



A Look at 2008-09

COWGIRL BASKETBALL

2008-09 Outlook

A Look at
2008-09

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MWC

It continued to be a whirlwind for the Cowgirl basketball team as they reached new heights including their first ever bid to the NCAA Tournament in school history a year ago. The excitement continues to surround the Wyoming program as they drew large crowds and broke records. Sixth year head coach Joe Legerski and the Cowgirls are poised to resume the success from the last couple of years and take the program to new heights.

"The 2008-09 basketball campaign will be one of new faces having the opportunity to make their mark in the Cowgirl program," said head coach Joe Legerski. "The loss of four senior starters will provide the younger players the chance to step on the floor and contribute to the success of our team. How quickly they progress in their new roles and adapt to the level of play will go a long way in determining the success of this group. As always, the only goal for this team is to improve daily."

Only one starter and eight letterwinners return to a team that finished 24-7 overall and 12-4 in the MWC. With those 24-wins, it was the third straight 20-win season and a 12-4 mark in conference play was the most conference wins in school history. Their play helped them earn the Cowgirl program's first ever bid to the NCAA Tournament.

"We were extremely pleased to be invited to the NCAA Tournament for the first time in school history. Not only receiving a bid, but to receive an at large bid points to the success of the 2007-08 Wyoming basketball team. What a great way to cap off a tremendous run for our senior class."

Despite all of that success, they will have to replace some vital parts to the team with the loss of four key starters in Jodi Bolerjack, Justyna Podziemska, Dominique Sisk and Hanna Zavec. Zavec, a three-time First Team All-MWC player, was the backbone of the program as she led the team on the offensive and defensive side of the ball.

"The loss of four senior starters has a definite impact on any team," Legerski said. "A team does not replace the game experience obtained by Dominique, Jodi, Hanna and Justyna. This group was able to take Wyoming basketball to new heights; three straight 20 plus win seasons, a WNIT Championship and the first ever NCAA Tournament bid. The talent level of our graduating class was tremendous and possibly the best group in Wyoming basketball history."

Of those eight letterwinners, five of them played in 19 games or more in 2007-08 which included three juniors, one sophomore and one true freshman. This will give several players an opportunity to step up and show their skills including the three seniors Elisabeth Disson, Megan McGuffey and Rebecca Vanderjagt.

"Megan, Elisabeth and Rebecca will be counted on heavily to provide leadership for a young team. All three have game experience and will be expected to increase their roles on the offensive end of the court."

McGuffey, a 5-11 guard from Cheyenne, Wyo., will have to step up this season and take on more of a scoring and leadership role. The MWC Newcomer of the Year as a freshman, she averaged 3.9 points and 2.3 rebounds, while playing in 29 games a year ago.

"Megan has the ability to score from anywhere on the court and will need to do so for this group to have success."

Disson played in all 31 games last season for the Cowgirls and averaged two points and 1.6 rebounds per game, while Vanderjagt the only starter back from a year ago added 3.5 points, 3.4 rebounds and 1.3 blocks per contest.



Elisabeth Disson
SENIOR CENTER

"Elisabeth has demonstrated a toughness that is needed throughout the season and will need to step up on the offensive end."

"Rebecca understands the game as well as anyone. She allows our offense to run smoothly and makes up for defensive mistakes by her teammates with her length and awareness on the court."

Another player who will be a key component this season will be junior Aubrey Vandiver. The 5-11 guard from Laramie, continued to be impressive in just her second season with the program. She earned Third Team All-MWC honors after averaging 10.6 points and 5.7 rebounds.

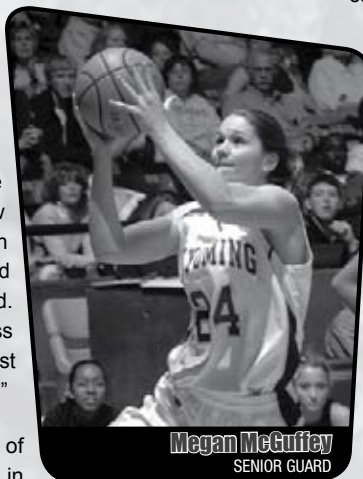
"In Aubrey's first two seasons, her impact has been tremendous," Legerski said. "Aubrey is a difficult match up for opposing point guards, and she has great size, strength and desire to succeed. Her game continues to improve and she will be a leader for this team."

Other returning players which include juniors Mallory Cline and Gemma Koehler, sophomores Hillary Carlson and Jade Kennedy, along with redshirt sophomore Randi Richardson, will also have the opportunity to showcase their talents.

Carlson, from Cheyenne, Wyo. has the most experience out of the group as she played in 19 games in her freshman campaign. Kennedy played in six games in her first year, while both Cline and Koehler each saw action in four. Randi Richardson sat out last season due to NCAA transfer rules and could see significant time.

"The junior class consists of Mallory and Gemma who are looking to step on the floor and contribute to the success of the program. Mallory adds great size at the center position. Gemma continues to progress from a knee injury and is shooting the ball well."

"Jade, Hillary and Randi, all sophomores will be counted on to take the floor and help the Wyoming program continue their winning ways. Jade is making the adjustment from center to power forward. She is a hard nosed player with the ability to be a great defender. Jade worked extremely hard over the summer and is set to contribute this season. Hillary saw limited action last season and is set to make an impact this season and for years to come. She can score both on the inside and outside, and as a program we need to find court time for Hillary."



Megan McGuffey
SENIOR GUARD

Due to transfer rules, Randi sat out last season and looks forward to stepping on the court. Randi will provide much needed depth at the guard line. She can get to the basket with her quickness and is a scorer in the backcourt."

Legerski is also very excited with the incoming players he has this year and feels they have the ability to come in and contribute right away.

"The 2008 freshman class is one of strength in numbers and long on talent. Potentially, this group reminds me of the class (Dom, Hanna, Jodi and Justyna) that just graduated," said Legerski. "We are excited about this class and the Wyoming fans will enjoy watching Kristen, Brenna, Ashley, Emma and Leah contribute to the success of our program."

In all, the Cowgirls welcome five newcomers to this year's team, which includes five freshmen. They are Leah Fitzgerald (6-2, Center, Colorado Springs, Colo.); Brenna Freeze (5-11, Guard, Albuquerque, N.M.); Emma Langford (6-2, Forward, Arthurton, Australia); Kristen Scheffler (5-11, Guard, Lovell, Wyo.) and Ashley Sickles (6-1, Forward, Cresco, Iowa).



Rebecca Vanderjagt
SENIOR FORWARD

The fans should be excited to watch a Wyoming product with the addition of Kristen Scheffler. She was a three-time All-Conference and All-State selection while being named Northwest Player of the Year. Scheffler led her team to a 21-6 record overall a year ago, while earning Gatorade Player of the Year honors for the state of Wyoming, and the Milward L. Simpson Award, given to the top female athlete in the state.

"Kristen is a tremendous athlete with great basketball skills. She has an uncanny ability to score from all over the floor."

Fitzgerald was a three-time First Team All-League selection during her career, while being named the 5-A CS Metro League Player of the Year as a senior. She helped her team to a 56-17 record over a stretch of three seasons, including a league championship in 2008.

"Leah Fitzgerald is an athletic post with a great work ethic and competitiveness second to none."

Brenna Freeze comes from Albuquerque, N.M., where she was a three-time All-District selection at La Cueva High School. She helped her team to a 28-2 record and a 5A State Championship in 2008. She earned All-Metro and All-State honors during her career, while being named the Gatorade Player of the Year in the state of New Mexico.

"Brenna gives us a big guard that can rebound inside and a toughness that is needed at the Division I level."

Emma Langford is another Australian product from the Australian Institute of Sport. She was a four-time All-Australian Junior

camp selection. During that time, she represented the South Australia Country at the National Junior Championships on the Under 16, Under 18 and Under 20 teams.

Ashley Sickles joins the Cowgirl program after a solid career at Crestwood High School in Cresco, Iowa. She was a two-time First Team All-Conference and All-District selection, while earning First Team All-State two years in a row. A very talented athlete, she also earned letters in both track and field and softball.

"Emma Langford and Ashley Sickles provide size, rebounding and scoring from that position. With her size, Ashley will create mismatches on the floor. Emma is the latest Aussie to join the program and will have an immediate impact. She can score on the inside as well as from the three spot and has a tremendous understanding of how to play the game."

The schedule will present many challenges for this team as they are slated for a very tough non-conference schedule in the early going. They will take on such perennially strong teams as Boise State, Denver, Gonzaga, Idaho State, Montana and Oregon.

In all, Wyoming's 2008-09 schedule includes seven teams that participated in either the NCAA Tournament or the WNIT (Boise State, Gonzaga, Idaho State, Montana, New Mexico, TCU and Utah).

"The 2008-09 basketball schedule will be a challenge for a team with limited game experience. Opening the season on the road with Denver and perennial Big Sky Champion Montana will be a difficult task. The non-conference schedule is dotted with veteran, talented teams (Oregon, Boise State, and Gonzaga). We have also renewed our series with Weber State and begin a series with North Dakota and North Dakota State."

There will also be fierce competition as the Mountain West Conference enters its tenth season of existence, where the Cowgirls will face such powerhouses as BYU, New Mexico, TCU, San Diego State and Utah. Other teams challenging in this very competitive league are Air Force, Colorado State and UNLV.

"The Mountain West Conference continues to be one of the top leagues in the country. The strength of our conference is in the quality of play from top to bottom. Opening up league play with Utah and San Diego State, two of the conference favorites, will be a challenge. The teams in the MWC continue to represent the league well in post season play."

The Mountain West Conference Basketball Tournament will be in Las Vegas, Nev. at the Thomas and Mack Center. Each team in the conference will qualify for the single-elimination tournament, which begins on Tuesday, March 10, 2009 and runs through Saturday, March 14, 2009.



Aubrey Vandiver
JUNIOR GUARD

Radio/TV Roster

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3 **Randi Richardson**
G, 5-7, RSo.
Arlington, Wash.



4 **Gemma Koehler**
F, 6-1, Jr.
Geelong, Australia



10 **Rebecca Vanderjagt**
F, 6-3, Sr.
Townsville, Australia



12 **Kristen Scheffler**
G, 5-11, Fr.
Lovell, Wyo.



13 **Ashley Sickles**
F, 6-1, Fr.
Cresco, Iowa



14 **Jade Kennedy**
F, 6-1, So.
Cairns, Australia



15 **Leah Fitzgerald**
C, 6-2, Fr.
Colorado Springs, Colo.



20 **Aubrey Vandiver**
G, 5-11, Jr.
Laramie, Wyo.



21 **Emma Langford**
F, 6-2, Fr.
Artherton, Australia



22 **Brenna Freeze**
G, 5-11, Fr.
Albuquerque, N.M.



24 **Megan McGuffey**
G, 5-11, Sr.
Cheyenne, Wyo.



33 **Elisabeth Dissen**
C, 6-1, Sr.
Hillsboro, Ore.



41 **Hillary Carlson**
F, 6-3, So.
Cheyenne, Wyo.



45 **Mallory Cline**
C, 6-4, Jr.
McClave, Colo.



Joe Legerski
Head Coach
(Wyoming, '79)

PRONUNCIATION GUIDE

Elisabeth Dissen	(Dis sen)
Gemma Koehler	(Gem A Coe Ler)
Joe Legerski	(Le Gur Ski)
Kristen Scheffler	(Chef Ler)
Rebecca Vanderjagt	(Van Der Jack T)
Aubrey Vandiver	(Van Duh Veer)

Numerical Roster

No	Name	Pos.	Ht.	Cl.	Exp	Hometown (Previous School)
3	Randi Richardson	G	5-7	RSo.	TR	Arlington, Wash. (San Francisco)
4	Gemma Koehler	F	6-1	Jr.	1L	Geelong, Australia (Sacred Heart HS)
10	Rebecca Vanderjagt	F	6-3	Sr.	3L	Townsville, Australia (James Cook University)
12	Kristen Scheffler	G	5-11	Fr.	HS	Lovell, Wyo. (Lovell HS)
13	Ashley Sickles	F	6-1	Fr.	HS	Cresco, Iowa (Crestwood HS)
14	Jade Kennedy	F	6-1	So.	1L	Cairns, Australia (St. Monica's College)
15	Leah Fitzgerald	C	6-2	Fr.	HS	Colorado Springs, Colo. (Palmer HS)
20	Aubrey Vandiver	G	5-11	Jr.	2L	Laramie, Wyo. (Laramie HS)
21	Emma Langford	F	6-2	Fr.	HS	Arthurton, Australia (Australian Inst. of Sport)
22	Brenna Freeze	G	5-11	Fr.	HS	Albuquerque, N.M. (La Cueva HS)
24	Megan McGuffey	G	5-11	Sr.	3L	Cheyenne, Wyo. (Cheyenne East HS)
33	Elisabeth Dissen	C	6-1	Sr.	3L	Hillsboro, Ore. (Glencoe HS)
41	Hillary Carlson	F	6-3	So.	1L	Cheyenne, Wyo. (Cheyenne Central HS)
45	Mallory Cline	C	6-4	Jr.	2L	McClave, Colo. (McClave HS)

Alphabetical Roster

No	Name	Pos.	Ht.	Cl.	Exp	Hometown (Previous School)
41	Hillary Carlson	F	6-3	So.	1L	Cheyenne, Wyo. (Cheyenne Central HS)
45	Mallory Cline	C	6-4	Jr.	2L	McClave, Colo. (McClave HS)
33	Elisabeth Dissen	C	6-1	Sr.	3L	Hillsboro, Ore. (Glencoe HS)
15	Leah Fitzgerald	C	6-2	Fr.	HS	Colorado Springs, Colo. (Palmer HS)
22	Brenna Freeze	G	5-11	Fr.	HS	Albuquerque, N.M. (La Cueva HS)
14	Jade Kennedy	F	6-1	So.	1L	Cairns, Australia (St. Monica's College)
4	Gemma Koehler	F	6-1	Jr.	1L	Geelong, Australia (Sacred Heart HS)
21	Emma Langford	F	6-2	Fr.	HS	Arthurton, Australia (Australian Inst. of Sport)
24	Megan McGuffey	G	5-11	Sr.	3L	Cheyenne, Wyo. (Cheyenne East HS)
3	Randi Richardson	G	5-7	RSo.	TR	Arlington, Wash. (San Francisco)
12	Kristen Scheffler	G	5-11	Fr.	HS	Lovell, Wyo. (Lovell HS)
13	Ashley Sickles	F	6-1	Fr.	HS	Cresco, Iowa (Crestwood HS)
10	Rebecca Vanderjagt	F	6-3	Sr.	3L	Townsville, Australia (James Cook University)
20	Aubrey Vandiver	G	5-11	Jr.	2L	Laramie, Wyo. (Laramie HS)

Head Coach: Joe Legerski (Wyoming, '79), Sixth Year
Assoc. Head Coach: Gerald Mattinson (Weber State, '81), Sixth Year
Assistant Coaches: Kristin Becker (Vanderbilt, '90), Third Year
 Katie Kern (New Mexico, '99), Third Year

Cowgirls By State/Country

Colorado (2): Mallory Cline, McClave; Leah Fitzgerald, Colorado Springs
Iowa (1): Ashley Sickles, Cresco
New Mexico (1): Brenna Freeze, Albuquerque
Oregon (1): Elisabeth Dissen, Hillsboro
Washington (1): Randi Richardson, Arlington
Wyoming (4): Hillary Carlson, Cheyenne; Megan McGuffey, Cheyenne; Kristen Scheffler, Lovell; Aubrey Vandiver, Laramie
Australia (4): Jade Kennedy, Cairns; Gemma Koehler, Geelong; Emma Langford, Arthurton; Rebecca Vanderjagt, Townsville

Cowgirls By Class

Seniors (3)

Elisabeth Dissen, C, 6-1
 Megan McGuffey, G, 5-11
 Rebecca Vanderjagt, F, 6-3

Juniors (3)

Mallory Cline, C, 6-4
 Gemma Koehler, F, 6-1
 Aubrey Vandiver, G, 5-11

Sophomores (3)

Hillary Carlson, F, 6-3
 Jade Kennedy, F, 6-1
 Randi Richardson, G, 5-7

Freshmen (5)

Leah Fitzgerald, C, 6-2
 Brenna Freeze, G, 5-11
 Emma Langford, F, 6-2
 Kristen Scheffler, G, 5-11
 Ashley Sickles, F, 6-1

Cowgirls By Position

Guards (5)

Brenna Freeze, Megan McGuffey,
 Randi Richardson, Kristen Scheffler,
 Aubrey Vandiver

Forwards (6)

Hillary Carlson, Jade Kennedy,
 Gemma Koehler, Emma Langford,
 Ashley Sickles, Rebecca Vanderjagt

Centers (3)

Mallory Cline, Elisabeth Dissen,
 Leah Fitzgerald

Returning Starters (1)

Rebecca Vanderjagt

Starters Lost (4)

Jodi Bolerjack, Justyna Podziemska,
 Dominique Sisk, Hanna Zavec

Returning Letterwinners (8)

Hillary Carlson, Mallory Cline,
 Elisabeth Dissen, Jade Kennedy,
 Gemma Koehler, Megan McGuffey,
 Rebecca Vanderjagt, Aubrey Vandiver

Letterwinners Lost (5)

Jodi Bolerjack, Megan Mordecai,
 Justyna Podziemska, Dominique Sisk,
 Hanna Zavec

Newcomers (6)

Leah Fitzgerald, Brenna Freeze,
 Emma Langford, Randi Richardson,
 Kristen Scheffler, Ashley Sickles