. SDSU also captured preseason Newcomer of the Year with junior forward Jessika Bradley, and preseason Freshman of the Year went to forward Taryn Wicijowski of Utah.

Rank	Team (First-Place Votes)	Points
1.	San Diego State (25)	240
2.	TCU (3)	216
3.	Utah	185
4.	New Mexico	168
5.	Wyoming	121
6.	BYU	109
7.	UNLV	97
8.	Colorado State	57
9.	Air Force	31

Preseason All-Conference

- Amy Beggin, Sr., G New Mexico
- Paris Johnson, Jr., C San Diego State
- Jené Morris, Sr., G San Diego State
- Helena Sverrisdottir, Jr., G/F TCU
- Kalee Whipple, Sr., F Utah

Preseason Player of the Year

- Jené Morris, Sr., G, San Diego State

Preseason Newcomer of the Year

- Jessika Bradley, Jr., F, San Diego State

Preseason Freshman of the Year

- Taryn Wicijowski, F, Utah

2008-09 Season Box - All Games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	10-21	6-10	2-10	2-1
CONFERENCE	4-12	2-6	2-6	0-0
NON-CONFERENCE	5-8	4-3	0-5	1-0

##	Player	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS				SCORING									
					FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	A	TO	Blk	Stl	Pts	Avg
15	BEEMER, Kandy	31-28	818	26.4	73	214	.341	65	191	.340	21	26	.808	6	51	57	1.8	35-0	44	66	1	18	232	7.5
05	MESTDAGH, Kim	31-14	674	21.7	84	211	.398	51	159	.321	12	25	.480	25	83	108	3.5	59-1	41	44	11	36	231	7.5
13	MINOR, Britney	31-30	807	26.0	63	198	.318	3	7	.429	102	144	.708	42	84	126	4.1	93-5	36	76	4	33	231	7.5
02	BARBEE, Bonnie	31-3	500	16.1	81	235	.345	46	138	.333	11	17	.647	12	36	48	1.5	25-0	31	39	0	8	219	7.1
35	CORNELL, Juanise	30-26	738	24.6	89	258	.345	0	4	.000	32	53	.604	60	91	151	5.0	74-4	39	67	6	22	210	7.0
23	SIMMONS, Zoi	29-13	642	22.1	55	166	.331	4	13	.308	47	59	.797	16	67	83	2.9	26-0	58	49	2	20	161	5.6
11	HEIMSTRA, Meghan	29-4	416	14.3	46	110	.418	3	13	.231	43	65	.662	32	70	102	3.5	44-1	16	37	13	30	138	4.8
32	REIMINK, Carine	28-23	400	14.3	45	101	.446	0	1	.000	29	47	.617	33	51	84	3.0	58-1	8	50	24	9	119	4.3
01	VAN GRINSVEN, Chatil	24-3	284	11.8	38	120	.317	0	2	.000	22	32	.688	35	43	78	3.3	38-0	9	36	7	7	98	4.1
03	UZOMAH, Amaka	30-6	531	17.7	39	97	.402	0	0	.000	18	30	.600	81	122	203	6.8	67-2	33	42	5	17	96	3.2
34	TANACAN, Devran	24-0	167	7.0	23	66	.348	0	0	.000	6	11	.545	17	32	49	2.0	18-0	13	9	8	4	52	2.2
21	CHENEY, Alison	25-5	217	8.7	16	50	.320	5	14	.357	2	4	.500	14	15	29	1.2	17-0	10	12	0	6	39	1.6
10	VAN DEN ADEL, Natali	4-0	22	5.5	2	8	.250	0	2	.000	1	1	1.000	2	0	2	0.5	1-0	0	4	1	0	5	1.3
20	ACKLEY, Morgan	4-0	9	2.3	1	2	.500	0	1	.000	0	0	.000	0	1	1	0.3	3-0	0	1	0	0	2	0.5
TM Team.....														63	75	138	4.5	0		10				
Total.....		31			655	1836	.357	177	545	.325	346	514	.673	438	821	1259	40.6	558-14	338	542	82	210	1833	59.1
Opponents.....		31			706	1800	.392	192	590	.325	410	577	.711	363	840	1203	38.8	502-12	389	468	113	212	2014	65.0

Team Statistics

	CS	OPP
SCORING	1833	2014
Points per game	59.1	65.0
Scoring margin	-5.8	-

	CS	OPP	OPPONENT	DATE	SCORE	WL	POINTS	REBOUNDS	ASSISTS	STEALS	BLOCKS		
FIELD GOALS-ATT	655-1836	706-1800	AT WICHITA ST.	11/15/08	69-76	LOT	16-MINOR BARBEE	9-CORNELL	4-BARBEE	3-MINOR	1-MESTDAGH REIMINK HEIMSTRA		
Field goal pct	.357	.392											
3 POINT FG-ATT	177-545	192-590	AT COLORADO	11/19/08	63-93	L	15-BEEMER	9-TANACAN	4-BEEMER	1-BARBEE BEEMER	1-UZOMAH MESTDAGH		
3-point FG pct	.325	.325											
3-pt FG made per game	5.7	6.2	IDAHO	11/22/08	69-60	W	18-REIMINK	9-MINOR	4-MINOR	2-REIMINK	1-REIMINK CORNELL		
FREE THROWS-ATT	346-514	410-577	VALPARAISO	11/28/08	53-64	L	11-CORNELL	10-UZOMAH	2-SIMMONS	1-MESTDAGH BEEMER MINOR REIMINK UZOMAH CORNELL	2-REIMINK		
Free throw pct	.673	.711											
F-Throws made per game	11.2	13.2	MURRAY STATE	11/29/08	70-75	L	12-BARBEE MESTDAGH	8-UZOMAH	2-MINOR HEIMSTRA TANACAN VAN GRINSVEN UZOMAH	2-HEIMSTRA	3-HEIMSTRA		
REBOUNDS	1259	1203											
Rebounds per game	40.6	38.8											
Rebounding margin	+1.8	-											
ASSISTS	338	389											
Assists per game	10.9	12.5											
TURNOVERS	542	468	DENVER	12/03/08	53-69	L	18-BEEMER	6-REIMINK VAN GRINSVEN	4-SIMMONS	3-CORNELL MESTDAGH	1-MESTDAGH REIMINK MINOR		
Turnovers per game	17.5	15.1											
Turnover margin	-2.4	-											
Assist/turnover ratio	0.6	0.8											
STEALS	210	212	NO. COLORADO	12/06/08	62-47	W	18-VAN GRINSVEN	18-UZOMAH	4-BEEMER	3-MESTDAGH	1-MESTDAGH HEIMSTRA		
Steals per game	6.8	6.8											
BLOCKS	82	113	AT MONTANA	12/10/08	53-68	L	20-MESTDAGH	8-UZOMAH	3-BEEMER VAN GRINSVEN	2-MINOR	NONE		
Blocks per game	2.6	3.6											
WINNING STREAK	0	-	UNI	12/14/08	55-53	W	11-BARBEE	7-UZOMAH	1-MESTDAGH TANACAN UZOMAH MINOR SIMMONS	2-UZOMAH BEEMER	2-VAN GRINSVEN		
Home win streak	0	-											
ATTENDANCE	22150	28117	AT CREIGHTON	12-21-08	56-67	L	15-MESTDAGH	8-MINOR	2-BEEMER MESTDAGH SIMMONS TANACAN SIMMONS	1-MESTDAGH TANACAN BEEMER SIMMONS	2-CORNEL		
Home games-Avg/Game	16-1384	13-2163											
Neutral site-Avg/Game	-	2-0											
Colorado State	879	947	7	1833	AT UTSA	12/29/08	58-67	L	16-SIMMONS	11-SIMMONS	1-UZOMAH BEEMER MESTDAGH VAN GRINSVEN	1-CORNELL BEEMER	1-REIMINK
Opponents	978	1022	14	2014									
					VS PRAIRIE VIEW A&M	12/30/08	56-48	W	16-MESTDAGH	9-MINOR	5-MESTDAGH	3-MINOR	2-REIMINK
					SOUTH DAKOTA	01/03/09	56-55	W	12-MINOR	9-UZOMAH	4-CORNELL	3-UZOMAH	1-MESTDAGH BEEMER

2008-09 Season Box - Conference Only

RECORD:	OVERALL	HOME	AWAY
CONFERENCE	4-12	2-6	2-6

##	Player	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS				SCORING									
					FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	A	TO	Blk	Stl	Pts	Avg
35	CORNELL, Juanise	16-15	395	24.7	55	150	.367	0	1	.000	22	29	.759	32	48	80	5.0	36-1	24	39	2	14	132	8.3
13	MINOR, Britney	16-15	422	26.4	37	98	.378	3	5	.600	52	77	.675	18	46	64	4.0	42-1	16	39	0	18	129	8.1
05	MESTDAGH, Kim	16-5	336	21.0	42	114	.368	26	90	.289	6	11	.545	13	42	55	3.4	33-1	25	24	3	18	116	7.3
15	BEEMER, Kandy	16-15	379	23.7	35	102	.343	32	92	.348	10	10	1.000	4	26	30	1.9	16-0	19	33	0	4	112	7.0
02	BARBEE, Bonnie	16-0	245	15.3	40	121	.331	27	74	.365	4	6	.667	7	17	24	1.5	12-0	18	16	0	3	111	6.9
23	SIMMONS, Zoi	16-7	344	21.5	36	104	.346	3	8	.375	22	31	.710	10	31	41	2.6	13-0	33	30	1	13	97	6.1
11	HEIMSTRA, Meghan	16-4	282	17.6	28	70	.400	3	9	.333	32	46	.696	26	47	73	4.6	31-1	11	20	7	24	91	5.7
32	REIMINK, Carine	13-8	161	12.4	15	34	.441	0	0	.000	13	16	.813	12	16	28	2.2	19-0	2	16	11	2	43	3.3
01	VAN GRINSVEN	14-0	124	8.9	12	49	.245	0	1	.000	12	14	.857	14	16	30	2.1	19-0	1	16	3	5	36	2.6
03	UZOMAH, Amaka	15-6	290	19.3	17	45	.378	0	0	.000	4	9	.444	36	66	102	6.8	36-1	16	20	3	6	38	2.5
10	VAN DEN ADEL, Natali	2-0	19	9.5	2	7	.286	0	2	.000	1	1	1.000	2	0	2	1.0	1-0	0	4	0	0	5	2.5
21	CHENEY, Alison	14-5	144	10.3	12	40	.300	4	12	.333	0	2	.000	12	7	19	1.4	9-0	6	9	0	5	28	2.0
34	TANACAN, Devran	12-0	52	4.3	4	21	.190	0	0	.000	2	6	.333	7	6	13	1.1	7-0	2	2	2	2	10	0.8
20	ACKLEY, Morgan	3-0	7	2.3	0	1	.000	0	1	.000	0	0	.000	0	1	1	0.3	3-0	0	1	0	0	0	0.0
TM	Team.....													39	35	74	4.6	0		3				
	Total.....	16			335	956	.350	98	295	.332	180	258	.698	232	404	636	39.8	277-5	173	272	32	114	948	59.2
	Opponents.....	16			370	909	.407	104	306	.340	210	299	.702	185	436	621	38.8	251-6	221	247	63	127	1054	65.9

Team Statistics

	CS	OPP	
SCORING	948	1054	
Points per game	59.2	65.9	
Scoring margin	-6.6	-	
FIELD GOALS-ATT	335-956	370-909	
Field goal pct	.350	.407	
3 POINT FG-ATT	98-295	104-306	
3-point FG pct	.332	.340	
3-pt FG made per game	6.1	6.5	
FREE THROWS-ATT	180-258	210-299	
Free throw pct	.698	.702	
F-Throws made per game	11.3	13.1	
REBOUNDS	636	621	
Rebounds per game	39.8	38.8	
Rebounding margin	+0.9	-	
ASSISTS	173	221	
Assists per game	10.8	13.8	
TURNOVERS	272	247	
Turnovers per game	17.0	15.4	
Turnover margin	-1.6	-	
Assist/turnover ratio	0.6	0.9	
STEALS	114	127	
Steals per game	7.1	7.9	
BLOCKS	32	63	
Blocks per game	2.0	3.9	
WINNING STREAK	0	-	
Home win streak	0	-	
ATTENDANCE	9589	18604	
Home games-Avg/Game	8-1199	8-2326	
Neutral site-Avg/Game	-	0-0	
	1st	2nd	Total
Colorado State	437	511	948
Opponents	519	535	1054

OPPONENT	DATE	SCORE	WL	POINTS	REBOUNDS	ASSISTS	STEALS	BLOCKS
TCU	01/07/09	53-74	L	12-BEEMER	10-UZOMAH	4-MESTDAGH	2-CORNELL	1-HEIMSTRA
AT BYU	01/10/09	43-61	L	14-BARBEE MINOR	10-UZOMAH	4-MINOR	1-MESTDAGH SIMMONS CORNELL	1-REIMINK
AT UNLV	01/14/09	70-69	W	25-BEEMER	9-UZOMAH	4-SIMMONS	2-MINOR	1-TANACAN MESTDAGH
UTAH	01/17/09	48-74	L	12-SIMMONS	9-HEIMSTRA	2-SIMMONS BEEMER	3-MINOR	NONE
AT AIR FORCE	01/20/09	55-50	W	19-CORNELL	12-CORNELL	4-MESTDAGH	2-MESTDAGH CORNELL	2-HEIMSTRA
WYOMING	01/24/09	61-64	L	21-MINOR	16-UZOMAH	2-UZOMAH SIMMONS	2-MINOR	NONE
NEW MEXICO	01/28/09	68-76	L	19-HEIMSTRA	8-SIMMONS	3-CORNELL MESTDAGH	4-HEIMSTRA	1-MESTDAGH
AT SDSU	01/31/09	61-62	L	12-BARBEE SIMMONS	9-MINOR	5-CORNELL	3-HEIMSTRA CORNELL	1-REIMINK
AT TCU	02/07/09	59-71	L	17-MESTDAGH	6-HEIMSTRA	3-UZOMAH SIMMONS	5-HEIMSTRA	2-HEIMSTRA
BYU	02/11/09	51-53	L	10-CORNELL	8-CORNELL	3-SIMMONS	2-SIMMONS	1-REIMINK CORNELL UZOMAH
UNLV	02/14/09	85-55	W	19-BARBEE	9-MINOR	3-SIMMONS	2-MESTDAGH CORNELL HEIMSTRA	1-UZOMAH REIMINK VAN GRINSVEN CORNELL AT
AT UTAH	02/18/09	45-74	L	8-REIMINK BARBEE	6-HEIMSTRA VAN GRINSVEN	4-MESTDAGH	4-MESTDAGH	1-VAN GRINSVEN MESTDAGH REIMINK TANACAN
AIR FORCE	02/21/09	65-54	W	15-MINOR	8-UZOMAH	3-SIMMONS	3-MINOR	1-REIMINK HEIMSTRA
AT WYOMING	02/25/09	62-71	L	11-BARBEE	9-MESTDAGH	4-BARBEE	3-MINOR	3-REIMINK
AT NEW MEXICO	02/28/09	56-78	L	18-MESTDAGH	8-UZOMAH	4-BARBEE	2-VAN GRINSVEN	1-REIMINK
SAN DIEGO STATE	03/04/09	66-68	L	13-REIMINK	7-REIMINK	4-CORNELL	3-HEIMSTRA	1-UZOMAH HEIMSTRA REIMINK

2008-09 Superlatives

Individual

Points	Colorado State 25, Kandy Beemer at UNLV (1-14)	Opponent 36, Amber Guffey vs. Murray State (11-29)
Points In a Half	17, Kandy Beemer at UNLV (1-14)	21, Amber Guffey vs. Murray State (11-29)
Field Goals Made	9, Juanise Cornell vs. Wyoming (1-24)	14, Jene Morris vs. San Diego State (3-4)
Field Goal Attempts	18, Juanise Cornell vs. Wyoming (1-24)	27, Jene Morris vs. San Diego State (3-4)
Field Goal % (5 made)	1.000 (5-5), Carine Reimink vs. UNI (12-14)	.900 (9-10), Paris Johnson at SDSU (1-31)
3-pt Field Goals Made	7, Kandy Beemer at UNLV (1-14)	6, Emily Carter vs. TCU (1-7)
3-pt Field Goal Attempts	11, Kandy Beemer at UNLV (1-14)	12, Kristen Scheffler vs. Wyoming (1-24)
3-pt Field Goal % (2 made)	1.000 (2-2) Kandy Beemer vs. New Mexico (3-11)	1.000 (2-2), Sasha McKinnon at Utah (2-18)
Free Throws Made	10, Britney Minor at BYU (1-10)	13, Marisah Henderson at Wichita State (11-15)
Free Throw Attempts	13, Britney Minor at BYU (1-10)	15, Marisah Henderson at Wichita State (11-15)
Free Throw Percentage (4 made)	1.000 (9-9), Britney Minor vs. Wyoming (1-24)	1.000 (9-9) Paige Guffey vs. Murray State (11-29)
Total Rebounds	18, Amaka Uzoma vs. Northern Colorado (12-6)	16, Bridget Yoerger vs. South Dakota (1-3)
Offensive Rebounds	7, Amaka Uzoma vs. Wyoming (1-24)	6, Megan Neuvirth at Creighton (12-21)
Defensive Rebounds	12, vs. Northern Colorado (12-6)	16, Bridget Yoerger vs. South Dakota (1-3)
Assists	5, Juanise Cornell at San Diego State (3-11)	8, Mandy Morales at Montana (12-10)
Steals	5, Meghan Heimstra at TCU (2-7)	6, Amy Beggin vs. New Mexico (1-28)
Blocked Shots	3, Carine Reimink vs. New Mexico (3-11)	6, Megan Neuvirth at Creighton (12-21)

Team	Colorado State High	Colorado State Low	Opponent High	Opponent Low
Points	85, vs. UNLV (2-14)	43, at BYU (1-10)	93, at Colorado (11-19)	47, vs. Northern Colorado (12-6)
Points In First Half	40, vs. UNLV (2-14)	16, vs. Utah (1-17)	43, at Utah (2-18)	17, vs. BYU (2-11)
Points In Second Half	45, vs. UNLV (2-14)	15, vs. TCU (1-7)	51, at Colorado (11-19)	21, vs. Northern Colorado (12-6)
Victory Margin				
Field Goals Made	32, vs. UNLV (2-14)	13, at BYU (1-10)	32, at Colorado (11-19)	15, vs. UNLV (2-14)
Field Goals Attempted	73, at Colorado (11-19)	47, vs. BYU (2-11)	69, vs. TCU (1-7)	46, vs. South Dakota (1-3)
Field Goal Percentage	.478 (32-67), vs. UNLV (2-14)	.258 (16-62), at Utah (2-18)	.528 (28-53), vs. Utah (1-17)	.259 (15-58), vs. UNLV (2-14)
Single Half FG %				
3-Pt Field Goals Made	11, at UNLV (1-14)	1, vs. Wyoming (1-24)	12, vs. TCU (1-7)	1, vs. Wyoming (3-10)
3-Pt Field Goals Attempted	29, at UNLV (1-14)	10, at UTSA (12-29)	29, vs. Murray State (11-29)	13, at Wichita State (11-15)
3-Pt Field Goal %	.471 (8-17), vs. Air Force (2-21)	.083, vs. Wyoming (1-24)	.500 (8-16), vs. Utah (1-17)	.071 (1-14), vs. Wyoming (3-10)
Free Throws Made	18, vs. New Mexico (1-28)	4, at Creighton (12-21)	28, at Wyoming (2-25)	1, vs. Idaho (11-22)
Free Throws Attempted	26, vs. New Mexico (1-28)	7, vs. South Dakota (1-3)	33, at Wyoming (2-25)	2, vs. Idaho (11-22)
Free Throw %	.867 (13-15) at SDSU (1-31)	.364 (4-11), vs. TCU (1-7)	.923 (12-13), at Utah (2-18)	.421 (8-19), vs. Prairie View A&M
(12-30)				
Total Rebounds	54, vs. Wyoming (1-24)	32, vs. Utah (1-17)	50, vs. TCU (1-7)	29, vs. South Dakota (1-3)
Offensive Rebounds	24, vs. Air Force (2-21)	8, Twice Last time: at BYU (1-10)	22, vs. Air Force (2-21)	5, Twice Last time: at San Diego State (1-31)
Defensive Rebounds	35, at UTSA (12-29)	18, vs. Utah (1-17)	35, Three times Last time: vs. UTSA (12-29)	17, vs. Air Force (2-21)
Assists	19, vs. Northern Colorado (12-6)	3, at UTSA (12-29)	20, at Colorado (11-19)	4, vs. Murray State (11-29)
Steals	13, vs. Denver (12-3)	2, at Colorado (11-19)	14, vs. SDSU (3-4)	3, Five Times Last Time: vs. Wyoming (1-24)
Blocked Shots	6, vs. New Mexico (3-11)	0, Three Times Last Time: vs. Wyoming (1-24)	10, at Wyoming (2-25)	0, Twice Last Time: vs. UNLV (2-14)
Turnovers	26, vs. Prairie View A&M (12-30)	8, vs. Wyoming (1-24)	24, vs. Prairie View A&M (12-30)	8, at Montana (12-10)
Fouls	28, at Wichita State (11-15)	9, vs. San Diego State (3-4)	26, at Wichita State (12-30)	9, vs. South Dakota (1-3)

2008-09 Team and Opponent Game-by-Game Comparison

Opponent	Date	Score	W/L	TOTAL			3-PTS			FT			REBOUNDS			PF	A	TO	Blk	Stl	Pts	Avg	
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot								Avg
Colorado State	11/15/08	69-76	Lot	25	66	.379	7	24	.292	12	20	.600	17	29	46	46.0	28	13	24	3	7	69	69.0
at Wichita State				23	60	.383	5	13	.385	25	30	.833	10	30	40	40.0	26	16	17	2	5	76	76.0
Colorado State	11/19/08	63-93	L	25	73	.342	5	23	.217	8	13	.615	20	19	39	42.5	22	11	11	2	2	63	66.0
at Colorado				32	61	.525	7	16	.438	22	24	.917	10	31	41	41.0	12	20	12	1	3	93	93.0
Colorado State	11/22/08	69-60	W	25	54	.463	3	11	.273	16	20	.800	12	30	42	42.3	10	16	18	2	5	69	67.0
Idaho				27	69	.391	5	21	.238	1	2	.500	13	20	33	33.0	20	11	11	2	7	60	60.0
Colorado State	11/28/08	53-64	L	17	57	.298	3	20	.150	16	25	.640	12	27	39	41.5	22	8	16	6	6	53	63.5
Valparaiso				21	56	.375	5	15	.333	17	23	.739	10	32	42	42.0	21	9	16	2	4	64	64.0
Colorado State	11/29/08	70-75	L	22	59	.373	8	20	.400	18	22	.818	14	29	43	41.8	25	12	22	5	4	70	64.8
Murray State				22	62	.355	9	29	.310	22	25	.880	13	25	38	31.5	17	4	16	3	4	75	62.5
Colorado State	12/03/08	53-69	L	17	56	.304	8	17	.471	11	17	.647	8	25	33	40.3	11	9	18	3	13	53	62.8
Denver				27	55	.491	9	20	.450	6	9	.667	5	35	40	40.0	17	13	19	4	6	69	69.0
Colorado State	12/06/08	62-47	W	27	64	.422	2	15	.133	6	12	.500	19	32	51	41.9	17	19	15	2	7	62	62.7
Northern Colorado				18	59	.305	5	22	.227	6	12	.500	13	21	34	34.0	16	5	14	0	6	47	47.0
Colorado State	12/10/08	53-68	L	17	54	.315	10	24	.417	9	13	.692	14	28	42	41.9	18	12	20	0	3	53	61.5
at Montana				24	61	.393	6	19	.316	14	17	.824	11	25	36	36.0	11	16	8	4	3	68	68.0
Colorado State	12/14/08	55-53	W	21	56	.375	3	12	.250	10	22	.455	9	29	38	41.4	20	5	15	5	9	55	60.8
Northern Iowa				17	57	.298	5	15	.333	14	22	.636	15	35	50	50.0	20	9	20	2	3	53	53.0
Colorado State	12/21/08	56-67	L	23	61	.377	6	14	.429	4	8	.500	15	27	42	41.5	18	12	19	4	4	56	60.3
at Creighton				24	64	.375	7	22	.318	12	17	.706	17	26	43	43.0	15	15	14	8	5	67	67.0
Colorado State	12/29/08	58-67	L	20	64	.313	2	10	.200	16	19	.842	12	35	47	42.0	23	3	13	1	3	58	60.1
at UTSA				22	65	.338	8	26	.308	15	22	.682	11	35	46	46.0	16	11	9	4	9	67	67.0
Colorado State	12/30/08	56-48	W	19	50	.380	6	15	.400	12	23	.522	18	24	42	42.0	16	14	26	5	10	56	59.8
vs. Prairie View A&M				18	54	.333	4	14	.286	8	19	.421	18	18	36	36.0	19	11	24	7	12	48	48.0
Colorado State	01/03/09	56-55	W	22	57	.386	6	16	.375	6	7	.857	9	28	37	41.6	15	8	14	2	9	56	59.5
South Dakota				19	46	.413	7	19	.368	10	16	.625	2	27	29	29.0	9	7	14	3	3	55	55.0
Colorado State	01/07/09	53-74	L	20	61	.328	9	29	.310	4	11	.364	13	27	40	41.5	15	13	16	1	6	53	59.0
TCU				28	69	.406	12	26	.462	6	9	.667	16	34	50	50.0	13	15	9	4	8	74	74.0
Colorado State	01/10/09	43-61	L	13	50	.260	5	18	.278	12	17	.706	8	28	36	41.1	14	7	23	1	3	43	57.9
at BYU				22	57	.386	6	18	.333	11	14	.786	8	32	40	40.0	18	18	16	4	10	61	61.0
Colorado State	01/14/09	70-69	W	27	58	.466	11	29	.379	5	12	.417	12	24	36	40.8	18	17	19	2	8	70	58.7
at UNLV				23	55	.418	7	21	.333	16	21	.762	10	24	34	34.0	14	15	18	1	5	69	69.0
Colorado State	01/17/09	48-74	L	18	60	.300	6	21	.286	6	12	.500	14	18	32	40.3	13	10	18	0	7	48	58.1
Utah				28	53	.528	8	16	.500	10	13	.769	9	31	40	40.0	14	14	17	3	14	74	74.0
Colorado State	01/20/09	55-50	W	20	52	.385	5	16	.313	10	12	.833	11	32	43	40.4	14	12	21	3	8	55	57.9
at Air Force				20	62	.323	3	13	.231	7	13	.538	14	22	36	36.0	13	12	13	1	9	50	50.0
Colorado State	01/24/09	61-64	L	21	71	.296	1	12	.083	18	23	.783	23	31	54	41.2	23	6	8	0	4	61	58.1
Wyoming				20	53	.377	7	22	.318	17	32	.531	11	31	42	42.0	15	11	10	5	3	64	64.0
Colorado State	01/28/09	68-76	L	22	57	.386	6	14	.429	18	26	.692	10	25	35	40.8	22	13	16	1	9	68	58.5
New Mexico				26	59	.441	8	23	.348	16	24	.667	12	29	41	41.0	18	11	14	5	8	76	76.0
Colorado State	01/31/09	61-62	L	21	66	.318	6	15	.400	13	15	.867	22	26	48	41.2	15	10	19	1	11	61	58.7
at San Diego State				25	52	.481	7	18	.389	5	10	.500	5	24	29	29.0	13	19	20	9	10	62	62.0
Colorado State	02/07/09	59-71	L	20	64	.313	6	18	.333	13	21	.619	17	22	39	41.1	19	10	14	2	9	59	58.7
at TCU				25	54	.463	7	18	.389	14	21	.667	10	31	41	45.5	19	15	19	2	7	71	72.5
Colorado State	02/11/09	51-53	L	16	47	.340	4	13	.308	15	19	.789	10	25	35	40.8	17	8	21	3	5	51	58.3
BYU				20	61	.328	5	20	.250	8	14	.571	18	24	42	41.0	18	9	15	3	8	53	57.0
Colorado State	02/14/09	85-55	W	32	67	.478	6	24	.250	15	18	.833	16	34	50	41.2	23	12	18	4	7	85	59.5
UNLV				15	58	.259	4	18	.222	21	26	.808	11	20	31	32.5	17	10	19	0	4	55	62.0
Colorado State	02/18/09	45-74	L	16	62	.258	5	17	.294	8	13	.615	17	19	36	41.0	15	10	20	4	10	45	58.9
at Utah				28	54	.519	6	17	.353	12	13	.923	8	32	40	40.0	18	17	18	3	14	74	74.0
Colorado State	02/21/09	65-54	W	20	60	.333	8	17	.471	17	21	.810	24	24	48	41.3	18	13	12	2	8	65	59.1
Air Force				17	56	.304	4	13	.308	16	26	.615	22	17	39	37.5	19	10	13	3	5	54	52.0
Colorado State	02/25/09	62-71	L	23	65	.354	7	17	.412	9	13	.692	13	21	34	41.0	24	10	12	4	6	62	59.2
at Wyoming				18	46	.391	7	20	.350	28	33	.848	9	32	41	41.5	13	12	16	10	4	71	67.5
Colorado State	02/28/09	56-78	L	21	62	.339	8	18	.444	6	7	.857	9	25	34	40.8	18	12	16	1	5	56	59.1
at New Mexico				26	59	.441	8	24	.333	18	20	.900	9	32	41	41.0	13	18	13	2	5	78	77.0
Colorado State	03/04/09	66-68	L	25	54	.463	5	17	.294	11	18	.611	13	23	36	40.6	9	10	20	3	7	66	59.3
San Diego State				29	61	.475	5	19	.263	5	10	.500	13	21	34	31.5	16	15	16	8	14	68	65.0
Colorado State		1721		615	1727	.356	167	516	.324	324	479	.676	411	766	1177	40.6	522	315	504	72	195	1721	59.3
Opponents </																							



Kristen Holt

Head Coach | Second Season | Ohio, '92



Head Coach Kristen Holt begins her second year at the reins of the Rams. Holt, who became the 10th head coach in the history of the Rams women's basketball program, has been charged with the task of guiding CSU as it transitions back to a program of excellence in the Mountain West Conference and nationally.

In her first season as head coach at CSU last year, Holt improved the team's record by six wins from the previous season and gained four conference wins after CSU had not won a regular-season conference game

since Feb. 22, 2007.

While Holt, 40, is a 15-year coaching veteran at the NCAA Division I level, she has brought a unique perspective to the Rams evolution. She believes in the importance of excellence on the court, in the classroom and in the community. The team has a strong presence in the community with its involvement with the Habitat for Humanity and other organizations.

Following the 2000-01 season, her sixth season as an assistant coach at Radford University in Radford, Va., Holt was named interim head women's basketball coach of the Highlanders' program. Taking over the reins of a team selected in the preseason to finish last in the Big South, Holt guided Radford to an overall 11-16 mark, the school's best mark in the previous three seasons. More impressive, however, was the Highlanders' third-place finish (8-6) in Big South Conference play, a performance that earned Holt recognition as the Big South Coach of the Year. While at Radford, the team won the 1996 Big South Conference tournament championship and participated in the 1996 NCAA tournament, before losing to eventual champion Tennessee in Knoxville. Holt also played an integral role in the development of three all-Big South Conference guards at Radford - Lorrie Mitchell, a first-team performer in 1998 and 1999, Catrice Horton, a first-team performer in 2000 and 2001, and Kim Hairston, a second-team honoree in 1997.

Prior to her time at Radford, Holt spent one season as an assistant coach at Xavier University in Cincinnati, Ohio, where she helped to guide the Musketeers to a Midwestern Collegiate Conference championship before moving on to Radford the following season.

Upon graduation from Ohio University, Holt served a stint with the Cincinnati Reds from 1993-94, helping the Major League club with group ticket sales and pregame events, before pursuing a full-time career as a coach.

Holt originally joined the Rams staff in 2007 as an assistant coach after four seasons at Wichita State University. While at Wichita State, she played a vital role in the development of the Shocker guards. She also was an asset off the court helping to coordinate "Jane's Gems" Kids Club and the women's basketball booster club, High Hoops.

A native of Lima, Ohio, Holt graduated in 1993 from Ohio University in Athens, Ohio with both a master's degree ('93) and bachelor's degree ('92) in physical education. She was a four-year letterwinner for the Bobcats, and was named to the 1988 Mid-American Conference all-freshman team. She also served as OU's team captain from 1990-92.

She starred as a three-sport athlete at Lima (Ohio) Bath High School, and as a senior was named first-team all-state in both basketball and softball. During her time on the court for Lima Bath, Holt led the team to its first state championship in school history and she was named MVP of the state tournament, pouring in 29 points in the championship game.

HOLT AT A GLANCE

Personal

- Full Name: Kristen Leigh Holt
- Birthdate: July 22, 1969
- Hometown: Lima, Ohio

Education

- Bachelor of science, physical education; Ohio University '92
- Master of science, physical education; Ohio University; '93

Playing Experience

- Ohio University; 1987-92

College Coaching Experience

- 2008-Present: Colorado State University; Head Coach
- 2007-08: Colorado State University; Assistant Coach
- 2003-07: Wichita State University; Assistant Coach
- 2001-02: Radford University; Head Coach
- 1995-01: Radford University; Assistant Coach
- 1993-94: Xavier University; Assistant Coach

BY THE NUMBERS

Year	Overall	League
2001-02	11-16	8-6
2008-09	9-20	4-12
Totals	20-36	12-18

Opponent	Home	Road	Neutral	Total
Air Force	1-0	1-0	0-0	2-0
Appalachian State	1-0	0-0	0-0	1-0
Birmingham Southern	1-0	1-0	0-0	2-0
BYU	0-1	0-1	0-0	0-2
Charleston Southern	1-0	0-1	0-0	1-1
Coastal Carolina	1-0	1-0	0-0	2-0
Colorado	0-0	0-1	0-0	0-1
Creighton	0-0	0-1	0-0	0-1
Denver	0-1	0-0	0-0	0-1
East Tennessee State	0-0	0-1	0-0	0-1
Elon University	0-1	0-1	0-0	0-2
Glenville State	0-1	0-0	0-0	0-1
High Point	1-0	0-1	0-0	1-1
Idaho	1-0	0-0	0-0	1-0
Liberty	1-0	0-1	0-0	1-1
Montana	0-0	0-1	0-0	0-1
Murray State	0-1	0-0	0-0	0-1
New Mexico	0-1	0-1	0-0	0-2
North Carolina State	0-0	0-1	0-0	0-1
Northern Colorado	1-0	0-0	0-0	1-0
Northern Iowa	1-0	0-0	0-0	1-0
Ohio	0-0	0-1	0-0	0-1
Prairie View A&M	0-0	0-0	1-0	1-0
San Diego State	0-1	0-2	0-0	0-3
South Dakota	1-0	0-0	0-0	1-0
TCU	0-1	0-1	0-0	0-2
UAB	0-0	0-0	0-1	0-1
UNLV	1-0	1-0	0-0	2-0
UNC Asheville	1-0	1-0	0-0	2-0
Utah	0-1	0-1	0-0	0-2
UTSA	0-0	0-1	0-0	0-1
Valparaiso	0-1	0-0	0-0	0-1
Virginia Tech	0-1	0-0	0-0	0-1
Wake Forest	0-0	0-1	0-0	0-1
Westen Carolina	0-1	0-0	0-0	0-1
Wichita State	0-0	0-1	0-0	0-1
Winthrop	1-0	0-1	0-1	1-2
Wyoming	0-1	0-1	0-0	0-2
Overall Totals	14-13	5-21	1-2	20-36



2 Bonnie Barbee

JR • G • 5-8
Mesa, Ariz.

2008-09

Played in all 31 games for the Rams, starting in three of them. Averaged a team-high .333 in three-point percentage, hitting four three-pointers in two contests and ranking her 13th in the conference. She also ranked 11th in the conference for three-point baskets made with a total of 46. Scored a career high of 19 points against UNLV while scoring in double digits in nine other games. Averaged 7.1 points per game

2007-08

Appeared in 22 games averaging 7.7 minutes of playing time...Averaged 3.5 points per game...Shot 28.8 percent from behind the arc and 66.7 percent at the free-throw line... Scored a career-high 10 points against both Air Force and New Mexico...Tallied 23 rebounds and 15 assists during the season...Ranked 12th in the conference in three-point shots made with a total of 16 against MWC opponents...Ranked 15th in the conference in three-point percentages.

Corona del Sol High School and Red Mountain High School
Attended Corona del Sol High School in Chandler, Ariz., from 2003-05...Transferred to Red Mountain High School in Mesa, Ariz., in 2005 and graduated in 2007 as an honor student...Four-year varsity basketball letterwinner...All-district and all-region her junior year...All-district, all-region and all-state her senior year...Led Red Mountain to a state championship during her senior season...Played for the Arizona Elite club basketball team.

Personal

Full name is Bonnie Jane Barbee...Born May 8, 1989, in Tempe, Ariz. ...The only child of Clark Barbee, and Carrie and Roger Dokken...Biomedical science major at Colorado State.

BARBEE'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			FT			REBOUNDS				PF-FO		A	TO	Blk	Stl	Pts	Avg
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	9-0	15						
2007-08.....	22-0	169	7.7	27	94	.287	19	66	.288	4	6	.667	7	16	23	1.0	9-0	15	12	0	5	77	3.5	
2008-09.....	31-3	500	16.1	81	235	.345	46	138	.333	11	17	.647	12	36	48	1.5	25-0	31	39	0	8	219	7.1	
TOTAL.....	53-3	669	12.6	108	329	.328	65	204	.319	15	23	.652	19	52	71	1.3	34-0	46	51	0	13	296	5.6	

BARBEE'S CAREER HIGHS

Scoring

Career 19, vs. UNLV, 2/14/09
Mountain West..... 19, vs. UNLV, 2/14/09

Rebounding

Career 6, at Wichita State, 11/15/08
Mountain West..... 4, Twice

Offensive Rebounds

Career 2, Five Times
Mountain West..... 2, at Wyoming, 2/25/09

Field Goals Made

Career 7, vs. UNLV, 2/14/09
Mountain West..... 7, vs. UNLV, 2/14/09

Field Goals Attempted

Career 15, at Wichita State, 11/15/08
Mountain West..... 14, Twice

Three-Point Field Goals Made

Career 4, Three Times
Mountain West..... 4, Three Times

Three-Point Field Goals Attempted

Career 11, at Wichita State, 11/15/08
Mountain West..... 10, Three times

Free Throws Made

Career 3, at Wichita State, 11/15/08
Mountain West..... 2, Twice

Free Throws Attempted

Career 4, at Wichita State, 11/15/08
Mountain West..... 2, Four Times

Assists

Career 4, Three Times
Mountain West..... 4, Twice

Blocked Shots

Career --
Mountain West..... --

Steals

Career 1, 13 Times
Mountain West..... 1, Seven Times

Minutes

Career 38, at Wichita State, 11/15/08
Mountain West..... 23, Twice



23 Zoi Simmons

JR • G • 5-6
Fontana, Calif.

2008-09

Started 13 of 29 games played. Scored a personal high of 16 points against UTSA while grabbing 11 boards. Scored in double digits seven times, averaging 5.6 points per game. Led the team with a free-throw percentage of .797 and a team high in assists with 58.

2007-08

Made 27 appearances and started in one contest...Averaged 2.0 points and 1.1 rebounds per game...Recorded 12 assists and nine steals on the season...Shot 25.6 percent from the field and 61.7 percent from the free-throw line...Tallied a career-most seven points vs. New Mexico State and dished out four assists at Denver.

Ayala High School and Bishop Amat High School

Attended Ayala High School in West Covina, Calif. from 2002-03...Transferred to Bishop Amat High School in 2003 where she was a teammate of Juanise Cornell....Graduated from Bishop Amat in 2005...Played varsity all four years...Second-team all-area her junior year...First-team all-area her senior year...Team MVP...Attended the Adidas All-American Camp and the Nike All-American Camp.

Personal

Full name is Zoi Jai Simmons...Born Nov. 21, 1988, in Los Angeles, Calif. ...One of five children of Collie and Yolanda Simmons...Has two younger brothers, Collie and Kenneth, one older brother, Michael, and one older sister, Genesis...Human development and family studies major at Colorado State...Father played tennis at Cal Poly.

SIMMONS' CAREER STATISTICS

Year	GP-GS	Min	Avg	TOTAL			3-PTS			FT			REBOUNDS				PF-FO	A	TO	Blk	Stl	Pts	Avg
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg							
2007-08	27-1	283	10.5	12	44	.273	0	0	.000	30	49	.612	6	22	28	1.0	16-0	12	25	1	9	54	2.0
2008-09	29-13	642	22.1	55	166	.331	4	13	.308	47	59	.797	16	67	83	2.9	26-0	58	49	2	20	161	5.6
TOTAL	56-14	925	16.5	67	210	.319	4	13	.308	77	108	.713	22	89	111	2.0	42-0	70	74	3	29	215	3.8

SIMMONS' CAREER HIGHS

Scoring

Career16, at UTSA, 12/29/08
Mountain West..... 14, at Air Force, 1/20/09

Rebounding

Career11, at UTSA, 12/29/08
Mountain West.....8, vs. New Mexico, 1/28/09

Offensive Rebounds

Career2, Five Times
Mountain West.....2, Five Times

Field Goals Made

Career 6, vs. UNLV, 2/14/09
Mountain West..... 6, vs. UNLV, 2/14/09

Field Goals Attempted

Career 16, at San Diego State, 1/31/09
Mountain West.... 16, at San Diego State, 1/31/09

Three-Point Field Goals Made

Career 2, vs. Utah, 1/17/09
Mountain West..... 2, vs. Utah, 1/17/09

Three-Point Field Goals Attempted

Career 3, vs. Utah, 1/17/09
Mountain West..... 3, vs. Utah, 1/17/09

Free Throws Made

Career8, at UTSA, 12/29/08
Mountain West..... 5, at Air Force, 1/20/09

Free Throws Attempted

Career 8, Three Times
Mountain West.....7, Twice

Assists

Career4, Four Times
Mountain West.....4, Twice

Blocked Shots

Career 1, Three Times
Mountain West..... 1, at Air Force, 1/20/09

Steals

Career2, Seven Times
Mountain West.....2, Five Times

Minutes

Career 31, at San Diego State, 1/31/09
Mountain West.... 31, at San Diego State, 1/31/09



11 Meghan Heimstra

SO • F • 6-2
Longmont, Colo.

2008-09

Played in 29 games for the Rams, averaging 14.3 minutes per game. Scored a personal-best 19 points against New Mexico. Recorded a team-high 13 blocks on the season while pulling down 102 boards.

Silver Creek High School

Four-year starter at Silver Creek High School in Longmont, Colo. ...Was an all-Colorado performer in 2007 and 2008...As a senior averaged 14.8 points, while leading the Raptors to a 25-3 overall record, 13-1 in the Northern League, and an appearance in the Colorado Class 4A championship game...As a junior in 2006-07 averaged 15.1 points, 9.3 rebounds, 2.8 blocks and 2.5 assists per game, while shooting nearly 60 percent from the floor to lead the Raptors to a berth in the Final 16 of the Colorado Class 4A state tournament...During her sophomore season, averaged 12.3 points and pulled down 5.4 rebounds per contest to help guide Silver Creek to its second consecutive Great Eight appearance in the state tournament...a four-time recipient of the Raptor Award given to the Raptors' best all-around player...Named 2007 Raptor of the Year winner, given annually to the best athlete in any sport...Played for Wyco Pride club basketball team.

Personal

Full name is Meghan Karen Heimstra...Born Aug. 31, 1990, in Longmont, Colo. ...One of two children of Norm and Pam Heimstra...Has one older brother, Wes...Has not declared a major at Colorado State....Brother, Wes, plays football at Dakota State in Madison, S.D.

HEIMSTRA'S CAREER HIGHS

Scoring

Career 19, vs. New Mexico, 1/28/09
Mountain West..... 19, vs. New Mexico, 1/28/09

Rebounding

Career 9, vs. Utah, 1/17/09
Mountain West..... 9, vs. Utah, 1/17/09

Offensive Rebounds

Career 5, vs. Utah, 1/17/09
Mountain West..... 5, vs. Utah, 1/17/09

Field Goals Made

Career 5, vs. New Mexico, 1/28/09
Mountain West..... 5, vs. New Mexico, 1/28/09

Field Goals Attempted

Career 9, vs. New Mexico, 1/28/09
Mountain West..... 9, vs. New Mexico, 1/28/09

Three-Point Field Goals Made

Career 1, Three Times
Mountain West..... 1, Three Times

Three-Point Field Goals Attempted

Career 2, vs. New Mexico, 1/28/09
Mountain West..... 2, vs. New Mexico, 1/28/09

Free Throws Made

Career 8, vs. New Mexico, 1/28/09
Mountain West..... 8, vs. New Mexico, 1/28/09

Free Throws Attempted

Career 9, vs. New Mexico, 1/28/09
Mountain West..... 9, vs. New Mexico, 1/28/09

Assists

Career 2, Four Times
Mountain West..... 2, Twice

Blocked Shots

Career 3, vs. Murray State, 11/29/08
Mountain West..... 2, Twice

Steals

Career 5, at TCU, 2/7/09
Mountain West..... 5, at TCU, 2/7/09

Minutes

Career 29, vs. New Mexico, 1/28/09
Mountain West..... 29, vs. New Mexico, 1/28/09

HEIMSTRA'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			FT			REBOUNDS				PF-FO	A	TO	Blk	Stl	Pts	Avg
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg							
2008-09.....	29-4	416	14.3	46	110	.418	3	13	.231	43	65	.662	32	70	102	3.5	44-1	16	37	13	30	138	4.8
TOTAL.....	29-4	416	14.3	46	110	.418	3	13	.231	43	65	.662	32	70	102	3.5	44-1	16	37	13	30	138	4.8



5 Kim Mestdagh

SO • G/F • 5-10
leper, Belgium

2008-09

Played in all 31 games for the Rams, earning a starting position in 14 of those contests. Scored in double digits eight times and recorded a personal best of 20 points against Montana, shooting .750 from behind the arc. Was ranked 28th in scoring in the conference with an average of 7.5 points per game, and also ranked eighth in the conference for three-point baskets made with a total of 51. Also led the team with 36 steals.

Sint Vincentius College

Played three seasons, 2005-08, as a member of the leper Blue Cats (D1) club team...In 2007-08 with leper, Mestdagh averaged 14.0 points and 7.4 rebounds per game while dishing out 3.0 assists per contest...Shot 50 percent from the field, including 40 percent from three-point range...Also competed in two European championships, the 2006 U16 and the 2007 U18, posting impressive marks in each tournament...In 2006, averaged 6.9 points, 2.6 rebounds and 2.5 assists per contest, and had a breakout performance at the 2007 championships, where she averaged a double-double (12.0 points, 10.0 rebounds) and dished out 2.0 assists per game.

Personal

Full name is Kim Mestdagh...Born March 12, 1990, in leper, Belgium...One of three children of Philip Mestdagh and Johanna Baert...Has one older brother, Robin, and one younger sister, Hanne...Has not declared a major at Colorado State.

MESTDAGH'S CAREER HIGHS

Scoring

Career20, at Montana, 12/10/08
Mountain West..... 18, at New Mexico, 2/28/09

Rebounding

Career9, Twice
Mountain West..... 9, at Wyoming, 2/25/09

Offensive Rebounds

Career3, vs. Prairie View A&M, 12/30/08
Mountain West.....2, Five Times

Field Goals Made

Career7, at Montana, 12/10/08
Mountain West.....6, Twice

Field Goals Attempted

Career12, vs. TCU, 1/7/09
Mountain West.....12, vs. TCU, 1/7/09

Three-Point Field Goals Made

Career7, at Montana, 12/10/08
Mountain West.....5, at TCU, 2/7/09

Three-Point Field Goals Attempted

Career11, vs. TCU, 1/7/09
Mountain West.....11, vs. TCU, 1/7/09

Free Throws Made

Career2, Three times
Mountain West.....2, Three times

Free Throws Attempted

Career4, vs. UNI, 12/14/08
Mountain West.....3, Twice

Assists

Career5, vs. Prairie View A&M, 12/30/08
Mountain West.....4, Three Times

Blocked Shots

Career1, 11 Times
Mountain West.....1, Four Times

Steals

Career4, vs. Utah, 2/18/09
Mountain West.....4, vs. Utah, 2/18/09

Minutes

Career34, Twice
Mountain West.....31, at New Mexico, 2/28/09

MESTDAGH'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS													
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	A	TO	Blk	Stl	Pts	Avg
2008-09.....	31-14	674	21.7	84	211	.398	51	159	.321	12	25	.480	25	83	108	3.5	59-1	41	44	11	36	231	7.5
TOTAL.....	31-14	674	21.7	84	211	.398	51	159	.321	12	25	.480	25	83	108	3.5	59-1	41	44	11	36	231	7.5



10 Natalie van den Adel

SO • G • 6-1
Barendrecht, Netherlands

2008-09

Played in five games as a Ram after transfer rules benched her for the majority of the season. Playing in the last four games of the '08-'09 season, recorded five points in 22 minutes of play. She pulled down two offensive boards and had one block in her first season as a Ram.

Hogeschool Inholland

Attended college in Rotterdam, Netherlands, for one year, but did not compete in athletics for the school.

Walburg College

Played club basketball for CBV Binnenland since 1998...In 2006, began playing on the Netherlands national team....During the 2006 and 2007 seasons, played in two European championships - U16 in 2006, held in Finland, and U18 in 2007, held in Romania...Was invited to participate in the 2008 European Championships as part of the U20 national team...In 2007, and again in 2008, van den Adel led Binnenland to a club team U20 national championship...During the 2008 championship run, earned most valuable player honors...In 2008, van den Adel also played for the senior club team, where she was selected to the all-star team and was tabbed as the Rookie of the Year.

Personal

Full name is Natalie Isabelle van den Adel...Born Oct. 25, 1990, in Dordrecht, Netherlands...One of three children of Leo and Judith van den Adel...Has one younger brother, Jasper, and one older sister, Lisa...Human development and family studies major at Colorado State.

VAN DEN ADELS'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS			PF-FO		A	TO	Blk	Stl	Pts	Avg			
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def							Tot	Avg	
2008-09.....	4-0	22	5.5	2	8	.250	0	2	.000	1	1	1.000	2	0	2	0.5	1-0	0	4	1	0	5	1.3
TOTAL.....	4-0	22	5.5	2	8	.250	0	2	.000	1	1	1.000	2	0	2	0.5	1-0	0	4	1	0	5	1.3

VAN DEN ADEL'S CAREER HIGHS

Scoring

Career 5, at New Mexico, 2/28/09
Mountain West..... 5, at New Mexico, 2/28/09

Rebounding

Career 2, at New Mexico, 2/28/09
Mountain West..... 2, at New Mexico, 2/28/09

Offensive Rebounds

Career 2, at New Mexico, 2/28/09
Mountain West..... 2, at New Mexico, 2/28/09

Field Goals Made

Career 2, at New Mexico, 2/28/09
Mountain West..... 2, at New Mexico, 2/28/09

Field Goals Attempted

Career 5, at New Mexico, 2/28/09
Mountain West..... 5, at New Mexico, 2/28/09

Three-Point Field Goals Made

Career --
Mountain West..... --

Three-Point Field Goals Attempted

Career 1, Twice
Mountain West..... 1, Twice

Free Throws Made

Career 1, at New Mexico, 2/28/09
Mountain West..... 1, at New Mexico, 2/28/09

Free Throws Attempted

Career 1, at New Mexico, 2/28/09
Mountain West..... 1, at New Mexico, 2/28/09

Assists

Career --
Mountain West..... --

Blocked Shots

Career 1, vs. New Mexico, 3/11/09
Mountain West..... 1, vs. New Mexico, 3/11/09

Steals

Career --
Mountain West..... --

Minutes

Career 14, at New Mexico, 2/28/09
Mountain West..... 14, at New Mexico, 2/28/09



1 Chatilla van Grinsven

SO • F • 6-2
Helmond, Netherlands

2008-09

Played in 24 games for the Rams, starting in three contests. Scored a personal best of 18 points against Northern Colorado in 20 minutes of play. Pulled down 78 total rebounds for the Rams and averaged 11.8 minutes played per game on the season. Recorded seven points and five rebounds in the postseason game against New Mexico, totaling 98 points to conclude her freshman season.

Helmond

Earned a reputation as a talented player with a lot of national-team experience... Played on several Dutch national teams... From 2005-07, was a member of the national select U16 team, participating in the 2007 U16 world championships... A member of two European championship-contending teams in 2007 and 2008... In 2006-07, selected as the MVP of the Netherlands holiday tournament.

Personal

Full name is Chatilla van Grinsven... Born Feb. 23, 1991, in Helmond, Netherlands... One of three children of Berdie van Grinsven and Rahal Frihh... Has one younger brother, Yamal, and one older sister, Samira... Communication studies major at Colorado State.

VAN GRINSVEN'S CAREER HIGHS

Scoring

Career 18, vs. UNC, 12/6/08
Mountain West..... 7, vs. New Mexico, 3/11/09

Rebounding

Career 8, vs. UNLV, 2/14/09
Mountain West..... 8, vs. UNLV, 2/14/09

Offensive Rebounds

Career 4, Twice
Mountain West..... 3, Twice

Field Goals Made

Career 8, vs. UNC, 12/6/08
Mountain West..... 2, Four Times

Field Goals Attempted

Career 10, Three Times
Mountain West..... 6, Twice

Three-Point Field Goals Made

Career --
Mountain West..... --

Three-Point Field Goals Attempted

Career 1, Twice
Mountain West..... 1, vs. Utah, 1/17/09

Free Throws Made

Career 2, Eight Times
Mountain West..... 2, Five Times

Free Throws Attempted

Career 4, vs. UNC, 12/6/08
Mountain West..... 2, Seven Times

Assists

Career 3, twice
Mountain West..... 1, vs. Utah, 1/17/09

Blocked Shots

Career 2, vs. UNI, 12/14/08
Mountain West..... 1, Four Times

Steals

Career 2, Twice
Mountain West..... 2, Twice

Minutes

Career 21, vs. UNI, 12/14/08
Mountain West..... 18, at New Mexico, 2/28/09

VAN GRINSVEN'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS													
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	A	TO	Blk	Stl	Pts	Avg
2008-09.....	24-3	284	11.8	38	120	.317	0	2	.000	22	32	.688	35	43	78	3.3	38-0	9	36	7	7	98	4.1
TOTAL.....	24-3	284	11.8	38	120	.317	0	2	.000	22	32	.688	35	43	78	3.3	38-0	9	36	7	7	98	4.1



54 | **Erin Cooke**
 JR • F • 6-2
 Billings, Mont.

Northwest College

Played from 2007-09... Was named Wyoming second-team all-conference and first-team All Defense her first year... Named Wyoming second-team all-conference, first-team All Defense, and NJCAA Region IX all-tournament, averaging 27 points and 12.5 rebounds per game her second year... Also named team co-captain and Most Valuable Player for the season.

Billings Senior High School

Earned varsity letters in basketball and helped lead the Broncs to an Eastern AA Conference championship win.

Personal

Full name is Erin Nicole Cooke... Born March 7, 1989, in Billings, Mont. ... One of two daughters to Lowell and Beth Cooke... Sister's name is Ashley... Political Science major at CSU.

COOKE'S CAREER HIGHS

Scoring

Career--
 Mountain West.....--

Rebounding

Career--
 Mountain West.....--

Offensive Rebounds

Career--
 Mountain West.....--

Field Goals Made

Career--
 Mountain West.....--

Field Goals Attempted

Career--
 Mountain West.....--

Three-Point Field Goals Made

Career--
 Mountain West.....--

Three-Point Field Goals Attempted

Career--
 Mountain West.....--

Free Throws Made

Career--
 Mountain West.....--

Free Throws Attempted

Career--
 Mountain West.....--

Assists

Career--
 Mountain West.....--

Blocked Shots

Career--
 Mountain West.....--

Steals

Career--
 Mountain West.....--

Minutes

Career--
 Mountain West.....--



3 Sara Hemmings

JR • G • 5-3
Greeley, Colo.

High School

Graduated from Greeley West High School in Greeley, Colo.... Was a five-sport athlete...Earned three letters in basketball, four in volleyball, four in soccer and one in tennis...Received all-state honors for basketball her junior and senior year, volleyball her senior year, and soccer all four years... Was MVP for basketball her senior year...Was team captain in basketball as a sophomore, junior and senior, volleyball as a junior and senior, and soccer as a junior and senior year...Helped lead the Spartans to a 2005 basketball conference championship, and soccer conference championships in 2003, 2004, and 2005...All-time career assist leader in basketball...Held a 4.2 GPA and was named academic all-state...Played against Meghan Heimstra in high school.

Personal

Full name is Sara Hemmings...Born Sept. 19, 1987, in Greeley, Colo.... One of four daughters to Bruce and Josie Hemmings...Sisters names are Taylor, Taryn, and Audrey...Taryn plays soccer at the University of Denver and Audrey plays volleyball at Colorado State...Both parents graduated from Northern Colorado...Liberal arts major at Colorado State.

HEMMINGS' CAREER HIGHS

Scoring

Career--
Mountain West.....--

Rebounding

Career--
Mountain West.....--

Offensive Rebounds

Career--
Mountain West.....--

Field Goals Made

Career--
Mountain West.....--

Field Goals Attempted

Career--
Mountain West.....--

Three-Point Field Goals Made

Career--
Mountain West.....--

Three-Point Field Goals Attempted

Career--
Mountain West.....--

Free Throws Made

Career--
Mountain West.....--

Free Throws Attempted

Career--
Mountain West.....--

Assists

Career--
Mountain West.....--

Blocked Shots

Career--
Mountain West.....--

Steals

Career--
Mountain West.....--

Minutes

Career--
Mountain West.....--



21

Kelly Bond

FR • G • 5-10
Longmont, Colo.

High School

Graduated from Longmont High School in Longmont, Colo., where she earned four letters in basketball and two in soccer...Earned all-conference honors in basketball as a junior and senior along with all-state honorable mention...Was named MVP her freshman and senior years as well as being named captain her junior and senior years...Helped lead the Trojans to a city championship and Final 8 appearance her senior year...Was named to the honor roll and received all-academic awards...Played against Meghan Heimstra while playing for Longmont.

Personal

Full name is Kelly Bond...Born Nov. 29, 1990, in Boulder, Colo.... One of two children to Kristen and Doug Bond... Brother's name is Mitch...Business administration major with a concentration in management at CSU...Involved with ASAP and intramural sports on campus.

BOND'S CAREER HIGHS

Scoring

Career--
Mountain West.....--

Rebounding

Career--
Mountain West.....--

Offensive Rebounds

Career--
Mountain West.....--

Field Goals Made

Career--
Mountain West.....--

Field Goals Attempted

Career--
Mountain West.....--

Three-Point Field Goals Made

Career--
Mountain West.....--

Three-Point Field Goals Attempted

Career--
Mountain West.....--

Free Throws Made

Career--
Mountain West.....--

Free Throws Attempted

Career--
Mountain West.....--

Assists

Career--
Mountain West.....--

Blocked Shots

Career--
Mountain West.....--

Steals

Career--
Mountain West.....--

Minutes

Career--
Mountain West.....--



24

Chantel Kennedy

FR • G • 5-7
Norcross, Ga.

High School

Graduated from Wesleyan High School in Norcross, Ga...Earned four varsity basketball letters and three track and field letters... In addition to earning herself team captain, she played for the National Junior Bata club basketball team... As a junior, helped lead the team to a Class 2A state title... Competed in multiple track and field events, specializing in the 200- and 400-meter dashes, as well as the 4x100 and 4x400-meter relays... Set school records in both relays and was the state and regional champion in the 400-meter dash... Earned the Running Events MVP Award of the Wesleyan track and field team.

Personal

Full name is Chantel Brittany Kennedy...Born on Jan. 16, 1991, in Brooklyn, New York... One of eight children of Lloyd Kennedy and Janette Carpenter... Sisters names are Gaysha, Cerica, Abigail, Kaliah, and Keri-Ann... Brothers names are Dennis and Andraa...Political science major with a minor in accounting at Colorado State.

KENNEDY'S CAREER HIGHS

Scoring

Career--
Mountain West.....--

Rebounding

Career--
Mountain West.....--

Offensive Rebounds

Career--
Mountain West.....--

Field Goals Made

Career--
Mountain West.....--

Field Goals Attempted

Career--
Mountain West.....--

Three-Point Field Goals Made

Career--
Mountain West.....--

Three-Point Field Goals Attempted

Career--
Mountain West.....--

Free Throws Made

Career--
Mountain West.....--

Free Throws Attempted

Career--
Mountain West.....--

Assists

Career--
Mountain West.....--

Blocked Shots

Career--
Mountain West.....--

Steals

Career--
Mountain West.....--

Minutes

Career--
Mountain West.....--



32 Meixandra Porter

FR • G • 5-6
Chatilly, Va.

Freedom High School

Letterwinner in basketball, cross country and track and field for the Freedom Eagles... First team all-metro, first-team all-state and AA state Player of the Year... Helped lead the Eagles to a district regional and AA state championship her senior year... Named to the AB honor roll... Team captain for all three sports... Played for the Horizon Basketball Association.

Personal

Full name is Meixandra Yvette Porter... Born on April 30, 1991, in Biloxi, Miss. ... Only daughter to Shannon Martin-Galbert and Rudie Galbert Jr. ... Brothers names are Dakota (twin), Rudie Galbert III, and Jordan... Mom ran track at Tuskegee University and her dad graduated from the University of Arkansas... Liberal arts major at Colorado State.

PORTER'S CAREER HIGHS

Scoring

Career--
Mountain West.....--

Rebounding

Career--
Mountain West.....--

Offensive Rebounds

Career--
Mountain West.....--

Field Goals Made

Career--
Mountain West.....--

Field Goals Attempted

Career--
Mountain West.....--

Three-Point Field Goals Made

Career--
Mountain West.....--

Three-Point Field Goals Attempted

Career--
Mountain West.....--

Free Throws Made

Career--
Mountain West.....--

Free Throws Attempted

Career--
Mountain West.....--

Assists

Career--
Mountain West.....--

Blocked Shots

Career--
Mountain West.....--

Steals

Career--
Mountain West.....--

Minutes

Career--
Mountain West.....--