

Colorado State University



Women's Basketball

QUICK FACTS

General Information

Location Fort Collins, Colo.
 Founded 1870
 Enrollment 26,348
 Nickname Rams
 Colors Green and Gold
 Elevation 5,004 feet
 Arena (Capacity) Moby Arena (8,745)
 Conference Mountain West Conference
 President Dr. Anthony Frank
 Director of Athletics Paul Kowalczyk
 Assoc. A.D./SWA Christine Susemihl
 Faculty Representative Jim Francis
 Athletic Department Phone 970/491-3350
 Athletic Website www.CSURams.com
 Press Row Phone 970/491-3981

Coaching Staff Information

Head Coach

Kristen Holt Fourth Year (Ohio, '93)
 Record at CSU 37-54 (Fourth Season)
 Career Record 48-70 (Four Seasons)

Assistant Coaches

Dick Lien Fifth Season (Moorhead State, '65)
 Taylor Steven Third Season (Wichita State, '08)

Director of Basketball Operations

Corey Steven Second Year (Illinois-Chicago, '06)
 Women's Basketball Office 970/491-6569

Team Information

2010-11 Record 14-16
 2010-11 MW Record (Finish) 7-9 (4th)
 2010-11 Postseason Play None
 All-Time Record 522-515 (.503)
 NCAA Appearances (Record) 5 (5-5)
 Last NCAA Appearance 2002
 WNIT Appearances (Record) 3 (6-3)
 Last WNIT Appearance 2004
 Starters Ret./Lost 3/2
 Letterwinners Ret./Lost 5/5

Media Information

Women's Basketball SID Danielle Marshall
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SCHEDULE

DATE	DAY	OPPONENT	SITE	TIME (MT)	TV
Oct. 30	Sunday	Colorado Christian (exh.)	Fort Collins, Colo.	2 p.m.	
Nov. 5	Saturday	CSU-Pueblo (exh.)	Fort Collins, Colo.	7 p.m.	
Nov. 11	Friday	at Northern Iowa	Cedar Falls, Iowa	7:30 p.m.	
Nov. 13	Sunday	Arizona State	Fort Collins, Colo.	2 p.m.	
Nov. 17	Thursday	Tulsa	Fort Collins, Colo.	7 p.m.	
Nov. 20	Sunday	Colorado	Fort Collins, Colo.	2 p.m.	The Mtn.
Nov. 23	Wednesday	at Denver	Denver, Colo.	7 p.m.	
Nov. 29	Tuesday	at Montana State	Bozeman, Mont.	7 p.m.	
Dec. 2	Friday	at Northern Colorado	Greeley, Colo.	7 p.m.	
Dec. 4	Sunday	at Toledo	Toledo, Ohio	1 p.m.	
Dec. 8	Thursday	North Dakota	Fort Collins, Colo.	7 p.m.	
Dec. 11	Sunday	Maryville-St. Louis	Fort Collins, Colo.	1 p.m.	

Triple Crown Caribbean Classic - Cancun, Mexico

(Colorado State, Pittsburgh, Michigan State, Indiana)

Dec. 20	Tuesday	vs. Michigan State	Cancun, Mexico	1:30 p.m.	
Dec. 21	Wednesday	vs. Indiana	Cancun, Mexico	11 a.m.	

Dec. 31	Saturday	Bowling Green	Fort Collins, Colo.	1 p.m.	
Jan. 4	Wednesday	at Cal-State Bakersfield	Bakersfield, Calif.	8 p.m.	
Jan. 8	Sunday	at Seattle University	Seattle, Wash.	1 p.m.	
Jan. 11	Wednesday	Air Force*	Fort Collins, Colo.	12 p.m.	
Jan. 14	Saturday	at TCU*	Fort Worth, Texas	2:30 p.m.	CBSSN
Jan. 17	Tuesday	at Boise State*	Boise, Idaho	6 p.m.	The Mtn.
Jan. 21	Saturday	Wyoming*	Fort Collins, Colo.	1 p.m.	CBSSN
Jan. 25	Wednesday	New Mexico*	Fort Collins, Colo.	7 p.m.	
Jan. 28	Saturday	at San Diego State*	San Diego, Calif.	1 p.m.	CBSSN
Feb. 1	Wednesday	UNLV*	Fort Collins, Colo.	7 p.m.	
Feb. 4	Saturday	at Air Force*	Colorado Springs, Colo.	2 p.m.	
Feb. 11	Saturday	TCU*	Fort Collins, Colo.	4:30 p.m.	CBSSN
Feb. 14	Tuesday	Boise State*	Fort Collins, Colo.	7:30 p.m.	The Mtn.
Feb. 18	Saturday	at Wyoming*	Laramie, Wyo.	2 p.m.	
Feb. 22	Wednesday	at New Mexico*	Albuquerque, N.M.	7 p.m.	
Feb. 25	Saturday	San Diego State*	Fort Collins, Colo.	2 p.m.	
Feb. 29	Wednesday	at UNLV*	Las Vegas, Nev.	8 p.m.	

Conoco Mountain West Championships - Las Vegas, Nev.

(Air Force, Boise State, Colorado State, New Mexico, San Diego State, TCU, UNLV, Wyoming)

March 7	Wednesday	Quarterfinal Round*	Las Vegas, Nev.	TBA	The Mtn.
March 9	Friday	Semifinal Round*	Las Vegas, Nev.	TBA	The Mtn.
March 10	Saturday	Championship*	Las Vegas, Nev.	2 p.m.	NBC SN

All games and times are subject to change.

* indicates Mountain West Game; Home Games In Bold

NUMERICAL ROSTER

No.	Name	Ht.	Pos.	Yr.	Exp.	Hometown (Last School)
1	LaDeyah Forte	5-4	G	FR	HS	Pensacola, Fla. (Pensacola)
3	Hayley Thompson	6-1	G	SO	1L	Denver, Colo. (Mullen)
4	Hanne Mestdagh	5-10	G/F	FR	HS	Ieper, Belgium (St. Katelijne Waver)
5	Kim Mestdagh	5-10	G/F	SR	3L	Ieper, Belgium (Sint Vincentius)
11	Meghan Heimstra	6-2	F	RS JR	2L	Longmont, Colo. (Silver Creek)
12	Sam Martin	6-2	F	SO	1L	Parker, Colo. (Chaparral)
13	Kelly Hartig	6-3	F	SR	1L	Highlands Ranch, Colo. (Virginia)
14	Carlyn Chavez	5-7	G	FR	HS	Portland, Ore. (LaSalle College Prep)
15	Amber Makeever	5-10	G	SO	1L	Peaster, Texas (Peaster)
20	Kara Spotton	6-2	F	FR	HS	Fort Collins, Colo. (Rocky Mountain)
21	Mandy Makeever	5-10	G	RS FR	RS	Peaster, Texas (Peaster)
23	Morgan Hunt	6-1	F	FR	HS	Colleyville, Texas (Heritage)

ALPHABETICAL ROSTER

No.	Name	Ht.	Pos.	Yr.	Exp.	Hometown (Last School)
14	Carlyn Chavez	5-7	G	FR	(HS)	Portland, Ore. (LaSalle College Prep)
1	LaDeyah Forte	5-4	G	FR	(HS)	Pensacola, Fla. (Pensacola)
13	Kelly Hartig	6-3	F	SR	(1L)	Highlands Ranch, Colo. (Virginia)
11	Meghan Heimstra	6-2	F	RS JR	(2L)	Longmont, Colo. (Silver Creek)
23	Morgan Hunt	6-1	F	FR	(HS)	Colleyville, Texas (Heritage)
15	Amber Makeever	5-10	G	SO	(1L)	Peaster, Texas (Peaster)
21	Mandy Makeever	5-10	G	RS FR	(RS)	Peaster, Texas (Peaster)
12	Sam Martin	6-2	F	SO	(1L)	Parker, Colo. (Chaparral)
4	Hanne Mestdagh	5-10	G/F	FR	(HS)	Ieper, Belgium (St. Katelijne Waver)
5	Kim Mestdagh	5-10	G/F	SR	(3L)	Ieper, Belgium (Sint Vincentius)
20	Kara Spotton	6-2	F	FR	(HS)	Fort Collins, Colo. (Rocky Mountain)
3	Hayley Thompson	6-1	G	SO	(1L)	Denver, Colo. (Mullen)

Head Coach: Kristen Holt (Ohio, '93)

Assistant Coaches: Dick Lien (Moorhead State, '65); Taylor Steven (Wichita State, '08)

Director of Basketball Operations: Corey Steven (Illinois-Chicago, '06)

STATISTICAL BREAKDOWN (RETURNING/LOST)

Starters Returning (3)

No.	Name	Ht.	Pos.	Yr.	Exp.	2010-11 Statistics
3	Hayley Thompson	6-1	G	SO	1L	5.3 ppg, 3.5 rpg, 1.5 apg
5	Kim Mestdagh	5-10	G/F	SR	3L	17.1 ppg, 5.5 rpg, 2.6 apg
12	Sam Martin	6-2	F	SO	1L	13.0 ppg, 6.5 rpg, 1.7 apg

Starters Lost (2)

No.	Name	Ht.	Pos.	Yr.	Exp.	2010-11 Statistics
22	Sara Hemmings	5-3	G	SR	2L	2.2 ppg, 2.1 rpg, 3.2 apg
24	Chantel Kennedy	5-7	G	SO	2L	3.3 ppg, 4.2 rpg, 2.7 apg

Other Letterwinners Returning (2)

No.	Name	Ht.	Pos.	Yr.	Exp.	2010-11 Statistics
13	Kelly Hartig	6-3	F	SR	1L	2.1 ppg, 2.9 rpg, 1.0 apg
15	Amber Makeever	5-10	G	SO	1L	2.5 ppg, 0.9 rpg, 0.6 apg

Other Letterwinners Lost (3)

No.	Name	Ht.	Pos.	Yr.	Exp.	2010-11 Statistics
2	Bonnie Barbee	5-8	G	SR	4L	4.1 ppg, 2.1 rpg, 1.4 apg
23	Zoi Simmons	5-6	G	SR	4L	2.5 ppg, 1.5 rpg, 1.3 apg
32	Meixandra Porter	5-6	G	SO	2L	7.7 ppg, 2.0 rpg, 1.2 apg

Other Returners (2)

11	Meghan Heimstra	6-2	F	RS JR	2L	Longmont, Colo. (Silver Creek)
21	Mandy Makeever	5-10	G	RS FR	HS	Peaster, Texas (Peaster)

Newcomers (5)

No.	Name	Ht.	Pos.	Yr.	Exp.	Hometown (Last School)
1	LaDeyah Forte	5-4	G	FR	HS	Pensacola, Fla. (Pensacola)
4	Hanne Mestdagh	5-10	G/F	FR	HS	Ieper, Belgium (St. Katelijne Waver)
14	Carlyn Chavez	5-7	G	FR	HS	Portland, Ore. (LaSalle College Prep)
20	Kara Spotton	6-2	F	FR	HS	Fort Collins, Colo. (Rocky Mountain)
23	Morgan Hunt	6-1	F	FR	HS	Colleyville, Texas (Heritage)

ROSTER BREAKDOWN

By Class

Senior (2):..... Kelly Hartig
..... Kim Mestdagh

Junior (1):..... Meghan Heimstra

Sophomore (3):..... Amber Makeever
..... Sam Martin
..... Hayley Thompson

Freshman (6):..... Carlyn Chavez
..... LeDeyah Forte
..... Morgan Hunt
..... Mandy Makeever
..... Hanne Mestdagh
..... Kara Spotton

By Position

Guard (7):..... Carlyn Chavez
..... LeDayah Forte
..... Amber Makeever
..... Mandy Makeever
..... Hanne Mestdagh
..... Kim Mestdagh
..... Hayley Thompson

Forward (7):..... Kelly Hartig
..... Meghan Heimstra
..... Morgan Hunt
..... Sam Martin
..... Hanne Mestdagh
..... Kim Mestdagh
..... Kara Spotton

By State/Country

Colorado (5):..... Kelly Hartig
..... Meghan Heimstra
..... Sam Martin
..... Kara Spotton
..... Hayley Thompson

Florida (1):..... LeDayah Forte

Texas (3):..... Morgan Hunt
..... Amber Makeever
..... Mandy Makeever

Oregon (1):..... Carlyn Chavez

Belgium (2):..... Hanne Mestdagh
..... Kim Mestdagh

The Automated ScoreBook
Colorado State Combined Team Statistics (as of Mar 21, 2011)
Conference games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	7-9	5-3	2-6	0-0
CONFERENCE	7-9	5-3	2-6	0-0
NON-CONFERENCE	0-0	0-0	0-0	0-0

#	Player	gp-gs	min	avg	Total			3-Point		F-Throw		Rebounds					pts	avg				
					fg-fga	fg%	3fg-3fga	3fg%	ft-fta	ft%	off	def	tot	avg	pf	dq			a	to	blk	stl
05	MESTDAGH, Kim	16-16	500	31.3	90-204	.441	36-97	.371	51-58	.879	21	66	87	5.4	47	2	38	62	3	37	267	16.7
12	MARTIN, Sam	16-15	514	32.1	85-159	.535	4-8	.500	37-44	.841	33	63	96	6.0	38	0	28	33	22	12	211	13.2
32	PORTER, Meixandra	16-1	301	18.8	50-131	.382	8-27	.296	22-26	.846	9	22	31	1.9	26	2	12	19	2	9	130	8.1
01	VAN GRINSVEN, Chati	3-1	65	21.7	8-25	.320	0-1	.000	8-10	.800	5	9	14	4.7	7	0	6	11	0	0	24	8.0
03	THOMPSON, Hayley	16-14	483	30.2	35-97	.361	13-32	.406	8-11	.727	15	40	55	3.4	26	1	27	17	7	12	91	5.7
02	BARBEE, Bonnie	16-3	295	18.4	27-76	.355	10-37	.270	10-16	.625	5	26	31	1.9	18	0	20	24	2	10	74	4.6
24	KENNEDY, Chantel	16-13	484	30.3	29-55	.527	0-0	.000	13-27	.481	23	47	70	4.4	20	0	41	25	2	24	71	4.4
22	HEMMINGS, Sara	16-16	413	25.8	10-38	.263	0-7	.000	7-11	.636	2	37	39	2.4	25	0	53	34	1	16	27	1.7
15	MAKEEVER, Amber	15-0	106	7.1	8-30	.267	4-21	.190	4-6	.667	1	8	9	0.6	8	0	6	8	1	2	24	1.6
13	HARTIG, Kelly	3-1	39	13.0	2-7	.286	0-0	.000	0-0	.000	1	2	3	1.0	7	0	1	3	0	1	4	1.3
Team											24	27	51				11					
Total.....		16	3200		344-822	.418	75-230	.326	160-209	.766	139	347	486	30.4	222	5	232	247	40	123	923	57.7
Opponents.....		16	3200		367-862	.426	114-334	.341	172-213	.808	166	363	529	33.1	222	-	249	248	64	110	1020	63.8

TEAM STATISTICS	CS	OPP	Date	Opponent	Score	Att.
SCORING	923	1020	* 1/5/11	at Wyoming Cowgirls	L 43-83	3159
Points per game	57.7	63.8	* 01/12/11	NEW MEXICO	W 71-60	930
Scoring margin	-6.1	-	* 01-15-11	at TCU	L 40-66	2787
FIELD GOALS-ATT	344-822	367-862	* 01/18/11	UNLV	W 68-63	964
Field goal pct	.418	.426	* 1/22/11	at Brigham Young Univ.	L 57-73	911
3 POINT FG-ATT	75-230	114-334	* 1/25/11	at Air Force	W 64-58	2907
3-point FG pct	.326	.341	* 01/29/11	UTAH	W 53-48	1180
3-pt FG made per game	4.7	7.1	* 2-2-11	at San Diego State	W 56-51	525
FREE THROWS-ATT	160-209	172-213	* 02/05/11	WYOMING COWGIRLS	L 55-74	1810
Free throw pct	.766	.808	* 2/12/11	at New Mexico	L 53-86	7753
F-Throws made per game	10.0	10.8	* 02/16/11	TCU	L 53-61	925
REBOUNDS	486	529	* 02/19/11	at UNLV	L 60-72	833
Rebounds per game	30.4	33.1	* 02/23/11	BRIGHAM YOUNG UNIV.	L 55-64	905
Rebounding margin	-2.7	-	* 02/26/11	AIR FORCE	W 70-49	1150
ASSISTS	232	249	* 03/02/11	at Utah	L 59-61	653
Assists per game	14.5	15.6	* 03/05/11	SAN DIEGO STATE	W 66-51	1160
TURNOVERS	247	248				
Turnovers per game	15.4	15.5				
Turnover margin	+0.1	-				
Assist/turnover ratio	0.9	1.0				
STEALS	123	110				
Steals per game	7.7	6.9				
BLOCKS	40	64				
Blocks per game	2.5	4.0				
ATTENDANCE	9024	19528				
Home games-Avg/Game	8-1128	8-2441				
Neutral site-Avg/Game	-	0-0				

* - Conference game

Score by Periods	1st	2nd	Totals
Colorado State	438	485	923
Opponents	514	506	1020