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October 24, 2007 - For immediate release

**GVSU and Gannon Women's Basketball Teams Tabbed
 by Media to Win 2007-08 GLIAC Divisional Titles,
 Coaches Name FSU's Folcik GLIAC Preseason Player of The Year**

BAY CITY, Mich. -- The head women's basketball coaches of the Great Lakes Intercollegiate Athletic Conference (GLIAC) chose Ferris State University senior forward **Rachel Folcik** (Powers, Mich./Carney-Nadeau) as the league's preseason "Player of the Year."

For the first time in league history, selected members of the media and the GLIAC's Sports Information Directors were asked to choose the Conference's Preseason Polls. The group tabbed Grand Valley State University and Gannon University to win the league's North and South Division titles, respectively.

Grand Valley State returns seven letterwinners and two starters from last year's squad that made the NCAA Great Lakes Region Tournament for the third consecutive year. GVSU also claimed the GLIAC North Division title for the second straight season. The Lakers ranked second in the nation in three-point field goal percentage, knocking down 37.9% of their three-pointers. GVSU will be lead by new head coach Janel Burgess, who joins the Laker staff after spending three years as an assistant coach and recruiting coordinator at Missouri State.

Gannon returns eight letterwinners and four players who started at least 13 games from last year's 25-6 squad that advanced to the NCAA Tournament second round. The Lady Knights were tabbed 15th in the *Women's Division II Bulletin* Preseason Top 25 after capturing its first-ever GLIAC Championship last season. The Lady Knights were the top-ranked GLIAC team in the preseason national rankings. Gannon has qualified for 10 consecutive GLIAC Tournaments, while advancing to four consecutive GLIAC Final Fours. The program has appeared in three GLIAC title games since joining the conference in 1995.

Joining Folcik on the preseason All-GLIAC North Division Team are: junior center **Jaclyn Armstrong** of Lake Superior State University;

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**2007-08 GLIAC Preseason
 Women's Basketball Media Poll**

<i>North Division</i>		
<i>Rank</i>	<i>School (first-place votes)</i>	<i>Points</i>
1.	Grand Valley State (20)	195
2.	Ferris State (4)	163
3.	Michigan Tech (6)	158
4.	Lake Superior State	130
5.	Northwood	107
6.	Saginaw Valley State	80
7.	Northern Michigan	67
<i>South Division</i>		
1.	Gannon (27)	177
2.	Hillsdale (3)	128
3.	Ashland	118
4.	Wayne State	99
5.	Findlay	73
6.	Mercyhurst	35

**2007-08 Women's Basketball
 Preseason All-GLIAC Team**

<i>Player of the Year</i>			
Rachel Folcik	FSU	Sr.	F
<i>North Division</i>			
<i>Name</i>	<i>School</i>	<i>Yr.</i>	<i>Pos.</i>
Jaclyn Armstrong	LSSU	Jr.	C
Rachel Folcik	FSU	Sr.	F
Sarah Stream	MTU	Jr.	G
Katie Wysocky	MTU	So.	F
Crystal Zick	GVSU	Sr.	G
<i>South Division</i>			
<i>Name</i>	<i>School</i>	<i>Yr.</i>	<i>Pos.</i>
Lisa Graue	AU	Jr.	G
Ashley Lowdermilk	GU	Sr.	G
Joy Nash	WSU	Jr.	G
Julie Slot	HC	Sr.	F
Brittany Wells	UF	Jr.	G

junior guard **Sarah Stream** and sophomore forward **Katie Wysocky** of Michigan Technological University; and senior guard **Crystal Zick** of Grand Valley State.

The 2007-08 preseason All-GLIAC South Division Team includes: junior guard **Lisa Graue** of Ashland University; senior guard **Ashley Lowdermilk** of Gannon; junior guard **Joy Nash** of Wayne State University; senior forward **Julie Slot** of Hillsdale College; and junior guard **Brittany Wells** of the University of Findlay.

As a junior last season, Folcik led the Bulldogs to a school-record 23 wins (23-9) and the program's first-ever appearance in the NCAA Division II Sweet Sixteen. The 2006-07 NCAA Division II Kodak/Women's Basketball Coaches Association Honorable Mention All-American was named to both the All-GLIAC North Division and All-Great Lakes Region First Teams last year in addition to the GLIAC North Division All-Defensive Team. Folcik's 241 made field goals and 602 total points last season were both school single-season marks while her 261 rebounds was the second-highest seasonal figure in FSU history.

The 2006-07 ESPN The Magazine Academic All-District IV Women's Basketball College Division Second Team pick, who averaged a team-best 18.8 points per game, scored in double-figures 27 times last year and notched 13 double-double (points & rebounds) performances.

A team captain, Folcik also averaged a squad-best 8.2 rebounds per game last campaign. She finished the year listed second overall in scoring and fifth in rebounds among the GLIAC's overall leaders while ranking second in both field goal (.555) and free throw (.860) percentage.

Jaclyn Armstrong (Haslett, Mich.) is the top-returning scorer and rebounder for Lake Superior State. She was named GLIAC Freshman of the Year in 2005-06 after averaging 10.3 points per game. Last season, Armstrong continued to average in double figures with 10.1 points per game, while averaging 4.9 rebounds per contest.

Sarah Stream (Ishpeming, Mich./Westwood) averaged 14.1 points, 3.1 assists and 34.7 minutes per game — all team highs in 2006-07. The 5-7 point guard earned All-GLIAC North Division First Team honors and was named to the GLIAC All-Tournament team after leading the Huskies to their first league tournament semifinal in five years.

Katie Wysocky (Whitefish Bay, Wis.) was one of 10 freshman from across the nation to be named to Division II Bulletin's All-Freshman

2006-07 GLIAC Women's Basketball Final Standings

<i>North Division</i>	
<i>School</i>	<i>Record (GLIAC)</i>
Grand Valley State	21-8 (14-4)
Ferris State	23-9 (13-5)
Lake Superior State	18-9 (13-5)
Michigan Tech	19-9 (12-6)
Saginaw Valley State	11-16 (8-10)
Northern Michigan	9-18 (5-13)
Northwood	9-17 (3-15)

<i>South Division</i>	
Gannon	25-6 (15-2)
Hillsdale	19-9 (12-5)
Wayne State	10-18 (8-9)
Ashland	14-13 (7-10)
Findlay	6-21 (2-15)
Mercyhurst	6-21 (2-15)

2007 GLIAC Women's Basketball Postseason Tournament Results

GLIAC Tournament Championship Game

(hosted by Gannon University)
 (1) *Gannon 88*, (3) *Hillsdale 77*

GLIAC Tournament Semifinals

(hosted by Gannon University)
 Semifinal #1
 at (1) *Gannon 80*, (4) *Michigan Tech 60*
 Semifinal #2
 (3) *Hillsdale 90*, (2) *Ferris State 87*

GLIAC Tournament Quarterfinals

(Campus Sites)
 (WC1) *Michigan Tech 63*, at (1N) *Grand Valley St. 57*
 at (2N) *Ferris St. 91*, (3N) *Lake Superior St. 79*
 at (1S) *Gannon 75*, (WC2) *Saginaw Valley St. 61*
 at (2S) *Hillsdale 76*, (3S) *Wayne State 59*

GLIAC All-Tournament Team

Tournament "M.V.P." *Christina Jackson - Gannon*
Lauren Fewins - Hillsdale
Ashley Lowdermilk - Gannon
Jessie Miller - Hillsdale
Sarah Stream - Michigan Tech
Audrey Thwing - Ferris State

Team in 2006-07. The 6-0 forward, who was also named the 2006-07 GLIAC Freshman of the Year, finished her rookie campaign ranked third in the GLIAC in field goal percentage (54.1), eighth in rebounding (7.3), and 17th in scoring (12.5). She tallied 17 games in double figures including five with 20 or more points.

Crystal Zick (Byron Center, Mich.) averaged 14.7 points, 3.6 assists, and 3.3 rebounds as she helped Grand Valley State to its third straight Great Lakes Region Tournament appearance. She earned Daktronics, Inc. All-Great Lakes Region Second Team and All-GLIAC First Team honors. Zick ranks fourth on GVSU's career records lists in both assists (385) and three-point field goals made (120). Crystal has guided the Lakers to an 82-17 (.828) overall and 45-7 (.865) GLIAC record in her three seasons.

Lisa Graue (Dayton, Ohio/Wayne) missed the entire 2006-07 season to a knee injury, but in 2005-06, she averaged 9.8 points per game and 7.8 rebounds per contest. Honored as a first team All-GLIAC member and an All-Defensive Team selection, Graue led the Eagles in total rebounds (248), rebounds per game (7.8), steals (74), and blocks (48) that season. Her rebound total was fourth best in school history as she recorded double figures in rebounds 10 times in 2005-06.

Ashley Lowdermilk (Kensington, Ohio/Carrollton) is Gannon's top returning scorer after posting 11.6 points and 3.3 rebounds per game last season. The senior guard was named to the All-GLIAC South Division second team and the GLIAC All-Defensive team in 2006-07, leading the Lady Knights to their first-ever GLIAC title and the second round of the NCAA Tournament. In addition, she was named to the GLIAC All-Tournament team after averaging 15.3 points and five rebounds while hitting 7-of-14 three pointers in three GLIAC Tournament games. Lowdermilk ranks fifth all-time at Gannon in career three-pointers (132) and 20th in career points (877). She currently ranks 10th all-time in career three-point field goal percentage (.332).

Joy Nash (Muskegon, Mich.) has started all 40 games played in her Warrior career. She was named to both the GLIAC South Division All-Conference Second Team and the GLIAC South Division All-Defensive Team a year ago. Nash led the GLIAC in assists per game (4.82) in 2006-07, while averaging nearly 10 points per contest. She was among the league leaders in free throw percentage and minutes played last year.

Julie Slot (Caledonia, Mich.) is the only fourth-year player on the Charger women's basketball roster for the 2007-08 season. Slot is the team's leading returning scorer and rebounder, and can play multiple positions on the court. Slot will lead a young team that graduated 77 percent of its scoring from a year ago.

Brittany Wells (Miamisburg, Ohio) is coming off of her sophomore year in which she averaged a team-high 11.0 points, 4.0 rebounds, 3.7 assists and 2.7 steals per game. She also shot 50.7 percent from the floor and was named the GLIAC Player of the Week after hitting game-winning shots in consecutive games against Grand Valley State and Mercyhurst.

The 2008 GLIAC Women's Basketball Championship quarterfinals will be held on Saturday Mar. 1 on campus sites with the semifinals and final being held on Friday, Mar. 7 and Saturday Mar. 8 at the site of the highest remaining seed.

