

Colorado State University



Women's Basketball

FOR IMMEDIATE RELEASE
Dec. 9, 2009

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www.CSURams.com

2009-10 Schedule (6-3, 0-0 MWC)

Date	Opponent	Time/Result
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	W, 65-55
Dec. 5	!at California (19/20)	L, 44-78
Dec. 6	!Southern Illinois/Texas A&M (7/10)	W, 62-53
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. 10

Colorado State (6-3) vs. Colorado (6-1)

Dec. 11, 2009 | Fort Collins, Colo. | Moby Arena (8,745) | 7 p.m. MT



CSU faces in-state rival Colorado...

Colorado State (6-3), off to its best start since 2004-05, will play Colorado for the 40th time since the Rams basketball program began in 1974-75.

The Buffaloes are 6-1 on the season with their only loss coming to Minnesota in Minneapolis. The Fort Collins trip will be only the third road game for Colorado this season. The team will have played three road games before conference play begins in January.

Tipoff between CSU and CU is at 7 p.m. MT on Friday in Moby Arena.

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

The Series

Overall Record	10-29
In Fort Collins	8-10
In Boulder	2-19
At Neutral Sites	0-0
Holt vs. CU	0-1

Radio

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

Television

None

Live Stats

Gametracker..... CSURams.com

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)	9-0	8.6	5.9	Career-high five offensive boards vs. SIU (Dec. 6)
2	Bonnie Barbee	5-8	G	JR	2L	Mesa, Ariz. (Red Mountain)	9-9	10.9	3.1	Scored career-high 20 points at Idaho (Dec. 1)
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)	9-9	19.4	5.2	Topped career high in points with 30 vs. Southern Illinois (Dec. 6)
10	Natalie van den Adel	6-1	G	SO	1L	Barendrecht, Netherlands (Walburg)	9-9	7.7	2.9	Scored career-high 14 points vs. Southern Illinois (Dec. 6)
11	Meghan Heimstra	6-2	F	SO	1L	Longmont, Colo. (Silver Creek)	9-7	9.9	10.0	Has four double-doubles on the season
23	Zoi Simmons	5-6	G	JR	2L	Fontana, Calif. (IMG Academy)	9-9	4.3	3.9	Leads team with 35 assists this season
24	Chantel Kennedy	5-7	G	FR	HS	Norcross, Ga. (Wesleyan)	9-0	0.8	2.9	Career-high six rebounds at Cal (Dec. 5)
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)	9-2	2.2	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 Grinsvenshuh-TILL-uh van GRINS-venn
Kim Mestdagh.....mest-DOGG
Natalie van den Adel.....von din ADD-ul
Meghan Heimstra.....HIME-struh
Meixandra PorterMIX-an-dra

The Rams' Record in 2009-10 When

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

Rams vs. CU series...

Friday's meeting between Colorado State and Colorado marks the 40th overall meeting between the two schools.

The Buffaloes hold a 29-10 advantage in the all-time series, including a 10-8 mark in Fort Collins. CU has won three consecutive decisions, and six of the last seven overall (CSU defeated CU 86-83 in Fort Collins in 2005). However, three straight victories by the Rams from 1999-01 have kept the series very close in recent years.

Last 10 vs. CU...

12/1/99.....	W, 73-67.....	Fort Collins
12/6/00.....	W, 72-70.....	Boulder
11/28/01.....	W, 81-69.....	Fort Collins
12/12/02.....	L, 51-65.....	Boulder
12/3/03.....	L, 74-81.....	Fort Collins
12/8/04.....	L, 77-83.....	Boulder
11/30/05.....	W, 86-83.....	Fort Collins
11/29/06.....	L, 51-56.....	Boulder
12/1/07.....	L, 47-82.....	Fort Collins
11/19/08.....	L, 63-93.....	Boulder

About Colorado...

The Buffaloes enter into action this week with a 6-1 record, their best start since the 2003-04 season.

Junior forward Brittany Spears and senior guard Bianca Smith lead the team in points per game with 19.4 and 12.4 respectively, while Spears has 9.9 rebounds per game. In the team's most recent matchup vs. Seton Hall, Spears put up 24 points and 12 rebounds for her 19th career double-double, fourth of the season. She was 5-8 from three-point range.

The Buffs dominated Seton Hall winning 80-54. Three other players scored in double digits including freshman Chucky Jeffery, with a career-high 19 points. Sophomore Alyssa Fressle netted a season-best 10 points and Smith contributed 11.

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.....	16-24 (Second Season)
Career Record.....	27-40 (Three 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 (12-9-09)

Team	Conference					Overall				
	W-L	Pct.	H	A	W-L	Pct.	H	A	N	
Wyoming (RV/NR)	0-0	.000	0-0	0-0	7-1	.875	3-0	4-1	0-0	
BYU	0-0	.000	0-0	0-0	5-2	.714	1-1	3-1	1-0	
Colorado State	0-0	.000	0-0	0-0	6-3	.667	4-0	1-3	1-0	
New Mexico	0-0	.000	0-0	0-0	5-3	.625	4-2	1-1	0-0	
TCU (RV/RV)	0-0	.000	0-0	0-0	5-3	.625	4-0	0-2	1-1	
San Diego State (RV/RV)	0-0	.000	0-0	0-0	4-4	.500	2-1	2-0	0-3	
Utah	0-0	.000	0-0	0-0	4-4	.500	3-0	1-3	0-1	
UNLV	0-0	.000	0-0	0-0	4-4	.500	0-4	4-0	0-0	
Air Force	0-0	.000	0-0	0-0	2-6	.250	2-2	0-3	0-1	

AP/Writers' Poll - Dec. 7

1.	Connecticut (40)	7-0	1000
2.	Stanford	6-0	957
3.	Notre Dame	7-0	900
4.	Tennessee	7-0	895
5.	LSU	6-0	770
6.	Baylor	7-1	724
7.	Duke	7-1	713
8.	Xavier	7-0	709
9.	Ohio State	9-1	693
10.	Texas A&M	6-0	663
11.	North Carolina	6-1	645
12.	Florida State	8-0	603
13.	Georgia	8-0	559
14.	Arizona State	6-1	468
15.	Pittsburgh	7-0	377
16.	Oklahoma	6-2	356
17.	Texas	5-3	269
18.	Vanderbilt	8-1	258
19.	Virginia	6-2	254
20.	Dayton	8-1	175
21.	Michigan State	5-3	143
22.	California	4-3	142
23.	Kansas	5-2	141
24.	Nebraska	8-0	131
25.	Maryland	8-1	82

OTHERS RECEIVING VOTES

Georgia Tech 81, DePaul 73, Wisconsin-Green Bay 47, James Madison 40, Hartford 19, Syracuse 18, Oklahoma State 14, West Virginia 14, Illinois 12, Gonzaga 11, St. John's 10, Temple 7, Texas Tech 7, Miami (FL) 4, Middle Tennessee State 4, Mississippi State 4, Kentucky 2, **TCU 2**, Louisiana Tech 1, Louisville 1, Rutgers 1, St. Bonaventure 1

Bold - Denotes Rams opponent in 2009-10

USA Today/ESPN Coaches' Poll - Dec. 8

1.	Connecticut (31)	7-0	775
2.	Stanford	6-0	742
3.	Tennessee	7-0	699
4.	Notre Dame	7-0	669
5.	Texas A&M	6-0	627
6.	Baylor	7-1	578
7.	Florida State	8-0	551
8.	Xavier	7-0	547
9.	Ohio State	9-1	543
10.	Duke	7-1	498
11.	North Carolina	6-1	486
12.	LSU	6-0	478
13.	Georgia	8-0	396
14.	Arizona State	6-1	380
15.	Pittsburgh	7-0	318
16.	Oklahoma	6-2	252
17.	Vanderbilt	8-1	221
18.	Maryland	8-1	209
19.	Virginia	6-2	178
20.	Dayton	8-1	175
21.	Texas	5-3	149
22.	California	4-3	127
23.	Nebraska	8-0	71
24.	Michigan State	5-3	69
25.	Syracuse	8-0	56

OTHERS RECEIVING VOTES

DePaul 54; West Virginia 44; Hartford 24; Temple 24; James Madison 20; Iowa State 17; Kansas 14; Gonzaga 11; East Carolina 10; Louisville 10; Vermont 8; Wisconsin-Green Bay 8; Southern Methodist 6; St. John's 6; Gardner-Webb 5; Georgetown 4; Miami (Fla.) 3; St. Bonaventure 3; **San Diego State 2**; Bowling Green 1; Liberty 1; Northwestern 1

Bold - Denotes Rams opponent in 2009-10

CSU vs. Colorado comparison...

CSU	Category	CU
63.8	Points Per Game	70.7
60.4	Points Allowed Per Game	59.7
37.4%	FG %	43.9%
37.0%	Opponent FG %	37.4%
36.1%	3-PT Field Goal %	36.2%
24.6%	Opp. 3-PT Field Goal %	35.7%
64.9%	Free-Throw %	74.1%
42.0	Rebounding Average	39.4
+1.9	Rebounding Margin	+5.4
14.3	Assists Per Game	13.4
18.6	Turnovers Per Game	17.0
15.6	Opp. Turnovers Per Game	16.3
7.1	Steals Per Game	9.4
2.6	Blocks Per Game	5.1

Colliers International Recap...

California: The Rams were unable to overcome a quick-transitioning Cal Bears team in the first round of the Colliers International Classic Saturday. They fell 78-44.

The Rams were able to keep up with the No. 19/20 Cal team in the first half. Kim Mestdagh sunk a three-pointer right before the buzzer and the Rams went into the locker down by nine.

With every basket made for the Rams, the Bears seemed to have an answer. California then began to pull away when the Rams were unable to score. CSU shot at a 26.1 percent clip from the floor compared to Cal's 49.3 percent.

Southern Illinois: Despite 15 turnovers in the first half and foul trouble early in the game for sophomore Meghan Heimstra, the Rams earned another road win in the consolation game of the Colliers International Classic. CSU defeated the Southern Illinois Salukis, 62-53, Sunday afternoon.

Sophomore Kim Mestdagh put up a career-high 30 points in the contest, as well as nine boards, three steals and two blocks. Natalie van den Adel also scored a career-high 14 points and Chatilla van Grinsven tied her career high in rebounds with 10 on the day.

Mestdagh jump-started the Rams offense in the second half with a quick jumper. After a layup from SIU's Stephany Neptune, who had 14 points, the Rams built their lead to as high as 15 and never trailed through the last 20 minutes. They only registered six turnovers after halftime.

The last time...

The last time CSU went 6-3 to start the season was in 2004-05 under then-head coach Chris Denker. That year the Rams finished 15-13

2009-10 Misc. Stats (Rams' Record)

Games Led in Scoring	Rams Biggest Lead
Mestdagh.....8 (5-3)	35 vs. Delaware, 11/28/09
Barbee.....1 (1-0)	
Games Led in Rebounding	Rams Biggest Deficit
Heimstra.....6 (4-2)	35 at California, 12/5/09
van Grinsven.....3 (2-1)	
Games Led in Assists	Rams Biggest Halftime Lead
Simmons.....5 (4-1)	22 vs. Delaware, 11/28/09
Barbee.....2 (2-0)	
Mestdagh.....1 (1-0)	Rams Biggest Halftime Deficit
van den Adel.....1 (1-0)	9 at California, 12/5/09
Heimstra.....1 (0-1)	
Games Led in Steals	Rams Biggest Deficit In A CSU Win
Cooke.....2 (1-1)	9 vs. Wichita State, 11/15/09
Heimstra.....2 (1-1)	
van den Adel.....1 (1-0)	
Mestdagh.....1 (1-0)	Rams Biggest Lead In A CSU Loss
	9 at Valparaiso, 11/22/09
Games Led in Blocks	
Heimstra.....6 (3-3)	
van Grinsven.....1 (1-0)	
Mestdagh.....1 (1-0)	
Double-Double Games	
Heimstra.....4 (2-2)	
Dbl Fig. Scoring Games	
Mestdagh.....9 (6-3)	
Barbee.....5 (3-2)	
Heimstra.....5 (3-2)	
van Grinsven.....3 (2-1)	
van den Adel.....2 (2-0)	
20-Point Games	
Mestdagh.....5 (4-1)	
Barbee.....1 (1-0)	
Double-Figure Rebound Games	
Heimstra.....5 (3-2)	
van Grinsven.....2 (2-0)	
Scored First Point	
van den Adel.....3 (3-0)	
Barbee.....2 (1-1)	
Heimstra.....2 (1-1)	
Mestdagh.....2 (1-1)	
How First Point Scored	
Three pointer.....3 (1-2)	
Layup.....2 (1-1)	
Free Throw.....2 (2-0)	
Jumper.....2 (2-0)	
How Opp. First Scored	
Jumper.....3 (2-1)	
Three-Pointer.....3 (2-1)	
Free Throw.....2 (2-0)	
Layup.....2 (0-1)	
Opening Tips	
Rams.....4 (3-1)	
Opponents.....5 (3-2)	
Rams Biggest Run	
13 vs. Delaware, 11/28/09	
Opp. Biggest Run	
13, Three times	
Last time: at California, 12/5/09	

The Last Time The Rams Had

Player score 20 points:

- 30, Kim Mestdagh vs. Southern Illinois 12/5/09

Player score 30 points:

- 30, Kim Mestdagh vs. Southern Illinois 12/5/09

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:

- 11p-11r, Meghan Heimstra at Cal, 12/5/09

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:

- Dec. 5, 2009; Colorado State 44, California 78

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

overall and 6-8 in the Mountain West.

With a win Friday vs. CU, the Rams would have their best start since they began 9-1 in 2001-02 en route to the NCAA tournament. Last season, the Rams didn't pick up their sixth win until Jan. 14, and in 2007-08, CSU won only four all season.

Heimstra Heats up...

In nine games this season sophomore forward Meghan Heimstra has scored a total of 89 points and has 90 rebounds. Heimstra recorded her fourth double-double this season in the team's loss to Cal with 11 points and 11 rebounds.

Mestdagh sets record 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 three times with 22 points vs. Texas State (11/27), then 25 points vs. Delaware (11/28) and her current high score of 30 points vs. Southern Illinois (12/6), which secured her a spot on the Colliers International all-tournament team.

Mestdagh's 30 points Sunday were the most by a CSU player in 40-minute regulation game since Becky Hammon poured in 30, March 14, 1999, to lead the Rams to an 86-70 win over Southwest Missouri State in the second round of the NCAA tournament, in front of 8,741 Moby Arena fans. Sara Hunter had 41 in a 101-96 overtime loss vs. San Francisco on Nov. 13, 2007. Hammon scored 30 or more in eight games that season.

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 nine consecutive games, followed by junior Bonnie Barbee with five. Meghan Heimstra has four, followed by Chatilla van Grinsven with three games and Natalie van den Adel rounds out the bunch with two games.

Up next...

Colorado State takes a short trip to Greeley, Colo., to play the Northern Colorado Bears on Dec. 21. Tipoff is scheduled for 5 p.m.

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 Dec 06, 2009)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	6-3	4-0	1-3	1-0
CONFERENCE	0-0	0-0	0-0	0-0
NON-CONFERENCE	6-3	4-0	1-3	1-0

#	Player	gp-gs	min	avg	Total		3-Point		F-Throw		Rebounds					pts	avg							
					fg-fga	fg%	3fg-fga	3fg%	ft-fta	ft%	off	def	tot	avg	pf			dq	a	to	blk	stl		
05	MESTDAGH, Kim	9-9	281	31.2	60-124	.484	35-80	.438	20-28	.714	14	33	47	5.2	23	1	16	23	4	15	175	19.4		
02	BARBEE, Bonnie	9-9	261	29.0	34-99	.343	22-61	.361	8-11	.727	5	23	28	3.1	11	0	19	25	1	4	98	10.9		
11	HEIMSTRA, Meghan	9-7	260	28.9	31-78	.397	2-9	.222	25-45	.556	31	59	90	10.0	27	1	20	30	15	13	89	9.9		
01	VAN GRINSVEN, Chati	9-0	183	20.3	29-72	.403	1-5	.200	18-29	.621	20	33	53	5.9	19	0	10	22	1	3	77	8.6		
10	VAN DEN ADEL, Natali	9-9	201	22.3	22-63	.349	5-17	.294	20-27	.741	8	18	26	2.9	24	1	13	22	2	4	69	7.7		
23	SIMMONS, Zoi	9-9	300	33.3	12-48	.250	3-11	.273	12-15	.800	4	31	35	3.9	13	0	35	18	0	8	39	4.3		
54	COOKE, Erin	9-2	134	14.9	7-21	.333	0-0	.000	6-10	.600	7	17	24	2.7	15	0	3	12	0	8	20	2.2		
24	KENNEDY, Chantel	9-0	180	20.0	1-19	.053	1-8	.125	4-9	.444	13	13	26	2.9	9	0	13	14	0	9	7	0.8		
Team											21	28	49						1					
Total.....		9	1800		196-524	.374	69-191	.361	113-174	.649	123	255	378	42.0	141	3	129	167	23	64	574	63.8		
Opponents.....		9	1800		204-552	.370	34-138	.246	102-154	.662	120	241	361	40.1	152	4	100	140	41	80	544	60.4		

TEAM STATISTICS	CS	OPP	Date	Opponent	Score	Att.
SCORING	574	544	11/13/09	MONTANA	w 72-64	1001
Points per game	63.8	60.4	11/15/09	WICHITA STATE	w 85-60	945
Scoring margin	+3.3	-	11/18/09	at Denver	L 55-68	442
FIELD GOALS-ATT	196-524	204-552	11/22/09	at Valparaiso	L 58-68	504
Field goal pct	.374	.370	11/27/09	TEXAS STATE	w 66-54	1099
3 POINT FG-ATT	69-191	34-138	11-28-09	DELAWARE	w 67-44	1045
3-point FG pct	.361	.246	12/1/09	at Idaho	w 65-55	485
3-pt FG made per game	7.7	3.8	12/05/09	at California	L 44-78	0
FREE THROWS-ATT	113-174	102-154	12/06/09	vs Southern Illinois	w 62-53	76
Free throw pct	.649	.662	* = Conference game			
F-Throws made per game	12.6	11.3				
REBOUNDS	378	361				
Rebounds per game	42.0	40.1				
Rebounding margin	+1.9	-				
ASSISTS	129	100				
Assists per game	14.3	11.1				
TURNOVERS	167	140				
Turnovers per game	18.6	15.6				
Turnover margin	-3.0	-				
Assist/turnover ratio	0.8	0.7				
STEALS	64	80				
Steals per game	7.1	8.9				
BLOCKS	23	41				
Blocks per game	2.6	4.6				
ATTENDANCE	4090	1507				
Home games-Avg/Game	4-1022	4-358				
Neutral site-Avg/Game	-	1-76				

Score by Periods	1st	2nd	Totals
Colorado State	282	292	574
Opponents	239	305	544

THE STAT CREW SYSTEM
Colorado State Game-by-Game Highs (as of Dec 08, 2009)
All games

Opponent	Date	Score	Points	Rebounds	Assists	Steals	Blocked shots
MONTANA	11/13/09	72-64	17-MESTDAGH, Kim	11-HEIMSTRA, Megh	3-MESTDAGH, Kim	5-COOKE, Erin	2-HEIMSTRA, Megha
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, Megha
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, Megha
at Valparaiso	11/22/09	58-68	20-MESTDAGH, Kim	12-HEIMSTRA, Megh	6-SIMMONS, Zoi	2-COOKE, Erin	1-HEIMSTRA, Megha
TEXAS STATE	11/27/09	66-54	22-MESTDAGH, Kim	13-HEIMSTRA, Megh	4-SIMMONS, Zoi	2-MESTDAGH, Kim HEIMSTRA, Megha	2-HEIMSTRA, Megha
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, C
at Idaho	12/1/09	65-55	20-BARBEE, Bonnie	12-HEIMSTRA, Megh	4-BARBEE, Bonnie SIMMONS, Zoi	3-HEIMSTRA, Megha	None
at California	12/05/09	44-78	12-MESTDAGH, Kim	11-HEIMSTRA, Megh	4-HEIMSTRA, Megha	1-HEIMSTRA, Megha BARBEE, Bonnie MESTDAGH, Kim	2-HEIMSTRA, Megha
vs Southern Illinois	12/06/09	62-53	30-MESTDAGH, Kim	10-VAN GRINSVEN,	5-SIMMONS, Zoi BARBEE, Bonnie	3-MESTDAGH, Kim	2-MESTDAGH, Kim

CSU vs. Colorado - 12/11

CSU vs. Southern Illinois - 12/6

Official Basketball Box Score -- Game Totals -- Final Statistics
Southern Illinois vs Colorado State
12/06/09 12:00 p.m. at Haas Pavilion, Berkeley, Calif.

Southern Illinois 53 • 0-6

#	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	Nwani, Nneka	f	5-14	0-0	0-4	0	1	1	4	10	0	1	0	1	23		
15	Neptune, Stephany	f	7-14	0-0	0-1	0	8	8	2	14	6	3	1	3	39		
01	Presswood, Christine	g	3-8	2-4	1-2	0	3	3	1	9	3	3	0	0	34		
12	Wagner, Katie	g	0-1	0-0	0-0	1	3	4	5	0	0	2	0	0	18		
22	Oliver, Teri	g	3-10	2-8	4-4	0	5	5	3	12	3	3	1	3	35		
05	Garcia, Katerina		0-0	0-0	0-0	0	0	0	0	0	0	1	0	0	6		
13	Crayton, Eboni		1-6	0-1	0-1	3	3	6	3	2	1	0	0	0	17		
20	Swingler, Katrina		1-3	0-2	0-0	0	1	1	3	2	0	1	0	1	11		
34	Howe, Nicole		0-0	0-0	0-0	0	0	0	0	0	0	1	0	0	3		
50	Hambrick, LaToya		1-3	0-0	2-4	2	0	2	2	4	0	2	0	0	14		
Team						4	2	6									
Totals			21-59	4-15	7-16	10	26	36	23	53	13	17	2	8	200		

FG % 1st Half: 10-30 33.3% 2nd half: 11-29 37.9% Game: 21-59 35.6%
3FG % 1st Half: 2-10 20.0% 2nd half: 2-5 40.0% Game: 4-15 26.7%
FT % 1st Half: 3-7 42.9% 2nd half: 4-9 44.4% Game: 7-16 43.8%

Colorado State 62 • 6-3

#	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	12-20	5-9	1-3	2	7	9	1	30	4	5	2	3	35		
11	HEIMSTRA, Meghan	f	3-7	0-1	0-0	0	7	7	5	6	1	1	1	0	23		
02	BARBEE, Bonnie	g	0-6	0-3	1-2	1	2	3	1	1	5	3	0	0	23		
10	VAN DEN ADEL, Natali	g	4-12	2-7	4-5	1	2	3	3	14	0	4	1	0	29		
23	SIMMONS, Zoi	g	1-8	0-1	0-0	2	2	4	3	2	5	4	0	1	34		
01	VAN GRINSVEN, Chatil		2-7	0-0	5-9	5	5	10	3	9	1	1	0	0	20		
24	KENNEDY, Chantel		0-2	0-0	0-0	3	1	4	0	0	0	1	0	2	22		
54	COOKE, Erin		0-2	0-0	0-0	1	4	5	0	0	1	2	0	0	14		
Team						4	1	5									
Totals			22-64	7-21	11-19	19	31	50	16	62	17	21	4	6	200		

FG % 1st Half: 10-29 34.5% 2nd half: 12-35 34.3% Game: 22-64 34.4%
3FG % 1st Half: 3-10 30.0% 2nd half: 4-11 36.4% Game: 7-21 33.3%
FT % 1st Half: 4-7 57.1% 2nd half: 7-12 58.3% Game: 11-19 57.9%

Officials: Marianne Karp, Darren Krzesnik, Bret Gervasoni
Technical fouls: Southern Illinois-None. Colorado State-None.
Attendance: 76
ID 822663
2009 Colliers International Classic Consolation Game

Score by periods	1st	2nd	Total
Southern Illinois	25	28	53
Colorado State	27	35	62

Points	In	Off	2nd	Fast	Bench
SIU	Paint	T/O	Chance	Break	
SIU	24	17	8	11	8
CS	20	8	18	2	9

Last FG - SIU 2nd-01:24, CS 2nd-02:17.
Largest lead - SIU None, CS by 15 2nd-02:17.

Score tied - 4 times.
Lead changed - 0 times.

CSU at Cal - 12/5

CSU at Idaho - 12/1

Official Basketball Box Score -- Game Totals -- Final Statistics
Colorado State vs California
12/05/09 12:00 p.m. at Haas Pavilion, Berkeley, Calif.

Colorado State 44 • 5-3

#	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	4-14	2-9	2-2	2	1	3	2	12	0	1	1	1	31		
11	HEIMSTRA, Meghan	c	5-12	0-2	1-2	3	8	11	4	11	4	6	2	1	26		
02	BARBEE, Bonnie	g	1-7	1-4	0-0	1	2	3	0	3	1	1	1	1	31		
10	VAN DEN ADEL, Natali	g	3-13	1-5	0-0	0	1	1	0	7	1	2	0	0	22		
23	SIMMONS, Zoi	g	1-5	1-3	0-0	0	2	2	3	3	2	4	0	0	28		
01	VAN GRINSVEN, Chatil		4-13	0-2	0-0	3	1	4	1	8	2	3	0	0	22		
24	KENNEDY, Chantel		0-5	0-3	0-0	4	2	6	0	0	2	0	0	0	27		
54	COOKE, Erin		0-0	0-0	0-0	0	1	1	1	0	0	0	0	0	13		
Team						1	2	3									
Totals			18-69	5-28	3-4	14	20	34	11	44	12	17	4	3	200		

FG % 1st Half: 10-32 31.3% 2nd half: 8-37 21.6% Game: 18-69 26.1%
3FG % 1st Half: 2-12 16.7% 2nd half: 3-16 18.8% Game: 5-28 17.9%
FT % 1st Half: 2-2 100.0% 2nd half: 1-2 50.0% Game: 3-4 75.0%

California 78 • 4-2

#	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							
11	Stallworth, DeNesha	f	6-12	2-3	0-2	1	6	7	2	14	4	3	2	2	28		
33	Caldwell, Talia	c	6-8	0-0	0-3	3	6	9	1	12	1	1	1	0	31		
02	Vital, Natasha	g	3-4	1-1	2-2	0	2	2	2	9	2	0	0	0	18		
10	Greif, Lauren	g	0-3	0-2	0-0	1	3	4	0	0	1	1	0	1	22		
21	Gray-Lawson, Alexis	g	7-15	1-5	0-0	1	2	3	1	15	2	1	0	0	22		
03	Federico, Rachelle		2-6	0-3	0-0	0	1	1	0	4	1	1	1	2	21		
04	Pierre, Eliza		3-4	0-0	0-0	1	3	4	0	6	2	3	1	3	17		
23	Clarendon, Layshia		4-11	0-3	0-0	2	4	6	1	8	1	1	0	1	19		
25	Brandon, Gennifer		3-6	0-0	4-6	5	7	12	1	10	1	2	1	3	22		
Team						3	1	4									
Totals			34-69	4-17	6-13	17	35	52	8	78	15	14	6	12	200		

FG % 1st Half: 15-33 45.5% 2nd half: 19-36 52.8% Game: 34-69 49.3%
3FG % 1st Half: 2-8 25.0% 2nd half: 2-9 22.2% Game: 4-17 23.5%
FT % 1st Half: 1-2 50.0% 2nd half: 5-11 45.5% Game: 6-13 46.2%

Officials: Clarke Stevens, Michol Murray, Jay Schumaker
Technical fouls: Colorado State-None. California-None.
Attendance: 101139
2009 Collier's International Classic Tournament Game One

Score by periods	1st	2nd	Total
Colorado State	24	20	44
California	33	45	78

Points	In	Off	2nd	Fast	Bench
CS	Paint	T/O	Chance	Break	
CS	24	9	13	0	8
CAL	46	17	20	11	28

Last FG - CS 2nd-00:57, CAL 2nd-00:33.
Largest lead - CS None, CAL by 35 2nd-03:31.

Score tied - 3 times.
Lead changed - 0 times.

Official Basketball Box Score -- Game Totals -- Final Statistics
Colorado State vs Idaho
12/1/09 7:00 pm at Moscow, Idaho (Memorial Gym)

Colorado State 65 • 5-2

#	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							
02	BARBEE, Bonnie	*	6-9	6-8	2-2	0	3	3	0	20	4	2	0	0	27		
05	MESTDAGH, Kim	*	4-9	3-7	0-0	1	4	5	2	11	3	1	0	2	37		
10	VAN DEN ADEL, Natali	*	1-7	1-2	0-0	1	2	3	3	2	0	0	1	1	23		
11	HEIMSTRA, Meghan	*	5-15	1-2	2-5	4	8	12	2	13	2	4	0	3	32		
23	SIMMONS, Zoi	*	1-7	0-1	2-3	0	5	5	0	4	4	2	0	0	36		
01	VAN GRINSVEN, Chatil		4-9	0-0	2-2	2	5	7	1	10	0	5	0	1	19		
24	KENNEDY, Chantel		0-1	0-1	0-0	0	2	2	0	0	1	0	0	1	15		
54	COOKE, Erin		2-4	0-0	0-0	1	1	2	0	4	0	0	0	0	11		
Team						4	0	4									
Totals			23-61	11-21	8-12	13	30	43	8	65	16	15	0	8	200		

FG % 1st Half: 16-29 55.2% 2nd half: 7-32 21.9% Game: 23-61 37.7%
3FG % 1st Half: 7-11 63.6% 2nd half: 4-10 40.0% Game: 11-21 52.4%
FT % 1st Half: 2-2 100.0% 2nd half: 6-10 60.0% Game: 8-12 66.7%

Idaho 55 • 1-6

#	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							
02	Otero, Charlotte	*	1-4	1-3	0-0	0	0	0	0	3	2	3	0	4	40		
11	Cheever, Bianca	*	4-10	4-8	0-0	1	5	6	2	12	3	1	0	1	37		
15	Olorunnife, Yinka	*	4-11	1-5	0-0	2	4	6	1	9	3	1	5	0	25		
20	Kuehu, Shaena	*	5-16	0-8	0-0	3	6	9	0	10	2	4	1	3	30		
25	Kloke, Rachele	*	6-14	2-5	2-2	1	6	7	3	16	3	2	0	0	34		
05	Bello, Kanisha		1-2	1-2	0-0	0	1	1	1	3	0	1	1	0	14		
21	Graham, Jessica		0-2	0-0	0-0	1	3	4	0	1	3	1	0	1	18		
42	Sisel-Kumpfer, Ally		1-2	0-0	0-0	0	0	0	0	2	0	0	0	0	2		
Team						1	3	4									
Totals			22-61	9-31	2-2	9											

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	FG-FGA	FG-FGA	FT-FTA	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	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			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%
 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%

Deadball Rebounds 2

Colorado State 67 • 4-2

#	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	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	1	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								
Totals			19-49	9-25	20-23	11	29	40	13	67	18	13	1	6	200		

FG % 1st Half: 4-15 26.7% 2nd half: 8-21 38.1% Game: 19-49 38.8%
 3FG % 1st Half: 1-1 10.0% 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%

Deadball Rebounds 1

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	FG-FGA	FG-FGA	FT-FTA	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	0	1	0	0	1	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			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%
 3FG % 1st Half: 0-4 0.0% 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%

Deadball Rebounds 2

Colorado State 66 • 3-2

#	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	7-12	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	0	36		
54	COOKE, Erin	g	0-2	0-0	0-0	1	2	3	2	0	1	0	1	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			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%
 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%

Deadball Rebounds 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 • 2-2

#	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	7-17	4-10	2-2	1	4	5	2	20	1	6	0	1	34		
54	COOKE, Erin	f	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			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%
 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%

Deadball Rebounds 2

Valparaiso 68 • 3-0

#	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							
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-												

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.
Largest lead - WSU by 9 1st-14:43, CS by 28 2nd-04:26

Score tied - 3 times.
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

Points	Colorado State	Opponent
Points In a Half	30, Kim Mestdagh vs. Southern Illinois (12/6)	24, Britteni Rice at Denver (11/18)
Field Goals Made	16, Kim Mestdagh three times, Last time vs. SIU (12/6)	16, Britteni Rice at Denver (11/18)
Field Goal Attempts	12, Kim Mestdagh vs. Southern Illinois (12/6)	9, Britteni Rice at Denver (11/18)
Field Goal % (5 made)	20, twice, Last time: Kim Mestdagh vs. SIU (12/6)	27, Jene Morris vs. San Diego State (3-4)
3-pt Field Goals Made	.857 (6-7), Natalie van den Adel vs. Montana (11/13)	.750, twice, Last time: Talia Caldwell at Cal (12/5)
3-pt Field Goal Attempts	7, Kim Mestdagh vs. Delaware (11/28)	3, Marisah Henderson vs. WSU (11/15)
3-pt Field Goal % (2 made)	12, Kim Mestdagh vs. Delaware (11/28)	8, Three times, Last time: Teri Oliver vs. Southern Illinois (12/6)
Free Throws Made	.750 (6-8), Bonnie Barbee at Idaho (12/1)	.667 (2-3), DeNesha Stallworth at California (12/5)
Free Throw Attempts	6, Twice, Last time: Meghan Heimstra vs. WSU (11/15)	10, Betsy Adams at Valparaiso (11/22)
Free Throw Percentage (4 made)	12, Meghan Heimstra vs. WSU (11/15)	10, Twice, Last time: Betsy Adams at Valparaiso (11/22)
Total Rebounds	1.000 (4-4) Three times, Last time: Zoi Simmons vs. Del (11/28)	12, Gennifer, Brandon at California (12/5)
Offensive Rebounds	13, Meghan Heimstra vs. Texas State (11/27)	7, Lauren Kenney at Valparaiso (11/22)
Defensive Rebounds	6, Meghan Heimstra vs. Delaware (11/28)	8, Twice, Last time: Stephany Neptune vs. SIU (12/6)
Assists	10, Chatilla van Grinsven vs. WSU (11/15)	7, Shaunte Nance-Johnson vs. Montana (11/13)
Steals	6, Zoi Simmons twice, Last time at Valparaiso (11/22)	4, Four times, Last time: Carlote Otero at Idaho (12/1)
Blocked Shots	5, Twice, Last time: Meghan Heimstra at Denver (11/18)	5, Yinka Olorunnife at Idaho (12/1)
	4, Meghan Heimstra at Denver (11/18)	

Team	Colorado State High	Colorado State Low	Opponent High	Opponent Low
Points	85, vs. Wichita State (11/15)	44, at California (12/5)	78, at California (12/5)	44, vs. Delaware (11/28)
Points In First Half	42, vs. Wichita State (11/15)	24, at California (12/5)	34, vs. Montana (11/13)	10, vs. Delaware (11/28)
Points In Second Half	43, vs. Wichita State (11/15)	20, at California (12/5)	45, at California (12/5)	26, at Idaho (12/1)
Victory Margin	25, vs. Wichita State (11/15)	8, vs. Montana (11/13)	34, at California (12/5)	10, at Valparaiso (11/22)
Field Goals Made	27, vs. Wichita State (11/15)	18, at California (12/5)	34, at California (12/5)	17, vs. Texas State (11/27)
Field Goals Attempted	69, at California (12/5)	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)	.261 (18-69), at California (12/5)	.578 (26-45), at Denver (11/18)	.262 (17-65), vs. Texas State (11/27)
Single Half FG %	.552 (16-29), at Idaho (12/1)	.216 (8-37), at California (12/5)	.542 (13-24), at Denver (11/18)	.200 (7-35), vs. Delaware (11/28)
3-Pt Field Goals Made	11, Twice Last time: at Idaho (12/1)	4, Twice Last time: at Denver (11/18)	9, at Idaho (12/1)	2, Three times Last time: vs. Delaware (11/28)
3-Pt Field Goals Attempted	28, Twice Last time: at California (12/5)	13, vs. Montana (11/13)	31, at Idaho (12/1)	8, vs. Delaware (11/28)
3-Pt Field Goal %	.600 (9-15), vs. WSU (11/15)	.179 (5-28), at California (12/5)	.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)	3, at California (12/5)	25, at Valparaiso (11/22)	2, at Idaho (12/1)
Free Throws Attempted	35, vs. Wichita State (11/15)	4, at California (12/5)	31, at Valparaiso (11/22)	2, at Idaho (12/1)
Free Throw %	.870 (20-23), vs. Delaware (11/28)	.524 (11-21) vs. Texas State (11/27)	1.000 (2-2), at Idaho (12/1)	.438 Twice Last time: (7-16), vs. SIU (12/6)
Total Rebounds	50, at Southern Illinois (12/6)	29, at Denver (11/18)	52, at California (12/5)	33, at Denver (11/18)
Offensive Rebounds	19, vs. Southern Illinois (12/6)	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)	35, at California (12/5)	21, Twice Last time: vs. Delaware (11/28)
Assists	18, vs. Delaware (11/28)	9, at Denver (11/18)	15, Twice Last time: at California (12/5)	6, Twice Last time: vs. Delaware (11/28)
Steals	15, at Denver (11/18)	3, at California (12/5)	13, at Valparaiso (11/22)	5, vs. Texas State (11/27)
Blocked Shots	5, at Denver (11/18)	1, vs. Delaware (11/28)	8, at Idaho (12/1)	2, vs. Southern Illinois (12/6)
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)	8, at Idaho (12/1)	26, vs. Wichita State (11/15)	8, at California (12/5)

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	L	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	L	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	W	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	W	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	12/1/09	65-55	W	23	61	.377	11	21	.524	8	12	.667	13	30	43	43.0	8	16	15	0	8	65	65.0
Idaho				22	61	.361	9	31	.290	2	2	1.000	9	28	37	37.0	11	14	15	8	8	55	55.0
Colorado State	12/5/09	44-78	L	18	69	.261	5	28	.179	3	4	.750	14	20	34	34.0	11	12	17	4	3	44	44.0
California				34	69	.493	4	17	.235	6	13	.462	17	35	52	52.0	8	15	14	6	12	78	78.0
Colorado State	12/6/09	62-53	W	22	64	.344	7	21	.333	11	19	.579	19	31	50	50.0	16	17	21	4	6	62	62.0
Southern Illinois				21	59	.356	4	15	.267	7	16	.438	10	26	36	36.0	23	13	17	2	8	53	53.0
Colorado State		574		196	524	.374	69	191	.361	113	174	.649	123	255	378	42.0	141	129	167	23	64	574	63.8
Opponents		544		204	552	.370	34	138	.246	102	154	.662	120	241	361	40.1	152	100	140	41	80	544	60.4



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	10-21	4-12
2009-10	6-3	0-0
Totals	27-40	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
California	0-0	0-1	0-0	0-1
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	1-0	0-0	2-0
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	0-1	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
Southern Illinois	0-0	0-0	1-0	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	1-0	0-2
Overall Totals	18-13	6-24	3-3	27-40



2 Bonnie Barbee

JR • G • 5-8
Mesa, Ariz.

2009-10

Recorded five assists vs. Southern Illinois (12/6)...Registered first blocked shot at California (12/5)...Shot 75 percent (6-8) from beyond the arc at Idaho for a career-high 20 points...Scored career-high five 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 HIGHS

Scoring

Career20, at Idaho 12/1/09
Mountain West..... 19, vs. UNLV, 2/14/09

Rebounding

Career6, at Wichita State, 11/15/08
Mountain West.....4, Twice

Offensive Rebounds

Career2, Six Times
Mountain West..... 2, at Wyoming, 2/25/09

Field Goals Made

Career7, Twice
Mountain West..... 7, vs. UNLV, 2/14/09

Field Goals Attempted

Career20, vs. Texas State 11/27/09
Mountain West.....14, Twice

Three-Point Field Goals Made

Career6, at Idaho 12/1/09
Mountain West..... 4, Three Times

Three-Point Field Goals Attempted

Career11, at Wichita State, 11/15/08
Mountain West..... 10, Three times

Free Throws Made

Career4, vs. Wichita State, 11/15/09
Mountain West.....2, Twice

Free Throws Attempted

Career5, vs. Wichita State, 11/15/09
Mountain West.....2, Four Times

Assists

Career5, vs. Southern Illinois, 12/6/09
Mountain West.....4, Twice

Blocked Shots

Career1, at California, 12/5/09
Mountain West..... --

Steals

Career1, 17 Times
Mountain West.....1, Seven Times

Minutes

Career38, at Wichita State, 11/15/08
Mountain West.....23, Twice

BARBEE'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS			PF-FO		Ast	TO	Blk	Stl	Pts	Avg			
				FG	FGA	Pct	FG	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
2009-10.....	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
TOTAL.....	59-9	849	14.4	135	406	.333	80	250	.320	20	30	.667	22	68	90	1.5	44-0	55	70	0	16	370	6.3



23 Zoi Simmons

JR • G • 5-6
Fontana, Calif.

2009-10

Has played for 36 minutes in four games this season...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			REBOUNDS			PF-FO			Ast	TO	Blk	Stl	Pts	Avg		
				FG	FGA	Pct	FG	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
2009-10	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
TOTAL	62-20	1127	18.2	76	238	.319	6	19	.316	87	120	.725	24	111	135	2.2	49-0	94	82	3	36	245	4.0

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

Career 2, Six 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

Career3, Twice
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, Four times
Mountain West.... 31, at San Diego State, 1/31/09



11 Meghan Heimstra

SO • F • 6-2
Longmont, Colo.

2009-10

Has four double-doubles this season after Southern Illinois matchup (12/6)...Set new career high in rebounds and offensive rebounds with 13 and six, 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, Six times
Mountain West..... 5, vs. New Mexico, 1/28/09

Field Goals Attempted

Career 15, at Idaho 12/1/09
Mountain West..... 9, vs. New Mexico, 1/28/09

Three-Point Field Goals Made

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

Three-Point Field Goals Attempted

Career 2, Three times
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 4, at California, 12/5/09
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													
				FG	FGA	Pct	FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	Ast	TO	Blk	Stl	Pts	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
2009-10.....	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
TOTAL.....	35-8	595	17.0	64	154	.416	4	17	.235	65	103	.631	56	106	162	4.6	60-1	29	56	25	39	197	5.6



5 Kim Mestdagh

SO • G/F • 5-10
Ieper, Belgium

2009-10

Set new career highs vs. Southern Illinois with 30 points and two blocks; tied career total with nine rebounds and 12-20 from the field (12/6)...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 Ieper Blue Cats (D1) club team...In 2007-08 with Ieper, 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 Ieper, 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 30, vs. Southern Illinois, 12/6/09
Mountain West..... 18, at New Mexico, 2/28/09

Rebounding

Career 9, Three times
Mountain West..... 9, at Wyoming, 2/25/09

Offensive Rebounds

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

Field Goals Made

Career 12, vs. Southern Illinois, 12/6/09
Mountain West..... 6, Twice

Field Goals Attempted

Career 20, vs. Southern Illinois, 12/6/09
Mountain West..... 12, vs. TCU, 1/7/09

Three-Point Field Goals Made

Career 7, 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

Career 5, vs. Montana, 11/13/09
Mountain West..... 2, Three times

Free Throws Attempted

Career 7, vs. Montana, 11/13/09
Mountain West..... 3, Twice

Assists

Career 5, vs. Prairie View A&M, 12/30/08
Mountain West..... 4, Three Times

Blocked Shots

Career 2, vs. Southern Illinois, 12/6/09
Mountain West..... 1, Four Times

Steals

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

Minutes

Career 37, at Idaho 12/1/09
Mountain West..... 31, at New Mexico, 2/28/09

MESTDAGH'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS			PF-FO		Ast	TO	Blk	Stl	Pts	Avg			
				FG	FGA	Pct	FG	FGA	Pct	FT	FTA	Pct	Off	Def							Tot	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
2009-10.....	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
TOTAL.....	37-20	852	23.0	124	292	.425	76	214	.355	29	48	.604	34	104	138	3.7	77-2	50	60	12	45	353	9.5



10 Natalie van den Adel

SO • G • 6-1
Barendrecht, Netherlands

2009-10

Made two three-point field goals in seven attempts vs. Southern Illinois and topped career high in points in 29 minutes of play with 14 (12/6)...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 ADEL'S CAREER HIGHS

Scoring

Career 14, vs. Southern Illinois, 12/6/09
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 13, at California, 12/5/09
Mountain West..... 5, at New Mexico, 2/28/09

Three-Point Field Goals Made

Career 2, vs. Southern Illinois, 12/6/09
Mountain West..... --

Three-Point Field Goals Attempted

Career 7, vs. Southern Illinois, 12/6/09
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, Three times
Mountain West..... 1, vs. New Mexico, 3/11/09

Steals

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

Minutes

Career 29, vs. Southern Illinois, 12/6/09
Mountain West..... 14, at New Mexico, 2/28/09

VAN DEN ADELS'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			FT			REBOUNDS			PF-FO	Ast	TO	Blk	Stl	Pts	Avg	
				FG	FGA	Pct	FG	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
2009-10.....	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
TOTAL.....	10-6	149	14.9	16	39	.410	1	5	.200	17	23	.739	8	13	21	2.1	19-1	10	20	2	3	50	5.0



1 Chatilla van Grinsven

SO • F • 6-2
Helmond, Netherlands

2009-10

Set new career high in offensive rebounds vs. Southern Illinois and tied career high in total rebounds with 10 (12/6)...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 HIGHS

Scoring

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

Rebounding

Career 10, Twice
Mountain West..... 8, vs. UNLV, 2/14/09

Offensive Rebounds

Career 5, vs. Southern Illinois, 12/6/09
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 2, at California, 12/5/09
Mountain West..... 1, vs. Utah, 1/17/09

Free Throws Made

Career 5, Twice
Mountain West..... 2, Five Times

Free Throws Attempted

Career 9, vs. Southern Illinois, 12/6/09
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

VAN GRINSVEN'S CAREER STATISTICS

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS													
				FG	FGA	Pct	FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF-FO	Ast	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
2009-10.....	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
TOTAL.....	30-3	406	13.5	57	163	.350	1	5	.200	33	50	.660	45	65	110	3.7	52-0	16	49	8	9	148	4.9



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, Three times
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..... --

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			FT	FTA	Pct	REBOUNDS										
				FG	FGA	Pct	FG	FGA	Pct				Off	Def	Tot	Avg	PF-FO	Ast	TO	Blk	Stl	Pts	Avg
2009-10.....	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
TOTAL.....	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



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.

2009-10

Recorded new career highs at California with six rebounds, four of which were offensive, 27 minutes (12/5)...Played 26 minutes vs. Wichita State (11/15).

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

Career6, at California, 12/5/09
Mountain West..... --

Offensive Rebounds

Career4, at California, 12/5/09
Mountain West..... --

Field Goals Made

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

Field Goals Attempted

Career5, at California, 12/5/09
Mountain West..... --

Three-Point Field Goals Made

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

Three-Point Field Goals Attempted

Career3, at California, 12/5/09
Mountain West..... --

Free Throws Made

Career2, Twice
Mountain West..... --

Free Throws Attempted

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

Assists

Career3, Twice
Mountain West..... --

Blocked Shots

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

Steals

Career2, Twice
Mountain West..... --

Minutes

Career27, at California, 12/5/09
Mountain West..... --

Year.....	GP-GS	Min	Avg	TOTAL			3-PTS			REBOUNDS			PF-FO	Ast	TO	Blk	Stl	Pts	Avg				
				FG	FGA	Pct	FG	FGA	Pct	FT	FTA	Pct								Off	Def	Tot	Avg
2009-10.....	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
TOTAL.....	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



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.....--