

Western's new

Fine and Performing Arts Building

Western's new Greek Village

Western's new Suite-Style Residence Hall

Western's new

Western's new

Center for Applied Technology Building

Western's new

Track-Soccer-Tennis Complex

In 2000

Western's Enrollment: 5,224

Average SAT Score: 1004

In 2001

Western's Enrollment: 6,700

Average SAT Score: 1012

In 2002

Western's Enrollment: 6,900

Average SAT Score: 1012

In 2003

Western's Enrollment: 7,300

Average SAT Score: 1023

In 2004

Western's Enrollment: 8,300

Average SAT Score: 1027





INTERVIEW POLICY

The Media Relations Office will assist media personnel with interview requests of WCU student-athletes, coaches or administrators. **To arrange interviews, please contact Mike Cawood at least 24 hours in advance.** Head Coach Steve Shurina will be available for interviews prior to or following each practice. With prior notice, student-athletes will be available for interviews at that time as well. **Unless special permission is granted well in advance, no interviews of student-athletes or coaches will be conducted on game days.** Media members may attend practices after obtaining clearance through the media relations office. Media members are asked to refrain from contacting student-athletes at their home or dormitory and student-athletes' phone numbers will not be released by the Media Relations Office. Out-of-town media may set up phone interviews to be conducted in the Athletics Department. Coach Shurina may be reached weekday mornings, however, it is asked that a specific interview time be scheduled.

WORKING CREDENTIALS

Newsprint and electronic media representatives planning to cover a basketball game at Western Carolina University are asked to request in written form working credentials from WCU's Media Relations Office. Season passes will be issued to those who cover the Catamounts on a permanent basis. Press passes will be assigned by priority to WCU beat writers, beat writers of the opponents, metropolitan media filing for deadline and specialty publications. If time permits, credentials will be mailed. If not, credentials can be picked up on game day (two hours prior to tip-off) at the Ramsey Center Truck Tunnel entrance. Credentials will be issued only to those attending the game in a working capacity. Spouses, dates, children and other nonworkers will not be permitted on press row.

MEDIA PARKING

Media parking for WCU basketball games is located on the west side of the Ramsey Center and is located in the Creek Lot, which is across the street from the Ramsey Center and parallel to Highway 107. Media parking passes are not required in the Creek Lot, however availability is on a first come, first serve basis and parking is free.

PHOTOGRAPHERS

Credentials for photographers will be issued on a first-come, first-serve basis with agencies covering the participating schools on a regular basis receiving priority. Each photographer must pick up a photo pass from will call prior to the game. Photographers will shoot from designated areas on the baseline.

POSTGAME INTERVIEWS

The WCU locker room will be closed at the end of all regular-season games played in the Ramsey Center and on the road. Following a 10-minute "cooling off" period, requested players will be available in the media room or outside the WCU locker room. The availability of the visiting locker room is at the discretion of the visiting SID. Coach Shurina will conduct an on-court interview with the WCU radio crew, which media members may listen to, and then be available to the media for one-on-one questions.

PRESS RELEASES/STATISTICS

The WCU Media Relations Department produces basketball notes for each contest during the season. Cumulative statistics will be updated no later than Noon the following day after a contest. Media members may receive the releases and statistics by accessing the Athletics Department website at www.catamountsports.com. Email service is available upon request. To be placed on Western Carolina's fax or e-mail list for news releases, game stories and notes, media members are asked to contact the Media Relations Office.

CATAMOUNTS ON THE WEB

The WCU basketball home page provides the latest information regarding the Catamounts, including updated statistics, a roster, game notes and press releases. Also on the department's main site is information on all of WCU athletics programs. For those unable to attend contests, the Catamount Sports Network will broadcast each game over the internet as well. At the conclusion of the contest, the audio will be archived on the website. All the current data you need on the Catamounts is as close as your computer at:

WWW.CATAMOUNTSPORTS.COM

WESTERN CAROLINA MEDIA RELATIONS

Mailing Address
 Ramsey Center
 Western Carolina University
 Cullowhee, NC 28723
 Fax: (828) 227-7688



Mike Cawood, Assistant Athletics Director/Media Relations
 Office: (828) 227-2339 • Home: (828) 293-0710
cawood@email.wcu.edu

Ramsey Center Press Row: (828) 227-2129
 WCU Ticket Office: (800) 344-6928

VISITING RADIO

The visiting radio station or network (limited to one crew only as designated by the visiting school's sports information director) is asked to request credentials through Western Carolina's Sports Information Office. Two B-I dialtone lines will be provided at no charge to all Southern Conference opponents and others who wish to enter into a reciprocal agreement with WCU. Otherwise, the lines are available to visiting radio crews on a pro rata basis or special broadcast lines can be ordered through Verizon at (800) 483-4300.

SOUTHERN CONFERENCE MEDIA SERVICES

The Southern Conference maintains a comprehensive site on the world wide web at www.SoConSports.com. In basketball, standings, notes, schedule/results and statistics for each league member are updated on a timely basis. Similar information on the SoCon other 18 sports are available as well. Please contact Steve Shutt (864) 591-5100 in the Southern Conference Public Affairs for additional information.

ON THE ROAD WITH THE CATS (SUBJECT TO CHANGE)

- | | |
|--|---|
| <p>BCA CLASSIC • NOV. 14-16, 2004 Depart from Atlanta via plane on Nov. 13 Return to Atlanta via plane either Nov. 16 or 17 Hyatt Regency • 333 W. Kilbourn Ave. Milwaukee, WI 53203 • (414) 276-1234</p> | <p>UNC GREENSBORO • JAN. 15, 2005 Depart Cullowhee via bus on Feb. 14 Return to campus immediately after game Courtyard Marriott • 4400 W. Wendover Ave. Greensboro, NC 27407 • (336) 294-3800</p> |
| <p>ALABAMA • NOV. 19, 2004 Depart Cullowhee via bus Nov. 18 Go Straight to Columbia, S.C. after game Courtyard Marriott • 4115 Courtney Dr. Tuscaloosa, AL 35405 • (205) 750-8384</p> | <p>FURMAN • JAN. 31, 2005 Depart Cullowhee via bus on game day Return to campus immediately after game</p> |
| <p>SOUTH CAROLINA • NOV. 21, 2004 Arrive from Tuscaloosa Nov. 19 Return to Cullowhee immediately after game Homewood Suites • 230 Graystone Blvd. Columbia, SC 29210 • (803) 239-4663</p> | <p>COLL. OF CHARLESTON • FEB. 3, 2005 Depart Cullowhee via bus on Feb. 2 Return to campus immediately after game TBA • TBA TBA • TBA</p> |
| <p>UNC ASHEVILLE • DEC. 4, 2004 Depart Cullowhee via bus on game day Return to campus immediately after game</p> | <p>ELON • FEB. 12, 2005 Depart Cullowhee via bus on Feb. 11 Return to campus immediately after game Greensboro Marriott • Marriott Drive Greensboro, NC 27409 • (336) 852-6450</p> |
| <p>IOWA • DEC. 18, 2004 Depart from Atlanta via plane on Dec. 17 Return to Atlanta via plane on Dec. 19 Best Western Canterbury Inn • 704 First Avs. Coralville, IA 52241 • (319) 351-0400</p> | <p>EAST TENNESSEE STATE • FEB. 14, 2005 Depart Cullowhee via bus on game day Return to campus immediately after game</p> |
| <p>THE CITADEL • DEC. 21, 2004 Depart Cullowhee via bus Dec. 20 Return to campus immediately after game Howard Johnson Riverfront • 250 Spring St. Charleston, SC 29403 • (843) 722-4000</p> | <p>APPALACHIAN STATE • FEB. 22, 2005 Depart Cullowhee via bus on Feb. 21 Return to campus immediately after game TBA • TBA TBA • TBA</p> |
| <p>WISCONSIN • DEC. 27, 2004 Depart from Atlanta via plane on Dec. 26 Return to Atlanta via plane on Dec. 28 TBA • TBA TBA • TBA</p> | <p>SOCOON TOURNAMENT • MARCH 25 Depart Cullowhee via bus on Mar. 1 Return to campus after the tournament TBA • TBA TBA • TBA</p> |
| <p>CHATTANOOGA • JAN. 8, 2005 Depart Cullowhee via bus on Jan. 7 Return to campus immediately after game TBA • TBA TBA • TBA</p> | |





THE 2004-05 SEASON

2004-05 Western Carolina University Basketball Media Guide



WCU on C-SET
Western Carolina
at College of Charleston
Thursday • Feb. 3 • 7:00 pm
AND at Appalachian State
Tuesday • Feb. 22 • 7:00 pm



ESPN will broadcast the title game
of the 2005 Southern Conference
Championship live on Mar. 5



The Catamount Sports Network will once again have a two-man crew bringing you all the exciting action for the 2004-05 season.

Gary Ayers returns as the play-by-play voice of Catamount basketball and Steve White will provide color analysis.

Ayers has been behind the play-by-play microphone for WCU's football and basketball games in 18 of the past 19 years and has been a familiar voice to the region's sports fans for over three decades. In addition to serving as the "Voice of the Catamounts," the Swain County native has done play-by-play for Pisgah High, Tuscola High, Franklin High, Cherokee High and Swain High football and basketball broadcasts.

White served as WCU's sports information director for 28 years before his retirement in 1998. He has been involved with the radio broadcasts of WCU football and basketball games since he became sports information director in 1970 and has handled color analysis roles for former play-by-play men David Steele (Orlando Magic radio) and Stan Pamfilis (WLOS-TV) as well as for Ayers.



CSN AFFILIATES

WBHN - 1590 AM, Bryson City
WWCU - 90.5 FM, Cullowhee
WRGC - 680 AM, Sylva
WFSC - 1050 AM, Franklin (limited schedule)
WWW.CATAMOUNTSPORTS.COM

PRIMARY MEDIA OUTLETS

ASHEVILLE CITIZEN-TIMES
 Bob Berghaus, Sports Editor
 Tyler Norris Goode, WCU Beat Writer
 14 O'Henry Avenue
 Asheville, NC 28802
 (828) 232-5866 - phone
 (828) 232-0429 - FAX

WAYNESVILLE MOUNTAINEER
 Chuck Fiebertz, Sports Editor
 Drawer 19
 Waynesville, NC 28786
 (828) 452-0661 - phone
 (828) 452-0665

ASSOCIATED PRESS
 Keith Parsons, Sports Editor
 4020 W. Chase Blvd., Suite 300
 Raleigh, NC 27606-3933
 (919) 833-8687 - phone
 (919) 834-1078

WESTERN CAROLINIAN
 Sports Editor
 PO Box 66
 Cullowhee, NC 28723
 (828) 227-7267
 (828) 227-7043

CASHIERS CHRONICLE
 Sports
 P.O. Box 1040
 426 Highway 107 South
 Cashiers, NC 28717
 (828) 743-5101 - phone
 (828) 743-4173 - FAX

WLOS-TV (ABC)
 Stan Pamfilis, Sports Director
 Jenny Dunn, Reporter
 Jen Markham, Reporter
 PO Box 1300
 Asheville, NC 28802
 (828) 651-4563 - phone
 (828) 651-4618 - FAX

CHARLOTTE OBSERVER
 Mike Persinger, Sports Editor
 PO Box 32188
 Charlotte, NC 28232
 (704) 358-5125 - phone
 (704) 358-5110 - FAX

WSPA-TV (CBS)
 Pete Yanity, Sports Director
 Box 1717
 Spartanburg, SC 29304
 (864) 587-5452 - phone
 (864) 587-5430 - FAX

FRANKLIN PRESS
 Nick Carter, Sports Editor
 PO Box 350
 Franklin, NC 28734
 (828) 524-2010 - phone
 (828) 524-8821 - FAX

WYFF-TV (NBC)
 Geoff Hart, Sports Director
 Box 788
 Greenville, SC 29602
 (864) 240-5264 - phone
 (864) 240-5305 - FAX

GREENSBORO NEWS-RECORD
 Sports Editor
 PO Box 20848
 Greensboro, NC 27420-0848
 (336) 373-7047 - phone
 (336) 373-7067 - FAX

WHNS-TV (FOX)
 Keith Scrip, Sports Director
 21 Interstate Court
 Greenville, SC 29615
 (864) 213-2223 - phone
 (864) 288-7025 - FAX

HENDERSONVILLE TIMES-NEWS
 Ron Wagner, Sports Editor
 PO Box 490
 Hendersonville, NC 28739
 (828) 692-0505 - phone
 (828) 692-2319 - FAX

WRGC RADIO (680 AM)
 Sports
 Box 1044
 Sylva, NC 28779
 (828) 586-9742 - phone
 (828) 586-6834 - FAX

SMOKY MOUNTAIN TIMES
 Kyle Dixon, Publisher
 Teddy Greene, Photographer
 PO 730
 Bryson City, NC 28713
 (828) 488-2189 - phone
 (828) 488-0315 - FAX

WWCU
 Sports Director
 Western Carolina University
 Moore Hall
 Cullowhee, NC 28723
 (828) 227-7173 - phone
 (828) 227-7099 - FAX

SYLVA HERALD & RULARITE
 Carey Philips, Sports Editor
 Box 307
 Sylva, NC 28779
 (828) 586-2611 - phone
 (828) 586-2637 - FAX

CATAMOUNT SPORTS NETWORK
 Steve White
 PO Box 2464
 Cullowhee, NC 28723
 (828) 293-5785 - phone

WINSTON-SALEM JOURNAL
 Tommy Bowman, Sports Writer
 PO Box 3159
 Winston-Salem, NC 27102
 (336) 727-7320 - phone
 (336) 727-4083 - FAX

CATAMOUNT SPORTS NETWORK
 Gary Ayers
 PO Box 571
 Balsam, NC 28707
 (828) 452-5315 - phone





HOW TO GET TO WESTERN....

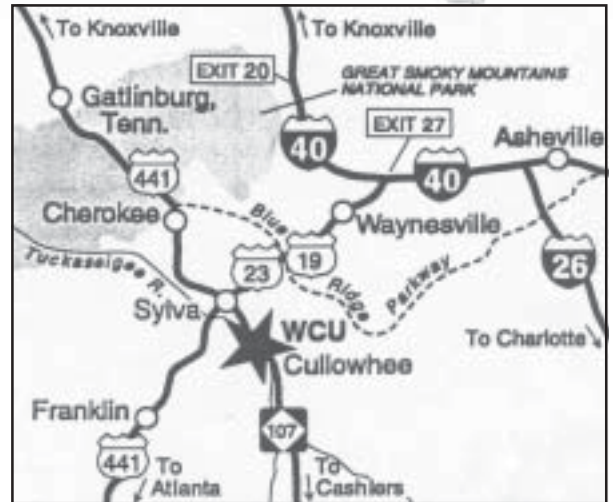
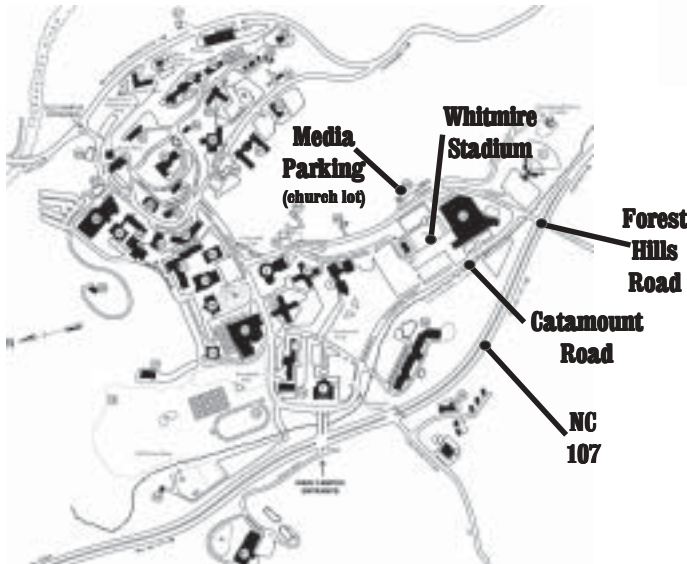
From Asheville, N.C. — Take I-40 West to Exit 27 onto HWY 74 West. Stay on 74W to Exit 85 in Sylva. Take a left at the second traffic light and follow Rt. 107 South to Cullowhee and WCU.

From Charleston, S.C. — Take I-26 West to Asheville and follow the same directions as listed above.

From Knoxville, Tenn. — Take I-40 East to Exit 27 onto HWY 74 West. Stay on 74W to Exit 85 in Sylva. Take a left at the second traffic light and follow Rt. 107 South to Cullowhee and WCU.

From Charlotte, N.C. — You have three options. **1.** Take I-77 North to Statesville. Take I-40 West to Asheville and follow the same directions list above. **2.** Take I-85 South to Spartanburg, S.C. Take I-26 West to Asheville and follow the directions from Asheville above. **3.** Taking I-85 South, at Kings Mountain, take Highway 74 to I-26. Take I-26 West to Asheville and follow the directions from Asheville above.

From Atlanta, Ga. — Take I-85 North to Rt. 985 North. Stay on 985 until you reach 44. Stay on 441 until you get to Dillsboro, N.C. Take Rt. 107 South, which takes you into Cullowhee and WCU.





THE 2004-05 SEASON

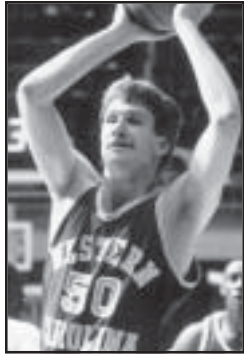
2004-05 Western Carolina University Basketball Media Guide

WCU'S BASKETBALL ACADEMIC ALL-AMERICAS



#12 - GREG DENNIS

- 1980 Second Team Academic All-America (3.40 GPA Biology)
- 1982 Third Team Academic All-America (3.43 GPA Biology)
- 1982 NCAA Postgraduate Scholarship Winner



#50 - RICHARD ROGERS

- 1986 Third Team Academic All-America (3.70 GPA Chemistry)
- 1986 NCAA Postgraduate Scholarship Winner



#14 - MYRON LEWIS

- 1990 Second Team Academic All-America (3.76 GPA Chemistry/Pre-Med)

WCU BASKETBALL IN THE COMMUNITY

In addition to striving for excellence on the court, the men's basketball team at Western Carolina strives to be good role models in the community as well. Members of the men's basketball team can be seen in the area giving free clinics, working at the Community Table of Sylva, which provides free meals to people of need in the area, and serving as tutors to local elementary school students.

"(The men's basketball team) is a real credit to Western Carolina University," said Fairview Elementary School assistant principal Thurza McNair. "They exemplify what commitment to community service is all about. Our students grow not only academically, but in self esteem."

In particular, Terrence Woodyard has been singled out by Lib Jicha, SUCCESS Team Coordinator at Cullowhee Valley School. "What Terrence provided on the surface (to a young, struggling student) is academic assistance. The other influence is much less tangible. Through his involvement with our student, (Terrence) demonstrated to him the components of a successful person, and have encouraged him to find success within himself. As role models, he has really made a difference in the life of this young man and we appreciate beyond what words can express the value of (Terrence)."

Recently, senior Lunzaya Nlandu qualified for "The John Wooden Trophy" which is presented by "Athletes for a Better World." Nlandu, along with classmate Paul Aloo, started Africed, which means Africa-Education. They noticed that several professors were throwing away used textbooks at the end of school year. Because they were once students in Africa they knew the reality that African students are facing, lacking resources such as textbooks, technology and other educational material to enhance their level of education. Therefore, they started going around campus to different departments and asking professors to donate used textbooks with the intention of shipping them to Africa to build "Resource Center/Libraries" which will include educational materials such as used books, college textbooks, and computers.

Together, they collected approximately 500 used books and college textbooks around the campus, community and churches in the area. After that initial success, they decided to take this project to another level, asking the university bookstore if they would be willing to contribute to their effort. Not only did Western Carolina University donate more than 10,000 used books that were meant to be recycled, but they also provided Nlandu and Aloo with some office space on campus to conduct their endeavors.

This past summer, Nlandu and Aloo drove more than 2,000 miles across the states of North Carolina, South Carolina, Florida and Georgia, stopping at a number of universities asking for used text books donations. Their trips across these states were extremely successful in that several universities such as South Carolina, Central Florida and others agreed to donate not only textbooks, but possible grant money for shipping the materials. By the end of summer, they had 20,000 books and textbooks in storage awaiting shipment to Africa.

Currently, they are in the process of incorporating Africed and writing grant proposals with the intention of attracting corporations, philanthropists, institutions and individuals to gain enough funds for shipment of books and construction of the infrastructure to turn this project into a reality that will change the life of many young people. Their short term goals are to create awareness of Africed around the United States. Also, they hope to collect at least 50,000 books and receive enough funds and build the first resource center in Cameroon. Africed also wants to develop a strong relationship with American corporations and institutions for monetary donations and educational materials to build new infrastructure and receive books and textbooks donations year after year.

WCU BASKETBALL GRADUATES

This past March, The Southern Conference announced that Catamount basketball student-athletes Emre Atsur and Yoneko Allen were each awarded the Mike Wood Foundation Graduate Scholarship.

The Mike Wood Scholarship, worth \$2,000 to pursue a graduate degree at the school of their choice, is awarded to student-athletes competing in men's basketball, as well as a female athlete with preference given to those participating in basketball. Also, to be eligible, the student-athlete must be a varsity letter-winner and have completed eligibility or be actively competing in the last season of eligibility in his/her sport, or be in the fourth year of attendance at a SoCon school. Preference is given to those majoring in business or a related field and they must have demonstrated leadership skills in athletics and/or extra curricular organizations on campus.

Atsur, a guard from Istanbul, Turkey, started nearly half of his team's basketball games in 2003-04 and averaged 6.3 points per game while playing an average of 20.6 minutes per game. He finished his WCU career with 81 3-pointers made, ranking ninth on the school's all-time list. Atsur was been a member of the Catamounts' Student-Athlete Advisory Committee for three consecutive seasons, and he has participated in service to the community by reading to area elementary school children, participating in free basketball clinics for area youth and serving meals to the less fortunate at the Community Table of Sylva.

Atsur graduated with a degree in international business this past May. He was a member of the TIAA/CREF Southern Conference All-Academic Team for winter sports in 2002-03 and was two-time member of the Southern Conference Academic Honor Roll. Also in 2002-03, Atsur was named the TIAA/CREF Southern Conference Student-Athlete of the Week.

This past August, current WCU redshirt senior Rans Brempong completed his undergraduate degree at Western, graduating with a cumulative grade point average above 3.0, will be receiving his degree in Communication and is a two-time member of the Southern Conference Academic Honor Roll.

Willie Freeman, who is now playing professionally in South America, graduated from Western in 2003, stayed on for the 2003-04 season to serve on Coach Shurina's staff as a graduate manager for the Catamounts.



Emre Atsur, who finished his career last season as one of WCU's all-time leaders in 3-pointers made, was the recipient of the Southern Conference's Mike Wood Postgraduate Scholarship.





PREPARING THE CATAMOUNTS ON AND OFF THE FIELD



ACADEMIC SUPPORT SERVICES

Entering her fourth season at Western Carolina Dr. Jennifer Brown (pictured) is the Director of Academic Support Services for Student-Athletes. She and her assistant, Michael Harris, oversee the Academic Enhancement Program, which offers academic resources to its student-athletes to give them the best opportunity for continued success in the classroom. Catamount student-athletes are provided with tutorial service, supplemental text and equipment, and educational and career workshops.

one of the premier facilities, if not the premier workout facility around.



STRENGTH AND CONDITIONING

At a cost of \$1.5 million, the Jordan-Phillips Field House was expanded and renovated. Head strength and conditioning coach Tobias Jacobi (pictured) oversaw the transformation, making the Field House

Thanks to the generosity of Andy Jordan and Teddy Phillips, the Field House has the most modern weight equipment.



ATHLETIC TRAINING

The Western Carolina Athletic Training room, under the current direction of head athletic trainer Grady Hardeman (pictured), has gone through two significant upgrades, costing a total of \$140,000 and culminating with the partnership that created the Carolina West Sports Medicine Clinic.

This past year, the training room received an addition boost in support when the University started its athletic training curriculum, headed by Jay Scifers.

CAROLINA WEST SPORTS MEDICINE

Carolina West Sports Medicine is a collaborative effort between Western Carolina University, Sylva Orthopaedic Associates, PA, and WestCare Health System. The program incorporates physicians, physical therapists and athletic trainers and offers evaluation and treatment for injuries to athletes of all ages - from youths to weekend warriors - in Western North Carolina.

Appointments may be made by calling the clinic at (828) 586-7934 or toll-free at (866) 283-3036. Clinics are held in the newly renovated and expanded WCU athletics training room of the Ramsey Center on Mondays, Thursday, and Saturdays from 8:30 am to Noon. On Tuesdays, Wednesdays and Fridays, the Carolina West Sports Medicine clinic is held in WestCare Medical Park of Sylva from 1-5 pm. (Days and times are subject to change.)

The purpose of Carolina West Sports Medicine is to have sports medicine physicians evaluate injuries within 48 hours of initial contact, utilizing all necessary diagnostics. Based on the evaluation, appropriate steps are taken, which may include surgery, casting, bracing or rehabilitation. If rehabilitation is required, a physical therapist will be present at all clinics to begin and program and outline further steps to recovery.

Carolina West Sports Medicine also administers an outreach program, placing athletic trainers in area schools. This program is a much-needed and critical service, as many schools do not have such personnel available to evaluate and treat sports injuries on staff. Staff trainers are also available to cover community related athletic events.

Physicians staffing the clinics include orthopaedic surgeons Clifford Faull, M.D., Quayle Neslen, Jr. M.D., Paul Pflueger, M.D., and Lawrence W. Supik, M.D. of Sylva Orthopaedic Associates, PA; and Daryl Rosenbaum, M.D., a primary care physician with sports medicine training, from The Center for Family Medicine in Franklin. Carlyle Schomberg is a licensed physical therapist and Director at Carolina West Sports Medicine. He returns to Sylva after three years in Birmingham, Ala., where he worked at Health South Sports Medicine, treating numerous high school, college and professional athletes.

WCU MEDICAL PERSONNEL



Dr. Jeff Davis
Western Carolina
University Physician



Dr. Clifford Faull
Carolina West
Sports Medicine



Dr. Quayle Neslen
Carolina West
Sports Medicine



Dr. Paul Pflueger
Carolina West
Sports Medicine



Dr. Daryl Rosenbaum
Carolina West
Sports Medicine



Carlyle Schomberg
Carolina West
Sports Medicine



Dr. Larry Supik
Carolina West
Sports Medicine





THE 2004-05 SEASON

2004-05 Western Carolina University Basketball Media Guide

GENERAL OUTLOOK:

Heading into the 2004-05 basketball season, not many are giving Western Carolina and fifth-year head coach Steve Shurina much of a chance. After posting a 13-15 record last season and losing Kevin Martin as a first-round NBA draft pick, it was easy for the pundits to select the Catamounts among the bottom of the Southern Conference preseason picks.

Granted, losing Martin prior to his senior year will be major loss. He was a two-time SoCon scoring champion, ranked no lower than 11th nationally in scoring in each of his three seasons and was a three-time All-SoCon pick.

"We have to figure out how to replace Kevin's scoring (26 point per game)," Shurina said. "We will play differently since everything we have done offensively over the past three years has gone through him. It is a good challenge to become more of a team. The exposure Kevin brought to Western has been indescribable, both to the athletics department and the University. It has definitely helped in recruiting the fact that we were able to develop an NBA first-round pick."

However, a little investigating will show the outlook is not quite so dim. First, Western returns 6-8 forward Rans Brempong. After redshirting last season due to a broken jaw suffered in the season opener, Brempong is on track to become the Southern Conference's all-time leader in blocked shots. He only needs 46 and, if he continues at his pace of his first three seasons, will easily reach that standard.

Second, Western returns Lunzaya Nlandu. The 6-8 center/forward suffered an ankle injury in late December, forcing him to miss the final 18 games of the season. Even without Brempong, Nlandu's presence was enough to help the Cats post an early 6-4 record. Additionally, Western was 5-1 with Nlandu in the starting lineup, including key wins over UNC Asheville, Wofford and Arkansas.

"I am very excited to have Rans and Lunzaya back this season," Shurina said. "We hit a speed bump when those two got hurt last year. The one good thing that came of their injuries last season was that David (Berghoefer) got a chance to develop and get more experience."

Third, and speaking of Berghoefer, Western has perhaps the best returning big man in the league with the 6-10 center. Berghoefer is one of the few players to be returning who ranked among the SoCon leaders in scoring, rebounding and field goal percentage last season.

"I feel, adding Jared (Outing) to the other three, that we have the best front court in the league," Shurina said.

Lastly, Western returns athletic wings Corey Muirhead and Terrence Woodyard, each of whom finished the season on strong notes, returns its starting point guard in sophomore Kyle Greathouse and has brought in seven newcomers to fill key voids in making the Catamounts a formidable team.

"We are either really experienced (two fifth-year seniors, one other senior and three juniors) or no experience with six freshmen," Shurina said. "It is good for the freshmen to have the older guys to look up to. Our six freshmen are very talented. Due to our departures at guard, Trey (Hopkins) and Antonio (Russell) will have a huge opportunity. However, that is not to say the others will not have an opportunity, but there is an immediate opening at guard."

Western will need to rely on all those factors as the Cats face their most aggressive schedule in recent memory. Western opens Nov. 14-16 at the Black Coaches Association Classic in Milwaukee, Wis., facing host team Marquette in the opener. Not only does the field at the BCA Classic include 2003 Final Four team Marquette, but also features Air Force, who received an at-large bid to the 2004 NCAA Championship, Penn State, Ole Miss, Illinois State, Jacksonville State and South Carolina State.

After the BCA Classic, the Cats immediately hit the road to play a pair of NCAA Tournament teams at Alabama (Nov. 19) and at South Carolina (Nov. 21).

Western will get a little reprieve, playing five of its next six at home with the lone road contest being just an hour away versus UNC Asheville. While the Cats will get play at home, they will have to contend with the likes of Liberty, who played in the 2004 NCAA Championship, as well as renewing a series with in state rival East Carolina.



Redshirt senior Rans Brempong is on pace to become the SoCon's all-time leader in blocked shots.

Much like the start of the season, Western will face a tough stretch in December, playing at Iowa on Dec. 18, opening up SoCon play three days later at The Citadel and playing national power Wisconsin (Dec. 21).

"For the first time in my five years, we have put ourselves in position to play a mini SoCon tournament," Shurina said. "The BCA Classic will be a great atmosphere and will give us a chance to play some games before playing at Alabama and South Carolina. Those first five games should prepare us for the next six games, including games with Liberty, UNC Asheville and East Carolina, our games at Iowa and Wisconsin and the conference schedule."

THE PLAYERS:

As mentioned above, while Western's season last year suffered a significant loss when Brempong broke his jaw in the season opener, it served as a blessing in disguise. Brempong had little basketball playing experience prior to coming to Western and was not physically mature. However, the Thornhill, Ontario, native is poised to have an excellent final season. He was able to practice with the team over the final half of the season, giving him an extra year of seasoning. Also, over the last year, Brempong has worked hard in the weight room and has filled out his 6-8 frame nicely.

"The amazing thing about Rans is we always wanted to redshirt him because he had played so little basketball before coming to Western and he needed time for his body to mature," Shurina said. "He has come back bigger and stronger, just as we thought he would if we would have been able to redshirt him early in his career. We are expecting him to have a breakout year this season due to his overall maturity and consistent development. He will also benefit by having other physical, mature post players on the court with him, a luxury he did not have in his first three seasons."

On paper, the loss of Nlandu would seem to be insignificant. The Montreal, Quebec, native only averaged 3.5 points and 20.7 minutes, fouling out three times in 10 games. However, he was pulling down 5.0 rebounds per game and gave Western a physical presence in the middle.

"Lunzaya is quite possibly the most mature player I have ever coached and he knows exactly what he wants in life," Shurina said. "He brings so much stability and toughness to our team. There is no doubt we lost some of that (stability and toughness) after his injury. In addition to what he does in games, his strongest asset is how he helps us prepare. He elevates everyone's level of play with the way he competes from start to finish in practices and workouts."

A fellow senior, Woodyard, like Brempong, was the subject of redshirting conversations in each of his first three years. Also like Brempong, Woodyard has added bulk to his frame which should result in him having a breakout final season. An exciting athlete, the 6-9 wing brings a lot to the court in terms of match up problems and his ability to cause havoc in Western's various zone defenses. He has shown the ability to shoot the three over his career and take over a game defensively. Although he saw his playing time decrease last season, he is the only Catamount to play in every contest in each of the last three seasons.

"His confidant and roommate (Kevin Martin) has departed so it will be interesting to see how Terrence adjusts," Shurina said. "It is our hope and expectation that he continues playing the way he finished up last season. There was no doubt he was the best player on the court in our regular-season finale versus Appalachian State."

If the Catamounts are going to prove the pundits wrong, Berghoefer will need to do on a regular basis what he did in spurts last season, which is being a dominant big man in this league. Against perennial powerhouse

College of Charleston, the Cross Plains, Wis., native poured in 29 points with 15 rebounds. The following game, he played a key role in the Cats' win over Elon. Despite 42 points from Martin, it was Berghoefer's 21 points and seven rebounds which proved to be the difference in the game. However, over the next two games, he only scored six points with 15 rebounds in losses before a 24-point, 14-rebound game in a win over UNC Greensboro.



Senior Terrence Woodyard is hoping to build on a solid finish to the 2003-04 season





Junior David Berghoefer is one of the top returning centers in the Southern Conference for 2004-05.

opponents.

"Corey has come a long way since his freshman season," Shurina said. "He worked hard this past summer to take his game to another level. Hopefully that will pay dividends this year. Along with working out with Kyle (Greathouse) and Kyle's father this summer, Corey had a good run by making it to the final cut for the Canadian National Team. From an athletic standpoint, Corey has shown that he can be one of the best players in the league. However, like David (Berghoefer), Corey just needs to be more consistent. We would like to see him take over the role as a leader on this team and we would like to get him more 3's this year."

One post player who might get lost in the shuffle with Berghoefer returning and fifth-year seniors Brempong and Nlandu coming returning is Outing. However, he is not to be overlooked. The Columbia, S.C., native had an excellent off season and will be counted upon to provide a spark with his athleticism. His numbers dropped a little last season, averaging 4.1 points and 3.1 rebounds, but early indications are that he will be a key component if Western is, in fact, going to have the best front court in the SoCon.

"As I said last year, Jared has the explosiveness and athleticism to be a very effective player in this league," Shurina said. "Jared can affect (in a positive way for us) the game with his athleticism."

The last of the returning seven is Greathouse. The sophomore guard had a predictable freshman campaign. He disappeared sometimes, especially under the shadow of Martin, but other times looked every bit like the player who was tabbed the Ohio Player of the Year in high school. For instance, he only had three points, four rebounds and three steals in WCU's win at Arkansas. However, he started the overtime period with a steal and then sank two free throws, giving the Cats momentum and a lead they would not surrender. Also, in Western's two wins over Appalachian State, Greathouse sank 9-of-10 of his 3-point attempts, combining to score 31 points in the two games. As a freshman point guard, he ended the season ranked 13th in the SoCon in assists (3.22 avg.) and fourth in assist-to-turnover ratio (1.78).

"Kyle is a completely different person this year," Shurina said. "He is much more confident and relaxed. I do not consider him a sophomore because he grew up



Junior Corey Muirhead is an exciting athlete who will help fill the scoring void left by Kevin Martin.

"David had greatly improved numbers last year," Shurina said. "He had some truly dominating games last season. Now, he has to take that and become consistently dominant each game out."

Another key to Western's success in 2004-05 will be Muirhead. The junior wing, along with Berghoefer, will play a key role in filling the void left by Martin and his 24 points per game average. Muirhead is one of the best in the SoCon at driving to the basket and scoring. He ranked among the league leaders with a 49.2 field goal percentage last season. However, he has added another dimension to his game of late, becoming a deadly 3-point shooter as well. He drained 10-of-16 treys last season (62.5 percent), which will present match up problems for

the son of a high school coach and having to start last season. He shoots well enough to move off the ball and play the two (shooting guard). Where he plays (point or shooting guard) this year will be dependent on how quickly the other two freshmen guards (Trey Hopkins and Antonio Russell) develop."

A rarity in college basketball, Western will welcome six freshmen to the squad this season. Each have unique talents and will give Western the deepest bench it has had the luxury of having in some time. Early on, guards Trey Hopkins and Antonio Russell, as well as win Negus McKenna, will be looked upon for early contributions. Hopkins and Russell will be pressed into playing time due to the loss of Martin and the transfer of point guard James Johnson. Luckily for Shurina, the two have come in and proved to be up to the task. Both Hopkins and Russell had outstanding high school careers and, more importantly, come from a tradition of winning.

"Trey is a classic combo guard," Shurina said. "He can shoot, distribute and penetrate. Thus far, he has exceeded our expectations in the preseason. Antonio brings great toughness. He grew up playing basketball against is older brother, J.R., who is the top receiver on Louisville's nationally-ranked football team, and J.R.'s friends. I do not think the intensity and competitiveness of Division I basketball will affect him due to the way he grew up. He was a great scorer in high school and possesses superb athleticism.

Also, McKenna, Western's first signee last season, is fitting nicely into the system. A mature freshman, the Montreal, Quebec, native is in the mold of Muirhead in that he is very athletic and can shoot the 3-pointer.

"Negus is a spectacular athlete with a tremendous mid-range game," Shurina said. "He is very versatile, rebounds and defends. He will push both Corey (Muirhead) and Terrence (Woodyard) for playing time on the wing."

An "X-factor" for the Catamounts is freshman Jamar Jenkins. A 6-6 forward from Chapel Hill, Tenn., Jenkins averaged 18.2 points and 11.5 rebounds at Forrest High School. However, he was literally and figuratively head and shoulders above his competition. He has shown during individual instruction that he can produce at this level and his contributions will be dependant upon his continued development.

"In a very talented freshman class, Jamar may be the most talented," Shurina said. "He can play multiple positions. However, it might be a difficult adjustment for him, coming from a small high school program to playing at the Division I level. To his credit, he can handle the ball well and he has the ability to shoot the ball better than any of our other posts."

Late additions to the squad were Charles Bouie and Eric Wilson. Bouie was added to the team in the summer and Wilson had a celebrated high school career as both a football and basketball player.

"Charles is one of the most active players I had ever seen on tape," Shurina said. "In person, he is just as active. He is very long with great instincts on defense and on the boards. He is a raw talent who needs to continue improving his skill level. Eric brings an impressive high school resume. He has to make the adjustment from playing the post in high school to playing on the perimeter in college."

THE COACHING STAFF:

Western has the personnel to be successful and has a solid coaching staff to bolster its chances. In addition to recently promoted Mike Craft as associate head coach, Brian Peabody and Anquell McCollum will bring an added dimension to the mix. Peabody was a highly successful high school coach in Arizona, coming to Western after one year as a head coach at Pima Junior College. He is the first assistant under Shurina to come with head coaching experience. McCollum is one of the all-time Catamount and Southern Conference greats. He was the 1996 SoCon Player of the Year, leading the Cats to the league championship and a near upset of top-seed Purdue in the first round of the NCAA Championship. McCollum is passionate about Western and will go the extra mile to put his alma mater back among the SoCon elite.



Junior Jared Outing had a solid summer and preseason and will help fortify the WCU front court.





WESTERN CAROLINA UNIVERSITY CATAMOUNTS 2004-05 MEN'S BASKETBALL ROSTER

NUMERICAL ROSTER

| No. | Name | Pos. | Ht. | Wt. | Cl. | Hometown (Previous School) |
|-----|-------------------|------|------|-----|------|--|
| 0 | Jared Outing | F | 6-7 | 200 | Jr. | Columbia, S.C. (Dreher HS) |
| 3 | Corey Muirhead | G | 6-6 | 185 | Jr. | York, Ontario (Milliken Mills HS) |
| 4 | David Berghoefer | C | 6-10 | 230 | Jr. | Cross Plains, Wis. (Middleton HS) |
| 5 | Antonio Russell | G | 6-0 | 170 | Fr. | Tampa, Fla. (Gaither HS) |
| 11 | Trey Hopkins | G | 6-1 | 175 | Fr. | Orlando, Fla. (Dr. Phillips HS) |
| 13 | Rans Brempong | F | 6-8 | 210 | RSr. | Thornhill, Ontario (Thornlea HS) |
| 14 | Eric Wilson | G | 6-1 | 210 | Fr. | Lincolnton, N.C. (Licolnton HS) |
| 21 | Negus McKenna | G | 6-4 | 210 | Fr. | Montreal, Quebec (Champlain St-Lambert HS) |
| 22 | Lunzaya Nlandu | F/C | 6-7 | 240 | Sr. | Montreal, Quebec (Santa Fe (Fla.) CC/Lucien Page HS) |
| 24 | Charles Bouie | F | 6-7 | 210 | Fr. | Pahokee, Fla. (Pahokee HS) |
| 30 | Jamar Jenkins | F | 6-6 | 225 | Fr. | Chapel Hill, Tenn. (Forrest HS) |
| 33 | Terrence Woodyard | F | 6-9 | 185 | Sr. | Jonesboro, Ga. (Mt. Zion HS) |
| 40 | Kyle Greathouse | G | 6-0 | 175 | So. | Lancaster, Ohio (Lancaster HS) |

Head Coach: Steve Shurina (St. John's, 1988 • 5th season at WCU)

Assistant Coaches: Mike Craft (Wingate, 1990)

Anquell McCollum (Western Carolina, 2000)

Brian Peabody (Arizona, 1987)

Graduate Manager: Ali Ton (Davidson, 1999)

Athletic Trainer: Mark Mancebo (Call State Sacramento, 2001)

Managers: John Carpenter, Dan Mitchell, Jason Cox, Kevin Kreigler

Student Trainers: Lindsey Pearson, Heather Neaves

PRONUNCIATION GUIDE:

Rans Brempong: Rhymes with FANS, not RONZ

David Berghoefer: Berg-Hoe-fer

Charles Bouie: BOO-ee

Negus McKenna: Kne-Gus

Lunzaya Nlandu: Lunz-eye-uh Lan-Dew

Terrence Woodyard: Wood-YARD, not Woodyerd

Ali Ton: All-EE TAWN

ALPHABETICAL ROSTER

| No. | Name | Pos. | Ht. | Wt. | Cl. | Hometown (Previous School) |
|-----|-------------------|------|------|-----|------|--|
| 4 | David Berghoefer | C | 6-10 | 230 | Jr. | Cross Plains, Wis. (Middleton HS) |
| 24 | Charles Bouie | F | 6-7 | 210 | Fr. | Pahokee, Fla. (Pahokee HS) |
| 13 | Rans Brempong | F | 6-8 | 210 | RSr. | Thornhill, Ontario (Thornlea HS) |
| 40 | Kyle Greathouse | G | 6-0 | 175 | So. | Lancaster, Ohio (Lancaster HS) |
| 11 | Trey Hopkins | G | 6-1 | 175 | Fr. | Orlando, Fla. (Dr. Phillips HS) |
| 30 | Jamar Jenkins | F | 6-6 | 225 | Fr. | Chapel Hill, Tenn. (Forrest HS) |
| 21 | Negus McKenna | G | 6-4 | 210 | Fr. | Montreal, Quebec (Champlain St-Lambert HS) |
| 3 | Corey Muirhead | G | 6-6 | 185 | Jr. | York, Ontario (Milliken Mills HS) |
| 22 | Lunzaya Nlandu | F/C | 6-7 | 240 | Sr. | Montreal, Quebec (Santa Fe (Fla.) CC/Lucien Page HS) |
| 0 | Jared Outing | F | 6-7 | 200 | Jr. | Columbia, S.C. (Dreher HS) |
| 5 | Antonio Russell | G | 6-0 | 170 | Fr. | Tampa, Fla. (Gaither HS) |
| 14 | Eric Wilson | G | 6-1 | 210 | Fr. | Lincolnton, N.C. (Licolnton HS) |
| 33 | Terrence Woodyard | F | 6-9 | 185 | Sr. | Jonesboro, Ga. (Mt. Zion HS) |

