

outlook

PHASE ONE TO PHASE TWO

If someone has visited the Florida State campus in recent months, they've noticed a great deal of growth in terms of its athletic facilities. The most recent addition has been that of the new Moore Athletic Center. The impressive structure was the final phase of the decade-long University Center project, which surrounds Doak Campbell Stadium, the Seminoles' 83,000-seat football stadium. And it is beautiful, a real showcase to be

proud of. But it didn't happen overnight. It was indeed a process of four phases beginning with the west side of the stadium, followed by the east, then the south and finally the north. Phases are essential in the successful completion of any project because if something is going to be done right, it is going to take a great deal of strategic planning and a great deal of time. When Sue Semrau was hired as Florida State's women's

Two.

"In Phase One, we faced a great deal of adversity and we made the choice to face it head on. The result is that character has been built into this program," Semrau said. "I believe you have to conquer some battles in order to attain the level of toughness that we are going to need to go to the next phase. We worked to change the culture that existed prior to Phase One and now we need to

"Now it's time for Phase Two..."



Alicia Gladden

basketball coach in July 1997, she took on a project ... a huge project. She came to FSU to rebuild its women's basketball program. Lucky for Florida State, Semrau had a plan.

"We are moving from one phase to another in our program," Semrau said. "The mission of Phase One was to get to postseason consistently, finish in the upper half of the ACC, to bring in top-ranked recruiting classes and just as importantly, to establish a foundation for our program personally by building character, and academically by achieving in the classroom. I think everyone in our program — players, coaches, staff, anyone involved — can articulate the values this program holds in that we are people first, students second and athletes third."

Semrau was the third FSU women's basketball coach in three years when she arrived in Tallahassee. As a result, the program was in a state of ambiguity and confusion. Semrau brought in a staff that would nurture the players already on the team and do "damage-control" for the program. During Phase One, there was a lot of energy poured into that and as a result, Florida State was able to attract high-level athletes who saw a staff committed to their well-being. The players who came on board jumpstarted what Semrau was trying to accomplish with this process. Over the past seven years, the coaching staff has consistently brought in some of the nation's top athletes which allowed FSU to move from a cellar team in the ACC to a consistent upper middle. Three of the last four years, the Seminoles have participated in postseason play. Now it's time for Phase

change the culture again in Phase Two. I believe we have the core people to do that. Now we move from a nurturing environment, to an environment of toughness. Our goal is to finish in the Top three of the ACC year in and year out, to be a perennial Top 10 team and to be a program that exudes personal responsibility, selflessness and a championship mentality.

"I'm not only excited about the players we have to enter into this phase, but we also have a staff that is geared to development," Semrau continued. "The consistency we developed in Phase One built the foundation that we will use as a springboard into Phase Two. Everyone, the coaches, the support staff and the players are going to be involved in every way. We needed to look in the rearview mirror to get perspective and now it's time we look out of our windshield and more forward."

A DIFFERENT LOOK

With Florida State's personnel, the Seminoles will have a bit of a different look than in recent years and despite returning nine players from last year's squad, the Seminoles will have to overcome some inexperience. With the unexpected loss of Ronald Pierce and the early graduation of Genesis Choice, FSU, which has been a much bigger team inside in the past, will feature a smaller line up. The Seminoles will have some good size in the guard spots this year that coaches are hoping to take advantage of and use in a different way than they ever have. Defense will be even more of a priority with the quickness that the team

will have and working hard on the defensive end is going to predicate everything the Seminoles do.

"In an ideal world, we wouldn't have to make this kind of adjustment with our personnel, but we have the mentality to do it this year and we will hit it head on," Semrau said. "Again this is part of the leap that we need to make and the springboard that we will use into this next phase. It's more of a mentality shift than anything and this group of players is more prepared as a whole than any to make an adjustment to an unforeseen situation."

Position-wise, the Seminoles won't be as true as they've been in the past. There will be several players who show their versatility. Every player at the point guard position will also be able to play the two. Every two will also play the three or the one. The same thing will be true with the threes and fours.

"Our players are going to be so interchangeable that we won't look at it so much as by position, but by personnel this year," Semrau said.

In the backcourt, the Seminoles have a core group returning. Leading the pack will be sophomore Shante Williams, a member of the 2004 ACC All-Freshmen team. She, along with running-mate Alicia Gladden, who started the final 21 games of last season, have a year of

starting experience under their belts. Williams is Florida State's top returning scorer (10.9 ppg) and rebounder (5.4 rpg). Gladden provides a defensive presence that will be enhanced by the return of junior LaQuinta Neely. Neely was averaging 6.7 points, 4.3 rebounds and 4.2 assists as a starter before suffering a season-ending knee injury in early December.

Senior Roneeka Hodges, who sat out last year after transferring in, is chomping at the bit to get back on the playing floor after practicing with the team all of last season. Averaging 7.1 points and 4.2 rebounds in her three-year career at LSU, Hodges provides a soft offensive touch but can come out and defend with the best. Senior Linnea Liljestrand played with her Swedish National Team again over the summer and has really stepped up her game. Her work ethic is second to none on the team. At 6-1, junior Ganiyat Adeduntan provides the team great size while junior Holly Johnson's experience the past two years makes her valuable to the team in many ways. Adeduntan averaged 5.0 points per game in playing in all 30 games last year and is the top returnee from three-point range. Johnson, who also played in all 30 games and averaged 27 minutes of play

per game in the final 11 contests of the year, underwent a rigorous off-season conditioning program and enters the season in the best shape of her career. Freshman Tiffany Buckelew will provide additional depth to the position.

"In the backcourt, we have so many different things that we can work with," Semrau said. "Any of these players can play any position and that will make us a really strong running team if we will rebound well."

Rebounding will be a key in Florida State's frontcourt, the area where the Seminoles are going to have to be the most creative. The only returning player that has any experience is junior Hannah Linguist, who played in 14 games in 2003-04. Redshirt freshman Nikki Anthony has a year of experience as a practice player but has no game-time experience. At 6-4, true freshman Christie Lautsch will provide some size in the middle but will need time to learn the system.

"These three players are very versatile in the fact that all three of them can shoot the free throw line jumper which is a little different from what we have had in the past," Semrau said. "They've all been working hard and we will see how they step up. It will just be getting each of them that experience early which will be critical."

Buckelew and Lautsch, the two newcomers to the program, will have the opportunity to contribute immediately and have the ability and desire to do so.

"Both Tiffany and Christie are extremely hard-working, very diligent, wanting to come in and play any role that they need to play for us this year," Semrau said. "Having not seen them in our system, I really have a limited scope as to what they will provide, but already emotionally, they've given us a big lift. Their work ethic is exactly what we need. They are really the type of people, students and athletes who will help us enter into Phase Two."

TO HONOR RONALDA

On June 8, 2004, the Florida State women's basketball program lost a very dear member of its family with the sudden death of Ronalda Pierce, a 6-5 post player from Ashburn, Ga. The team will wear #55 on its shoes in her honor and will dedicate the season to her memory.

"Ronalda meant the world to us personally and she meant a lot to our team," Semrau said. "She was going to be a huge presence for us this year and now we need to fill the void that was left by drawing closer together. I've seen our players start to do that already. Our communication this year is going to be huge. Nobody will really be able to understand what this team is going through. We'll need each other as we head into a year like this."



Holly Johnson

"If you want to go from the East Coast to the West Coast, you can head west, go through the Midwest to arrive or you can go east over the ocean and around the world. Either way, you'll get to the West Coast," Semrau continued. "The same is true with our situation. We can take the more direct route and go straight into our pain or we can take the long route and avoid facing it. We will get through it, but I believe by facing it together, we will better honor Ronald and her memory in a much more timely fashion and in a way where we can celebrate what she gave us instead of what we've lost."

TEAM LEADERSHIP

With the hardships the team has endured off the court in the off-season, leadership will be more crucial than ever in 2004-05. Semrau will look to senior captains Linnea Liljestrand and Roneeka Hodges, who haven't yet had the big numbers or minutes on the court, but have been huge off the court.

"Even though the players who are going to take on the biggest leadership roles haven't seen a lot of game-time minutes, our leadership is going to be strong, or possibly stronger, than it's ever

been," Semrau said. "Roneeka has been waiting for this time. She came to Florida State for this. The same is true for Linnea. Even though she's been quiet on the court, there have been times in which she has been huge. The players see their diligence, work ethic and patience and they respect them a great deal."

THE SCHEDULE

The Seminoles' 2004-05 schedule will feature some of the nation's top teams, exciting intra-state rivalries, not to mention the fact that the new ACC has arrived. The Seminoles are no longer the new kids on the block as Miami and Virginia Tech were officially admitted to the league in July adding even more top competition to the nation's most exciting conference. This year's non-conference slate will also provide plenty of thrills with trips to rival-Florida, San Juan, Puerto Rico and Missoula, Montana. In all, the Seminoles will face 15 teams that saw post-season action last year.

"We have a very strong schedule," Semrau said. "Opening with Xavier, a really strong team and then at Florida right off the bat, is going to give us an idea where we are and give us some time to make adjustments to get ready for conference play. The San Juan tournament gives us the opportunity to play three games before heading home for Christmas break."

The schedule includes 14 regular-season home dates, including the eighth annual Seminole Classic, which features Eastern Kentucky, Appalachian State and 2004 WNIT team, Miami of Ohio. FSU's trip to the Montana Invitational in late December will put the Seminoles up against 2004 WNIT participant Louisville in the first round and a second round meeting with either Montana or Maine, both 2004 NCAA Tournament teams. The always-competitive ACC had four teams advance to the NCAA Tournament last year and six if you count newcomers Miami and Virginia Tech.

"Obviously our conference has not only gotten bigger, but it has gotten better," Semrau said. "The two teams that have joined the league this year were NCAA Tournament teams last year and both will be primary partners for us. I really like the move to go to a 14-game league schedule. Being able to schedule two more non-conference games for every team can benefit every team in the league. The expansion will give us a different feel than we've ever had in this conference."

Florida State fans will have the opportunity to see the Seminoles on television a number of times throughout the regular-season as FSU will have three regionally-televised games as well as three contests on Sunshine Network.



Hannah Linquist

LET'S PLAY

This season, Florida State women's basketball doesn't want to forget that while college athletics has become very big in today's society, it's still a game and can be a great deal of fun. We are talking about sports after all! As Florida State embarks on Phase Two of its program, the Seminoles want to learn and grow from the hardships and challenges they've faced. And now, to put it simply, Florida State is saying "Let's Play."

"In Phase One, we faced some challenges in the growth of our program and now even though there's a lot more work to be done, that's what we're here for," Semrau said. "That's why these players came to Florida State. It is the joy of athletics. You can forget everything else when you are out on the court and you're going hard, you're going after it and you're competing. When you've prepared well, you have so much fun playing."

"We knew there were going to be hard times and now we are forging into the next phase with our women's basketball program with open eyes and open arms," Semrau continued. "We don't have all of the personnel we thought we were going to have, but we are coming together. We are tighter than we have ever been and it's exciting. We've worked so hard to lay a solid foundation and now it's just time to go out and play."



Ganiyat Adeduntan

rosters

Numerical Roster

NO	NAME	HT	POS	YR	HOMETOWN (PREVIOUS SCHOOL)
1	Linnea Liljestrand	5-11	G	Sr.	Stockholm, SWE (Brannkyrka Gymnasium)
2	LaQuinta Neely	5-9	G	Jr.	Laurens, SC (Laurens HS)
3	Tiffany Buckelew	5-11	G	Fr.	Cleveland, TN (Bradley Central HS)
5	Roneeka Hodges	5-11	G	Sr.	New Orleans, LA (LSU)
12	Holly Johnson	5-8	G	Jr.	Phoenix, AZ (Mountain Pointe HS)
21	Christie Lautsch	6-4	F	Fr.	Smyrna, GA (Campbell HS)
22	Shante Williams	5-7	G	So.	Jacksonville, FL (Ribault Senior HS)
23	Alicia Gladden	5-11	G	So.	Orange Park, FL (Orange Park HS)
31	Ganiyat Adeduntan	6-1	G	Jr.	Athens, GA (Clarke Central HS)
34	Hannah Linqvist	6-4	C	Jr.	Swannanoa, NC (Owen HS)
44	Nikki Anthony	6-3	C	Fr.	Pickens, SC (Pickens HS)

Alphabetical Roster

31	Ganiyat Adeduntan	6-1	G	Jr.	Athens, GA (Clarke Central HS)
44	Nikki Anthony	6-3	C	Fr.	Pickens, SC (Pickens HS)
3	Tiffany Buckelew	5-11	G	Fr.	Cleveland, TN (Bradley Central HS)
23	Alicia Gladden	5-11	G	So.	Orange Park, FL (Orange Park HS)
5	Roneeka Hodges	5-11	G	Sr.	New Orleans, LA (LSU)
12	Holly Johnson	5-8	G	Jr.	Phoenix, AZ (Mountain Pointe HS)
21	Christie Lautsch	6-4	F	Fr.	Smyrna, GA (Campbell HS)
1	Linnea Liljestrand	5-11	G	Sr.	Stockholm, SWE (Brannkyrka Gymnasium)
34	Hannah Linqvist	6-4	C	Jr.	Swannanoa, NC (Owen HS)
2	LaQuinta Neely	5-9	G	Jr.	Laurens, SC (Laurens HS)
22	Shante Williams	5-7	G	So.	Jacksonville, FL (Ribault Senior HS)

Head Coach Sue Semrau/8th Year
Associate Head Coach Cori Close
Assistant Coaches Angie Johnson, Lance White
Director of Basketball Operations Nadia Flaim



LaQuinta Neely

PRONUNCIATION GUIDE

Ganiyat Adeduntan .. Gahn-nee-yacht Addah-dunt-tin
 Alicia Gladden Ah-lee-sha
 Christie Lautsch louch
 Linnea Liljestrand La-KNEE-yah Lee-lah-strund
 LaQuinta Neely Lah-Quin-tah Knee-lee
 Sue Semrau Sem-rwow
 Shante Williams Shann-tay

a closer look

At The 2004-05 Seminoles



By State/Country

- ARIZONA (1):** Holly Johnson (Phoenix)
- FLORIDA (2):** Alicia Gladden (Orange Park), Shante Williams (Jacksonville)
- GEORGIA (2):** Ganiyat Adeduntan (Athens), Christie Lautsch (Smyrna)
- LOUISIANA (1):** Roneeka Hodges (New Orleans)
- NORTH CAROLINA (1):** Hannah Linqvist (Swannanoa)
- SOUTH CAROLINA (2):** Nikki Anthony (Pickens), LaQuinta Neely (Laurens)
- SWEDEN (1):** Linnea Liljestrand (Stockholm)
- TENNESSEE (1):** Tiffany Buckelew (Cleveland)

By Height

- Lautsch 6-4
- Linqvist 6-4
- Anthony 6-3
- Adeduntan 6-1
- Buckelew 5-11
- Gladden 5-11
- Hodges 5-11
- Liljestrand 5-11
- Neely 5-9
- Johnson 5-8
- Williams 5-7

By Class

- SENIORS (2):**
 Roneeka Hodges
 Linnea Liljestrand
- SOPHOMORES (2):**
 Alicia Gladden
 Shante Williams
- JUNIORS (4):**
 Ganiyat Adeduntan
 Holly Johnson
 Hannah Linqvist
 LaQuinta Neely
- FRESHMEN (3):**
 Nikki Anthony
 Tiffany Buckelew
 Christie Lautsch