



OLE MISS WOMEN'S BASKETBALL

2016-17 QUICK FACTS

General Information

School.....University of Mississippi (Ole Miss)
 City/Zip.....Oxford, Miss./38655
 Founded.....November 6, 1848
 Enrollment.....23,838
 Nickname.....Rebels
 Colors.....Cardinal Red and Navy Blue
 Home Court.....The Pavilion at Ole Miss
 Capacity.....9,500
 Affiliation.....NCAA Division I
 Conference.....Southeastern (SEC)
 Chancellor.....Dr. Jeffrey Vitter
 Alma Mater.....Notre Dame, 1977
 Athletic Director.....Ross Bjork
 Alma Mater.....Emporia State, 1995
 Senior Women's Administrator.....Lynnette Johnson
 University Website.....www.OleMiss.edu

Team Information

2015-16 Overall Record.....10-20
 SEC Record.....2-14
 Regular-Season Finish.....14th
 SEC Tournament Finish.....14th
 Postseason.....N/A
 Home Record.....8-9
 Away Record.....2-10
 Neutral Record.....0-1
 Letterwinners Returning/Lost.....8/3
 Starters Returning/Lost.....4/5
 Newcomers.....5

Media Relations

Associate AD/Media and Public Relations.....Kyle Campbell
 Associate Director.....Kim Ling
 Associate Director.....Joey Jones
 Associate Director.....Daniel Snowden
 Assistant Director.....Brandon Lee
 Assistant Director.....Adam Kuffner

Assistant Director..... Jessica Poole

Poole's Office Number.....662-915-7896

Poole's Cell Phone Number.....662-816-3877

Poole's Email.....jepoole1@olemiss.edu

Senior Staff Assistant.....Ashley Mangrum
 Photographer.....Josh McCoy
 Press Row Numbers.....(662) 236-1931
 Media Relations Phone.....(662) 915-7522
 Media Relations Fax.....(662) 915-7006
 Mailing Address.....P.O. Box 217
University, MS, 38677
 Overnight Address.....908 All-American Drive
University, MS 38677
 Athletics Website.....www.OleMissSports.com

*Women's Basketball Contact

Coaching Staff

Head Coach..... Matt Insell
 Alma Mater.....Middle Tennessee State, 2007
 Career Record.....41-54
 Record at Ole Miss.....41-54
Assistant Coach..... Alex Simmons
 Alma Mater.....Tennessee
 Years.....Fourth Year
Assistant Coach..... Brittany Hudson
 Years.....Third Year
 Alma Mater.....Georgia State
Assistant Coach..... George Porcha
 Alma Mater.....New Haven
 Years.....First Year
Director of Operations..... Eric White
 Alma Mater.....Montevallo
 Years.....Fourth Year
Coordinator of Video Services..... TBA
Recruiting Assistant..... Shana Kent
Athletic Trainer..... Meredith Pendergast
Strength and Conditioning Coach..... Ryan Grubbs
 Women's Basketball Office Phone.....(662) 915-7592
 Best Time to Reach.....Contact SID

Team History

First Year of Basketball.....1974-75
 All-Time Overall Record.....794-493
 All-Time SEC Record.....175-250
 NCAA Tournament Appearances/Last.....17/2007
 NCAA Tournament Record.....18-17
 WNIT Appearances/Last.....6/2015
 WNIT Record.....4-6
 SEC Regular Season Titles/Last.....1/1992
 SEC Tournament Championships/Last.....N/A
 SEC Tournament Record.....26-36*
 *.....Ole Miss did not participate in the 2013 SEC Tournament

Radio Station/Ole Miss IMG Radio Network

Radio Station..... WTNM SuperTalk Mississippi (105.5 FM)
 Alternate Station.....WTNM SuperTalk Mississippi (93.7 FM)
Play-by-Play..... Graham Doty
 Play-by-Play Email.....GrahamDoty@gmail.com
 Play-by-Play Phone.....(662) 832-2175
Ole Miss IMG Sports Properties..... Chris Helsel
 Helsel Phone.....662-915-7814
 Helsel Email.....Chris.helsel@IMGWorld.com

Follow The Rebels on Social Media

Facebook..... Facebook.com/OleMissWomensBasketball
Twitter..... @OleMissWBB
 Coach Insell.....@minsell
 Coach Simmons.....@apsimms2
 Coach Porcha.....@CoachPorcha
 Coach Hudson.....@Coach_BH
Instagram..... OleMissWBB
 Recruiting Website.....http://womenshoops.olemissrebels.com

2016-17 OLE MISS WOMEN'S BASKETBALL

Southeastern Conference

CommissionerGreg Sankey
 Executive Associate Commissioner.....Mark Womack
 Associate Commissioner (Communications)..... Herb Vincent
 Director of CommunicationsCraig Pinkerton
 Director of Communications Tammy Wilson
 Director of Communications Chuck Dunlap
 Assistant Director of Communications..... Jill Skotarczak
 Assistant Director of Communications..... Ben Betty
 Mailing Address2201 Arrington Blvd
 Birmingham, AL, 35203-1103
 Switchboard Number (205) 458-3000
 Media Relations Number..... (205) 458-3010
 Media Relations Fax..... (205) 458-3030
 Website www.SecSports.com

Ole Miss Administration

Chancellor Dr. Jeffrey Vitter
 Director of Athletics..... Ross Bjork
 Senior Executive Associate AD of External Relations Stephen Ponder
 Executive Associate AD/SWA..... Lynnette Johnson
 Senior Associate AD for Compliance..... Matt Ball
 Senior Associate AD for Student-Athlete Development Derek Cowherd
 Senior Associate AD for Health/Sports Performance Shannon Singletary
 Senior Associate AD for Communications/Marketing..... Michael Thompson
 Associate AD for Business..... Angela Robinson
 Associate AD for Development/Executive Director UMAA Foundation..... Keith Carter
 Associate AD for Compliance Julie Owen
 Associate AD of Creative Services..... Micah Ginn
 Associate AD for Facilities and Game Operations..... Joe Swingle
 Associate AD for Media and Public Relations Kyle Campbell
 Assistant AD for Information Technology.....Jerard Butts
 Assistant AD for Student-Athlete Development Jennifer Saxon
 Assistant AD for Ticket Operations Wesley Owen
 Athletics Department Phone.....(662) 915-7241

Roster Breakdown

Starters (Returning)	No.	Cl.	Ht.	Pos.	GP-GS	PPG	RPG	APG	BPG	SPG
Shandricka Sessom	23	Jr.	5-10	G	30-26	15.6	5.1	1.7	0.5	1.4
Erika Sisk	5	Sr.	5-8	G	30-21	8.0	3.1	2.8	0.0	2.2
Madinah Muhammad	20	So.	5-8	G	30-21	7.5	1.4	0.8	0.2	0.8
Shequila Joseph	11	Sr.	6-3	F	30-27	6.2	4.2	0.6	0.4	0.7
Starters (Lost)	No.	Cl.	Ht.	Pos.	GP-GS	PPG	RPG	APG	BPG	SPG
A'Quen Hayes	3	So.	5-7	G	30-27	6.3	5.3	2.8	0.1	1.5
Other Returnees	No.	Cl.	Ht.	Pos.	GP-GS	PPG	RPG	APG	BPG	SPG
Torri Lewis	44	So.	5-11	G	30-6	4.7	1.1	0.8	0.1	0.6
Bretta Hart	24	Sr.	6-1	F	30-9	4.7	5.7	0.2	1.3	1.3
Alissa Alston	25	So.	5-8	G	29-3	4.1	1.7	1.6	0.1	0.7
Cecilia Muhate	10	So.	6-2	F	23-1	2.1	2.9	0.4	0.5	0.5
Other Losses	No.	Cl.	Ht.	Pos.	GP-GS	PPG	RPG	APG	BPG	SPG
Kelsey Briggs	15	So.	6-3	F	16-2	4.6	1.9	0.4	0.3	0.8
Kiara Golden	00	So.	5-8	G	18-0	3.4	1.0	0.5	0.1	0.9
Jonell Williams	2	Fr.	6-3	F	17-0	2.5	4.1	0.1	0.1	0.4
Precious Person	4	Jr.	6-1	F/G	1-0	4.0	2.0	1.0	0.5	1.0
Newcomers	No.	Cl.	Ht.	Pos.	Hometown/Previous School					
Shelby Gibson	42	Fr.	6-3	F/C	Mufreesboro, Tenn./Oakland					
Bree Glover	1	Fr.	5-10	G	Glasgow,Ky./Glasgow					
Kate Rodgers	32	Fr.	6-2	F	Birmingham. Ala./Weonah					
Chrisahe Rowe	21	Jr.	5-10	G	Riverside, Calif./Kentucky					
Taylor Manuel	50	Sr.	6-4	F	St. Louis, Mo./Loyola Chicago					

2016-17 OLE MISS WOMEN'S BASKETBALL

2016-17 ROSTER

No.	Name	Cl.	Pos.	Ht.	Major	Hometown/Previous School
1	Bree Glover	Fr.	G	5-10	Undeclared	Glasgow, Ky./Glasgow HS
5	Erika Sisk	Sr.	G	5-9	General Studies	Oxford, Miss./Murray State/Oxford HS
10	Cecilia Muhate	So.	F/C	6-2	Psychology	Madrid, Spain/Arturo Soria
11	Shequila Joseph	Sr.	F	6-3	Exercise Science	London, England/Barking Abbey School
20	Madinah Muhammad	So.	G	5-8	Exercie Science	Chicago, Ill./Whitney Young HS
21	Chrishae Rowe	Jr.	G	5-10	General Studies	Riverside, Calif./Kentucky
23	Shandricka Sessom	Jr.	G	5-10	Exercise Science	Byhalia, Miss./Byhalia HS
24	Bretta Hart	Sr.	F	6-1	General Studies	Poplarville, Miss./Bay HS
25	Alissa Alston	So.	G	5-8	Undeclared	New Haven, Conn./Upper Room Christian Academy
32	Kate Rodgers	Fr.	F	6-2	Undeclared	Birmingham, Ala./Wenonah HS
42	Shelby Gibson	Fr.	F/C	6-3	Undeclared	Murfreesboro, Tenn./Oakland HS
44	Torri Lewis	So.	G	5-11	Undeclared	Olive Branch, Miss./Home School
50	Taylor Manuel	Sr.	F	6-4	Grad: Integrated Marketing & Comunication	St. Louis, Mo./Loyola Chicago

Staff

Matt Insell – Head Coach (Middle Tennessee State, Fourth Season)

Alex Simmons –Assistant Coach (Tennessee, Fourth Season)

Brittany Hudson – Assistant Coach (Georgia State, Third Season)

George Porcha –Assistant Coach (New Haven, First Season)

Eric White – Director of Operations (Montevallo, Fourth Season)

Brett Ball – Graduate Assistant (South Carolina, Second Season)

Class Breakdown

Graduate Transfer (1): Taylor Manuel

Seniors (3): Bretta Hart, Shequila Joseph, Erika Sisk

Juniors (2): Chrishae Rowe, Shandricka Sessom

Sophomores (4): Alissa Alston, Torri Lewis, Madinah Muhammad, Cecilia Muhate

Freshmen (3): Shelby Gibson, Bree Glover, Kate Rodgers

Pronunciation Chart

SHEQUILA Joseph	Sha-key-la
SHANDRICKA Sessom	Shan-(Like Man)-dre-ka
MADINAH Muhammad	Ma-Dean – A
Cecilia MUHATE	MOO-HOT-A
CHRISHAE Rowe	Kris-shay

2016-17 OLE MISS WOMEN'S BASKETBALL

2015-16 FINAL OVERALL STATISTICS

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	10-20	8-9	2-10	0-1
CONFERENCE	2-14	2-6	0-8	0-0
NON-CONFERENCE	8-6	6-3	2-2	0-1

#	Player	gp-gs	min	avg	Total		3-Point		F-Throw		Rebounds				pf	dq	a	to	blk	stl	pts	avg
					fg-fga	fg%	3fg-fga	3fg%	ft-fa	ft%	off	def	tot	avg								
23	Sessom,Shandricka	30-26	887	29.6	187-502	.373	50-174	.287	44-56	.786	54	99	153	5.1	88	3	52	80	14	42	468	15.6
05	Sisk,Erika	30-28	825	27.5	81-237	.342	10-50	.200	67-95	.705	51	42	93	3.1	63	3	83	65	0	66	239	8.0
20	Muhammad,Madinah	30-21	544	18.1	73-254	.287	37-129	.287	43-54	.796	12	30	42	1.4	71	0	23	40	6	25	226	7.5
03	Hayes,A'Queen	30-27	811	27.0	72-206	.350	4-17	.235	40-73	.548	97	62	159	5.3	97	8	85	75	3	46	188	6.3
11	Joseph,Shequila	30-27	743	24.8	67-196	.342	29-104	.279	24-38	.632	52	73	125	4.2	62	1	17	51	11	22	187	6.2
44	Lewis,Torri	30-6	476	15.9	45-150	.300	39-130	.300	13-20	.650	8	24	32	1.1	34	0	25	12	2	19	142	4.7
24	Hart,Bretta	30-9	575	19.2	64-133	.481	0-0	.000	13-33	.394	74	96	170	5.7	84	6	5	33	38	38	141	4.7
15	Briggs,Kelsey	16-2	186	11.6	31-91	.341	5-28	.179	6-12	.500	16	15	31	1.9	22	1	7	11	5	12	73	4.6
25	Alston,Alissa	29-3	391	13.5	35-124	.282	6-17	.353	44-85	.518	20	28	48	1.7	78	6	46	46	2	20	120	4.1
00	Golden,Kiara	18-0	168	9.3	22-69	.319	13-42	.310	5-13	.385	5	13	18	1.0	14	1	9	12	2	17	62	3.4
02	Williams,Jonell	17-0	140	8.2	15-39	.385	0-0	.000	13-24	.542	34	36	70	4.1	16	0	2	11	1	6	43	2.5
10	Muhate Pena,C	23-1	245	10.7	19-40	.475	0-0	.000	10-24	.417	27	39	66	2.9	34	1	9	17	11	12	48	2.1
04	Person,Precious	2-0	10	5.0	2-6	.333	0-2	.000	0-0	.000	1	1	2	1.0	2	0	1	0	1	1	4	2.0
Team											91	66	157		1		7					
Total.....		30	6001		713-2047	.348	193-693	.279	322-527	.611	542	624	1166	38.9	666	30	364	460	96	326	1941	64.7
Opponents.....		30	6000		685-1613	.425	106-371	.286	462-686	.673	396	885	1281	42.7	530	-	434	672	120	218	1938	64.6

TEAM STATISTICS	OM	OPP	Date	Opponent	Score	Att.
SCORING	1941	1938	11/13/15	MISSISSIPPI VALLEY	w 97-61	7407
Points per game	64.7	64.6	11/15/15	UL-LAFAYETTE	L 78-82	789
Scoring margin	+0.1	-	11/19/15	MISSOURI STATE	L 78-91	743
FIELD GOALS-ATT	713-2047	685-1613	11/22/15	at Middle Tennessee	L 75-84	6605
Field goal pct	.348	.425	11/27/15	at Stony Brook	w 72-57	898
3 POINT FG-ATT	193-693	106-371	11/29/15	at WAGNER SEAHAWKS	w 86-49	732
3-point FG pct	.279	.286	12/2/15	WESTERN KENTUCKY	w 59-53	906
3-pt FG made per game	6.4	3.5	12/6/15	UAPBW	w 80-45	835
FREE THROWS-ATT	322-527	462-686	12-12-15	at Southern Miss	L 38-57	1632
Free throw pct	.611	.673	12/14/15	NEW ORLEANS	w 97-59	697
F-Throws made per game	10.7	15.4	12/16/15	TULANE	L 59-61	734
REBOUNDS	1166	1281	12/19/15	MCNEESE STATE	w 96-56	881
Rebounds per game	38.9	42.7	12/29/15	ALABAMA A&M	w 103-42	1061
Rebounding margin	-3.8	-	* 1/3/16	VANDERBILT	w 55-52	1283
ASSISTS	364	434	* 01/07/16	at LSU	L 57-76	2189
Assists per game	12.1	14.5	* 1/10/16	FLORIDA	L 65-85	2468
TURNOVERS	460	672	* 01/14/16	at Texas A&M	L 58-81	4033
Turnovers per game	15.3	22.4	* 01/18/16	at Mississippi State	L 51-79	7128
Turnover margin	+7.1	-	* 1/21/16	KENTUCKY	w 73-65	1335
Assist/turnover ratio	0.8	0.6	* 01/28/16	at #2/2 South Carolina	L 62-81	14313
STEALS	326	218	* 1/31/16	MISSOURI	L 46-60	1686
Steals per game	10.9	7.3	* 02/04/16	at Alabama	L 37-48	2607
BLOCKS	96	120	* 2/7/16	at Georgia	L 56-70	3826
Blocks per game	3.2	4.0	* 2/11/16	AUBURN	L 60-65	1335
ATTENDANCE	29735	60532	* 2/15/16	TEXAS A&M	L 48-62	1691
Home games-Avg/Game	17-1749	12-4804	* 02/18/16	at Tennessee	L 51-57	10548
Neutral site-Avg/Game	-	1-2889	* 2/21/16	MISSISSIPPI STATE	L 51-60	4411
Score by Periods	1st	2nd	3rd	4th	Totals	
Ole Miss	516	389	501	535	1941	
Opponents	499	429	553	457	1938	
						* 02/25/16 #2/2 SOUTH CAROLINA L 45-66 1473
						* 02/28/16 at ARKANSAS L 49-60 3132
						03/02/16 vs Vanderbilt L 59-74 2889

* - Conference game

2016-17 OLE MISS WOMEN'S BASKETBALL

2015-16 FINAL SEC-ONLY STATISTICS

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	2-14	2-6	0-8	0-0
CONFERENCE	2-14	2-6	0-8	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-fga	3fg%	ft-fa	ft%	off	def	tot	avg	pf			dq	a	to	blk	stl
23	Sessom,Shandricka	16-12	496	31.0	86-259	.332	23-93	.247	18-22	.818	21	49	70	4.4	50	2	20	45	9	15	213	13.3
20	Muhammad,Madinah	16-14	329	20.6	43-158	.272	23-86	.267	25-34	.735	5	13	18	1.1	41	0	12	22	3	11	134	8.4
03	Hayes,A'Queen	16-14	484	30.3	42-121	.347	3-11	.273	26-44	.591	58	37	95	5.9	52	4	49	43	1	24	113	7.1
11	Joseph,Shequila	16-16	492	30.8	39-123	.317	22-74	.297	11-18	.611	18	48	66	4.1	39	1	10	34	7	13	111	6.9
05	Sisk,Erika	16-15	447	27.9	28-109	.257	3-21	.143	27-41	.659	23	22	45	2.8	41	2	41	42	0	32	86	5.4
24	Hart,Bretta	16-5	317	19.8	25-60	.417	0-0	.000	7-12	.583	23	42	65	4.1	52	4	3	18	21	21	57	3.6
15	Briggs,Kelsey	4-0	37	9.3	6-16	.375	1-6	.167	0-0	.000	5	4	9	2.3	6	1	1	3	0	1	13	3.3
25	Alston,Alissa	15-2	162	10.8	14-52	.269	2-9	.222	18-40	.450	6	9	15	1.0	30	1	12	22	0	4	48	3.2
44	Lewis,Torri	16-2	242	15.1	18-54	.333	13-46	.283	1-2	.500	0	10	10	0.6	18	0	12	4	1	6	50	3.1
10	Muhate Pena,C	10-0	110	11.0	8-14	.571	0-0	.000	4-11	.364	12	14	26	2.6	15	1	5	11	4	5	20	2.0
00	Golden,Kiara	7-0	37	5.3	3-14	.214	2-10	.200	1-4	.250	0	4	4	0.6	0	0	0	3	1	1	9	1.3
02	Williams,Jonell	8-0	47	5.9	4-10	.400	0-0	.000	2-3	.667	8	7	15	1.9	7	0	0	4	0	0	10	1.3
Team											57	35	92		1		3					
Total.....		16	3200		316-990	.319	92-356	.258	140-231	.606	236	294	530	33.1	352	16	165	254	47	133	864	54.0
Opponents.....		16	3200		384-834	.460	45-172	.262	254-366	.694	198	475	673	42.1	254	-	253	312	75	128	1067	66.7

TEAM STATISTICS	OM	OPP	Date	Opponent	Score	Att.
SCORING	864	1067	* 1/3/16	VANDERBILT	W 55-52	1283
Points per game	54.0	66.7	* 01/07/16	at LSU	L 57-76	2189
Scoring margin	-12.7	-	* 1/10/16	FLORIDA	L 65-85	2468
FIELD GOALS-ATT	316-990	384-834	* 01/14/16	at Texas A&M	L 58-81	4033
Field goal pct	.319	.460	* 01/18/16	at Mississippi State	L 51-79	7128
3 POINT FG-ATT	92-356	45-172	* 1/21/16	KENTUCKY	W 73-65	1335
3-point FG pct	.258	.262	* 01/28/16	at #2/2 South Carolina	L 62-81	14313
3-pt FG made per game	5.8	2.8	* 1/31/16	MISSOURI	L 46-60	1686
FREE THROWS-ATT	140-231	254-366	* 02/04/16	at Alabama	L 37-48	2607
Free throw pct	.606	.694	* 2/7/16	at Georgia	L 56-70	3826
F-Throws made per game	8.8	15.9	* 2/11/16	AUBURN	L 60-65	1335
REBOUNDS	530	673	* 2/15/16	TEXAS A&M	L 48-62	1691
Rebounds per game	33.1	42.1	* 02/18/16	at Tennessee	L 51-57	10548
Rebounding margin	-8.9	-	* 2/21/16	MISSISSIPPI STATE	L 51-60	4411
ASSISTS	165	253	* 2/25/16	#2/2 SOUTH CAROLINA	L 45-66	1473
Assists per game	10.3	15.8	* 02/28/16	at ARKANSAS	L 49-60	3132
TURNOVERS	254	312	* - Conference game			
Turnovers per game	15.9	19.5				
Turnover margin	+3.6	-				
Assist/turnover ratio	0.6	0.8				
STEALS	133	128				
Steals per game	8.3	8.0				
BLOCKS	47	75				
Blocks per game	2.9	4.7				
ATTENDANCE	15682	47776				
Home games-Avg/Game	8-1960	8-5972				
Neutral site-Avg/Game	-	0-0				

Score by Periods	1st	2nd	3rd	4th	Totals
Ole Miss	230	160	236	238	864
Opponents	275	226	300	266	1067

2016-17 OLE MISS WOMEN'S BASKETBALL

2016-17 NON-CONFERENCE SCHEDULE (TIMES SUBJECT TO CHANGE)

Day	Date	Opponent	Site	Time	TV
Fri.	Nov. 11	Southeastern Louisiana	Oxford	2:30 PM	
Sun.	Nov. 13	Lipscomb	Oxford	5:00 PM	
Thu.	Nov. 17	Jacksonville State	Oxford	6:00 PM	
Sun.	Nov. 20	High Point	Oxford	2:00 PM	
Sat.	Nov. 26	vs. Wisconsin\$	Las Vegas, N.V.	11:00 AM	
Sun.	Nov. 27	vs. TBA	Las Vegas, N.V.	11:00 AM/1:30 PM	
Thu.	Dec. 1	Jackson State%	Oxford	11:00 AM	
Sun.	Dec. 4	at West Virginia ^	Morgantown, W.V.	1:00 PM	
Sat.	Dec. 10	Louisiana-Monroe	Oxford	1:00 PM	
Wed.	Dec. 14	Oregon	Oxford	6:00 PM	
Sat.	Dec. 17	VCU	Oxford	1:00 PM	
Tue.	Dec. 20	Austin Peay	Oxford	12:00 PM	
Wed.	Dec. 28	Mississippi Valley State	Oxford	6:00 PM	

Schedule Notes:

All times CENTRAL

\$- UNLV Thanksgiving Tournament (Las Vegas, Nevada)

%- School Kids Game

^-SEC/Big 12 Challenge

*SEC Contest

2016-17 OLE MISS WOMEN'S BASKETBALL

HEAD COACH MATT INSELL BIO



Head Coach Matt Insell
Fourth Season at Ole Miss
Career Record: 41-54
Record at Ole Miss: 41-54

Leading a young team, which featured no seniors and just two players who had been in the program for more than two years, Ole Miss head coach Matt Insell and the Ole Miss women's basketball team had some exciting moments throughout the 2015-16 season.

For the second consecutive season, the Rebels knocked off a ranked foe and this time it was then-No. 9 Kentucky, giving the Rebels their first win over a top 10 opponent since 2010 when they defeated then-No. 8 Georgia. Ole

Miss has defeated three ranked opponents during the Matt Insell era. For her career-best 21 points

against the Wildcats, junior Shequila Joseph was named SEC Player of the Week.

With a group that featured eight underclassmen, Insell and his staff were instrumental in the growth of sophomore Shandricka Sessom. Sessom, who averaged just 5.3 points as a freshman increased her scoring to 15.6 points per game and was ranked in the top 10 of the SEC for scoring all season.

Additionally, freshman Madinah Muhammad was a bright spot. The Chicago native, averaged 7.5 points per game as rookie, which was third best on the Ole Miss squad. That number increased to 8.4 points per game against SEC competition which trailed just Sessom's 13.4 points per game against SEC foes. Additionally, the Rebels saw several exciting moments at Tad Smith Coliseum before moving to their new home, The Pavilion at Ole Miss, in January. Freshman Torri Lewis set the single-game record for three-point field goals with 10 triples in a win over New Orleans. Her 10 triples tie her with former Ole Miss men's player Marshall Henderson for the most three-pointers made at Tad Smith Coliseum. Ole Miss also closed the "Tad Pad" in style on January 3, 2016. Junior Erika Sisk hit a basket at the buzzer to give Ole Miss a 55-52 win over Vanderbilt and an Ole Miss women's basketball win in the final game at Tad Smith Coliseum.

Insell took the Ole Miss women's basketball team to new heights in 2014-15 in his second year at the helm of the program. The Rebels posted 19 wins and seven SEC wins – recording the most wins since the 2009-10 season, while also making their return to the postseason with an appearance in the third round Women's National Invitation Tournament (WNIT).

The Rebels, who posted seven more wins in 2014-15, posted four wins over NCAA Tournament participants and after being picked to finish last in the SEC preseason coaches and media poll closed the season tied for the No. 7 in the league standings and earned the No. 8 seed for the SEC Tournament – the highest seed for the Rebels in the last five seasons.

Leading a young team, that featured eight newcomers, Insell was able to develop his youngsters throughout the season. Freshman AQueen Hayes took over the starting point guard position midway through the season and excelled, earning her SEC Freshman of the Week honors on January 12 and a spot on the All-Freshman team. Senior forward Tia Faleru picked up where she left off during her junior campaign and became the first SEC player to average a double-double since Georgia's Porsha Phillips in 2010-11 and she became the first player to lead the league in rebounding in back-to-back seasons since LSU's Sylvia Fowles led the league from 2006-08. For her efforts Faleru was an All-SEC first team selection and the only unanimous selection on the Associated Press' All-SEC first team. She also earned honorable mention AP All-American accolades and was a College Sports Madness fourth team All-American.

Insell and the Rebels knocked off ranked foes in No. 13 Kentucky and No. 18 Georgia – the first time in five years Ole Miss had defeated a ranked foe. The season also saw Ole Miss pick up its 400th win at Tad Smith Coliseum and Insell and his father made women's basketball history by becoming the first father-son duo to play against each other in NCAA women's basketball when Middle Tennessee made the trip to Oxford in November.

In his first season as head coach at Ole Miss, Matt Insell laid the foundation for a promising future. Beginning his career with the Rebels, Insell led Ole Miss to a 10-6 non-conference record, including a seven-game win streak – the longest win streak for the Rebels since the 2007-08 season. Ole Miss' non-conference schedule was highlighted by a matchup in Waco, Texas, where the Rebels took on the Baylor Bears, who had reached the Sweet Sixteen a year before. With Ole Miss leading in the final minutes, Baylor battled back to spoil the upset, giving fans a glimpse of the success to come under the vision of Insell.

After battling through the always challenging SEC schedule, the Rebels entered the SEC Tournament at the No. 14 seed, determined to take the momentum from a regular season finale victory over Auburn into the postseason tournament. Drawing the No. 11 seed Arkansas, the Rebels took care of business with a 63-62 victory, giving Ole Miss a statement win for Insell's process. "I didn't look at it as rebuilding, I looked at it as a process of getting us back to the top," said Insell after the SEC Tournament win. "A win like this helps you get there."

Insell also led the Rebels to wins over in-state rival, Mississippi State to give the first-year head coach his first SEC victory. In addition to the Rebel's battle with 2014 Elite Eight participant, Baylor, Ole Miss posted victories against women's basketball powerhouse, Louisiana Tech and sent the Ole Miss senior class out in style with a Senior Day overtime win over Auburn at Tad Smith Coliseum.

Insell was named the head coach of the Ole Miss women's basketball team on March 28, 2013. Insell came to Oxford quite familiar with the Rebels after spending the previous five years as the top assistant on Matthew Mitchell's staff at Kentucky.

He helped guide Kentucky to four 20-win seasons and four trips to the NCAA Tournament in his time in Lexington. The Wildcats have ended the last three seasons he was on staff ranked in the top-25.

Insell, who was responsible for the guards while also having recruiting and player development duties, served as the top assistant coach and helped UK ink three top-10 recruiting classes and seven McDonald's All-Americans. During his time at Kentucky, Insell helped develop guard A'dia Mathies, a two-time SEC Player of the Year and All-America candidate, and Bria Goss who was named SEC Freshman of the Year.

Prior to Kentucky, Insell was the Director of Basketball Operations at Louisiana Tech under Coach Chris Long. Before that, he was considered one of the top AAU coaches in the country, coaching the Tennessee Flight, a Nike Elite Travel Program, for three years. Insell made a national name for himself after coaching 41 of his former AAU players to play Division I basketball, including former Wildcats Victoria Dunlap and Crystal Riley. He also coached the Shelbyville Sports Shop 15-Under team to the AAU National Championship title in 2004.

Insell earned valuable basketball experience while attending the University of Tennessee from 2001-2005. He worked closely with both the men and women's basketball programs, serving as a student assistant/video coordinator under former men's head coach Buzz Peterson and as an instructor at Pat Summitt's summer basketball camps. The Shelbyville, Tenn., native transferred to Middle Tennessee State during the 2005-06 season where his father, Rick Insell, is the head women's basketball coach. He went on to earn his bachelor's degree in political science from MTSU in 2007.

Insell Milestone Wins:

First career win - Jacksonville State, 83-62 (Nov. 8, 2013)

First SEC Win - Mississippi State, 87-85 (Jan. 23, 2014)

First SEC Tournament Win - Arkansas, 63-62 (March 5, 2014)

First win over Ranked Opponent - No. 15 Georgia, 55-52 (January 15, 2015)

First Postseason Win - UT Martin, 80-70 (March 18, 2015)

What They Are Saying About Matt Insell:

"Coach Insell and his staff continue to work tirelessly to build our program into a contender in the SEC and on the national stage. Coach Insell inherited a very tough situation – perhaps tougher than anyone realized – and he and his staff have been committed to doing the little things because they know the big things are right around the corner. Everyone in our program has been laser focused on excellence and we have laid a great foundation for success. We have a proud women's basketball heritage and I cannot wait to see our future glory!"

- Ross Bjork, Athletics Director, University of Mississippi

"I am elated for Matt. He made the decision when he graduated high school to forgo playing collegiate basketball and concentrate on becoming a Division I head coach. I am very excited about the journey he has made. I don't know of a better place to build his legacy than the University of Mississippi. Matt is a fantastic fit for the program. Deb and I, along with our entire family, are very proud of him."

- Rick Insell, Head Women's Basketball Coach, Middle Tennessee State

"Ole Miss made a great decision when they hired Matt Insell. Matt is an excellent college basketball coach. I believe you have to be strong in many areas to be a quality college basketball coach. You can't be one-dimensional. Matt is an outstanding recruiter, a tireless worker in the area of player development and very knowledgeable from an X and O standpoint. He always had a great feel regarding in-game adjustments that will prove valuable to him as a head coach. More important than any of that to me, was his friendship to our family. He is like a member of our family. He was incredibly loyal to the Kentucky program, and we benefitted greatly from his contributions over the past five years."

- Matthew Mitchell, Head Women's Basketball Coach, Kentucky

2016-17 Ole Miss Women's Basketball

OLE MISS' TOP RETURNING PLAYERS BIOS

Erika Sisk

No. 5 • Senior • Guard
Oxford, Miss. • Oxford H.S.



Junior Season (2015-16): Junior Season (2015-16): Averaged 8.0 points per game and 1.4 rebounds as a junior ... 8.0 points per game ranked second on the team ... Ranked fourth in the SEC and 83rd nationally in steals per game with 2.2 per game ... Ranked 13th in SEC in assists per game with 2.8 per game ... 10 games in double figures on the year ... Led the team in scoring on three occasions and in assists in 14 games ... Has the distinction of scoring the last basket at Tad Smith Coliseum with a buzzer beater for a win over Vanderbilt on Jan. 3 ... Came off the bench against Arkansas; snapping streak of 90 consecutive games started dating back to freshman season at Murray State. Came off the bench each of the last two games of the season ... First 40-minute outing of the season against Tennessee; one of four players to play 40 minutes this season ... Dished out a season-high seven assists vs. Auburn; one shy of tying her career high ... Nailed season-high three triples against Florida; ties career-high ... Earned 200th career assist vs. Florida (177 during her time at Ole Miss); has 238 career assists ... Had 31-game scoring streak snapped after being held scoreless against Missouri ... First 20+ outing this season with 23 points vs. McNeese State ... Career high in steals (8) vs. McNeese State ... Needs just 64 points to reach 1,000 career points.

Notables:

Came off the bench for the first time in her career against Arkansas on Feb. 28, snapping a streak of 90 consecutive games started, which spanned her entire collegiate career to that point (Murray State and Ole Miss) ... Averaging 10.1 points per game for her career ... Ranked fourth in the SEC in steals (2.2 spg) ... Will see time at point guard for the Rebels in 2016-17 ... 64 points shy of the 1,000-point milestone, she will become second player to earn 1,000 points under Matt Insell joining Tia Faleru... Oxford, Mississippi native and one of four Magnolia State natives on the Ole Miss roster.

SISK'S CAREER HIGHS

Points: 29, vs. Tennessee State, 2/11/13
Rebounds: 9, vs. Alabama A&M, 12/20/14
Assists: 8, vs. Kentucky, 2/23/15
Steals: 8, vs. McNeese State, 12/19/15
Blocks: 1, 5x, last vs LSU, 2/26/15
Field Goals: 10, 2x, last vs. Tennessee State, 2/11/13
Free Throws: 10, vs. LSU, 2/26/15
Three Pointers: 3, 4x, last vs. Florida, 1/10/16

MISCELLANEOUS STATS 2015-16

Double-Figure Points: 10
Double-Figure Rebounds: N/A
Double-Doubles:
5+ Rebounds: 6
5+Assists: 5
Led Team in Points: 3
Led Team in Rebounds:
Led Team in Assists: 14

Shandricka Sessom

No. 23 • Junior • Guard
Byhalia, Miss. • Byhalia H.S.



Sophomore Season (2015-16): C Spire Gillom Trophy finalist, awarded to top collegiate women's basketball player in Mississippi ... Averaged 15.6 points per game and 5.1 rebounds per game in 30 appearances ... Ole Miss leading scorer in SEC play with 13.4 points per game against SEC foes ... Posted a 10.3 scoring turnaround as a sophomore, averaged just 5.3 points as a freshman ... Ranked sixth in the SEC in scoring (15.6 ppg) and 10th in both field goal percentage (.373) and 3-PT FG's made (1.7/game) ... Ranked 29th nationally in field goal attempts (502) ... Set or tied seven career records as a junior ... Posted a team-best 25 games in double figures and led the team in scoring on 13 occasions ... Tallied 17 games of five or more rebounds and led the team in rebounding on four occasions ... Closed the season with three straight games in double figures ... Enters junior season on a 31-game scoring streak after scoring in every game played in 2015-16 ... In a reserve role for four games was back in the starting lineup against Arkansas. Averaged 14.0 ppg in that span of time with three games in double figures ... Has started 26 of 30 games this season ... Scored 26 points at No. 2 South Carolina - most points an individual has scored against South Carolina this season. In double figures both games against South Carolina, averaging 19.5 ppg vs. the Gamecocks ... Averaging 13.3 ppg in SEC play and has been in double figures in last 10 of last 13 games and 25 games this season ... Third game of double-figure rebounds with 10 against Florida; averaging 5.2 rpg ... Career-high seven assists vs. Alabama A&M. Three games of 5+ assists this season ... Second consecutive double-double vs. McNeese State (22 points, 10 rebounds). Only player to record multiple double-doubles ... Seven 20+ outings this season. Eight career games of 20+ points ... Career high 28 points against Arkansas-Pine Bluff and career-best 6 assists ... Currently has a 32-game rebounding streak dating back to 2014-15 season.

Notables:

Averaged 15.6 PPG in 2015-16, which ranked No. 6 in the SEC ... Lone Ole Miss player to average double figures last season and averaged 13.3 PPG against SEC foes... C Spire Gillom Trophy finalist ... Enters the season with a streak of 32 consecutive games with a rebound ... 25 games in double figures as a sophomore including seven games of 20 or more points ... Career high 28 points vs. Arkansas - Pine Bluff.

SESSOM'S CAREER HIGHS

Points: 28, vs. Arkansas-Pine Bluff, 12/6/15
Rebounds: 11, vs. Tulane, 12/16/15
Assists: 7, vs. Alabama A&M, 12/29/15
Steals: 5, vs. Mississippi Valley State, 11/16/14
Blocks: 2, 3x, last at Mississippi State, 1/18/16
Field Goals: 11, 2x, last at South Carolina, 1/28/16
Free Throws: 7, at Middle Tennessee, 3/26/15
Three Pointers: 3, vs. Arkansas-Pine Bluff, 12/6/15

MISCELLANEOUS STATS 2015-16

Double-Figure Points: 25
Double-Figure Rebounds: 3
Double-Doubles: 2
5+ Rebounds: 17
5+Assists: 2
Led Team in Points: 13
Led Team in Rebounds: 4
Led Team in Assists: 2

2016-17 Ole Miss Women's Basketball

NOTABLES HEADING INTO THE 2016-17 SEASON

2016-17 Storylines

-The Rebels added four new staff members in the offseason. **George Porcha** joined the staff as an assistant coach. He comes to Ole Miss from the high school ranks, but served as an associate head coach at West Virginia for six years and has extensive AAU experience. Also joining the Ole Miss staff were **Armintie Herrington** (Coordinator of Player Engagement) and **Ryan Duffy** (Strength and Conditioning).

-The 2016-17 season marks the 10th Anniversary of Ole Miss last Elite Eight run in 2006-07. Newly appointed Coordinator of Player Engagement **Armintie Herrington** was a member of that team that knocked off defending national champion, Maryland.

-Senior **Erika Sisk** enters her senior season just 64 points shy of the 1,000 point milestone. Sisk, who averaged 8.0 ppg last season, will become the second player to reach 1,000 points under Insell joining Tia Faleru as 1,000-point scorers under Insell.

-Ole Miss will gain the services of **Chrisae Rowe** in Dec. Rowe, who transferred from Kentucky last season, will have a year and a half of eligibility. Rowe played her freshman year at Oregon in 2013-14 was the Pac-12 Freshman of the Year after averaging 21.6 ppg.

-The Rebels also added graduate transfer **Taylor Manuel** from Loyola Chicago. Manuel, who played her freshman season at Purdue (2013-14), is a Saint Louis native and was a first team All-MVC and All-MVC Defensive Team selection after leading her team with 15.2 ppg and 7.8 rpg.

-The team will gain the services of three true freshman in **Shelby Gibson** (Murfreesboro, Tenn.), **Bree Glover** (Glasgow, Ky.) and **Kate Rodgers** (Birmingham, Ala) for the 2016-17 season. The group as a whole was ranked as the No. 2 class in the SEC and was a consensus top-25 class.

-The Rebels spent 10 days in **Costa Rica** this August on a foreign tour. Ole Miss was in the Central American country from Aug. 1-10 and played three exhibition games while exploring the country and doing charity work. Ole Miss went 3-0 in games played in Costa Rica with wins over University of Ottawa and the University of Costa Rica.

-Ole Miss has an exciting non-conference schedule put together for 2016-17. The Rebels will play 13 non-conference games including 10 home dates at The Pavilion at Ole Miss. The Rebels will travel to West Virginia to face the Mountaineers for the SEC/Big 12 Challenge and will travel to Las Vegas for UNLV's Thanksgiving Tournament in which they open with Wisconsin. Ole Miss will also welcome Oregon and VCU to Oxford in non-conference action.

Ole Miss 2015-16 Season Review

-Ole Miss closed the Tad Pad with a 55-52 win over Vanderbilt on Jan. 3. It was Ole Miss' second consecutive win in their SEC opener and the second in the Matt Insell era. Ole Miss is 2-1 in SEC openers under the direction of Matt Insell and staff and is 8-2 in SEC openers over the last 10 seasons.

-For the second consecutive season, Ole Miss knocked off a ranked foe when it defeated then-No. 9 Kentucky on Jan. 21. Ole Miss has knocked off three ranked opponents over the course of the last three years. Last season, Ole Miss defeated No. 18 Georgia and No. 11 Kentucky and this season, defeated a top-10 foe in No. 9 Kentucky.

-Freshman Torri Lewis set the Tad Smith Coliseum and freshman record for three-point field goals made in a game with 10 three-pointers against New Orleans. She was two shy of the NCAA record of 12 and her 10 triples rank third on the SEC single-game list.

-Ole Miss set the attendance record at the Tad Smith Coliseum with 7,407 fans on hand for the season-opener against Mississippi Valley State on Nov. 13. At the time, that was the record for a women's basketball game in the state of Mississippi.

-Ole Miss won its eighth consecutive season-opener with a 97-61 win over Mississippi Valley State. The Rebels last dropped a season-opener in 2007-08 when they fell to Nebraska in Lincoln, 80-59. Ole Miss won its home opener for the 11th consecutive season, last dropping a home opener in 2004-05.

-The Insell family made history again with the final installment of Insell vs. Insell. The Rebels and Middle Tennessee Blue Raiders met in Murfreesboro, Tennessee on Nov. 22 with the Blue Raiders winning 84-75 for a 3-0 win in the series.

-Ole Miss topped the century mark for the first time in the Matt Insell era with 103 points against Alabama A&M. The Rebels last hit 100 points during the 2009-10 season when they posted 101 against Winston-Salem State and 102 in a 3OT win over LSU.

-Ole Miss' 38 three-point field goals against New Orleans were the second most in a single game in program history. The record is 41 attempts set in 1999-2000 against Bowling Green. Ole Miss 14 three-pointers are tied for the third most in a single game.

-Ole Miss' 37 points against Alabama are the second-fewest points ever scored. The fewest points scored are 36 against LSU in 2008. Twice this season, Ole Miss failed to score 40 points also scoring just 38 points against Southern Miss.

Ole Miss 2015-16 Player Notables

-Torri Lewis' 22 three-point field goal attempts is a new single-game record. The previous record was 19 held by Bianca Thomas.

-Shandricka Sessom was a finalist for the C Spire Gillom Trophy given to the top collegiate women's basketball player in the state of Mississippi. It was Sessom's first finalist appearance and 2015-16 marked the eighth consecutive year Ole Miss has had a finalist.

-Erika Sisk came off the bench for the first time in her career against Arkansas on Feb. 28. It snapped a streak of 90 consecutive starts for the Oxford native.

-Torri Lewis scored 36 points against New Orleans; it was the most points by an Ole Miss player in 2015-16 and was the most points by an Ole Miss freshman since Valencia McFarland scored 24 during her rookie season in 2010-11.

-Shequila Joseph was named SEC Player of the Week for the first time in her career after scoring 21 points and leading Ole Miss to a win over then-No. 9 Kentucky.