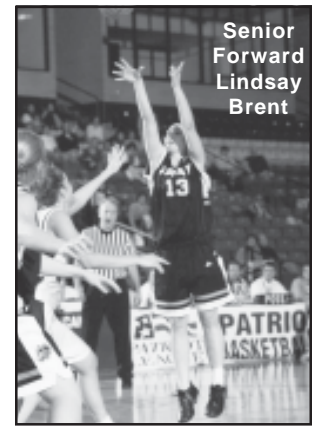


Senior
Guard/
Forward
Shavonne
Holden



Sophomore
Guard
Jen Hansen



Senior
Forward
Lindsay
Brent

U.S. Military Academy Black Knights

2004-05 SCHEDULE

Nov. 20	vs. Columbia #	5 p.m.
Nov. 21	vs. St. Francis (N.Y.)/Iona#	3/5 p.m.
Nov. 24	at South Florida	7 p.m.
Nov. 27	at Savannah State	5 p.m.
Dec. 1	COAST GUARD	5:30 p.m.
Dec. 3	at Georgetown	7:30 p.m.
Dec. 7	BROWN	7 p.m.
Dec. 19	CENTRAL CONN. ST.	1 p.m.
Dec. 28	at Robert Morris	6 p.m.
Dec. 30	NIAGARA	7 p.m.
Jan. 3	AIR FORCE	7 p.m.
Jan. 5	at Princeton	7 p.m.
Jan. 8	COLGATE *	1 p.m.
Jan. 12	at Holy Cross *	7 p.m.
Jan. 15	BUCKNELL *	1 p.m.
Jan. 17	CORNELL	7 p.m.
Jan. 21	at American *	7 p.m.
Jan. 23	at Navy *	1 p.m.
Jan. 27	LEHIGH*	7 p.m.
Jan. 30	LAFAYETTE *	1 p.m.
Feb. 4	AMERICAN*	7 p.m.
Feb. 6	NAVY *	1 p.m.
Feb. 11	at Lehigh*	7 p.m.
Feb. 13	at Lafayette *	1 p.m.
Feb. 19	at Bucknell *	7 p.m.
Feb. 23	at Colgate *	7 p.m.
Feb. 26	HOLY CROSS *	1 p.m.
Mar. 3	Patriot League Quarters	5:30/8 p.m.
Mar. 5	Patriot League Semis	1 p.m.
Mar. 9	Patriot League Final (CSTV/PL)	7 p.m.

- Iona Tournament (New Rochelle, N.Y.)

* - indicates Patriot League contest

ARMY AT A GLANCE

Location: West Point, N.Y. 10996
 Founded: 1802
 Enrollment: 4,000
 Nickname: Black Knights
 Colors: Black, Gold and Gray

Superintendent: LTG William J. Lennox Jr.
 Interim Director of Athletics: Col. Jim Knowlton
 Senior Woman Administrator: Debra Dalton
 Policy Committee and Faculty Athletic Rep.: Col. William G. Held

Head Coach: Sherri Abbey-Nowatzki
 Career Record: 94-126 (8 years)
 Record at Army: 75-98 (7 years)
 Office Phone: (845) 938-2769
 Assistant Coaches:
 Jen Fleming, Liz O'Brien, Lorraine Morrissey, Keith Abbey

2003-04 Overall Record: 14-14
 2003-04 Patriot League Record: 6-8 (tied for sixth)
 Starters Returning/Lost: 3/2
 Letterwinners Returning/Lost: 10/3

Women's Basketball Contact: Adrienne Gonzales
 Office Phone: (845) 938-6929
 E-mail: Adrienne.Gonzales@usma.edu
 SID Fax: (845) 446-2556
 Press Row Phone: (845) 938-4441
 Website: www.goARMYsports.com

Radio Outlet: Army Sports Network
 Play-By-Play/Analyst: Ray Martel/Rich DeMarco



LTG William J. Lennox Jr.,
Superintendent



Col. Jim Knowlton,
Interim AD



Debra Dalton,
SWA



Sherri Abbey-Nowatzki,
Head Coach



Adrienne Gonzales,
WBB Contact

U.S. Military Academy Black Knights

THE BLACK KNIGHTS COACHING STAFF ...



Head Coach
Sherri Abbey-Nowatzki



Assistant Coach
Jen Fleming



Assistant Coach
Liz O'Brien



Assistant Coach
Lorraine Morrissey



Assistant Coach
Keith Abbey

HEAD COACH - SHERRI ABBEY-NOWATZKI



Record at Army: 75-98 (6 years)
Collegiate Coaching Record: 94-126 (8 years)

Education:

Wayland High School, Wayland, N.Y., 1985
SUNY-Fredonia, B.S. in comm. media, 1989
U.S. Sports Acad., M.S. in sports admin., 1990

Coaching Experience:

1998-present - Head Coach, U.S. Military Acad.
1996-98 - Assistant Coach, St. Bonaventure Univ.
1993-96 - Assistant Coach, U.S. Naval Academy
1992-93 - Head Coach, Keuka College
1991-92 - Head Coach, D'Youville College
1989-90 - Dutchess Community College

Abbey-Nowatzki's Coaching Record

Year	School	Record	Postseason
1991-92	D'Youville Coll.	9-14	
1992-93	Keuka College	10-14	
1998-99	Army	7-21	
1999-00	Army	9-19	
2000-01	Army	19-10	
2001-02	Army	11-18	
2002-03	Army	15-16	
2003-04	Army	14-14	
Total	8 years	94-126	

Coaching Achievements: Abbey-Nowatzki led the 2002-03 Army squad to the Patriot League Championship game for the second time in Academy history with upset wins over No. 3 Lehigh and second-seeded American ... In 2000-01 Abbey-Nowatzki guided the Black Knights to a 19-10 overall record, the most wins by an Army team since 1990-91 ... Also in 2000-01, Army snapped Holy Cross' 21-game Patriot League winning streak with an 87-71 decision over the Crusaders to end the regular-season ... During her stint at the Naval Academy, Abbey-Nowatzki mentored three-straight PL Rookies of the Year in Kim Jackson, Becky Dowling and Laurie Coffey ... She also served as a Lieutenant in the U.S. Navy.

ARMY BY THE NUMBERS

Years of Basketball	27	<u>While In Patriot League</u>	
1st Season	1977-78	Winning Seasons	4
Head Coaches	6	.500 Seasons	1
Head Coaches in PL	3	Losing Seasons	9
		NCAA Appearances	0
		NCAA W-L	0-0
All-time Record	387-382	All-League (1st Team)	7
Winning Seasons	14	All-League (2nd Team)	6
.500 Seasons	1	All-Rookie Team	7
Losing Seasons	12	PL Player of the Year	3
20+ Win Seasons	4	PL Rookie of the Year	1
Undefeated Seasons	0	PL Coach of the Year	0
WNIT Appearances	0	PL Player of the Week ...	25
WNIT Record	0-0	PL Rookie of the Week ..	20
		All-Tournament	7
PL W-L	70-112	PL Tournament MVP	0
PL Tournament W-L	9-14		
Patriot League Titles	0	PL Scholar-Athlete	0
1st in Regular-Season	0	PL Acad. Honor Roll	34
All-Americans	5		
Acad. All-Americans	0		

YEAR-BY-YEAR RESULTS

OVERALL RECORD: 387-382 (27 seasons)

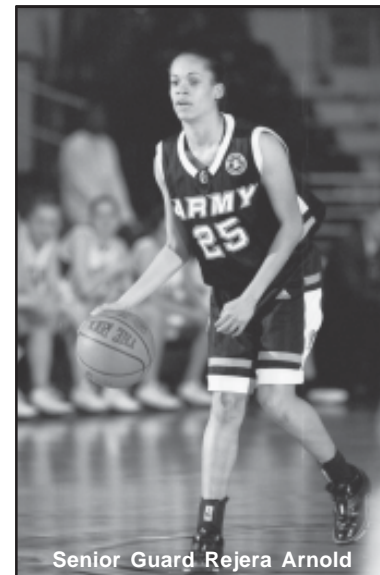
Year	W	L	Year	W	L
1977-78	18	5	1991-92	17	12
1978-79	21	5	1992-93	12	15
1979-80	17	13	1993-94	17	11
1980-81	21	13	1994-95	4	23
1981-82	15	14	1995-96	6	21
1982-83	11	16	1996-97	1	25
1983-84	25	3	1997-98	7	20
1984-85	14	15	1998-99	7	21
1985-86	19	11	1999-00	9	19
1986-87	18	14	2000-01	19	10
1987-88	19	13	2001-02	11	18
1988-89	11	15	2002-03	15	16
1989-90	19	10	2003-04	14	14
1990-91	20	10			

U.S. Military Academy Black Knights

MEET THE 2004-05 WOMEN'S TEAM

RETURNING PLAYERS (13)

No.	Name	Pos.	Cl.	Ht.	Hometown/High School
5	Adrienne Payne	G	Jr.	5-6	Petaluma, Calif./Marin Catholic
11	Megan Vrabel	F	Jr.	6-1	Stafford, Va./Stafford
13	* Lindsay Brent	F	Sr.	5-11	Williamsville, N.Y./Williamsville
14	Shavonne Holden	G/F	Sr.	6-0	Grovetown, Ga./Harlem (USMAPS)
20	Mary Klavin	G	So.	5-9	Fairfax, Va./W.T. Woodson
23	Ashley Magnani	F	Jr.	5-11	Great Mills, Md./Great Mills (USMAPS)
24	Micky Mallette	G	Jr.	5-8	Elmira Hts., N.Y./Thomas Edison (USMAPS)
25	Rejera Arnold	G	Sr.	5-5	Springfield, Va./Fairfax (USMAPS)
30	Yvonne Stoddard	G	So.	5-6	Aliso Viejo, Calif./Aliso Niguel
32	Erin Begonia	G	So.	5-7	Bellflower, Calif./Bishop Amat (USMAPS)
34	Jen Hansen	G	So.	5-10	Seminole, Fla./Seminole
35	Jillian Busch	F	So.	6-2	Dayton, Ohio/Chaminade-Julienne Catholic
44	Joanne Carelus	G	So.	5-7	Westbury, N.Y./Saint Dominic



Senior Guard Rejera Arnold

NEWCOMERS (9)

--	Marissa Dey	G	Fr.	5-11	Gallipolis, Ohio/Huntington
--	Cara Enright	G	Fr.	5-10	Norco, Calif./Rosary
--	Jennifer Hanby	F	Fr.	6-0	Rochester, Mich./Rochester (USMAPS)
--	Margaree King	G	Fr.	5-8	Jackson, Miss./Murrah
--	Kelly McCarty	F	Fr.	6-0	Milan, Pa./Athena Area
--	Katie Palesky	G	Fr.	5-11	Plano, Texas/Plano Senior
--	Natalie Schmidt	C	Fr.	6-2	Arlington, Va./Yorktown
--	Stefanie Stone	G/F	Fr.	5-11	Hollywood, Md./Leonardtown (USMAPS)
--	Anna Wilson	G	Fr.	5-5	Somerset, N.J./Rutgers Preparatory

KEY PLAYERS LOST (3)

12	Haley Edwards	G	'04	5-7	Oklahoma City, Okla./Putnam City N
45	Megan Flynt	G/F	'04	5-10	Cleveland, Ohio/Villa Angela St. Joseph's
50	Katie Macfarlane	F	'04	6-0	Clarence, N.Y./Clarence

* - indicates team captain

BLACK KNIGHTS PREVIEW

- ↳ Despite the graduation of Patriot League Player of the Year **Katie Macfarlane**, head coach **Sherri Abbey-Nowatzki** has high hopes for the Black Knights this season with 10 returning letterwinners.
- ↳ In addition to the 10 returning letterwinners, Nowatzki will have a crop of nine freshmen this season.
- ↳ Headlining the list of returnees is senior guard/forward **Shavonne Holden**. She was second on the squad in scoring (10.5), rebounding (5.9) and assists (2.0). Holden was solid against League foes, contributing 11.4 points and 4.7 caroms per outing.
- ↳ **Jen Hansen** is back for her sophomore season after gaining All-Freshman team recognition a year ago. She averaged 7.9 points and 3.1 rebounds per game. Her .320 shooting percentage from beyond the arc placed her ninth on the League's chart.

- ↳ **Lindsay Brent** will battle in the paint for the Black Knights. In 2003-04, the senior guard accounted for 6.2 points, 3.2 rebounds and 1.0 steals per game. Brent found her scoring stroke in PL play, averaging 9.0 points per game.
- ↳ Senior guard **Rejera Arnold** will have an expanded role this season. In 25 appearances last season, she scored 17 points, dished out 15 assists and notched 13 steals.
- ↳ Junior forward **Megan Vrabel** saw time in 28 games last season, including eight starts. She will be a key player in the post for Army after contributing 3.2 points and 2.6 rebounds per game.
- ↳ Nowatzki needs six victories to reach the 100-win plateau for her career. In eight seasons as a collegiate head coach, Nowatzki is 94-126.
- ↳ This summer, Nowatzki, Holden and Vrabel led the Hudson Valley team to the bronze medal at the Empire State Games.

ARMY PLAYERS TO WATCH



#13
Lindsay Brent
Sr. 5-11 F

2004 Statistics
6.2 ppg
3.2 rpg
1.0 spg



#14
Shavonne Holden
Sr. 6-0 G/F

2004 Statistics
10.5 ppg
5.9 rpg
2.0 apg



#25
Rejera Arnold
Sr. 5-5 G

2004 Statistics
25 GP
15 asst.
13 stls.



#34
Jen Hansen
So. 5-10 G

2004 Statistics
7.9 ppg
3.1 rpg
.744 FT %

U.S. Military Academy Black Knights

2003-04 WOMEN'S RESULTS: 14-14 Overall, 6-8 PL

Date	Opponent	W-L	Army-Opp	High Scorer/Rebounder
N21	COLUMBIA	W	73-48	Macfarlane (18)/Holden (12)
N23	SOUTH FLORIDA	W	63-59	Macfarlane (20)/Macfarlane (9)
N28	vs. Portland State #	W	69-55	Macfarlane (23)/Macfarlane (19)
N29	at Alaska-Fairbanks #	W	77-52	Macfarlane (15)/Holden (9)
D3	ALBANY	W	79-72	Fritz, Macfarlane (21)/Macfarlane (10)
D5	at Towson	L	51-60	Macfarlane (20)/Holden (9)
D10	BINGHAMTON	W	74-62	Macfarlane (21)/Macfarlane (12)
D20	AUBURN	L	37-54	Hansen (9)/Holden (8)
D28	ROBERT MORRIS	W	70-58	Macfarlane (26)/Macfarlane (9)
D30	at Niagara	L	53-71	Macfarlane (18)/Macfarlane (10)
J1	at Air Force	W	70-62	Macfarlane (20)/Holden (11)
J6	at Cornell	L	58-70	Macfarlane (16)/Macfarlane (12)
J10	HOLY CROSS*	L	58-66	Holden (14)/Macfarlane (9)
J13	at Lafayette*	W	59-56	Macfarlane (17)/Macfarlane (11)
J17	COLGATE*	W	79-76	Holden (23)/Holden, Macfarlane (9)
J20	DARTMOUTH	L (OT)	68-73	Macfarlane (33)/Macfarlane (18)
J23	BUCKNELL*	W	51-46	Macfarlane (24)/Macfarlane (9)
J25	LEHIGH*	L	68-75	Macfarlane (19)/Macfarlane (9)
J30	at Navy*	L	73-75	Macfarlane (20)/Macfarlane (7)
F1	at American*	L	52-74	Macfarlane (14)/Macfarlane (13)
F8	at Holy Cross*	W	67-58	Macfarlane (20)/Macfarlane (12)
F11	LAFAYETTE*	W	62-55	Macfarlane (22)/Macfarlane (9)
F14	at Colgate*	L	56-69	Macfarlane (30)/Macfarlane (7)
F20	at Lehigh*	L	53-83	Macfarlane (15)/Macfarlane (11)
F22	at Bucknell*	L	68-73	Macfarlane (23)/Macfarlane (8)
F26	AMERICAN*	L	41-49	Flynt (11)/Macfarlane (11)
F28	NAVY*	W	65-60	Holden (17)/Macfarlane (19)
M5	vs. Lehigh (PLT)	L	53-63	Hansen (22)/Macfarlane (7)



Junior Forward Megan Vrabel

Tournament Key

- North Star Invitational (Fairbanks, Alaska)
 * - Patriot League game
 PLT - Patriot League Tournament
 (Show Place Arena, Upper Marlboro, Md.)

2003-04 WOMEN'S INDIVIDUAL STATISTICS

OVERALL: 14-14; PATRIOT: 6-8 (tied for 6th); HOME: 9-5; AWAY: 4-8; NEUTRAL: 1-1

#	Player	GP/GS	/---TOTAL---/			/----3PT----/			/----REBOUNDING----/				PF-FO	A	TO	Blk.	Stl.	Pts.	Avg.
			FG-FGA	Pct.	3FG-AT	Pct.	FT-FTA	Pct.	Off.	Def.	Tot.	Avg.							
50	Macfarlane, Katie	28/28	193-361	.535	12-39	.308	122-184	.663	66	216	282	10.1	91-5	36	110	19	43	520	18.6
	<i>Patriot League only</i>	14/14	95-180	.528	5-13	.385	60-83	.723	33	111	144	10.3	39-1	21	53	5	21	255	18.2
14	Holden, Shavonne	28/28	107-276	.388	4-17	.235	75-109	.688	56	108	164	5.9	60-0	56	79	3	29	293	10.5
	<i>Patriot League only</i>	14/14	56-147	.381	2-9	.222	45-62	.726	24	42	66	4.7	29-0	27	35	2	15	159	11.4
34	Hansen, Jen	28/16	73-225	.324	47-147	.320	29-39	.744	16	72	88	3.1	48-0	52	71	2	32	222	7.9
	<i>Patriot League only</i>	14/13	34-116	.293	24-77	.312	15-20	.750	5	39	44	3.1	25-0	32	38	1	17	107	7.6
12	Edwards, Haley	28/28	67-154	.435	40-98	.408	30-42	.714	33	55	88	3.1	73-3	133	116	4	34	204	7.3
	<i>Patriot League only</i>	14/14	30-80	.375	21-52	.404	9-15	.600	9	19	28	2.0	36-2	78	64	2	19	90	6.4
13	Brent, Lindsay	28/20	70-173	.405	0-2	.000	35-50	.700	34	55	89	3.2	49-0	36	57	3	27	175	6.2
	<i>Patriot League only</i>	14/12	51-109	.468	0-1	.000	24-33	.727	18	25	43	3.1	31-0	22	27	2	14	126	9.0
21	Fritz, Mallory	10/10	27-77	.351	14-43	.326	27-33	.818	4	17	21	2.1	19-0	31	19	1	10	95	9.5
	<i>Did not play in a Patriot League game</i>																		
11	Vrabel, Megan	28/8	33-99	.333	4-17	.235	20-37	.541	32	42	74	2.6	70-4	17	41	12	10	90	3.2
	<i>Patriot League only</i>	14/2	15-41	.366	3-10	.300	5-12	.417	16	16	32	2.3	25-1	7	18	1	7	38	2.7
45	Flynt, Megan	21/2	18-53	.340	5-23	.217	10-21	.476	10	24	34	1.6	10-0	16	12	2	9	51	2.4
	<i>Patriot League only</i>	12/1	13-32	.406	5-16	.312	4-8	.500	4	15	19	1.6	7-0	8	11	2	3	35	2.9
24	Malette, Micky	20/0	13-30	.433	4-12	.333	4-9	.444	5	3	8	0.4	14-0	9	12	0	9	34	1.7
	<i>Patriot League only</i>	14/0	9-24	.375	3-10	.300	2-7	.286	5	2	7	0.5	11-0	6	9	0	6	23	1.6
20	Klavin, Mary	11/0	6-25	.240	6-21	.286	1-2	.500	1	2	3	0.3	2-0	3	3	0	3	19	1.7
	<i>Patriot League only</i>	8/0	3-13	.231	3-10	.300	0-0	.000	1	1	2	0.2	2-0	3	2	0	1	9	1.1
25	Arnold, Rejera	25/0	3-25	.120	1-13	.077	10-18	.556	3	10	13	0.5	9-0	15	16	0	13	17	0.7
	<i>Patriot League only</i>	11/0	1-14	.071	1-8	.125	1-2	.500	2	0	2	0.2	4-0	4	6	0	3	4	0.4
35	Busch, Jillian	17/0	3-11	.273	0-2	.000	5-9	.556	2	10	12	0.7	11-0	3	10	0	2	11	0.6
	<i>Patriot League only</i>	7/0	0-3	.000	0-1	.000	1-2	.500	1	2	3	0.4	3-0	1	5	0	2	1	0.1
23	Magnani, Ashley	11/0	3-8	.375	0-0	.000	0-2	.000	6	6	12	1.1	3-0	1	1	1	3	6	0.5
	<i>Patriot League only</i>	8/0	1-3	.333	0-0	.000	0-2	.000	4	3	7	0.9	3-0	1	1	0	3	2	0.2
15	Blanchard-Manning, G.	6/0	0-0	.000	0-0	.000	6-8	.750	1	0	1	0.2	2-0	0	3	0	0	6	1.0
	<i>Patriot League only</i>	3/0	0-0	.000	0-0	.000	2-2	1.000	0	0	0	0.0	0-0	0	1	0	0	2	0.7
5	Payne, Adrienne	7/0	1-2	.500	1-1	1.000	1-2	.500	1	2	3	0.4	4-0	2	3	0	0	4	0.6
	<i>Patriot League only</i>	4/0	0-1	.000	0-0	.000	1-2	.500	1	0	1	0.2	1-0	1	1	0	0	1	0.2
	Team								54	64	118	4.2							
	<i>Patriot League only</i>								28	35	63	4.5							
	ARMY	28	617-1,519	.406	138-435	.317	375-565	.664	324	686	1,010	36.1	465-12	410	562	47	224	1,747	62.4
	<i>Patriot League only</i>	14	308-763	.404	67-207	.324	169-250	.676	151	310	461	32.9	216-4	211	277	15	111	852	60.9
	Opponents	28	677-1,657	.409	139-439	.317	281-414	.679	368	682	1,050	37.5	540-403	542	81	288	1,774	63.4	
	<i>Patriot League only</i>	14	357-800	.446	61-190	.321	140-191	.733	159	348	507	36.2	252-	213	273	40	155	915	65.4