

2005-06 outlook

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SEASON PREVIEW

A consistent contender. That's what Sue Semrau and the Florida State Seminoles are striving to be with their women's basketball program.

"Consistency," Semrau said. "We need to be a force in the ACC year after year and consistently go to the NCAA Tournament. I think our improvement on the defensive end of the floor was the biggest step that we took last year in developing that consistency."

Prior to Semrau's arrival in 1997-98, the Seminoles had never finished higher than fifth place in the ACC and had placed last in three of the four previous seasons. The 2004-05 season was FSU's third top four league finish in the last five years. So it appears that the consistency that Semrau and her staff desires is well on its way, but in 2005-06, they will have their work cut out for them with the addition of six freshmen to the squad.

"Our biggest challenge is going to be maintaining the same kind of chemistry with six newcomers on the team," Semrau said.

With that challenge, however, comes depth and size. Last season's 24-8 squad did not start a player over 6'1" and played the majority of the games with a five-guard rotation. With the addition of freshmen Britany Miller (6'4") and Cayla Moore (6'2"), Florida State will now have five players on its roster who stand 6'2" or taller.

"Last season, we lacked a low-post presence," Semrau said. "We are working toward changing that this season."

Rounding out the freshmen class will be 6'1" forward Kyria Buford, 5'11" guard Tanae Davis-Cain, 6'1" guard Mara Freshour and 5'7" guard Dranadia Roc.

Helping to ease the newcomers' transition from high school basketball to Division I college basketball will be nine



Ganiyat Adeduntan

"Consistency... we need to be a force in the ACC year after year and consistently go to the NCAA Tournament. I think our improvement on the defensive end of the floor was the biggest step that we took last year in developing that consistency."
—Coach Sue Semrau



Hannah Linquist

talented returnees who not only have valuable playing time under their belts, but possess the maturity and work ethic that will be vital in creating chemistry.

"With six new freshmen, we will have a very different energy level," Semrau said. "The tragedy of losing RONALDA PIERCE was one that brought us very close together. It was very sobering and created a type of energy that enabled us to really cling to one another. That energy still exists but it will be spiked by the youth and excitement that this freshmen class brings."

Last season, Florida State entered into what Semrau called Phase Two of the program. After working seven years to move from the cellar of the ACC to the upper-middle on a consistent basis, FSU shifted to a program in 2004-05 that demanded personal responsibility, selflessness and a championship mentality. In 2005-06, FSU will continue this philosophy and turn it up a notch.

"Last year as we moved into Phase Two, everyone needed to believe and every day we



Alicia Gladden

had to choose to enter in to this new phase,” Semrau said. “This year, as we move deeper into Phase Two, players are choosing to completely commit themselves to it.”

Leading the group of returnees are four seniors in Ganiyat Adeduntan, Holly Johnson, LaQuinta Neely and Hannah Linqvist.

Adeduntan, a 2004-05 honorable mention All-ACC selection, played a number of positions for the Seminoles due to the team’s lack of size. Her versatility resulted in great things for FSU.

Adeduntan, who was named the team’s most improved player, led the team with 7.6 rebounds per game which ranked fourth in the ACC. She was third on the team in scoring at 11.5 points per game and scored in double figures 17 times, including five games of 20 or more points. The Athens, Ga., native also grabbed double digit rebounds in 10 games and led the squad in scoring eight times.

“Ganiyat is destined to do great things,” Semrau said. “As a nursing major, she is extremely busy on the academic side of things and as committed as she is there, she is just as committed as a basketball player. She isn’t just an important player, she’s also a key leader for our team. She will be a go-to player for us. She can score inside, she can score outside. She’s got great length and is able to defend either on the perimeter or with quickness in the post. She’s just so versatile.”

Perhaps the player with the most experience is Johnson, who was the floor general for the Seminoles in 2004-05. The Phoenix, Ariz., native has played in all 92 games since her arrival at Florida State. Nicknamed “Clutch” for the many times she hit the “big shot” last season, Johnson tied for first on the team in assists per game at 4.0. She shot a team-high 83.7 percent from the free throw line which ranked second in the ACC and set a new FSU single season record. Johnson had a positive assist-to-turnover ratio in 20 games and FSU went 17-3 in those games. Fourth on the team in scoring at 8.5 points per game, Johnson scored in double figures in 13 games, including a career-high 16 points in the triple OT win over Virginia Tech. One of the most valuable players on the floor, she played 40+ minutes in six ACC games, including a career-high 52 minutes vs. Virginia Tech.

“Holly was clutch for us last year and showed her versatility, whether at the point or the two spot,” Semrau said. “She is a great floor general because of her knowledge of the game. She has molded herself into a

solid, fundamental, respected player in this league.”

Neely made a successful return to the court last season after suffering a torn ACL in 2003-04. Considered the “glue” of the team by Semrau, Neely provides a stability to the line up and contributes in a way that is not always reflected on the stat sheet. Neely, who tied for first on the team with Johnson at 4.0 assists per game, scored in double figures in two games against nationally-ranked opponents.

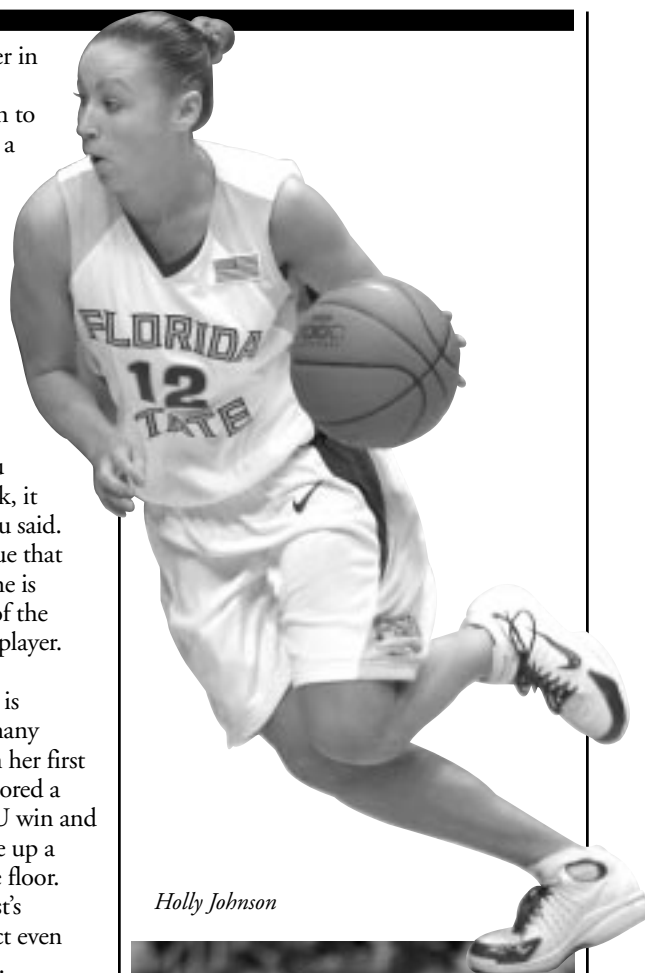
“If there is somebody that you would call the shepherd of the flock, it would be LaQuinta Neely,” Semrau said. “As a fifth-year senior, she is the glue that makes everything stick together. She is tremendous on the defensive end of the floor and is a developing offensive player. She is very special.”

Rounding out the senior class is Linqvist who played in nearly as many games last season (30) as she did in her first two seasons combined (32). She scored a career-high 10 points in the FAMU win and gave the guard-heavy Seminole line up a different look when she was on the floor. Coaches were pleased with Linqvist’s improvement last season and expect even greater things for her senior season.

Semrau has Adeduntan, Johnson and Neely penciled into the starting line up and expects junior Alicia Gladden to once again assume her starting position. Gladden was simply a different player in 2004-05. A member of the five-person ACC All-Defensive team, Gladden set a new FSU single season record with 101 steals and led the ACC with a 3.2 steals per game average.

Also an All-ACC honorable mention selection, Gladden ranked second on the team in scoring at 12.4 points per game and scored in double figures 23 times while leading the team in shooting at 52 percent from the field. She was also second on the team in rebounds per game at 6.6 and grabbed a career-high 18 boards in the FAMU win. Having started every game after coming off of the bench in the season-opener, Gladden was the only player on the team to earn all-tournament team honors in all three in-season tournaments.

“Alicia has developed in a way that none of us ever imagined,” Semrau said. “She not only has great defensive ability, but has come on as a key offensive player for our team. That’s a credit to her and how hard she works. She’s got a great mind; she picks things up extremely quickly. Alicia not only knows but usually does all the right things.”



Holly Johnson



LaQuinta Neely

2005-06 outlook

Four sophomores will join the six freshmen in vying for the last starting position. Point guard Shante Williams returns to the floor after missing 2004-05 due to a medical redshirt. A starter for much of her freshman season, Williams averaged 10.9 points, 5.4 rebounds, both second on the team, and a team-high 5.1 assists per game. She was named honorable mention All-ACC and to the five-member ACC All-Freshman team.

"It has been really fun to watch Shante mature as a young lady," Semrau said. "Now she's not only a good basketball player and a good student, but a good mom as well. She's taken that role very, very seriously. She has worked hard in the offseason and looks fantastic. She's approaching this year as her freshman year again. She's starting fresh as a student of the game and making sure she does all the little things right. She has a tremendous attitude."

Of the three freshmen who saw playing time last season, forward Christie Lautsch probably made the most consistent contribution. Seeing action in 28 games, Lautsch scored in 19 games, including a career-high 16 points in the Eastern Kentucky win. She showed vast improvement as the season progressed and snagged a career-high seven rebounds in the NCAA Tournament win



Shante Williams

over Richmond.

Center Nikki Anthony muscled her way into the line up and saw action in 30 games, including one start in her redshirt season. She saw double digit minutes in 13 games, including a career-high 24 minutes in the Miami win in which she scored 15 points and had nine rebounds. Anthony, who played two seasons on the FSU volleyball team, will now be playing only basketball for the Seminoles and the coaching staff is excited about having Anthony all of preseason for the first time.

Guard Tiffany Buckelew had the opportunity to acclimate herself to the college game behind a slew of veteran guards last season. She played in 11 games, including the NCAA Tournament win over Richmond.

"We have a lot of key players back and many others who could step up," Semrau said. "Demanding dedication and a solid work ethic in the midst of trial throughout the course of last season led to excitement and commitment. This is all a part of Phase Two of our program."

A very exciting part of the offseason was a foreign tour. In mid-August, the returning players embarked on a 10-day tour of Italy, which not only allowed more game experience, but also an advantage in practice time as the Seminoles reconvened early in the month for 10 days of practice prior to their travels.

"The first time we went to the NCAA Tournament in my tenure at Florida State, we had taken a foreign tour the summer before and found it to be a great advantage," Semrau said. "We had an incredible experience traveling to Italy. It's like getting a head start, being able to work with our players for 10 days in practice and then also having 10 days of chemistry-building and bonding time. Experiencing a new culture together was a tremendous opportunity."

As always, the Seminoles will face a tough schedule in 2005-06, including the opportunity to play nine teams that advanced to the NCAA Tournament last season. FSU will play teams from eight other conferences, including the SEC and Pac 10.

"I think it is important for us to challenge ourselves in the non-conference portion of our schedule so we know what we are going to be up against when we hit ACC play in January,"

Semrau said. "Playing Florida twice will be really good for us. It also helps us to get



Nikki Anthony

on a schedule where we can play Florida at home the same time our football team plays them at home. It is important for us to be tested and going to Xavier and Tulsa and having Montana, the team that broke our winning streak last year, and Washington, a solid team in the Pac-10, come here will certainly be a challenge for us."

The ever-challenging ACC, which was the No. 1-rated conference in the RPI rankings in 2004-05, adds yet another strong program to the mix with the inclusion of 2005 NCAA Tournament team Boston College.

For the next two seasons, each ACC women's basketball team will play a 14-game conference schedule that includes three primary partners and eight rotating partners. In 2005-06, FSU will play Clemson, Miami and Virginia each twice. The Seminoles will host Boston College, NC State, Virginia Tech and Wake Forest and travel to Duke, Georgia Tech, Maryland and North Carolina.

"The ACC proved last season to be the best league in the country," Semrau said. "We did that last year with the No. 1 RPI ranking. And now you add Boston College, a tremendous program, and it's better than it's ever been in my tenure. Some of the sports are going into divisions, but with women's basketball, it's about going head-to-head with every team in the conference at least once and seeing where we all fall. It's a privilege to be in this league."

2005-06 ROSTERS

NUMERICAL ROSTER

NO	PLAYER	HGT	POS	YR	HOMETOWN (LAST SCHOOL)
1	Dranadia Roc	5-7	G	Fr.	Montreal, Quebec, CAN (Vanier College)
2	LaQuinta Neely	5-9	G	Sr.	Laurens, SC (Laurens HS)
3	Tiffany Buckelew	5-11	G	So.	Cleveland, TN (Bradley Central HS)
4	Cayla Moore	6-2	F	Fr.	Albany, GA (Westover HS)
10	Mara Freshour	6-1	G	Fr.	Nashville, IN (Brown County HS)
12	Holly Johnson	5-8	G	Sr.	Phoenix, AZ (Mountain Pointe HS)
15	Kyria Buford	6-1	F	Fr.	Charlotte, NC (Victory Christian HS)
20	Tanae Davis-Cain	5-11	G	Fr.	Dawson, GA (Terrell County HS)
21	Christie Lautsch	6-4	F	So.	Smyrna, GA (Campbell HS)
22	Shante Williams	5-7	G	So.	Jacksonville, FL (Ribault Senior HS)
23	Alicia Gladden	5-11	G	Jr.	Orange Park, FL (Orange Park HS)
31	Ganiyat Adeduntan	6-1	G	Sr.	Athens, GA (Clarke Central HS)
33	Britany Miller	6-4	C	Fr.	Tallapoosa, GA (Haralson County HS)
34	Hannah Linqvist	6-4	C	Sr.	Swannanoa, NC (Owen HS)
44	Nikki Anthony	6-3	C	So.	Pickens, SC (Pickens HS)

ALPHABETICAL ROSTER

NO	PLAYER	HGT	POS	YR	HOMETOWN (LAST SCHOOL)
31	Ganiyat Adeduntan	6-1	G	Sr.	Athens, GA (Clarke Central HS)
44	Nikki Anthony	6-3	C	So.	Pickens, SC (Pickens HS)
3	Tiffany Buckelew	5-11	G	So.	Cleveland, TN (Bradley Central HS)
15	Kyria Buford	6-1	F	Fr.	Charlotte, NC (Victory Christian HS)
20	Tanae Davis-Cain	5-11	G	Fr.	Dawson, GA (Terrell County HS)
10	Mara Freshour	6-1	G	Fr.	Nashville, IN (Brown County HS)
23	Alicia Gladden	5-11	G	Jr.	Orange Park, FL (Orange Park HS)
12	Holly Johnson	5-8	G	Sr.	Phoenix, AZ (Mountain Pointe HS)
21	Christie Lautsch	6-4	F	So.	Smyrna, GA (Campbell HS)
34	Hannah Linqvist	6-4	C	Sr.	Swannanoa, NC (Owen HS)
33	Britany Miller	6-4	C	Fr.	Tallapoosa, GA (Haralson County HS)
4	Cayla Moore	6-2	F	Fr.	Albany, GA (Westover HS)
2	LaQuinta Neely	5-9	G	Sr.	Laurens, SC (Laurens HS)
1	Dranadia Roc	5-7	G	Fr.	Montreal, Quebec, CAN (Vanier College)
22	Shante Williams	5-7	G	So.	Jacksonville, FL (Ribault Senior HS)

Head Coach	Sue Semrau/9th Year
Associate Head Coach	Cori Close
Assistant Coaches	Angie Johnson, Lance White
Director of Basketball Operations	Nadia Flaim

PRONUNCIATION GUIDE

Ganiyat Adeduntan	Gahn-nee-yacht Addah-dunt-tin
Kyria Buford	Kear-ria Biew-ford
Tanae Davis-Cain	Tah-nay
Mara Freshour	Mair-rah Fresh-hour
Alicia Gladden	Ah-lee-sha
Christie Lautsch	Lotch
LaQuinta Neely	Lah-Quin-tah Knee-lee
Dranadia Roc	Dray-nodia
Sue Semrau	Sem-rwow
Shante Williams	Shann-tay

BY STATE/COUNTRY

ARIZONA (1):	Holly Johnson (Phoenix)
CANADA (1):	Dranadia Roc (Montreal, Quebec)
FLORIDA (2):	Alicia Gladden (Orange Park), Shante Williams (Jacksonville)
GEORGIA (5):	Ganiyat Adeduntan (Athens), Tanae Davis-Cain (Dawson), Christie Lautsch (Smyrna), Britany Miller (Tallapoosa), Cayla Moore (Albany)
INDIANA (1):	Mara Freshour (Nashville)
NORTH CAROLINA (2):	Hannah Linqvist (Swannanoa), Kyria Buford (Charlotte)
SOUTH CAROLINA (2):	Nikki Anthony (Pickens), LaQuinta Neely (Laurens)
TENNESSEE (1):	Tiffany Buckelew (Cleveland)

2005 TOUR OF ITALY

In August, the Florida State women's basketball team embarked on a 10-day tour of Italy where the Seminoles played four games while experiencing a different culture together. Here is a diary of the team's adventures...



August 18, 2005

Dear Diary:

Although we left in the afternoon, we arrived Rome at 8:30 a.m. after a nine-hour flight and the time change. The flight was fun, but most of us mainly slept. As soon as we arrived in Rome, we took a bus tour around the city. We saw many ancient buildings including the Coliseum that was shown in the movie Gladiator. Being in Rome is amazing because it feels like we have traveled back in time. Today, I walked in the same building that the great Julius Caesar once walked in himself. After the tour of the Coliseum, we went to a cafe for lunch where most of us had pizza. Italian pizza is very different than what we are used to in America, but it tasted good. The day, we walked and shopped and just enjoyed each other's company. In order to help us get back on schedule, the coaches told us to try not to take a nap today so we are definitely tired and should sleep well tonight. There are nine days left and we are all looking forward to spending time in all of the cities and enjoying our trip as we go.

— Quint

August 19, 2005

Dear Diary:

After a much needed night's rest, we woke up at 6:30 a.m. and were soon on our way to the Vatican. Our first stop was the Sistine Chapel. I couldn't wait to see it because I had heard so many great things about it, but I still didn't know what to expect. After taking my first steps into the chapel, I was speechless. The art blew me away. There is definitely nothing like this in America. I found that I could stare into the artwork of Michelangelo for hours...days, even. When I walked into the Vatican, I was overwhelmed by the size of it and with all of the things that we saw. I couldn't believe that I was really experiencing this. After visiting the Vatican, we walked to Castel's Angelo. It seemed like everywhere I looked, there was some piece of history. We drove back to the hotel and some of our group went shopping while others went to tour more of Rome. It was a great day. We are all tired from walking but can't wait to start again tomorrow.

— Holly



August 20, 2005

Dear Diary:

Today was full of fun and excitement. It all started at 9:30 a.m. with a beautiful tandem bike ride through Pincio Gardens, a local park down the street from the hotel. From there, we walked to the Trevi Fountain where we gathered for group shots. There was a tradition/good luck story that our tour guide told us about. If you throw a coin with your right hand over your left shoulder into the fountain, then you will return to Rome; two coins, meet somebody in Rome; three coins, marry them. We took turns throwing coins (some throwing more than others). After a subway ride us went to the top of the Spanish Steps and had our portraits drawn. Then we rushed back to the hotel to meet everyone and go to Piazza Navona, an outside area that had mimes, musicians, shopping vendors, and artists. We were allowed time to wander around there and then we went to eat at a really nice restaurant. They prepared a five-course meal for us that we ate outside. Everyone had a great time.

— Hannah

August 21, 2005

Dear Diary:

Today we embarked on a new journey to Florence. We boarded our bus at 9 a.m. and rode for about four hours. We all slept on the ride over so the trip seemed a lot shorter. After arriving in Florence we immediately checked into our hotel and went to the pre-game meal after about an hour of down time. After the pre-game meal, we walked over from the restaurant to see the statue of the David. The statue was amazing! It stood 20 feet high and was carved by the famous painter, Michelangelo. Our game started at 6:30 p.m. It was a little weird playing at first, but after a few minutes we buckled down and started playing every dribble penetration. Besides that, the game was fun because we all improved as a team over the summer. We returned to our hotel and had the chance to go on our own to eat and walk around the city. I spotted a Pizzeria that had American slices so I decided to get some and it was by far the best pizza I had eaten in Italy!

— Ganiyat



August 22, 2005

Dear Diary:

We had an early 7:45 a.m. wake up call today. Breakfast was served on the top floor of the hotel and that was the best place to have it. As I looked out the window I could see the skyline of the city with a foggy mountain background. After breakfast we went to see the Leaning Tower of Pisa. It was next to a cathedral and a building for baptism that were also leaning. After climbing to the top of the tower and seeing the beautiful skyline of Pisa, we learned that the baptism building had a hole in the top so the water for baptism was rain water, or "water from heaven." We also found out that the city of Pisa was a lagoon. Once we got back we had the rest of the day to spend as we wanted. Most of us grabbed something to eat. Once enough energy was regained, it was time to go shopping. Florence is known for its leather and it showed. Leather purses and jackets were at every corner. We had dinner at a nice, quaint spot that was located down the street from the hotel. It was reasonably priced and the food was good too. We then stopped on the way back to the hotel to enjoy gelati, crumples and any other tasty-looking pastries. The day was very good and the dessert made it even better.

— Quint

August 23, 2005

Dear Diary:

Today we started with a four hour bus ride to Venice. The ride was beautiful. There was a lot of countryside and we also drove through the mountains. When we arrived in the outside of Venice, we took a 30 minute water-taxi ride into the center of the city. The city was built on top of the water, so many of the streets were water instead of land. Also, many of the streets were land were covered with a few inches of water because it had rained a couple days earlier. In Venice we saw how glass was made and we also went shopping at some local glass stores. After about an hour of free time we had our pre-game meal at a nice outdoor Italian café. Our game that night started at 8:30 p.m. We played the Giants, a team from Venice. They were a lot more physical than the first team we played. It was a completely different type of competition. We played a great second half of defense and only allowed 20 points in the second half. This game had been vastly advertised, so around 200 local citizens came to watch. Our day ended around 11:00 p.m. at the hotel where we ordered in pizza. Tomorrow we are on our way to Udine.

— Hannah

August 24, 2005

Dear Diary:

Today was a great day. We were allowed to sleep in, which gave everyone a chance to regain energy. With all of the traveling we were worn out. We left at Noon to head for Udine. We arrived a few hours later to the surprise of a very beautiful place. I don't know if it was the extra sleep but everyone seemed in higher spirits. Once again, we were given free time to sight-see and shop. Many of us walked up to the top of a mountain where there was a church and a great view of the city. The church was so unique because it was so old and beautiful. When I walked in my jaw dropped in amazement. There was so much history. Of course, Udine isn't the place you think of when Italy is mentioned, but I think it should be. After touring Udine we went shopping. There were a lot more real stores here than just the stands in the other cities. After shopping, we went to have our pre-game meal. This was definitely one of the best places we have eaten at. Playing two games back to back could have been difficult, but we played hard. We won the game and then went back up to the hotel to get some good rest before our long trip to Lake Como.

August 25, 2005

Dear Diary:

We left Udine at 9:00 a.m., drove for our two and a half hours, and stopped in the city of Verona for about two hours. In Verona, we split up from our big group and some went to see Juliet's balcony from the famous Shakespeare play, Romeo and Juliet. The balcony resembled what I had already pictured in my mind of what it was like in the movie. We had time to shop around before returning back to our bus. We got back on a train that took us to the top of the mountain where we could see the entire city from one of its highest points. It was a little scary riding the train up the mountainside. The experience of being able to see that view is one that I will remember forever. After that we walked around the city some and ate dinner. I would have to say that I had the best meal of the trip at this restaurant right across from the lake. I had pasta and sirloin steak and they were both cooked to perfection. We only have one more day here. It has definitely been a fun trip that I will look back on someday and cherish it even more than I do now!

— Ganiyat

— Holly



August 26, 2005

Dear Diary:

Our final full day in Italy was spent in Lake Como. We met in the lobby at 9:00 a.m. and walked across the street to the lake and took a boat tour. We saw some amazing villas, including George Clooney's. About an hour and a half into our tour we docked in Bellagio, a quaint tourist area. We spent about 30 minutes there shopping and walking around. We returned to Lake Como and had an hour on our own before meeting for the pre-game meal. Most shopped of course. We walked as a group to the pre-game meal at 2:00 p.m. Then we had the option to head to a silk factory - silk is big in Como. A group of us headed to the silk outlet center and did some power-shopping. Many bought silk tops and pajamas. We left for the game at 6:30 p.m. This game was by far the most competitive of the tour. It was a physical game, but the team played well and won big in front of a standing room only crowd. We arrived at the hotel at 11:30 p.m. Many went out for a bite to eat. In Como, places stay open late and eating at a cafe at midnight is not unusual. Curfew was a little later because it was our last night in Italy, but it was also time for us to begin packing our things for our departure.

— Tina (SID)

August 27, 2005
In Retrospect

Dear Diary:

Tears fill my eyes as I reflect with joy upon the spectacular time we had together. We've seen more in 10 days than I ever could have imagined. We've improved as a basketball team and we've been stretched and blessed as individuals. Our eyes have been opened wide, our minds expanded and educated, and our hearts softened. We have grown personally and as a team. Our program will advance as a result of this amazing opportunity. Pisa's Leaning Tower, the Roman Coliseum, the streets of Venice, The Italian Alps surrounding Lake Como, The David...all I can say is wow! But, it wasn't the sights alone, instead, it was the people who made the trip. We experienced people lifting each other rather than leaning. We won't soon forget our wonderful guides, Tom Robinson from BB Travelers, Lorena Bell from Dream Tours, and our bus driver Gene Carlos. I thank God for a wonderful and safe trip with an outstanding group.

— Coach Sue

20 EURO

Vatican

ROME