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Experienced Lady Saints Open Friday and Play on Talkradio 1270 Saturday
SEWARD LED BY STRONG GROUP OF RETURNERS

In just two days the Seward County Lady Saints Basketball team will open their 2009-2010 season at home in the Greenhouse in the Pepsi Classic. The Lady Saints were picked by their Jayhawk West foes to finish second behind defending Region VI champions Hutchinson who Seward lost to by two points in the Region VI final a season ago.

The Lady Saints return six players off last season's 28-6 squad including Rachel Barnes, Megan Lassley, Vaneza Junior, Nadia Rosario, Sheila Washington, and Liz Ginther. Rachel Barnes comes back as one of the best players in the conference this season after averaging 13.1 points 7.6 rebounds, and 3.5 steals per game as a freshman while Megan Lassley returns as one of the West's top point guard following a freshman season in which she scored 9.3 points and dished out 4.4 assists per contest. Vaneza Junior returns to Liberal much improved from a season ago in which she put up over 7 points per game while shooting 47% from the field. Nadia Rosario is back on the court this season after losing the second half of the 2008-09 campaign due to a knee injury. She will look to build on a season in which she shot 54% while scoring nearly 7 points and grabbing over 4 rebounds per game. Sheila Washington will help stabilize the backcourt this season after freshman year in which she played in all 34 games averaging 3.6 points, 2.6 rebounds, and 2.4 assists per contest. Liz Ginther comes back for the Lady Saints as one of the better 3-point shooters on the team and will be looked upon to knock down shots from beyond the arc throughout the season.

Four Seward County freshman will join the fold this season including guards Kendra Spresser, Morgan Skomal, and Tameka Sanchez and forward Sumr Robinett. All four freshman will be looked upon to play quality minutes this season, possibly none more than Kendra Spresser who will be looked upon to make an immediate impact for the Lady Saints. Spresser, a guard from Hoxie High School brings versatility at the guard position and has a knack for finding the bottom of the net with consistency. Morgan Skomal will give Head Coach Toby Wynn some options being able to play on the inside as well as step out on the wing. The Haven High School graduate averaged 11.5 points and 7 rebounds last season as a senior and will be looked upon to translate some of her high school success into success on the court for the Lady Saints this year as a freshman. Tameka Sanchez stays at home in Liberal to play for the Lady Saints this season after playing for coach Shane Stout and the Lady 'Skins of Liberal High a season ago. Sanchez is a solid defender who will look to continue the Lady Saints tradition of playing lock down defense after a season in which they gave up just 54 points per contest. Sumr Robinett comes to Seward after playing her prep career at Sublette High School. Robinett will be looked upon to help fill some of the void of departed center Amanda Pierson who will play for the University of Arizona this season.

The Lady Saints will open up their season Friday at 6:00 in the Pepsi Classic where they will take on Hesston College before squaring off with New Mexico Junior College Saturday night at 6:00. Free tickets for this weekend's tournament can be found at both Liberal Pizza Hut locations, both

Hutch’s, both Express Lanes, and at First National Bank courtesy of Pepsi. If you can’t make it to the Greenhouse this weekend you can check the Lady Saints homepage at www.scccsaints.com for box scores, stats, twitter updates and more.

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