



Mesabi Range College Lady Norse Basketball



2007-08 SEASON PREVIEW

The Lady Norse are excited to continue the tradition of success within the Mesabi Range College women's basketball program.

The 2007-08 Lady Norse are a team on a mission. This year's edition of the women's basketball program is a work in progress, but leave no doubt, these players have a goal in mind. The past four seasons have seen the Lady Norse compile a 78-39 (.667) overall record in addition to a 36-12 (.755) conference mark, providing their fans with plenty of thrilling and memorable moments. These Lady Norse are determined, and expect to continue that tradition of success. Their work ethic and firm belief in team chemistry will be the foundation in which to build upon. When this year's Lady Norse step on the court, nine of them for the first time, expect one thing - a feeling of pride.

As a new season begins, the staff and players are excited to begin another successful year. The Lady Norse will be lead by 5-9 sophomore Shelby Slygh- All-Division, All Conference and All- MCCC Tournament Team in 2007. Slygh averaged 51% from the field, 11.6 points per game, 10.8 rebounds per game and while leading the team in steals at 4.2 per game. "Shelby's strong presence and leadership on the court will be paramount to our success, she's a proud, hard working kid who leads by her example," said head coach Dan Zbosnik. Shelby will be joined by 5-9 sophomore Laura Johnson. Johnson contributed 5 points and 4 rebounds while averaging 16 minutes per game. "Laura played her best basketball towards the end of last season and we expect her to continue to play with that same confidence," said Zbosnik. The two sophomores will be expected to elevate their presence while leading the new faces each night in the tough MCCC Northern Division.

The new faces of the 2007-08 Lady Norse provide intrigue, optimism, along with high expectations. Among this new class is 5-5 Rachel Perushek, 5-6 Tara Skadsem, 5-7 Lacey Sprague, 5-5 Shayla Beaulieu, 5-10 Damisha Jackson, 5-7 Jen Romans, 5-4 Ana Raati, 5-5 Sarah Jacka and 5-3 Steph Mayer.

The Lady Norse should benefit from the playmaking ability of freshman point guard Perushek. Perushek plays a high intensity brand of basketball. She's expected to make the players around her better. "Tara and Lacey are proven scorers (both scored over 1000 points in high school)they'll be great shooters and extend defenses for us." Said Zbosnik. Jackson is a highly talented recruit out of Minneapolis, MN. She has the size and strength to play inside and the quickness to play on the perimeter. Zbosnik calls her "an exceptional athlete." Beaulieu will factor in along with the remainder of the team. "Shayla's energy coincides with her passion to compete-she's worked hard since she's arrived here." Said Zbosnik. Completing the roster are Roman's Raati, Jacka and Mayer. Each will impact the "new look" Lady Norse with their competitiveness and drive. They are expected to compete for time and help solidify the Lady Norse's emphasis on defense. "Defense is the one constant you can have each and every night. Your offense and shooting may be off, but your defense needs to be consistent," said Dan Zbosnik

2007-2008 SCHEDULE

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
November			
13	Minneapolis	Virginia	5:00
16	Red River College CAN	Virginia	6:00
17	Hibbing	Virginia	2:00
24	Alumni	Virginia	7:00
30	Rochester	Rochester	6:00
December			
1	Riverland	Austin	1:00
7	Ridgewater	Virginia	6:00
8	Minnesota West	Virginia	1:00
14	Winnipeg Swoosh	Winnipeg MB	7:30
15	Red River College CAN	Winnipeg MB	2:00
28	MCTC Tournament vs. Rochester	Minneapolis	5:00
29	MCTC Tournament vs. MCTC	Minneapolis	1:00
January			
4	Itasca Tournament vs. Gogebic	Grand Rapids	2:00
5	Itasca Tournament vs. TBD	Grand Rapids	TBD
9	*Hibbing	Hibbing	6:00
12	*Itasca	Virginia	6:00
15	*Vermilion	Ely	6:00
18	*Northland	Virginia	6:00
19	Gogebic	Ironwood MI.	5:30
23	*Rainy River	International Falls	6:00
26	*Central Lakes	Virginia	6:00
30	*Vermilion	Virginia	6:00
February			
2	*Northland	Thief River Falls	3:00
5	*Rainy River	Virginia	6:00
7	*Central Lakes	Brainerd	6:00
9	*Itasca	Grand Rapids	1:00
13	*Hibbing	Virginia	6:00
16	Gogebic	Virginia	1:00
22-23-24	MCCC State Tournament	Willma, MN.	TBA



#22 Laura Johnson #34 Shelby Slygh
