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Frostburg State Quick Facts

City/Zip	Frostburg, Md./21532
Founded	1898
Enrollment	5,200
Nickname	Bobcats
School Colors	Red, Black & White
Affiliations	NCAA Division III
Conferences	Allegheny Mountain Collegiate Conference
President	Dr. Jonathan C. Gibraltar
Athletic Director	Troy Dell

Sports Information Staff

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Printer

MultiAd

Frostburg State Basketball Staff

Head Coach	Jody Pepple
Alma Mater/Year	Alderson-Broaddus/1989
Record at Frostburg State/Years	92-71/7
Career Record/Years	92-71/7
Basketball Office Phone	(301) 687-4466
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Assistant Coach	CK Calhoun
Office Phone	(301) 687-4468
Email Address	ccalhoun0@frostburg.edu
First Season of Women's Basketball	1964-65
All-Time Record/Yrs.	595-372 (.615)/42
Number Post-Season App.	13 (NCAA, ECAC & EIAIW)
Years	EIAIW (1) - 1981; NCAA (6) - 1982, '83, '85, '91, '97, '05; ECAC (8) - 1984, '86, '87, 88, '90, '92, '95, '04
Last Post-Season App.	2006 ECAC Tournament
Result	Lost to John Hopkins 38-56

2007-08 Schedule

Nov. 16	Frostburg State vs. Trinity @	6:00 pm
Nov. 16	Manhattanville vs. Waynesburg @	8:00 pm
Nov. 17	Consolation Game	2:00 pm
Nov. 17	Championship Game	4:00 pm
Nov. 20	at Villa Julie	6:00 pm
Nov. 23	at Bishop Classic %	6:00 & 8:00
Nov. 24	at Bishop Classic %	1:00 & 3:00
Nov. 28	at Pitt-Greensburg *	6:00 pm
Dec. 1	at Penn State Behrend *	2:00 pm
Dec. 5	La Roche *	6:00 pm
Dec. 8	Medaille *	1:00 pm
Jan. 5	Mt. Aloysius *	1:00 pm
Jan. 7	at Mary Washington	6:00 pm
Jan. 12	at Pitt-Bradford *	1:00 pm
Jan. 16	at Penn State Altoona *	6:00 pm
Jan. 19	Hilbert *	1:00 pm
Jan. 21	at Lake Erie *	1:00 pm
Jan. 23	at Catholic	6:00 pm
Jan. 26	Penn State Behrend *	1:00 pm
Jan. 30	Pitt-Greensburg *	6:00 pm
Feb. 2	at Medaille *	1:00 pm
Feb. 6	at La Roche *	6:00 pm
Feb. 9	Pitt-Bradford *	1:00 pm
Feb. 13	Penn State Altoona *	6:00 pm
Feb. 16	at Hilbert *	1:00 pm
Feb. 20	at Mt. Aloysius *	6:00 pm
Feb. 23	Lake Erie *	1:00 pm
Feb. 26	AMCC Tournament – First Round	TBA
Feb. 29	AMCC Tournament – Semifinals	TBA
Mar. 1	AMCC Tournament – Championship	TBA
Mar. 6	NCAA Tournament – First Round	TBA

Home Games in Bold

*Allegheny Mountain Collegiate Conference Members
% at Ohio Wesleyan



From an opening day enrollment of 57 students, Frostburg State University has grown to a present day enrollment of over 5,000 students. Its physical plant, once limited to a single building, Old Main, which housed classrooms and a library, has also grown to over 30 facilities including classroom buildings, residence halls, the Lewis J. Ort Library, the Harold J. Cordts Physical Education Center, the Lane Center, and the Performing Arts Center, situated on 255 beautiful acres.

Opened in 1902 as State Normal School No. 2, the University owes its existence to the tenacity of J. Benson Oder, editor of the Frostburg Mining Journal, and the citizens of Frostburg who, in spite of political barriers, raised funds and purchased the site on which the University is located.

Principal Edmund Dandridge Murdaugh and three faculty instructed the first Normal School class; in addition, the other faculty taught 151 children in the Model School. The Normal School students, who were high school students having to meet no requirements other than age (girls, 16; boys, 17), had but one two-year course of study, elementary education. The curriculum consisted of Latin, mathematics, history, rhetoric and literature, natural and physical sciences, drawing, music, calisthenics, psychology, philosophy of education, philosophy of school management, Pedagogy, Observation, Practice Work and Primary Manual Training.

Over the years, the name of the institution has reflected the changes in the scope of its educational mission. In 1935, the State Normal School No. 2 became the State Teachers College at Frostburg, a four-year college which offered a Bachelor of Science in Elementary Education. In 1963, the name became Frostburg State College, and finally in 1987, with the strong support of the local civic and business community, became Frostburg State University, an indication of its growing resources, diversity and excellence in educational opportunities for the region and the state.

In 1988, FSU became a constituent institution of the University System of Maryland, comprised of 11 of the state's 13 public institutions. Expanding to meet the educational needs of the region, the FSU Center in Hagerstown was also established in 1988 to offer upper-level bachelor's degree coursework and graduate programs. The University also opened, in 1990, a permanent location for the Frederick MBA program.

Throughout its growth, the University has emphasized excellence in teaching. Over 80% of the full-time faculty hold Ph.D.s or terminal degrees from institutions that are among the most prestigious in the nation. Faculty scholarship has led to scholarly books, manuals and journals, as well as numerous articles and reviews. This excellence in faculty has resulted in superior results for students. FSU has been ranked first among its peers for the number of doctorates per 100 baccalaureate degrees awarded. In the same study, FSU was ranked second in the percentage of national, prestigious awards received by faculty. These have included Fulbrights and significant grants from the National Endowment for the Humanities, the National Endowment for the Arts and other national associations.

At the same time, the University has developed comparable excellence in academic programs, research, consulting, cultural and athletic events, and facilities. In recent years the campus has consistently received a superior rating, the highest state award given for facilities and maintenance. In addition, FSU was also recently ranked safest college campus in the state.

Today, the University's mission and services have expanded significantly. Over 400 full-time administrators and support staff, and more than 200 full-time faculty serve the educational needs of students who come not only from throughout the United States, but also the world. These students have a choice of 37 major programs of study leading to the Bachelor of Art, Bachelor of Science, Bachelor of Fine Arts and Bachelor of Technical and Professional Studies degrees as well as graduate degrees in applied ecology and conservation biology, business administration, counseling psychology, education, wildlife/fisheries biology, human performance, modern humanities, park and recreation resource management, teaching and applied computer science. In addition, 12 pre-professional programs are offered.



FSU AT A GLANCE

- Average class size: 19
- 85% of classes have fewer than 30 students.
- 17:1 student/faculty ratio
- According to a recent survey, 97% of our graduates are employed. Over 83% are employed in the field of their choice.
- An undergraduate biology student discovered a new species of worm and presented his findings at the Russian Society of Nematologist Symposium in St. Petersburg.
- Among its peer institutions, FSU was ranked second for the number of national awards received by its faculty.
- The NBC hit sitcom "My Name is Earl" was created by a Frostburg State alumni Greg Garcia (Class of '92). Garcia is also the creator of the CBS sitcom, "Yes, Dear".
- The fall 2000 entering freshmen class was the largest in FSU history and 10.2 percent larger than the previous year. The same class had an average SAT score that was 14 points higher than the previous year's average.
- FSU is a partner in the construction of a business and technology park on campus. This new park will provide opportunities for students to engage in research and internships with participating agencies.
- The pass rate of FSU graduates in Social Work licensure exams has been 100% for the past two years.
- Students from FSU's Society for the Advancement of Management chapter placed third nationally in case competition.
- FSU education graduates have typically had pass rates of 96%-98% on the National Teachers Exam.



Head Coach

Jody Pepple Head Coach Seventh Season Alderson-Broaddus '89



Jody Pepple begins her seventh season as head coach of the Frostburg State University women's basketball program after serving as the team's top assistant the previous six years.

Last winter, the Bobcats posted their fourth-straight winning season under sixth-year Head Coach Jody Pepple. Her squad was 17-9 overall and 12-6 in the AMCC and just missed a spot in the Eastern College Athletic Conference Tournament. FSU kicked off the season by starting 4-0 and winning both the Fifth Annual FSU/Jim Crawley Tournament and the Gallaudet Tournament. FSU finished the season strong with seven-straight wins to clinch an AMCC Tournament opening round game at Bobcat Arena. In that contest, the fourth-seeded Bobcats fell to fifth-seeded Lake Erie on a game-winning basket with four seconds left on the clock.

In 2005-06, the Bobcats finished 18-10 overall and 13-6 in the AMCC. Frostburg State earned a No. 3 seed in the Allegheny Mountain Collegiate Conference Tournament and advanced to the semifinals, losing to eventual runner-up Pitt Greensburg 66-62. For the second time in three years, FSU earned a berth into the Eastern College Athletic Conference Tournament, where they lost to Johns Hopkins in the opening round, 56-38.

Frostburg State ranked second in the AMCC in steals per game (13.29) and turnover margin (3.25) and third in scoring offense (68.0 ppg), field goal percentages (41.8), blocked shots per game (3.11) and assists (14.89).

In 2004-05, Pepple guided the Bobcats to a 21-7 overall finish, a 16-2 mark in the AMCC, both the AMCC regular-season and tournament titles and FSU's first NCAA Tournament appearance since the 1996-97 campaign. The Bobcats defeated rivals Penn State Behrend (63-53) and Pitt-Greensburg (81-62) in the AMCC Tournament to earn the league's first-ever automatic bid to the NCAA Tournament. However, in the opening round, McDaniel downed FSU 71-65.

The Bobcats' Tracey Little was selected as the AMCC Co-Player of the Year and Tracie George was honored with an AMCC second team selection. Little was the first women's basketball player in school history to be named to the ESPN The Magazine Academic All-America® Women's Basketball (College Division) Third Team.

In 2003, Frostburg State finished 16-12 overall and 6-6 in the AMCC. The Bobcats earned the third seed in the AMCC Tournament and advanced to the semifinals for the second straight year, where they dropped a hard-fought 66-64 contest to eventual runner-up and NCAA Tournament participant Pitt-Greensburg. FSU was rewarded for its solid season by being selected for the Eastern College Athletic Conference Southern Championship tournament, where it lost to DeSales in the opening round.

The Bobcats finished second in the AMCC in scoring offense at 71.1 points per game, a 4.9 increase over the 2002-03 season. Frostburg State also ranked second in the league in field goal percentage (.405) and field goal percentage defense (.362).

Pepple has led FSU to a 75-62 overall record, one AMCC Tournament Championship, two ECAC Tournaments and one NCAA Tournament.

For the third straight year the Bobcats landed three players —Little, George and Kelly True — on the All-AMCC team. Little was a first-team honoree as well as a D3hoops.com All-Atlantic Region Third Team selection and an ECAC honorable mention pick. George was a second-team All-AMCC selection, while True was named to the honorable mention squad.

The Bobcats took impressive strides in Pepple's second season, finishing 12-15 overall and 5-7 in the AMCC. FSU opened with a 5-1 record before enduring a tough eight-game losing streak. The Red & Black rebounded to win four of their next five contests and advanced to the AMCC semifinals.

Little, Kim Faust and Holly Myers were named to the All-AMCC team. Little was named the AMCC Player of the Year and also earned D3hoops.com All-Atlantic Region second team and ECAC honorable mention honors. Faust took home D3hoops.com All-Atlantic Region third team accolades as well.

In her first season at the helm, Pepple led the Bobcats to an 8-18 overall record and a 3-9 mark in the AMCC. Pepple's squad set school single-season records with 126 three-pointers made and 437 three-point attempts. The Bobcats also improved their defense, allowing 6.7 fewer points per game in 2001-02 than in 2000-01.

Pepple, just the third head coach in the program's history, helped FSU to a 100-50 overall record as an assistant from 1995 to 2001. The Bobcats advanced to the 1997 NCAA Division III Tournament and won the 2000 AMCC Tournament title. Pepple also served as the women's basketball recruiting coordinator as well as the director of the FSU women's basketball camps and clinics. She continues as the director of FSU's intramural and club sports programs, a position she has held since 1995.

Before coming to Frostburg State, Pepple coached at the high school level and later served as an assistant coach for both the volleyball and basketball programs at Hagerstown (Md.) Community College. She helped guide the Hawk volleyball team to a ninth-place finish at the NJCAA national tournament, while the basketball team captured a Maryland state championship.

Pepple, who has also held assistant and head coaching positions for Frostburg State's volleyball and softball teams, played basketball and softball at HCC from 1981-83 and earned her associates degree. She then completed her bachelor's degree in health and physical education from Alderson-Broaddus (W.Va.) College in 1989. She received her master's degree from the United States Sports Academy in 1991.

Pepple was inducted into HCC's Hall of Fame in June 2004.

PEPPLE'S YEAR-BY-YEAR HEAD COACHING RECORDS

Year	School	Record
2001-02	Frostburg State	8-18, 3-9 AMCC
2002-03	Frostburg State	12-15, 5-7 AMCC
2003-04	Frostburg State	16-12, 6-6 AMCC !
2004-05	Frostburg State	21-7, 16-2 AMCC %,&
2005-06	Frostburg State	18-10, 13-6 AMCC !
2006-07	Frostburg State	17-9, 12-6 AMCC
Totals	6 Seasons at FSU	92-71, 55-36 AMCC

! ECAC Tournament Appearance
% AMCC Tournament Champions
& NCAA Tournament Appearance



Crystal Gibson
Assistant Coach
Second Season
Lebanon Valley '05

Crystal Gibson enters her second year as an assistant coach with the Frostburg State women's basketball program.

Gibson comes to FSU staff after serving as the interim head coach for Lebanon Valley College last spring and the assistant coach for the 2005-06 season. She was responsible for organizing recruiting data, preparing scouting reports, coordinating team community service activities and fundraising.

Gibson was also a four-year starter for the LVC basketball team and four-year letter winner for the track and field squad. She helped the basketball team to an 82-26 record during her tenure. She is the all-time career assist leader (528) and the single-season assist leader (146). She was voted as LVC's Most Outstanding Women's Athlete as a senior and the basketball team's Most Valuable Player as a junior.

As a member of the track and field team, Gibson was the team's MVP and the Middle Atlantic Conference outdoor high jump champion all four years. In 2002, she earned all-american honors as a high jumper and was the Eastern College Athletic Conference high jump champion.

In addition to her playing career, Gibson has served as a basketball camp counselor since 2000. She has coached at the All-Star Camp, Towson University Girls Camp, Millersville University Girls Camp, Future Stars Girls Camp and Lebanon Valley Girls Camp. Her duties included skill improvement drills, teaching fundamental techniques and creating and implementing offensive and defensive schemes.

Gibson earned her bachelor's degree in biology from Lebanon Valley in May 2005.



CK Calhoun
Assistant Coach
Second Season
Marymount '06

CK Calhoun is in her second year as a graduate assistant coach with the Frostburg State women's basketball program. She came to FSU after a three-year playing career at Marymount University.

Calhoun was a three-time letterwinner while playing for the Saints. She helped lead the team to two Capital Athletic Conference Championships and two NCAA Tournament appearances.

As a senior, she helped Marymount to a 20-9 overall record and a 9-5 CAC mark. In the conference championship, the Saints upset No.1 seed and undefeated Mary Washington 62-55 in overtime to advance the NCAA Tournament.

Calhoun has also served as a basketball camp counselor for four summers. She has helped with Coach Wootten Basketball Camp along with camps at Marymount and Annandale High School.

She graduated from MU with a Bachelor of Arts degree in graphic design in May of 2006. She is currently pursuing her master's degree in business administration.

2007-08 Roster



Front Row (L to R): Jessica Bender, Jamie Morningstar, Brittany James, Danielle Langdon, Imani Williams & Mercedes White.
 Back Row (L to R): Elizabeth Carrington, Ashley Anthony, Jennifer Anyikude, Courtney Lancaster, Amanda LaPorta, Shanell Williams & Sidra Bing.

Numerical Roster

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
10	Imani Williams	G	5-5	So.	Clinton, Md./Friendly
14	Sidra Bing	G	5-7	So.	Columbia, Md./Catholic of Baltimore
15	Ashley Anthony	G	5-6	Jr.	Silver Spring, Md./Woodrow Wilson
21	Mercedes White	G/F	5-7	Fr.	Bowie, Md./Bowie
22	Elizabeth Carrington	G	5-9	Fr.	Clinton, Md./Oxon Hill
23	Jamie Morningstar	G	5-9	Jr.	Poolesville, Md./Poolesville
24	Brittany James	G/F	5-9	So.	Baltimore, Md./Milford Mill
30	Jessica Bender	G	5-6	Fr.	Meyersdale, Pa./Meyersdale
33	Shanell Williams	G	5-9	So.	Baltimore, Md./Woodlawn
35	Danielle Langdon	G	5-8	So.	Charlottesville, Va./Western Albemarle
40	Jennifer Anyikude	F/C	6-0	Fr.	Upper Marlboro, Md./Largo
42	Amanda LaPorta	F	5-10	Sr.	Westminster, Md./Westminster
54	Sara Wolz	F	6-0	So.	Poolesville, Md./Poolesville
55	Courtney Lancaster	F	6-2	So.	Beltsville, Md./High Point

Alphabetical Roster

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
15	Ashley Anthony	G	5-6	Jr.	Silver Spring, Md./Woodrow Wilson
40	Jennifer Anyikude	F/C	6-0	Fr.	Upper Marlboro, Md./Largo
30	Jessica Bender	G	5-6	Fr.	Meyersdale, Pa./Meyersdale
14	Sidra Bing	G	5-7	So.	Columbia, Md./Catholic of Baltimore
22	Elizabeth Carrington	G	5-9	Fr.	Clinton, Md./Oxon Hill
24	Brittany James	G/F	5-9	So.	Baltimore, Md./Milford Mill
55	Courtney Lancaster	F	6-2	So.	Beltsville, Md./High Point
35	Danielle Langdon	G	5-8	So.	Charlottesville, Va./Western Albemarle
42	Amanda LaPorta	F	5-10	Sr.	Westminster, Md./Westminster
23	Jamie Morningstar	G	5-9	Jr.	Poolesville, Md./Poolesville
21	Mercedes White	G/F	5-7	Fr.	Bowie, Md./Bowie
10	Imani Williams	G	5-5	So.	Clinton, Md./Friendly
33	Shanell Williams	G	5-9	So.	Baltimore, Md./Woodlawn
54	Sara Wolz	F	6-0	So.	Poolesville, Md./Poolesville

2007-08 Roster Breakdown

By Players Returning (7)

No.	Name	Pos.	Ht.	Yr.	GP/GS	PPG	RPG	APG
14	Sidra Bing	G	5-7	So.	25/1	5.7	1.8	1.5
24	Brittany James	G/F	5-9	So.	25/10	8.5	6.5	0.5
33	Shanell Williams	G	5-9	So.	26/21	5.2	5.7	0.9
35	Danielle Langdon	G	5-9	So.	22/5	3.5	2.2	0.9
42	Amanda LaPorta	F	5-10	Sr.	26/26	10.4	3.4	1.0
54	Sara Wolz	F	6-0	So.	8/0	0.5	0.3	0.0
55	Courtney Lancaster	F	6-2	So.	15/0	3.1	3.1	0.2

By Newcomers (7)

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
10	Imani Williams	G	5-5	So.	Clinton, Md./Friendly
15	Ashley Anthony	G	5-6	Jr.	Silver Spring, Md./Catholic of Baltimore
21	Mercedes White	G/F	5-7	Fr.	Bowie, Md./Bowie
22	Elizabeth Carrington	G	5-9	Fr.	Clinton, Md./Oxon Hill
23	Jamie Morningstar	G	5-9	Jr.	Poolesville, Md./Poolesville
30	Jessica Bender	G	5-6	Fr.	Meyersdale, Pa./Meyersdale
40	Jennifer Anyikude	F/C	6-0	Fr.	Upper Marlboro, Md./Largo

By Class

- Seniors (1): Amanda LaPorta
- Juniors (2): Ashley Anthony, Jamie Morningstar
- Sophomore (7): Sidra Bing, Brittany James, Courtney Lancaster, Danielle Langdon, Shanell Williams, Imani Williams, Sara Wolz
- Freshman (4): Jennifer Anyikude, Jessica Bender, Elizabeth Carrington, Mercedes White

By State

- Maryland: (12): Ashley Anthony, Jennifer Anyikude, Sidra Bing, Elizabeth Carrington, Brittany James, Courtney Lancaster, Amanda LaPorta, Jamie Morningstar, Mercedes White, Imani Williams, Shanell Williams, Sara Wolz
- Virginia (1): Danielle Langdon
- Pennsylvania (1): Jessica Bender



Season Preview

With the loss of two 1,000-point career scorers, most programs would be in a rebuilding year but the 2007-08 Frostburg State women's basketball program isn't approaching the season with that attitude. Couple the loss with the fact that the Bobcats have just one senior and two juniors on this season's roster and some might think that the Bobcats aren't going to be as competitive as in year's past.

"Despite having so much youth on the team, a big advantage is that the sophomores got a lot of playing time last year as freshmen and that helped them mature," said head coach Jody Pepple. "I feel we are deeper this season than in the past because we have so many good players who can step up and fill in when called upon."

Senior **Amanda LaPorta (Westminster, Md./Westminster)** will be the leader of this year's Bobcat squad. She is the only player on the roster that has more than one year of playing experience for FSU. She has a consistent jumper and a good free throw shot. Last season, she averaged 10.4 points per game and 3.4 rebounds per game and will look to contribute more this season.

Jamie Morningstar (Poolesville, Md./Poolesville) and **Ashley Anthony (Silver Spring, Md./Woodrow Wilson)** make up the juniors on this year's FSU team.

Morningstar played the last two seasons at McDaniel College. She will see a lot of playing time this season at both the one and two-guard positions. She is a good shooter and is a smart player on both the offensive and defensive sides of the ball. She played in 23 games and averaged 4.5 ppg and 2.1 rpg for the Green Terror.

Anthony is a transfer from Montgomery College and should also compete for time at the one and two-guard positions. She has a good jump shot and can rebound well. Anthony was a Maryland JUCO All-Region First-Team and Maryland JUCO All-Conference Honorable Mention selection in her second year at MC.

The 2007-08 version of the Bobcats feature a combined 12 freshmen and sophomores. Leading the second-year players are **Brittany James (Baltimore, Md./Milford Mill)**, **Shanell Williams (Baltimore, Md./Woodlawn)** and **Sidra Bing (Columbia, Md./Catholic of Baltimore)**.

James had a tremendous offseason and is not only stronger but has developed her jump shot. She started the final nine games last season and averaged 12.8 ppg and 10.1 rpg during that stretch.

Williams should start at either the three or four spot as a small post player for Frostburg State. She possesses a quick first step and is one of the best rebounders on the team. She will help provide leadership and will look to build on her 5.2 ppg and 5.7 rpg stats from a year ago.

Bing is a point guard who will compete at both the one and two-guard positions. She is a quick defender who sees the floor well. She played in 25 games last season with one start and is third in scoring among the returners, averaging 5.7 points per game in 2007-08.

Among the returning sophomores are **Courtney Lancaster (Beltsville, Md./High Point)**, **Sara Wolz (Poolesville, Md./Poolesville)** and **Danielle Langdon (Charlottesville, Va./Western Albemarle)**.

Lancaster will see time on the inside this season with her solid post moves and consistent 10-12 foot jumper. As a freshman, she played in 15 games, averaging 3.1 ppg.

Wolz is a good left-handed player who has gotten quicker and stronger in the off-season. She just finished up volleyball season and brings championship experience to the basketball squad.

Langdon is the team's three-point specialist after draining 19 last season. She looks to recover after suffering a knee injury towards the end of last year.

FSU also welcomes sophomore transfer **Imani Williams (Clinton, Md./Friendly)** to this year's squad. She played one year for Trinity in Washington, D.C.

Four first-year players make up the rest of this year's roster for the Bobcats; **Mercedes White (Bowie, Md./Bowie)**, **Elizabeth Carrington (Clinton, Md./Oxon**

Hill), **Jennifer Anyikude (Upper Marlboro, Md./Largo)** and **Jessica Bender (Meyersdale, Pa./Meyersdale)**.

White was a four-year member of the basketball team at Bowie High School. She was the team's Most Valuable Player as a senior and she earned Gatorade Rookie of the year honors as a freshman. She will compete for time at the three-guard or small forward positions.

Carrington earned three varsity letters at Oxon Hill collecting team MVP honors and the Coach's Award during her career.

Anyikude joins the Bobcats from Largo High School. She was named the basketball teams Most Improved Player and she was an Honor Roll student as a sophomore, junior and senior.

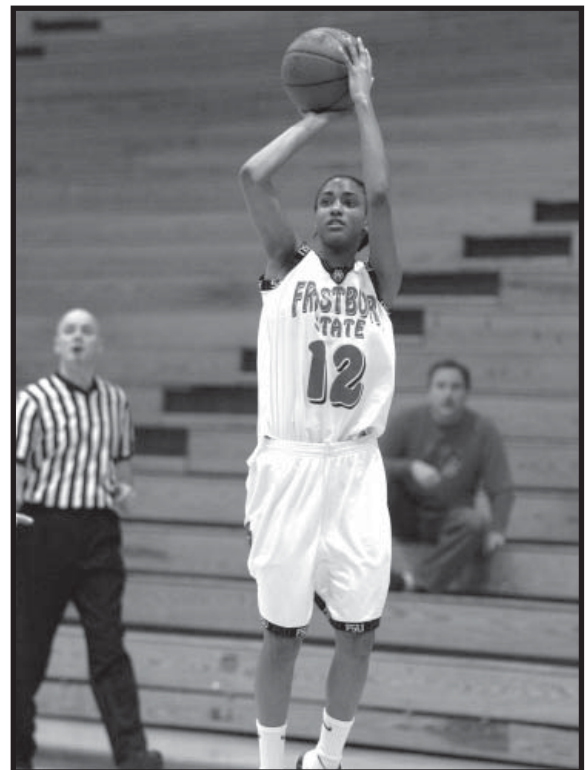
Bender will compete for time as a guard for FSU after playing one year at Meyersdale.

The 2007-08 schedule will again be tough for the Bobcats. FSU was picked to finish fifth in the preseason coaches poll behind Medaille, Penn State Behrend, Lake Erie and Pitt-Greensburg. The Mavericks are the preseason favorites to win the league title and have earned a spot in the NCAA Tournament in each of the last two seasons.

Frostburg State's non-conference schedule will also be a test as the Bobcats face some regionally and nationally ranked opponents.

In the Ohio Wesleyan Tournament, FSU will face Capital, who was picked to win the Ohio Athletic Conference. The Crusaders return four starters from a 20-7 squad in 2006-07.

In early January, Frostburg State will travel to No. 1 ranked Mary Washington for an annual battle. UMW was selected first in the D3hoops.com preseason poll after finishing last season with a 31-3 overall record.



Sidra Bing

Player Profiles



Amanda LaPorta

Forward
Senior - 5-10
Westminster, Md.
Westminster

42

2006-07: Started in all 26 games ... Second on the team in points per game (10.4) and field goals made (115) ... Named FSU/Jim Crawley Tournament Most Valuable Player ... Led the team in scoring in four games ... Scored a career-high 27 points in FSU's 70-68 win over Penn State Altoona (2/7) ... **2005-06:** Played in 27 games, making three starts ... Averaged 2.9 points per game and 2.5 rebounds per game ... Scored a season-high eight points against Rutgers-Camden (11/18), Pitt-Greensburg (2/21) and Mt. Aloysius (2/7) ... **2004-05:** Played in 20 games ... Scored a season-high 10 points against Hilbert (2/12/05) ... **Prior to FSU:** Earned three letters in basketball, soccer and softball at Westminster ... Received Sportsmanship Award in basketball in 2004 ... **Personal:** Born December 7, 1985 ... Daughter of John and Rita LaPorta ... Majoring in elementary education.



Courtney Lancaster

Forward
Sophomore - 6-2
Beltsville, Md.
High Point

55

2006-07: Played in 15 games ... Scored 47 points and 47 rebounds on the season ... Scored a season-high 10 points against Gallaudet ... Pulled down eight rebounds against Lake Erie (2/17) ... **Prior to FSU:** As a senior at High Point, she earned the Career Achievement Award and the U.S. Marine Distinguished Athlete award ... **Personal:** Born March 13, 1988 ... Daughter of James Lancaster and Marsha Wheeler-Christ ... Majoring in mass communications with a minor in music.



Sidra Bing

Guard
Sophomore - 5-7
Baltimore, Md.
Catholic of Baltimore

14

2006-07: Played in 25 games making one start ... Averaged 5.7 points per game and 1.8 rebounds a contest ... Third on the Bobcat squad with 38 assists and 36 steals ... Scored a season-high 18 points against Gallaudet ... Recorded 10 steals against Pitt-Greensburg (11/29) ... **Prior to FSU:** Earned five varsity letters at Catholic; three in basketball and two in track and field ... All-Metro selection in basketball as a senior ... Who's Who Among American high school athletes as a junior and senior ... **Personal:** Born September 28, 1988 ... Daughter of John and Arvella Bing ... Undecided on a major.



Brittany James

Forward
Sophomore - 5-9
Baltimore, Md.
Milford Mill

24

2006-07: Played in 25 games, starting 10 ... Averaged 8.5 points and 6.5 rebounds per game ... Second on the team in total rebounds (163) and fourth in points scored (213) and steals (35) ... Scored a season-high and led FSU with 22 points in win over Pitt-Bradford (2/3) ... Posted seven double-doubles on the season ... **Prior to FSU:** Basketball Most Valuable Player as a freshman and senior at Milford Mill ... All-Star MVP in 2006 ... High School Female Athlete of the Year as a senior ... Softball team MVP as a junior ... National Honor Roll, Who's Who Among High School Athletes and Minds in Motion award winner from 2001-2004 ... Attended Division I Morgan State ... Honor Roll student while at Milford Mill ... **Personal:** Born November 2, 1988 ... Daughter of John James and Darise Dobbins ... Majoring in criminal justice.



Player Profiles



Danielle Langdon

Guard
 Sophomore - 5-8
 Charlottesville, Va.
 Western Albemarle

35

2006-07: Started in five games while appearing in 22 ... Totaled 77 points and 48 boards on the season ... Tied for second on the team with 19 three pointers ... Scored a season-high nine points three different times; Immaculata, Penn State Behrend and Bethany ... **Prior to FSU:** Earned seven varsity letters while at Western Albemarle ... Second-Team All-District selection in softball ... **Personal:** Born December 3, 1987 ... Daughter of Rob and Marla Langdon ... Majoring in parks and recreation management.





Shanell Williams

Guard
 Sophomore - 5-9
 Baltimore, Md.
 Woodlawn

33

2006-07: Appeared in 26 games with 21 starts ... Tied for third on the team with 148 rebounds ... Scored 134 points, averaging 5.2 per contest ... Scored a season-high 20 points in FSU's 71-55 win over La Roche (1/31) ... **Prior to FSU:** Baltimore Sun All-Star selection ... U.S. Army Reserve National Scholar Athlete Award and Excellence in Business and Career Education award recipient as a senior ... National Honor Society and Honor Roll member all four years of high school ... **Personal:** Born June 11, 1988 ... Daughter of Sharon Wells ... Majoring in business administration.



Sara Wolz

Forward
 Sophomore - 6-2
 Poolesville, Md.
 Poolesville

54

2006-07: Played in eight games ... Scored four points; two against Hilbert (1/13) and two against Mt. Aloysius (1/18) ... Had two rebounds ... **Prior to FSU:** Earned five varsity letters at Poolesville ... Falcon Award recipient as a senior ... Volleyball state finalist as a junior and senior ... Honor Roll student all four years of high school ... National Honor Society in 11th and 12th grades ... **Personal:** Born August 5, 1988 ... Daughter of Jon and Patricia Wolz ... Majoring in athletic training with a minor in spanish.



Ashley Anthony

Guard
 Junior - 5-6
 Silver Spring, Md.
 Woodrow Wilson

15

Prior to FSU: Played for Montgomery College from 2005-07 ... Maryland JUCO All-Region First-Team selection in 2006-07 ... Maryland JUCO All-Conference Honorable Mention and JUCO All-Star last year ... Two-time team captain ... Earned three varsity letters at Woodrow Wilson; two in basketball and one in softball ... **Personal:** Born April 3, 1986 ... Daughter of Clementine Anthony ... Majoring in psychology.

Player Profiles



Jennifer Anyikude

Forward
Freshman - 6-0
Upper Marlboro, Md.
Largo

40

Prior to FSU: Earned three varsity letters at Largo; basketball, soccer and tennis ... Most Improved Played in basketball ... Honor Roll student as a sophomore, junior and senior ... National Honor Society and Who's Who Among student-athletes ...
Personal: Born November 4, 1989 ... Daughter of Christian and Nnenna Anyikude ... Majoring in chemistry.



Jamie Morningstar

Guard
Junior - 5-9
Poolesville, Md.
Poolesville

23

Prior to FSU: Played two years at McDaniel College ... Appeared in 23 games last season for the Green Terror averaging 4.5 points and 2.1 rebounds per game ... Poolesville Female Athlete of the Year as a senior ... Basketball Most Valuable Player at PHS in both junior and seniors seasons ... All-time leading scorer and rebounder in basketball ... Softball and field hockey MVP as a senior ... Earned All-County honors in all three sports as a senior ... Honor Roll student all four years at Poolesville ... McDaniel's Deans List in 2006-07 ... PHS Teaching Scholarship, Academic Scholarship and Mary Davidson Memorial Scholarship award winner ...
Personal: Born January 22, 1987 ... Daughter of Steve and Renae Morningstar ... Majoring in early childhood/elementary education.



Elizabeth Carrington

Guard
Freshman - 5-9
Clinton, Md.
Oxon Hill

22

Prior to FSU: Earned three varsity letters at Oxon Hill ... Earned team MVP and Coach's Award in basketball in high school ... Scholar Athlete award recipient ...
Personal: Born January 3, 1989 ... Daughter of Wayne and Wanda Carrington ... Majoring in business administration.



Mercedes White

Guard
Freshman - 5-7
Bowie, Md.
Bowie

21

Prior to FSU: Basketball team's Most Valuable Player as a senior ... Thomas Stone All-Tournament player as a junior ... Gatorade Rookie and school Rookie of the Year as a freshman ... Honor Roll student in 2003-04 and 2006-07 ... Prince George's County Honor Roll (03-04, 05-06, 06-07) ... Who's Who Among student athletes (03-04, 06-07) ...
Personal: Born Nov. 14, 1989 ... Daughter of Harry and Renee White ... Majoring in law and society with a concentration in criminal justice.



Jessica Bender

Guard
Freshman - 5-6
Meyersdale, Pa.
Meyersdale

30

Prior to FSU: Earned one varsity letter at Meyersdale ...
Personal: Born April 5, 1988 ... Daughter of Mark and Cheryl Bender ... Undecided on a major.



Imani Williams

Guard
Sophomore - 5-5
Clinton, Md.
Friendly

10

Prior to FSU: Played one year of basketball at Trinity ... Basketball's Best Defensive MVP at Friendly as a junior and senior ... Who's Who Among High School athletes ... Honor Roll and Academic Excellence Award winner while in high school ... Earned five varsity letters at Friendly; cheerleading (2), basketball (2) and softball ...
Personal: Born May 23, 1988 ... Daughter of Carlisle Taylor ... Majoring in law and society with a minor in photography.



2006-07 Statistics

Overall Statistics

##	Player	GP	GS	Min	Avg	FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
02	Tracie George	25	25	900	36.0	91	267	.341	19	74	.257	53	75	.707	23	99	122	4.9	55	1	123	113	5	51	254	10.2
04	Krystin Hargrove	26	26	962	37.0	165	419	.394	24	103	.233	92	142	.684	64	84	148	5.7	65	3	79	106	7	117	446	17.2
12	Sidra Bing	25	1	450	18.0	64	169	.379	1	3	.333	14	38	.368	13	31	44	1.8	39	0	38	48	5	36	450	18.0
20	Tonya Handy	18	16	483	26.8	74	136	.544	0	1	.000	30	62	.484	95	104	199	11.1	37	0	21	37	35	34	483	26.8
24	Brittany James	25	10	507	20.3	80	163	.491	0	1	.000	53	80	.663	75	88	163	6.5	31	0	12	30	3	35	213	8.5
30	Lydia Moore	2	0	8	4.0	0	1	.000	0	0	.000	0	0	.000	5	5	10	5.0	0	0	1	3	0	0	8	4.0
32	Rebecca Moyer	16	1	87	5.4	6	28	.214	0	0	.000	2	5	.400	8	12	20	1.3	9	0	0	5	0	1	87	5.4
33	Shanell Williams	26	21	624	24.0	51	171	.298	7	28	.250	25	41	.610	76	72	148	5.7	80	5	21	34	18	26	134	5.2
35	Danielle Langdon	22	5	345	15.7	27	69	.391	19	52	.365	4	9	.444	14	34	48	2.2	23	0	19	24	0	8	77	3.5
42	Amanda LaPorta	26	26	677	26.0	115	282	.408	0	0	.000	41	64	.641	45	43	88	3.4	90	5	26	75	2	26	271	10.4
54	Sara Wolz	8	0	36	4.5	1	4	.250	0	0	.000	2	2	1.000	0	2	2	0.3	2	0	0	1	0	0	4	0.5
55	C. Lancaster	15	0	1222	8.1	18	50	.360	0	0	.000	11	17	.647	21	26	47	3.1	19	0	4	13	7	1	47	3.1
	Total	26	5201			692	1759	.393	70	262	.267	327	535	.611	482	652	1134	43.6	450	14	344	498	82	335	1781	68.5
	Opponents	26	5201			623	1568	.397	118	360	.328	359	566	.634	379	686	1065	41.0	448	-	377	566	69	243	1723	66.3

AMCC Statistics

##	Player	GP	GS	Min	Avg	FG	FGA	Pct	3FG	FGA	Pct	FT	FTA	Pct	Off	Def	Tot	Avg	PF	FO	A	TO	Blk	Stl	Pts	Avg
02	Tracie George	17	17	626	36.8	64	178	.360	12	45	.267	37	51	.725	16	67	83	4.9	35	0	82	79	4	36	177	10.4
04	Krystin Hargrove	18	18	672	37.3	121	308	.393	20	81	.247	62	92	.674	46	62	108	6.0	42	2	59	68	4	89	324	18.0
12	Sidra Bing	17	1	333	19.6	50	126	.397	0	2	.000	7	21	.333	12	21	33	1.9	29	0	24	39	5	26	333	19.6
20	Tonya Handy	12	10	323	26.9	52	95	.547	0	1	.000	15	29	.517	63	72	135	11.3	23	0	15	23	23	24	119	9.9
24	Brittany James	17	8	369	21.7	59	119	.496	0	0	.000	40	59	.678	56	62	118	6.9	24	0	6	18	1	27	158	9.3
30	Lydia Moore	2	0	8	4.0	0	1	.000	0	0	.000	0	0	.000	5	5	10	5.0	0	0	1	3	0	0	0	0.0
32	Rebecca Moyer	11	1	52	4.7	1	19	.053	0	0	.000	2	4	.500	5	7	12	1.1	8	0	0	1	0	0	4	0.4
33	Shanell Williams	18	17	465	25.8	41	133	.308	5	20	.250	14	24	.583	55	53	108	6.0	53	3	17	25	12	17	101	5.6
35	Danielle Langdon	15	1	195	13.0	14	40	.350	12	34	.353	4	9	.444	4	22	26	1.7	14	0	9	12	0	6	44	2.9
42	Amanda LaPorta	18	18	436	24.2	71	181	.392	0	0	.000	36	48	.750	27	24	51	2.8	61	2	16	50	2	14	178	9.9
55	C. Lancaster	10	0	95	9.5	13	38	.342	0	0	.000	9	15	.600	16	18	34	3.4	14	0	2	10	2	1	35	3.5
	Total	18	3600			487	1241	.392	49	183	.268	228	354	.644	337	440	777	43.2	304	7	228	333	53	240	1251	69.5
	Opponents	18	3600			447	1093	.409	89	245	.363	249	372	.669	259	473	732	40.7	299	2	273	391	47	168	1232	68.4

2006-07 Season Results



Record:	Overall	Home	Away	Neutral
All Games	17-9	9-6	7-3	1-0
Conference	12-6	6-3	6-3	0-0
Non-Conference	5-3	3-3	1-0	1-0

Date	Opponent	W/L	Score	High Scorer	High Rebounder
Nov. 17	Immaculata !	W	74-66	(19) Krystin Hargrove	(11) Tonya Handy
Nov. 18	Goucher !	W	59-51	(19) Amanda LaPorta	(16) Tonya Handy
Nov. 25	vs. St. Joseph's %	W	64-55	(17) Tracie George	(9) Tonya Handy
Nov. 26	at Gallaudet %	W	89-53	(21) Krystin Hargrove	(9) Tonya Handy
Nov. 29	Pitt-Greensburg *	L	65-75	(18) Krystin Hargrove	(13) Tonya Handy
Dec. 2	Penn State Behrend *	W	66-62	(22) Krystin Hargrove	(11) Tonya Handy
Dec. 3	Villa Julie	L	43-53	(14) Tonya Handy	(10) Tonya Handy
Dec. 6	at La Roche *	W	74-69	(20) Krystin Hargrove	(11) Tonya Handy
Dec. 9	at Medaille *	L	44-86	(10) Krystin Hargrove	(8) Tonya Handy
Jan. 4	Mary Washington	L	54-74	(16) Amanda LaPorta	(9) Tonya Handy
Jan. 6	Pitt-Bradford *	W	54-43	(12) Sidra Bing	(13) Tonya Handy
Jan. 10	Penn State Altoona *	L	82-87	(21) Tracie George	(9) Tonya Handy
Jan. 13	at Hilbert *	W	73-52	(18) Tonya Handy	(14) Tonya Handy
Jan. 15	Lake Erie *	W	74-71	(17) Amanda LaPorta	(9) Tonya Handy
Jan. 18	at Mt. Aloysius *	W	90-72	(32) Krystin Hargrove	(9) Tonya Handy
Jan. 20	at Penn State Behrend *	L	54-74	(18) Krystin Hargrove	(11) Tonya Handy
Jan. 24	at Pitt-Greensburg *	L	69-73	(21) Krystin Hargrove	(20) Tonya Handy
Jan. 27	Medaille *	L	62-73	(19) Krystin Hargrove	(11) Krystin Hargrove
Jan. 29	Bethany	W	83-74	(26) Krystin Hargrove	(11) Brittany James
Jan. 31	La Roche *	W	71-55	(20) Shanell Williams	(13) Brittany James
Feb. 3	at Pitt-Bradford *	W	69-66	(22) Brittany James	(8) Brittany James
Feb. 7	at Penn State Altoona *	W	70-68	(27) Amanda LaPorta	(16) Brittany James
Feb. 10	Hilbert *	W	77-73	(25) Krystin Hargrove	(11) Shanell Williams
Feb. 15	Mt. Aloysius *	W	79-74	(23) Krystin Hargrove	(10) Two Tied
Feb. 17	at Lake Erie *	W	78-59	(25) Krystin Hargrove	(11) Brittany James
Feb. 20	Lake Erie \$	L	64-65	(24) Krystin Hargrove	(11) Two Tied

* Allegheny Mountain Collegiate Conference Opponents

! FSU/ Jim Crawley Invitational

% Gallaudet Tournament

\$ AMCC Tournament



2006-07 Final Standings

School	AMCC				Overall			
	W-L	Pct.	PF	PA	W-L	Pct.	PF	PA
Medaille	17-1	.944	69.9	50.4	23-5	.821	68.8	53.3
Penn State Behrend	15-3	.833	67.3	52.6	21-6	.777	65.7	54.1
Pitt-Greensburg	12-6	.667	68.5	63.4	14-12	.538	64.9	63.9
Frostburg State	12-6	.667	69.5	68.4	17-9	.654	68.5	66.3
Lake Erie	10-8	.555	62.7	61.4	11-15	.423	61.8	63.9
Pitt-Bradford	8-10	.444	58.2	61.3	10-16	.385	56.8	63.2
Mt. Aloysius	7-11	.388	64.4	69.4	12-13	.480	64.9	65.2
Penn State Altoona	4-14	.286	56.6	68.4	6-19	.240	57.8	68.6
La Roche	3-15	.200	53.3	63.4	5-20	.250	52.0	62.9
Hilbert	1-11	.083	51.3	63.0	2-22	.083	49.8	64.6

All-Conference Team

First Team

Name	Pos.	Class	School
Brittany Mays	G	Sr.	Penn State Behrend
Krystin Hargrove	G	Sr.	Frostburg State
Amanda Baker	F	Jr.	Medaille
Tiffany Menhorn	G/F	Jr.	Pitt-Greensburg
Taiasha Brown	F	Jr.	Pitt-Bradford

Second Team

Name	School	Pos.	Class
Marisa Clark	G	Jr.	Medaille
Amanda McHale	F	Jr.	Hilbert
Lindsey Bush	G	So.	Mt. Aloysius
Marlis Graves	G	Jr.	La Roche
Jalisa Mitchell	G	Fr.	Lake Erie

Honorable Mention

Name	School	Pos.	Class
Brianna Baker	F	So.	Mt. Aloysius
Julia Andrus	G	Jr.	Penn State Behrend
Loni Sargent	F	Jr.	Lake Erie
Nicole Reiser	G	So.	Pitt-Greensburg
Kelsey Wilcox	F	Fr.	Pitt-Greensburg

Player of the Year

Amanda Baker Medaille

Newcomers of the Year

Jalisa Mitchell Lake Erie

Coach of the Year

Bob Booher Lake Erie

AMCC Players of the Week

Week of	Player
Nov. 20	Tonya Handy, Frostburg State
Nov. 27	Amanda Baker, Medaille
Dec. 4	Tiffany Menhorn, Pitt-Greensburg
Dec. 11	Taiasha Brown, Pitt-Bradford
Dec. 18	Shakeeya Simmons, La Roche
Jan. 2	Marisa Clark, Medaille
Jan. 8	Brianna Baker, Mount Aloysius
Jan. 15	Brittany Mays, Penn St. Behrend *
Jan. 22	Krystin Hargrove, Frostburg State
Jan. 29	Amanda McHale, Hilbert
Feb. 5	Amanda Baker, Medaille *
Feb. 12	Megan Richards, Pitt-Bradford
Feb. 19	Krystin Hargrove, Frostburg State
Feb. 26	Marisa Clark, Medaille *

* Denotes ECAC Player of the Week Selection



Non-Conference Opp.



Catholic

Jan. 23, 2008 - 6:00 pm - Washington, D.C.

Location: Washington, D.C.
Enrollment: 3,125
Colors: Cardinal Red and Black
Nickname: Cardinals
Conference: Landmark Conference
Arena: Raymond A. DuFour Center
President: Very Reverend David M. O'Connell
Athletic Director: Dr. Michael Allen
2006-07 Record: 15-11
Head Coach: Margaret Carey
Record at CUA: 34-20 (2 Seasons)
Overall Record: 34-20 (2 Seasons)
Asst. Coaches: Jackie DeBorger, Haley Jones & Erin Bonner
Starters Returning/Lost: N/A
Sports Information Director: Barbara Jonas
Web Site: www.cuacardinals.com

Manhattanville

Nov. 16 & 17, 2007 - TBA - Frostburg, Md.

Location: Purchase, N.Y.
Enrollment: 1,600
Colors: Crimson & White
Nickname: Valiants
Conference: Middle Atlantic
Arena: Kenegy Gym
President: Richard A. Berman
Athletic Director: Keith Levinthal
2006-07 Record: 7-19
Head Coach: Candice Brown
Record at MC: 0-0 (First Season)
Overall Record: 0-0 (First Season)
Assistant Coaches: Erin Nemshick, Brian Bush
Sports Information Director: Andy Viano
Web Site: <http://www.govaliants.com>

Mary Washington

Jan. 7, 2008 - 6:00 pm - Fredericksburg, Va.

Location: Fredericksburg, Va.
Enrollment: 4,000
Colors: Navy, Gray & White
Nickname: Eagles
Conference: Capital Athletic
Arena: Goolrick Gymnasium
President: Richard V. Hurley
Athletic Director: Dr. Ed Hegmann
2006-07 Record: 31-3
Head Coach: Deena Applebury
Record at UMW: 95-25 (4 Seasons)
Overall Record: 95-25 (4 Seasons)
Assistant Coach: Casey Mummah
Starters Returning/Lost: 4/2
Sports Information Director: Clint Often
Web Site: <http://www.umw.edu/athletics/>

Ohio Wesleyan

Nov. 23 & 24, 2007 - TBA - Delaware, Ohio

Location: Delaware, Ohio
Enrollment: 1,945
Colors: Red & Black
Nickname: Battling Bishops
Conference: North Coast Athletic Conference
Arena: N/A
President: Dr. David O. Robbins
Athletic Director: Roger Ingles
2006-07 Record: 14-12
Head Coach: Nan Carney-DeBord
Record at OWU: 363-188 (21 Seasons)
Overall Record: 363-188 (21 Seasons)
Asst. Coaches: Stacey Reed, Jessica Viertlboeck
Starters Returning/Lost: 3/2
Sports Information Director: Mark Beckenbach
Web Site: www.bishops.owu.edu

Trinity

Nov. 16, 2007 - 6:00 pm - Frostburg, Md.

Location: Washington, D.C.
Enrollment: 575
Colors: Purple & White
Nickname: Tigers
Conference: Atlantic Women's Colleges
Arena: Trinity Center
President: Patricia McGuire
Athletic Director: Kristine Manning
2006-07 Record: 11-13
Head Coach: Gary Blake
Record at TC: 11-13 (One Seasons)
Overall Record: N/A
Assistant Coaches: TBA
Starters Returning/Lost: N/A
Sports Information Director: Beth Stone
Web Site: <http://www.trinitydc.edu/athletics>

Villa Julie

Nov. 20, 2007 - 6:00 pm - Stevenson, Md.

Location: Stevenson, Md.
Enrollment: 2,800
Colors: Green, Black & White
Nickname: Mustangs
Conference: Capital Athletic Conference
Arena: Student Union Center
President: Dr. Kevin Manning
Athletic Director: Brett Adams
2006-07 Record: 19-10
Head Coach: Chris Ramer
Record at VJC: N/A
Overall Record: N/A
Assistant Coaches: Jeremy Munson
Starters Returning/Lost: N/A
Sports Information Director: TBA
Web Site: www.gomustangs.com

Waynesburg

Nov. 16 & 17, 2007 - TBA - Frostburg, Md.

Location: Waynesburg, Pa.
Enrollment: 1,530
Colors: Orange & Black
Nickname: Yellow Jackets
Conference: Presidents' Athletic Conference
Arena: Rudy Marisa Fieldhouse
President: N/A
Athletic Director: Rudy Marisa
2006-07 Record: 9-16
Head Coach: Terry Acker
Record at WC: 70-128
Overall Record: 70-128
Assistant Coaches: Ellen Hildebrand, Rachel Dillon
Starters Returning/Lost: 2/3
Sports Information Director: Mike Kifer
Web Site: waynesburgsports.com



2007-08 AMCC Opponents

Hilbert

Jan. 19, 2008 - 1:00 pm - Frostburg, Md.
Feb. 16, 2008 - 1:00 pm - Hilbert, N.Y.

Location: Hamburg, N.Y.
Enrollment: 1,200
Colors: Royal Blue & White
Nickname: Hawks
Arena: Hafner Recreation Center
President: Dr. Cynthia Zane
Athletic Director: Richard Walsh
2006-07 Record: 2-22, 2-16 AMCC
Head Coach: Kara Rehbaum
Record at HC: 15-57 (Three Seasons)
Overall Record: N/A
Asst. Coaches: Beata Fijalkowski, Lindsay Peltier
Starters Returning/Lost: N/A
Sports Information Director: Rob deGrandpre
Web Site: www.hilbert.edu/athletics.asp



La Roche

Dec. 5, 2007 - 6:00 pm - Frostburg, Md.
Feb. 6, 2008 - 6:00 pm - Pittsburgh, Pa.

Location: Pittsburgh, Pa.
Enrollment: 1,700
Colors: Red & White
Nickname: Redhawks
Arena: Kerr Fitness and Sports Center
President: Sister Candace Introcaso
Athletic Director: Jim Tinkey
2006-07 Record: 5-20, 3-15 AMCC
Head Coach: Eddie Benton
Record at LAR: 21-54 (3 Seasons)
Overall Record: 21-54 (3 Seasons)
Asst. Coaches: Megan Supernovich, Cornelius Nesbit, Carl Epperson
Starters Returning/Lost: N/A
Sports Information Director: Chase Rowe
Web Site: www.laroche.edu/athletic2-department



Lake Erie

Jan. 21, 2007 - 1:00 pm - Painesville, Ohio
Feb. 23, 2008 - 1:00 pm - Frostburg, Md.

Location: Painesville, Ohio
Enrollment: 1,100
Colors: Green & White
Nickname: Storm
Arena: Athletic Center
President: Michael Victor
Athletic Director: Griz Zimmerman
2006-07 Record: 11-15, 10-8 AMCC
Head Coach: Bob Booher
Record at LEC: 17-32 (2 Seasons)
Overall Record: 17-32 (2 Seasons)
Assistant Coaches: Darren Jones, Joe Perella, Kristy Booher, Jenn Neal & Carl Hughes
Starters Returning/Lost: 2/3
Sports Information Director: Kristy Booher
Web Site: www.lec.edu/athletics/index.php



Medaille

Dec. 8, 2007 - 1:00 pm - Frostburg, Md.
Feb. 2, 2008 - 1:00 pm - Buffalo, N.Y.

Location: Buffalo, N.Y.
Enrollment: 2,599
Colors: Blue, White & Red
Nickname: Mavericks
Arena: Sullivan Center
President: Richard Davis
Athletic Director: Peter Lonergan
2006-07 Record: 23-5, 17-1 AMCC
Head Coach: Pete Lonergan
Record at MC: 82-26 (4 Seasons)
Overall Record: 82-26 (4 Seasons)
Assistant Coaches: Kathy Meder, Ron Stepien, Stephanie Menth, Sally Schuster
Starters Returning/Lost: N/A
Sports Information Director: Mike Carberry
Web Site: www.medaille.edu/mavericks



Mt. Aloysius

Jan. 15, 2008 - 1:00 pm - Frostburg, Md.
Feb. 20, 2008 - 6:00 pm - Cresson, Pa.

Location: Cresson, Pa.
Enrollment: 1,200
Colors: Blue & White
Nickname: Mounties
Arena: Health and Fitness Center
President: Sr. Mary Ann Dillon, Ph.D.
Athletic Director: Tim Kelly
2006-07 Record: 12-13, 7-11 AMCC
Head Coach: Brian Gennett
Record at MAC: 12-13 (1 Season)
Overall Record: 12-13 (1 Season)
Assistant Coaches: N/A
Starters Returning/Lost: N/A
Sports Information Director: Lance Loya
Web Site: www.mtaloy.edu/athletics



Penn State Altoona

Jan. 16, 2008 - 6:00 pm - Altoona, Pa.
Feb. 13, 2008 - 2:00 pm - Frostburg, Md.

Location: Altoona, Pa.
Enrollment: 4,000
Colors: Blue & White
Nickname: Lions
Arena: Adler Athletic Complex
President: Dr. Lori J. Bechtel
Athletic Director: Fredina Ingold
2006-07 Record: 6-19, 4-14 AMCC
Head Coach: Donna Kling
Record at PSA: 12-37 (2 Seasons)
Overall Record: 12-37 (2 Seasons)
Assistant Coach: Kristen Baker & Pat Nagle
Starters Returning/Lost: 2/3
Sports Information Director: Steve Crider
Web Site: www.altoona.psu.edu/sports/



Penn State Behrend

Dec. 1, 2007 - 2:00 pm - Erie, Pa.
Jan. 26, 2008 - 1:00 pm - Frostburg, Md.

Location: Erie, Pa.
Enrollment: 3,700
Colors: Blue & White
Nickname: Lions
Arena: Junker Center
President: Dr. Jack Burke
Athletic Director: Brian Streeter
2006-07 Record: 21-6, 15-3 AMCC
Head Coach: Roz Fornari
Record at PSB: 243-133 (14 Seasons)
Overall Record: 243-133 (14 Seasons)
Assistant Coaches: Anneke Chewning, Amy Stranaham, Becky Reed, Megan Post
Starters Returning/Lost: 2/3
Sports Information Director: Paul Benim
Web Site: pserie.psu.edu/athletics/athletics.htm



Pitt-Bradford

Jan. 12, 2008 - 1:00 pm - Bradford, Pa.
Feb. 9, 2008 - 1:00 pm - Frostburg, Md.

Location: Bradford, Pa.
Enrollment: 1,306
Colors: Navy Blue & Gold
Nickname: Panthers
Arena: Sport & Fitness Center
President: Dr. Livingston Alexander
Athletic Director: Lori Mazza
2006-07 Record: 10-16, 8-10 AMCC
Head Coach: Allan King
Record at UPB: 0-0 (First Season)
Overall Record: 0-0 (First Season)
Assistant Coaches: N/A
Starters Returning/Lost: N/A
Sports Information Director: Greg Clark
Web Site: www.upb.pitt.edu/athletics/index.htm



Pitt-Greensburg

Nov. 28, 2007 - 6:00 pm - Greensburg, Pa.
Jan. 30, 2008 - 6:00 pm - Frostburg, Pa.

Location: Greensburg, Pa.
Enrollment: 1,800
Colors: Navy & Gold
Nickname: Bobcats
Arena: Chambers Hall
President: Dr. Frank Cassell
Athletic Director: Dick Hack
2006-07 Record: 14-12, 12-6 AMCC
Head Coach: Carol Gelet
Record at UPG: 139-84 (8 Seasons)
Overall Record: 139-84 (8 Seasons)
Assistant Coach: Andy Geter
Starters Returning/Lost: 4/1
Sports Information Director: Joe Hill
Web Site: www.upg.pitt.edu/athletics



Frostburg State Records



FSU In The Post-Season

Year	Tournament	Opponent	Results
1980-81	EIAIW	Scranton	L/43-101
1981-82	NCAA III	Susquehanna	L/60-63
1982-83	NCAA III	Trenton State	W/72-68
		Kean	L/74-79
1983-84	ECAC South	Marymount	W/Forfeit
		Moravian	W/101-80
1984-85	NCAA III	Muskingum	L/65-67
		Kean	L/66-79
1985-86	ECAC South	Franklin & Marshall	W/68-51
		Catholic	W/56-55
1986-87	ECAC South	Ferrum	W/89-82
		Moravian	L/73-85
1987-88	ECAC South	Delaware Valley	W/69-63
		Moravian	W/78-75
1989-90	ECAC South	Mary Washington	W/85-49
		Delaware Valley	W/81-55
1990-91	NCAA III	Kean	W/61-57
		St. John Fisher	L/50-79
1991-92	ECAC South	Ursinus	W/81-56
		Penn State Behrend	L/48-61
1994-95	ECAC South	Allentown	L/50-61
1996-97	NCAA III	Rowan	L/47-77
2003-04	ECAC South	DeSales	L/56-92
2004-05	NCAA III	McDaniel	L/64-71
2005-06	ECAC South	Johns Hopkins	L/38-56

FSU All-Time Head Coaches

Head Coach	Record	Years (seasons)
Sharon Irwin	97-113	1964-1978 (14)
Jim Crawley	406-188	1978-2001 (23)
Jody Pepple	92-71	2001-07 (6)
Totals	595-372	43 Seasons

FSU Coaching Records

Year	Record	Coach
1964-65	1-5	Sharon Irwin
1965-66	7-3	Sharon Irwin
1966-67	4-6	Sharon Irwin
1967-68	6-6	Sharon Irwin
1968-69	6-5	Sharon Irwin
1969-70	10-6	Sharon Irwin
1970-71	7-10	Sharon Irwin
1971-72	4-9	Sharon Irwin
1972-73	6-11	Sharon Irwin
1973-74	8-7	Sharon Irwin
1974-75	4-13	Sharon Irwin
1975-76	12-7	Sharon Irwin
1976-77	14-11	Sharon Irwin
1977-78	8-14	Sharon Irwin
1978-79	8-16	Jim Crawley
1979-80	13-14	Jim Crawley
1980-81	20-5\$	Jim Crawley
1981-82	15-7!	Jim Crawley
1982-83	20-5!	Jim Crawley
1983-84	17-8#	Jim Crawley
1984-85	21-5!	Jim Crawley
1985-86	20-6#	Jim Crawley
1986-87	15-13#	Jim Crawley
1987-88	18-10#	Jim Crawley
1988-89	18-9	Jim Crawley
1989-90	22-6#	Jim Crawley
1990-91	26-2!^	Jim Crawley
1991-92	22-6#^	Jim Crawley
1992-93	18-8^	Jim Crawley
1993-94	16-9	Jim Crawley
1994-95	17-9#	Jim Crawley
1995-96	17-7	Jim Crawley
1996-97	23-3!	Jim Crawley
1997-98	18-7	Jim Crawley
1998-99	17-7	Jim Crawley
1999-00	18-8%	Jim Crawley
2000-01	7-18	Jim Crawley
2001-02	8-18	Jody Pepple
2002-03	12-15	Jody Pepple
2003-04	16-12#	Jody Pepple
2004-05	21-7!	Jody Pepple
2005-06	18-10	Jody Pepple
2006-07	17-9	Jody Pepple
43 seasons	595-372	.614 Winning Pct.

1,000-Point Club

Rank	Points	Player	Years
1.	1,960	Sheila Colbert	1987-91
2.	1,675	Nicole Bashaw	1989-93
3.	1,661	Shannon Rexrode	1996-00
4.	1,650	Tracey Little	2001-05
5.	1,624	Kim Faust	1999-03
6.	1,548	Kara Reed-Nelson	1994-98
7.	1,438	Shelly Ridgeway	1994-98
8.	1,364	Valery Broadwater	1982-86
9.	1,355	Mary Carol Jackson	1979-83
10.	1,311	Krystin Hargrove	2004-07
11.	1,247	Trina Kirsch-Ricketts	1984-88
12.	1,228	Tracie George	2004-07
13.	1,139	Diane Wisniewski	1980-84
14.	1,096	Billie Boddie-Harris	1980-84

1,000-Rebound Club

Rank	Rebounds	Player	Years
1.	1,174	Sheila Colbert	1987-91
2.	1,074	Mary Carol Jackson	1979-83
3.	1,013	Nicole Bashaw	1989-93
4.	1,011	Shannon Rexrode	1996-00

\$ EIAIW Tournament
 ! NCAA Division III Tournament
 # ECAC Tournament
 ^ ESAC Champions
 % AMCC Tournament Champions



Frostburg State Records

Single-Game Individual Records

Points Scored

1. Shannon Rexrode	44	Pitt Bradford (2/2/00)
2. Kim Faust	43	Lake Erie (1/27/01)
3. Sheila Colbert	42	Catholic (1/29/89)
4. Kim Faust	39	Lake Erie (1/27/01)
5. Shannon Rexrode	37	Pitt-Bradford(2/2/00)
Sheila Colbert	37	Salisbury (1/16/89)

Field Goals Made

1. Kim Faust	19	Lake Erie (1/27/01)
2. Shannon Rexrode	17	Pitt Bradford (2/02/00)
3. Sheila Colbert	16	Catholic (1/29/89)
Trina Kirsch	16	Mary Washington (1/23/88)
5. Shannon Rexrode	15	Pitt Bradford (12/11/99)
Sheila Colbert	15	Allentown (2/18/89)
Sheila Colbert	15	Mary Washington (2/4/89)
Sheila Colbert	15	Salisbury (1/16/89)

Field Goals Attempted

1. Tracey Little	29	DeSales (3/3/04)
Sheila Colbert	29	W. Va. Wesleyan (1/11/89)
3. Diane Wisniewski	28	UMBC (1/23/84)
4. Ad Hubbard	27	Loyola (1977-78)
Tammy Long	27	UMBC (1/16/85)

Field Goal Percentage (Min. 10 attempts)

1. Shannon Rexrode	100.0 (15-15)	Pitt Bradford (12/11/99)
2. Katrina Powell	84.6 (11-13)	Lincoln (2/10/92)
3. Tammy Long	83.3 (10-12)	Muskingum, (3/1/85)
Kathy Orsini	83.3 (10-12)	California (Pa.) (12/7/84)
Sheila Colbert	83.3 (10-12)	Marymount (2/22/88)

Free Throws Made

1. Sheila Colbert	17	Cabrini (12/7/89)
2. Margie Morris	13	St. Vincent (2/3/86)
Tracey Little	13	Pitt-Greensburg (2/19/05)
4. Tracie George	12	Hood (1/8/04)
5. Tracey Little	11	Hood (1/8/04)
Lena Patterson	11	Dickinson (2/10/94)
Tracie George	11	Penn State Altoona (1/21/04)

Free Throws Attempted

1. Sheila Colbert	24	Cabrini (12/7/89)
2. Linda Garrett	20	St. Francis, Pa. (1977-78)
3. Tracey Little	16	Hood (1/8/04)
Shannon Rexrode	16	Wesley (12/4/99)
Lena Patterson	16	Waynesburg (2/7/94)

Free Throw Percentage (min. 9 attempts)

1. Margie Morris	100.0 (13-13)	St. Vincent (2/3/86)
Sheila Colbert	100.0 (10-10)	W. Connecticut (11/19/89)
Leslie Bartlett	100.0 (10-10)	Spring Garden (11/18/89)
Shannon Rexrode	100.0 (9-9)	Pitt Greensburg (1/15/00)
5. Tracey Little	90.0 (9-10)	Pitt-Greensburg (1/14/04)

Three-Pointers Made

1. Holly Myers	7	Pitt-Greensburg (1/9/02)
2. Tiffany Parker	6	Pitt-Bradford (1/19/02)
3. Holly Myers	5	Pitt-Greensburg (1/15/03)
Holly Myers	5	Washington & Jefferson (2/18/02)
Tiffany Parker	5	Hilbert (1/4/02)
Christa Smith	5	Chowan (1/25/97)
Lena Patterson	5	Chowan (2/26/94)

Three-Pointers Attempted

1. Holly Myers	13	Lake Erie (1/11/03)
Holly Myers	13	Lake Erie (1/26/02)
Krystin Hargrove	13	Pitt-Greensburg (11/29/06)

4. Holly Myers	12	Bethany (12/7/02)
Kim Faust	12	Lake Erie (1/26/02)
Holly Myers	12	Pitt-Greensburg (1/9/02)

Three-Point Percentage (min. 6 att.)

1. Kara Reed	83.3 (5-6)	Geneva (1/11/97)
2. Holly Myers	75.0 (6-8)	Villa Julie (1/3/00)
3. Holly Myers	71.4 (5-7)	Wash & Jefferson (2/18/02)
Christa Smith	71.4 (5-7)	Chowan (1/25/97)
5. Amanda Hernandez	66.6 (4-6)	Medaille (1/15/05)
Holly Myers	66.6 (4-6)	Mount Aloysius (12/10/11)

Rebounds

1. Sylvia Lee	26	UMBC (1975-76)
2. Mary Carol Jackson	25	Kean (12/3/82)
Mary Carol Jackson	25	Notre Dame (2/25/82)
4. Kim Faust	22	Lake Erie (12/8/01)
Amy Sponaugle	22	Bethany (12/10/85)

Assists

1. Kristie Delbrugge	20	Shenandoah (2/14/89)
2. Kristie Delbrugge	19	Spring Garden (11/19/88)
3. Margie Morris	18	Grove City (2/10/86)
4. Kristie Delbrugge	17	Shenandoah (11/22/88)
5. Kristie Delbrugge	16	California (12/1/87)

Steals

1. Stephanie Watts	13	Hood (12/9/05)
2. Shelly Ridgeway	12	Villa Julie (2/10/96)
3. Lena Patterson	11	Waynesburg (2/7/94)
Christina Blevik	11	Villa Julie (12/5/01)
Diane Wisniewski	11	California (Pa.) (1/23/81)
Stephanie Watts	11	Hilbert (2/21/06)

Blocks

1. Katrina Powell	10	Lincoln (2/19/94)
2. Trina Kirsch	9	WV Wesleyan (1/14/87)
3. Mary Carol Jackson	7	California State (11/23/82)
Tracey Little	7	Penn State Behrend (1/17/04)
Sheila Colbert	7	Shenandoah (1/30/88)
Mary Carol Jackson	7	California (Pa.) (11/23/82)

Single-Season Individual Records

Points Scored

1. Trina Kirsch	588	1987-88
2. Tracey Little	546	2003-04
3. Sheila Colbert	546	1990-91
4. Tracey Little	543	2004-05
5. Kim Faust	535	2000-01

Field Goals Made

1. Trina Kirsch	238	1987-88
2. Sheila Colbert	235	1990-91
3. Tammy Long	217	1985-86
4. Sheila Colbert	212	1989-90
5. Nicole Bashaw	209	1990-91

Field Goals Attempted

1. Tammy Long	500	1985-86
2. Sheila Colbert	476	1989-90
3. Trina Kirsch	462	1987-88
4. Sheila Colbert	447	1990-91
5. Nicole Bashaw	438	1990-91

Field Goal Percentage

1. Shannon Rexrode	60.7 (193-318)	1999-00
2. Kathy Orsini	55.1 (196-356)	1984-85
3. Shannon Rexrode	53.6 (149-278)	1997-98
4. Sheila Colbert	52.6 (235-447)	1990-91
5. Stacie Smith	52.4 (130-248)	1991-92

Frostburg State Records



Single-Game Team Records

Most Points Scored

1T.	118	vs. Wesley	11/30/88
	118	vs. Shenandoah	2/2/81
3T.	108	vs. Shenandoah	2/14/89
	108	vs. Mary Washington	11/24/87
5.	106	vs. Chatham	11/22/96

Most Field Goals Made

1.	53	vs. Shenandoah	2/2/81
2.	51	vs. Wesley	11/30/88
3T.	44	vs. John Jay	1/9/97
	44	vs. Mary Washington	11/24/87
5.	42	vs. Pitt-Bradford	12/11/99

Most Field Goals Attempted

1.	106	vs. Shenandoah	2/2/81
2.	99	vs. Trinity	2/9/81
3.	98	vs. Shepherd	1/30/89
4T.	95	vs. Mary Washington	11/26/85
	95	vs. Shenandoah	1/27/90
	95	vs. Wesley	12/9/87
	95	vs. Marymount	2/6/88
	95	vs. St. Mary's	11/21/81

Highest Field Goal Pct.

1.	60.9 (42-69)	vs. Pitt-Bradford	12/11/99
2.	60.0 (36-60)	vs. Mt. Aloysius	1/18/07
3T.	59.7 (37-62)	vs. Shenandoah	2/13/85
	59.7 (40-67)	vs. Washington & Jefferson	2/25/83
5.	57.7 (30-52)	vs. College Misericordia	11/19/05
6.	56.1 (32-57)	vs. Washington & Jefferson	2/18/02

Most 3-Point Field Goals Made

1T.	12	vs. Pitt-Greensburg	1/9/02
	12	vs. Pitt-Bradford	1/19/02
3T.	11	vs. Chowan	1/25/97
	11	vs. Pitt-Greensburg	2/26/05
5.	10	vs. Waynesburg	1/2/04
	10	vs. La Roche	2/8/05
	10	vs. Bethany	1/12/05

Most 3-Point Field Goals Attempted

1.	30	vs. Villa Julie	12/5/01
2.	29	vs. Lake Erie	1/26/02
3.	28	vs. Lake Erie	1/11/03
4.	27	vs. Pitt-Bradford	1/19/02
5T.	26	vs. Hilbert	1/4/02
	26	vs. Pitt-Greensburg	1/9/02
	26	vs. Pitt-Greensburg	1/15/03

Most Free Throws Made

1.	36	vs. Hood	1/8/04
2.	31	vs. St. Vincent	2/3/86
3T.	30	vs. Montclair State	11/22/97
	30	vs. Seton Hill	12/3/03
	30	vs. Mary Washington	1/30/92
	30	vs. Mary Washington	2/3/90

Most Free Throws Attempted

1.	50	vs. Hood	1/8/04
2.	45	vs. Western Maryland	1976-77
3.	43	vs. Seton Hill	12/3/03
4.	42	vs. Mary Washington	1/30/92
5.	41	vs. Gettysburg	11/17/01

Highest Free Throw Pct (Min. 10 att., 85.0%)

1.	100.0 (10-10)	vs. Columbia Union	1/18/94
2.	95.0 (19-20)	vs. Spring Garden	11/18/89
3.	94.4 (17-18)	vs. Pitt-Greensburg	2/6/02
4T.	94.1 (16-17)	vs. Columbia Union	2/9/89
	94.1 (16-17)	vs. La Roche	2/4/05

Most Rebounds

1.	88	vs. Shepherd	2/8/82
2T.	79	vs. Shenandoah	2/2/81
	79	vs. Shenandoah	1/27/90
4T.	77	vs. UMBC	1975-76
	77	vs. Shenandoah	1/13/93
	77	vs. Coll. of Notre Dame	2/25/82

Most Offensive Rebounds

1.	41	vs. Shenandoah	1/27/90
2.	39	vs. Trenton State	3/4/83
3.	36	vs. Lake Erie	1/30/99
4.	34	vs. Shenandoah	1/13/93
5T.	30	vs. Lincoln	2/22/97
	30	vs. Gettysburg	11/20/93
	30	vs. Pitt-Greensburg	2/9/00

Most Defensive Rebounds

1.	53	vs. Marywood	2/18/90
2.	49	vs. Lincoln	2/19/94
3.	48	vs. Catholic	1/13/90
4T.	45	vs. Delaware Valley	1/9/99
	45	vs. Lycoming	11/20/92

Most Assists

1T.	32	vs. Lincoln	12/3/88
	32	vs. Shenandoah	2/2/81
3.	29	vs. Shepherd	1/30/89
4T.	28	vs. Wesley	11/30/88
	28	vs. Eastern Maryland	12/5/87
5T.	27	vs. Mary Washington	11/25/03
	27	vs. Wesley	12/9/87
	27	vs. St. Mary's	2/3/82

Most Steals

1.	35	vs. St. Mary's	1975-76
2.	32	vs. Villa Julie	1/20/96
3.	28	vs. Hood	12/9/05
3T.	26	vs. Villa Julie	12/5/01
	26	vs. Villa Julie	2/15/97
	26	vs. California Univ. of Pa.	1/23/81
	26	vs. Hilbert	2/21/06

Most Blocked Shots

1.	21	vs. UMBC	2/2/83
2T.	12	vs. Penn State Behrend	2/4/87
	12	vs. Pitt-Bradford	2/13/99
4T.	11	vs. Mary Washington	11/26/85
	11	vs. Lincoln	2/19/94
	11	vs. Ripon	1/4/97
	11	vs. Allentown	2/27/93

Most Turnovers

1.	45	vs. James Madison	1975-76
2.	42	vs. Wesley	12/4/99
3.	40	vs. Mt. St. Mary's	1/25/82
4.	39	vs. King's	11/16/01
5.	38	vs. Southwestern 1	1/29/03

Most Fouls

1.	33	vs. Marymount	2/6/88
2.	32	vs. Caldwell	2/8/92
3T.	31	vs. Grove City	1/15/83
	31	vs. Catholic	1/30/83
	31	vs. Grove City	1/15/83
	31	vs. St. Mary's	1975-76



Frostburg State Records

Single-Season Team Records

Most Field Goals Made

1.	916	1987-88
2.	881	1990-91
3.	827	1989-90
4.	824	1984-85
5.	815	1986-87

Most Field Goals Attempted

1.	2,201	1987-88
2.	2,026	1989-90
3.	1,946	1990-91
4.	1,863	1991-92
5.	1,828	1986-87

Highest Field Goal Pct.

1.	45.4	1984-85
2.	45.3	1990-91
3.	44.6	1986-87
4.	44.5	1999-00
5.	44.3	1988-89

Most 3-Point Field Goals Made (Stats not kept before 1987-88 season)

1.	126	2001-02
2.	119	2005-06
3.	118	2004-05
4.	108	2003-04
5.	105	1993-94

Most 3-Point Field Goals Attempted (Stats not kept before 1987-88 season)

1.	434	2001-02
2.	400	2005-06
3.	392	2002-03
4.	390	1993-94
5.	368	2004-05

Highest 3-Point Field Goal Pct. (Stats not kept before 1987-88 season)

1.	37.6	1990-91
2.	34.5	1989-90
3.	32.2	2003-04
4.	32.1	2004-05
5.	31.6	2000-01

Most Free Throws Made

1.	455	2003-04
2.	408	1989-90
3.	407	1999-00
4.	403	2004-05
5.	383	1994-95

Most Free Throws Attempted

1.	671	2003-04
2.	623	1989-90
3.	617	1999-00
4.	610	1993-94
5.	606	2000-01

Highest Free Throw Pct.

1.	75.5	2004-05
2.	71.4	1988-89
3.	69.8	1982-83
4.	68.8	2002-03
5.	68.1	1987-88

Most Points Scored

1.	2,222	1987-88
2.	2,154	1990-91
3.	2,102	1989-90
4.	2,045	2004-05
5.	1,991	2003-04

Most Points Allowed (Does not include stats from 1985-86 season)

1.	1,978	1986-87
2.	1,919	1987-88
3.	1,891	2000-01
4.	1,882	2003-04
5.	1,817	2001-02

Highest Per Game Scoring Average

1.	79.9	1988-89
2.	79.4	1987-88
3.	76.9	1990-91
4.	75.2	1980-81
5.	75.1	1989-90

Most Rebounds

1.	1,572	1989-90
2.	1,472	1990-91
3.	1,412	1980-81
4.	1,399	1987-88
5.	1,344	1992-93

Most Assists

1.	500	1987-88
2.	464	2004-05
3.	429	1990-91
4.	417	2005-06
5.	396	1988-89

Most Steals (No records in the 1980-81 & 1979-80 seasons)

1.	426	1991-92
2.	386	1996-97
3.	385	1995-96
4.	372	2005-06
5.	366	2004-05

Most Blocked Shots (No records in the 1980-81 & 1979-80 seasons)

1.	208	1982-83
2.	142	1986-87
3.	140	2004-05
4.	140	1989-90
5.	137	1992-93

*No stats from the 1981-82 season or prior to the 1978-79 season