



X's & O's

Sierra College Women's Basketball

2008-2009 Sierra College Women's Basketball

Key Match-Ups

Nov. 7-9	*Mt. Sac
Nov. 14-16	*Sierra Summit
Nov. 22	Foothill
Dec. 2	Siskiyou
Dec. 19	*San Fran
Jan. 23	SJ Delta

*Tournament



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2008-'09 Player Profiles
Meet the Coaching Staff



A New Season, A New Attitude

A new year brings a slew of brand new faces to the Sierra College Women's Basketball Program. With only two returners from last year's 27-7 squad, Coach Murrish and staff are pushing the girls hard on the football field, the weight room and in the gym in preparation for the upcoming season.

With 19 girls currently vying for a spot on the roster, workouts have been up-tempo and extremely competitive.

"We have a great group of girls this season," 2nd year asst coach Sydney Gatson boasts. "On one hand they're supporting each other in adjusting to a level of athletics and scholastics that they've never seen before. On the other hand, they understand why they're here and the focus and drive to push each other to their limits is promising."

Depth will be a plus this season which is something

that the Wolverines lacked in their run last year.

"It makes a big difference when players can't get comfortable in their spot because there's always someone behind you that's trying to take it. Competition drives excellence."

October 15th marks the first day of official team practice.

Wolverines Gear Up For Tough Pre-Season Schedule

Head Coach Brandie Murrish understands that the only way to be in contention for a state championship run at the end of the season, is to compete against the best. This year's pre-season schedule will put the talent of Sierra to the test in almost every game.

The Mt. San Antonio College Tournament, the first outside competition the Wolverines will face this year, is said to be the toughest tournament in the state. Mt. SAC is the defending state champions for the last three years in a row. Murrish's teams will also see the likes of Foothill and College of the Siskiyou (COS), who made it to the final four and elite eight of the state tournament last year, respectively. COS will be a rematch of last years state qualifying game, when Sierra saw their season come to an end after a 2point loss on their home floor. Always talented San Francisco is hosting a tournament that will see some of the top echelon teams in the state.

Sierra will defend their 07-08 tournament titles at both the Sierra Summit and the Solano Showdown this year. "Wearing the Sierra College uniform is like wearing a huge target. Everyone's always gunning for you!" Coach Murrish.

"Don't count the things you do, do
the things that count."



Sophomore Jasmine Howlett



Sophomore Ciera Foster

"Let's not limit our challenges,
instead, let's challenge our limits!"

2008-2009 Season Schedule

Sierra College Women's Basketball

Day	Date	Opponent	Location	Time	Results
Fri-Sun	Nov 7-9	Mt. San Antonio Tip-Off	Mt. SAC	TBA	
Fri-Sun	Nov 14-16	Sierra Summit	Sierra	TBA	
Sat	Nov 22	Foothill College	Sierra	6 pm	
Tue	Nov 25	Butte College	Butte	6 pm	
Tue	Dec 2	College of the Siskiyous	Sierra	5 pm	
Fri-Sun	Dec 5-7	Shasta Invitational	Redding	TBA	
Fri-Sun	Dec 12-14	Solano Showdown	Fairfield	TBA	
Fri-Sun	Dec 19-21	San Francisco Tournament	San Francisco	TBA	
Tue	Dec 30	Feather River	Sierra	5 pm	
Tue	Jan 6	* Modesto College	Sierra	8 pm	
Fri	Jan 9	* Sacramento City College	Sacramento	6 pm	
Tue	Jan 13	* Cosumnes River College	Sacramento	6 pm	
Fri	Jan 16	* Santa Rosa Jr. College	Sierra	6 pm	
Tue	Jan 20	* Diablo Valley College	Pleasant Hill	6 pm	
Fri	Jan 23	* San Joaquin Delta College	Sierra	8 pm	
Tue	Jan 27	* American River College	Sacramento	6 pm	
Fri	Jan 30	* Modesto College	Modesto	6 pm	
Tue	Feb 3	* Sacramento City College	Sierra	8 pm	
Fri	Feb 6	* Cosumnes River College	Sierra	6 pm	
Tue	Feb 10	* Santa Rosa Jr. College	Santa Rosa	6 pm	
Thur	Feb 12	* Diablo Valley College	Sierra	6 pm	
Tue	Feb 17	* San Joaquin Delta College	Stockton	8 pm	
Fri	Feb 20	* American River College	Sierra	8 pm	
Wed	Feb 25	Regional Quarter Finals	TBA	TBA	
Fri-Sat	Feb 27-28	Regional Semi-Finals	TBA	TBA	
Sat	Mar 7	Regional Finals	TBA	TBA	
Thur-Sat	Mar 12-15	State Tournament	Fresno	TBA	

* Big 8 Conference game
Bold Games are home

Sierra College Women's Basketball Fun Facts

- Last year Sierra College Finished in 2nd Place in the Big 8.
- In the 2006-2007 season Sierra College placed 2nd in state with a record of 32-5.
- Sierra College has been BVC Champions three times in the last 10 years.



Tamar Gruwell 2006-08

Did You Know?

- In 1998-1999 Sierra had the most wins with 36 wins in the season.
- The most points Sierra has scored in one game was 102 against Feather River in 1997-1998.
- The current record for the most points scored by an individual player in a game is 45 held by Tamar Gruwell 2007-2008.
- Roz Goldenberg was inducted into the Sierra College Hall of Fame in 2007 with a record of 353-130. In 15 seasons Coach Roz led Sierra to 8 BVC championships including a State Title in 1998-99 with a record of 36-1.



Coach Roz (center) with assistant coaches Kylee Keroher (far left) and Diane Looker (far right).

Come Support Our Women's Basketball Team!

What: Tri Tip Dinner & Fundraiser
When: Friday October 17, 2008
Time: 6:30 pm
Where: La Sierra Community Center
 5325 Engle Rd. Carmichael, Ca 95608



Tickets are \$25 per person. All proceeds benefit the Sierra College Women's Basketball, Softball and Golf programs. For more information and tickets please contact Brandie at (916) 781-7146.

Thank you for your support!

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We're on the Web!
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www.sierracollege.edu

