

Blue Hens Hope This Time IS the Charm

Enter Season Looking for Fifth Straight 20-win Season

The University of Delaware women's basketball program has created a successful formula over the past four years.

Hard work, dedication, improvement, and attention to detail have equaled three straight postseason appearances, four consecutive seasons with more than 20 wins, and a program that ranks No. 32 in wins (108) over the last five years among all NCAA Division I women's basketball teams.

In the last three seasons, Delaware has graduated five 1,000-point scorers.

That's an impressive number in itself. However, when you factor in that there have been only 18 UD players in the history of the program - dating back to 1971-72 - to score 1,000 career points, the statistic becomes staggering.

Since entering the Colonial Athletic Association two years ago, the Blue Hens have established themselves as tenacious competitors. Last year, Delaware shared the CAA regular season title with perennial champion Old Dominion, after finishing in second place in UD's inaugural campaign.

This year, head coach **Tina Martin's** goal is to continue using this formula to carry on the winning tradition that is becoming synonymous with Delaware basketball.

"We've proven ourselves as one of the top programs in the conference," said Martin, whose teams have posted a stellar 45-3 record at home over the last four seasons. "Obviously, our goal, year in and out, is to challenge for a conference championship."

Martin returns two starters among seven letterwinners this season, and welcomes five talented newcomers to try and fill the loss of center Christine Cole, All-CAA guard and leading scorer Allison Trapp, and point guard Carrie Timmins.

The trio of Trapp, Timmins and Cole combined for 45 percent of Delaware's scoring last year. Each of them added an essential element to the 2002-03 team in terms of leadership, defense, and scoring.

In addition, the Blue Hens will not have the services of CAA All-Rookie selection Juliette Warren (2.8 ppg), who will miss the 2003-04 season for personal reasons.

Similarly, going into the 2001-02 season, the squad lost three standouts and over 30 percent of its scoring. Yet, the 2002-03 Blue Hens still managed to finish 22-9 overall and 15-3 in league play while giving Old Dominion all it could handle on its home floor before falling in the CAA title game.

Martin expects to have a similar approach this season. Filling in a person here, a person there, and raising the bar for returning players should keep the winning tradition alive.

"We have certain young ladies that we want to step up and that we will build around," said Martin. "We have a solid nucleus returning. There are other players that will have roles and will be expected to play them to the best of their abilities."

"We've lost three starters each of the past two seasons and it's a tribute to our players and our staff that we've been able to keep things together and still be successful. We want to keep this tradition going. We've established a great deal of pride here at Delaware."

Returning juniors **Julie Sailer** and **Tiara Malcom** and senior **Tracey Howell** will form the nucleus that Martin intends to build around in the 2003-2004 season, continuing the pride in the Delaware basketball program.

There is plenty of depth in the frontcourt where Malcom has established herself as one of the CAA's top inside players. After a solid freshman campaign in 2001-02, Malcom hit it big this past season, showing no signs of a sophomore slump.

The Wilmington, DE product earned second-team All-CAA honors in 2002-03, averaging 13.1 points per game while ranking among the league leaders with 7.6 rebounds per outing. She also was among the conference leaders from the foul line, shooting 82.1 percent. She scored in double-figures in 15 of the last 16 games, including a 21-point, 14-

2003-2004 Delaware Women's Basketball Quick Facts

Location	Newark, Delaware 19716
Founded	1743
Enrollment	16,000 Undergraduates
Nickname (Mascot)	Fightin' Blue Hens (YoUDee)
Colors	Royal Blue & Gold
Home Court	Bob Carpenter Center (Acierno Arena)
Capacity	5,000
Affiliation	NCAA Division I
Conference	Colonial Athletic Association (CAA)
Joined League	2001-02

President	Dr. David P. Roselle
NCAA Faculty Representative	Dr. John L. Burmeister
Athletic Director	Edgar N. Johnson
Senior Associate Athletic Director	Mary Ann Hitchens
Associate Athletic Directors	

Recreation	Kate Pohlig
Business Affairs	Scott Eatough
Assistant Athletic Director/Compliance & Facilities	Sue Groff

Athletics Media Relations Phone / Fax	302-831-2186 / 302-831-8653
Sports Information Director	Scott Selheimer
Assistant Sports Information Director	Mike Hirschman
Sports Information Interns	Pete DiVito, Austin Calhoun (WBB Contact)
Calhoun's Cell Phone	703-606-6099
Blue Hen Sports Hotline	302-831-8139
Bob Carpenter Center Press Row Phone	302-831-8715
Internet Address	www.udel.edu/sportsinfo

Head Coach	Tina Martin (Lock Haven '86)
Record at Delaware/Career	123-80 (seven seasons)
Associate Head Coach	Jeanine Radice (Fordham '89), eighth season
Assistant Coaches	Tyrone Perry (Delaware '98), third season
	Carrie Timmins (Delaware '04), first season
2002-03 Record	22-9 (15-3 CAA, tie, 1st Place)
CAA Tournament	lost in finals at Old Dominion, 66-58
Women's NIT Tournament	lost at Saint Joseph's, 65-47, in first round
All-Time Record	458-335 (31 seasons, 1971-72)
NCAA Tournament Bids	1 (2001)
WNIT Bids	2 (2002, 2003)
2003-04 Captains	Julie Sailer, Tiara Malcom, Tracey Howell

Starters Returning (15 or more games)	2
Julie Sailer (Jr., G/F, 5-11, 10.8 ppg, 4.8 rpg)	
Tiara Malcom (Jr., F, 6-1, 13.1 ppg, 7.6 rpg; 2nd team All-CAA)	

Starters Lost (15 or more games)	3
Allison Trapp (G, 16.3 ppg, 2.5 apg, 79 steals; 1st team All-CAA)	
Christine Cole (F, 4.0 ppg, 6.4 rpg, 31 blocks, 48 steals)	
Carrie Timmins (G, 6.4 ppg, 2.4 rpg, 94 ast)	

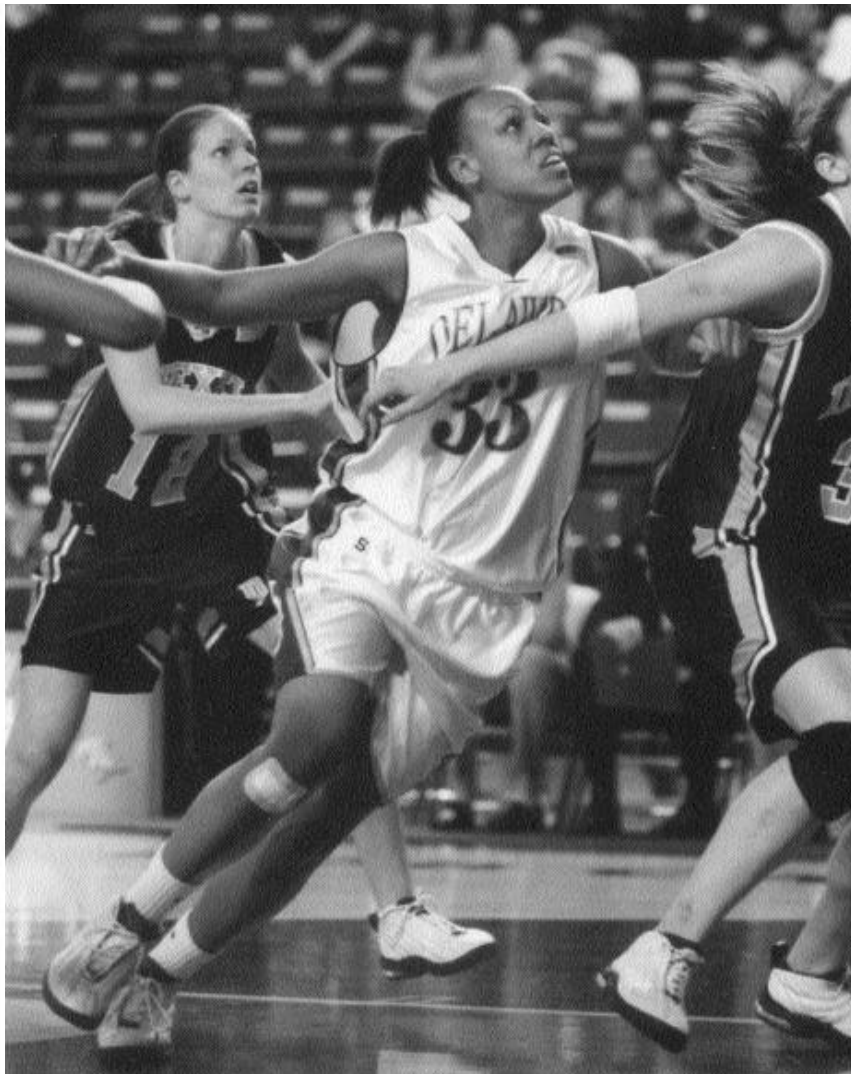
Other Letterwinners Returning	6
Tracey Howell (Sr., G/F, 6-1, 2.0 ppg, 2.5 rpg)	
Tiffany Young (Jr., F, 6-2, 0.6 ppg, 0.5 rpg)	
Amanda Blackstone (So., G, 6-0, 13 GP, 0.5 ppg)	
Karleena Tobin (So., G, 5-9, 9 GP, 0.0 ppg)	
Jayne Boyer (Sr., F, 6-2, 9 GP, 0.3 ppg, 0.4 rpg)	
Jackie Gordon (Jr., G, 2 GP, 0.0 ppg)	

Others Letterwinners Lost	2
Kristin Mills (G, 5-9, 9 GP, 0.3 ppg, 0.2 rpg)	
Juliette Warren (So. G, 5-10, 31 GP, 2.8 ppg, will sit out/personal reasons)	

Others Lost	1
LaShannen Hogue (Fr., G, 24 pts in three games, transferred)	

Redshirts (Eligible 2003-04)	1
Arek Deng (So.-r, F, 6-4, sat out last season after transferring from Maryland)	

Newcomers	5
Alena Koshansky (Fr., G, 5-8, Fairfax, VA/Chantilly; 1,874 career points)	
Tyresa Smith (Fr., G, 5-10, Dover, DE/Polytech; Gatorade State Player of the Year)	
Kristy Gaines (Jr., C, 6-1, Newnan, GA/East Coveta HS/Hagerstown JC; 16.1 ppg, 7.8 rpg at Hagerstown last season)	
Liz Hayes (Fr., G, 5-7, Easton, PA/Easton; scored nearly 2,000 career points)	
Geneva Livingston (Jr., G, 5-10, Red Bank, NJ/Red Bank Regional HS/U. of New Hampshire; will sit out 2003-04 season per NCAA transfer rules)	



All-CAA forward Tiara Malcom (33) is the Blue Hens' leading returning scorer (13.1 ppg) and rebounder (7.6 rpg).

rebound effort in Delaware's first round WNIT game against Saint Joseph's.

"Tiara Malcom is a scorer," Martin said. "She had a great summer and she's had a real good off-season. We are going to lean on her and depend on her scoring in the low post."

Martin expects Howell, a homegrown product from Newark and the team's most experienced player, to be a jack of all trades. That is a role Howell is accustomed to after completing a well-rounded junior year.

Last year, she was the Blue Hens' first off the bench for most of the season, averaging 3.9 ppg and 5.2 rpg while also dishing 36 assists and blocking 15 shots.

"Tracey is a true leader for this team," said Martin, who has fashioned an impressive record of 123-80 in her seven seasons at the helm of the Blue Hens. "She's done a little bit of everything in her first three seasons in the program. I think she epitomizes Delaware basketball because if we need her to rebound, she rebounds. If we need her to play solid defense on someone, she gives that to us. This season, she's got to be our defensive rock. More than in the past, though, she's also got to be able to

score a little bit more for us."

The combination of Malcom and Howell, and the addition of **Arek Deng**, who sat out last season after transferring from Maryland, makes the frontcourt a force to be reckoned with.

"The frontcourt will definitely be our strength," said Martin. "We have size, strength, ability, and depth there. Arek is healthy now (after battling an ankle injury during practice last year) and her size will really cause some difficulties for our opponents."

Adding to the mix up front is much-improved junior **Tiffany Young**, the strongest member of the squad, who came into her own late last season and contributed quality minutes. The 6-2 Young, a native of Fairfax, VA, played in 29 games last year and played double-digit minutes in 13 of those games, averaging 1.8 ppg and 2.1 rpg.

Kristy Gaines, a 6-1 junior transfer from Hagerstown (MD) Junior College who began her collegiate career at Southern Mississippi, will also receive playing time in the post.

Gaines' is a journeyman-type of story. Gaines, who will have junior eligibility this

season, is a native of Newnan, GA where she was a standout at both Riverdale and East Coveta high schools, earning All-State and *USA Today* honorable mention All-American honors her final two seasons at East Coveta. She also was named to the Blue Chip Top 25 Players in the Nation list.

She began her college career at Southern Mississippi, averaging 2.9 points and 2.3 rebounds per game in 27 outings in 2000-01 before transferring to the University of Maryland. She sat out as a redshirt before transferring again to Hagerstown (MD) Junior College.

Last season at Hagerstown, she averaged 16.1 points and 7.8 rebounds per game in 24 outings, including highs of 33 points and 14 rebounds. She also blocked 33 shots, shot 72.8 percent from the foul line, and converted 25 three-pointers.

In addition to a healthy and strong frontcourt, Sailer, a junior tri-captain, will be called on to lead the guards.

Martin expects her to continue her dangerous presence outside. Sailer earned CAA Rookie of the Year honors in 2002 and last year averaged 10.8 points and 4.8 rebounds per game while converting a team-high 45 three-pointers. She is also one of the nation's top free throw shooters with a career mark over 83 percent.

"Julie is one of the most dangerous shooters in the conference," said Martin. "She will be one of the keys to our success this season."

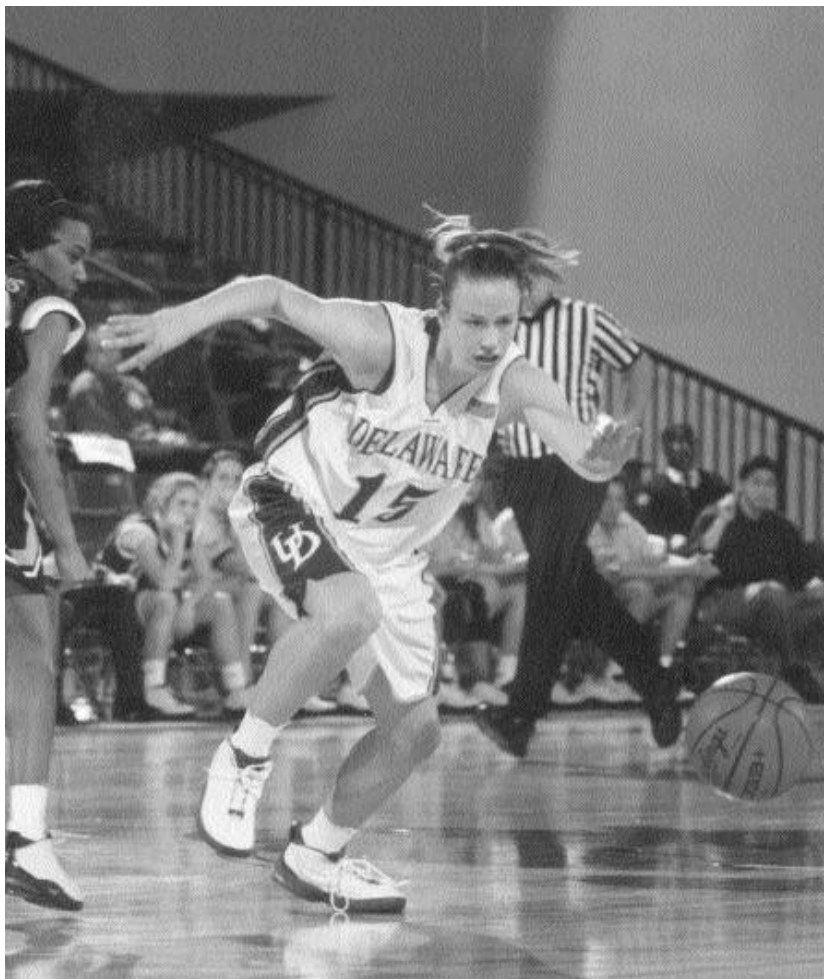
The Blue Hens' biggest hole to fill will be the role of point guard. Two freshmen, McDonald's All-American nominees **Liz Hayes** and **Alena Koshansky**, will battle for the starting point guard spot vacated by Timmins.

Hayes is a 5-8 product of Easton (PA) High School where she scored a school-record 1,827 career points. She earned third-team Associated Press All-State honors the last two seasons, averaging 15.0 ppg as a senior and 22.0 ppg as a junior.

Koshansky capped an outstanding career at Chantilly High School last winter when she averaged 19.8 points per game, set her school's career scoring record with 1,874 points, and was named the Associated Press



Senior Tracey Howell, the Fightin' Blue Hens' first player off the bench last year, may take on a new role as a starter this season.



Senior Julie Sailer, the 2002 CAA Rookie of the Year, averaged 10.8 ppg last year and is one of the top free throw shooters in the nation.

Virginia Player of the Year for her 22-6 squad. She was a four-year letterwinner at guard Chantilly, leading the squad to district titles and berths in the state tournament each of the last two seasons.

She twice was named to the All-State team and shot 81.2 percent from the line. She scored 20 or more points 30 times over her last two seasons.

Both provide Martin with solid options at point guard and both are outstanding shooters as well.

While Martin knows her rookies will lack game experience, there are positives to the new faces.

"Freshmen are wonderful in that they can really start coming into a new program," she said. "But again, they are going to have some growing pains. They are going to make mistakes and we're going to have to live with that."

"I don't look at it as a weakness, however," said Martin. "I look at it like we are a little inexperienced and we've got to try to get them much experience as we can as soon as possible."

Other returning players like 6-2 senior guard **Jayne Boyer**, 5-8 sophomore guard **Keena Tobin**, 6-0 sophomore guard **Jana Blackstone**, and 5-9 junior guard **Katie Gordon** will be called on to give the

Blue Hens a lift in terms of experience, scoring, and leadership.

Boyer, one of two seniors on the squad, appeared in nine games last year, averaging 0.3 ppg while Gordon, an adept ball-handler, earned a spot on the team as a walk-on last year, appearing in two games.

Tobin, a native of Baltimore, MD, appeared in nine games last year as a freshman while Blackstone, a fine outside shooter with good size for the backcourt, played in 13 games as a rookie, averaging 0.5 ppg.

Martin is especially looking for Blackstone and Young to help fill the void of the departed Blue Hens. Martin thinks they have the potential to contribute in a variety of areas.

"I think Young and Blackstone are going to have a big role to play this year," she said. "They are both going to have to step up and give us a little bit more than they've given us in the past. Hopefully, they will step up to that challenge and continue the winning tradition here."

Exciting, slashing freshman guard **Tyresa Smith**, the 2003 Delaware State High School Player of the Year who led Polytech High School to the state title, could also be a valuable contributor as a first-year player.

Smith, a native of Dover, DE, was a first team All-State selection as well as the state

Gatorade Player of the Year. She averaged 14 points and nine rebounds per game as a senior to lead Polytech to a record of 23-3.

In the state championship game victory over Seaford at UD's Bob Carpenter Center, she scored 17 points and pulled 10 rebounds. She also earned first team All-State honors as a junior when she averaged 19.8 points and 6.7 rebounds per game.

Geneva Livingston will sit out the 2003-04 season due to NCAA transfer rules. Livingston came to Delaware this past summer from former America East conference rival University of New Hampshire.

Livingston, who will have junior eligibility in 2004-05, is a native of Red Bank, NJ where she earned All-State honors while leading the team to the state title.

She moved on to the University of New Hampshire where she played two seasons, averaging 6.6 points and 4.2 rebounds per game as a freshman to earn America East All-Rookie team notice in 2002. Last season, as a sophomore at UNH, she started 16 of her team's 29 games and was the team's second leading scorer with 10.4 ppg while also averaging 4.9 rpg.

Even though this team has a different look than teams of the past, Martin is confident that her team will rise to the occasion and continue winning tradition that is associated with Delaware basketball.

"I think we will be a little different at times," said Martin. "But it's still going to be very solid, hard nosed, tough Delaware basketball. That's what we are known for. We play great team defense. We want to continue that trend. Some nights you might have an off night offensively but defensively it's always got to be there. And that's all about effort and heart and determination. That's always been a benchmark for our team."

Martin stresses that it's the team's dedication and effort that make them a perennial winner and is the formula for their success.

"I tell our players all the time that we have to be the hardest working team in the CAA," she said. "Eventually, that will put us over the top. Hopefully, this year will be no different."



Blue Hen coach Tina Martin is looking for a breakout season from junior forward Tiffany Young (25).