



The Washington State University Women's Basketball media guide was written and edited by Jason Krump, Assistant Sports Information Director. Photography credits to Bob Hubner and Shelly Hanks, WSU Photo Lab, Jason Krump, Rod Commons, and Mark Lewis. Page composition and design by Pat Brommer, University Publishing.

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### ON THE COVER:

Charmaine  
Jones

Keisha  
Moore



Kate  
Benz

Adriane  
Ferguson

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## WSU Women's Basketball Facts

**2004-05 RECORD:** 6-22 Overall; 2-16 Pacific-10 Conference (Ninth)

**HEAD COACH:** Sherri Murrell, Pepperdine, 1991

WSU Record: 14-70/Three Years

Career Record: 134-149/10 Years

**ASSISTANTS:** Mark Lewis, Fourth Year (Southern Mississippi, 1982)

Lisa Fisher, Fourth Year (Boise State, 1995)

Tara Jones, First Year (Indiana, 2002)

**DIRECTOR OF OPERATIONS:** Scott Moore, First Year (Washington State, 2004)

### STUDENT-ATHLETES RETURNING: 10 (2005 statistics)

#### Seniors (3)

Crystal Blue, 5-10, guard, 1V (0.6 ppg, 0.9 rpg, 12 games, 3 starts)

Charmaine Jones, 5-6, guard, 3V (9.3 ppg, 2.8 rpg, 28 games, 21 starts)

Keisha Moore, 6-2, forward, 1V (7.6 ppg, 6.0 rpg, 21 games, 10 starts)

#### Junior (2)

Kate Benz, 6-2, forward, 2V (10.4 ppg, 9.1 rpg, 28 games, 28 starts)

Adriane Ferguson, 6-0, guard, 2V (9.5 ppg, 3.8 rpg, 27 games, 26 starts)

#### Redshirt Sophomore (1)

Nikki Stratton, 5-11, guard, 1V (redshirt)

#### Sophomores (3)

Brynn Bemis, 5-10, guard, 1V (0.5 ppg, 0.5 rpg, 4 games)

Jordan McCormick, 5-10, guard, 1V (2.0 ppg, 1.0 rpg, 8 games)

Dani Montgomery, 5-11, guard, 1V (3.1 ppg, 1.7 rpg, 24 games, 3 starts)

#### Redshirt Freshman (1)

Sabrina Shired, 6-4, center

### STARTERS RETURNING: 4

Guard – Adriane Ferguson

Guard – Charmaine Jones

Forward – Kate Benz

Forward – Keisha Moore

### NEWCOMERS: 4

#### Freshmen (4)

Katie Appleton, 5-8, guard (Big Bear Lake, Calif., Apple Valley High School)

Ebonee Coates, 6-4, center (Tacoma, Wash., Curtis High School)

Amanda DuRocher, 5-9, guard (Spanaway, Wash., Bethel High School)

Heather Molzen, 6-3, forward/center (Lakeside, Calif., El Capitan High School)

### STUDENT-ATHLETES LOST: 4

Emma Joneby, 6-2, forward, (6.5 ppg, 5.0 rpg, 28 games, 18 starts)

Jessica Perry, 5-6, guard, (5.3 ppg, 2.6 rpg, 28 games, 21 starts)

Ariana Scales, 5-8, guard, (5.6 ppg, 1.9 rpg, 28 games, 8 starts)

Stephanie Singer, 5-7, guard, (2.2 ppg, .8 rpg, 25 games, 2 starts)



**CONFERENCE:** Pacific-10

**ENROLLMENT:** 21,000

**NICKNAME:** Cougars/Cougs

**BASKETBALL OFFICE:** Bohler 220, Pullman, WA 99164-1610

**SID PHONE:** (509) 335-0255

**SID:** Rod Commons

**SID ASSISTANTS:** Linda Chalich, Craig Lawson,  
Jason Krump, Bill Stevens, Rachel Porter

**SID FAX:** (509) 335-0267

**COLORS:** Crimson/Gray

**HOME COURT:** Friel Court (11,566)

**PRESS ROW #:** (509) 335-2684

**WBB SID CONTACT:** Jason Krump

**SID E-MAIL:** jkrump@wsu.edu

**SID ADDRESS:** Bohler Athletic Complex 195  
Pullman, WA, 99164-1602





## SHERRI MURRELL

### HEAD COACH



Inheriting a program that won two games and was winless in the Pacific-10 Conference in 2002, Washington State Head Women's Basketball Coach Sherri Murrell has directed the program to improvements in each of her

first three years at the helm of the program.

An indication of that progression is the increased number of competitive games the team played last season. In 2004-05, WSU was involved in nine games decided by six points or fewer, more than the previous two seasons combined (eight).

The Cougars also made significant progress closing the scoring gap in games each year culminating in an average scoring margin that was in single digits in 2005.

Additionally, the defense held the opposition to below 70 points 19 times in 2005. Two years ago that number was seven and improved to 13 in 2004.

The stat sheet was not the only area where the program improved as attendance has risen in each of Murrell's first three years at WSU. From 2002 -- the year prior to Murrell's arrival at WSU -- to 2005, attendance at WSU home games increased over 86 percent.

Finally, in March of 2005, Murrell signed a contract extension that will keep her on the Palouse through the 2010 season.

Those facts demonstrate the foundation of the rebuilding process Murrell has undertaken at WSU.

But then, transforming a Division I basketball program into a winner is nothing new for Murrell, who begins her fourth

year at the helm of the Cougars.

When Murrell took over as head coach of the University of the Pacific in 1999, she inherited a team that had posted consecutive 9-18 seasons.

Murrell quickly turned matters around in her first season at Stockton, leading the Tigers to a 14-13 overall record including a 10-5 mark in Big West Conference play.

That marked the first of four consecutive winning seasons for Murrell; as the Redmond, Ore. native compiled a 68-46 overall mark at Pacific, including a 40-20 record in the conference.

Murrell begins her fourth season with the Cougars continuing her work on the task set before her - rebuild and win.

The rebuilding process was something that Murrell was ready to undertake when she arrived on the Palouse in 2002.

"I love challenges," Murrell said on the day of her hiring. "I look forward to this as an adventure. It is something that I am not shy about and I am not going to back down from."

It was a challenge Murrell was confident about taking on due to what WSU already had in place.

"When you are looking at positions, one of the most important things to look at is what is there to recruit players," Murrell said. "I saw the abundant resources here from academics, athletics, all the way to the coaches and administrators. With all these resources available, I feel like the kids who are coming in - combined with those that are here - will put this program on the map in Washington, the West Coast and the Pac-10.

"Those things are in place," Murrell continued. "That's probably the most important consideration for me to look at and why I accepted the job."

### the murrell file

**BORN:** Oct. 17, 1967, Redmond, Ore.

**HOME TOWN:** Portland, Ore.

**HIGH SCHOOL:** St. Mary's Academy, 1985 - Starter on St. Mary's 1985 Oregon 4A State championship team.

**COLLEGE:** University of Louisiana-Lafayette, 1986-88 - Played for two seasons for the Ragin Cajuns;

Pepperdine University, 1988-1991 - Earned a degree in public relations while playing two seasons for the Waves; earned All-West Coast Conference team honors at point guard senior year, 1990.



## the murrell file

### COACHING EXPERIENCE:

#### Washington State University, 2002-Present

- Head coach. Signed a contract extension in March 2005 that keeps her at the helm of the program through the 2010 season.
- Since 2003 is a member of the Women's Basketball Coaches Association (WBCA)/Kodak All-American Team Selection Committee; serves as the representative for District 8, which encompasses the western part of the nation; along with representatives from the other seven districts, selects the Kodak/WBCA All-America Team from a list of finalists determined by WBCA member coaches.
- Recruited Kate Benz, who, in 2005, became the first player in WSU history to lead the Pacific-10 Conference in rebounding.
- Recruited Adriane Ferguson, who became the first player from the Greater Spokane League to choose WSU since 1985.
- Since Murrell's arrival at WSU, attendance has risen in each of her first three years at WSU. From 2002 -- the year prior to Murrell's arrival at WSU -- to 2005, attendance at WSU home games has increased over 86 percent.



#### University of the Pacific, 1998-2002

- Head Coach. Coached the Tiger women to a 68-46 record in four years, including a 19-11 mark in 2002; in four years her teams went 40-20 in Big West Conference play.
- In her first season team finished 10-5 in BWC play, equaling the school record for conference winning percentage.
- In her second season, 2000, her team won 18 games, the highest win total since 1996; coached the Tigers to their first appearance in the Big West Tournament semifinals since 1996.
- Recruited Selena Ho, who won BWC Freshman of the Year honors in 1999, then finished her career with back-to-back first team honors, only the third Pacific player to twice earn first team conference honors.
- Selena Ho and Gillian d'Hondt were both named to the BWC first team in 2002, the first time Pacific had two players named to the conference first team.
- Guided the Tigers to a 19-11 season in 2002, the most wins by a Pacific team since the 1995 team won 20.
- Completed her career with four consecutive winning seasons; not since 1993-96 had Pacific put together a string of four straight winning campaigns.

#### Portland State University, 1996-98

- Top assistant to Viking head coach Jenny Yopp for two seasons.

#### George Fox College, 1992-96

- First served a year as an assistant coach (1992-93), then was named head coach for the 1993-94 season; coached the Bruins to a 52-33 record in three seasons; also served as graduate admissions coordinator for four years and assisted the Bruin Club for two years, identifying potential donors to GFC athletics.
- Cascade Conference Coach of the Year, 1994 and 1995.
- In 1995, led the Bruins to a Top 25 ranking in the national NAIA poll for the first time in school history.

#### Brigham Young University, 1991-92

- Assistant coach one season for head coach Jeanie Wilson.

#### Pepperdine University, 1990-91

- After completing her playing career with the Waves, served for one year as an assistant coach for head coach Ron Fortner.





## ... the Pacific-10 Conference:

*"The Pac-10 is truly a conference of champions. It's great to be a part of such an elite group of schools that compete on a national level in each and every sport. With at least half of the conference going to the post season virtually every season, Pac-10 women's basketball has established itself among the nation's best. I grew up around the Pac-10 and I don't know of any other conference I would rather be in."*

## ... the WNBA:

*"Over the past nine years, the WNBA has created exposure and excitement to those who haven't seen a women's game. Once they see it they usually get hooked. It also provides a great opportunity for our players to continue playing here at home along with the overseas opportunities that they have professionally."*

## ... the growth of women's athletics:

*"It's hard to imagine that Title IX has been in place for 33 years. I look at the tremendous growth of women's athletics and realize I, myself, am a product of Title IX. I'm so grateful for those who have worked hard creating opportunities for female athletes. It's exciting to see how far we have come and it's now our responsibility to keep it progressing."*

## ... family:

*"I have been so blessed to have such a loving and supportive family. I'm the biggest fan of my parents and I thank God for them daily. It's great to be back in the Northwest to be able to see more of them."*



Coach Murrell with T.J. and J.J.

## ... Pullman:

*"Pullman is a great place to live. The people are great and there truly is a college atmosphere all around you. The town revolves around the school and that's something special among major universities. Every day I realize more and more what a great place this is to call home."*

*"I am very pleased by the direction of our women's basketball program and Coach Murrell's attitude and skills. Our program is heading toward the goals of continued success and visibility. I have pledged my support and am looking forward to this year"*

*—V. Lane Rawlins,  
President, Washington State University*



*"I'm very excited about the direction in which the women's basketball program is heading under the direction of Coach Murrell and her staff. The future of women's basketball at WSU is very bright under Sherri's leadership."*

*—Jim Sterk,  
Director of Athletics,  
Washington State University*



*"I am very impressed with Sherri. She is pleasant, straight forward and dynamic. I think it's just a matter of time before the Cougars are competing for titles."*

*—Dick Bennett  
Head Men's Basketball Coach,  
Washington State University*



## MARK LEWIS

### ASSISTANT COACH

A coaching veteran of the Pacific-10 Conference, Mark Lewis is in his fourth season as the recruiting coordinator/assistant coach with the Washington State women's basketball team.

Lewis joined Sherri Murrell's staff in 2002 after spending a season at Western Kentucky. The 20-year coaching veteran

is no stranger to the Conference of Champions as he spent five seasons at Arizona State from 1996-2001.

Since Lewis' arrival at WSU, the Cougars inked: Kate Benz, who, in 2005, became the first player in school history to lead the Pac-10 in rebounding; Adriane Ferguson, the first player from the Greater Spokane League to choose WSU since 1985; Ebonee Coates, who was named as one of the Top 100 seniors by Blue Star Index in 2004.

While in Tempe, Lewis helped lead the Sun Devils on a steady climb to national prominence. The rise was capped by ASU's first-ever Pac-10 championship in 2001, and consecutive postseason

appearances, including a spot in the 2001 NCAA Tournament (ASU's first since 1992). The Sun Devils also finished 2001 ranked 25th in the nation by the Associated Press, earning their first season-ending ranking in 18 years.

Lewis is an avid reader and dog enthusiast. He is the proud owner of "Coach", a mini-lab.

*"Washington State and Cougar*

*Basketball offer the complete*

*college experience for any*

*athlete. Nationally renowned*

*academics, a "true" college*

*setting and the excellence of*

*Pac-10 Basketball make this*

*something very special. It's*

*truly an honor to be a part of*

*this program and*

*Coach Murrell's staff."*



## the lewis file

**BORN:** February 17, 1960

**HOME TOWN:** Portsmouth, Ohio

**HIGH SCHOOL:** Iroquois High School - Erie, Pa.

### COACHING EXPERIENCE:

#### Washington State University, 2002-Present

- Recruiting Coordinator/Assistant Coach.

#### Western Kentucky, 2001-02

- Assistant Coach/Recruiting Coordinator for team that reached WNIT.
- Blue Star Index ranked fall recruiting class 35th in nation; signed 25th ranked player in the nation according to publication.

#### Arizona State University, 1996-2001

- Assistant Coach. Served as recruiting coordinator; helped guide program to national prominence capped by program's first Pac-10 regular season title in 2001 and a spot in the 2001 NCAA Tournament. Team also made appearance in 2000 WNIT.

**COLLEGE:** Southern Mississippi (1979-82) - earned bachelor's degree in athletic administration and coaching.

#### University of Cincinnati, 1991-95

- Assistant Coach. Coordinated all recruiting efforts for Bearcat program.
- Blue Star Index ranked 1995 recruiting class among the nation's top 40.
- 1992 class featured two first-team junior college All-Americans.

#### Memphis State University, 1985-1991

- Assistant Coach. Recruiting coordinator for a team that produced a pair of Metro Conference championships and berths to the 1985 and 1987 NCAA Tournaments. Prior to his assistant coach duties, worked three years as an event assistant handling operations associated with the women's sports programs.





## LISA FISHER

### ASSISTANT COACH

Pacific Northwest native Lisa Fisher is in her fourth season as an assistant coach with the Washington State women's basketball program.

After serving as an assistant on Sherri Murrell's staff at the University of the Pacific during the 2001-02 season, Fisher, who hails from Portland, Ore., made the move with Murrell to the Palouse in the spring of 2002. The 2005-06 campaign marks the seventh season that Fisher has worked with Murrell as the duo was at Portland State from 1996 to 1998.

Among Fisher's duties are game scheduling, recruiting and website coordination, in addition to perimeter player development.

Fisher was a four-year standout at Boise State from 1990-1994. During her playing career the Broncos made an appearance in the NCAA Tournament in 1994 and were Big Sky champions in 1992 and 1994.

Fisher (formerly Workman) comes from a strong basketball

background. Her father, Tom Workman, played in the ABA for the Utah Stars, Baltimore Bullets and Denver Rockets. Fisher and her husband, Toby, who is a police officer in Moscow (Idaho), reside in Pullman with their dogs Kurbee and Rubee.

*"The overwhelming sense of community that exists at WSU makes it a true family atmosphere.*

*Cougar Pride is present throughout the university and makes the statement,*

*"Once a Cougar, Always a Cougar" true to its core.*

*I feel privileged to be a part of it."*



Toby and Lisa Fisher

## the fisher file

**BORN:** September 17, 1972

**HOME TOWN:** Portland, Ore.

**HIGH SCHOOL:** Reynolds High School - Troutdale, Ore.

### COACHING EXPERIENCE:

#### Washington State University, 2002-Present

Assistant Coach...responsibilities include game scheduling, recruiting and website coordination in addition to perimeter player development.

#### University of the Pacific, 2001-02

Assistant coach for head coach Sherri Murrell; served as primary coordinator for on-campus recruiting activities, as well as scouting off campus; coordinator for opponent scouting, community service and team camp; defensive coach and perimeter player development; team went 19-11 (12-4, 2nd in Big West), advanced to Big West Championship game; three players earned All-Big West honors.

#### Northeastern University, 2000-01

Assistant Coach. Involved in recruiting, game scheduling, and opponent scouting; served as academic coordinator and was liaison between academic advisors; supervised all aspects of strength and conditioning program and was practice time and facility coordinator; worked with perimeter players.

**COLLEGE:** Boise State University (1990-94) - played four seasons for the Broncos; made NCAA Tournament appearance in 1994; member of Big Sky Championship teams in '92 and '94; 1994 Big Sky Scholar-Athlete Award recipient; Big Sky All-Academic (1991, '93, '94).

#### Portland State University, 1996-2000

Assistant Coach. Helped guide program back to Division I ranks after six year absence; served in the capacity of first and second assistant; recruiting coordinator; promotions facilitation with game operations staff; supervised all aspects of conditioning program; team camp director; organized "Viking Buddy Kids Club"; worked with post players; 1998-99 team recorded 18-10 record (12-4 Big Sky, 2nd); made first Division I postseason appearance, reached Big Sky Championship game; five players earned All-Big Sky Conference honors.

#### Idaho State University, 1995-96

Assistant Coach. Served as the only full-time assistant for the Bengals; served as recruiting coordinator, organized and implemented film exchange, team travel, opponent scouting and academic monitoring. Organized and supervised strength and conditioning program; worked with perimeter players.

## TARA JONES

### ASSISTANT COACH



Tara Jones, who played collegiate ball at Indiana University, is in her first season as an assistant coach with the Washington State women's basketball program.

Jones' responsibilities at WSU are recruiting, scout preparation, player individual skill development, monitoring team academic performance, and coordinating Cougar individual summer camps.

Jones was a four-year letterwinner as a guard at Indiana University from 1998-2002. During the 2001-02 season, Jones was the senior captain and a starter for a Hoosier team that captured their first Big Ten Championship in school history and advanced to the NCAA Tournament.

Jones' success as a player led her to coaching. After graduating from Indiana and prior to arriving at WSU, Jones served as an assistant coach at the University of South Florida where she worked with head coach Jose Fernandez for two years in the Conference USA Conference. During her second season at USF, the Bulls earned their first WNIT appearance since 1984.

Jones is currently nearing the completion of a master's degree in criminal justice at WSU. She also serves as an active member of the Graduate and Professional Student Association and the Athletic Mentoring Program.

*"WSU provides the perfect environment for student-athletes to reach their potential and beyond.*

*Academically and athletically it's a tremendous setting for success. Joining the rich tradition of the Cougar family will be very rewarding for me."*



## the jones file

**BORN:** Aug. 4, 1979

**HOME TOWN:** Memphis, Tenn.

**HIGH SCHOOL:** Kirby High School

### COACHING EXPERIENCE:

- University of South Florida, 2002-04 – Assistant Women's Basketball Coach. Responsibilities included recruiting, scout preparation, and the development of marketing and promotion plans for the program.
- Mike Davis Hoosier Basketball Camp Counselor, 2001 – Worked with individual campers to enhance skills; instructed skill development stations; worked individually with one team, teaching team offense and defense.

**COLLEGE:** Indiana University (1998-2002) – earned bachelor's degree in criminal justice, minored in African-American studies.

- Michael Jordan Basketball Camp Instructor; 2001 – Worked with individual players to develop specific skills; supervised defensive drills and station work.
- Indiana Women's Basketball Camp Counselor; 1998-2002 – Instructed guard play; demonstrated individual skills, provided instruction during specific individual drill stations; evaluated individual performance.
- Division 1 Athlete, Indiana University – Women's basketball player. Four-year letterwinner; member of team that captured its first Big Ten Championship in school history (2002).



## SCOTT MOORE

### DIRECTOR OF BASKETBALL OPERATIONS

Scott Moore is in his first season as the director of basketball operations with the Washington State women's basketball team.

Although this is Moore's first season serving in his current capacity, it is not Moore's first time that he is connected with the program. A student at Washington State from 2000-04, Moore served a student manager with the team for three seasons (2002-04).

Moore's primary responsibilities are to serve as the team's travel coordinator and coordinate video efforts. In addition, he will handle all facility scheduling and arrange community service and promotion engagements for the staff and team.

After graduating from WSU with a bachelor's degree in sport management, Moore went up the road to Cheney, Wash., where he served as a graduate assistant coach with the Eastern Washington women's basketball team for the 2004-05 season.

Moore's responsibilities at EWU included scouting, recruiting, film exchange and camp coordination. EWU finished the 2004-05 campaign with a 16-12 record, advancing to the Big Sky Conference Tournament



*"As a WSU graduate, the opportunity to return to this program and the elite level of the Pac-10 is unbelievable. The university and this staff are among the best in the nation and I'm excited to again be a part of something special."*

## the moore file

**BORN:** Dec. 15, 1981, San Jose, Calif.

**HIGH SCHOOL:** Arlington High School, Arlington, Wash.

### COACHING EXPERIENCE:

- Eastern Washington University, 2004-05 – Graduate Assistant Women's Basketball Coach. Responsibilities included scouting, recruiting, film exchange and camp coordination.
- Washington State University, 2001-04 – Student Manager, Women's Basketball

**COLLEGE:** Washington State University (2000-04) – earned bachelor's degree in sport management.

