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# CORTLAND STATE SPORTS



WOMEN'S BASKETBALL 1977-78

## WOMEN'S BASKETBALL MEDIA GUIDE 1977-78

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### CORTLAND INFORMATION

Founded: 1868

Enrollment: 4,830 Undergraduates  
880 Graduate Students

Colors: Red and White

Nickname: Red Dragons

President: Richard C. Jones

Men's Athletic Director:

Roger Robinson (607/753-4963)

Women's Athletic Director:

Carole Mushier (607/753-4953)

Public Relations Director:

Norbert Haley (607/753-2518)

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WOMEN'S BASKETBALL 1977-78



# WOMEN'S BASKETBALL SCHEDULE 1977-78

## December

|    |                             |   |      |
|----|-----------------------------|---|------|
| 3  | West Point                  | A | 3:00 |
| 8  | Ithaca                      | H | 7:00 |
| 10 | Edinboro                    | A | 1:00 |
| 16 | Brooklyn                    | H | 7:00 |
| 17 | Springfield                 | H | 1:00 |
| 30 | Manufacturers Hanover       | H | 6:00 |
|    | Inv.-Upstate Quarter Finals |   | 8:00 |

## January

|    |            |   |      |
|----|------------|---|------|
| 31 | Penn State | A | 7:00 |
|----|------------|---|------|

## February

|       |   |       |        |
|-------|---|-------|--------|
| 2     | Oneonta                                     | A     | 7:00   |
| 4     | Cornell                                     | A     | 7:00   |
| 5     | Manufacturers Hanover                       | Inv.- | A 2:00 |
|       | Upstate Semi-Finals                         |       |        |
| 7     | Syracuse                                    | A     | 7:00   |
| 9     | Brockport                                   | H     | 6:30   |
| 11    | E. Stroudsburg                              | A     | 2:00   |
| 13    | Manufacturers Hanover                       | Inv.- | A 7:00 |
|       | Upstate Finals                              |       |        |
| 15    | Ithaca                                      | A     | 7:00   |
| 17    | Rhode Island                                | H     | 7:00   |
| 19    | Vermont                                     | H     | 11:00  |
| 24-26 | NYSIAW Championships at<br>Brooklyn College |       |        |

## March

|       |                            |  |  |
|-------|----------------------------|--|--|
| 3-4   | AIAW Regional Qualifying   |  |  |
| 10-12 | AIAW Regional Championship |  |  |

## ERNEST LANFORD

## HEAD COACH

Ernest Lanford is in his second year as head coach of the women's basketball team at Cortland State. Last year's team compiled an 11-6 seasonal record and a second place finish in the Manufacturers Hanover Invitational. The team placed fifth in the New York State Tournament and participated in the AIAW regionals.

Lanford is an assistant professor of physical education with the Women's Physical Education Department. He came to Cortland from Brigham Young University where he earned a doctor of education degree. His major field of study was physical education. Lanford has an M.A. degree from Michigan State and a B.S. from Florida State. After graduating from Florida State, he served as an infantry officer in the U.S. Army for eight years, reaching the rank of captain before being honorably discharged.

While at Brigham Young, Lanford coached the BYU B-team in baseball while assisting with varsity baseball duties. As a graduate student at Michigan, he was assistant baseball coach under Danny Litwhiler for the 1971-72 season and assisted head coach Gus Ganakas during the basketball season.

A Georgian native, the Cortland State coach has excelled as an athlete. He was an all-state pitcher at Shellman High School in Georgia as the team won the state championship. He attended Florida State on an athletic scholarship and lettered in baseball and basketball. He played professional baseball for two years following college.

Lanford has been a golf professional and instructor and served as head pro in West Palm



Beach, Fla. He has coached the Cortland State women's golf teams to third and second place finishes in the past two Eastern Association of Intercollegiate Athletics for Women Golf Tournaments.

1976-77 Results      11 Wins, 6 Losses

| <u>Cort.</u> |                  | <u>Opp.</u> |
|--------------|------------------|-------------|
| 83           | Brooklyn         | 87-         |
| 78           | Penn State       | 90-         |
| 91           | Syracuse*        | 78          |
| 92           | St. John Fisher* | 68          |
| 99           | Syracuse         | 71          |
| 97           | Brockport        | 84          |
| 76           | E. Stroudsburg   | 82-         |
| 88           | Queens*          | 96-         |
| 103          | Ithaca           | 82          |
| 91           | Canisius         | 59          |
| 76           | Vermont          | 75          |
| 85           | Rhode Island     | 64          |
| 68           | Fordham**        | 82          |
| 77           | Mercy College**  | 71          |
| 85           | Adelphi**        | 72          |
| 68           | Connecticut***   | 63          |
| 65           | St. John's ***   | 69-         |

\*Manufacturers Hanover NYS Inv.

\*\*New York State AIAW

\*\*\*AIAW Eastern Regional

1977-78 SEASON OUTLOOK

Optimism is the key word for Coach Ernie Lanford and the 1977 Cortland State women's basketball team. With eight players returning from last year's 11-6 season and new talent looking exceptionally promising, Cortland could make an excellent showing this year.

Lanford has eight team members who could be possible starters and who will probably be seeing

most of the action this year. All five of last year's starting team are returning. One of the veterans is center Lynda Lyman of Liverpool. The 5'11" senior averaged 16.3 points a game last season to lead the team and had a high game of 33 against Ithaca. Lyman will be challenged at center by 6' junior Bev Carter of East Douglas, Mass., who has looked strong in pre-season scrimmages. Another junior, 6'2" Johnstown native Kathy Swatt, may be a prominent figure at center.

Five team members are returning at the forward positions. Williamsville native Dawn Forster should be a dominant factor in the Cortland forecourt. The 5'9" senior scored 268 points last year to amass a three-year total of 882 points. Classmate Sharon Kowalski adds speed to the forwards. The 5'8" Rochester native averaged 11.2 points a game last year.

Lanford is pleased with the performance of Ithaca native Lori Slaght. As the primary substitute last season, the 5'7" forward averaged 8.4 points a game. Slaght has good moves inside and Lanford feels she could break into the starting line-up.

Two other returning forwards are 5'7" junior Sue Boshart of Fonda and sophomore Linda Shrauger of Lisle, also 5'7". Two newcomers at forward are 5'9" freshman Deb Dravinski of Elmira and junior Michele Lent, a 5'9" native from the Bronx who played at Lehman College.

The guard positions will probably be held by Elmira native Sue DeKalb and Kathy Solano of Patchogue, both seniors. DeKalb averaged 11.3 points last season. Solano averaged 13 and led the team in steals and assists.



Sophomore Julie Gilmore of North Greece is expected to see a lot of action for the Lady Dragons. Gilmore is strong on defense and will probably be used in the Cortland backcourt when the Lady Dragons need the ball back. Rookie Mary Anne Jules of Baldwin also should play a lot this year.

Cortland State should be strong on the boards this year, which should help the fast break part of the offense. The team will be defending most opponents man-to-man or will be using switching defenses as the season progresses.

#### CORTLAND WOMEN'S BASKETBALL COACHES AND RECORDS

|                              |         |       |      |
|------------------------------|---------|-------|------|
| Nancy Langham--1971-76       | 5 Years | 48-26 | .640 |
| Ernest Lanford--1976-Present | 1 Year  | 11-6  | .640 |

#### WOMEN'S TOURNAMENT PLAY

1976-77

2nd Place, Manufacturers Hanover Invitational

5th Place, NYSAIAW Tournament

Participated in AIAW Regional Tournament

1975-76

2nd Place, NYSAIAW Tournament

Participated in AIAW Regional Tournament

1974-75

4th Place, NYSAIAW Tournament

Participated in AIAW Regional Tournament

1973-74

3rd Place, NYSAIAW Tournament

1972-73

Participated in NYSAIAW Tournament

1971-72

2nd Place, NYSAIAW Tournament



## 1976-77 INDIVIDUAL SCORING STATISTICS

| <u>PLAYER</u>    | <u>G</u> | <u>PTS.</u> | <u>AVE.</u> | <u>HIGH</u> | <u>GAME</u>   |
|------------------|----------|-------------|-------------|-------------|---------------|
| Lynda Lyman*     | 17       | 278         | 16.3        | 33          | Ithaca        |
| Dawn Forster*    | 17       | 268         | 15.7        | 30          | Brockport     |
| Kathy Solano*    | 17       | 221         | 13.0        | 19          | Canisius      |
| Sharon Kowalski* | 17       | 192         | 11.2        | 26          | R.Island      |
| Sue DeKalb*      | 16       | 182         | 11.3        | 23          | St.J.Fisher   |
| Lori Slaght*     | 17       | 143         | 8.4         | 16          | Adelphi       |
| Bonnie May       | 17       | 32          | 1.9         | 8           | Syracuse      |
| Linda Shrauger*  | 14       | 25          | 1.8         | 6           | Canisius      |
| Ramona Benjamin  | 13       | 24          | 1.8         | 8           | Ithaca        |
| Gail Lozado      | 12       | 21          | 1.8         | 6           | E.Stroudsburg |
| Cathy Amrod      | 12       | 13          | 1.1         | 3           | Ithaca,Syr.   |
| Sue Sears        | 9        | 11          | 1.2         | 4           | Penn State    |
| Lori Scriber     | 8        | 7           | .9          | 3           | Syracuse      |
| Sue Boshart*     | 1        | 4           | 4.0         | 4           | Brooklyn      |

\*Returning

## CAREER SCORING

| <u>NAME</u>  | <u>YEARS</u> | <u>POINTS</u> |
|--------------|--------------|---------------|
| Dawn Forster | 3            | 882           |
| Lynda Lyman  | 3            | 660           |
| Sue DeKalb   | 3            | 654           |
| Kathy Solano | 3            | 640           |

## 1976-77 TEAM SCORING TOTALS

|          | <u>POINTS</u> | <u>AVE.</u> |
|----------|---------------|-------------|
| Cortland | 1422          | 83          |
| Opponent | 1293          | 76          |

### 1976-77 LEADING REBOUNDERS

| <u>NAME</u>  | <u>G</u> | <u>REBOUNDS</u> | <u>AVE.</u> |
|--------------|----------|-----------------|-------------|
| Lynda Lyman  | 17       | 143             | 8.4         |
| Dawn Forster | 17       | 119             | 7.0         |

### 1976-77 LEADERS IN STEALS

| <u>NAME</u>  | <u>G</u> | <u>STEALS</u> | <u>AVE.</u> |
|--------------|----------|---------------|-------------|
| Kathy Solano | 13       | 44            | 3.4         |
| Lynda Lyman  | 13       | 27            | 2.1         |
| Sue DeKalb   | 12       | 23            | 1.9         |
| Dawn Forster | 13       | 21            | 1.7         |

### 1976-77 LEADERS IN ASSISTS

| <u>NAME</u>     | <u>G</u> | <u>ASSISTS</u> | <u>AVE.</u> |
|-----------------|----------|----------------|-------------|
| Kathy Solano    | 14       | 65             | 4.6         |
| Sue DeKalb      | 13       | 48             | 3.7         |
| Sharon Kowalski | 14       | 47             | 3.4         |
| Dawn Forster    | 14       | 36             | 2.6         |

### SERIES RECORD WITH OPPONENTS / PAST FIVE YEARS (Cortland wins listed first)

|                |     |                 |     |
|----------------|-----|-----------------|-----|
| Adelphi        | 2-1 | Maine/Portland  | 1-0 |
| Brockport      | 3-3 | Mercy College   | 1-0 |
| Brooklyn       | 2-2 | Oneonta         | 3-0 |
| Buffalo        | 2-0 | Oswego          | 3-0 |
| Canisius       | 1-0 | Penn State      | 0-2 |
| Connecticut    | 1-0 | Queens          | 0-3 |
| Cornell        | 4-0 | Rhode Island    | 2-0 |
| E. Stroudsburg | 0-5 | St. John's      | 2-1 |
| Fordham        | 0-1 | St. John Fisher | 1-0 |
| Hartwick       | 4-0 | Springfield     | 1-1 |
| Houghton       | 1-0 | Syracuse        | 3-0 |
| Ithaca         | 3-5 | Vermont         | 3-0 |
| Lehman         | 2-2 | Westchester "B" | 1-0 |
| Lock Haven     | 1-0 | Wagner          | 1-0 |



## WOMEN'S B TEAM BASKETBALL SCHEDULE 77-78

### December

|    |                      |   |      |
|----|----------------------|---|------|
| 8  | Tompkins Cortland CC | H | 5:00 |
| 12 | Onondaga CC          | A | 5:00 |
| 17 | Springfield          | H | 2:30 |

### February

|    |                      |   |      |
|----|----------------------|---|------|
| 9  | Onondaga CC          | H | 8:00 |
| 11 | East Stroudsburg     | A | 3:30 |
| 14 | Tompkins Cortland CC | A | 5:30 |

### COLLEEN FRITZE

### B TEAM COACH

Colleen Fritze is in her rookie season as coach of the Cortland State basketball B team. The team has been reinstated after two years without a junior varsity.

Fritze is a graduate student in physical education at Cortland State. She received her bachelor's degree from Cortland in May, 1977. As an undergraduate student, Fritze played three years of basketball as a guard and was a member of the track team for two years. She ran the first leg of the 1977 mile relay team that holds the school record of 4:14.

Fritze participated in high school basketball, softball, volleyball and field hockey at Fort Ann Central, Fort Ann, N.Y. She is a member of the A.A.H.P.E.R. and is active in the Women's Sports Foundation.

## B-TEAM PROSPECTS

Coach Colleen Fritze sees the return of junior varsity basketball after a two year absence as a step forward in building a stronger varsity program at Cortland. In her first year as coach, Fritze inherits only one member of the 1976-77 team but she does not see that as any cause for alarm.

Speed and exceptional strength on offense are expected to offset the lack of height. Fritze feels that the team has excellent outside shooters and inside specialists who could go one-on-one with the best.

The starting line-up will probably come from six team members. Ramona Benjamin, the lone veteran on the squad, will be starting at center. At 5'10", the Brooklyn native is one of the tallest players on the team.

The forward positions will be held by two freshmen, 5'8" Diane Abrey of Rochester and Pittsford native Mary Ortelle, 5'9". Sophomore Sue Fisher of Fishers, Lewiston native Julie Hays, and freshman Debbie Miller of Oswego are prospects for the two starting guard positions.

The junior varsity will go with a man-to-man defense, switching to the 2-3 or 2-2-1 press in special situations. The offensive line-up will consist of either a scramble or 1-3-1.



## CORTLAND STATE WOMEN'S BASKETBALL

1977-78 VARSITY ROSTER

| NO | NAME              | YR | POS | HT    | HOMETOWN       | HIGH SCHOOL         |
|----|-------------------|----|-----|-------|----------------|---------------------|
| 30 | Boshart, Susan    | Jr | F   | 5'7"  | Fonda          | Fonda-Fultonville   |
| 14 | Carter, Beverly   | Jr | C   | 6'0"  | E. Douglas, MA | Douglas Memorial    |
| 21 | DeKalb, Susan     | Sr | G   | 5'6"  | Elmira         | Elmira Free Academy |
| 32 | Drabinski, Debbie | Fr | F   | 5'9"  | Elmira         | Notre Dame          |
| 24 | Forster, Dawn     | Sr | F   | 5'9"  | Williamsville  | Williamsville North |
| 11 | Gilmore, Julie    | So | G   | 5'5"  | North Greece   | Hilton Central      |
| 31 | Jules, Mary Anne  | Fr | G   | 5'4"  | Baldwin        | Baldwin             |
| 25 | Kowalski, Sharon  | Sr | F   | 5'8"  | Rochester      | Bishop Kearney      |
| 12 | Lent, Michele     | Jr | F   | 5'9"  | Bronx          | Cardinal Spellman   |
| 13 | Lyman, Lynda      | Sr | C   | 5'11" | Liverpool      | Liverpool           |
| 15 | Shrauger, Linda   | So | F   | 5'7"  | Lisle          | Whitney Point       |
| 20 | Slaght, Lori      | Jr | F   | 5'7"  | Ithaca         | Ithaca              |
| 10 | Solano, Kathy     | Sr | G   | 5'6"  | Pathogue       | Patchogue-Medford   |
| 22 | Swatt, Kathy      | Jr | C   | 6'2"  | Johnstown      | Johnstown           |

Head Coach: Ernie Lanford

Assistant Coach: Gail Lozado

Trainers: Monica Flannery, White Plains, N.Y.; Kathy Mahoney, Corning, N.Y.

Manager: Denise Kiser, Milford, N.Y.

## CORTLAND STATE WOMEN'S BASKETBALL

1977-78 B TEAM ROSTER

| NAME                | YR | POS | HT    | HOMETOWN      | HIGH SCHOOL      |
|---------------------|----|-----|-------|---------------|------------------|
| Abrey, Diane        | Fr | F   | 5'8"  | Rochester     | Greece Athens    |
| Bauco, Jean         | Fr | G   | 5'7"  | Katonah       | Somers           |
| Benjamin, Ramona    | So | C   | 5'10" | Brooklyn      | Wm. H. Maxwell   |
| Bernabei, Marisa    | Fr | C   | 5'9"  | Hartsdale     | Maria Regina     |
| Descovich, Joanne   | Fr | G   | 5'4"  | N. Massapequa | Plainedge        |
| Feldman, Julie      | Fr | G   |       | Mount Vernon  | Mount Vernon     |
| Fisher, Susan       | So | G   | 5'7"  | Fishers       | Victor           |
| Harrington, Heather | Fr | F   | 5'7"  | Olcott        | Newfane Central  |
| Hays, Julie         | So | G   | 5'1"  | Lewiston      | Lewiston Porter  |
| Miller, Debbie      | Fr | G   | 4'11" | Oswego        | Oswego           |
| Mills, Michelle     | Fr | F   | 5'7"  | Peekskill     | Nyack            |
| Monica, Cheryl      | Fr | G   | 5'7"  | Malone        | Franklin Acad.   |
| Mooney, Kathleen    | Fr | G   | 5'5"  | Delmar        | Bethlehem        |
| Ortelee, Mary       | Fr | F   | 5'9"  | Pittsford     | Pittsford Mendon |
| Sehr, Sondra        | Fr | C   | 5'10" | Solvay        | Solvay           |
| Urbanski, Joyce     | Fr | F   |       | Elma          | Iroquois         |

Coach: Colleen Fritze

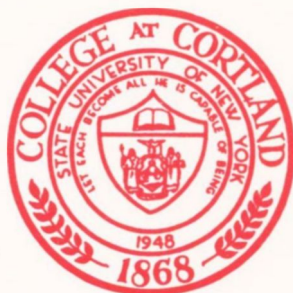
Trainer: Selinda Staples, Skaneateles Falls, N.Y.

Manager: Kathy Coyle, Hudson Falls, N.Y.



## STATE UNIVERSITY OF NEW YORK • COLLEGE AT CORTLAND

Founded 1868 • A public college of arts and sciences for men and women in Central New York • Undergraduate and graduate programs offered in arts and sciences, education, health, physical education and recreation • Undergraduate enrollment exceeds 4,500 students • Graduate enrollment near 1,000



### INTERCOLLEGIATE SPORTS AT CORTLAND STATE

**MEN'S:** Baseball, Basketball, Cross Country, Football, Golf, Gymnastics, Hockey, Lacrosse, Skiing, Soccer, Swimming, Tennis, Track and Field — Indoor and Outdoor, Wrestling.

**WOMEN'S:** Basketball, Field Hockey, Golf, Gymnastics, Lacrosse, Softball, Swimming, Tennis, Track and Field, Volleyball.