

Colorado State University



Women's Basketball

FOR IMMEDIATE RELEASE
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www.CSURams.com

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2009-10 Schedule (4-2, 0-0 MWC)

Date	Opponent	Time/Result
Oct. 29	CSU-Pueblo (exh.)	W, 81-59
Nov. 6	Adams State (exh.)	W, 84-67
Nov. 13	Montana	W, 72-64
Nov. 15	Wichita State	W, 85-60
Nov. 18	at Denver	L, 55-68
Nov. 22	at Valparaiso	L, 58-68
Nov. 27	^Texas State	W, 66-42
Nov. 28	^Delaware	W, 67-44
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

Game No. 7

Colorado State (4-2) vs. Idaho (1-5)

Dec. 1, 2009 | Moscow, Id. | Cowan Spectrum (7,000) | 7 p.m. MT



Colorado State back on road vs. Idaho...

After taking first place in the Coors Rocky Mountain Invitational, the Rams will travel to Idaho in search of their first road win. Tip off is set for 7 p.m. MT on Tuesday from the Cowan Spectrum Arena (7,000).

The Vandals came to life Sunday after starting the season 0-5. Without their head coach Jon Newlee on the bench due to an illness, Idaho defeated Louisiana-Lafayette 90-66 when associate head coach Gavin Petersen stepped in.

Four players scored in double digits in the contest as the Vandals will now start a four-game homestand vs. the Rams.

The game will be broadcast live on AM 1410 KIIX. Matt Wozniak calls all the action. Live game audio will also be available via Rams All-Access subscription on CSURams.com.

The Series

Overall Record	3-3
In Fort Collins	2-1
In Moscow	0-2
At Neutral Sites	1-0
Holt vs. Idaho	1-0

Radio

Colorado State Sports Network	AM 1410 KIIX
Matt Wozniak	Play-by-Play

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)	6-0	8.3	5.3	Tied career high with 18 points at Denver (Nov. 18)
2	Bonnie Barbee	5-8	G	JR	2L	Mesa, Ariz. (Red Mountain)	6-6	12.3	3.2	Scored career high 5 three-pointers at Valparaiso (Nov. 22)
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)	6-6	20.3	5.0	Topped career high in points vs. Delaware with 25 (Nov. 28)
10	Natalie van den Adel	6-1	G	SO	1L	Barendrecht, Netherlands (Walburg)	6-6	7.5	3.2	Scored 13 points, 6-7 from the field vs. Montana (Nov. 13)
11	Meghan Heimstra	6-2	F	SO	1L	Longmont, Colo. (Silver Creek)	6-4	9.8	10.0	Career high 13 rebounds vs. Texas State (Nov. 27)
23	Zoi Simmons	5-6	G	JR	2L	Fontana, Calif. (IMG Academy)	6-6	5.0	4.0	Leads team with 24 steals this season
24	Chantel Kennedy	5-7	G	FR	HS	Norcross, Ga. (Wesleyan)	6-0	1.2	2.3	Played 26 minutes vs. Montana (Nov. 13)
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)	6-2	2.7	2.7	Career high 9 points and 22 minutes vs. Montana (Nov. 13)

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	von din ODD-ul
Meghan Heimstra	HIME-struh
Meixandra Porter	MIX-an-dra

The Rams' Record in 2009-10 When

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

Rams vs. Idaho series...

Tuesday's meeting between Colorado State and Idaho marks the seventh overall meeting between the two schools and the fourth meeting in as many years.

The overall series is currently tied at 3-3 and the Rams are 2-1 vs. Idaho since 2006. Head Coach Kristen Holt is 1-0 against the Vandals.

About Valpo...

The Vandals host the Rams with an overall record of 1-5 to start the season, behind the guidance of Head Coach Jon Newlee. Newlee is in his second season with Idaho with 26 years of coaching experience and 11 years as a head coach. Last season he was named the WAC Coach of the Year after improving the team's conference record to 10-6 (third place). The 9.5 game improvement from the previous season was the seventh-best in the NCAA in 2009.

In the Vandals lone win this season, sophomore guard Shaena-Lyn Kuehu scored a career high 20 points vs. Louisiana-Lafayette. Senior point guard Charlotte Otero also had a career-high 15 points and Rachele Kloke and Yinka Olorunnife each had 19 points. As a team Idaho had a 53.3 shooting percentage.

CSU vs. Idaho comparison...

CSU	Category	Valpo
67.2	Points Per Game	58.2
59.7	Points Allowed Per Game	70.0
40.3%	FG %	34.9%
35.0%	Opponent FG %	42.6%
38.0%	3-PT Field Goal %	29.1%
22.7%	Opp. 3-PT Field Goal %	31.6%
65.5%	Free-Throw %	61.3%
41.8	Rebounding Average	36.0
+2.5	Rebounding Margin	-7.0
14.0	Assists Per Game	12.0
19.0	Turnovers Per Game	18.2
15.7	Opp. Turnovers Per Game	16.3
7.8	Steals Per Game	6.2
2.5	Blocks Per Game	2.5

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 (11-29-09)

Team	Conference					Overall				
	W-L	Pct.	H	A	W-L	Pct.	H	A	N	
Wyoming	0-0	.000	0-0	0-0	5-0	1.000	2-0	3-0	0-0	
Colorado State	0-0	.000	0-0	0-0	4-2	.667	4-0	0-2	0-0	
New Mexico	0-0	.000	0-0	0-0	4-2	.667	4-2	0-0	0-0	
TCU (RV/RV)	0-0	.000	0-0	0-0	4-2	.667	3-0	0-1	1-1	
BYU	0-0	.000	0-0	0-0	3-2	.600	1-1	2-1	0-0	
San Diego State (23/24)	0-0	.000	0-0	0-0	3-3	.500	2-0	1-0	0-3	
UNLV	0-0	.000	0-0	0-0	2-3	.400	0-3	2-0	0-0	
Utah	0-0	.000	0-0	0-0	1-3	.250	1-0	0-2	0-1	
Air Force	0-0	.000	0-0	0-0	1-5	.167	1-1	0-3	0-1	

AP/Writers' Poll - Nov. 24

1. Connecticut (40)	3-0	1000
2. Stanford	4-0	957
3. Ohio State	5-0	892
4. North Carolina	3-0	871
5. Notre Dame	3-0	833
6. Tennessee	3-0	820
7. LSU	4-0	731
8. Baylor	2-1	679
9. Xavier	2-0	659
10. Duke	2-1	561
11. Texas A&M	3-0	554
12. Florida State	4-0	515
13. Texas	2-1	473
14. Georgia	3-0	441
15. DePaul	4-0	390
15. Virginia	3-1	390
17. Arizona State	2-1	335
18. Kansas	3-0	321
19. Mississippi State	4-0	277
20. Oklahoma	2-1	270
21. Vanderbilt	3-0	247
22. California	2-1	229
23. San Diego State	3-0	112
24. Pittsburgh	2-0	106
25. Michigan State	2-2	95

OTHERS RECEIVING VOTES

Georgia Tech 49, Middle Tennessee State 44, Dayton 39, Louisville 22, Rutgers 15, Oklahoma State 13, Maryland 10, Nebraska 10, **TCU 7**, Hartford 6, Temple 6, Purdue 5, Wake Forest 4, Gonzaga 3, St. John's 3, Syracuse 3, Wisconsin-Green Bay 2, Duquesne 1

Bold - Denotes Rams opponent in 2009-10

USA Today/ESPN Coaches' Poll - Nov. 24

1. Connecticut (31)	3-0	775
2. Stanford	4-0	741
3. Ohio State	5-0	709
4. North Carolina	3-0	662
5. Tennessee	3-0	641
6. Notre Dame	3-0	608
7. Texas A&M	3-0	553
8. Baylor	2-1	527
9. Florida State	4-0	496
10. Xavier	3-0	482
11. LSU	4-0	429
12. Duke	3-1	406
13. Arizona State	2-1	356
14. Texas	2-1	338
15. California	2-1	281
16. Vanderbilt	3-0	278
17. Oklahoma	2-1	270
18. Virginia	3-1	253
19. Georgia	3-0	244
20. Pittsburgh	2-0	183
21. DePaul	4-0	142
22. Mississippi State	4-0	126
23. Kansas	3-0	113
24. San Diego State	3-0	74
25. Michigan State	2-2	63

Others receiving votes: Louisville 56; Maryland 41; Dayton 37; Middle Tennessee 33; Iowa State 23; Syracuse 23; Temple 22; Gonzaga 19; Hartford 10; **TCU 9**; Vermont 9; Southern Methodist 8; East Carolina 7; Rutgers 6; Georgetown 4; Western Kentucky 4; **Houston 3**; Oklahoma State 3; Georgia Tech 2; Nebraska 2; West Virginia 2; Auburn 1; Purdue 1

Bold - Denotes Rams opponent in 2009-10

Heimstra Heats up...

In six games this season sophomore forward Meghan Heimstra has scored a total of 59 points and has 60 rebounds. Against Texas state on Nov. 28, the Longmont native topped her career-high set earlier this season with 13 rebounds. Heimstra was named to the Coors Rocky Mountain Invitational All-Tournament Team.

Mestdagh sets career highs...

Sophomore Kim Mestdagh is improving with every game the Rams play this season. Mestdagh set a career high in points starting with the Nov. 15 game vs. Wichita State. She had 21. Since then Mestdagh has broken that record twice with 22 points vs. Texas State (11/27) and her current high score of 25 points vs. Delaware (11/28), which secured her the Most Valuable Player award in the Coors Rocky Mountain Invitational. She has led the Rams in scoring in each game this season.

Last time out...

After trailing by an early score of 4-0, the Colorado State women's basketball team used a 27-4 run to defeat the Delaware Blue Hens, 67-44, in the championship game of the Coors Rocky Mountain Invitational Saturday night at Moby Arena.

During the first-half run, Colorado State's defense held Delaware without a field goal for 11 minutes, 45 seconds. Overall in the first half, the Rams held the Blue Hens to just 17 percent shooting from the floor. The Rams shot 39 percent in the first half, resulting in a 32-10 halftime lead.

Mestdagh, who has scored in double figures in all six games on the season, reached the mark just 10:16 into the game. Sophomore Chatilla van Grinsven also reached double figures in the first half, tallying 11 on 5-of-6 shooting. She finished the night with 15 points.

The Rams led by as many as 35 in the second half and never less than their halftime lead of 22. The offensive production was a balanced effort with all eight players scoring.

With the win, the Rams are now 4-0 at Moby

2009-10 Misc. Stats (Rams' Record)

Games Led in Scoring Mestdagh.....6 (4-2)	Rams Biggest Halftime Lead 22 vs. Delaware, 11/28/09
Games Led in Rebounding van Grinsven.....2 (1-1) Heimstra.....4 (3-1)	Rams Biggest Halftime Deficit 3 vs. Montana, 11/13/09
Games Led in Assists Simmons.....3 (2-1) Mestdagh.....1 (1-0) van den Adel.....1 (1-0)	Rams Biggest Deficit In A CSU Win 9 vs. Wichita State, 11/15/09
Games Led in Steals Cooke.....2 (1-1) Heimstra.....1 (0-1) van den Adel.....1 (1-0)	Rams Biggest Lead In A CSU Loss 9 at Valparaiso, 11/22/09
Games Led in Blocks Heimstra.....5 (3-2) van Grinsven.....1 (1-0)	
Double-Double Games Heimstra.....2 (1-1)	
Dbl Fig. Scoring Games Mestdagh.....6 (4-2) Barbee.....4 (2-2) Heimstra.....3 (2-1) van Grinsven.....2 (1-1) van den Adel.....1 (1-0)	
20-Point Games Mestdagh.....4 (3-1)	
Double-Figure Rebound Games Heimstra.....3 (2-1) van Grinsven.....1 (1-0)	
Scored First Point van den Adel.....2 (2-0) Barbee.....2 (1-1) Heimstra.....1 (1-0) Mestdagh.....1 (0-1)	
How First Point Scored Layup.....1 (1-0) Free Throw.....1 (1-0) Three pointer.....2 (0-2)	
How Opp. First Scored Jumper.....2 (2-0) Three-Pointer.....2 (1-1) Layup.....1 (0-1) Free Throw.....1 (1-0)	
Opening Tips Rams.....2 (1-1) Opponents.....4 (3-1)	
Rams Biggest Run 13 vs. Delaware, 11/28/09	
Opp. Biggest Run 13, Twice Last time: at Valparaiso, 11/22/09	
Rams Biggest Lead 35 vs. Delaware, 11/28/09	
Rams Biggest Deficit 15 at Denver, 11/18/09	

The Last Time The Rams Had

Player score 20 points:

- 25, Kim Mestdagh vs. Delaware, 11/28/09

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:

- 12p-12r, Meghan Heimstra, at Valparaiso, 11/22/09

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

Arena this season, their best home start since the 2004-05 team started 5-0.

Rams seeing double...

Since the start of the season, five Rams have scored double figures in at least one game. Sophomore Kim Mestdagh leads the pack with six-consecutive games, followed by junior Bonnie Barbee with four. Sophomores Meghan Heimstra and Chatilla van Grinsven each have two games and Natalie van den Adel rounds out the bunch with one game.

Homegrown talent...

In addition to the three international players on the CSU roster, the Rams also feature two 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 is a former two-time all-Colorado performer at Silver Creek High School in nearby Longmont, Colo.

Holt holding court...

Second-year Head Coach Kristen Holt is in her second season at the helm of the Rams' program. 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...

On Friday Colorado State leaves for Berkeley, Calif. to play in the Colliers International Tournament on Saturday and Sunday. Southern Illinois and No. 11/7 Texas A&M join the Rams in the tournament hosted by No. 22/15 California.

Coors Light Coaches' Show...

Head basketball coaches Kristen Holt and Tim Miles will make their debuts on the 2009-10 Coors Light Coaches' Show beginning Monday, Nov. 30. The show, which will air live at 7 p.m. MT from the Stonehouse Grille in downtown Fort Collins, can be heard on AM 600 KCOL in Fort Collins and AM 560 KLZ in Denver.

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 pre-season 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

Coors Light Coaches' Show schedule

- | | |
|---------------|---------------|
| • November 30 | • February 1 |
| • December 7 | • February 8 |
| • December 14 | • February 15 |
| • January 11 | • February 22 |
| • January 18 | • March 1 |
| • January 25 | |

THE STAT CREW SYSTEM
Colorado State Combined Team Statistics (as of Nov 29, 2009)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	4-2	4-0	0-2	0-0
CONFERENCE	0-0	0-0	0-0	0-0
NON-CONFERENCE	4-2	4-0	0-2	0-0

#	Player	gp-gs	min	avg	Total		3-Point		F-Throw		Rebounds				pf	dq	a	to	blk	stl	pts	avg		
					fg-fga	fg%	3fg-fga	3fg%	ft-fa	ft%	off	def	tot	avg										
01	VAN GRINSVEN, Chati	6-0	122	20.3	19-43	.442	1-3	.333	11-18	.611	10	22	32	5.3	14	0	7	13	1	2	50	8.3		
02	BARBEE, Bonnie	6-6	180	30.0	27-77	.351	15-46	.326	5-7	.714	3	16	19	3.2	10	0	9	19	0	3	74	12.3		
05	MESTDAGH, Kim	6-6	178	29.7	40-81	.494	25-55	.455	17-23	.739	9	21	30	5.0	18	1	9	16	1	9	122	20.3		
10	VAN DEN ADEL, Natali	6-6	127	21.2	14-31	.452	1-3	.333	16-22	.727	6	13	19	3.2	18	1	10	16	1	3	45	7.5		
11	HEIMSTRA, Meghan	6-4	179	29.8	18-44	.409	1-4	.250	22-38	.579	24	36	60	10.0	16	0	13	19	12	9	59	9.8		
23	SIMMONS, Zoi	6-6	202	33.7	9-28	.321	2-6	.333	10-12	.833	2	22	24	4.0	7	0	24	8	0	7	30	5.0		
24	KENNEDY, Chantel	6-0	116	19.3	1-11	.091	1-4	.250	4-9	.444	6	8	14	2.3	9	0	10	13	0	6	7	1.2		
54	COOKE, Erin	6-2	96	16.0	5-15	.333	0-0	.000	6-10	.600	5	11	16	2.7	14	0	2	10	0	8	16	2.7		
Team											12	25	37											
Total.....		6	1200		133-330	.403	46-121	.380	91-139	.655	77	174	251	41.8	106	2	84	114	15	47	403	67.2		
Opponents.....		6	1200		127-363	.350	17-75	.227	87-123	.707	84	152	236	39.3	110	3	58	94	25	52	358	59.7		

TEAM STATISTICS	CS	OPP	Date	Opponent	Score	Att.
SCORING	403	358	11/13/09	MONTANA	w 72-64	1001
Points per game	67.2	59.7	11/15/09	WICHITA STATE	w 85-60	945
Scoring margin	+7.5	-	11/18/09	at Denver	L 55-68	442
FIELD GOALS-ATT	133-330	127-363	11/22/09	at Valparaiso	L 58-68	504
Field goal pct	.403	.350	11/27/09	TEXAS STATE	w 66-54	1099
3 POINT FG-ATT	46-121	17-75	11-28-09	DELAWARE	w 67-44	1045
3-point FG pct	.380	.227	* - Conference game			
3-pt FG made per game	7.7	2.8				
FREE THROWS-ATT	91-139	87-123				
Free throw pct	.655	.707				
F-Throws made per game	15.2	14.5				
REBOUNDS	251	236				
Rebounds per game	41.8	39.3				
Rebounding margin	+2.5	-				
ASSISTS	84	58				
Assists per game	14.0	9.7				
TURNOVERS	114	94				
Turnovers per game	19.0	15.7				
Turnover margin	-3.3	-				
Assist/turnover ratio	0.7	0.6				
STEALS	47	52				
Steals per game	7.8	8.7				
BLOCKS	15	25				
Blocks per game	2.5	4.2				
ATTENDANCE	4090	946				
Home games-Avg/Game	4-1022	2-473				
Neutral site-Avg/Game	-	0-0				

Score by Periods	1st	2nd	Totals
Colorado State	190	213	403
Opponents	155	203	358

THE STAT CREW SYSTEM
Colorado State Game-by-Game Highs (as of Nov 29, 2009)
All games

<u>Opponent</u>	<u>Date</u>	<u>Score</u>	<u>Points</u>	<u>Rebounds</u>	<u>Assists</u>	<u>Steals</u>	<u>Blocked shots</u>
MONTANA	11/13/09	72-64	17-MESTDAGH, Kim	11-HEIMSTRA, Megh	3-MESTDAGH, Kim	5-COOKE, Erin	2-HEIMSTRA, Meg
WICHITA STATE	11/15/09	85-60	21-MESTDAGH, Kim	10-VAN GRINSVEN,	6-SIMMONS, Zoi	1-BARBEE, Bonnie KENNEDY, Chantel COOKE, Erin MESTDAGH, Kim HEIMSTRA, Megha	3-HEIMSTRA, Meg
at Denver	11/18/09	55-68	18-VAN GRINSVEN,	8-VAN GRINSVEN, C	2-SIMMONS, Zoi HEIMSTRA, Megha MESTDAGH, Kim	5-HEIMSTRA, Megha	4-HEIMSTRA, Meg
at Valparaiso	11/22/09	58-68	20-MESTDAGH, Kim	12-HEIMSTRA, Megh	6-SIMMONS, Zoi	2-COOKE, Erin	1-HEIMSTRA, Meg
TEXAS STATE	11/27/09	66-54	22-MESTDAGH, Kim	13-HEIMSTRA, Megh	4-SIMMONS, Zoi	2-MESTDAGH, Kim HEIMSTRA, Megha	2-HEIMSTRA, Meg
DELAWARE	11-28-09	67-44	25-MESTDAGH, Kim	9-HEIMSTRA, Megha	5-VAN DEN ADEL, N	2-VAN DEN ADEL, N	1-VAN GRINSVEN

CSU vs. Delaware - 11/28

Official Basketball Box Score -- Game Totals -- Final Statistics
 Delaware vs Colorado State
 11-28-09 9 p.m. MT at Fort Collins, Colo. (Moby Arena)

Delaware 44 • 2-1

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
12	Parker, Danielle	f	5-7	0-0	0-0	2	5	7	3	10	0	1	0	0	0	24	
24	Jenkins, Ariene	f	2-5	0-0	3-6	2	1	3	0	7	0	2	1	0	0	28	
02	Bailey, Jocelyn	g	0-4	0-0	0-1	0	3	3	2	0	2	2	1	1	16		
23	Kabongo, Vanessa	g	2-9	0-0	0-0	1	3	4	0	4	1	0	0	1	29		
34	Harris, Tesia	g	1-12	0-4	0-0	2	2	4	2	2	1	2	0	0	34		
03	May, Jaquetta	g	2-5	0-0	1-2	3	1	4	1	5	0	1	0	1	11		
20	Riddick, Eva	g	1-3	0-0	0-0	0	1	1	1	2	1	2	1	1	13		
22	Carra, Lauren	g	5-11	2-4	2-2	0	1	1	3	14	0	2	0	4	30		
43	Ferguson, Farrah	g	0-1	0-0	0-0	0	0	0	2	0	0	0	0	0	5		
55	Gibson, Jasmine	g	0-0	0-0	0-0	0	1	1	1	0	1	0	1	0	10		
Team						3 3 6											
Totals			18-57	2-8	6-11	13	21	34	15	44	6	12	4	8	200		

FG % 1st Half: 4-23 17.4% 2nd half: 14-34 41.2% Game: 18-57 31.6% Deadball Rebounds 2
 3FG % 1st Half: 0-2 0.0% 2nd half: 5-6 83.3% Game: 2-8 25.0%
 FT % 1st Half: 2-5 40.0% 2nd half: 4-6 66.7% Game: 6-11 54.5%

Colorado State 67 • 4-2

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
05	MESTDAGH, Kim	f	8-13	7-12	2-2	3	1	4	2	25	1	1	0	1	26		
11	HEIMSTRA, Meghan	f	2-7	0-1	1-1	3	6	9	1	5	3	0	0	0	25		
02	BARBEE, Bonnie	g	2-11	1-8	0-0	0	3	3	2	5	0	3	0	0	27		
10	VAN DEN ADEL, Natali	g	1-4	1-1	5-6	0	2	2	3	8	5	2	0	2	27		
23	SIMMONS, Zoi	g	1-3	0-1	4-4	0	5	5	0	6	4	0	0	1	30		
01	VAN GRINSVEN, Chatil	g	5-10	0-1	5-6	2	5	7	1	15	3	0	1	1	28		
24	KENNEDY, Chantel	g	0-1	0-1	2-2	1	0	1	2	2	1	3	0	1	19		
54	COOKE, Erin	g	0-0	0-0	1-2	0	2	2	2	1	3	0	0	0	18		
Team						2 5 7											
Totals			19-49	9-25	20-23	11	29	40	13	67	18	13	1	6	200		

FG % 1st Half: 8-13 39.3% 2nd half: 8-21 38.1% Game: 19-49 38.8% Deadball Rebounds 1
 3FG % 1st Half: 4-15 26.7% 2nd half: 5-6 83.3% Game: 9-25 36.0%
 FT % 1st Half: 6-8 75.0% 2nd half: 14-15 93.3% Game: 20-23 87.0%

Officials: Peter Contreras, Dave Rittman, John W. Haefeli
 Technical fouls: Delaware-None. Colorado State-None.
 Attendance: 1045

Score by periods	1st	2nd	Total
Delaware	10	34	44
Colorado State	32	35	67

Points	In	Off	2nd	Fast	Bench
DEL	24	12	6	6	21
CS	18	12	6	2	18

Last FG - DEL 2nd-02:39, CS 2nd-06:33.

Score tied - 1 time.

CSU vs. Texas State - 11/27

Official Basketball Box Score -- Game Totals -- Final Statistics
 Texas State vs Colorado State
 11/27/09 7 p.m. MT at Fort Collins, Colo. (Moby Arena)

Texas State 54 • 2-2

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
24	Ofoegbu, Chika	f	1-7	0-0	6-8	2	5	7	4	8	1	3	0	1	22		
34	Hilburn, Aimee	f	4-10	1-4	0-0	0	8	8	3	9	1	2	0	1	22		
45	Klaus, Lacey	f	3-9	0-0	2-2	2	2	4	2	8	1	0	1	0	20		
04	Davis, Victoria	g	3-10	0-0	4-6	0	5	5	1	10	2	2	1	3	30		
30	Krupa, Kelsey	g	1-9	0-2	0-0	2	0	2	0	2	0	1	0	0	29		
01	Kalu, Verinus	g	1-2	0-0	0-0	3	1	4	2	2	0	0	0	0	9		
02	Kiel, Dawn	g	0-0	0-0	0-0	0	1	1	0	0	0	1	0	0	2		
03	Ford, Diamond	g	1-4	0-0	0-0	0	0	0	1	2	0	0	0	0	13		
05	Douthit, Stephanie	g	1-2	1-2	0-0	0	2	2	1	3	0	0	0	0	8		
12	Williams, Mallory	g	0-1	0-1	0-0	0	0	0	1	0	0	1	0	0	9		
14	Evans-Sluga, Tamarra	g	0-4	0-4	0-0	0	0	0	0	0	0	0	0	0	6		
21	Brzozowski, Anna	g	1-6	0-0	6-6	3	2	5	3	8	0	2	2	0	17		
50	Homan, Megan	g	1-1	0-0	0-0	0	0	0	0	2	0	2	0	0	10		
54	Hugee, Alexa	g	0-0	0-0	0-0	1	0	1	0	0	1	2	0	0	3		
Team						6 6 12											
Totals			17-65	2-13	18-22	19	32	51	18	54	6	16	4	5	200		

FG % 1st Half: 7-35 20.0% 2nd half: 10-30 33.3% Game: 17-65 26.2% Deadball Rebounds 2
 3FG % 1st Half: 2-9 22.2% 2nd half: 0-4 0.0% Game: 2-13 15.4%
 FT % 1st Half: 6-8 75.0% 2nd half: 12-14 85.7% Game: 18-22 81.8%

Colorado State 66 • 3-2

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
05	MESTDAGH, Kim	f	7-12	6-11	2-5	0	4	4	2	22	2	2	1	2	32		
02	BARBEE, Bonnie	g	7-20	3-10	0-0	0	3	3	0	17	3	0	0	1	35		
10	VAN DEN ADEL, Natali	g	3-8	0-2	3-4	2	5	7	4	9	0	2	0	0	27		
23	SIMMONS, Zoi	g	2-8	1-2	1-2	1	5	6	2	6	4	1	0	1	36		
54	COOKE, Erin	g	0-2	0-0	0-0	1	2	3	2	0	1	0	0	0	13		
01	VAN GRINSVEN, Chatil	g	2-3	1-1	1-5	1	0	1	3	6	0	4	0	0	16		
11	HEIMSTRA, Meghan	g	1-7	0-1	4-4	6	7	13	3	6	1	1	2	2	24		
24	KENNEDY, Chantel	g	0-1	0-1	0-1	1	3	4	1	0	3	3	0	1	17		
Team						1 2 3											
Totals			22-61	11-28	11-21	13	31	44	17	66	14	13	3	7	200		

FG % 1st Half: 10-31 32.3% 2nd half: 12-30 40.0% Game: 22-61 36.1% Deadball Rebounds 4
 3FG % 1st Half: 5-14 35.7% 2nd half: 6-14 42.9% Game: 11-28 39.3%
 FT % 1st Half: 5-12 41.7% 2nd half: 6-9 66.7% Game: 11-21 52.4%

Officials: Peter Contreras, John W. Haefeli, Julie Sharp
 Technical fouls: Texas State-None. Colorado State-None.
 Attendance: 1099

Score by periods	1st	2nd	Total
Texas State	22	32	54
Colorado State	30	36	66

Points	In	Off	2nd	Fast	Bench
TXST	24	11	9	6	17
CS	12	16	9	0	12

Last FG - TXST 2nd-01:52, CS 2nd-00:35.

Largest lead - TXST None, CS by 14 2nd-07:05.

Score tied - 1 time.
 Lead changed - 0 times.

CSU at Valparaiso - 11/22

Official Basketball Box Score -- Game Totals -- Final Statistics
 Colorado State vs Valparaiso
 11/22/09 1:35 p.m. at Valparaiso, Ind. - ARC

Colorado State 58 • 3-0

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
05	MESTDAGH, Kim	f	7-17	4-10	2-2	1	4	5	2	20	1	6	0	1	34		
54	COOKE, Erin	g	0-3	0-0	0-0	0	1	1	3	0	0	0	0	2	17		
02	BARBEE, Bonnie	g	5-10	5-9	0-0	1	4	5	2	15	1	7	0	0	27		
10	VAN DEN ADEL, Natali	g	4-7	0-0	1-2	1	0	1	2	9	4	3	0	1	23		
23	SIMMONS, Zoi	g	0-3	0-1	0-0	0	4	4	3	0	6	0	0	1	36		
01	VAN GRINSVEN, Chatil	g	1-4	0-0	0-0	1	3	4	3	2	0	2	0	0	10		
11	HEIMSTRA, Meghan	g	5-8	0-0	2-5	5	7	12	4	12	3	5	1	1	31		
24	KENNEDY, Chantel	g	0-2	0-0	0-0	1	1	2	1	0	1	4	0	0	22		
Team						2 7 9											
Totals			22-54	9-20	5-9	12	31	43	20	58	16	27	1	6	200		

FG % 1st Half: 10-29 34.5% 2nd half: 12-25 48.0% Game: 22-54 40.7% Deadball Rebounds 2
 3FG % 1st Half: 4-11 36.4% 2nd half: 5-9 55.6% Game: 9-20 45.0%
 FT % 1st Half: 3-4 75.0% 2nd half: 2-5 40.0% Game: 5-9 55.6%

Valparaiso 68 • 3-0

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot	Off	Def	Tot							
04	KENNEY, Lauren	f	6-16	0-0	7-8	7	4	11	2	19	3	1	1	4	31		
20	PELLER, Kelly	f	1-2	1-1	0-0	2	0	2	2	3	1	2	0	0	13		
41	VARNER, Ashley	f	3-8	1-3	6-9	3	8	11	1	13	1	2	1	1	25		
05	ADAMS, Betsy	g	2-10	0-3	10-10	1	2	3	1	14	1	2	0	3	38		
12	RICHARDS, Laura	g	0-1	0-0	0-1	0	0	0	2	0	2	0	0	1	17		

CSU vs. Wichita State - 11/15

Official Basketball Box Score -- Game Totals -- Final Statistics

Wichita State vs Colorado State
11/15/09 2 p.m. at Fort Collins, Colo. (Moby Arena)

Wichita State 60 • 0-1

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot							
10	Gladden, Ashley	f	0-2	0-0	2-2	1	0	1	3	2	0	1	0	0	0	8	
25	Turner, Chynna	f	1-6	0-1	0-0	1	1	2	5	2	2	3	0	0	0	22	
01	Henderson, Marisah	g	4-13	3-8	0-0	2	2	4	2	11	2	2	0	1	32		
05	Johnson, Sheena	g	1-4	0-0	1-2	1	6	7	2	3	1	1	0	0	26		
21	Lankster, Haleigh	g	8-16	1-3	1-2	2	0	2	5	18	0	1	0	1	16		
02	Boyd, Morgan	g	2-7	0-4	0-0	0	2	2	4	4	0	1	1	0	20		
12	Diamond, Jessica	g	5-14	1-2	0-0	2	3	5	1	11	1	1	1	2	28		
23	Kemp, Dannah	g	0-3	0-3	0-0	0	2	2	0	0	2	3	0	2	17		
33	Price, Michelle	g	1-4	0-0	3-8	4	2	6	3	5	0	1	2	2	16		
34	Gordon, Jazimen	g	2-4	0-0	0-2	3	3	6	1	4	0	1	0	0	15		
	Team					2	0	2									
	Totals		24-73	5-21	7-16	18	21	39	26	60	8	15	4	8	200		
	FG % 1st Half:	11-36	30.6%	2nd half:	13-37	35.1%	Game:	24-73	32.9%							Deadball Rebounds	
	3FG % 1st Half:	5-15	33.3%	2nd half:	0-6	0.0%	Game:	5-21	23.8%							5	
	FT % 1st Half:	4-11	36.4%	2nd half:	3-5	60.0%	Game:	7-16	43.8%								

Colorado State 85 • 2-0

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot							
05	MESTDAGH, Kim	f	7-10	3-4	4-5	2	4	6	5	21	0	4	0	1	24		
11	HEIMSTRA, Meghan	f	5-7	1-1	6-12	4	5	9	3	17	2	5	3	1	29		
02	BARBEE, Bonnie	g	5-14	3-8	4-5	2	3	5	0	17	3	2	0	1	30		
10	VAN DEN ADEL, Natali	g	0-5	0-0	3-4	2	0	2	2	3	0	3	0	0	18		
23	SIMMONS, Zoi	g	3-6	1-1	0-0	0	2	2	1	7	6	1	0	0	29		
01	VAN GRINSVEN, Chatil	g	3-6	0-0	3-3	0	10	10	2	9	1	2	0	0	27		
24	KENNEDY, Chantel	g	1-3	1-1	2-4	2	3	5	1	5	3	2	0	1	26		
54	COOKE, Erin	g	3-4	0-0	0-2	1	3	4	2	6	0	2	0	1	17		
	Team					1	5	6									
	Totals		27-55	9-15	22-35	14	35	49	16	85	15	21	3	5	200		
	FG % 1st Half:	12-27	44.4%	2nd half:	15-28	53.6%	Game:	27-55	49.1%							Deadball Rebounds	
	3FG % 1st Half:	6-9	66.7%	2nd half:	3-6	50.0%	Game:	9-15	60.0%							6	
	FT % 1st Half:	12-18	66.7%	2nd half:	10-17	58.8%	Game:	22-35	62.9%								

Officials: Scotty Hermann, Kyle Bacon, Leah Gonyeau
Technical fouls: Wichita State-None, Colorado State-None.
Attendance: 945

Score by periods	1st	2nd	Total
Wichita State	31	29	60
Colorado State	42	43	85

Points	In	Off	2nd	Fast	Bench
WSU	Paint	T/O	Chance	Break	
WSU	28	15	14	6	24
CS	26	12	12	4	20

Last FG - WSU 2nd-01:09, CS 2nd-02:08.
1 ainst lead - WSU hv 9 1st-14:43, CS hv 2R 2nd-04:26

Score tied - 3 times.
1 lead changed - 3 times.

CSU vs. CSU-Pueblo (exh.)

Official Basketball Box Score -- Game Totals -- Final Statistics

CSU-Pueblo vs Colorado State
10/29/09 7 p.m. at Fort Collins, Colo. (Moby Arena)

CSU-Pueblo 59 • 0-1

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot							
04	Katrina Selsor	*	5-10	3-5	0-0	1	4	5	2	13	1	3	1	1	25		
15	Kami Dahlberg	*	2-8	0-2	0-0	1	4	5	2	4	1	0	0	2	18		
23	Amanda Bartlett	*	1-11	0-5	0-1	0	3	3	3	2	3	2	0	0	31		
33	Rachel Espinoza	*	2-6	0-2	2-2	3	2	5	2	6	1	1	0	0	23		
34	Caitlyn Jewell	*	5-10	0-0	0-2	2	2	4	3	10	1	3	0	1	21		
01	Kendall Babler		4-6	1-1	0-0	1	3	4	2	9	3	4	0	0	29		
03	Tiana Gill		0-0	0-0	0-0	0	0	0	1	0	0	0	0	0	3		
14	Jennelle Branting		1-4	1-4	0-0	0	0	0	2	3	0	2	0	1	12		
21	Erica Hicks		2-6	2-5	2-2	0	0	0	1	8	2	0	0	0	14		
22	Kristi Arness		2-6	0-2	0-1	0	2	2	0	4	1	2	0	1	18		
42	Jocelyn Fox		0-0	0-0	0-0	0	0	0	1	0	0	0	0	0	6		
	Team					1	7	8									
	Totals		24-67	7-26	4-8	9	27	36	19	59	13	17	1	6	200		
	FG % 1st Half:	12-30	40.0%	2nd half:	12-37	32.4%	Game:	24-67	35.8%							Deadball Rebounds	
	3FG % 1st Half:	3-10	30.0%	2nd half:	4-16	25.0%	Game:	7-26	26.9%							0	
	FT % 1st Half:	2-3	66.7%	2nd half:	2-5	40.0%	Game:	4-8	50.0%								

Colorado State 81 • 1-0

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot							
01	VAN GRINSVEN, Chatil	*	3-11	0-0	3-3	4	9	13	1	9	0	3	2	0	26		
05	MESTDAGH, Kim	*	9-16	7-13	0-0	3	8	11	3	25	1	1	0	1	31		
11	HEIMSTRA, Meghan	*	5-8	0-0	8-11	4	6	10	4	18	1	0	0	0	23		
23	SIMMONS, Zoi	*	0-3	0-2	2-2	1	3	4	2	2	2	2	0	1	26		
24	KENNEDY, Chantel	*	2-9	0-3	1-2	3	4	7	1	5	4	2	0	2	28		
02	BARBEE, Bonnie		3-12	0-5	0-0	1	4	5	0	6	1	1	0	0	26		
32	PORTER, Meixandra		6-10	0-1	2-3	3	2	5	1	14	2	6	0	0	21		
54	COOKE, Erin		1-7	0-0	0-1	5	1	6	2	2	0	2	1	0	19		
	Team					2	1	3									
	Totals		29-76	7-24	16-22	26	38	64	14	81	11	17	3	4	200		
	FG % 1st Half:	10-35	28.6%	2nd half:	19-41	46.3%	Game:	29-76	38.2%							Deadball Rebounds	
	3FG % 1st Half:	0-8	0.0%	2nd half:	7-16	43.8%	Game:	7-24	29.2%							0	
	FT % 1st Half:	12-14	85.7%	2nd half:	4-8	50.0%	Game:	16-22	72.7%								

Officials: Lisa Jones, Donovan Briggans, Randy Campbell
Technical fouls: CSU-Pueblo-None, Colorado State-None.
Attendance: 354

Score by periods	1st	2nd	Total
CSU-Pueblo	29	30	59
Colorado State	32	49	81

Points	In	Off	2nd	Fast	Bench
CSUP	Paint	T/O	Chance	Break	
CSUP	26	16	11	2	24
CS	28	18	17	2	22

Last FG - CSUP 2nd-01:29, CS 2nd-00:22.
Largest lead - CSUP by 7 1st-17:25, CS by 23 2nd-03:32.

Score tied - 3 times.
Lead changed - 3 times.

CSU vs. Montana - 11/13

Official Basketball Box Score -- Game Totals -- Final Statistics

Montana vs Colorado State
11/13/09 7 pm at Moby Arena (Fort Collins, Colo.)

Montana 64 • 0-1

#	Player	Total			3-Ptr			Rebounds			PF	TP	A	TO	Blk	Stl	Min
		FG-FGA	FG-FGA	FT-FTA	FG-FGA	FG-FGA	FT-FTA	Off	Def	Tot							
20	LINFORD, Jessa	f	5-9	0-0	0-2	1	5	6	5	10	1	3	1	1	19		
22	BAKER, Katie	f	3-6	0-0	0-0	2	3	5	4	6	0	3	1	1	21		
45	BECK, Lauren	f	4-11	0-0	9-10	1	6	7	3	17	1	4	2	4	37		
05	NANCE-JOHNSON, S.	g	0-8	0-3	2-2	1	2	3	4	2	7	3	0	0	32		
30	STENDER, Stephanie	g	1-2	0-1	2-4	0	2	2	0	4	0	0	0	1	22		
00	SMITH, Alyssa	g	1-4	0-1	0-0	0	1	1	3	2	0	2	0	0	24		
10	DE BOER, Kenzie	g	8-15	2-4	5-6	2	1	3	4	23	0	1	0	3	24		
23	HURLEY, Alexandra	g	0-1	0-1	0-0	0	0	0	0	0	0	1	0	0	8		
33	WARE, Tianna	g	0-1	0-0	0-0	0	0	0	0	0	0	0	0	0	4		
54	ROBISON, Shadra	g	0-0	0-0	0-0	0	3	3	2	0	0	1	0	0	9		
	Team					4	3	7									
	Totals		22-57	2-10	18-24	11	26	37	25	64	9	18	4	10	200		
	FG % 1st Half:	14-29	48.3%	2nd half:													

2009-10 Superlatives

Individual

	Colorado State	Opponent
Points	25, Kim Mestdagh vs. Delaware (11/28)	24, Britteni Rice at Denver (11/18)
Points In a Half	16, Kim Mestdagh twice, Last time vs. Texas State (11/27)	16, Britteni Rice at Denver (11/18)
Field Goals Made	8, Kim Mestdagh vs. Delaware (11/28)	9, Britteni Rice at Denver (11/18)
Field Goal Attempts	20, Bonnie Barbee vs. Texas State (11/27)	27, Jene Morris vs. San Diego State (3-4)
Field Goal % (5 made)	.857 (6-7), Natalie van den Adel vs. Montana (11/13)	.750, Kaetlyn Murdoch at Denver (11/18)
3-pt Field Goals Made	7, Kim Mestdagh vs. Delaware (11/28)	3, Marisah Henderson vs. WSU (11/15)
3-pt Field Goal Attempts	12, Kim Mestdagh vs. Delaware (11/28)	8, Marisah Henderson vs. WSU (11/15)
3-pt Field Goal % (2 made)	.750 (3-4) Kim Mestdagh vs. WSU (11/15)	.500 (2-4) Three times, Last time: Lauren Carra vs. Del (11/28)
Free Throws Made	6, Twice, Last time: Meghan Heimstra vs. WSU (11/15)	10, Betsy Adams at Valparaiso (11/22)
Free Throw Attempts	12, Meghan Heimstra vs. WSU (11/15)	10, Twice, Last time: Betsy Adams at Valparaiso (11/22)
Free Throw Percentage (4 made)	1.000 (4-4) Three times, Last time: Zoi Simmons vs. Del (11/28)	1.000 (10-10) Betsy Adams at Valparaiso (11/22)
Total Rebounds	13, Meghan Heimstra vs. Texas State (11/27)	11, Twice: L. Kenney & A. Varner at Valparaiso (11/22)
Offensive Rebounds	6, Meghan Heimstra vs. Delaware (11/28)	7, Lauren Kenney at Valparaiso (11/22)
Defensive Rebounds	10, Chatilla van Grinsven vs. WSU (11/15)	8, Ashley Varner at Valparaiso (11/22)
Assists	6, Zoi Simmons twice, Last time at Valparaiso (11/22)	7, Shaunte Nance-Johnson vs. Montana (11/13)
Steals	5, Twice, Last time: Meghan Heimstra at Denver (11/18)	4, Three times, Last time: Lauren Carra vs. Delaware (11/28)
Blocked Shots	4, Meghan Heimstra at Denver (11/18)	3, Kaetlyn Murdoch at Denver (11/18)

Team	Colorado State High	Colorado State Low	Opponent High	Opponent Low
Points	85, vs. Wichita State (11/15)	55 at Denver (11/18)	68, Twice Last time: at Valparaiso (11/22)	44, vs. Delaware (11/28)
Points In First Half	42, vs. Wichita State (11/15)	27, at Valparaiso (11/22)	34, vs. Montana (11/13)	10, vs. Delaware (11/28)
Points In Second Half	43, vs. Wichita State (11/15)	27, at Denver (11/18)	40, at Valparaiso (11/22)	29, vs. Wichita State (11/15)
Victory Margin	25, vs. Wichita State (11/15)	8, vs. Montana (11/13)	13, at Denver (11/18)	10, at Valparaiso (11/22)
Field Goals Made	27, vs. Wichita State (11/15)	19, vs. Delaware (11/28)	26, at Denver (11/18)	17, vs. Texas State (11/27)
Field Goals Attempted	61, vs. Texas State (11/27)	49, vs. Delaware (11/28)	73, vs. Wichita State (11/15)	45, at Denver (11/18)
Field Goal Percentage	.491 (27-55), vs. WSU (11/15)	.351 (20-57), at Denver (11/18)	.578 (26-45), at Denver (11/18)	.262 (17-65), vs. Texas State (11/27)
Single Half FG %	.538 (14-26), vs. Montana (11/13)	.321 (9-28), vs. Montana (11/13)	.542 (13-24), at Denver (11/18)	.200 (7-35), vs. Delaware (11/28)
3-Pt Field Goals Made	11, vs. Texas State (11/27)	4, Twice Last time: at Denver (11/18)	5, vs. Wichita State (11/15)	2, Three times Last time: vs. Delaware (11/28)
3-Pt Field Goals Attempted	28, vs. Texas State (11/27)	13, vs. Montana (11/13)	21, vs. Wichita State (11/15)	8, vs. Delaware (11/28)
3-Pt Field Goal %	.600 (9-15), vs. WSU (11/15)	.200 (4-20), at Denver (11/18)	.300 (3-10), at Denver (11/18)	.154 (2-13), vs. Texas State (11/27)
Free Throws Made	22, Twice Last Time: vs. WSU (11/15)	5, at Valparaiso (11/22)	25, at Valparaiso (11/22)	6, vs. Delaware (11/28)
Free Throws Attempted	35, vs. Wichita State (11/15)	9, at Valparaiso (11/22)	31, at Valparaiso (11/22)	11, vs. Delaware (11/28)
Free Throw %	.870 (20-23), vs. Delaware (11/28)	.524 (11-21) vs. Texas State (11/27)	.818 vs. Texas State (11/27)	.438 (7-16), vs. WSU (11/15)
Total Rebounds	49, vs. Wichita State (11/15)	29, at Denver (11/18)	51, vs. Texas State (11/27)	33, at Denver (11/18)
Offensive Rebounds	16, vs. Montana (11/13)	11, Twice Last time: vs. Delaware (11/28)	20, at Valparaiso (11/22)	3, at Denver (11/18)
Defensive Rebounds	35, vs. Wichita State (11/15)	18, at Denver (11/18)	32, vs. Texas State (11/27)	21, Twice Last time: vs. Delaware (11/28)
Assists	18, vs. Delaware (11/28)	9, at Denver (11/18)	15, at Denver (11/18)	6, Twice Last time: vs. Delaware (11/28)
Steals	15, at Denver (11/18)	5, vs. Wichita State (11/15)	13, at Valparaiso (11/22)	5, vs. Texas State (11/27)
Blocked Shots	5, at Denver (11/18)	1, vs. Delaware (11/28)	6, at Denver (11/18)	3, at Valparaiso (11/22)
Turnovers	27, at Valparaiso (11/22)	13, Twice Last time: vs. Delaware (11/28)	22, at Denver (11/18)	11, at Valparaiso (11/22)
Fouls	23, vs. Montana (11/13)	13, vs. Delaware (11/28)	26, vs. Wichita State (11/15)	11, at Valparaiso (11/22)

2009-10 Team and Opponent Game-by-Game Comparison

Opponent	Date	Score	W/L	TOTAL			3-PTS			REBOUNDS													
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF	A	TO	Blk	Stl	Pts	Avg
Colorado State	11/13/09	72-64	W	23	54	.426	4	13	.308	22	33	.667	16	30	46	46.0	23	12	21	2	8	72	72.0
Montana				22	57	.386	2	10	.200	18	24	.750	11	26	37	37.0	25	9	18	4	10	64	64.0
Colorado State	11/15/09	85-60	W	27	55	.491	9	15	.600	22	35	.629	14	35	49	47.5	16	15	21	3	5	85	78.5
Wichita State				24	73	.329	5	21	.238	7	16	.438	18	21	39	39.0	26	8	15	4	8	60	60.0
Colorado State	11/18/09	55-68		20	57	.351	4	20	.200	11	18	.611	11	18	29	29.0	17	9	19	5	15	55	55.0
Denver				26	45	.578	3	10	.300	13	19	.684	3	30	33	33.0	15	15	22	6	8	68	68.0
Colorado State	11/22/09	58-68		22	54	.407	9	20	.450	5	9	.556	12	31	43	43.0	20	16	27	1	6	58	58.0
Valparaiso				20	66	.303	3	13	.231	25	31	.806	20	22	42	42.0	11	14	11	3	13	68	68.0
Colorado State	11/27/09	66-54		22	61	.361	11	28	.393	11	21	.524	13	31	44	44.0	17	14	13	3	7	66	66.0
Texas State				17	65	.262	2	13	.154	18	22	.818	19	32	51	51.0	18	6	16	4	5	54	54.0
Colorado State	11/28/09	67-44		19	49	.388	9	25	.360	20	23	.870	11	29	40	40.0	13	18	13	1	6	67	67.0
Delaware				18	57	.316	2	8	.250	6	11	.545	13	21	34	34.0	15	6	12	4	8	44	44.0
Colorado State		270		92	220	.418	26	68	.382	60	95	.632	53	114	167	41.8	76	52	88	11	34	270	67.5
Opponents		260		92	241	.382	13	54	.241	63	90	.700	52	99	151	37.8	77	46	66	17	39	260	65.0



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
2009-10	4-2	0-0
Totals	24-38	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
Delaware	1-0	0-0	0-0	1-0
Denver	0-1	0-1	0-0	0-2
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	1-0	0-1	0-0	1-1
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
Texas State	1-0	0-0	0-0	1-0
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	0-1	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	1-0	0-1	0-0	1-1
Winthrop	1-0	0-1	0-1	1-2
Wyoming	0-1	0-1	0-0	0-2
Overall Totals	18-13	5-23	1-2	24-38



2 Bonnie Barbee

JR • G • 5-8
Mesa, Ariz.

2009-10

Scored career high 5 three-pointers at Valparaiso (11/22)...Scored 17 points vs. Montana (11/13)

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							
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, Six Times
Mountain West..... 2, at Wyoming, 2/25/09

Field Goals Made

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

Field Goals Attempted

Career 20, vs. Texas State 11/27/09
Mountain West..... 14, Twice

Three-Point Field Goals Made

Career 5, at Valparaiso, 11/22/09
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 4, vs. Wichita State, 11/15/09
Mountain West..... 2, Twice

Free Throws Attempted

Career 5, vs. Wichita State, 11/15/09
Mountain West..... 2, Four Times

Assists

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

Blocked Shots

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

Steals

Career 1, 16 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.

2009-10

Recorded six assists vs. Wichita State (11/15) and at Valparaiso (11/22)

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	PF	FO						
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

Career6, Twice
Mountain West.....4, Twice

Blocked Shots

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

Steals

Career4, at Denver, 11/18/09
Mountain West.....2, Five Times

Minutes

Career36, Three times
Mountain West.... 31, at San Diego State, 1/31/09



11 Meghan Heimstra

SO • F • 6-2
Longmont, Colo.

2009-10

Set new career high in rebounds and offensive rebounds with 13 and 6, respectively in the Coors Rocky Mountain Invitational (11/27 and 11/28) where she was named to All-Tournament team...Career high 11 rebounds in double-double vs. Montana (11/13)

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 13, vs. Texas State, 11/27/09
Mountain West..... 9, vs. Utah, 1/17/09

Offensive Rebounds

Career 6, vs. Texas State, 11/27/09
Mountain West..... 5, vs. Utah, 1/17/09

Field Goals Made

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

Field Goals Attempted

Career 11, vs. Montana, 11/13/09
Mountain West..... 9, vs. New Mexico, 1/28/09

Three-Point Field Goals Made

Career 1, Four 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 12, vs. Montana, 11/13/09
Mountain West..... 9, vs. New Mexico, 1/28/09

Assists

Career 3, Twice
Mountain West..... 2, Twice

Blocked Shots

Career 4, at Denver, 11/18/09
Mountain West..... 2, Twice

Steals

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

Minutes

Career 38, vs. Montana, 11/13/09
Mountain West..... 29, vs. New Mexico, 1/28/09

HEIMSTRA'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.....	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

2009-10

Scored career high 25 points vs. Delaware in the Coors Rocky Mountain Invitational where she was named to the All-Tournament team and was crowned Most Valuable Player...Named Mountain West Player of the Week after scoring 17 and 21 points vs. Montana (11/13) and Wichita State (11/15)

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

Career 25, vs. Delaware, 11/28/09
Mountain West..... 18, at New Mexico, 2/28/09

Rebounding

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

Offensive Rebounds

Career3, Twice
Mountain West.....2, Five Times

Field Goals Made

Career 8, vs. Delaware, 11/28/09
Mountain West.....6, Twice

Field Goals Attempted

Career 17, at Valparaiso, 11/22/09
Mountain West..... 12, vs. TCU, 1/7/09

Three-Point Field Goals Made

Career7, Twice
Mountain West.....5, at TCU, 2/7/09

Three-Point Field Goals Attempted

Career 12, vs. Delaware, 11/27/09
Mountain West..... 11, vs. TCU, 1/7/09

Free Throws Made

Career5, vs. Montana, 11/13/09
Mountain West.....2, Three times

Free Throws Attempted

Career7, vs. Montana, 11/13/09
Mountain West.....3, Twice

Assists

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

Blocked Shots

Career 1, 12 Times
Mountain West..... 1, Four Times

Steals

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

Minutes

Career34, Four times
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

2009-10

Played 27 minutes vs. Texas State and Delaware in the Coors Rocky Mountain Invitational where she surpassed many personal records including rebounds, assists and steals (11/27 and 11/28)...Scored career high 13 points vs. Montana (11/13)

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													
				FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	A	TO	Blk	Stl	Pts	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 13, vs. Montana, 11/13/09
Mountain West..... 5, at New Mexico, 2/28/09

Rebounding

Career 7, vs. Texas State, 11/27/09
Mountain West..... 2, at New Mexico, 2/28/09

Offensive Rebounds

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

Field Goals Made

Career 6, vs. Montana, 11/13/09
Mountain West..... 2, at New Mexico, 2/28/09

Field Goals Attempted

Career 8, vs. Texas State, 11/27/09
Mountain West..... 5, at New Mexico, 2/28/09

Three-Point Field Goals Made

Career 1, vs. Delaware, 11/28/09
Mountain West..... --

Three-Point Field Goals Attempted

Career 2, vs. Texas State, 11/27/09
Mountain West..... 1, Twice

Free Throws Made

Career 5, vs. Delaware, 11/28/09
Mountain West..... 1, at New Mexico, 2/28/09

Free Throws Attempted

Career 6, vs. Delaware, 11/28/09
Mountain West..... 1, at New Mexico, 2/28/09

Assists

Career 5, vs. Delaware, 11/28/09
Mountain West..... --

Blocked Shots

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

Steals

Career 2, vs. Delaware, 11/28/09
Mountain West..... --

Minutes

Career 27, Twice
Mountain West..... 14, at New Mexico, 2/28/09



1 Chatilla van Grinsven

SO • F • 6-2
Helmond, Netherlands

2009-10

Went on a 6-0 run in the first half vs. Delaware (11/28) and scored 15 points in the contest...Recorded career high 10 rebounds vs. Wichita State (11/13)

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 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

VAN GRINSVEN'S CAREER HIGHS

Scoring

Career 18, Twice
Mountain West..... 7, vs. New Mexico, 3/11/09

Rebounding

Career 10, vs. Wichita State, 11/13/09
Mountain West..... 8, vs. UNLV, 2/14/09

Offensive Rebounds

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

Field Goals Made

Career 8, Twice
Mountain West..... 2, Four Times

Field Goals Attempted

Career 16, at Denver, 11/18/09
Mountain West..... 6, Twice

Three-Point Field Goals Made

Career 1, vs. Texas State, 11/27/09
Mountain West..... --

Three-Point Field Goals Attempted

Career 1, Five times
Mountain West..... 1, vs. Utah, 1/17/09

Free Throws Made

Career 5, vs. Delaware, 11/27/09
Mountain West..... 2, Five Times

Free Throws Attempted

Career 6, vs. Delaware, 11/27/09
Mountain West..... 2, Seven Times

Assists

Career 3, Three times
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 28, vs. Delaware, 11/28/09
Mountain West..... 18, at New Mexico, 2/28/09



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

2009-10

Led Rams with five steals vs. Montana (11/15)

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 Broncos 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 9, vs. Montana, 11/13/09
 Mountain West..... --

Rebounding

Career 6, vs. Montana, 11/13/09
 Mountain West..... --

Offensive Rebounds

Career 3, vs. Montana, 11/13/09
 Mountain West..... --

Field Goals Made

Career 3, vs. Wichita State, 11/15/09
 Mountain West..... --

Field Goals Attempted

Career 5, vs. Montana, 11/13/09
 Mountain West..... --

Three-Point Field Goals Made

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

Three-Point Field Goals Attempted

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

Free Throws Made

Career 5, vs. Montana, 11/13/09
 Mountain West..... --

Free Throws Attempted

Career 6, vs. Montana, 11/13/09
 Mountain West..... --

Assists

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

Blocked Shots

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

Steals

Career 5, vs. Montana, 11/13/09
 Mountain West..... --

Minutes

Career 22, vs. Montana, 11/13/09
 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.....--



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 5, vs. Montana, 11/13/09
Mountain West..... --

Rebounding

Career 5, vs. Wichita State, 11/15/09
Mountain West..... --

Offensive Rebounds

Career 2, vs. Wichita State, 11/15/09
Mountain West..... --

Field Goals Made

Career 1, vs. Wichita State, 11/15/09
Mountain West..... --

Field Goals Attempted

Career 3, Twice
Mountain West..... --

Three-Point Field Goals Made

Career 1, vs. Wichita State, 11/15/09
Mountain West..... --

Three-Point Field Goals Attempted

Career 1, Three times
Mountain West..... --

Free Throws Made

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

Free Throws Attempted

Career 4, vs. Wichita State, 11/15/09
Mountain West..... --

Assists

Career 3, Twice
Mountain West..... --

Blocked Shots

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

Steals

Career 2, at Denver, 11/18/09
Mountain West..... --

Minutes

Career 26, vs. Wichita State, 11/15/09
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.....--