



Saint Francis Red Flash (1-5) Women's Basketball 2008-09 vs. St. Francis NY (0-6) December 6, 2008 DeGol Arena - Loretto, Pa. 3:00 PM

2008-09 Schedule			
DAY	DATE	OPPONENT	TIME/SCORE
November			
MON.	10	FAIRMONT STATE (Ex.)	W, 79-58
Fri.	14	@ Boston College	L, 99-68
Wed.	19	@ Longwood University	L, 78-66
SAT.	22	LEHIGH UNIVERSITY	L, 82-62
TUE.	25	BOWLING GREEN	L, 98-74
Fri.	28	@ U.S. Naval Academy	L, 76-66
December			
Wed.	3	@ Youngstown State	W, 61-54 (OT)
SAT.	6	* ST. FRANCIS COLLEGE	3:00 PM
Thu.	18	@ Duquesne University	7:00 pm
SUN.	21	* LONG ISLAND UNIVERSITY	2:00 PM
SUN.	28	BUCKNELL UNIVERSITY	2:00 PM
Tue.	30	@ University of Cincinnati	7:00 pm
January			
Sat.	3	* @ Robert Morris	7:00 pm
Mon.	5	@ University of Virginia	7:00 pm
Sat.	10	* @ Quinnipiac University	12:00 pm
Mon.	12	* @ Sacred Heart	7:00 pm
SAT.	17	* CENTRAL CONN. STATE	4:00 PM
MON.	19	* WAGNER COLLEGE	7:00 PM
Sat.	24	* @ St. Francis College	2:00 pm
Mon.	26	* @ Fairleigh Dickinson	2:00 pm
SAT.	31	* BRYANT UNIVERSITY	4:00 PM
February			
MON.	2	* MONMOUTH UNIVERSITY	7:00 PM
Sat.	7	* @ Wagner College	7:00 pm
Mon.	9	* @ Central Conn. State	7:00 pm
SAT.	14	* SACRED HEART	4:00 PM
MON.	16	* QUINNIPIAC UNIVERSITY	7:00 PM
Sat.	21	* @ Mount St. Mary's	3:00 pm
Mon.	23	* @ Long Island University	7:00 pm
MON.	28	* FAIRLEIGH DICKINSON	4:00 PM
March			
MON.	2	* ROBERT MORRIS	7:00 PM

Save the Date...
Dec. 6 - Alumni Day
Feb. 14 - PinkZone
March 2 - Senior Day

The Terriers

Conference.....Northeast
Home ArenaPeter Aquilone Court
Capacity
2007 Record.....10-20
2007 Conf. Record7-11
Letterwinners Ret./Lost.....8/4
Starters Ret./Lost.....2/3
Newcomers3

The Red Flash

Conference.....Northeast
Home ArenaDeGol Arena
Capacity3,500
2007 Record.....6-23
2007 NEC Record3-15
Letterwinners Ret./Lost.....7/4
Starters Ret./Lost.....4/1
Newcomers6

Series History

This is the 45th series meeting between the Red Flash and the Terriers. SFU leads the series 31-13, but SFC has won the last 5 games, including last contests in which they defeated the Flash 80-70

Alumni Day

The match up will the Terriers will also mark SFU's annual Alumni Day. Notable Red Flash basketball alums like Emily Bollinger ('08) and Beth Swink ('05) will be in attendance.

The Terriers

The Terriers come to Loretto 0-6 on the season after losing to future NEC member Bryant 53-59 on Monday. They were picked to finish 9th in the NEC Conference poll, as was Wagner. Senior guard Kara Ayers leads the team in scoring, averaging 16.8 ppg, while junior forward Kendra Williams leads the team in rebounds with a total of 46.

Preseason Poll

The Red Flash were picked to finish 8th in the Northeast Conference in a poll released by the NEC on Thursday. Robert Morris, who recieved a total of 4 first-place votes was chosen to win the conference this season. The poll is voted on by the head coaches.

Lilley Putting Up Big Numbers

Freshman guard Brittany Lilley had another strong effort against Youngstown State, putting up 23 points and 5 rebounds. She is the only Red Flash player this season to have scored more than 20 points in a game, and also had 21 points against Bowling Green.

New Faces

Susan Robinson Fruchtl returns for her second season at the helm of the Red Flash and will have a few new faces on her staff and on her bench. Assistant coach Joe Haigh comes to Loretto from Virginia Commonwealth where he was the Director of Basketball Operations. Haigh works with post players, as well as organizes SFU basketball camps, video coordination and scheduling. Tiffani Selhorst spent the last 2 seasons at Ohio University, where she was a graduate assistant to current Boston College coach Sylvia Crawley. Selhorst will be in charge of academic support, team travel and strength & conditioning among other duties. Crystal Horton was an assistant coach at Central Michigan University during the 2006-07. After taking last season off to get married and have her son, Horton will handle scouting, recruiting and guard development.

Daly Leads in Overtime

Sophomore guard Allison Daly led the charge in overtime against the Penguins. Daly 6 of the team's 12 points in the extra period, and finished the night with a total of with 9 points and 13 rebounds.

Previous Game's Starters

No.	Name	Yr.	Pos.	Ht.	PPG	RPG	APG	Last game/Conf. Rank
11	Samantha Leach	So.	G	5-10	13.2	3.3	1.2	11 pts and 8 rebounds
45	Janie Killian	Jr.	C	6-4	6.0	5.3	1.3	2 pts, 4 rrebounds, 1 block
14	Britney Hodges	Jr.	G	5-6	9.0	4.3	2.7	13 pts and 9 rebounds
22	Allison Daly	So.	G	5-11	8.2	4.7	0.7	Had 6 points in overtime
20	Brittany Lilley	Fr.	G	5-8	10.5	2.7	1.5	Led the scoring with 21 pts.

Athletic Communications
Director: Bob Volkert Phone: 814.472.3128 E-Mail: rvolkert@francis.edu
Asst. Director/Women's Basketball Contact: Ashley Bailey Phone: 814.472.3916 E-mail: abailey@francis.edu
Fax: 814.472.3196 Press Row: 814.472.3145

2008-09 Season Outlook

Head Coach Susan Robinson Frucht's second season at the helm of the Red Flash team is expected to more closely resemble Flash teams of the past. After going 6-23 last year, SFU is aiming for a spot in the Northeast Conference Championships. With Emily Bollinger being last year's only departing senior, many of the faces will be familiar to the Red Flash faithful, and the talented newcomers will surely make their presence known. The schedule also holds some familiarity in matchups with in-state rival Duquesne, Longwood and Youngstown State. Some new additions, like Boston College and Cincinnati will provide for exciting challenges throughout the season.

Point Guards

Returners :: Shawna Scott will return for her senior season as the team's leader in free throws, with an outstanding .828 percentage. She will be looking to make a significant impact in that area for her final season with the Flash. After finishing fourth in the NEC in assist to turnover ratio, she showed flashes of what we will be seeing this year.

Newcomers :: Sarah Thorn, who is expected to compete for playing time, led Pennsbury East in assists for three consecutive seasons, and will have a significant role in her first season with the team.

Wings

Returners :: Red Flash standout Britney Hodges, who led the team in scoring last year with 445 points (15.3 ppg), will continue to be an offensive threat. Hodges' high scoring ways have the potential to make up for the absence of graduated senior Emily Bollinger. The team's leader in minutes is unlikely to see a decrease in playing time after playing 1,062 minutes last season. She will return as the team's leader in field goal attempts, with 240 more than second-place Shawna Scott. She should also receive consideration for NEC honors, after finishing eighth in the league in scoring and fourth in assists and free throw percentage last season.

Sophomore Samantha Leach is also expected to continue her development. Not even an injury could stop her from making an impact last season, scoring 25 three-pointers in 66 attempts. The Ohio native will look to move up the ranks after finishing fourth on the team in scoring last season with 180 points (7.8 ppg) in 23 games. Leach finished ninth in the conference in 3-pt field goal percentage during the 2007-08 season and has the potential to be among the NEC leaders this season.

Allison Daly looks to build on a solid freshman campaign in which she had 75 points and 68 rebounds. Her totals will no doubt in-

crease as her playing time goes up from the 15.2 minutes she was averaging last season. She can also be counted on as a 3-point threat, after finishing third on the team overall with 12 three-point shots made last season.

Freshmen Quinessa Johnson and Brittany Lilley will both be looking to contribute at the guard spot this season. Johnson played on consecutive championship teams at Lakota West High School in West Chester, Ohio, while Lilley averaged 14.5 points per game at Severna Park High School in Severna Park, Md.

Posts

Returners :: Senior Whitney Robinson will be counted on to fill the shoes of Bollinger, who was lost to graduation. The West Virginia native is set to see an increase in playing time after starting seven of 28 games last season. Robinson finished last season with 221 points (7.9) and 156 rebounds in 723 minutes. Robinson has the ability to be one of the top rebounders in the NEC as she finished 14th in the conference in rebounds in 2007-08.

Taryn Adamski will return for her senior campaign much more adept at center with a full season of playing the position under her belt. The former power forward will be joined by true center Janie Killian, who will look to be a defensive powerhouse in her junior campaign. While Killian was sixth on the team in scoring last year, she was third in rebounds. At 6'4" she is without a doubt the team's best blocker. Her team-leading 21 blocked shots were good for ninth in the Northeast Conference. And with Bollinger gone, Killian takes over as the team leader in field goal percentage. Newcomer Kelsey Caruthers may prove valuable enough to allow Adamski to return to her true position at power forward.

Newcomers :: Freshman Najah Prescott played at Cardinal Dougherty in Philadelphia and is expected to compete for playing time at power forward. Kelsey Caruthers averaged 13.7 points and nine rebounds at Penn Manor, and totaled 874 points in her four-year career. They will both be looking to make a significant impact in their freshman campaigns.

On the Air

Joe Vesnesky will return to the airwaves for his 30th season with the Red Flash. Vesnesky will be joined by Bernie Jubeck for all home games and at select road games. All Red Flash basketball games can be heard on The Edge 1400 AM (Loretto) and select games can be heard The Edge 850 AM (Johnstown). All games can also be heard on www.GoRedFlash.com.

Head Coach Susan Robinson Fruchtl



S U S A N ROBINSON FRUCHTL WAS ANNOUNCED AS THE SIXTH WOMEN'S BASKETBALL COACH IN PROGRAM HISTORY ON APRIL 25, 2007 AND

WILL LEAD THE RED FLASH INTO ITS FIFTH DECADE OF INTERCOLLEGIATE COMPETITION.

Robinson Fruchtl oversees an NCAA Division I program that has won nine Northeast Conference titles and made nine NCAA tournament appearances over the past thirteen seasons. The Red Flash women's basketball program marked its 40th year of competition during the 2007-08 season.

After guiding the team to a 6-23 season last year, Robinson Fruchtl is mixing new faces with old and taking the future in her own hands. Instead of simply remembering the championships of years past, the Red Flash team will look to be looking to add some of their own.

Prior to her arrival in Loretto, Robinson Fruchtl spent three consecutive seasons on Rene Portland's staff at Penn State Univer-

sity, and her eighth season overall with the Lady Lions. The 1992 Penn State graduate helped guide her alma mater to a composite 161-83 record (.660) including four 20-win seasons.

A former All-American and PSU's only recipient of the Wade Trophy, which is presented annually to the best women's college basketball player in NCAA Division I, Robinson Fruchtl rejoined the Penn State staff in May of 2004 after serving as an assistant from 1993 to 1998. During her time in Happy Valley she worked primarily with post players as well as assisting in recruiting. It was under her guidance that former Lady Lion Amanda Brown developed into a third-round selection in the 2007 WNBA draft by the Los Angeles Sparks.

After leaving the Lady Lions in 1998, Robinson Fruchtl enrolled at Slippery Rock University to pursue her Master's Degree in Secondary Guidance. During that time she served as a volunteer assistant from 1998-2000 for the North Allegheny girl's basketball team. Robinson Fruchtl also has a Master's in Higher Education, which she earned from PSU in 1998.

In June of 2000 she took over as the head girl's basketball coach at Beaver Area High School, where she also worked as one of the school's guidance counselors. She helped revive the basketball program, and led the Lady Cats to the PIAA Class AAA Playoffs

in each of her final two seasons.

Then known as Susan Robinson, she graduated from Penn State with a B.S. in exercise and sports science in 1992 and was married to Tony Fruchtl in 1997. Robinson Fruchtl is one of only two players in Lady Lion history to accumulate 2,000 points and 1,000 rebounds and was the program's all-time leading scorer with 2,253 points until her record was broken in 2004.

In 1992, the same season she won the Wade Trophy, she was named a consensus All-American and earned GTE/CoSIDA Academic All-American honors. As a rookie in 1989, she won Atlantic 10 Freshman-of-the-Year honors. Twice she was named to the All-Atlantic 10 Conference team, and in 1991, she was chosen as the conference Player of the Year. The Center Point, W.Va. native served as captain of the 1990-91 PSU squad that compiled a 29-2 record and a No. 1 National ranking in the final AP poll of the regular season.

In 1990 Robinson Fruchtl was a member of the Junior National Team, and also played for the U.S. Select team that toured Europe. Following her collegiate career she played professionally for one season in Japan.

Susan Robinson Fruchtl Basketball Career

Penn State

Player1988-92
Assistant Coach1993-98

U.S. Junior National Team

Player.....1990

North Allegheny H.S.

Volunteer Assistant1998-2000

Beaver Area H.S.

Head Coach2000-04

Penn State

Assistant Coach2004-2007

Saint Francis University

Head coach2007-present

Awards and Honors

Wade Trophy

GTE/CoSIDA Academic All-American

Atlantic-10 Freshman-of-the Year (1989)

Atlantic-10 Player of the Year (1991)

Team Captain 1990-91

2008-09 Red Flash Women's Basketball



Shawna Scott
5-7 Guard Sr.
Baltimore, Md.



Allison Smith
5-10/Guard/So.
Lebanon, Pa



Samantha Leach
5-10/Guard/So.
Mt. Sterling, Ohio



Sarah Thorn
5-3/Guard/Fr.
Yardley, Pa.



Britney Hodges
5-4/Guard/Jr.
Dayton, Ohio



Brittany Lilley
5-8/Guard/Fr.
Severna Park, Md.



Allison Daly
5-11/Guard/So.
Harrisburg, Pa.



Quinessa Johnson
5-8/Guard/Fr.
West Chester, Ohio



Najah Prescott
6-1/Forward/Fr.
Philadelphia, Pa.



Taryn Adamski
6-2/Forward/Sr.
Valencia, Pa.



Whitney Robinson
6-0/Forward/Sr.
Fairmont, W.V.



Kelsey Caruthers
6-1/Forward/Fr.
Millersville, Pa.



Janie Killian
6-4/Center/Jr.
Verona, Pa.



Susan Robinson Fruchtl
Head Coach
2nd Season



Joe Haigh
Asst. Coach
1st Season



Tiffani Selhorst
Asst. Coach
1st Season



Crystal Horton
Asst. Coach
1st Season

2008-09 Red Flash Women's Basketball
SAINT FRANCIS Combined Team Statistics (as of Dec 04, 2008)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	1-5	0-2	1-3	0-0
CONFERENCE	0-0	0-0	0-0	0-0
NON-CONFERENCE	1-5	0-2	1-3	0-0

#	Player	gp-gs	min	avg	Total		3-Point		F-Throw		Rebounds				pf	dq	a	to	blk	stl	pts	avg
					fg-fga	pct	3fg-fga	pct	ft-fta	pct	off	def	tot	avg								
11	LEACH, Samantha	6-6	167	27.8	29-79	.367	2-14	.143	19-23	.826	9	11	20	3.3	15	0	7	21	0	4	79	13.2
20	LILLEY, Brittany	6-3	152	25.3	28-56	.500	3-10	.300	4-14	.286	4	12	16	2.7	18	1	9	20	0	8	63	10.5
14	HODGES, Britney	6-5	193	32.2	20-56	.357	8-20	.400	6-6	1.000	8	18	26	4.3	8	0	16	18	0	14	54	9.0
23	JOHNSON, Quinessa	4-1	93	23.3	13-33	.394	2-9	.222	5-10	.500	6	5	11	2.8	10	0	7	12	0	2	33	8.3
22	DALY, Allison	6-4	144	24.0	17-47	.362	4-20	.200	11-17	.647	8	20	28	4.7	18	0	4	10	2	12	49	8.2
41	CARUTHERS, Kelsey	6-0	92	15.3	14-23	.609	0-0	.000	16-20	.800	7	8	15	2.5	6	0	0	7	3	1	44	7.3
45	KILLIAN, Janie	6-5	115	19.2	13-26	.500	0-0	.000	10-18	.556	17	15	32	5.3	19	1	8	9	2	4	36	6.0
04	SCOTT, Shawna	5-1	114	22.8	6-16	.375	2-7	.286	6-11	.545	5	8	13	2.6	2	0	7	8	0	6	20	4.0
12	THORN, Sarah	5-2	69	13.8	4-10	.400	2-6	.333	0-0	.000	3	2	5	1.0	9	0	9	18	0	3	10	2.0
40	ROBINSON, Whitney	3-1	20	6.7	2-4	.500	0-0	.000	1-4	.250	0	0	0	0.0	1	0	0	1	0	0	5	1.7
33	ADAMSKI, Taryn	5-2	42	8.4	2-3	.667	0-0	.000	0-0	.000	0	5	5	1.0	7	0	0	2	0	0	4	0.8
25	PRESCOTT, Najah	4-0	24	6.0	0-1	.000	0-0	.000	0-0	.000	0	2	2	0.5	5	0	0	1	0	0	0	0.0
Total.....		6	1225		148-354	.418	23-86	.267	78-123	.634	79	122	201	33.5	118	2	67	129	7	54	397	66.2
Opponents.....		6	1225		180-368	.489	27-78	.346	100-141	.709	90	145	235	39.2	118	-	114	115	27	62	487	81.2

TEAM STATISTICS	SFU	OPP	Date	Opponent	Score	Att.
SCORING	397	487	11-14-08	at Boston College	L 68-99	902
Points per game	66.2	81.2	11/19/08	at Longwood	L 66-78	512
Scoring margin	-15.0	-	11/22/08	LEHIGH	L 82-62	726
FIELD GOALS-ATT	148-354	180-368	11/25/08	BOWLING GREEN	L 98-74	314
Field goal pct	.418	.489	11/28/08	at Navy	L 66-76	728
3 POINT FG-ATT	23-86	27-78	12/3/08	at Youngstown State	Wot 61-54	1187
3-point FG pct	.267	.346	* - Conference game			
3-pt FG made per game	3.8	4.5				
FREE THROWS-ATT	78-123	100-141				
Free throw pct	.634	.709				
F-Throws made per game	13.0	16.7				
REBOUNDS	201	235				
Rebounds per game	33.5	39.2				
Rebounding margin	-5.7	-				
ASSISTS	67	114				
Assists per game	11.2	19.0				
TURNOVERS	129	115				
Turnovers per game	21.5	19.2				
Turnover margin	-2.3	-				
Assist/turnover ratio	0.5	1.0				
STEALS	54	62				
Steals per game	9.0	10.3				
BLOCKS	7	27				
Blocks per game	1.2	4.5				
ATTENDANCE	1040	3329				
Home games-Avg/Game	2-520	4-832				
Neutral site-Avg/Game	-	0-0				

Score by Periods	1st	2nd	OT	Totals
SAINT FRANCIS	178	207	12	397
Opponents	250	232	5	487

2008-09 Red Flash Women's Basketball
SAINT FRANCIS Team Game-by-Game Comparison (as of Dec 04, 2008)
All games

Opponent	1st	2nd	Score	Mar	Total FG	FG Pct	3-Pointers	3FG Pct	Free Throws	FT Pct	Rebounds	Assist	T/Over	Block	Steal	Fouls
Boston College	30/47	38/52	68-99	(31)	23-68/41-73	.338/.562	6-27/2-6	.222/.333	16-21/15-26	.762/.577	36/46 (10)	11/25	19/13	2/7	4/10	27/20
Longwood	26/44	40/34	66-78	(12)	20-45/28-56	.444/.500	4-14/5-17	.286/.294	22-28/17-23	.786/.739	26/31 (5)	8/15	29/22	1/0	10/11	17/20
LEHIGH	28/53	34/29	62-82	(20)	24-51/30-55	.471/.545	4-15/7-15	.267/.467	10-18/15-19	.556/.789	27/32 (5)	16/19	26/22	1/4	12/15	15/21
BOWLING GREEN	43/55	31/43	74-98	(24)	30-59/36-62	.508/.581	5-12/6-17	.417/.353	9-15/20-25	.600/.800	23/38 (15)	10/20	25/26	0/2	12/15	21/19
Navy	27/32	39/44	66-76	(10)	25-70/24-51	.357/.471	3-8/5-13	.375/.385	13-18/23-30	.722/.767	39/41 (2)	15/21	11/16	1/9	10/7	21/17
Youngstown State	24/19	25/30	61-54	+7	26-61/21-71	.426/.296	1-10/2-10	.100/.200	8-23/10-18	.348/.556	50/47 +3	7/14	19/16	2/5	6/4	17/21

Note: Game totals are displayed in the format TEAM/OPPONENT for each category

2008-09 Red Flash Women's Basketball
SAINT FRANCIS Game-by-Game Highs (as of Dec 04, 2008)
All games

<u>Opponent</u>	<u>Date</u>	<u>Score</u>	<u>Points</u>	<u>Rebounds</u>	<u>Assists</u>	<u>Steals</u>	<u>Blocked shots</u>
at Boston College	11-14-08	68-99	18-CARUTHERS, Kel	8-CARUTHERS, Kels	3-JOHNSON, Quines	2-DALY, Allison	2-CARUTHERS, Kels
at Longwood	11/19/08	66-78	18-LEACH, Samantha	5-HODGES, Britney	2-HODGES, Britney	4-DALY, Allison	1-CARUTHERS, Kels
LEHIGH	11/22/08	62-82	13-KILLIAN, Janie	8-KILLIAN, Janie	4-THORN, Sarah	4-SCOTT, Shawna	1-KILLIAN, Janie
BOWLING GREEN	11/25/08	74-98	21-LILLEY, Brittany	4-LEACH, Samantha DALY, Allison	4-HODGES, Britney	5-HODGES, Britney	None
at Navy	11/28/08	66-76	17-LEACH, Samantha	11-KILLIAN, Janie	6-LILLEY, Brittany	4-HODGES, Britney	1-DALY, Allison
at Youngstown State	12/3/08	61-54	23-LILLEY, Brittany	13-DALY, Allison	2-SCOTT, Shawna HODGES, Britney	2-LILLEY, Brittany	1-KILLIAN, Janie DALY, Allison

2008-09 Red Flash Women's Basketball
SAINT FRANCIS Season Schedule/Results & Leaders (as of Dec 04, 2008)
All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	1-5	0-2	1-3	0-0
CONFERENCE	0-0	0-0	0-0	0-0
NON-CONFERENCE	1-5	0-2	1-3	0-0

Date	Opponent	Score	Att.	High Points	High Rebounds
11-14-08	at Boston College	68-99 L	902	(18)CARUTHERS, Kelsey	(8)CARUTHERS, Kelsey
11/19/08	at Longwood	66-78 L	512	(18)LEACH, Samantha	(5)HODGES, Britney
11/22/08	LEHIGH	62-82 L	726	(13)KILLIAN, Janie	(8)KILLIAN, Janie
11/25/08	BOWLING GREEN	74-98 L	314	(21)LILLEY, Brittany	(4)DALY, Allison
11/28/08	at Navy	66-76 L	728	(17)LEACH, Samantha	(11)KILLIAN, Janie
12/3/08	at Youngstown State	WOT 61-54	1187	(23)LILLEY, Brittany	(13)DALY, Allison

* - Conference game

Attendance Summary	Games	Attend	Avg/Game
Home	2	1040	520
Away	4	3329	832
Neutral	0	0	0
Total	6	4369	728