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### Princeton University

Location .....Princeton, N.J. 08544  
 Enrollment.....4,600 undergraduates  
 Founded ..... 1746  
 Nickname.....Tigers  
 Colors.....Orange and Black  
 President..... Shirley Tilghman  
 Director of Athletics .....Gary D. Walters '67  
 Athletic Department Phone ..... (609) 258-3535  
 Affiliations..... Ivy League, NCAA Division I

### Women's Basketball Staff

Head Coach.....Courtney Banghart (Dartmouth '00)  
 Overall Record .....First season  
 at Princeton .....First season  
 Assistant Coaches.....Melanie Halker (Siena '99)  
 Milena Flores (Stanford '01)  
 Athletic Trainer.....Dan Jarvis  
 Athletic-Academic Fellows ..... Alison Williams, Matthew Lazen

### Team Information

Home Arena (Capacity) ..... Jadwin Gym (6,854)  
 Affiliations ..... NCAA Division I, Ivy League  
 2007-08 Captains.....Meagan Cowher, Ali Prichard, Caitlin O'Neill  
 2006-07 Overall Record.....13-15  
 2006-07 Ivy League Record.....7-7; T-4th  
 Letterwinners Returning/Lost.....10/7  
 Starters Returning/Lost.....4/1  
 All-Time Record .....442-442 (.500)  
 Ivy League Championships .....seven  
 (1975, 1976, 1977, 1978, 1985, 1999, 2006)

### Athletic Communications

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*Seen here against the 2007 Ivy League Player of the Year, Dartmouth's Ashley Taylor, senior Meagan Cowher has a chance to win the same award this year. On her way, she could score more points than any other player to wear the Orange and Black.*

**RACE FOR THE RECORD • COWHER'S FINAL SEASON**



**07-08 Preview**

### Head coach Courtney Banghart enters her first season at Princeton in 2007-08. In 10 questions, Banghart looks ahead to her new role:

**What made Princeton an attractive place for your head coaching debut?**

Princeton is a school that strives for excellence in all that it does. It is steeped in tradition and remains one of the most prestigious institutions in the world. Also, I firmly believe in the ideals of the Ivy League, where players are truly student-athletes in every sense of the word. Can you think of a better place to land? I'm honored to be a part of this institution and I'm thrilled at the opportunity to take this program to new heights.

**What are your plans for the offense in your first season?**

Basketball is a team game and therefore our offensive productivity will depend upon how we play together. Our focus will be on improving our fundamentals, which will allow us to better create scoring opportunities for ourselves and others. Our mobility should also allow us to attack in transition. Clearly, having the Ivy League's leading scorer in Meagan Cowher also means that we have a real threat on the interior at all times.

**Will Meagan Cowher score the kind of points in her senior year that she did as a junior?**

Meagan Cowher has had a brilliant three years. She has cemented herself as one of the premier players in the league. Great players like Meg have a special skill at putting points on the board in any number of ways, and I have every reason to believe she will do that

again this year. She is mobile, talented and versatile and with the arrival of Coach (Melanie) Halker, I believe Meg will quickly develop an effective low-post arsenal to go with her already varied offensive talents.

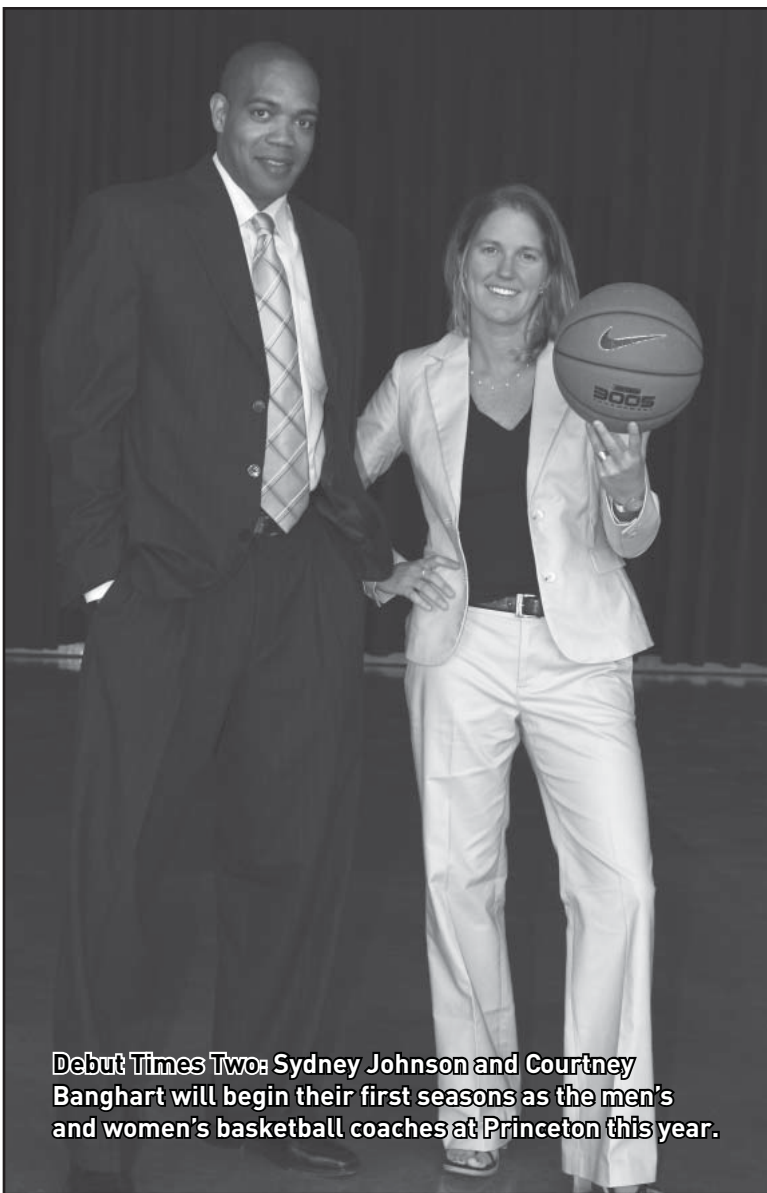
tant to a team's success. All great teams have a dominant inside game as was the case with Becky Brown. Our inside game will anchor us both defensively and offensively and will get numerous looks in each possession. We have experience in the post, with all three seniors looking to share significant time there. I am very pleased with the versatility we have in Ali Prichard and Katy Digovich, who can step out and be a threat from longer range. We will look for our post players to provide consistency, toughness, and productivity this season.

**Who are the candidates to hold the important point guard position?**

We are inexperienced at the point position with the loss of Jessica Berry. We do have experienced wing players and they will have to be prepared to assume point responsibilities. We also have some promising young players who will have a great opportunity to make an early impact on Princeton basketball.

**Having been a talented perimeter shooter as a player and having coached strong three-point shooters in recent years, will Princeton be firing from distance often this year?**

There is no doubt that the three point line has revolutionized the game of basketball. Meagan Cowher will clearly demand significant attention on the interior, which will open up the game for our perimeter players. We have talented shooters; the key will be ensuring that there is enough time allotted both in practice and in personal skill development sessions for shooters to take many shots. The differ-



**Debut Times Two: Sydney Johnson and Courtney Banghart will begin their first seasons as the men's and women's basketball coaches at Princeton this year.**

**With the success Princeton enjoyed two years ago with a strong center like Becky Brown '06, what role will the post position play this season?**

The game of basketball is played from the inside-out, so post play is obviously very impor-

# Princeton Women's Basketball 2007-08

## SEASON PREVIEW Q&A WITH COACH BANGHART

ence between mediocre shooters and great shooters is that great shooters shoot more than anyone else. I will continue to encourage our perimeter players to work tirelessly on the repetition necessary to be great.

### What players do you see making the biggest growth in their contributions this year?

This year is a new beginning for all of us, so there is significant room for growth across the board. My hope is that we all make great strides. I am pleased with the level of commitment and conditioning our players are in upon their return to campus. And I feel confident that with the help of Coach Halker in the paint and Coach (Milena) Flores on the perimeter, everyone will have a great opportunity to improve throughout the course of the season.

### What role will Princeton's trio of freshmen play in its first season?

I am very pleased with the trio of freshmen in our program. Addie Micir brings versatility, a solid game from beyond the arc, an ability to

score on the block and sound fundamentals that should put her in a position to contribute immediately. Shelbie Pool is a tall, strong and fundamentally sound wing player with good range. She will allow us to space out our offense, opening up the interior for our post players and she will attack from many spots on the floor. Krystal Hill is a pure point guard and thus will have an immediate opportunity to make her mark. She brings quickness, a great love for the game, and a willingness to improve. I look forward to the contributions of all three of our freshmen.

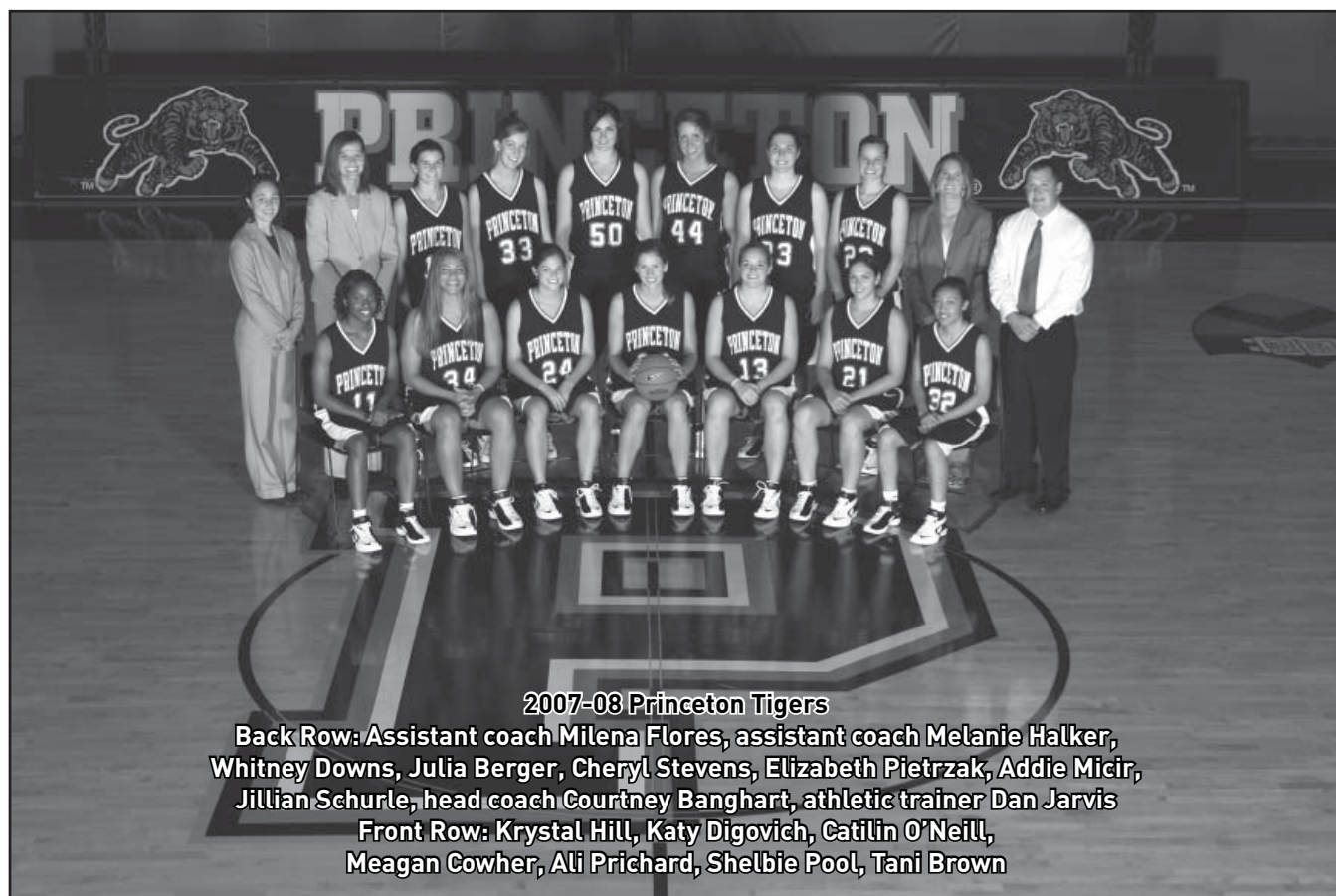
### What are your thoughts on a schedule that includes at least five major-conference teams?

We are competitors and competitors love to compete so I am pleased with the caliber of teams we have on our schedule. There will be no "off" nights. This talented group of opponents will allow us to continually see what we are made of. In addition to the nationally ranked powerhouses, we also play a very respectable regional schedule. The schedule

then closes with the Ivy League gauntlet, the 14-game home-and-away war that sends the toughest, most consistent and battle-tested team to the NCAA tournament.

### What is your forecast for the Ivy League this year?

Here at Princeton, we are focused on getting better everyday. The Ivy League is a true test of consistency and physical and mental toughness. I am humbled by the caliber of coaching in this league, which makes game planning and preparation a weekly obsession. There is no doubt that every weekend will be a battle, as all teams are in it to win it. Cornell returns all five starters from a solid team last year and Harvard and Dartmouth remain the duo to beat as they finished the year No. 1 and No. 2 respectively. The Ivy League has proven to be a league for seniors, so my only prediction is that the program whose seniors carry them to the title is the program that will be the Ivy representative in the NCAA tournament. Let the games begin.



2007-08 Princeton Tigers

Back Row: Assistant coach Milena Flores, assistant coach Melanie Halker, Whitney Downs, Julia Berger, Cheryl Stevens, Elizabeth Pietrzak, Addie Micir, Jillian Schurle, head coach Courtney Banghart, athletic trainer Dan Jarvis  
Front Row: Krystal Hill, Katy Digovich, Catilin O'Neill, Meagan Cowher, Ali Prichard, Shelbie Pool, Tani Brown

### 2007-08 Princeton Women's Basketball Roster

#### NUMERICAL ROSTER

No.	Name	Pos.	Yr.	Ht.	High School/Hometown
11	Krystal Hill	G	Fr.	5-7	North Shore/Houston, Texas
13	Ali Prichard	F	Sr.	5-11	Apple Valley/Apple Valley, Minn.
14	Whitney Downs	F	Jr.	5-11	Harpeth Hall/Franklin, Tenn.
20	Meagan Cowher	F	Sr.	6-1	Fox Chapel/Pittsburgh, Pa.
21	Shelbie Pool	G	Fr.	5-10	Mill Creek/Dacula, Ga.
22	Jillian Schurle	G/F	So.	6-0	Hopkins/Eden Prairie, Minn.
23	Addie Micir	G/F	Fr.	6-0	Council Rock North/Newtown, Pa.
24	Caitlin O'Neill	G	Jr.	5-9	Ventura/Ventura, Calif.
32	Tani Brown	G	So.	5-7	Brentwood School/Los Angeles, Calif.
33	Julia Berger	C	Jr.	6-1	Chatham/Chatham, N.J.
34	Katy Digovich	F	Sr.	6-0	Pinewood/Palo Alto, Calif.
44	Elizabeth Pietrzak	F	So.	6-2	St. Ignatius/Chicago, Ill.
50	Cheryl Stevens	F	So.	6-2	Canyon/Canyon Country, Calif.

**Head Coach** Courtney Banghart (1st season/Dartmouth '00)

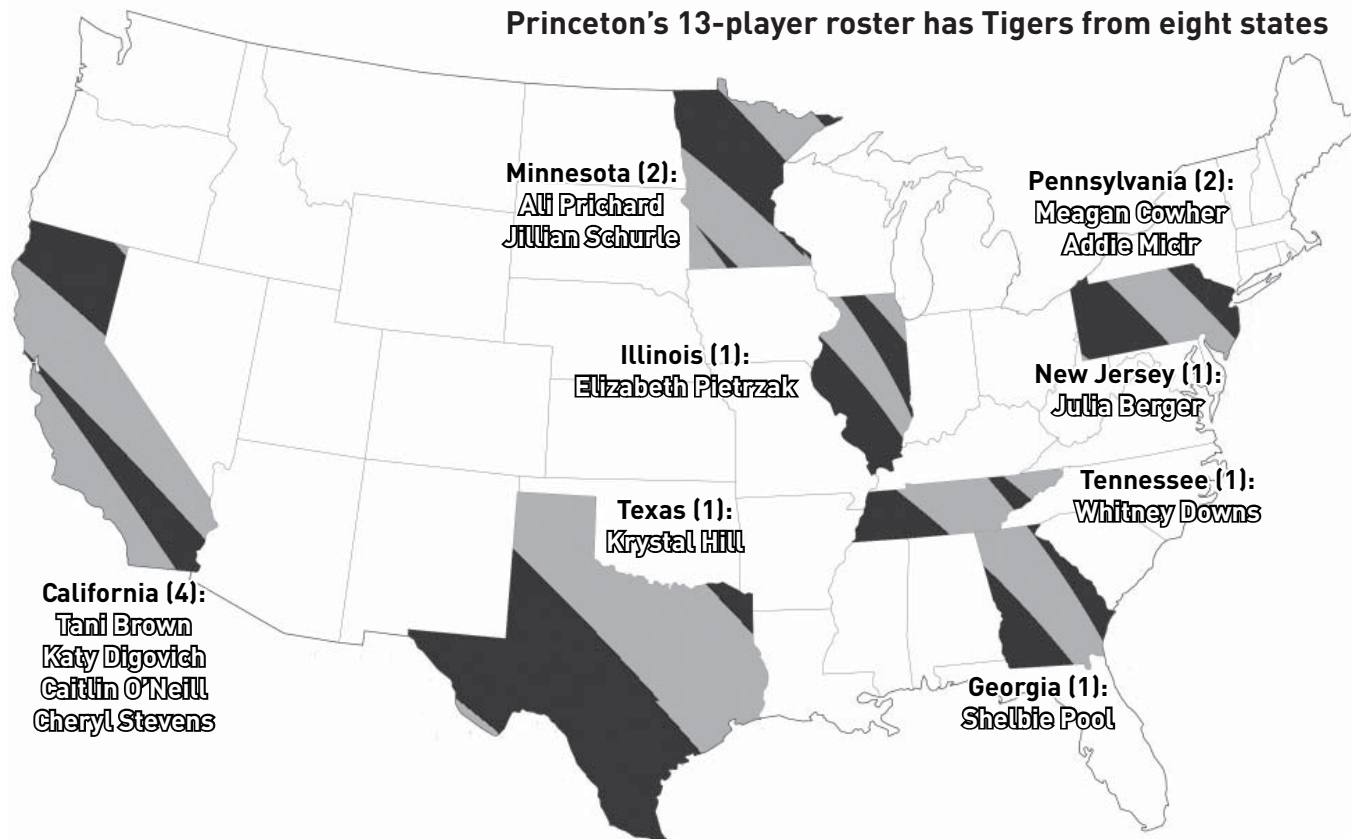
**Assistant Coaches** Melanie Halker (1st season/Siena '99); Milena Flores (1st season/Stanford '01)

**Athletic Trainer** Dan Jarvis (1st season/Virginia Tech '97)

**Volunteer Assistant Coach** Erica Kovach (1st season/Boston University '07)

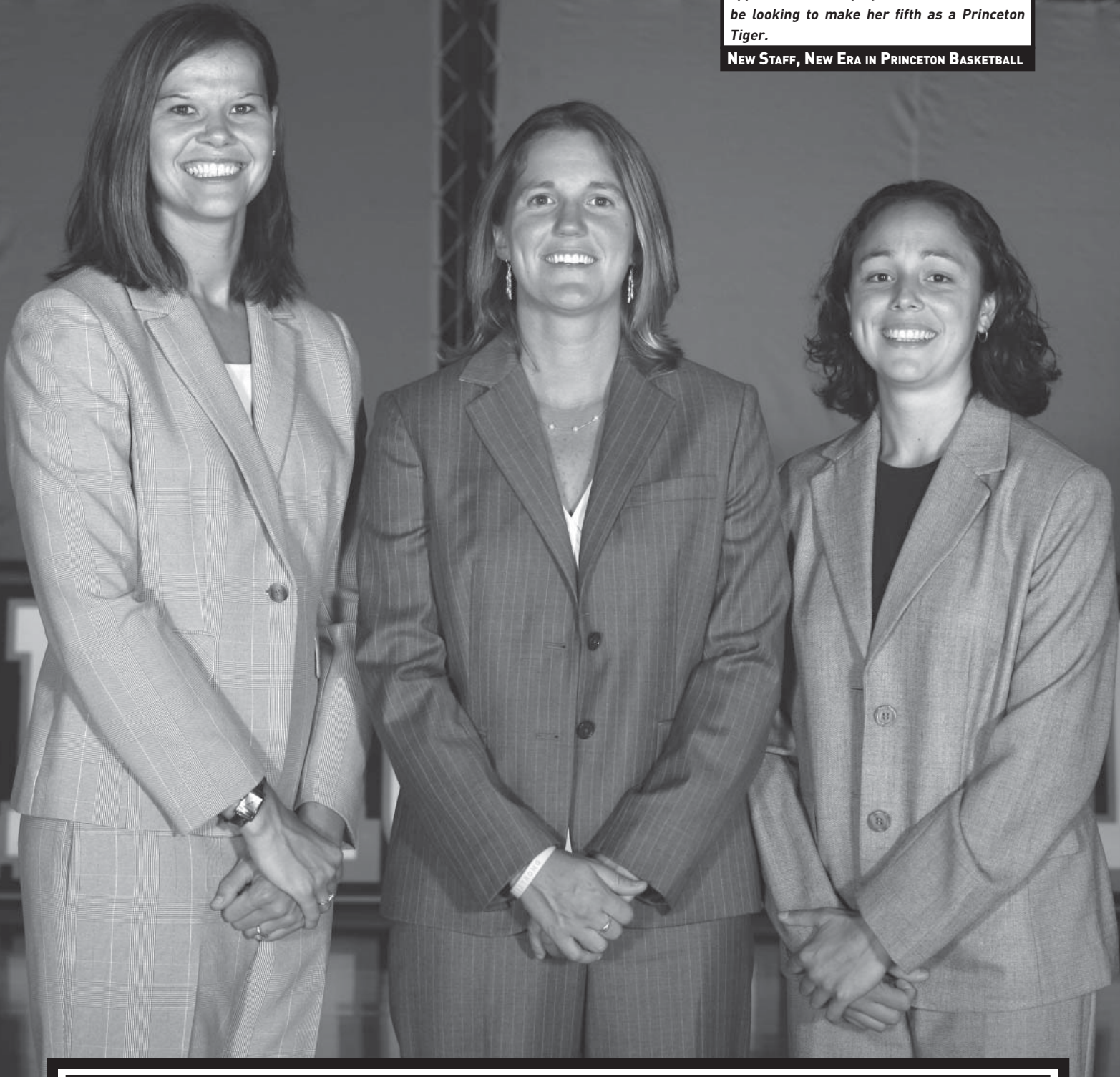
## Tiger Nation

Princeton's 13-player roster has Tigers from eight states



*Courtney Banghart was named Princeton's ninth women's basketball coach last spring. She has been a part of four NCAA Tournament appearances as a player and a coach. She'll be looking to make her fifth as a Princeton Tiger.*

**NEW STAFF, NEW ERA IN PRINCETON BASKETBALL**



# ***Coaching Staff***



**Courtney Banghart**  
 Head Coach • Dartmouth '00  
 First Season

Courtney Banghart, who has been part of Ivy League championship teams as both a player and coach, was named head coach of the Princeton women's basketball team in May 2007.

Banghart comes to Princeton after four years as an assistant coach at Dartmouth.

"I am excited for the opportunity to lead Princeton. I am very connected to the Ivy League and I believe in its values and what it stands for," Banghart says. "Being able to continue building a women's basketball tradition at Princeton is very exciting."

Banghart is also a Dartmouth alumna, having earned her undergraduate degree from the college in 2000. She recently completed her master's degree in writing and leadership development at Dartmouth.

"As a member of the University community, I am excited that Courtney Banghart will assume the reins of the women's basketball program," Walters says. "Courtney's knowledge of the game and capacity for leadership are palpable strengths that made her an extraordinarily attractive candidate. She was a terrific player at Dartmouth and has been associated with winning programs all her life. It is our belief that the women's basketball program will establish significant momentum under her leadership."

In her four seasons as an assistant coach under longtime Big Green mentor Chris Wielgus, Banghart helped Dartmouth to two Ivy League championships and two NCAA Tournament appearances in 2005 and 2006. The Big Green had an overall record of 70-44 in those four seasons and 41-15 in Ivy League play.

A three-year starter at Dartmouth, Banghart was an integral part of Ivy League championship teams in her junior and senior years of 1999 and 2000 while earning first-team All-Ivy honors both seasons. In 1997, Banghart was named to the All-Ivy rookie team. Banghart still holds Dartmouth records for three-pointers in a game (eight), season (97) and career (273) while also claiming the league standard for career three-pointers. She claimed the Ed Seitz Award as the best three-point shooter in Division I in 1999.

Between her stints at Dartmouth, Banghart led the girls' basketball and tennis teams to league championships at Episcopal High School in Alexandria, Va., for three seasons while also serving as the girls' athletic director.

Banghart, a native of Amherst, N.H., is the ninth head coach in Princeton women's basketball history as the program will begin its 37th season in the fall.



**Courtney Banghart was the third-youngest head coach in Division I women's basketball when she was hired in May 2007.**

### Banghart by the Numbers

**4** NCAA Tournaments as a player (1999, 2000) or assistant coach (2005, 2006)

**2** First-Team All-Ivy honors (1999, 2000)

**273** Career three-pointers, an Ivy League record

**2** Hall of Fame Inductions (Dartmouth Athletic, New England Basketball)

**3.5** Three-pointers per game in 1998-99, the NCAA leader that season

**70** Wins in four seasons as an assistant coach



### Melanie Halker

Assistant Coach • Siena '99  
First Season

Melanie Halker comes to Princeton from Dayton, where she was an assistant coach for one season after gaining experience at both Indiana State and her alma mater, Siena.

"I am very pleased to hire Melanie. She is one of the bright young stars in collegiate women's basketball," says Princeton head coach Courtney Banghart. "She brings a tireless work ethic, a knowledge of the game, and a strong commitment to winning. Her positive energy will be instrumental to what we want to do here at Princeton. She has been successful in all the programs with which she's been affiliated and I look forward to having her commitment to excellence on our staff."

Halker graduated from Siena in 1999 and spent the better part of two years following graduation playing professionally in Luxembourg and Israel. She remains the all-time leading scorer (2,021) and rebounder (1,122) in Siena's Division I history and was a two-time MAAC Player of the Year, winning the honor in 1998 and 1999.

In 2001, Halker returned to Siena as an admissions officer before joining the women's basketball staff as an assistant coach for the 2002-03 season.

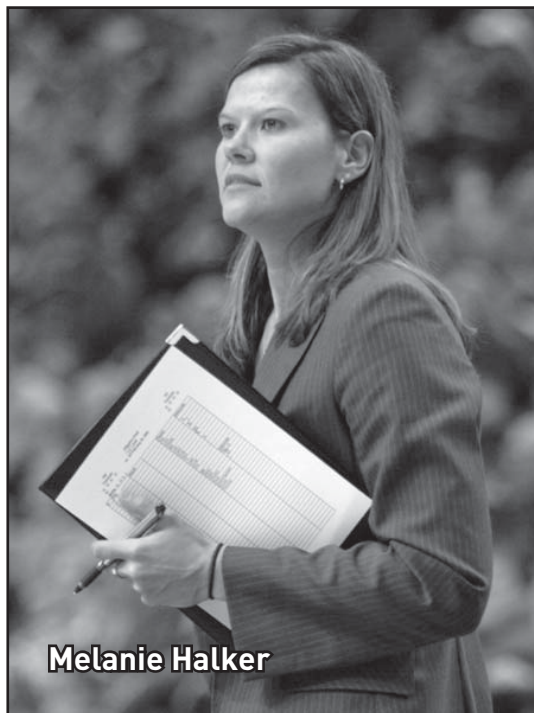
That year, Siena advanced to the second round of the WNIT, and the Saints followed that up in 2003-04 with a second straight MAAC regular-season title.

Halker then moved to Indiana State for a two-year stint. In 2005-06, the Sycamores won 27 games and played in the WNIT.

Post players are Halker's specialty. She helped Ashley Clark at Indiana State win first-team All-Missouri Valley conference honors in 2005 and Siena center Liene Jansone was the 2003 MAAC Player of the Year.

Halker and Banghart, a Dartmouth graduate, also played against each other three times with Siena winning two of the three contests. As assistant coaches, Halker's Siena team won a home game over Dartmouth in 2004 and Banghart's Big Green beat Dayton in Hanover this past season.

Halker is a native of Glandorf, Ohio.



Melanie Halker

### Milena Flores

Assistant Coach • Stanford '01  
First Season



Milena Flores comes to Princeton after honing her coaching skills at Pacific, Lehigh and most recently Yale.

"I am thrilled that Milena has chosen to join our community," says Princeton head coach Courtney Banghart. "Her playing experience both at Stanford and in the WNBA will be an invaluable resource. She is a proven teacher of the game and she will undoubtedly make an immediate impact with the development of our student-athletes. We are so lucky to have Milena, as she believes wholeheartedly in the Ivy League, and more specifically, in Princeton's commitment to excellence."

During her playing career at Stanford, a perennial national contender, Flores helped the Cardinal to the Final Four in 1997. She was also a first-team academic all-conference honoree twice and a GTE/CoSIDA Academic All-District honoree. Flores finished her career ranked third on Stanford's all-time assists list and was a first-team All-Pac-10 honoree in 1999 and 2000 before earning her degree in 2001.

After Stanford, Flores earned an NCAA postgraduate scholarship and continued her playing career for the WNBA's Miami Sol as well as in Lithuania.

Flores stayed in California to serve as an assistant coach at Pacific during the 2002-03 and 2003-04 seasons before heading east to Lehigh for one year. In 2004-05, Lehigh finished 19-10, the second-best record in the Patriot League.

Over the past two seasons at Yale, working with head coach Chris Gobrecht, Flores helped the Bulldogs to a nine-win improvement from 2005-06 to 2006-07.

Flores will work primarily with Princeton's guards. Last season at Yale, guard Melissa Colborne was the Ivy League Rookie of the Year and in 2005 at Lehigh, Sara Ellis was a second-team All-Patriot League guard.

Flores is a native of Snohomish, Wash.



Milena Flores



### **Erica Kovach**

**Volunteer Assistant Coach**

Erica Kovach, who recently completed a standout career at Boston University, is in her first season as a volunteer assistant coach at Princeton.

Kovach ended her career sixth on Boston University's free-throw percentage list at .762 and ninth on the career three-pointers tote with 75. Her final season, while starting all 30 games, Kovach averaged 9.3 points and 6.2 rebounds per game, both second on the team.

A native of Georgetown, Texas, Kovach earned a degree in sociology as an undergraduate.



### **Dan Jarvis**

**Athletic Trainer**

Dan Jarvis is in his first season as an athletic trainer at Princeton, working primarily with the women's basketball and football teams.

Prior to his current appointment, Jarvis spent four years at Villanova as the Wildcats' head football athletic trainer after working for the Philadelphia Eagles in a yearlong appointment.

A 1997 graduate of Virginia Tech, Jarvis stayed on with the Hokies as a graduate assistant athletic trainer for four seasons before staying in the area to work in private practice.

Jarvis earned his bachelor's degree in exercise science and continued with a master's degree in health and physical education at Virginia Tech.

Jarvis has earned certifications from the National Athletic Trainers Association, the State of Pennsylvania, the American Heart Association and the National Strength and Conditioning Association.



**Athletic trainer Dan Jarvis also works with the Princeton football team**



### **Alison Williams**

**Academic-Athletic Fellow**

Alison Williams, a lecturer in the chemistry department, is in her sixth year serving as an academic-athletic fellow for the women's basketball team.

A native of Wooster, Ohio, Williams began her career as a chemist working in a dairy science lab after school. She earned her B.A. in chemistry at Wesleyan in 1981 and went on to earn both an M.A. and Ph.D. in biophysical chemistry from the University of Rochester. Williams has been a professor since 1988, teaching at Swarthmore, Wesleyan and Rutgers before coming to Princeton in 2001.

Away from the lab, Williams is a semi-professional oboeist and a member of the Central Jersey Symphony and the Baroque Society of Boonton. She rowed at the Middletown Rowing Club in Connecticut and considers herself a sports junkie.

Williams is married to Dr. John Leazer, a research chemist at Merck. The couple has a son, Carter, and daughter, Amara.



### **Matthew Lazen**

**Academic-Athletic Fellow**

Matthew Lazen continues with the women's basketball program for his second season as one of its Academic-Athletic Fellows.

Lazen received a B.A. in comparative literature from Columbia and then earned a Ph.D. from literature at Duke, where he studied French and Francophone literature, film, globalization, and critical theory while writing his dissertation on ethnic identity and contemporary French regionalism. He taught for several years in the History and Literature program at Harvard, extending his reach to the cultural and social history of France, Germany, Britain, America, and their global relations.



### **Angie Brambley**

**Strength and Conditioning**

Angie Brambley is in her fifth season at Princeton as an assistant varsity strength and conditioning coach.

Brambley graduated from Pittsburgh in 2000 with a bachelor's degree in exercise and movement science and a master's degree in sports administration and recreation from Temple in 2002. While at Temple, Brambley worked as a graduate assistant strength and conditioning coach for several Owls athletic teams.

Following her time at Temple, Brambley worked as strength and conditioning coach for Transcend Sport Training System before coming to Princeton in 2002.

Brambley has participated in competitive rugby for more than a decade and was selected for the USA Rugby National Under-23 team and other regional clubs. Brambley now plays for nationally ranked Keystone Rugby Club of Philadelphia.