



FOR IMMEDIATE RELEASE June 7, 2007

SPU Women Cagers: They Should Be Good Arizona Transfer to Join Already Solid Cast of Returnees in '08

Strength in numbers. After reclaiming the Great Northwest Athletic Conference championship during a rebuilding year, the sky could be the limit for Seattle Pacific University women's basketball in 2008. Next season the Falcons (20-9) bring back six of their top nine players, including their top two scorers, and they have added some excellent recruits.

Just the beginning. They may have taken their conference by surprise this time around, but **Julie van Beek's** squad should be installed as the favorite, not only in the GNAC but perhaps for the West's slot at the Elite Eight next spring. SPU advanced to the second round of this year's NCAA tourney, where it fell to 10th-ranked Chico State, 75-60. Seattle Pacific had eliminated Sonoma State, 69-60, in the regional opener. Among the Falcons' biggest victories was a midseason 70-60 triumph over eventual national semifinalist UC San Diego. The program has now won at least 20 games in each of the last nine years.

Senior citizens. Two starting spots and key reserve minutes will be up for grabs following the graduation for three seniors. **Rachel Strand** (Sr., 6-0, Shoreline, Wa./King's) led the GNAC in field-goal accuracy and provided leadership at the high post. Strand quickly transitioned to rowing this spring, earning a place in the varsity eight by mid-April, and then helped the crew reach the NCAA Championships for the first time. **Autumn Fielding** (Sr., 5-9, Kennewick, Wa.) was an effective long-range threat on the wing, hitting a team high 39 percent outside the arc. Reserve guard **Jessie Menkens** (Sr., 5-10, Battle Ground, Wa.) averaged 6.7 points off the bench.

1-2 punch intact. The formidable inside/outside combo of center **Kelsey Hill** (So., 6-2, Portland, Or./Portland Christian) and guard **Jackie Hollands** (Jr., 5-9, Oregon City, Or.) will be back, along with starting point guard **Beth Christensen** (Jr., 5-5, Enumclaw, Wa.). Hill rapidly developed into an all-region selection, leading SPU in scoring (12.2) and rebounding (8.5) in her first year as a starter. Hollands came back strong from knee surgery late in the season, averaging 17.7 points in her final seven games to earn all-conference honors. Christensen led the league in assists (4.9) for the second year in a row. Also expected back are 16-game starter **Libby Magnuson** (Jr., 5-10, White Bear Lake, Mn.) plus key non-starters **Dasha Henderson** (Fr., 5-9, Snohomish, Wa.) and **Jessie Christensen** (Jr., 5-9, Enumclaw, Wa.). **Megan Hoisington** (Fr., 5-11, Bremerton, Wa./Central Kitsap) played in 24 games.

And now this. Through recruiting Seattle Pacific certainly strengthened itself, both in terms of top-level talent and depth. Transferring from Arizona is Kelsey Burns, formerly a three-sport standout at nearby Kennedy High School. The 5-foot-11 Burns averaged 4.1 points as a freshman in Tucson, and was named the Wildcats' freshman of the year. She was a three-time all-Seamont League selection, scoring 13.1 points per game as a senior. Madison Maloney, a 5-10 guard from Issaquah's Skyline, had committed in the fall. Fortifying the inside positions will be the return of centers **Lexi Schaar** (So., 6-4, Crookston, Minn.) and **Melissa Reich** (Fr., 6-1, Bothell, Wa./Bellevue Christian) from injury. Reich missed the entire season with a knee injury and Schaar, after averaging 7.0 points in the first five games, missed the rest of the season due to knee surgery.

Hoop camp. In just over a month the Falcon Basketball Camp for Girls has its first session in Brougham Pavilion. The week of June 25-28 is filling rapidly but has space available,

2006-07 WOMEN'S BASKETBALL

SPU Quick Facts

2006-07 Record– 20-9 (12-4 GNAC, 1st)
 Coach–Julie van Beek, 2nd year (44-15)
 Coach's Career Record– 206-134, 11th year

NCAA West Regional Results

RIMAC Arena, La Jolla, Calif.

First Round

Seattle Pacific 69, Sonoma State 60
 Chico State 63, Cal St. San Bernardino 50
 Alaska Anchorage 49, CS Dominguez Hls 48
 UC San Diego 78, Western Washington 45

Semifinals

Chico State 75, Seattle Pacific 60
 UC San Diego 66, Alaska Anchorage 51

Championship

UC San Diego 80, Chico State 63

Streaks & Such

Seattle Pacific captured its fourth GNAC title in five seasons and 11th straight NCAA berth

Stat de jour

Kelsey Hill became the first sophomore to lead the team in scoring and rebounding since Tosca Lindberg in 1991

Final GNAC Standings

	W	L	W	L
Seattle Pacific	12	4	20	9
Alaska Anchorage	11	5	23	6
Western Washington	10	6	18	10
Northwest Nazarene	10	6	16	11
Seattle University	9	7	18	9
Central Washington	7	9	17	10
Saint Martin's	6	10	10	17
Alaska Fairbanks	5	11	10	17
Western Oregon	2	14	3	24

NCAA Rankings

1. Southern Connecticut
2. Florida Gulf Coast
3. UC San Diego

also

5. North Dakota
10. Chico State

along with the second session of July 23-26. The cost is \$200 and includes ball and T-shirt. Registration forms are available at the Falcons Online (www.spu.edu/falconsonline).

Regional wrap. Hill was the GNAC's final player of the week after topping the team with 35 points and 20 rebounds in the West Regional. She had 19 points, including a key basket to turn back a Sonoma rally. Hot-shooting Chico State eliminated SPU for the second year in a row with a 17-2 run beginning midway through the second half. The Wildcats shot 63 percent from the floor after intermission.

For the record. A couple of school records were broken, both involving the three-pointer. The Falcons made 17 treys vs. Dixie State, shattering the old mark of 12. They also hoisted 30 attempts at Western Oregon (old standard was 29). SPU eclipsed 100 points for the first time in two seasons with 106 against Dixie. Strand's field-goal percentage (.551) rates No. 8 all-time. The offense scored under 70 points per game for the first time since 1990-91 and the overall shooting percentage was the lowest in 13 years. Turnovers were cut by 3.11 from the previous season, however.

Put backs. The GNAC crown was the fourth in five seasons and helped the school win its second straight all-sports crown...Strand plans to return for another year of rowing in '08 while completing her coursework...Burns, who was the 2005 *Seattle Times* female prep athlete of the year, won the state long jump crown and took third in the high jump as a senior. She placed fourth in the state 50 freestyle her final two years...Maloney was the Kingco 3A player of the year and averaged 16.8 points before a season-ending ankle injury in mid-February...Seattle Pacific finished third in the NCAA for assists per game (18.83). It was No. 2 in the GNAC for scoring offense (69.7), field-goal percentage (.425) and turnover margin (+3.66). Individually, Strand and Christensen were category winners. Strand was fourth in blocks (1.10) and 10th in rebounds (6.4). Christensen was also ninth in steals (1.59). Hollands was No. 2 in steals (2.07), sixth in in three-point shooting (.372) and 10th in assists (2.6). Hill was No. 3 in rebounding (8.5) and field-goal accuracy (.522) and ninth in scoring and free throw shooting (.764). Fielding finished fifth in trey accuracy (.394)...This was the 11th consecutive NCAA tournament appearance and 12th overall. The Falcons' run of regional championship game appearances was snapped at five...UC San Diego won the West and advanced to the semifinals before falling to eventual champion Southern Connecticut... Former coach Gordy Presnell guided Boise State into the D-I tourney in his second season and finished 24-9. Lynne Roberts was 8-22 in her first year at Pacific. Another alum, Kerie (Hughes) DePell, is the new head coach at Montana Tech after serving two years as an assistant...Amy Taylor, point guard for Elite Eights in '04 and '05, was an all-star selection for Dutch champion Landsmeer ProBuild Lions this season...Next season's schedule begins with five straight home games (Regis, North Alabama, Puget Sound, Sonoma State and Chico State), followed by six in a row on the road. Prior to Christmas is a trip to Utah to face Cal State San Bernardino and Dixie State in the latter's tournament. SPU returns to La Jolla Dec. 28-29 to play UCSD and Cal Poly Pomona and then opens GNAC play on the road. Montana State Billings joins the league next season but Seattle University is likely to leave before 2008-09...Hill is the first sophomore to pace SPU in scoring and rebounding since Tosca Lindberg in 1990-91. She finished with nine double-doubles, third-most in the GNAC...Although the nine losses were the most in eight years, seven were to NCAA tournament teams, including D-I Gonzaga and D-II quarterfinalist North Dakota...SPU was 18-1 when ahead or tied at halftime and 14-2 when out-rebounding opponents.

2006-07 Basketball Roster

No.	Name	Pos	Hgt	Yr	Exp	Hometown (High School/Last School)
3	Jackie Hollands ✓	G	5-9	Jr	1V	Oregon City, Or. (Oregon City/UW)
5	Libby Magnuson ✓	F	5-10	Jr	TR	White Bear Lk., Mn. (WBL/Bradley)
10	Rachel Strand ✓	F	6-0	Sr	3V	Shoreline, Wa. (King's)
11	Jessie Christensen	F	5-9	Jr	2V	Enumclaw, Wa. (Enumclaw)
14	Daesha Henderson	G	5-8	Fr	HS	Snohomish, Wa. (Snohomish)
20	Jessie Menkens	G	5-10	Sr	1V	Battle Ground, Wa. (Prairie/Pacific)
21	Megan Hoisington	F	5-11	Fr	HS	Bremerton, Wa. (Central Kitsap)
22	Beth Christensen ✓	G	5-5	Jr	2V	Enumclaw, Wa. (Enumclaw)
24	Autumn Fielding	F	5-9	Sr	2V	Kennewick, Wa. (Kennewick/Idaho)
25	Lisa Cannon	F	6-0	Fr	HS	Lewiston, Id. (Lewiston)
31	Kelsey Hill ✓	C	6-2	So	1V	Portland, Or. (Portland Christian)
34	Melissa Reich	C	6-2	Fr	HS	Bothell, Wa. (Bellevue Christian)
44	Lexi Schaar	C	6-4	So	1V	Crookston, Mn. (Crookston)

Head Coach: Julie van Beek

Assistant Coaches: Michelle Skyles, Sasha Anderson

✓ projected starter

2006-07 Season Results

Date	Opponent	Time/Res.
Nov. 17-18	SODEXHO TIP-OFF CLASSIC	
Nov. 17	WARNER PACIFIC	W, 84-63
Nov. 18	AZUSA PACIFIC	W, 59-39
Nov. 22	SAN FRANCISCO STATE	W, 72-67
Nov. 30	at Gonzaga	L, 58-74
Dec. 2	LEWIS-CLARK STATE	W, 81-64
Dec. 8-9	CCAA-GNAC Challenge (Rohnert Park, Ca.)	
Dec. 8	SPU at Sonoma State	L, 49-56
Dec. 9	SPU v Chico State	L, 56-61
Dec. 19-20	Great Western Shootout (Las Vegas, Nv.)	
Dec. 19	SPU v UC San Diego	W, 70-60
Dec. 20	SPU v Cal Poly Pomona	W, 64-47
Dec. 30	NORTH DAKOTA	L, 58-72
Jan. 4	CENTRAL WASHINGTON*	W, 71-62
Jan. 6	at Western Oregon*	W 61-57
Jan. 13	SAINT MARTIN'S*	W, 82-49
Jan. 18	ALASKA FAIRBANKS*	W, 85-73
Jan. 20	ALASKA ANCHORAGE*	W, 68-52
Jan. 24	at Western Washington*	L, 58-60
Jan. 27	DIXIE STATE	W, 106-62
Feb. 1	NORTHWEST NAZARENE*	W, 79-56
Feb. 3	SEATTLE UNIVERSITY*	W, 68-59
Feb. 8	at Saint Martin's*	W, 68-66
Feb. 10	at Central Washington*	L, 70-80
Feb. 15	at Alaska Anchorage*	L, 61-64
Feb. 17	at Alaska Fairbanks*	W, 74-66
Feb. 22	WESTERN OREGON*	W, 92-48
Feb. 24	WESTERN WASHINGTON*	W, 76-52
Mar. 1	at Northwest Nazarene*	L, 63-65
Mar. 3	at Seattle University*	W, 59-55
Mar. 9	Sonoma State (NCAA/La Jolla, Ca.)	W, 69-60
Mar. 10	Chico State (NCAA/La Jolla, Ca.)	L, 60-75

*Great Northwest Athletic Conference games
All times are Pacific

2006-07 Statistical Leaders

Scoring

Kelsey Hill	12.2
Jackie Hollands	11.0
Rachel Strand	9.3
Autumn Fielding	8.8

Rebounds

Kelsey Hill	8.5
Rachel Strand	6.4

Assists

Beth Christensen	4.9
Jackie Hollands	2.6

Shooting Percentage

Rachel Strand	(113-205) .551
Kelsey Hill	(136-261) .522

Free-Throw Percentage

Autumn Fielding	(49-62) .790
Kelsey Hill	(65-85) .765

Three-Point Percentage

Autumn Fielding	(35-87) .390
Jackie Hollands	(55-148) .372

Steals

Jackie Hollands	2.1
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Blocks

Rachel Strand	1.1
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Team	Pts.	Reb	FG%	FT%	3P%
SPU	69.7	36.3	.425	.745	.331
Opp.	60.8	36.8	.386	.728	.352

Seattle Pacific Univ. 2006-07 Women
 Seattle Pacific Combined Team Statistics (as of Jun 06, 2007)
 All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES.....	(20-9)	(13-1)	(4-6)	(3-2)
CONFERENCE.....	(12-4)	(8-0)	(4-4)	(0-0)
NON-CONFERENCE.....	(8-5)	(5-1)	(0-2)	(3-2)

## Player	GP-GS	Min--Avg	---TOTAL---		---3-PTS---		FT-FTA	Pct	---REBOUNDS---				PF	FO	A	TO	Blk	Stl	Pts	Avg
			FG-FGA	Pct	3FG-FGA	Pct			Off	Def	Tot	Avg								
31 Hill,Kelsey.....	29-29	736 25.4	136-261	.521	1-4	.250	65-85	.765	69	170	239	8.2	64	0	45	53	16	23	338	11.7
03 Hollands,Jackie....	29-17	686 23.7	108-257	.420	55-148	.372	47-62	.758	21	43	64	2.2	58	0	75	49	3	60	318	11.0
10 Strand,Rachel.....	29-29	799 27.6	113-205	.551	14-45	.311	30-41	.732	58	128	186	6.4	67	0	44	55	32	19	270	9.3
24 Fielding,Autum.....	27-25	535 19.8	82-196	.418	35-87	.402	49-62	.790	28	39	67	2.5	49	0	61	51	2	25	248	9.2
44 Schaar,Lexi.....	5-0	75 15.0	14-30	.467	0-0	.000	7-9	.778	4	11	15	3.0	8	0	3	8	6	0	35	7.0
20 Menkens,Jessie....	27-0	526 19.5	62-183	.339	35-120	.292	23-26	.885	15	41	56	2.1	33	0	46	25	2	35	182	6.7
05 Magnuson,Libby....	29-16	672 23.2	66-191	.346	23-77	.299	23-35	.657	26	62	88	3.0	64	1	73	61	10	38	178	6.1
22 Christensen,Beth...	29-29	864 29.8	53-137	.387	15-53	.283	54-72	.750	14	59	73	2.5	24	0	143	85	1	46	175	6.0
14 Henderson,Daesha...	29-0	367 12.7	38-109	.349	15-49	.306	18-24	.750	19	33	52	1.8	31	0	21	18	4	23	109	3.8
11 Christensen,Jessie.	29-0	322 11.1	34-91	.374	0-0	.000	35-53	.660	24	56	80	2.8	30	0	25	29	5	15	103	3.6
27 Hoisington,Megan...	24-0	180 7.5	24-51	.471	1-1	1.000	3-5	.600	17	26	43	1.8	26	0	8	17	3	9	52	2.2
25 Cannon,Lisa.....	7-0	16 2.3	2-6	.333	0-2	.000	2-4	.500	3	3	6	0.9	2	0	1	3	0	0	6	0.9
TEAM.....									41	41	82	2.8	0		3					
Total.....	29	5778	732-1717	.426	194-586	.331	356-478	.745	339	712	1051	36.2	456	1	545	457	84	293	2014	69.4
Opponents.....	29	5800	636-1648	.386	174-495	.352	318-437	.728	350	717	1067	36.8	433	-	417	566	76	210	1764	60.8

TEAM STATISTICS	SPU	OPP	DATE	OPPONENT	W/L	SCORE	ATTEND
SCORING.....	2014	1764	11/17/06	WARNER PACIFIC	W	84-63	352
Points per game.....	69.4	60.8	11/18/06	AZUSA PACIFIC	W	59-39	217
Scoring margin.....	+8.6	-	11/22/06	SAN FRANCISCO STATE	W	72-67	107
FIELD GOALS-ATT.....	732-1717	636-1648	11/30/06	at Gonzaga	L	58-74	926
Field goal pct.....	.426	.386	12/02/06	LEWIS-CLARK ST.	W	81-64	303
3 POINT FG-ATT.....	194-586	174-495	12/08/06	at Sonoma State	L	49-56	368
3-point FG pct.....	.331	.352	12/09/06	vs Chico State	L	56-61	207
3-pt FG made per game..	6.7	6.0	12/19/06	vs UC San Diego	W	70-60	154
FREE THROWS-ATT.....	356-478	318-437	12/20/06	vs Cal Poly Pomona	W	64-47	138
Free throw pct.....	.745	.728	12/30/06	NORTH DAKOTA	L	58-72	453
REBOUNDS.....	1051	1067	*01/04/06	CENTRAL WASHINGTON	W	71-62	267
Rebounds per game.....	36.2	36.8	*01/06/07	at Western Oregon	W	61-57	165
Rebounding margin.....	-0.6	-	*01/13/07	SAINT MARTIN'S	W	82-49	334
ASSISTS.....	545	417	*01/18/07	ALASKA FAIRBANKS	W	85-73	284
Assists per game.....	18.8	14.4	*01/20/07	ALASKA ANCHORAGE	W	68-52	417
TURNOVERS.....	457	566	*01/24/07	at Western Washington	L	58-60	580
Turnovers per game.....	15.8	19.5	01/27/07	DIXIE STATE	W	106-62	274
Turnover margin.....	+3.8	-	*02/01/07	NORTHWEST NAZARENE	W	79-56	378
Assist/turnover ratio..	1.2	0.7	*02/03/07	SEATTLE	W	68-59	1219
STEALS.....	293	210	*02/08/07	at Saint Martin's University	W	68-66	392
Steals per game.....	10.1	7.2	*02/10/07	at Central Washington	L	70-80	250
BLOCKS.....	84	76	*02/15/07	at Alaska Anchorage	L	61-64	445
Blocks per game.....	2.9	2.6	*02/17/07	at Alaska Fairbanks	W	74-66	327
WINNING STREAK.....	0	-	*02/24/07	WESTERN OREGON	W	92-48	321
Home win streak.....	9	-	*02/24/07	WESTERN WASHINGTON	W	76-52	573
ATTENDANCE.....	5499	5538	*03/01/07	at Northwest Nazarene	L	63-65	587
Home games-Avg/Game...	14-393	10-464	*03/03/07	at Seattle University	W	59-55	602
Neutral site-Avg/Game..	-	5-179	03/09/07	vs Sonoma State	W	69-60	183
			03/10/07	vs Chico State	L	60-75	214
SCORE BY PERIODS:	1st	2nd	Total				
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Seattle Pacific.....	945	1076	- 2021				
Opponents.....	841	923	- 1764				