

LAWRENCE UNIVERSITY WOMEN'S BASKETBALL



# VIKINGS REPORT



ISSUE 2    OCTOBER/NOVEMBER 2009

## 2009-2010 SEASON GETS UNDERWAY!

After months of lifting, conditioning, working out in empty gyms, and recruiting, scheduling, watching game film, players and coaches finally got the opportunity to work together for the first time this season. On October 15th, the 2009-2010 Lawrence women's basketball season got underway with a 6:30pm practice at Alex Gym.

Four new student-athletes joined returners America McClure and Katie Van Es for the 2-plus hour session. Three other returners; Laura Aerts, Katie Condon, and Sam Nimmer, will join the team upon completion of the volleyball season.

This year's squad began work that emphasized protecting the ball on offense and developing intensity on defense.



America McClure (So.) challenges Kita Chadwick (Fr.) at practice.



Cathy Kaye (Fr.) drives the paint against fellow frosh Becca Anderson.

## 2009-2010 SCHEDULE

- @ ALVERNO COLLEGE  
11/17 7PM
- @ LAKELAND COLLEGE  
11/20 6PM
- VS. TBA (@ LAKELAND)  
11/21
- @ KNOX COLLEGE  
12/4 5:30PM
- @ ILLINOIS COLLEGE  
12/5 2PM
- VS. RHODES (@ U. OF DALLAS)  
12/18 2PM
- @ U. OF DALLAS  
12/20 2PM
- VS. MOUNT MARY  
1/5 7PM
- VS. BELOIT COLLEGE  
1/12 5:30PM
- VS. MONMOUTH COLLEGE  
1/15 5PM
- VS. LAKE FOREST COLLEGE  
1/16 2PM
- @ CARROLL COLLEGE  
1/19 5:30PM
- @ GRINNELL COLLEGE  
1/22 5PM
- @ MONMOUTH COLLEGE  
1/23 2PM
- @ RIPON COLLEGE  
1/27 5:30PM
- VS. CARROLL COLLEGE  
1/30 2PM
- VS. ST. NORBERT COLLEGE  
2/2 7PM
- VS. ILLINOIS COLLEGE  
2/5 5PM
- VS. KNOX COLLEGE  
2/6 2PM
- @ SILVER LAKE COLLEGE  
2/9 7PM
- @ ST. NORBERT COLLEGE  
2/13 7PM
- @ BELOIT COLLEGE  
2/17 5:30PM
- VS. RIPON COLLEGE  
2/20 2PM

## GET TO KNOW... #20 KATIE VAN ES

- Alias:** "Vanes"
- Hometown:** Eau Claire, WI
- Class:** Junior
- Major:** Biology (Pre-Med)
- Birthdate:** January 12, 1989
- Hobbies:** Reading / Playing Violin
- Fav. TV Show:** Grey's Anatomy



## LAWRENCE UNIVERSITY WOMEN'S BASKETBALL

Passion  
Trust  
Communication  
Mental Toughness  
Unity

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STILL COMING SOON:

LU WOMEN'S BASKETBALL ON  
THE WEB!

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## NOTES FROM COACH

*Well "next year is here!" and I could not be more excited. Two weeks into practices I am encouraged by what we are seeing on the court. Half our team is new this season so there is still a lot of that "starting from scratch" feel early on. However, having the team get an entire off and pre-season together and with direction has clearly made a huge impact. We are already more athletic and in better shape than we were at the same time last season. (Although in defense of last year's squad, 4 people had no idea they were going to be a part of this program until 2 weeks before we got started, myself included!)*

*In addition to having a great cast of players, I feel like I have been blessed with an embarrassment of riches with our staff. Kelly O'Keef and Ben Lipson have returned this season providing the program and players with the continuity that has been lacking the past few seasons. Kelly has gotten the kids in shape with off-season workouts tailored to each player. Ben is our "Mouth of the South" always working the phones, finding the next kid that can help us get better. And this season we welcomed Dennis Nagan to our staff as a volunteer assistant. Dennis has years of experience coaching at the high school level in the Fox Cities. His energy is contagious and already bleeds navy and white. All 3 are a big reason why I feel this season will be a successful one!*

— Coach Marc

## SHOOTING GUN RETURNS TO ACTIVE DUTY

Last November while setting up for practice women's basketball coach I was putting up the shooting gun that had seen sitting in the corner of Alex Gym. Men's coach Joel DePagter was walking by and informed me that the shooting gun had not worked for years. He pointed to the lower part of the gun where the "motor" was placed. Sure enough, either it had been vandalized or an Alexander Gym rat had them for dinner.

So the gun sat there all season. This past summer though my goal was to change that. Unfortunately, Walmart does not have a "Shooting Gun Technician" so the issue became how to find someone that could look at it, diagnose the problem, and/or figure out if it could even be fixed.

As luck would have it, despite it seeming like an uphill battle, all it took was one call. I called my friend Jamie Borst, a local electrician specialist. After a couple of visits, Jamie had the gun running like new!! Not only did he fix it, Jamie refused to let me pay him for his work.

We use the gun almost daily. It has been an incredible asset to our program. Thank you, Jamie! —CM



Freshman Becca Anderson uses the gun during an individual workout.