



Hawk Times

Meet Your New Coach!

My name is Lauren Willis and I am the new assistant basketball coach at Rockhurst University. This past December I graduated from the University of Oklahoma with a Secondary Education/ Language Arts Degree, after playing basketball for the University for four years. In my time spent at the Oklahoma, I had the opportunity to learn under some remarkable mentors. My head basketball coach, Coach Sherri Coale, in particular, inspired me to become a college coach. She taught me that discipline, hard work, and having fun are all a part of both learning and teaching. In a sense, coaching is actually a form of teaching. I really admire Coach Coale's eagerness to teach each of her players. I have personally witnessed the improvement that the players have displayed, not only in their basketball skills on the court, but in their growth as a person off the court as well. I have also watched how she prepares for every practice and game by carefully planning, and I intend to approach my duties as a coach in the same manner.

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Coach Willis's Contact Information:

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We Have iPads!!!

Thanks to our University technology department, we will all be receiving iPads in the Spring semester! We will be utilizing these in many different ways over the course of the season. Some things to keep in mind...Your university email is your responsibility. Check daily, and respond in a timely manner. Twitter, Facebook, or any other personal webpage must be registered as private. No inappropriate language or pictures. Sites will be monitored constantly. Any breach of policy will result in team removal from all personal web pages.

Upcoming Events:

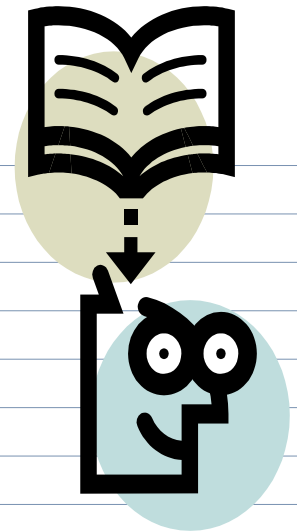
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| Home vs. Newman | 11/10 |
| Little Sisters of the Poor | 11/14 |
| Home vs. SW Baptist | 11/17 |
| Team Dinner | 11/17 |
| Thanksgiving Break | 11/22 |
| Thanksgiving | 11/23 |



Communication

Every athlete who is a part of our program will graduate. You are here, first and foremost, to receive an education at Rockhurst University. The key indicator of collegiate success is class attendance. Student-Athletes will be required to meet with teachers before the semester to communicate competition conflicts. Student-athletes who accumulate three unexcused absences (or the equivalent of one week of a three hour class) in any individual course per semester will be

subjected to penalties on the next unexcused absence in any class. On the next unexcused absence in any course, student-athletes will be suspended from practice at Coach's discretion. For each absence in any class thereafter, student-athletes will be suspended from one competition. If it is an emergency (i.e. You are ill or have a family emergency), contact Coach Park or Coach Willis before missing class.



First Exhibition Game



The Rockhurst Women's basketball team opened the season with a 62-45 loss against UMKC, a division one university. The Hawks closed the deficit to just 14 points with only 51 seconds remaining on the clock, as freshman Kendall Hart hit a three-pointer. Kendall is one of five new faces. She is joined by

freshman Lauren Meyers and Kayla Hall, as well as junior college transfers Lauren Dudenhoefter and Whitney Barnes. This exhibition game was a great learning experience for our young team, and the quality of play is valued over the result. Rockhurst opens the regular season on Saturday against Newman

University. It is going to be an extremely fun and exciting year of basketball for the Lady Hawks!!!

"It's a funny thing about life, if you refuse to expect anything but the best, you very often get it."
-Somerset Maugham

Expectations

Rockhurst is a "no excuses" environment where people are both allowed and encouraged to make anything happen, where extraordinary results are expected, and people are empowered to take possession of their own



GO HAWKS!!!!!!

achievements. Our priorities are as follow in this order: Spirituality, family, academics, basketball, everything else. As coaches, we have expectations for excellence. Do nothing that would ever embarrass you, the other team members, the coaches

of this basketball team, or this institution. Everything you do reflects on this program. Ladies, we expect you to be loyal, to work hard, to be responsible, to have a positive attitude, to be morally strong, to exhibit class, to be committed, to trust and be trustworthy, and to discipline yourself.

