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GEORGE FOX UNIVERSITY

Women's Basketball



2005-06 BRUINS
WOMEN'S
BASKETBALL
GUIDE



**WOMEN'S BASKETBALL
GEORGE FOX UNIVERSITY**

Coach Scott Rueck

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georgefox.edu/athletics/womens_bball/index.html



The 2004-05 Season

Going where no Bruins' team had ever gone before

Heading into the 2004-05 season, ninth-year coach Scott Rueck thought his team had a chance to compete for the Northwest Conference women's basketball title despite losing two starters and having a roster that was two-thirds freshmen. Even he did not expect what was to come, however, as the Bruins – picked for fifth in the pre-season coaches' poll – wound up going further than any George Fox team in history.

After a 6-3 record in non-conference play, the Bruins went 1-1 on the conference-opening road trip in eastern Washington. From there, the Bruins blasted off, going 13-1 the rest of the way to finish a game ahead of Whitworth and earn the conference's automatic bid to the NCAA national tournament.

Ranked second in the West Region, the Bruins earned a first-round bye before defeating Chapman 86-55 at home in the second round. The Bruins then defeated St. Benedict 74-69 in the West/South sectional in Ashland, Va., before being eliminated in the "Elite 8" with a 63-51 loss to host Randolph-Macon. No Bruin playoff team had ever advanced that far in the national tournament (the Bruins were ousted in the "Sweet 16" in 2000 and in the second round in 2001).

The Bruins ended the season

with a 22-6 record, one short of the record for wins in a season, and posted their 12th winning season in a row. The squad also was ranked eighth nationally by the Women's Basketball Coaches of America. George Fox led the conference in attendance with an average of 668 per game, and in a number of statistical categories: scoring (67.2), defense (52.2), scoring margin (+15.0), three-point field goals (9.0), and steals (14.1). Nationally, they were fourth in three-pointers, 21st in defense, and 26th in scoring margin.

Kim Leith (Jr., Sherwood, Ore.) was named Northwest Conference Player of the Year, Second Team All-West Region, and Honorable Mention All-America while averaging 18.0 points, 4.0 rebounds, and 1.8 assists per game. Her scoring average was fifth in the conference and 35th nationally, and she set a school record with 30 points in one half against Neumann. One of the best three-point shooters in the conference, she led the NWC and ranked eighth nationally in three-pointers per game (2.89), while her three-point percentage of .400 was 28th nationally. She also set a George Fox single-season record with 485 points and moved into eighth place on the university's all-time scoring list with 1,004



career points.

Liz Clark (Sr., Elbe, Wash.) was a First Team All-Northwest Conference selection after averaging 10.8 points, 8.4 rebounds, 2.8 assists, and 2.8 steals per game. She led the conference in steals and ranked fourth in rebounding, seventh in assists, and 16th in scoring. She had a career-high 20 rebounds against Chapman and finished her career sixth all-time in rebounds (743), seventh in steals (175), and eighth in assists (218).

For taking his team from a predicted fifth-place finish to the conference title, Rueck was named NWC Coach of the Year for the third time. His career record after nine seasons stands at 165-67.

WOMEN'S
BASKETBALL
WINNING
TRADITION 2005-06



1988

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



1982

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

▶ *George Fox's women's basketball has recorded 12 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

1995-96



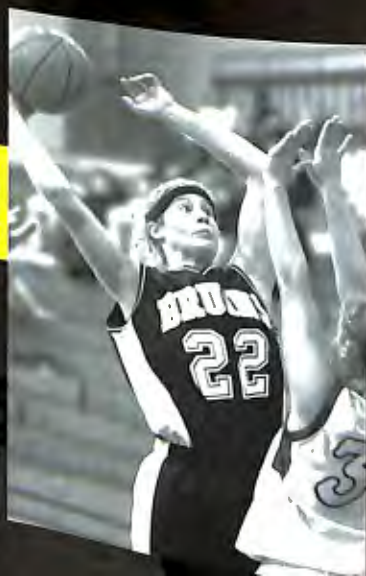
*NAIA Div. II Second-Team
All-American Nancy
Rissmiller was named
NAIA National Female
Athlete of the Year by
College Sports Magazine.
She also was a two-time
NAIA national high
jump champion.*

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

1996-97



2001



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

2001-02



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



2005-06 WOMEN'S BASKETBALL
HEAD COACH
SCOTT RUECK

NWC Coach of the Year

Scott Rueck earns league honors for third time as Bruins reach "Elite 8"

In nine 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, with a 165-67 record (.711), five postseason playoff appearances, and regular recognition in national top-25 polls.

The season ended with a loss to eventual runner-up Randolph-Macon on the Yellow Jackets' home court. George Fox finished 22-6 and was ranked in the final polls of the Women's Basketball Coaches of America (No. 8) and D3hoops.com (No. 12). For those achievements, Rueck was named NWC "Coach of

ball assistant. Previously, he served as an assistant boys' basketball coach at Santiam Christian High School in Corvallis, Ore.

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 longtime member of the basketball coaching staffs at Hillsboro Union and Glencoe high schools.

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 (1996-2005)

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 NCAAs
2000-01	George Fox	23-3	.885	15-1	.885	NWC 1st; #11 ranking; 0-1 in NCAAs
2001-02	George Fox	20-6	.769	11-5	.688	NWC 3rd
2002-03	George Fox	15-10	.600	10-6	.625	NWC 4th
2003-04	George Fox	13-12	.520	7-9	.438	NWC 5th (tie)
2004-05	George Fox	22-6	.786	14-2	.875	NWC 1st; 2-1 NCAAs; #8 ranking
9 years		165-61	.711	109-39	.736	

Rueck's Honors

- 1999-00 NW Conference Coach of the Year
- 2000-01 NW Conference Co-Coach of the Year
- 2004-05 NW Conference Coach of the Year

The 2004-05 season continued that trend as the Bruins went further in the NCAA national tournament than any previous women's team. After winning the Northwest Conference with a 14-2 league mark, the Bruins received a first-round bye before defeating Chapman at home and St. Benedict on a neutral floor to reach the NCAA's "Elite 8."



the Year" – the third time he has been so honored.

Rueck, 36, has 16 years of coaching experience. From 1993-95, he served as a women's basket-

in physical education teaching. He and his wife, Kerry, an assistant coach for the women's basketball team, live in Newberg with their 2-year-old son, Cole.



2005-06

WOMEN'S BASKETBALL

COACHING
PHILOSOPHY

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 have 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 & 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.



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 (19,580)
Mailing address	414 N. Meridian St. Newberg, OR 97132
Founded	1891
Denomination.....	Evangelical Friends (Quaker)
Enrollment	3,210
President	David Brandt
Faculty athletic rep.....	Kendra Irons
Switchboard phone.....	503-538-8383
Website.....	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 website.....	georgefox.edu/athletics

COACHING STAFF:

Head coach	Scott Rueck (10th yr)
Alma mater.....	Oregon State '91
Office phone	503-554-2920
Assistant coaches	
Kerry Rueck (8th yr) ...	Alma mater: George Fox '95
Erica Ewart (3rd yr)	Alma mater: Whitworth '02
Liz Clark (1st yr)	Alma mater: George Fox '05



WOMEN'S
BASKETBALL
GFU BRUIN
ATHLETICS

INTERCOLLEGIATE ATHLETICS

are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, of course, are accompanied by a proper balance between academics and athletics. At George Fox University, student-athletes compete for conference and national titles at a Christ-centered university where professors and coaches help them grow in mind, body, and spirit. Intercollegiate athletics competition provides for practical application of what is learned in the classroom and at practice.



At George Fox, the values of athletics are integrated with the goals of Christian higher education in a process that includes:

- Physical conditioning
- Managing emotions
- Courage
- Teamwork
- Cooperation
- Graciousness in winning and losing



THE UNIVERSITY fields teams in 13 varsity sports, seven for women (volleyball, soccer, cross country, basketball, softball, tennis, and track and field) and six for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition at the same time.

Consider the growing legacy:

- George Fox has earned district or conference titles 17 times during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 11 coaches on staff have been named Coach of the Year at various levels a total of 38 times.
- George Fox coaches have held their positions for an average of nine years, and together have accumulated more than 1,400 collegiate wins.