

# 2008-09 Apprentice School Women's Basketball Notebook

## Upcoming Games

Record	4-9
Vs. USCAA	2-1
Vs. NCAA D2	0-7
Vs. NCAA D3	1-1
November	
15 at St. Andrews	L 73-57
21 PS-Greater Allegheny	W 65-52
22 Penn State Fayette	W 80-51
29 College of Notre Dame	W 60-50
30 Methodist	L 59-48
December	
3 Virginia Union	L 70-58
6 Cheyney	L 53-59
12 at Erskine	L 73-83
13 at North Greenville	L 63-73
17 Mount Olive	L 64-79
20 at Virginia State	L 56-67
30 at Washington & Lee	W 74-59
January	
10 at Southern Virginia	L 51-59
15 at NHTI	7 pm
16 at Central Maine CC	5:30 pm
17 at Southern Maine CC	Noon
22 Chowan	6 pm
26 Allen	6 pm
31 at St. Joe-Brooklyn	5:30 pm
February	
1 at Briarcliffe	1 pm
7 at Columbia Union	6:30 pm
11 at Chowan	6 pm
14 Southern Virginia	2 pm
17 Bennett	6 pm
22 Columbia Union	4 pm
27 Great Ships Classic	5 pm
28 Great Ships Classic	TBD

March  
3-7 USCAA Nationals  
At Uniontown, Pa.

Jan. 15 at NHTI (9-6) 7 pm  
The Lady Builders start a three-game swing in the northeast taking on the Lynx. NHTI will have a holiday tournament on Jan. 10-11 before facing the Lady Builders. Apprentice School leads the series 2-0 after a 102-41 victory in the 2006-07 season. NHTI is ranked #21 in the USCAA Coaches Poll.

Jan. 16 at CMCC (10-2) 5:30 pm  
The Lady Builders tangle with the Lady Mustangs in the second of their three-game New England swing. CMCC is 10-2 and plays Unity College the night before facing the Lady Builders. The Lady Mustangs are ranked #10 in the USCAA Coaches Poll.

Jan. 17 at So. Maine CC (9-6) Noon  
The last game of its northeastern swing, the Lady Builders face the Lady Seawolves in South Portland, Maine. SMCC has lost two of its three games since Christmas and plays on Thursday night against Maine-Augusta. The Lady Seawolves are ranked #14 in the USCAA Coaches Poll.

## Honors

Great Ships Classic All-Tournament Team  
Rahshann Lewter  
Tamara Davis – MVP

Methodist Univ. Turkey Shootout All-Trny Team  
Rahshann Lewter

USCAA Player of the Week – Nov. 24  
Tamara Davis



# Lady Builder Bits

## **Lewter lifts way deep into record books – breaks 1,000 points**

Senior Rahshann Lewter is making her presence known throughout the Apprentice School women's basketball record books in her final season. Against Penn State Fayette in the final day of the Great Ships Classic, the Hampton, VA native recorded the third triple-double in Lady Builder history as she had 18 points, 11 assists and 10 rebounds in an 80-51 win. She has earned All-Tournament honors at the Great Ships Classic and the Methodist Turkey Shootout. Lewter is in the top 10 career lists in points (7<sup>th</sup> – 1,017); FG Made (6<sup>th</sup> - 387); FT Made (5<sup>th</sup> – 218); Assists (2<sup>nd</sup> – 346); Steals (3<sup>rd</sup> – 243)

**With her 21<sup>st</sup> and 22<sup>nd</sup> points against Washington & Lee on Dec. 30, she became the seventh Lady Builder to break the 1,000-point mark for a career.**

## **Tamara tears into freshman season**

Freshman Tamara Davis opened her collegiate career with a 17 point, nine rebound outing as the Lady Builders fell 73-57 at St. Andrews Presbyterian. She followed that with consecutive double-doubles against Penn State Fayette (20 points, 13 rebounds) and College of Notre Dame (26 points, 14 rebounds). In the Great Ships Classic, she averaged 17 points and 9.5 rebounds per game en route to Tournament MVP honors and USCAA Co-Player of the Week honors. She is second in scoring averaging 14.1 points per game and shares the team lead at 8.7 rebounds per game.

## **Grimes grabbing rebounds in bunches**

After her first two games of hauling in eight and six rebounds, freshman LaTorya Grimes has exploded on the glass averaging 15.7 rebounds in her next three outings. She ended the Great Ships Classic with 12 rebounds against Penn State Fayette before topping that in the opener of the Turkey Shootout hauling in 17 against College of Notre Dame. The next day against host Methodist, the Gloucester, Va. native brought down 18 rebounds and scored 10 points. She is averaging a team-high 8.7 rebounds per game heading into the 2009 portion of the schedule.

## **Working the glass – as a team**

Through the first half of the season, the Lady Builders have held one constant advantage – outrebounding the opponent -- as a team they are averaging 46 rebounds per game.

## By The Numbers

### **20+-point games**

Tamara Davis – 2  
Rahshann Lewter - 2

### **10+-rebound games**

LaTorya Grimes – 3  
Valleri West – 4  
Shameka Warren – 3  
Rahshann Lewter – 2  
Tamara Davis - 3

### **Leading Scorer**

Tamara Davis – 7  
Rahshann Lewter – 5  
Valleri West - 1

### **Leading Rebounder**

LaTorya Grimes – 3  
Valleri West – 3  
Tamara Davis – 5  
Shameka Warren - 3

### **Double-Doubles**

Tamara Davis – 3  
Valleri West – 2  
Shameka Warren – 2  
LaTorya Grimes – 1  
Rahshann Lewter - 1

### **Triple-Doubles**

Rahshann Lewter – 1

# The Last Time

## **A player scored 30 points**

Rahshann Lewter (30) vs. Meredith – Jan. 31, 2007

## **A player scored 35 points**

April Steele (35) vs. Meredith – Feb. 12, 2001

## **A player had 20 rebounds**

Tyisha Battle (20) vs. Trinity, DC – Feb. 16, 2008

## **A player had 25 or more rebounds**

Anita Allen (31) vs. Lehman – Nov. 18, 2001

## **A player had a double-double**

**Shameka Warren (12 pts – 11 rebs) vs. Washington & Lee, Dec. 30, 2008**

## **A player had 20 points-20 rebounds in the same game**

Anita Allen (29 pts – 20 rebs) vs. Lincoln – Jan. 17, 2004

## **A player had a double-double (points-assists)**

**Rahshann Lewter (18 pts – 11 assists – 10 rebs) vs. Penn State Fayette – Nov. 22, 2008**

## **Two players had double-doubles in same game**

**LaTorya Grimes (10 pts-18 rebs) and Valleri West (10 pts – 10 rebs) vs. Methodist – Nov. 30, 2008**

## **Three players had double-doubles in same game**

Anita Allen (13 pts – 13 rebs-10steals); Whitney Lassiter (19 pts – 12 rebs); Shameka Warren (10 pts – 15 rebs) vs. Lincoln – Feb. 21, 2004

## **A player had back-to-back double-doubles**

**Tamara Davis (20 pts – 13 rebs) vs. Penn State Fayette – Nov. 22, 2008; (26 pts – 14 rebs) vs. College of Notre Dame – Nov. 29, 2008**

## **A player had three double-doubles in a row**

Anita Allen – Feb. 11-21, 2004

## **A player had four double-doubles in a row**

Anita Allen – Feb. 7-21, 2004

## **A player had five double-doubles in a row**

Anita Allen – Jan. 16 – Feb. 2, 2004

## **A player averaged a double-double in a season**

Anita Allen (17.8 pts, 12.4 rebs) in 2003-04

## **A player had 10 assists in a game**

**Rahshann Lewter (11) vs. Penn State Fayette – Nov. 22, 2008**

## **A player had 10 steals in a game**

Anita Allen (10) vs. Lincoln, Feb. 21, 2004

## **A player had a triple-double in a game**

**Rahshann Lewter (18 points, 11 assists, 10 rebounds) vs. Penn State Fayette – Nov. 22, 2008**

## **A player had a quadruple-double in a game**

Taffey Thomas (16 pts – 13 assists – 11 rebs – 10 steals) vs. Bennett – Jan. 16, 1998

## **Four players had 10 rebounds in a game**

**LaTorya Grimes (17), Tamara Davis (14), Shameka Warren (11) , Rahshann Lewter (10) vs. College of Notre Dame – Nov. 29, 2008**

## **Four players scored in double figures in same game**

**Rahshann Lewter (23), Tamara Davis (14), Upenda Morton (11), Valleri West (10) vs. N. Greenville, Dec. 13, 2008**

## **Five players scored in double figures in same game**

**Valleri West (14), Upenda Morton (13), Rahshann Lewter (13), Shameka Warren (13), LaTorya Grimes (12) vs. Erskine, Dec. 12, 2008**

## **A player had five or more 3-pointers in a game**

Natasha Jones (5) vs. Columbia Union College – Jan. 13, 2008

## **A player had back-to-back 30-point games**

Taffey Thomas vs. Chowan (30) – Dec. 10, 1997

## Career/Season Highs

### Season

### Career

#### **Rahshann Lewter**

Points: 24 v. Mt. Olive  
Rebounds: 10 vs. Penn State Fayette/Coll. Of Notre Dame  
Assists: 11 vs. Penn State Fayette  
Blocks: 1 v. N. Greenville  
Steals: 3 vs. College of Notre Dame

30 vs. Meredith, 1/31/07  
10 3 times  
11 vs. Penn State Fayette, 11/22/08  
1 v. N. Greenville  
12 vs. Marygrove, 3/9/06

#### **Upenda Morton**

Points: 17 vs. Penn State Fayette  
Rebounds: 6 v. N. Greenville  
Assists: 3 vs. Cheyney  
Steals: 4 vs. Va. State

20 at NHTI, 1/5/07  
6 v. N. Greenville, 12/13/08  
3 twice  
4 vs. Va. State, 12/20/08

#### **Shameka Warren**

Points: 13 v. Erskine  
Rebounds: 11 vs. Coll. Of Notre Dame/W&L  
Assists: 1 vs. Penn State Fayette  
Blocks: 6 vs. Va. Union  
Steals: 1 vs. Va. Union/W&L

17 vs. Concordia-Selma, 3/8/07  
15 vs. Concordia-Selma, 3/8/07  
1 many times  
7 vs. St. Joseph's-Brooklyn, 1/6/04  
3 vs. Southern Va., 2/24/07

#### **Valleri West**

Points: 15 vs. W&L  
Rebounds: 15 vs. Penn State Fayette  
Assists: 2 vs. Va. Union/Penn State Greater Allegheny  
Blocks: 1 vs. Penn State Greater Allegheny/St. Andrews  
Steals: 3 v. Washington & Lee

16 vs. Briarcliffe, 2/3/08  
15 vs. Penn State Fayette, 11/22/08  
3 vs. Peace, 12/15/07  
3 vs. Chowan, 2/12/08  
3 v. Wash. & Lee, 12/30/08

#### **Jessica Henderson**

Points: 10 vs. St. Andrews  
Rebounds: 4 vs. St. Andrews  
Assists: 3 vs. Va. Union  
Blocks: 1 vs. Penn State Fayette  
Steals: 2 vs. St. Andrews

14 vs. St. Joe-Brooklyn, 1/20/08  
11 vs. Lincoln, 2/2/08  
4 vs. St. Joe-Brooklyn, 1/20/08  
1 many times  
2 twice

#### **Tyisha Battle**

Points: 3 vs. Southern Va.  
Rebounds: 3 vs. Southern Va.  
Assists: 2 vs. Southern Va.  
Blocks: 1 vs. Southern Va.  
Steals: 1 vs. Southern Va.

19 vs. Trinity, UDC (Feb. 16-18, 2008)  
20 vs. Trinity, Feb. 16, 2008  
2 many times  
1 many times  
4 vs. St. Lawrence, Dec. 1, 2007

#### **Tamara Davis**

Points: 26 vs. College of Notre Dame  
Rebounds: 14 vs. College of Notre Dame, Mt. Olive  
Assists: 4 vs. Penn State Greater Allegheny/SVU  
Blocks: 1 vs. Penn State Fayette/St. Andrews/Mt. Olive  
Steals: 4 five times

#### **LaTorya Grimes**

Points: 10 vs. Methodist  
Rebounds: 18 vs. Methodist  
Assists: 4 vs. Cheyney  
Blocks: 1 vs. College of Notre Dame  
Steals: 2 vs. Cheyney/Methodist/College of Notre Dame

#### **Natarsha Whitworth**

Points: 5 vs. Cheyney  
Rebounds: 6 vs. Penn State Greater Allegheny  
Assists:  
Blocks: 1 vs. Va. Union/Penn State Greater Allegheny  
Steals: 2 vs. Cheyney

#### **Winter Blackman**

Points: 4 v. Erskine  
Rebounds: 3 v. Erskine  
Assists:  
Blocks: 1 v. Mt. Olive  
Steals: