

Wayne Brady

Jay Leno

Alan Jackson

facilities that are synonymous with

Washington State University.

wsu facilities



Locker room

Among the numerous features that the spacious women's basketball locker room at Beasley Coliseum possess are pro-style lockers and a big screen television. Recent remodeling of the locker room has made this WSU facility one of the best in the nation.





strength & conditioning

Physical Development



"The Cougar Mania Strength and Conditioning Complex caters to over 400 athletes on a daily basis and is a solid representation of the success of Cougar Athletics. As strength and conditioning professionals we provide sports specific training programs designed to functionally improve speed, strength, flexibility, agility, as well as joint stability. A major component of our job is to motivate athletes to expect more out of themselves and their teammates. We try to create a competitive environment in the weight room while encouraging athletes to see themselves as winners before they ever set foot on the Pac-10 competition floor. Coach Murrell's drive to win and passion for the game has taught this team to expect more out of themselves every chance they get. This past summer every member of this team spent time here on campus in classes and working out. This group's work ethic is second to none and they have worked as hard as any team that I have ever trained. This is a very exciting year for Cougar women's basketball."

— Matt Ludwig

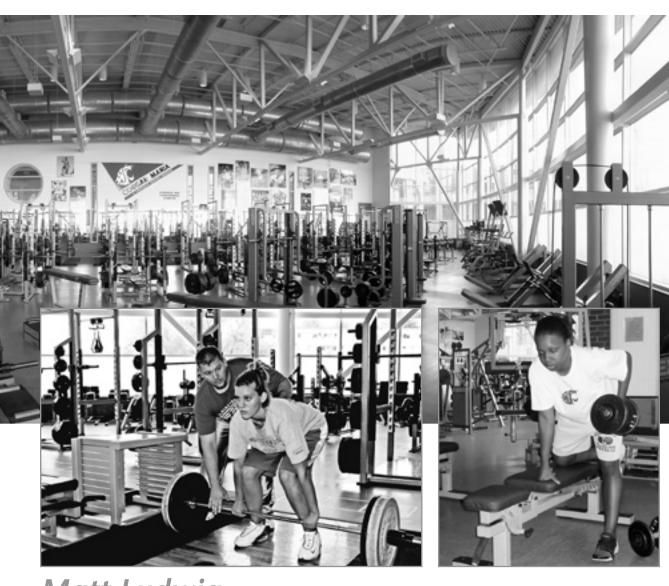
Rob Oviatt

Director of Physical Development

Rob Oviatt has served as the Director of Physical Development at Washington State since March of 2000. Oviatt has over 20 years experience as a strength and conditioning coach having served at Alabama, Mississippi, Texas A&M, Houston, Oregon State, Kentucky and LSU prior to coming to Pullman. He received his certification as Master Strength and Conditioning Coach in May 2001 at the first annual from The Collegiate Strength & Conditioning Coaches Association (CSCC). Oviatt is certified as a Level I USWF Weightlifting coach, has a master's of sports sciences certification from the International Sports Science Association and was named Southeastern Conference Professional of the Year in 1997 and 1998 by the National Strength and Conditioning Association. Oviatt earned his bachelor's degree in physical education from the University of Alabama in 1980 and a master's degree in exercise science from the University of Mississippi in 1983. In 2003, Oviatt was inducted into the USA Strength and Conditioning Coaches Hall of Fame.



strength & conditioning =



Matt Ludwig

Assistant Strength and Conditioning Coach

Matt Ludwig (CSCS, SCCC) is in his third season as an assistant strength and conditioning coach at Washington State

University. A native of Lemont, Ill., Ludwig assists in the physical development of all Cougar sports and is personally responsible for the strength and conditioning program design and implementation for women's basketball along with volleyball, rowing, and men's and women's golf. Ludwig began his tenure at WSU in the summer of 2001 serving as the intern assistant strength and conditioning coach. Ludwig, who earned his bachelor's degree in exercise and fitness from Purdue University, played football and volunteered as a student assistant strength and conditioning coach while at Purdue. After graduation, Ludwig spent six months as an intern assistant strength and conditioning coach at the United States Olympic Training Center in 2001. Ludwig has been awarded certification from both the National Strength and Conditioning Association and the College Strength and Conditioning Coaches Association.

A competitive powerlifter, Ludwig has broken the Washington state squat record (308 lb weight class) with a squat of 931 pounds. Between the squat, bench press and dead lift, Ludwig has lifted over 2050 pounds in competition.





"Washington State athletic training prides itself on providing the best possible health care for all of our studentathletes and we are fortunate to have a full-time staff in charge of women's basketball. All of our athletic trainers are certified by the National Athletic Trainers Association. In addition, three team physicians and a accredited curriculum athletic training program gives everyone the opportunity to compete at the highest level."

Bill Drake —Bill Drake

Athletic Trainer

Bill Drake was hired as the Head Athletic Trainer at Washington State University in August of 1999. Drake directly

covers the Cougar football program while supervising a staff of seven other Certified Athletic Trainers and the clinical education of over 30 Athletic Training students. Their goal, along with three team physicians, is to provide the best possible health care to approximately 500 student athletes. Drake has 14 years experience as a Board Certified Athletic Trainer in the care, prevention and rehabilitation of athletic injuries.

Drake, who is a native of Coeur d' Alene, Idaho, graduated from the University of Idaho in 1990 with a bachelor's degree in sport science and a minor in athletic training. After earning his master's degree in education at Weber State in 1992, Drake was hired as an assistant athletic trainer at Washington State and remained on the Palouse until 1998. Drake worked with the volleyball, men's and women's tennis, women's swimming and soccer, and the men's and women's basketball teams during his six-year tenure. In 1998, Drake left WSU to accept the head athletic trainer position at the University of Nevada Reno. After serving one year at Nevada, Drake returned to Pullman in 1999 to become the head athletic trainer for WSU. He and his wife Joy have two children, Austin (10) and Emily (7).





Prevention of athletic injuries is the number one goal of WSU's staff, along with care and rehabilitation.

When injuries do occur, the Cougar athletic medicine staff provide the very best in care and use state-of-the-art equipment to return the student athlete to 100 percent recovery.

- Eight certified athletic trainers.
- More than 30 student assistants majoring in athletic training.
- Three sports medicine team physicians.



Katy Butler

Athletic Trainer

Katy Butler is in her eighth year at WSU and her third season as the athletic trainer for Cougar women's basketball. A native of Bellevue, Wash., Butler earned her bachelor's degree in kinesiology and master's degree in athletic administration from WSU. Among Butler's responsibilities are the care and prevention of athletic injuries. In addition, she serves as the insurance coordinator and drug-testing liaison in the athletic training room. Butler works with the Cougar players on a daily basis and is in charge of their practice preparation, evaluation and rehabilitation of injuries. She accompanies the team during road trips. She also serves as an assistant trainer with the WSU football team and has also worked with the rowing squad.