

# Lock Haven University of Pennsylvania

# 2004-2005 WOMEN'S BASKETBALL

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## GENERAL INFORMATION

**Name of School:** Lock Haven University of Pennsylvania  
**City/Zip:** Lock Haven, PA 17745  
**Founded:** 1870  
**Enrollment:** 4,500  
**Nickname:** Lady Eagles  
**School Colors:** Crimson and White  
**Gymnasium/Capacity:** Thomas Fieldhouse (2,500)  
**Affiliation:** NCAA Division II  
**Conference:** Pennsylvania State Athletic Conference  
(Western Division)  
**President:** Dr. Kieth T. Miller  
**Alma Mater:** University of Arizona  
**Director of Athletics:** Sharon E. Taylor  
**Alma Mater:** Lock Haven State College  
**Athletic Department Phone:** (570) 893-2102

## HISTORY

**First Year of Basketball:** 1941  
**All-Time Record:** n/a  
**Years in NCAA Tournament:** 3  
**Most Recent NCAA Playoff Appearance:** 1991, lost to Clarion (77-70), NCAA Eastern Regional Championship  
**Most Recent Conference Post-Season Appearance:** 1991, lost to Clarion (87-71), PSAC Championship Game

## SPORTS INFORMATION

**Sports Information Director:** Al Weston  
**sSID Office Phone:** (570) 893-2350  
**SID FAX:** (570) 893-2075  
**Press Row Phone:** (570) 893-2666  
**SID e-mail:** aweston@lhup.edu  
**WWW Homepage:** <http://www.lhup.edu/sports>  
**SID Cell Phone:** (570) 660-4507  
**SID Mailing Address:** Lock Haven University  
Russell Hall Lower Level, Rm. 2  
Lock Haven, PA 17745

## COACHING STAFF

**Head Coach:** Valerie Curtis  
**Alma Mater:** Univ. of the District of Columbia ('96, '98 MA)  
**Record at School/Year:** first season  
**Career Record/Years:** same  
**Basketball Office Phone:** (570) 893-2818  
**Head Coach E-Mail:** vcurtis@lhup.edu  
**Assistant Coach:** Kate Rounsley  
**Alma Mater:** Bucknell University ('02)  
**Assistant Coach Phone:** (570) 893-2569  
**Assistant Coach E-Mail:** krounsl1@lhup.edu  
**Graduate Assistant Coach:** Kristi Ward  
**Alma Mater:** Lock Haven ('03)

## TEAM INFORMATION

**Overall Record in 2003-2004:** 8-18  
**Conference Record/Place:** 2-10, 7th PSAC West  
**Letterwinners Returning/Lost:** 7/3  
**Starters Returning:** 2

### STARTERS RETURNING (2)

**Elizabeth Gabrielle** (G, Fr., 5-5) - 9.8, 5.3 apg  
**Melissa Picarsic** (Jr., F, 6-0) - 8.6 ppg, 5.5 rpg

### STARTERS LOST (3)

**Cyndi Crowl** (Sr., G, 5-9) - 11.2 ppg, 3.0 rpg  
**Amanda Jones** (Sr., 5-10, Forward) - 6.3 ppg, 3.1 rpg  
**Alex Benshaw** (Sr., 6-0, Forward) - 3.5 ppg, 2.8 rpg

### OTHER RETURNERS (5)

**Kristy Shaddock** (So., 6-1, Forward) - 3.1 ppg, 2.9 rpg  
**Allison Hall** (G, Fr., Hollidaysburg) - 9.2 ppg, 4.2 rpg  
**Ginger Williams** (F, Fr., Chesapeake) - 4.4 ppg, 3.6 rpg  
**Shameka L. Lee** (F, Fr., HD Woodson) - 3.2 ppg, 3.8 rpg  
**Candace Sillers** (G, Fr., Lebanon) - 3.4 ppg

### NEWCOMERS (4)

Katie Heim (Fr., G/F, 5-9)  
Missy Blazina (Fr., G, 5-6)  
Kelli Pittner (Fr., G, 5-7)  
Kristine Terhune (So., F, 6-0)

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## ALL-STAR CANDIDATES

### **Melissa Picarsic (F, Sr., 6-0, Acme, Pa./Mt. Pleasant)**

As the lone senior on this year's squad, Picarsic's 6-foot frame will shoulder the leadership load from the post. She led the team in scoring twice last season and led the Lady Eagles in rebounding in 11 contests.

### **Elizabeth Gabrielle (G, So., 5-5, State College, Pa./State College)**

The team's leading returning scorer will hold down the point guard position. She led the team in scoring on seven different occasions a year ago, including a 23-point game at California and a 20-point performance at Bloomsburg.

## TEAM NOTES

The Lady Eagles return three of their top four scorers from 2003-04, including Melissa Picarsic and Elizabeth Gabrielle, who both started every game last season.

This year begins the Curtis era at Lock Haven. Valerie Curtis will be tested with her first head-coaching job after two years as assistant with The Haven.

Lock Haven posted a 6-8 non-conference record in 2003-04, including a 66-64 win over Kutztown, won on free throws with four seconds left, and a 76-68 win over head coach Curtis's alma mater the University of the District of Columbia.

## 2004-04 Lady Eagle Basketball Alphabetical Roster

#	Name	Pos.	Cl.	Ht.	Hometown/Previous School
3	Elizabeth Gabrielle	G	So.	5-5	State College, Pa./State College
4	Katie Heim	G/F	Fr.	5-9	Sunbury, Pa./Shikellamy
10	Missy Blazina	G	Fr.	5-6	Lock Haven, Pa./Central Mountain
11	Kristy Shaddock	C	Jr.	6-1	Dimmock, Pa./Elk Lake
12	Shameka L. Lee	F	So.	6-0	Washington, D.C./HD Woodson
21	Kelli Pittner	G	Fr.	5-7	Linesville, Pa./Linesville
24	Candace Sillers	G	So.	5-6	Lebanon, Pa./Lebanon
30	Allison Hall	G	So.	5-9	Hollidaysburg, Pa./Hollidaysburg
40	Melissa Picarsic	F	Sr.	6-0	Acme, Pa./Mt. Pleasant
42	Ginger Williams	F	So.	5-11	Pasadena, Md./Chesapeake
44	Kristine Terhune	F	So.	6-0	Washington, N.J./Warren Hills

**Head Coach:** Valerie Curtis (first season)

**Assistant Coach:** Kate Rounsley

**Graduate Assistant Coach:** Kristi Ward

## 2004-2005 WOMEN'S BASKETBALL SCHEDULE

Nov. 6	U. OF PITT-JOHNSTOWN (scrimmage)	3 p.m.
Nov. 15	at LeMoyne College	6 p.m.
Nov. 23	VIRGINIA UNION UNIVERSITY	5 p.m.
Nov. 27	at Mercyhurst College	1 p.m.
Dec. 4	CHEYNEY UNIVERSITY	1 p.m.
Dec. 5	MILLERSVILLE UNIVERSITY	1 p.m.
Dec. 9	ALDERSON-BROADDUS COLLEGE	6 p.m.
Dec. 21	at West Chester University	6 p.m.
Dec. 22	at Kutztown University	6 p.m.
Dec. 29 & 30	at Bryant College Tournament	6 p.m./6 p.m.
Jan. 5	S. CONNECTICUT STATE UNIVERSITY	5 p.m.
Jan. 8	EAST STROUDSBURG UNIVERSITY	1 p.m.
Jan. 9	MANSFIELD UNIVERSITY	1 p.m.
Jan. 12	INDIANA UNIVERSITY	6 p.m.
Jan. 16	at Bloomsburg University	1 p.m.
Jan. 19	at Clarion University	6 p.m.
Jan. 22	at Slippery Rock University	1 p.m.
Jan. 26	SHIPPENSBURG UNIVERSITY	6 p.m.
Jan. 29	at Edinboro University	1 p.m.
Feb. 2	COLUMBIA UNION COLLEGE	7 p.m.
Feb. 5	CALIFORNIA UNIVERSITY	3 p.m.
Feb. 7	at Indiana University	5:30 p.m.
Feb. 9	CLARION UNIVERSITY	6 p.m.
Feb. 12	SLIPPERY ROCK UNIVERSITY	1 p.m.
Feb. 16	at Shippensburg University	6 p.m.
Feb. 19	EDINBORO UNIVERSITY	1 p.m.
Feb. 26	at California University	3 p.m.