

# OUTLOOK

## 2002-2003 SEASON PREVIEW

**FLORIDA STATE HEAD COACH SUE SEMRAU** HAS likened her program to a snowstorm. Yes, a snowstorm in Florida.

"When you've lived in the Midwest as I have, you learn that when you get stuck in a snowstorm, sometimes you have to roll back a little before you can go full speed ahead," Semrau said.

Perhaps there's no clearer way to describe the Florida State women's basketball program over the past season. But

when you look at the big picture and what the program has accomplished in the past five years under the guidance of Semrau, which includes FSU's first trip to the NCAA Tournament in 10 years, a little bump in the road, while disappointing, is nothing to panic about. In fact, with four top 20-rated recruiting classes in the last five years, Florida State has assembled a talented mix of youth and experience heading into 2002-03. With nine experienced return-

ees and a highly-touted group of newcomers, the Seminoles have numerous offensive weapons and size in the middle, making them solid at both ends of the court.

"We learned a lot of things from last year's season," Semrau said. "We learned a lot from our strong start, but we learned more from the adversity we faced during the ACC season. Because of that, our players are coming back with a mentality of 'we're not going to make the same mistake again.' We're going to be a more solid unit whereas last year, we tended to error on the side of being individuals. This team knows that there's no way that kind of effort will win championships.

"We had an excellent spring and every player, with the exception of Linnea Liljestrand, who was playing for her Swedish national team, was here for summer school and I think that speaks a lot for the dedication and commitment that this year's team has."

### AT THE POINT GUARD POSITION...

With the graduation of four-year letterwinner Lakesha Springle, the point guard spot is wide open. Sophomore LaQuinta Neely, who returns after playing in 26 games last year and averaging 11.3 minutes per game, and newcomers Holly Johnson, from Phoenix, Ariz., and Francine Houston, from Bradenton, Fla., will challenge for the starting position.

Neely is a tremendous athlete who garnered the team's best defensive player award last year. Her slender build and long arms make her valuable in the back court. She can play both the one and two-guard positions which is evident by her 10 point, 10 rebound performance in the win over Wake Forest last season.

Johnson is probably the purest floor general that Florida State has had since Semrau's arrival. A 2002 *Parade* third team All-American and Gatorade's Arizona Girls Basketball Player of the Year, Johnson is a versatile athlete who led her basketball and volleyball teams to state championship titles last season.

Houston's style of play will give FSU a different look than Neely and Johnson's. She's an effective penetrator and a good passer who possesses great speed. A four-year starter at Bradenton Southeast, Houston led her team to four district titles and three consecutive appearances in the regional finals.

"Quint brings so much to the court



Shinikki Whiting



**Katelyn Vujas**

defensively, which is so valuable in our system," Semrau said. "Holly is a competitor and she is the type of player who makes everyone around her better. Francine has a great point guard personality. She's inclusive of everyone and she brings people together which is going to be a real key for us this year."

## AT THE WING POSITION...

The wing spot is where FSU may have the most depth of any position with three returnees and two newcomers. Senior Nikki Whiting, a returning starter who averaged 11.0 points and 5.1 rebounds last season, and junior Tasheika Morris, the team's leading scorer and rebounder in 2001-02, averaging 13.2 points and 6.0 rebounds per game, headline the group. Whiting brings athleticism and knowledge of the system to the team. Morris, an explosive scorer who earned third team All-ACC honors last season, is moving to the wing from the small forward spot this year which is more suited to her style of play. Sophomore Linnea Liljestrand also returns. She played in 27 games as a rookie and began to come into her own late in the season averaging 9.8 points and 3.0 rebounds in the last five games.

"Nikki was a solid starter for us last year and worked extremely hard on her complete game in the off-season," Semrau said. "Tasheika also worked very hard this summer, not only physically, but on different aspects of her game, developing the quickness that she needs to defend on the perimeter. She has really challenged herself to become a strong defender because she's such a great scorer and passer. Linnea's a smart player whose deep shooting ability gives us a completely different dimension."

A familiar face in Angela Sutton and a new face in Ganiyat Adeduntan round out the wing position. Sutton, who played for FSU in 1998-99 and 1999-2000, returns to the court for the Seminoles this season. She averaged 6.9 points and 3.1 rebounds as a starter her sophomore season and will have two years of eligibility. Adeduntan, who hails from Athens, Ga., was Gatorade's Georgia Girls Basketball Player of the Year. She scored 1,971 points in her four-year career and is a solid all-around athlete.

"Ganiyat is a strong athlete and I'm sure as soon as she grabs hold of our system, she's going to be an impact player for us," Semrau said. "Returning to the team this year, Angela will be mainly a practice player just to get herself back into the flow. She's a very athletic defender who gives us even more depth."

## AT THE POST POSITION...

The team's most experience lies in its' post play. With four returnees and one newcomer at the position, the Seminoles will have options in the middle. Senior Katelyn Vujas has been a mainstay in the Seminole line up the past two seasons and throughout her career. She averaged 7.5 points and 4.2 rebounds last season. Trinetta Moore, another senior, made significant contributions in her first season at FSU and played in all 28 games. Her presence in the middle provides a defensive force for the Seminoles. Junior Lauren Bradley provides more of an offensive threat. Despite seeing limited minutes due to leg problems, Bradley saw action in 27 games and averaged 5.1 points and 2.7 rebounds per game.



**Tasheika Morris**

"Katelyn has really worked in the weight room to get stronger and she's making it a personal challenge to take her game to the next level," Semrau said. "She's a prolific scorer who has been working extremely hard on the defensive end. Trinetta has continued to strengthen her knee and will be playing without her brace this year making her even more agile and mobile. After undergoing surgery this spring, Lauren has really come out strong and we believe she'll be better than she's ever been."

Also returning is sophomore Genesis Choice, who provides the whole package.

An ACC All-Freshman Team honorable mention selection in 2001-02, Choice averaged 10.2 points and 6.2 rebounds over the last five games of the season and started the final three. The only newcomer to the group is freshman Hannah Linquist, a four-year letterwinner at Owen High School in Black Mountain, N.C. She brings added size and depth to the position and once she adjusts to the tempo of the college game, she will be a great player at Florida State.

"I can't say enough about Genesis' ability and all that she brings to the court not only as a scorer, but as a rebounder



Trinetta Moore



Lauren Bradley

and shot blocker," Semrau said. "Because of our experience, Hannah will have some time to develop. She's very different than all of our other players. She has great size and strength, not to mention a good touch and the ability to step out."

### ON THE SCHEDULE...

Florida State will open the season at home when the Seminoles host Alabama State and 2002 NCAA Tournament participants Georgia State and Florida International in the Seminole Classic. In all, FSU will play 12 games against teams who advanced to last year's NCAA Tournament, highlighted by a visit from defending national champion Connecticut.

The Seminoles are looking forward to a new season, and losing six games by four points or less last year left a bitter taste in the their mouths — something they're anxious to change.

"Even with the struggles, the ball games were close and we had too many losses by single digits," Semrau said. "Our success this season is going to be about preparation, fueled by a bitter taste that has been in these players mouths since last season. We haven't had a team that has been as committed, individually, or as a unit, as this team. They're very committed to one another and they've learned a lot from last year's adversity. All of them take great pride in being Seminoles, not only because FSU is a great university, but because they want Florida State women's basketball to become a nationally-prominent program. We've touched it and now we want to make a statement." ■ ■

# ROSTERS

2002-2003 SEMINOLES

## NUMERICAL ROSTER

1	Linnea Liljestrand*	5-11	G	So	Stockholm, SWE (Brankyrka Gymnasium)
2	LaQuinta Neely*	5-9	G	So	Laurens, SC (Laurens HS)
3	Shinikki Whiting***	5-9	G	Sr	Clearwater, FL (Clearwater HS)
5	Trinetta Moore*	6-2	C	Sr	Atlanta, GA (Cowley County CC)
11	Angela Sutton**	5-8	G	Jr	Cleveland, TN (Bradley Central)
12	Holly Johnson	5-8	G	Fr	Phoenix, AZ (Mountain Pointe HS)
14	Francine Houston	5-4	G	Fr	Bradenton, FL (Southeast HS)
20	Katelyn Vujas***	6-3	F	Sr	Wadsworth, OH (Wadsworth HS)
31	Ganiyat Adeduntan	6-1	F	Fr	Athens, GA (Clarke Central HS)
33	Tasheika Morris*	6-0	F	Jr	Huntsville, AL (Butler HS/Tennessee)
34	Hannah Linquist	6-4	C	Fr	Swannanoa, NC (Owen HS)
42	Genesis Choice*	6-3	F	So	Orlando, FL (Maynard Evans HS)
44	Lauren Bradley**	6-4	C	Jr	Lake Mary, FL (Lake Mary HS)

## ALPHABETICAL ROSTER

31	Ganiyat Adeduntan	6-1	F	Fr	Athens, GA (Clarke Central HS)
44	Lauren Bradley**	6-4	C	Jr	Lake Mary, FL (Lake Mary HS)
42	Genesis Choice*	6-3	F	So	Orlando, FL (Maynard Evans HS)
14	Francine Houston	5-4	G	Fr	Bradenton, FL (Southeast HS)
12	Holly Johnson	5-8	G	Fr	Phoenix, AZ (Mountain Pointe HS)
1	Linnea Liljestrand*	5-11	G	So	Stockholm, SWE (Brankyrka Gymnasium)
34	Hannah Linquist	6-4	C	Fr	Swannanoa, NC (Owen HS)
5	Trinetta Moore*	6-2	C	Sr	Atlanta, GA (Cowley County CC)
33	Tasheika Morris*	6-0	F	Jr	Huntsville, AL (Butler HS/Tennessee)
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11	Angela Sutton**	5-8	G	Jr	Cleveland, TN (Bradley Central)
20	Katelyn Vujas***	6-3	F	Sr	Wadsworth, OH (Wadsworth HS)
3	Shinikki Whiting***	5-9	G	Sr	Clearwater, FL (Clearwater HS)

\*Letters earned.

Head Coach ..... Sue Semrau (California-San Diego '85)

Assistant Coaches ..... Theresa Gernatt (Georgia Tech '91)

Angie Johnson (Louisville '91)

Scott Stoehr (Nebraska Wesleyan '97)

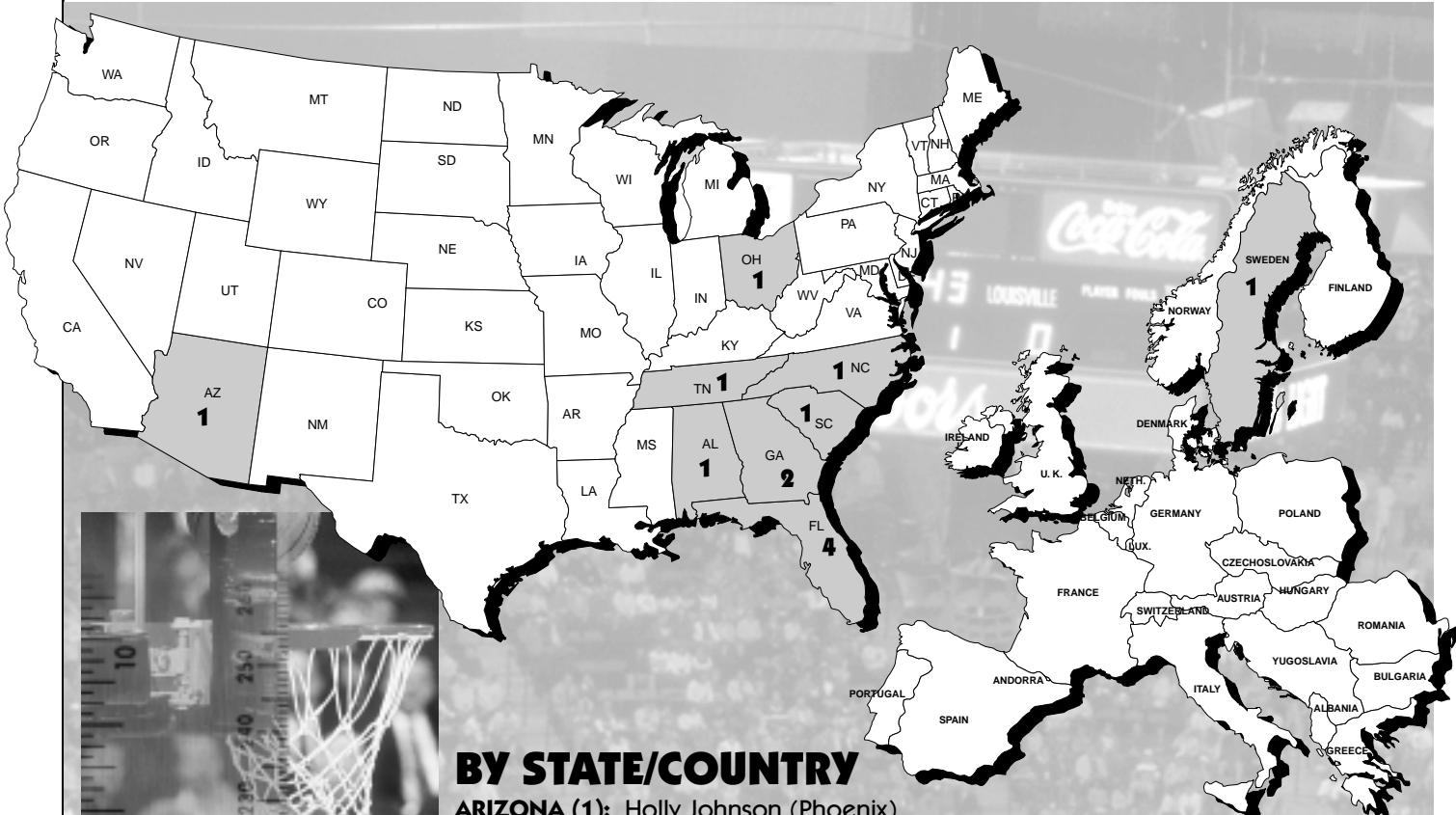
## PRONUNCIATION GUIDE

Ganiyat Adeduntan	Gahn-nee-yacht	Addah-dunt-tin
Linnea Liljestrand	Lah-KNEE-yah	Lee-lah-strund
Tasheika Morris	Tah-sheekah	
LaQuinta Neely	Lah-Quin-tah	Knee-lee
Sue Semrau	Sem-rwow	
Scott Stoehr	Store	
Katelyn Vujas	Voo-jiss	
Shinikki Whiting	Sha-nicky	White-ing



# A CLOSER LOOK

AT THE SEMINOLES



## BY STATE/COUNTRY

- ARIZONA (1):** Holly Johnson (Phoenix)
- ALABAMA (1):** Tasheika Morris (Huntsville)
- FLORIDA (4):** Lauren Bradley (Lake Mary), Genesis Choice (Orlando), Francine Houston (Bradenton), Shinikki Whiting (Clearwater)
- GEORGIA (2):** Ganiyat Adeduntan (Athens), Trinetta Moore (Atlanta)
- NORTH CAROLINA (1):** Hannah Linqvist (Swannanoa)
- OHIO (1):** Katelyn Vujas (Wadsworth)
- SOUTH CAROLINA (1):** LaQuinta Neely (Laurens)
- SWEDEN (1):** Linnea Liljestrand (Stockholm)
- TENNESSEE (1):** Angela Sutton (Cleveland)

## BY HEIGHT

- Bradley ..... 6-4
- Linqvist ..... 6-4
- Choice ..... 6-3
- Vujas ..... 6-3
- Moore ..... 6-2
- Adeduntan ..... 6-1
- Morris ..... 6-0
- Liljestrand ..... 5-11
- Neely ..... 5-9
- Whiting ..... 5-9
- Johnson ..... 5-8
- Sutton ..... 5-8
- Houston ..... 5-4

## JUNIORS (3)

- Lauren Bradley
- Tasheika Morris
- Angela Sutton

## FRESHMEN (4)

- Ganiyat Adeduntan
- Francine Houston
- Holly Johnson
- Hannah Linqvist

## BY CLASS

### SENIORS (3)

- Trinetta Moore
- Katelyn Vujas
- Shinikki Whiting

### SOPHOMORES (3)

- Genesis Choice
- Linnea Liljestrand
- LaQuinta Neely