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**Durand Award**
The Durand Award is given annually in memory of Paul Durand, to the Plymouth State men’s basketball player who best exemplifies the positive qualities and team spirit that will always be essential to any successful program.

- 1975 Mike Hanley
- 1976 Bob Watson
- 1977 Keith Laird
- 1978 Dan Post
- 1979 Bill Strand
- 1980 Bin Hood
- 1981 Lou Wood
- 1982 Tom Robinson
- 1983 Ralph Longa
- 1984 Tom Grandmason
- 1985 Ralph Longa
- 1986 Ed Carroll
- 1987 Mark Gallison
- 1988 Wade Sauls
- 1989 Kyle Hodsdon
- 1990 Greg Baker
- 1991 Randy Edgerly
- 1992 Jay Osgood
- 1993 Dave Levesque
- 1994 Moses Jean-Pierre
- 1995 Chris Hobbs
- 1996 Brent Kipp
- 1997 Richard Whitehouse
- 1998 Seth Peloso
- 1999 Todd Steffanides
- 2000 Keith Fiore
- 2001 Tony Martinez
- 2002 Jason Blackburn
- 2003 Kenny Stewart
- 2004 Mike Loughlin
- 2005 Joe Mattson
- 2006 Mike Sullivan
- 2007 Mike Walcek
- 2008 Chris Wilkinson

**Craig Souza Award**
This award is given annually to a person or people in the Panther men’s basketball program who show dedication and service behind the scenes.

- 1997 Ryan Adams
- 1998 Andy Harrison
- 1999 Jason Hill
- 2000 John Field
- 2001 Scott Miller
- 2002 Bill McIver
- 2003 Geoff McGlone
- 2004 Peter Cofran
- 2005 J.J. Truman
- 2006 President Wharton
- 2007 Mike Andriski
- 2008 Bonnie and Steve Epstein

**Matt Budrow Sixth Man Award**
2008 Jason O’Keefe

**The Bike And Roll Most Valuable Player Award**

- 1998-99 Adam DeChristopher
- 1999-2000 Tony Martinez
- 2000-2001 Tony Martinez
- 2001-2002 Jason Blackburn
- 2002-2003 Kenny Stewart
- 2003-2004 Anthony Oglesby
- 2004-2005 Nick Pelotte
- 2005-2006 Kevin Boutilier
- 2006-2007 Mike Walcek & Devin Ruocco
- 2007-2008 Chris Wilkinson

**Paul Hogan Coaches Award**

- 2001 Mike Kalbfell
- 2002 Dan Craig
- 2003 Dan Craig
- 2004 Mike Loughlin
- 2005 Joe Mattson
- 2006 Mike Walcek
- 2007 Eli Brewer
- 2008 Ben Huntington

**Phil Rowe Hardest Worker in Practice Award**

- 2001 Jeff Mullin
- 2002 Donnelle Combs
- 2003 J.J. Truman
- 2004 J.J. Truman
- 2005 Mike Sullivan
- 2006 Mike Sullivan
- 2007 Mike Sullivan
- 2008 Bryan Tracy
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Now well established as one of the nation’s premier Division III conferences, the Little East Conference was established in 1986 as a basketball league. The original schools were Eastern Connecticut, UMass Boston, Plymouth State, Southeastern Massachusetts (now UMass Dartmouth), Southern Maine and Rhode Island College. The LEC grew to seven with the addition of Western Connecticut in 1993, and Keene State made it an even eight schools when it joined in 1997.

The Little East has made such a name for itself that the NCAA has awarded automatic bids to its national post-season tournaments in several sports, such as men's and women's basketball and men's and women's soccer. The conference has continued to grow, and now sponsors championships in 17 men's and women's sports.

Schools from the LEC have become prominent on a national basis. The LEC baseball champions in 1997 (Southern Maine) and 1998 and 2002 (Eastern Connecticut) went on to capture the NCAA Division III Championships. Two LEC schools have hosted the NCAA Division III Women’s Basketball Final Four — Southern Maine in 1998 and Western Connecticut in 2000, Eastern Connecticut advanced to the 2003 Women's Basketball National Championship game, and Southern Maine did the same in 2006.

All members of the Little East Conference hold memberships to the National Collegiate Athletic Association (NCAA) and Eastern College Athletic Conference (ECAC) on the Division III (non-athletic scholarship) level. In addition to the team championship, the conference provides a weekly report with current standings, statistics, and weekly award winners, as well as the selection of annual awards, such as Player, Coach and Rookie of the Year.

Commissioner
Office Phone  508-910-6299
Email  jonathan@littleeast.com

Publicist
Office Phone  508-910-6287
Email  jack@littleeast.com

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jscheinman@plymouth.edu

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2008-09 PSU Cheerleading Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Position</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leah Bergeron-Rosa</td>
<td>So.</td>
<td>Base</td>
<td>Manchester, N.H./Central</td>
</tr>
<tr>
<td>Nikki Borman</td>
<td>So.</td>
<td>Base</td>
<td>Attleboro, Mass./Attleboro</td>
</tr>
<tr>
<td>Taylar Carr</td>
<td>Fr.</td>
<td>Flyer</td>
<td>Londonderry, N.H./Londonderry</td>
</tr>
<tr>
<td>Jackie Delmonte</td>
<td>So.</td>
<td>Base</td>
<td>Nashua, N.H./North</td>
</tr>
<tr>
<td>Jessica Dichard</td>
<td>Fr.</td>
<td>Flyer</td>
<td>Nashua, N.H./North</td>
</tr>
<tr>
<td>Jessica Emery</td>
<td>Fr.</td>
<td>Base</td>
<td>Ipswich, Mass./Ipswich</td>
</tr>
<tr>
<td>Tori Green</td>
<td>Fr.</td>
<td>Back</td>
<td>New Milford, Conn./New Milford</td>
</tr>
<tr>
<td>Courtney Horvath</td>
<td>Fr.</td>
<td>Base</td>
<td>Ellington, Conn./Ellington</td>
</tr>
<tr>
<td>Jess Leblanc (C)</td>
<td>So.</td>
<td>Base</td>
<td>Tilton, N.H./Winnisquam</td>
</tr>
<tr>
<td>Cayla Miceli</td>
<td>Fr.</td>
<td>Back</td>
<td>Beverly, Mass./Beverly</td>
</tr>
<tr>
<td>Jess Rickard</td>
<td>So.</td>
<td>Base</td>
<td>North Attleboro, Mass./North Attleboro</td>
</tr>
<tr>
<td>Sheri Sprague</td>
<td>So.</td>
<td>Base</td>
<td>Woburn, Mass./Woburn</td>
</tr>
<tr>
<td>Tiffany Sweeney</td>
<td>Fr.</td>
<td>Flyer</td>
<td>Pembroke, N.H./Manchester Central</td>
</tr>
<tr>
<td>Chandra Touch (C)</td>
<td>So.</td>
<td>Base, Back</td>
<td>Portland, Maine/Portland</td>
</tr>
<tr>
<td>Zyara-Star Worthy</td>
<td>Fr.</td>
<td>Flyer, Base</td>
<td>Chicopee, Mass./Chicopee</td>
</tr>
</tbody>
</table>

Head Coach: Jen Middlemiss (1st Year)

(C)Captains
## 2008-09 PSU Men’s Basketball Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Class</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Pat George</td>
<td>So.</td>
<td>F</td>
<td>6-1</td>
<td>Newmarket, NH/Newmarket</td>
</tr>
<tr>
<td>2</td>
<td>Matt Feehan</td>
<td>So.</td>
<td>G</td>
<td>5-9</td>
<td>Nashua, NH/Nashua South</td>
</tr>
<tr>
<td>3</td>
<td>Jesse Sabolis</td>
<td>Fr.</td>
<td>G</td>
<td>6-3</td>
<td>Stoughton, MA/Stoughton/New Hampton</td>
</tr>
<tr>
<td>4</td>
<td>Ben Huntington (C)</td>
<td>Sr.</td>
<td>G</td>
<td>5-11</td>
<td>Hampstead, NH/Pinkerton Academy</td>
</tr>
<tr>
<td>5</td>
<td>Eric Hondal</td>
<td>Jr.</td>
<td>G</td>
<td>5-10</td>
<td>Miami, FL/Piper</td>
</tr>
<tr>
<td>10</td>
<td>Kyle Walker</td>
<td>Fr.</td>
<td>G</td>
<td>5-10</td>
<td>Brooklyn, NY/Brooklyn College Academy</td>
</tr>
<tr>
<td>20</td>
<td>John Hatcher</td>
<td>Jr.</td>
<td>G</td>
<td>6-2</td>
<td>Windham, NH/Salem</td>
</tr>
<tr>
<td>21</td>
<td>Ryan Lambert</td>
<td>So.</td>
<td>G</td>
<td>6-0</td>
<td>Derry, NH/Brooklyn College Academy</td>
</tr>
<tr>
<td>22</td>
<td>Ian Dempsey</td>
<td>So.</td>
<td>G</td>
<td>5-11</td>
<td>Andover, MA/Andover</td>
</tr>
<tr>
<td>24</td>
<td>Bryan Tracy (C)</td>
<td>Jr.</td>
<td>F</td>
<td>6-4</td>
<td>Manchester, NH/Central</td>
</tr>
<tr>
<td>25</td>
<td>Mike Chergey</td>
<td>Jr.</td>
<td>F</td>
<td>6-6</td>
<td>Bow, NH/Bow</td>
</tr>
<tr>
<td>30</td>
<td>Bill Stowell</td>
<td>Jr.</td>
<td>C</td>
<td>6-8</td>
<td>Stratham, NH/Exeter</td>
</tr>
<tr>
<td>32</td>
<td>Brian Chergey</td>
<td>Fr.</td>
<td>G</td>
<td>6-2</td>
<td>Bow, NH/Bow</td>
</tr>
<tr>
<td>33</td>
<td>Jason O’Keefe</td>
<td>Jr.</td>
<td>G</td>
<td>6-3</td>
<td>Everett, MA/Everett</td>
</tr>
<tr>
<td>44</td>
<td>Miles Roberge</td>
<td>Sr.</td>
<td>C</td>
<td>6-5</td>
<td>Franklin, NH/Franklin</td>
</tr>
<tr>
<td>42</td>
<td>Tom Dowd</td>
<td>So.</td>
<td>F</td>
<td>6-5</td>
<td>Portsmouth, NH/Portsmouth</td>
</tr>
</tbody>
</table>

**Head Coach:** John Scheinman (Marist ‘84, 9th year)  
**Assistants:** Mike Andriski, Mike Rathgeber, Kyle Taylor, Zach Lenentine  
**Manager:** Billy Dapkus  

*(C) Captains*
# 2008-09 PSU Women’s Basketball Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Class</th>
<th>Pos.</th>
<th>Ht.</th>
<th>Hometown/High School</th>
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</thead>
<tbody>
<tr>
<td>10</td>
<td>Liz Whalley</td>
<td>So.</td>
<td>G</td>
<td>5-6</td>
<td>North Hampton, NH/Winnacunnet</td>
</tr>
<tr>
<td>11</td>
<td>Gretchen Fritch</td>
<td>Jr.</td>
<td>G</td>
<td>5-7</td>
<td>South Boston, MA/Fontbonne Academy</td>
</tr>
<tr>
<td>12</td>
<td>Michaela Galvin</td>
<td>Fr.</td>
<td>G</td>
<td>5-5</td>
<td>Windham, NH/Salem</td>
</tr>
<tr>
<td>14</td>
<td>Katie Sunderland</td>
<td>Jr.</td>
<td>G</td>
<td>5-8</td>
<td>Londonderry, NH/Londonderry</td>
</tr>
<tr>
<td>21</td>
<td>Alicia Doucet</td>
<td>Fr.</td>
<td>F</td>
<td>5-11</td>
<td>Manchester, NH/Central</td>
</tr>
<tr>
<td>22</td>
<td>Kristen Cournoyer</td>
<td>Fr.</td>
<td>F</td>
<td>5-9</td>
<td>Enfield, CT/Loomis Chaffee</td>
</tr>
<tr>
<td>24</td>
<td>Kalie Judd</td>
<td>Jr.</td>
<td>G</td>
<td>5-7</td>
<td>Peabody, MA/Veterans Memorial</td>
</tr>
<tr>
<td>30</td>
<td>Kayla Morin</td>
<td>Sr.</td>
<td>F</td>
<td>5-7</td>
<td>Pascoag, RI/Burrillville</td>
</tr>
<tr>
<td>32</td>
<td>Emily Johnson</td>
<td>Fr.</td>
<td>C</td>
<td>6-2</td>
<td>Manchester, NH/Central</td>
</tr>
<tr>
<td>33</td>
<td>Sam Naas (C)</td>
<td>Sr.</td>
<td>F</td>
<td>5-10</td>
<td>South Hero, VT/South Burlington</td>
</tr>
<tr>
<td>34</td>
<td>Amanda Kania</td>
<td>So.</td>
<td>F</td>
<td>5-11</td>
<td>Manchester, NH/West</td>
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<tr>
<td>42</td>
<td>Laura Kent</td>
<td>Jr.</td>
<td>F</td>
<td>6-0</td>
<td>Bellingham, MA/Bellingham</td>
</tr>
</tbody>
</table>

**Head Coach:** Lauren Lavigne (Plymouth State ’94, 11th year)

**Assistant:** Katherine Little

**Volunteer Assts.:** Meghan MacDonald, Lauren Daniels, Karly Gray

**Manager:** Courtney LeCours

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Panthers looking to move up in Little East Conference

The Plymouth State women’s basketball team posted a five-game improvement over the previous year last season, and this year’s squad hopes to continue that trend.

Led by 11th-year head coach Lauren Lavigne, the Panthers have a roster of 12 players, four newcomers and eight returning players, including two starters.

“We have a small, close-knit team, by far the smallest roster I’ve ever had,” said Lavigne, “and I think it’s helped. It has given everyone more attention in practice and more reps. We’ve been able to develop a rapport or chemistry with our different combinations.”

An unfortunate preseason injury to one of the top returning players, junior Karly Gray, a two-year starter, was a setback. Gray has averaged nine points a game the past two years but will miss this season.

“It’s unfortunate for Karly and our team,” said Lavigne. “We all feel for her; she will still be a part of our team. But injuries are part of sports. We will have to adjust, and this will open up time for someone else to step up.”

Leading the group of returnees is senior co-captain Kayla Morin. The strong-shooting forward led the team with 9.6 points per game last season, and shot an impressive 41.1 percent from three-point range for the season (30-of-73).

“She came on last year and became our top scorer,” said Lavigne. “Her three-point shooting will open up our low-post game.”

The interior game for the Panthers will be handled by junior Laura Kent and sophomore Amanda Kania. Kent has continued to improve and averaged 8.5 points and 5.6 rebounds last season while shooting 48 percent from the field; Kania was named to the LEC All-Rookie team last year after averaging 9.2 points and 4.9 rebounds in a solid freshman campaign.

“When Laura Kent plays well, we win,” said Lavigne. “I’m not sure why that is, but it seems to be true. And Amanda is so athletic and so strong, and she can shoot from both the inside and the outside.”

Senior co-captain Sam Naas can also provide valuable minutes off the Panther bench in the frontcourt, as long as she can stay healthy.

Junior Kalie Judd should take over the point guard role after coming off the bench last season. She’s an excellent athlete who can handle the role, according to Lavigne. Classmates Gretchen Fritch and Katie Sunderland should also see regular playing time at the guard position.

Freshman forward Alicia Doucet has been impressive in the preseason and looks like the top Panther newcomer. Freshman guard Michaela Galvin could also become a factor, according to Lavigne. Round out the roster is sophomore guard Liz Whalley, freshman center Emily Johnson and freshman forward Kristen Cournoyer.

“I know it’s a cliché, but we’re taking it one game at a time,” said Lavigne. “We want to be competitive in the Little East, and we want to host a first-round play-off game. That’s a start toward our goal of winning the Little East Conference.”
Lauren Lavigne is now in her 11th season as head coach of the PSU Women’s Basketball team. The Panthers have enjoyed success under Lavigne, posting four consecutive 20-win seasons and ECAC New England Tournament berths from 1999-2003 and winning ECAC championships in 2002 and 2003.

Lavigne, who became PSU’s all-time winningest women’s basketball coach in 2002-03, has guided the Panthers to a 10-year mark of 144-125 including two years as head coach at Endicott, her 12-year career head coaching mark is 164-154.

The Panthers registered only the second 20-win season in school history under Lavigne in 1999-00, and qualified for the post-season for just the third time ever. The Panthers earned the first post-season victory in school history in the 2000 ECAC quarterfinals. Plymouth State returned to the post-season in 2000-01 and finished with a 20-8 record. The Panthers made the most of their post-season appearances the next two seasons, capturing back-to-back ECAC New England titles and finishing with records of 21-8 in 2001-02 and 23-8 in 2002-03.

A native of Bedford, N.H. (Manchester West H.S.), Lavigne graduated from Plymouth State in 1994 and received her Master’s degree in Sports Management in 1996. She was a four-year basketball letterwinner, serving as captain of the Panthers her last two seasons. She was also a first baseman on the softball team, twice earning All-New England honors.

After a year as an assistant at New Hampshire College in 1994-95, Lavigne returned to Plymouth State in 1995-96 as assistant coach and athletic administrative intern. She was assistant athletic director and head women’s basketball coach at Endicott College from 1996-98.

Lavigne is a past President of the New England Women’s Basketball Association (NEWBA). She was inducted into the Queen City Hall of Fame in Manchester, N.H. in 2001.

Coach Lavigne and her husband Charlie Mason, the head men’s basketball coach at New England College, have a son.

Coach Lavigne can be contacted at (603) 535-2763 or l_lavign@plymouth.edu

<table>
<thead>
<tr>
<th>Year</th>
<th>School</th>
<th>Record</th>
<th>.</th>
<th>Notes</th>
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<tr>
<td>1996-97</td>
<td>Endicott College</td>
<td>10-14</td>
<td>.417</td>
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<td>Endicott College</td>
<td>10-15</td>
<td>.400</td>
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<td>1998-99</td>
<td>Plymouth State</td>
<td>14-11</td>
<td>.560</td>
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<td>1999-00</td>
<td>Plymouth State</td>
<td>20-9</td>
<td>.690</td>
<td>ECAC Semifinals</td>
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<tr>
<td>2000-01</td>
<td>Plymouth State</td>
<td>20-8</td>
<td>.714</td>
<td>ECAC Semifinals</td>
</tr>
<tr>
<td>2001-02</td>
<td>Plymouth State</td>
<td>21-8</td>
<td>.724</td>
<td>ECAC Champions</td>
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<tr>
<td>2002-03</td>
<td>Plymouth State</td>
<td>23-8</td>
<td>.742</td>
<td>ECAC Champions</td>
</tr>
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<td>2003-04</td>
<td>Plymouth State</td>
<td>10-16</td>
<td>.385</td>
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<td>2004-05</td>
<td>Plymouth State</td>
<td>9-16</td>
<td>.360</td>
<td></td>
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<td>Plymouth State</td>
<td>10-15</td>
<td>.400</td>
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<td>2006-07</td>
<td>Plymouth State</td>
<td>6-19</td>
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<tr>
<td>2007-08</td>
<td>Plymouth State</td>
<td>11-15</td>
<td>.423</td>
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</table>

at PSU 10 Years 144-125 .535 4 ECAC Bids 2 ECAC Titles
Career 12 Years 164-154 .516 4 ECAC Bids 2 ECAC Titles
ASSISTANT COACH KATHERINE LITTLE

Katherine Little is in her second season on the PSU women’s basketball staff. She is a former collegiate player at both Southern New Hampshire University and New Hampshire Technical Institute, where she was a USCAA First Team All-American in 2004-05.

A 1997 graduate of SNHU, Little has been involved in a variety of roles in athletics. She has worked on the staff of NHTI, the Manchester Monarchs hockey team, the Concord Quarry Dogs summer collegiate baseball team and New Hampshire International Speedway. She has also served as a coach for the New Hampshire Bombers, an amateur U-17 basketball program.
**2008-09 WOMEN’S PROFILES**

**LIZ WHALLEY**  
Sophomore…guard…5’6”…North Hampton, N.H.…Winnacunnet H.S.…saw action in nine games last season…will look to make more of an impact this season…Physical Education major.

**GRETCHEL FRITCH**  
Junior…guard…5’7”…South Boston, Mass.…Fontbonne Academy…has played in 40 games over her first two season, averaging 3.5 ppg…a strong shooter who has made 21 career three-pointers…should be solid contributor for PSU this season…Marketing major.

**MICHAELA GALVIN**  
Freshman…guard…5’5”…Windham, N.H.…Salem H.S.…one of two freshman guards on the roster…will look to contribute off the Panther bench this season…Early Childhood Studies major.

**KATIE SUNDERLAND**  
Junior…guard…5’8”…Londonderry, N.H.…Londonderry H.S.…saw action in 10 games off the Panther bench last season…has shown improvement and looks to contribute more this season…Business Administration major.

**ALICIA DOUCET**  
Freshman…forward…5’11”…Manchester, N.H.…Central H.S.…one of the top newcomers this season…expected to be a solid addition to the Panther frontcourt…History major.

**KRISTEN COURNOYER**  
Freshman…guard…5’9”…Enfield, Conn.…Loomis Chaffee H.S.…one of two freshman guards on the roster…expected to be a solid addition to the Panther frontcourt…Physical Education major.

**KALIE JUDD**  
Junior…guard…5’7”…Peabody, Mass.…Veterans Memorial H.S.…played in 25 games off the bench last season…looking to move into the starting line-up this season…transferred to PSU from UNH…also named First Team All-LEC for PSU’s women’s lacrosse team…majoring in Physical Education.

**KAYLA MORIN**  
Senior…forward…5’7”…Pascoag, R.I.…Burrillville H.S.…co-captain…led PSU in scoring last season with 9.6 ppg…named Second Team All-NH…has averaged 6.5 points in her career, with 43 three-point baskets…should be one of the top players again this season…Marketing major.

**EMILY JOHNSON**  
Freshman…center…6’2”…Manchester, N.H.…Central H.S.…one of two freshmen in the Panther frontcourt…will look to make solid contributions this season…Undeclared major.
2008-09 WOMEN’S PROFILES

SAM NAAS
Senior…forward…5’11”…South Hero, Vt…South Burlington H.S.…co-captain… saw action in nine games off the bench last season… sat out all of her sophomore year recovering from a knee injury…played in nine games as a freshman… will look to contribute off the Panther bench again this season… majoring in Finance.

AMANDA KANIA
Sophomore…forward…5’11”…Manchester, N.H…West H.S.…averaged 9.2 points and 4.9 rebounds in solid freshman campaign… named to LEC All-Rookie Team and New Hampshire Rookie of the Year… expected to be a solid contributor again this season … undeclared major.

LAURA KENT
Junior …forward…6’0”…Bellingham, Mass…. Bellingham H.S.…has played in all 51 PSU games the past two years, with 24 starts… averaged 8.5 points and 5.6 rebounds last season… career 84 percent free throw shooter… should be solid contributor at both ends of the court again this season… Physical Education major.

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