



★ CAPTAIN



#2 TRACIE GEORGE

★ CAPTAIN



#4 KRYSTIN HARGROVE

2006-07 Schedule



<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Nov. 17-18	Grove City, Goucher , Immaculata #	TBA
	Consolation Game	2:00 pm
	Championship	4:00 pm
Nov. 25-26	at Gallaudet !	TBA
Nov. 29	Pitt-Greensburg*	6:00 pm
Dec. 2	Penn State Behrend *	2:00 pm
Dec. 3	Villa Julie	3:00 pm
Dec. 6	at La Roche *	6:00 pm
Dec. 9	at Medaille *	1:00 pm
Jan. 4	Mary Washington	5:30 pm
Jan. 6	Pitt- Bradford *	2:00 pm
Jan. 10	Penn State Altoona *	6:00 pm
Jan. 13	at Hilbert *	2:00 pm
Jan. 15	Lake Erie *	1:00 pm
Jan. 18	at Mt. Aloysius *	6:00 pm
Jan. 20	at Penn State Behrend *	2:00 pm
Jan. 24	at Pitt-Greensburg *	6:00 pm
Jan. 27	Medaille *	1:00 pm
Jan. 29	Bethany	6:00 pm
Jan. 31	La Roche *	6:00 pm
Feb. 3	at Pitt- Bradford *	3:00 pm
Feb. 7	at Penn State Altoona *	6:00 pm
Feb. 10	Hilbert *	2:00 pm
Feb. 14	Mt. Aloysius *	6:00 pm
Feb. 17	at Lake Erie *	Noon
Feb. 20	AMCC Tournament - First Round	7:00 pm
Feb. 23	AMCC Tournament - Semifinals	TBA
Feb. 24	AMCC Tournament - Championship	TBA
Feb. 28	NCAA Tournament - First Round	TBA



Home Games in Bold

*Allegheny Mountain Collegiate Conference Members

FSU/Jim Crawley Classic Tournament

! at Gallaudet Tournament



FROSTBURG STATE UNIVERSITY

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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	Ralph Brewer
Athletics Phone	(301) 687-4462

Sports Information Staff

Sports Information Director	Noah Becker
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Credits

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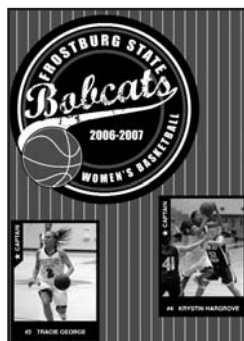
Noah Becker & CK Calhoun (Cover)

Photographer

Noah Becker (Heads) & Chris Riddle (Action)

Publication Contributors

Brandon Rethemeyer and Bill Shields



Frostburg State Basketball Staff

Head Coach	Jody Pepple
Alma Mater/Year	Alderson-Broaddus/1989
Record at Frostburg State/Years	75-62/6
Career Record/Years	75-62/6
Basketball Office Phone	(301) 687-4466
Basketball E-mail Address	jpepple@frostburg.edu
Assistant Coach	Crystal Gibson
Office Phone	(301) 687-3237
Email Address	clgibson@frostburg.edu
Assistant Coach	CK Calhoun
Office Phone	(301) 687-4235
Email Address	ccalhoun0@frostburg.edu
First Season of Women's Basketball	1964-65
All-Time Record/Yrs.	7578-363 (.613)/41
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

2006-07 Schedule

Nov. 21	Goucher !	7:00 pm
Nov. 25-26	at Provident Bank Pride of Maryland Division III Scholarship Basketball Tournament !	TBA
Nov. 29	Pitt-Greensburg*	8:00 pm
Dec. 2	Penn State Behrend*	4:00 pm
Dec. 4	Shenandoah	7:30 pm
Dec. 6	at La Roche*	8:00 pm
Dec. 9	at Medaille*	3:00 pm
Dec. 16	at Christopher Newport	2:00 pm
Dec. 19	at Waynesburg	7:30 pm
Jan. 4	Mary Washington	7:30 pm
Jan. 6	Pitt-Bradford*	4:00 pm
Jan. 10	Penn State Altoona*	8:00 pm
Jan. 13	at Hilbert*	4:00 pm
Jan. 15	Lake Erie*	3:00 pm
Jan. 18	at Mt. Aloysius*	8:00 pm
Jan. 20	at Penn State Behrend*	4:00 pm
Jan. 24	at Pitt-Greensburg*	8:00 pm
Jan. 27	Medaille*	3:00 pm
Jan. 31	La Roche*	8:00 pm
Feb. 3	at Pitt-Bradford*	5:00 pm
Feb. 7	at Penn State Altoona*	8:00 pm
Feb. 10	Hilbert*	4:00 pm
Feb. 14	Mt. Aloysius*	8:00 pm
Feb. 17	at Lake Erie*	2:00 pm
Feb. 20-24	AMCC Tournament	TBA
Feb. 28	NCAA Tournament - First Round	TBA

Home Games in Bold

*Allegheny Mountain Collegiate Conference Opponents

! Provident Bank Pride of Maryland Division III Scholarship Basketball Tournament



ABOUT FROSTBURG STATE

FROSTBURG STATE UNIVERSITY

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 PEPPE



FROSTBURG STATE UNIVERSITY



Jody Pepple
Head Coach
Sixth Season
Alderson-Broaddus '89

Jody Pepple begins her sixth 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 season, 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.

PEPPE'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 %,&
<u>2005-06</u>	<u>Frostburg State</u>	<u>18-10, 13-6 AMCC !</u>
Totals	5 Seasons at FSU	75-62, 43-30 AMCC

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



FROSTBURG STATE UNIVERSITY



Crystal Gibson
Assistant Coach
First Season
Lebanon Valley '05

Crystal Gibson begins her first 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
First Season
Marymount '06

CK Calhoun is in her first year as a graduate assistant coach with the Frostburg State women's basketball program. She comes 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.



FROSTBURG STATE UNIVERSITY



Front Row (L to R): Lydia Moore, Danielle Langdon, Tracie George, Krystin Hargrove, Sidra Bing, & Brittany James.
Back Row (L to R): Courtney Lancaster, Sara Wolz, Rebecca Moyer, Tonya Handy, Amanda LaPorta & Shanell Williams.

2006-07 Roster Breakdown

By Players Returning (3)

No.	Name	Pos.	Ht.	Yr.	GP/GS	PPG	RPG	APG
2	Tracie George	G	5-7	Sr.	28/28	12.6	2.6	3.6
4	Krystin Hargrove	G	5-6	Sr.	28/26	14.4	5.4	2.7
42	Amanda LaPorta	F	5-10	Jr.	27/3	2.9	2.5	0.6

By Newcomers (8)

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
14	Sidra Bing	G	5-7	Fr.	Columbia, Md./Catholic of Baltimore
20	Tonya Handy	F	5-10	Fr.	Burtonsville, Md./Paint Branch
24	Brittney James	G/F	5-9	Fr.	Baltimore, Md./Mildford Mill
32	Rebecca Moyer	F	6-1	Fr.	Millersville, Md./Old Mill
33	Shanell Williams	G	5-9	Fr.	Baltimore, Md./Woodlawn
35	Danielle Langdon	G	5-8	Fr.	Charlottesville, Va./Western Albemarle
54	Sara Wolz	F	6-0	Fr.	Poolesville, Md./Poolesville
55	Courtney Lancaster	F	6-2	Fr.	Beltsville, Md./High Point

Numerical Roster

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
2	Tracie George	G	5-7	Sr.	Windber, Pa./Windber
4	Krystin Hargrove	G	5-6	Sr.	Silver Spring, Md./Springbrook
14	Sidra Bing	G	5-7	Fr.	Columbia, Md./Catholic of Baltimore
20	Tonya Handy	F	5-10	Fr.	Burtonsville, Md./Paint Branch
24	Brittney James	G/F	5-9	Fr.	Baltimore, Md./Mildford Mill
32	Rebecca Moyer	F	6-1	Fr.	Millersville, Md./Old Mill
33	Shanell Williams	G	5-9	Fr.	Baltimore, Md./Woodlawn
35	Danielle Langdon	G	5-8	Fr.	Charlottesville, Va./Western Albemarle
42	Amanda LaPorta	F	5-10	Jr.	Westminster, Md./Westminster
54	Sara Wolz	F	6-0	Fr.	Poolesville, Md./Poolesville
55	Courtney Lancaster	F	6-2	Fr.	Beltsville, Md./High Point

Alphabetical Roster

No.	Player	Pos.	Ht.	Yr.	Hometown/High School
14	Sidra Bing	G	5-7	Fr.	Columbia, Md./Catholic of Baltimore
2	Tracie George	G	5-7	Sr.	Windber, Pa./Windber
20	Tonya Handy	F	5-10	Fr.	Burtonsville, Md./Paint Branch
4	Krystin Hargrove	G	5-6	Sr.	Silver Spring, Md./Springbrook
24	Brittney James	G/F	5-9	Fr.	Baltimore, Md./Mildford Mill
55	Courtney Lancaster	F	6-2	Fr.	Beltsville, Md./High Point
35	Danielle Langdon	G	5-8	Fr.	Charlottesville, Va./Western Albemarle
42	Amanda LaPorta	F	5-10	Jr.	Westminster, Md./Westminster
32	Rebecca Moyer	F	6-1	Fr.	Millersville, Md./Old Mill
33	Shanell Williams	G	5-9	Fr.	Baltimore, Md./Woodlawn
54	Sara Wolz	F	6-0	Fr.	Poolesville, Md./Poolesville

By Class

Seniors (2): Tracie George, Krystin Hargrove
 Juniors (1): Amanda LaPorta
 Freshman (8): Sidra Bing, Tonya Handy, Brittney James, Courtney Lancaster, Danielle Langdon, Rebecca Moyer, Shanell Williams, Sara Wolz

By State

Maryland: (9): Krystin Hargrove, Sidra Bing, Tonya Handy, Brittney James, Rebecca Moyer, Shanell Williams, Amanda LaPorta, Sara Wolz, Courtney Lancaster
 Virginia (1): Danielle Langdon
 Pennsylvania (1): Tracie George





FROSTBURG STATE UNIVERSITY

Despite having just two seniors and one junior, the Frostburg State women's basketball team is optimistic about the 2006-07 basketball season. Under sixth-year Head Coach Jody Pepple, the Bobcats look to continue their three-year postseason streak and regain the Allegheny Mountain Collegiate Conference Title, which it held just two years ago.

Seniors **Tracie George (Windber, Pa./Windber)** and **Krystin Hargrove (Silver Spring, Md./Springbrook)** will be the corner stones for a Bobcat unit that contains nine freshman.

George, an exceptional ball handler with good shooting range, has developed into one of the top point guards in the AMCC. She is a three-time all-conference performer and needs just 26 points to cross over the 1,000-point barrier for her career. Last season, she finished third in the conference in three-point field-goal percentage (.330), fourth in assists per game (3.64), three-pointers per game (1.29) and three-pointers made (109) and fifth in points per game (12.6). She earned AMCC Player of the Week honors once and was named the FSU/Jim Crawley Classic Most Valuable Player in the opening weekend of the season.

Hargrove, a defensive specialist with high energy, has been a three-year starter for the Bobcats and was a second-team All-AMCC honoree last season. She led FSU and finished fifth in the conference in total points (404) and points per game (14.4). She also finished third in the AMCC in steals per game (2.96) and third in assists per game (2.68). Hargrove enters this season needing 135 points to eclipse 1,000 for her career.

Amanda LaPorta (Westminster, Md./Westminster) is the lone junior on this season's FSU squad and will help bring leadership to the Bobcats. LaPorta is a good rebounder and she is a solid player with both her left and right hands. She played in 27 of the 28 games last season averaging 2.9 points and 2.5 rebounds per game. She tallied a season-high eight points in three different games (Rutgers-Camden, Pitt-Greensburg & Mt. Aloysius).

With just three returners, Frostburg State will look to nine freshmen to contribute and fill in significant roles.

Sidra Bing (Columbia, Md./Catholic of Baltimore) is a very quick player who will see time at either the point or shooting guard positions. She was voted as her high school's Offensive Player of the Year as a junior and senior and she was named an All-Metro honoree in 2006.

Tonya Handy (Burtonsville, Md./Paint Branch) is a very strong player for the Bobcats who will see significant time at power forward. Handy possesses great defensive skills and she is arguably FSU's best rebounder.

Brittany James (Baltimore, Md./Milford Mill) is a solid rebounder and she will see time this season at forward. She is tough defensive player and comes to Frostburg State after an impressive career at Milford Mill Academy. As a senior, she was voted as the Female Athlete of the Year, an Outstanding Student Athlete, All-Star game Most Valuable Player and team MVP. She also helped lead Milford Mill to the regional championship in 2006 and class 3A state championship as a junior.

Courtney Lancaster (Beltsville, Md./High Point) will be a dominate force in the post for the Bobcats this season. She has nice touch around the basketball and she should see time at center. As a senior at High Point, she earned the Career Achievement Award and the U.S. Marine Distinguished Athlete award.

Danielle Langdon (Charlottesville, Va./Western Albemarle) is a smart player and she adds a three-point shooting threat to the Bobcat lineup. She sees the floor well and should see time at small forward with her mobility.

Lydia Moore (Baltimore, Md./Woodlawn) will add depth to the FSU squad at either point or shooting guard. She is a hard working player and is always eager to learn and improve her game. While at Wilson Magnet, she was selected as a Student Ambassador and was chosen as an Urban League Black Scholar athlete.

Rebecca Moyer (Millersville, Md./Old Mill) will be a post player for Frostburg

State this season. She has nice touch around the basketball and she will continue to improve her game as the season progresses. In her final year at Old Mill, she was selected to the senior all-star game and she was an honor roll students throughout her final three years.

Shanel Williams (Baltimore, Md./Woodlawn) is a very quick player with a nice touch and good leaping ability. She earned the U.S. Army Reserve National Scholar Athlete Award and the Excellence in Business and Career Education Award while as a senior at Woodlawn. She was also a National Honor Society and Honor Roll selection all four years.

Sara Wolz (Poolesville, Md./Poolesville) is a good left-handed player and will see time in the post this winter. She has good touch around the basket and she is one of the team's best free throw shooters. As a senior at Poolesville, she was a Falcon and Sportsmanship award recipient as well as an Honor Roll student all four years.

This season, coach Pepple's team will face a tough schedule. The Bobcats open the season when they host the FSU/Jim Crawley Tournament and travel to the Gallaudet Tournament the following weekend. FSU also hosts nationally ranked Mary Washington in early January.

In the AMCC, Frostburg State was slotted second in the preseason poll as voted on by the league's head coaches. Reigning league champion, Medaille, was selected to repeat as champions while Pitt-Greensburg is third and rival Penn State Behrend is fourth.

Coach Pepple also welcomes two new faces to her coaching staff this season.

Crystal Gibson joins the staff as the top assistant coach after serving as the interim head coach for Lebanon Valley College last spring. Gibson was also a four-year starter for the LVC women's basketball team helping the squad to an 82-26 record during her career.

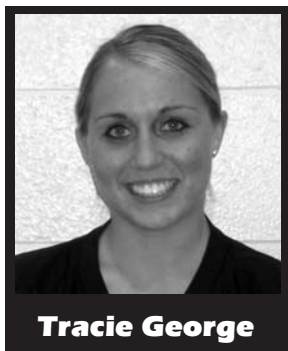
CK Calhoun joins the FSU staff as a graduate assistant after a three-year playing career at Marymount University. She was a three-year letterwinner for the Saints and she helped the team to two NCAA appearances.



Tracie George

PLAYER PROFILES

FROSTBURG STATE UNIVERSITY



Tracie George

#2
Tracie George
 Senior • Guard
 5-7
 Windber, Pa.
 Windber

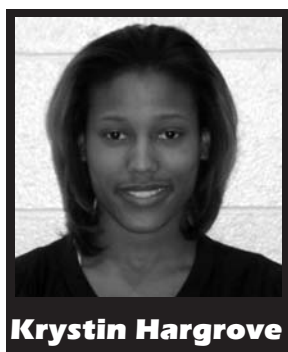
2005-06: Honorable-Mention All-AMCC selection ... Started in all 28 of FSU's games ... Finished third in the conference in three-point field-goal percentage (.330) and fourth in assists per game (3.64), three-pointers per game (1.29) and three-pointers made (109) ... Second on the team with 12.6 points per game ... Scored a season-high 28 points against Rutgers-Camden (11/18) ... FSU/Jim Crawley Classic Tournament MVP ... AMCC Player of the Week (11/21).

2004-05: Second-Team All-AMCC selection ... played in all 28 games, starting 27 ... Finished second in the AMCC in three pointers made (47), third in three-point shooting percentage (.353) and assists (116) ... Was second on the team in scoring average (10.9) and fourth in steals (56) ... Scored a season-high 24 points in the AMCC Championship win over Pitt-Greensburg.

2003-04: Second-Team All-AMCC honoree ... Played in 24 games, starting 23 ... Led the AMCC in three-point shooting percentage (.370), finished second in assists per game (4.04) and was third in both scoring (13.4) and free throw percentage (79.6) ... Led the Bobcats in three-pointers made (37) ... Fourth on the team with 87 rebounds ... Broke the FSU single-game freshman scoring record with 32 points against Hood (1/8/04).

Prior to FSU: Earned six varsity letters — four in track and two in basketball — at Windber ... PIAA All-State third team, District Player of the Year and Somerset County MVP as a senior.

Personal: Born September 6, 1985 ... Daughter of Michael and Jeanette George ... Majoring in chemistry with a minor in biology.



Krystin Hargrove

#4
Krystin Hargrove
 Senior • Guard
 5-6
 Silver Spring, Md.
 Springbrook

2005-06: Second-Team All-AMCC honoree ... Finished third in the conference in steals per game (2.96), fifth in scoring (14.4) and ninth in assists per game (2.68) ... Started in 26 of the 28 games in which she appeared ... Led the Bobcats with 404 points ... Finished second on the squad in shooting percentage (.415) and fourth in rebounds per game (5.4).

2004-05: Played in all 28 games making 20 starts ... Tied for second on the team in steals (56) and was third in both total points (252) and points per game (9.0) ... Scored in double-digits in 14 games including a season-high 16 against Penn State Altoona (1/18/05).

2003-04: Played in all 28 games, starting 11 ... Scored a career-high 21 points against Penn State Altoona (1/21/04) ... Grabbed a season-high seven rebounds versus Penn State Behrend (2/7/04).

Prior to FSU: Earned three varsity letters — one each in basketball, field hockey and track — at Springbrook ... All-county honorable mention as a junior.

Personal: Born July 13, 1985 ... Daughter of Janice Hargrove ... Majoring in business.



Amanda LaPorta

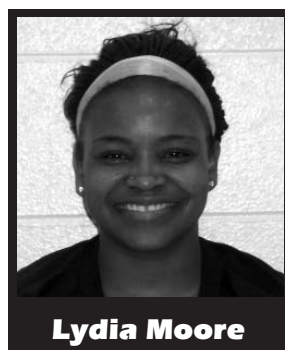
#42
Amanda LaPorta
 Junior • Forward
 5-10
 Westminster, Md.
 Westminster

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 career-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.



Lydia Moore

#30
Lydia Moore
 Freshman • Guard
 5-5
 Rochester, N.Y.
 Wilson Magnet (Monroe CC)

Prior to FSU: Attended Monroe Community College in 2004 and played volleyball ... Earned seven varsity letters while at Joseph C. Wilson

Magnet—three in basketball and two each in volleyball and track ... Student Ambassador as a freshman ... All-City Volleyball Champions and Section IV Champions in track her senior year

Personal: Born September 12, 1986 ... Daughter of Willie and Elaine Moore ... Majoring in biology with a minor in music-vocal.



Sidra Bing

#14
Sidra Bing
 Freshman • Guard
 5-7
 Columbia, Md.
 Catholic of Baltimore

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.



FROSTBURG STATE UNIVERSITY



Tonya Handy

#20
Tonya Handy
Freshman • Forward
5-10
Burtonsville, Md.
Paint Branch

Prior to FSU: Earned two letters in basketball at Paint Branch.

Personal: Born August 1, 1987 ... Daughter of Anthony and Shelley Handy ... Majoring in business.



Brittney James

#24
Brittney James
Freshman • Guard
5-9
Baltimore, Md.
Milford Mill

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.



Courtney Lancaster

#55
Courtney Lancaster
Freshman • Forward
6-2
Beltsville, Md.
High Point

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.



Danielle Langdon

#35
Danielle Langdon
Freshman • Guard
5-8
Charlottesville, Va.
Western Albemarle

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.



Rebecca Moyer

#32
Rebecca Moyer
Freshman • Forward
6-1
Millersville, Md.
Old Mill

Prior to FSU: Played in senior all-star basketball game ... Honor Roll student as sophomore, junior and senior at Old Mill.

Personal: Born February 25, 1988 ... Daughter of Gregory and Lynda Moyer ... Majoring in physical education.



Shanell Williams

#33
Shanell Williams
Freshman • Guard
5-9
Baltimore, Md.
Woodlawn

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

#54
Sara Wolz
Freshman • Forward
6-2
Poolesville, Md.
Poolesville

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.

2005-06 STATISTICS



FROSTBURG STATE UNIVERSITY

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	George Tracie	28	28	889	31.8	129	313	.412	36	109	.330	60	91	.659	17	56	73	2.6	35	0	102	100	3	51	354	12.6
04	Hargrove Krystin	28	26	870	31.1	156	376	.415	19	72	.264	73	125	.584	63	87	150	5.4	49	0	75	94	5	83	404	14.4
15	Herget Melanie	26	2	381	14.7	43	114	.377	7	28	.250	17	23	.739	12	23	35	1.3	27	0	16	34	0	5	110	4.2
20	Hernandez A.	26	3	602	23.2	73	188	.388	30	96	.313	26	32	.813	32	62	94	3.6	38	0	28	41	12	15	202	7.8
21	Watts Stephanie	28	27	934	33.4	85	225	.378	27	93	.290	34	43	.791	33	194	227	8.1	71	1	123	119	38	139	231	8.3
30	Herget Joanie	15	1	119	7.9	8	20	.400	0	0	.000	5	5	1.000	4	14	18	1.2	16	0	7	12	0	1	21	1.4
40	Broadnax Kenya	28	26	602	21.5	62	138	.449	0	2	.000	23	30	.767	67	100	167	6.0	58	2	32	42	12	34	147	5.3
42	LaPorta Amanda	27	3	357	13.2	33	87	.379	0	0	.000	11	17	.647	24	43	67	2.5	53	0	16	51	0	10	77	2.9
44	Wright Caryn	28	24	782	27.9	130	252	.516	0	0	.000	90	149	.604	71	95	166	5.9	64	0	17	46	16	32	350	12.5
55	Thornton Brittney	12	0	50	4.2	0	6	.000	0	0	.000	1	2	.500	4	14	18	1.5	9	0	0	4	1	2	1	0.1
99	Williams Teara	3	0	14	4.7	2	4	.500	0	0	.000	4	4	1.000	0	1	1	0.3	3	0	1	3	0	0	8	2.7
TEAM															48	46	94	3.4	0			7				
Total		28	5600			721	1723	.418	119	400	.298	344	521	.660	375	735	1110	39.6	423	3	417	553	87	372	1905	68.0
Opponents		28	5600			647	1694	.382	115	386	.298	287	453	.634	396	696	1092	39.0	428	-	383	644	93	266	1696	60.6

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	George Tracie	18	18	-	31.9	78	197	.396	225	72	.306	36	56	.643	12	35	47	4.3	20	0	78	70	3	34	214	11.9
04	Hargrove Krystin	18	17	-	30.1	93	227	.410	10	45	.222	47	87	.540	48	57	105	5.8	33	0	50	53	3	50	243	13.5
15	Herget Melanie	17	1	-	14.3	32	79	.405	6	21	.286	9	13	.692	9	20	29	1.7	17	0	11	24	0	1	79	4.6
20	Hernandez A.	16	1	-	22.3	39	103	.379	17	51	.333	18	19	.947	19	31	50	3.1	23	0	17	24	6	6	113	7.1
21	Watts Stephanie	18	17	-	32.2	62	150	.413	20	66	.303	17	21	.810	20	124	144	8.0	43	0	82	66	24	77	161	8.9
30	Herget Joanie	12	1	-	8.0	6	16	.375	0	0	.000	5	5	1.000	2	12	14	1.2	12	0	6	11	0	0	17	1.4
40	Broadnax Kenya	18	18	-	23.1	45	94	.479	0	1	.000	18	21	.857	50	68	118	6.6	35	0	16	32	11	18	108	6.0
42	LaPorta Amanda	17	0	-	14.1	26	63	.413	0	0	.000	11	17	.647	20	33	53	3.1	35	0	13	32	0	8	63	3.7
44	Wright Caryn	18	17	-	28.2	93	176	.528	0	0	.000	62	108	.574	58	63	121	6.7	40	0	10	27	7	19	248	13.8
55	Thornton Brittney	9	0	-	4.8	0	6	.000	0	0	.000	1	2	.500	3	14	17	1.9	7	0	0	3	1	2	1	0.1
99	Williams Teara	1	0	-	4.0	1	1	.1000	0	0	.000	2	2	1.000	0	0	0	0.0	3	0	0	1	0	0	4	4.0
Total		18	3600			475	1112	.427	75	256	.293	226	351	.644	270	489	759	42.2	269	0	283	348	55	215	1251	69.5
Opponents		18	3600			398	1072	.371	69	232	.297	183	286	.640	229	417	646	35.9	281	6	220	387	48	167	1696	58.2



2005-06 SEASON RESULTS

FROSTBURG STATE UNIVERSITY

Record:	Overall	Home	Away	Neutral
All Games	18-10	10-2	7-8	1-0
Conference	14-6	8-2	6-4	0-0
Non-Conference	4-4	2-0	1-4	1-0

<u>Date</u>	<u>Opponent</u>	<u>W/L</u>	<u>Score</u>	<u>High Scorer</u>	<u>High Rebounder</u>
Nov. 18	Rutgers-Camden !	W	73-58	(28) Tracie George	(14) Stephanie Watts
Nov. 19	Misericordia !	W	79-67	(22) Tracie George	(7) Caryn Wright
Nov. 29	at Villa Julie	W	64-59	(17) Amanda Hernandez	(15) Stephanie Watts
Dec. 2	Pitt-Bradford *	W	70-64	(18) Krystin Hargrove	(6) Stephanie Watts
Dec. 3	Penn State Behrend *	W	69-53	(14) Tracie George	(8) Kenya Broadnax
Dec. 6	at Bethany (W.Va.)	L	67-70	(24) Krystin Hargrove	(9) Stephanie Watts
Dec. 9	vs. Hood #	W	71-54	(19) Krystin Hargrove	(8) Stephanie Watts
Dec. 10	at Scranton #	L	54-65	(12) Three Tied	(14) Kenya Broadnax
Jan. 6	at Lake Erie *	W	77-62	(23) Krystin Hargrove	(8) Two Tied
Jan. 7	at La Roche *	W	68-51	(18) Krystin Hargrove	(10) Stephanie Watts
Jan. 13	Hilbert *	W	78-45	(16) Caryn Wright	(8) Stephanie Watts
Jan. 14	Medaille *	L	65-78	(20) Caryn Wright	(9) Stephanie Watts
Jan. 17	at Penn State Altoona	W	67-39	(19) Caryn Wright	(13) Stephanie Watts
Jan. 21	at Pitt Greensburg *	L	69-71	(19) Caryn Wright	(9) Caryn Wright
Jan. 24	Mt. Aloysius *	W	88-62	(20) Two Tied	(13) Kenya Broadnax
Jan. 27	at Penn State Behrend *	L	56-69	(15) Two Tied	(9) Krystin Hargrove
Jan. 28	at Pitt-Bradford *	W	62-53	(17) Stephanie Watts	(8) Stephanie Watts
Jan. 31	Penn State Altoona *	W	81-49	(18) Tracie George	(10) Krystin Hargrove
Feb. 3	La Roche *	W	53-44	(16) Krystin Hargrove	(13) Kenya Broadnax
Feb. 4	Lake Erie *	W	64-53	(16) Krystin Hargrove	(10) Three Tied
Feb. 7	at Mount Aloysius *	W	89-66	(20) Two Tied	(13) Kenya Broadnax
Feb. 10	at Medaille *	L	51-63	(15) Melanie Herget	(9) Two Tied
Feb. 11	at Hilbert *	W	70-49	(16) Krystin Hargrove	(6) Stephanie Watts
Feb. 13	at Mary Washington	L	56-92	(16) Stephanie Watts	(7) Stephanie Watts
Feb. 18	Pitt-Greensburg *	L	74-77	(19) Caryn Wright	(13) Stephanie Watts
Feb. 21	Hilbert \$	W	90-61	(31) Krystin Hargrove	(6) Kenya Broadnax
Feb. 24	vs. Pitt-Greensburg ^	L	62-66	(22) Amanda Hernandez	(8) Amanda Hernandez
Mar. 1	at Johns Hopkins &	L	38-56	(8) Two Tied	(8) Stephanie Watts

* Allegheny Mountain Collegiate Conference Opponents

! FSU/ Jim Crawley Invitational

Scranton University Diversified Invitational

\$ AMCC Tournament - Quarterfinals

^ AMCC Tournament - Semifinals at Medaille

& Eastern College Athletic Conference DIII Southern Women's Basketball Championship



FROSTBURG STATE UNIVERSITY

2005-06 Final Standings

School	AMCC				Overall			
	W-L	Pct.	PF	PA	W-L	Pct.	PF	PA
Medaille	18-0	1.000	72.6	53.5	26-2	.929	70.9	53.6
Pitt-Greensburg	16-2	.889	71.9	57.2	24-6	.800	71.2	60.6
Frostburg State	13-5	.722	69.5	58.2	18-10	.643	68.0	60.6
Penn State Behrend	12-6	.667	62.1	50.8	17-10	.630	62.2	54.1
Pitt-Bradford	10-8	.556	57.3	56.2	12-14	.462	56.4	58.9
Hilbert	5-13	.294	52.8	65.2	6-19	.240	54.4	66.3
La Roche	5-13	.278	50.2	57.5	7-18	.280	50.0	56.8
Penn State Altoona	5-13	.235	55.7	67.7	6-18	.250	56.5	68.9
Lake Erie	5-13	.278	57.7	66.3	6-17	.261	58.7	67.3
Mt. Aloysius	1-17	..056	60.0	78.4	4-21	.160	60.7	73.6

All-Conference Team

First Team

Name	Pos.	Class	School
Tish Hines	G	Sr.	Pitt-Greensburg
Amanda Baker	F	So.	Medaille
Tiffany Menhorn	G/F	So.	Pitt-Greensburg
Marisa Clark	G	So.	Medaille
Taiasha Brown	F	So.	Pitt-Bradford

Second Team

Name	School	Pos.	Class
<i>Stephanie Watts</i>	<i>G</i>	<i>Sr.</i>	<i>Frostburg State</i>
Brittany Mays	G	Jr.	Penn State Behrend
<i>Krystin Hargrove</i>	<i>G</i>	<i>Jr.</i>	<i>Frostburg State</i>
Rachel Slomski	F	Jr.	Penn State Behrend
Ashley O'Shell	G	So.	Mt. Aloysius

Honorable Mention

Name	School	Pos.	Class
Autumn Lee-Jeffries	F	Sr.	Hilbert
<i>Tracie George</i>	<i>G</i>	<i>Jr.</i>	<i>Frostburg State</i>
Amanda McHale	F	So.	Hilbert
Loni Sargent	F	So.	Lake Erie
<i>Caryn Wright</i>	<i>F</i>	<i>Fr.</i>	<i>Frostburg State</i>

Player of the Year

Amanda Baker Medaille

Co-Newcomers of the Year

Caryn Wright Frostburg State
Lindsay Bergman Hilbert

Coach of the Year

Pete Lonergan Medaille

AMCC Players of the Week

Week of	Player
<i>Nov. 21</i>	<i>Tracie George, Frostburg St.</i>
Nov. 28	Nicole Reiser, Pitt-Greensburg
Dec. 5	Tish Hines, Pitt-Greensburg
Dec. 12	Rachel Slomski, Penn St. Behrend
Jan. 2	Tiffany Menhorn, Pitt-Greensburg *
Jan. 9	Taiasha Brown, Pitt-Bradford
Jan. 16	Amanda Baker, Medaille
Jan. 23	Amanda McHale, Hilbert *
Jan. 30	Marisa Clark, Medaille
Feb. 6	Tish Hines, Pitt-Greensburg *
Feb. 13	Amanda Baker, Medaille
Feb. 20	Brittany Mays, Penn St. Behrend
Feb. 27	Amanda Baker, Medaille *

* Denotes ECAC Player of the Week





2006-07 NON-CONFERENCE OPPONENTS

FROSTBURG STATE UNIVERSITY

Bethany

Jan. 29, 2007 - 6:00 pm - Frostburg, Md.
 Location: Bethany, WV
 Enrollment: 1,840
 Colors: Kelly Green & White
 Nickname: Bison
 Conference: Presidents' Athletic Conference
 Arena: Hummel Field House
 President: Senator Paul S. Triple, Jr.
 Athletic Director: Megan Lowry
 2005-06 Record: 9-17
 Head Coach: Rebecca Upton
 Record at BC: 18-33 (2 Seasons)
 Overall Record: 18-33 (2 Seasons)
 Assistant Coach: Erin Eaton
 Starters Returning/Lost: 4/1
 Sports Information Director: Brian Rose
 Web Site: www.bethanywv.edu/athletics/

Gallaudet

Nov. 26, 2006 - TBA - Washington, D.C.
 Location: Washington, D.C.
 Enrollment: 2,000
 Colors: Buff & Blue
 Nickname: Bison
 Conference: Capital Athletic
 Arena: The Field House
 President: Dr. I. King Jordan
 Athletic Director: James DeStefano
 2005-06 Record: N/A
 Head Coach: Kylan Loney
 Record at GU: 0-0 (First Season)
 Overall Record: 0-0 (First Season)
 Assistant Coaches: Bobby Loeffler, Becky Church and David Nathanson
 Sports Information Director: Oscar Ocutu
 Web Site: <http://athletics.gallaudet.edu>

Goucher

Nov. 18, 2006 - TBA - Frostburg, Md.
 Location: Towson, Md.
 Enrollment: 1,885
 Colors: Blue & Gold
 Nickname: Gophers
 Conference: Capital Athletic
 Arena: Sports & Recreation Center
 President: Sanford J. Ungar
 Athletic Director: Geoffrey Miller
 2005-06 Record: 3-21
 Head Coach: Leonard Trevino
 Record at GC: 222-194 (16 Seasons)
 Overall Record: 222-194 (16 Seasons)
 Assistant Coaches: N/A
 Starters Returning/Lost: 2/3
 Sports Information Director: Mike Sanders
 Web Site: www.goucher.edu/athletics

Grove City

Nov. 18, 2006 - TBA - Frostburg, Md.
 Location: Grove City, Pa.
 Enrollment: 2,450
 Colors: Crimson & White
 Nickname: Wolverines
 Conference: Presidents' Athletic Conference
 Arena: College Arena
 President: Richard G. Jewell
 Athletic Director: Dr. Don Lyle
 2005-06 Record: 7-19
 Head Coach: Sarah Harris
 Record at GCC: 0-0 (First Season)
 Overall Record: 0-0 (First Season)
 Assistant Coaches: Chelle Fuss
 Starters Returning/Lost: 4/1
 Sports Information Director: R.A. Briggs
 Web Site: www.gcc.edu/sports

Immaculata

Nov. 17, 2006 - 8:00 pm - Frostburg, Md.
 Location: Immaculata, Pa.
 Enrollment: 800
 Colors: Blue & White
 Nickname: Mighty Macs
 Conference: Pennsylvania Athletic Conference
 Arena: n/a
 President: Sister R. Patricia Fadden
 Athletic Director: Patty Canterino
 2005-06 Record: 17-9
 Head Coach: Patty Canterino
 Record at IU: 58-88 (Six Seasons)
 Overall Record: 58-88 (Six Seasons)
 Assistant Coaches: Caroline Duffy, Dave Parker
 Starters Returning/Lost: 4/1
 Sports Information Director: Tom Machamer
 Web Site: www.immaculata.edu/Students/Athletics

Southern Vermont

Nov. 26, 2006 - TBA - Washington, D.C.
 Location: Bennington, Vt.
 Enrollment: 500
 Colors: Yellow, Green & White
 Nickname: Mountaineers
 Arena: College's Field House
 President: Karen Gross
 Athletic Director: LaTanya Collins
 2005-06 Record: N/A
 Head Coach: LaTanya Collins
 Record at PSA: N/A
 Overall Record: N/A
 Assistant Coaches: N/A
 Starters Returning/Lost: N/A
 Sports Information Director: N/A
 Web Site: www.svc.edu/athletics/index.html

St. Joseph's (N.Y.)

Nov. 25, 2006 - 8:00 pm - Washington, D.C.
 Location: Brooklyn, N.Y.
 Enrollment:
 Colors: Royal Blue/White/Gold
 Nickname: Bears
 Conference: Hudson Valley Athletic Conference
 Arena: Bishop Loughlin High School
 President: Dr. Susan Hudec
 Athletic Director: Frank P. Carbone
 2005-06 Record: 19-13
 Head Coach: Frank P. Carbone
 Record at SJC: n/a
 Overall Record: 151-118 (10 Seasons)
 Assistant Coaches: Kimberly McCorkell
 Starters Returning/Lost: 3/2
 Sports Information Director: Anthony Macapugay
 Web Site: www.sjcny.edu/bears.php

Villa Julie

Dec. 3, 2006 - 3:00 pm - Frostburg, Md.
 Location: Stevenson, Md.
 Enrollment: 2,800
 Colors: Forest Green/Black/White
 Nickname: Mustangs
 Conference: North Eastern Athletic Conference
 Arena: Student Union Center
 President: Dr. Kevin Manning
 Athletic Director: Brett Adams
 2005-06 Record: 20-7, 12-4 NEAC
 Head Coach: Chris Ramer
 Record at VJC: N/A (11 Seasons)
 Overall Record: N/A (11 Seasons)
 Assistant Coaches: Kenny Wood
 Starters Returning/Lost: N/A
 Sports Information Director: Jeb Barber
 Web Site: www.vjc.edu/athletics

2006-07 AMCC OPPONENTS



FROSTBURG STATE UNIVERSITY

Hilbert

Jan. 13, 2007 - 2:00 pm - Hamburg, N.Y.
Feb. 10, 2007 - 2:00 pm - Frostburg, Md.

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
2005-06 Record: 6-19, 5-13 AMCC
Head Coach: Kara Rehbaum
Record at HC: 13-37 (2 Seasons)
Overall Record: 61-124 (7 Seasons)
Assistant Coaches: Beata Fijalkowski, Lindsay Peltier
Starters Returning/Lost: 2/3
Sports Information Director: Rob deGrandpre
Web Site: www.hilbert.edu/athletics.asp



La Roche

Dec. 6, 2006 - 6:00 pm - Pittsburgh, Pa.
Jan. 31, 2007 - 6:00 pm - Frostburg, Md.

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
2005-06 Record: 7-18, 5-13 AMCC
Head Coach: Eddie Benton
Record at LAR: 16-35 (2 Seasons)
Overall Record: 16-35 (2 Seasons)
Assistant Coaches: Cornelius Nesbit, Carl Epperson
Starters Returning/Lost: 4/1
Sports Information Director: Chase Rowe
Web Site: www.laroche.edu/athletic2-department



Lake Erie

Jan. 15, 2007 - 1:00 pm - Frostburg, Md.
Feb. 17, 2007 - Noon - Painesville, Ohio

Location: Painesville, Ohio
Enrollment: 950
Colors: Green & White
Nickname: Storm
Arena: Athletic Center
President: Michael Victor
Athletic Director: Ken Krsolovic
2005-06 Record: 6-17, 5-13 AMCC
Head Coach: Bob Booher
Record at LEC: 6-17 (1 Season)
Overall Record: 135-69 (8 Seasons)
Assistant Coaches: Darren Jones, Kristy Booher
Starters Returning/Lost: 5/0
Sports Information Director: Kristy Booher
Web Site: www.lec.edu/athletics/index.php



Medaille

Dec. 9, 2006 - 1:00 pm - Buffalo, N.Y.
Jan. 27, 2007 - 1:00 pm - Frostburg, Md.

Location: Buffalo, N.Y.
Enrollment: 2,599
Colors: Blue, White & Red
Nickname: Mavericks
Arena: Sullivan Center
President: Richard Davis
Athletic Director: Peter Lonergan
2005-06 Record: 26-2, 18-0 AMCC
Head Coach: Pete Lonergan
Record at MC: 59-21 (3 Seasons)
Overall Record: 59-21 (3 Seasons)
Assistant Coaches: Kathy Meder, Ron Stepien, Stephanie Menth, Andrea Belis
Starters Returning/Lost: 5/0
Sports Information Director: Mike Carberry
Web Site: www.medaille.edu/mavericks



Mt. Aloysius

Jan. 18, 2007 - 6:00 pm - Cresson, Pa.
Feb. 14, 2007 - 6:00 pm - Frostburg, Md.

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
2005-06 Record: 4-21, 1-17 AMCC
Head Coach: Brian Gennett
Record at MAC: 0-0 (First Season)
Overall Record: 0-0 (First Season)
Assistant Coaches: Missy Wertz
Starters Returning/Lost: 3/2
Sports Information Director: Lance Loya
Web Site: www.mtaloy.edu/athletics



Penn State Altoona

Jan. 10, 2007 - 6:00 pm - Frostburg, Md.
Feb. 7, 2007 - 6:00 pm - Altoona, Pa.

Location: Altoona, Pa.
Enrollment: 4,000
Colors: Blue & White
Nickname: Lions
Arena: Adler Athletic Complex
President: Dr. Lori J. Bechtel
Athletic Director: Fredina Ingold
2005-06 Record: 6-18, 5-13 AMCC
Head Coach: Donna Kling
Record at PSA: 6-18 (1 Season)
Overall Record: 6-18 (1 Season)
Assistant Coach: Kristen Baker
Starters Returning/Lost: 2/3
Sports Information Director: Steve Crider
Web Site: www.altoona.psu.edu/sports/



Penn State Behrend

Dec. 2, 2006 - 2:00 pm - Frostburg, Md.
Jan. 20, 2007 - 2:00 pm - Erie, Pa.

Location: Erie, Pa.
Enrollment: 3,700
Colors: Blue & White
Nickname: Lions
Arena: Junker Center
President: Dr. Jack Burke
Athletic Director: Brian Streeter
2005-06 Record: 17-10, 12-6 AMCC
Head Coach: Roz Fornari
Record at PSB: 222-127 (13 Seasons)
Overall Record: 222-127 (13 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. 6, 2007 - 2:00 pm - Frostburg, Md.
Feb. 3, 2007 - 3:00 pm - Bradford, Pa.

Location: Bradford, Pa.
Enrollment: 1,306
Colors: Navy Blue & Gold
Nickname: Panthers
Arena: Sport & Fitness Center
President: Dr. Livingston Alexander
Athletic Director: Lori Mazza
2005-06 Record: 12-14, 10-8 AMCC
Head Coach: Bill Hyden
Record at UPB: 0-0 (First Season)
Overall Record: 0-0 (First Season)
Assistant Coaches: Jen Zebley, Brian Sansom
Starters Returning/Lost: 3/2
Sports Information Director: Greg Clark
Web Site: www.upb.pitt.edu/athletics/index.htm



Pitt-Greensburg

Nov. 29, 2007 - 6:00 pm - Frostburg, Md.
Jan. 24, 2007 - 6:00 pm - Greensburg, Pa.

Location: Greensburg, Pa.
Enrollment: 1,800
Colors: Navy & Gold
Nickname: Bobcats
Arena: Chambers Hall
President: Dr. Frank Cassell
Athletic Director: Dick Hack
2005-06 Record: 24-6, 16-2 AMCC
Head Coach: Carol Gelet
Record at UPG: 125-70 (7 Seasons)
Overall Record: 125-70 (7 Seasons)
Assistant Coach: Kevin Conlon
Starters Returning/Lost: 1/4
Sports Information Director: Kevin Conlon
Web Site: www.pitt.edu/~upgncaa





FROSTBURG STATE RECORDS

FROSTBURG STATE UNIVERSITY

FSU In The Post-Season

Year	Tournament	Opponent	Results
1980-81	EAIWA	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

FSU All-Time Head Coaches

Head Coach	Record	Years (seasons)
Sharon Irwin	97-113	1964-1978 (14)
Jim Crawley	406-188	1978-2001 (23)
<u>Jody Pepple</u>	<u>57-52</u>	<u>2001-06 (5)</u>
Totals	578-363	42 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
<u>2005-06</u>	<u>18-10</u>	<u>Jody Pepple</u>
42 seasons	578-363	.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.	1,247	Trina Kirsch-Ricketts	1984-88
11.	1,139	Diane Wisnewski	1980-84
12.	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

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

FROSTBURG STATE RECORDS



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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 Wisnewski	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)
3. Holly Myers	12	Bethany (12/7/02)
Kim Faust	12	Lake Erie (1/26/02)

Holly Myers	12	Pitt-Greensburg (1/9/02)
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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 Wisnewski	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

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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
2T.	59.7 (37-62)	vs. Shenandoah	2/13/85
	59.7 (40-67)	vs. Washington & Jefferson	2/25/83
4.	57.7 (30-52)	vs. College Misericordia	11/19/05
5.	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



FROSTBURG STATE UNIVERSITY

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

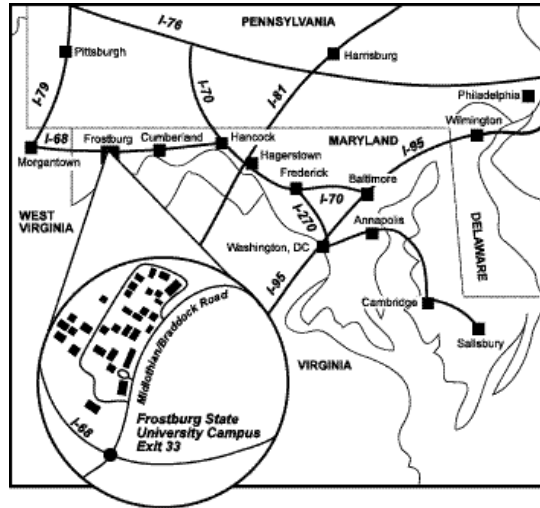


ABOUT FROSTBURG STATE

FROSTBURG STATE UNIVERSITY

Estimated Travel Time to FSU

Baltimore2 1/2 hours
Hagerstown, Md.1 hour
Harrisburg, Pa.2 hours
Johnstown, Pa.1 hour
Morgantown, W.Va.1 hour
New York6 1/2 hours
Philadelphia4 1/2 hours
Pittsburgh2 1/2 hours
Richmond5 hours
Salisbury, Md.5 1/2 hours
Somerset, Pa.45 minutes
Washington, D.C.2 1/2 hours



Frostburg State University is located in the Appalachian highlands (elevation 2,200 feet) of Western Maryland. The main campus covers 260 acres within the town limits of Frostburg (population 7,300). The University also offers courses in Frederick, Maryland and at the Center in Hagerstown, Maryland.

The local region is rich in both history and outdoor activities. Students can visit nearby recreational areas — Rocky Gap, New Germany and Deep Creek Lake State Parks — which offer camping, boating, swimming, hiking and skiing.

Frostburg State University
101 Braddock Road
Frostburg, Maryland 21532-1099



Frostburg State University is an Affirmative Action/Equal Opportunity Institution. Admission shall be determined without regard to race, color, religion, sex, national origin, age or handicap.

FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. You may request accommodations through the ADA Compliance Office, 301/687-4102, TDD 301/687-7955.

From Baltimore

Take I-70 West to I-68 at Hancock, Md. Proceed to exit 33 (second Frostburg exit). Bear right onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Morgantown, W.Va. and Points West

Take I-68 East to exit 33. Turn left onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Pittsburgh, Pa. and Points North

Take I-79 South to I-68 at Morgantown, W.Va. Proceed to exit 33. Turn left onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

From Washington, D.C.

Take I-270 North towards Frederick, Md. At Frederick, take I-70 West to I-68 at Hancock, Md. Proceed to exit 33 (second Frostburg exit). Bear right onto Midlothian Road and proceed about one mile to the main entrance to the campus on the left.

