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GEORGE FOX UNIVERSITY

Women's Basketball



2003-04

BRUINS
WOMEN'S
BASKETBALL
GUIDE



**WOMEN'S BASKETBALL
GEORGE FOX UNIVERSITY**

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www.georgefox.edu/athletics/womens_bball/index.html



2003-04 WOMEN'S BASKETBALL
HEAD COACH
SCOTT RUECK

A Consistent Contender

Under Scott Rueck, the Bruins regularly are ranked among the nation's best

In seven years, Scott Rueck has established the George Fox University women's basketball program as one of the finest in the nation at the small-college level. In that time, he has guided the Bruins to a 130-49 record (.727) and routine appearances in national top-25 polls.

He has twice been named Northwest Conference coach of the year.

Rueck, 34, has 14 years of coaching experience. From 1993-95, he served as a women's basketball assistant. Previously, he served as an assistant boys' basketball coach at Santiam Christian

10th year as director of Victory Hoop Camp for Portland youth.

A graduate of Glencoe High School in Hillsboro, Ore., Rueck comes from a basketball family. His sister, 1995 George Fox graduate Heidi Rueck, set the school's career, season, and single-game assist records as an NAIA All-American point guard. His father, Marv Rueck, was a long-time member of the basketball coaching staffs at Hillsboro Union and Glencoe high schools, including a season as head coach when Glencoe opened in 1980.

Rueck graduated from Oregon State University, earning a bachelor's degree in exercise and sports science and a master of arts degree

The Rueck Record (1996-2003)

Year	School	-----Overall	---Pct.	-----Conf.	----Pct.	-----Team Honors
1996-97	George Fox	-----15-10	----.600	----11-5	----.688	
1997-98	George Fox	-----16-9	----.640	----13-5	----.722	
1998-99	George Fox	-----18-6	----.750	----14-4	----.778	
1999-00	George Fox	-----23-5	----.821	----14-2	----.825	NWC 1st (tie); #19 ranking; 2-1 in NAAs
2000-01	George Fox	-----23-3	----.885	----15-1	----.885	NWC 1st; #4 ranking; 0-1 in NAAs
2001-02	George Fox	-----20-6	----.769	----11-5	----.688	NWC 3rd
2002-03	George Fox	-----15-10	----.600	----10-6	----.625	NWC 4th
7 years		130-49	---.727	---88-28	---.759	

Rueck's Honors

1999-00 NW Conference Coach of the Year
 2000-01 NW Conference Co-Coach of the Year

Rueck's 2000-01 team was the nation's No. 1-ranked NCAA Div. III team and finished with a school-record 23-3 mark. The Bruins have posted winning records in each of his seven years as head coach, and his players have earned four NAIA All-American, one NCAA All-American, and 16 All-Northwest Conference awards.



High School in Corvallis.

In addition to his coaching duties, Rueck also teaches courses in the department of health and human performance. He is in his



in physical education teaching.

He, his wife, Kerry, and their newborn son, Cole, live in Newberg.

WOMEN'S
BASKETBALL
WINNING
TRADITION 2003-04



NAIA First-Team All-District 2 **Melody (Groeneveld) McMaster** scored a school-record 37 points in a game versus Willamette University.



1982

1988



NAIA First-Team All-District 2 **Tammy Lewis** grabbed a school-record 23 rebounds in a game versus Western Oregon University.



George Fox's women's basketball has recorded 10 consecutive winning seasons.

1991



NAIA Honorable Mention All-American **Heidi Rueck** had 13 assists in a game versus Linfield College.

1993



Cascade Conference First Team **Kristy Fleming** had 31 points and 20 rebounds in a game versus Central Washington University.

The 1995-96 George Fox team upset NAIA No. 1-ranked Western Oregon University.



1995-96

*First Team All-Northwest Conference
Angela Pettit scored 35 points in a game versus Lewis & Clark College.*



1996-97

*NAIA Div. II Second-Team All-American
Nancy Rissmiller was named NAIA National Female Athlete of the Year by College Sports Magazine. She also was a two-time NAIA national high jump champion.*



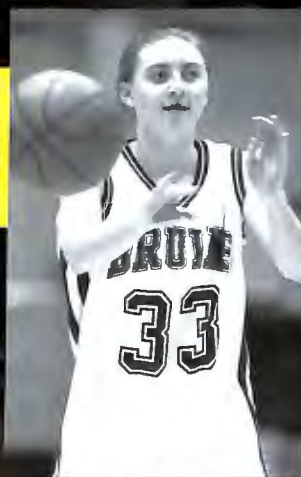
1995-96

*Kodak NCAA DIII All-American
Katie Lacey twice was named Northwest Conference Player of the Year.*



2001

*First Team All-Northwest Conference
Heather Dond shot .457 (37-81) from three-point range during the 2001-02 season.*



2001-02



A Formula for Success

by Coach Scott Rueck

The Program

The women's basketball program at George Fox University is founded on hard work and discipline.

We strive to place ourselves in a position to deserve success. We know if we work hard and continually pay attention to detail, we will reach our potential as a team.

Great athletes play basketball. We build our team around players who are physically gifted with speed, quickness, strength, and jumping ability. Over the course of our student-athletes' years in the program, it is amazing to watch how they make strides in strength and athleticism.

Mental toughness is a key component. We ask that our players fall in love with competition. To love competing is to constantly push yourself to higher levels of accomplishment. Our players understand that the only way to learn how to win is to pursue competitive situations that produce winners and losers. Fear of failure is not allowed.

Our approach on the court is one that begins with stingy defense coupled with an opportunistic running game and a solid offensive approach that starts inside and works itself outside. We take care

of the ball, we rebound well, and we force our opponents into a low shooting percentage.

The Person

I believe it is my responsibility as the leader of this program to create an atmosphere that is conducive to learning and growing. The George Fox women's basketball program does not solely exist to teach a group of athletes how to sink a ball into a hoop or how to stop another team from doing so, but to teach young adults how to better themselves as people.

Our coaching staff pushes our players daily to be at their best. Discipline is the avenue; responsibility is the result. Our players learn quickly in their first year how hard they have to play. The result is a team that competes at a high level day in and day out. But more importantly, players develop a work ethic that will lead to success throughout their lives.

The development of leadership is possibly the most important aspect in team sports. Acquiring leadership skills mold athletes' futures and defines their roles in life. Our athletes are first exposed to the principles of our program by following those in leadership positions.

Soon they move into that role.

My goal as the head coach is to create an environment in which each player understands her role on the team and works hard to fulfill that responsibility. Because I have been in every position on a team – from a starter to a player who never made it into the game, I can relate to each player's role.

We want our players to have fun but realize that the only way to have fun is to be successful – not necessarily in wins and losses but by playing well. Some of our teams' proudest moments has been following losses where we've left it all on the floor.

The type of player that enjoys the most success at George Fox is one who has a high sense of personal responsibility, is self-motivated, and loves being a part of a team. She would rather be a national champion than an All-American. She loves to be coached, challenged, and pushed daily.

Players love to play basketball at George Fox. Our athletes can expect their teammates and coaches to always respect one another, encourage each other, and stay committed to achieving our goals. It is a formula that has proven to be a winning combination.



Excellence in Academics and Athletics

The Northwest Conference and NCAA Division III Experience

National Collegiate Athletic Association Division III

Colleges and universities in the National Collegiate Athletic Association (NCAA) Division III place their highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. Division III institutions seek to establish and maintain an environment in which athletics activities of a student-athlete are conducted as an integral part of the student-athlete's educational experience.

Division III consists of more than 400 institutions, making it the largest division in the NCAA. All Division III institutions award no athletically related financial aid to students. Division III sponsors 13 national championships in men's sports, 14 in women's, and eight national collegiate championships that are combined with other divisions.

George Fox University has been a member of the NCAA since 1995 when — along with the other institutions in the Northwest Conference — it elected to transfer its membership from the National Association of Intercollegiate Athletics (NAIA).



The Northwest Conference

The nine colleges and universities in the Northwest Conference are known for their academics and athletics.

The conference is building a reputation as one of the most competitive NCAA Division III alliances in the country. In the academic arena, every Northwest Conference institution has been ranked by *U.S. News and World Report* as a top-tier school in its category.

Formed in 1926, the conference is one of the oldest athletic alliances in the western United

States. Its nine members are all private colleges or universities located in Oregon or Washington.

George Fox left the Cascade Collegiate Conference to join the Northwest Conference in 1995, shortly before the Northwest Conference shifted national affiliation from the NAIA to the NCAA. Leaving behind years of success at the NAIA level, the conference embraced the move as one that would foster equity, sportsmanship, and genuine concern for the student-athlete in all endeavors of competition.



- George Fox University**, Newberg, Ore.
- Lewis & Clark College**, Portland, Ore.
- Linfield College**, McMinnville, Ore.
- Pacific University**, Forest Grove, Ore.
- Pacific Lutheran University**, Tacoma, Wash.
- University of Puget Sound**, Tacoma, Wash.
- Whitman College**, Walla Walla, Wash.
- Whitworth College**, Spokane, Wash.
- Willamette University**, Salem, Ore.



2003-04

WOMEN'S BASKETBALL
**ABOUT THE
UNIVERSITY**

George Fox University

Mind, Body, and Soul

George Fox University is a Christian university of the liberal arts, sciences, and professional studies ranked by *U.S. News & World Report* as a "Best Value" and as a top-tier master's university in the West. More than 2,900

overseas study tour led by professors. Past trips have been taken to every continent but Antarctica.

George Fox University was established in 1885 by Quaker settlers as Friends Pacific Academy. Herbert Hoover, the 31st president of the United States, attended the academy

before it became a college in 1891. The George Fox name honors the founder of the Friends (Quaker) church.

George Fox offers bachelor's degrees in more than 30 majors, degree-completion programs for working adults, a seminary, and 14 master's and doctoral degrees.



students—including 1,500 traditional undergraduates—attend classes at the Newberg campus and at teaching sites in Oregon and Idaho. The George Fox faculty includes a former U.S. senator, the 2000 Oregon Professor of the Year, and three Fulbright Scholars.

George Fox offers unique programs. Every incoming freshman is provided a laptop computer to use and keep upon graduation. Students also can take advantage of the university's study-abroad program. George Fox pays transportation costs for a three-week



GEORGE FOX UNIVERSITY



WHEELER SPORTS CENTER/ MILLER GYM

Entered by crossing a wooded canyon on a 200-foot bridge, the Wheeler Sports Center is the home of the George Fox Bruins basketball team. The \$2.7 million, 55,000-square-foot complex is the university's largest building.

Wheeler's main feature is the James and Lila Miller Gymnasium. With a total seating capacity of 2,750, and measuring 116' x 174', the gym contains three full-length basketball courts, three volleyball courts, and 10 badminton courts. The ceilings are 32 feet above the hardwood maple floor.

Adjacent to the gym on the upper level are a staff room, multipurpose room, classrooms, and athletics administration and faculty offices. The building's weight room was remodeled and expanded during the summer of 2002 and now contains 1,800 square feet of floor space. On the lower level are dressing rooms, team rooms, a concessions area, laundry facilities, an equipment-issuing room, and storage space. An east wing of the building houses two racquetball courts.

UNIVERSITY INFORMATION:

Location:Newberg, Oregon (18,750)
Mailing address:414 N. Meridian St.
Newberg, OR 97132
Founded:1891
Denomination:Evangelical Friends (Quaker)
Enrollment:2,913
President:David Brandt
Faculty athletic rep:Becky Ankeny
Switchboard phone:503-538-8383
Web site:www.georgefox.edu

ATHLETIC INFORMATION:

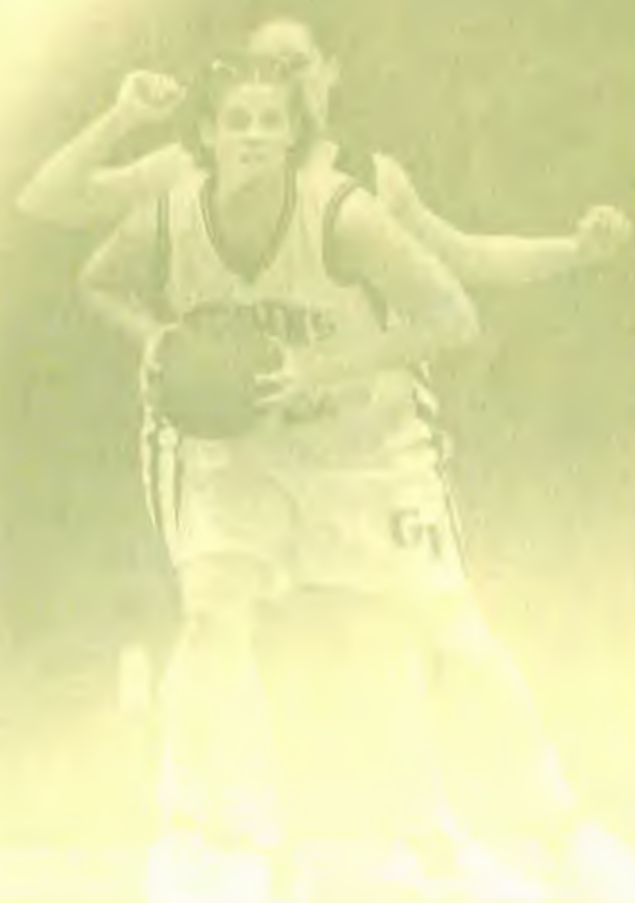
Nickname:Bruins
Colors:Navy Blue and Old Gold
Affiliation:NCAA Division III
Conference:Northwest Conference
Director of athletics:Craig Taylor
Office phone:503-554-2911
Assoc. dir. of athletics:Pat Bailey
Office phone:503-554-2914
Athletics secretary:Patty Findley
Office phone:503-554-2910
Athletics FAX:503-554-3864

SPORTS INFORMATION OFFICE:

Sports info director:Blair Cash
Office phone:503-554-2926
Home phone:503-554-8067
E-mail:bcash@georgefox.edu
Sports info FAX:503-554-3864
Sports Hotline:503-554-3868
Sports Web site:www.georgefox.edu/athletics

COACHING STAFF:

Head coach:Scott Rueck (8th yr)
Alma mater:Oregon State '91
Office phone:503-554-2920
Assistant coaches:
Mike WarmanenAlma Mater: George Fox '95
Erica EwartAlma Mater: Whitworth '02
Kyle StumpAlma Mater: George Fox '03



WOMEN'S BASKETBALL GAME SCHEDULE

2003-04



NOVEMBER

21	Fri.#	vs. Evergreen State	6:00 p.m.
22	Sat.#	at Concordia-Portland	8:00 p.m.
29	Sat.+	vs. Carleton	1:00 p.m.
30	Sun.!	vs. St. Thomas (Minn.)	3:00 p.m.

DECEMBER

6	Sat.	Cascade	4:00 p.m.
12	Fri.	St. Martins	7:00 p.m.
13	Sat.	at Western Baptist	7:30 p.m.
30	Tue.	Concordia-Portland	7:00 p.m.

JANUARY

3	Sat.	at St. Martin's	7:00 p.m.
9	Fri.*	Puget Sound (dh)	6:00 p.m.
10	Sat.*	Pacific Lutheran (dh)	6:00 p.m.
13	Tue.*	Pacific (dh)	6:00 p.m.
16	Fri.*	at Lewis & Clark (dh)	6:00 p.m.
17	Sat.*	at Linfield (dh)	6:00 p.m.
20	Tue.*	Willamette (dh)	6:00 p.m.
30	Fri.*	Whitworth (dh)	6:00 p.m.
31	Sat.*	Whitman (dh) – Homecoming	6:00 p.m.

FEBRUARY

6	Fri.*	at Puget Sound (dh)	6:00 p.m.
7	Sat.*	at Pacific Lutheran (dh)	6:00 p.m.
10	Tue.*	Linfield (dh)	6:00 p.m.
13	Fri.*	at Willamette (dh)	6:00 p.m.
14	Sat.*	at Pacific (dh)	6:00 p.m.
17	Tue.*	Lewis & Clark (dh)	6:00 p.m.
27	Fri.*	at Whitworth (dh)	6:00 p.m.
28	Sat.*	at Whitman (dh)	6:00 p.m.

MARCH

3	Wed.	NCAA Division III Tourn. First Round	TBA
6	Sat.	NCAA Division III Tourn. Second Round ..	TBA
12-13	Fri.-Sat.	NCAA Division III Tourn. Sectionals	TBA
19-20	Fri.-Sat.	NCAA Division III Tourn. Final Four	TBA (at Terre Haute, Ind.)

at Concordia University-Portland Classic, Portland, Ore.

+ at University of St. Thomas, St. Paul, Minn. (Elite West Region Invitational)

! at Carleton College, Northfield, Minn. (Elite West Region Invitational)

* Northwest Conference game

(dh) doubleheader with GFU men's team | All times Pacific and subject to change

Home games in **Bold** | Home games played at Wheeler Sports Center/Miller Gym

Athletics Dept: 503-554-2910 | Sports Hotline: 503-554-3868 | Sports Info: 503-554-2926 | Sports Info Fax: 503-554-3864

Web site: www.georgefox.edu/athletics