

CIAA WOMENS ROUNDUP

Rookie of the year Sonia Moorman, late of Providence High School in Charlotte, is back to try to lead the Eagles from the depths. It'll be tough but Central does have four starter back- Moorman (12 points, 8 rebounds) and Monica Stewart, Shayne White and Sharon Manning.

■ **LIVINGSTONE** (3-23, 2-17), Prediction: **SEVENTH**

Four players who saw heavy minutes are back for coach Cassandra Howell, but Livingstone must find ways to score. Livingstone average 59 points per game, third-lowest in the league.

Livingstone gave up 75 points per game - second highest in the CIAA.

NORTHERN DIVISION

■ **NORFOLK STATE** (29-3, 18-1), Prediction: **FIRST**

The Spartans were NCAA Regional champs and finished the season ranked No. 10 in the national Division II poll. Yes, coach James Sweat lost four starters, but he's got 5-2 junior guard Lisa Rice back and Rice averaged more assists (10.2) than points (9.8). That means she

gets the ball to her teammates where they can score.

Sweat has always been a great recruiter. Just put the two and the two together. And get a good look at Roland Dent. A newcomer who could become an all-star.

Norfolk is quite ready to win this league again. Make no mistake about it. "You gotta play with the hand you're dealt and the good Lord dealt me a pretty good one." Sweat said, hinting at what's to come. "We've got seven girls about 5-11 who can run the floor and there's not that many Lisa Rice's out there. We'll exploit her talents."

The Spartans will also exploit the league.

Again.

■ **HAMPTON** (20-9, 16-3), Prediction: **SECOND**

Coach Tiny Laster's team has four starters back, including 5-11 senior forward Wendy Goodwin. Goodwin averaged 16.8 points and 9.2 rebounds and is CIAA player of the year candidate along with Norfolk's Lisa Rice and Smith's Shani Baraka.

Hampton has it all, too. They've got Goodwin and much more height to go with her in players like 6-0 sophomore forward Shani Bauldrick and 6-1 senior

Angie Faulk. This is a potential powerhouse. Norfolk State had better be looking over their shoulders.

"We've got eight freshmen and sophomores," Laster said. "And we've got a large team, but I'm not so sure how fast."

We'll find out soon.

■ **VA. UNION** (19-9, 14-5), Prediction: **THIRD**

Union won the national championship in the mid '80s and coach Moses Golatt believes that his current team is making the right strides to get back to that kind of success. Three starters are back, and Amy Washington, a 6-2 senior center, is the biggest of the.

Washington averaged 13.4 points and 11.2 rebounds. But she's not all that's tall in Richmond. LaDetra Camp, Kim Coleman and Sonya Wren area all over the 6-foot mark. That's a big team.

■ **VA. STATE** (17-11, 11-8), Prediction: **FOURTH**

This should be a fun team to watch this year. Coach Bertha Cummings has three starters back — Jackie Carter, Kendra White and Kathy Davis — and a bunch of talented newcomers.

"We want to run, gun and get the job done," Cummings said.

■ **BOWIE STATE** (6-17, 6-13), Prediction: **FIFTH**

Coach Ed Davis said he learned a lot of things in his first year at Bowie last year. This year, he's returning just one starter, Shaunte Matthews. Though Matthews is good, having averaged 12 points and 6 rebounds, Davis has a lot of work to do.

"As I hear the coaches talk, I hear they have a lot of young teams and players," Davis said. "So hopefully everything will balance itself out."

■ **ELIZABETH CITY STATE** (8-15, 6-13), Prediction: **SIXTH**

Second-best coach Wanda Crump summed things up best: "I have a lot of key losses. We're very young."

Crump lost all five of her starters from last year, but has some people playing this year who've been in school and talented — but not on the court. That may help some, but anyone's first year in this league is tough.

■ **ST. PAUL'S** (4-19, 3-16), Prediction: **SEVENTH**

Rosalind Stevenson is a hidden treasure. The 5-6 junior guard averaged 16 points and three rebounds per game. But she needs help. St. Paul's shot just 34% as a team last year and gave up 75 points per game.

These are not good numbers. For St. Paul's to shock anyone this year, those

RICE, BARAKA: LITTLE PLAYERS DOMINATE BIG

There are differences, but there are so many similarities.

Lisa Rice is a sophomore. Shani Baraka is a senior.

Baraka's father, Amiri Baraka, is a somewhat famous poet, and Baraka came from Newark, N.J., to play for Johnson C. Smith.

Rice comes from a place called Gloucester, Va. Go to a map. It really is there.

They say that the best players nowadays in women's basketball are the big people. They score. They rebound. They control the game.

But Rice and Baraka will make you forget about all that.

Both are 5-2 point guards and both control every game they play. Heading into the season, they are BCSR's pick for co-players of the year. They may not score the most points or grab the most boards, but without them, their teams'— who by the way are picked to win the Southern and Northern Divisions— are going nowhere fast.

"There just aren't that many Lisa Rice's out there," said Norfolk coach James Sweat.

There aren't that many Shani Baraka's either.

Rice average 9.8 points, 3.4 rebounds and 10.2 assists per game last year, leading her team to a 29-3 record and an NCAA Regional Championship.

Baraka? All she did was average 13.8 points, 4.1 rebounds and 11 assists. By the end of the season, she was easily Smith's best player and the class of her Southern Division.

Both of these players mix speed and intelligence.

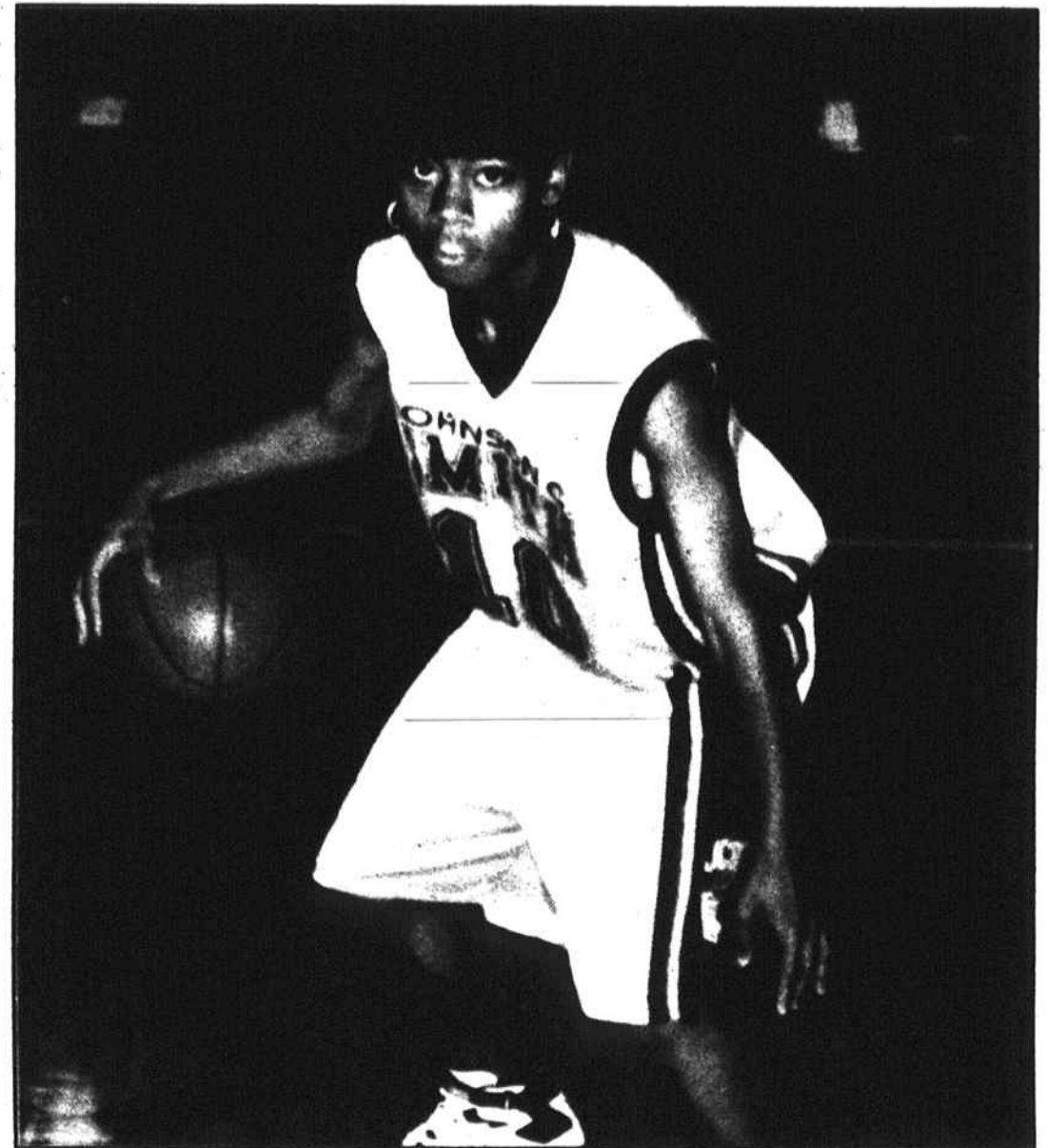
"Shani's like a coach on the floor," Smith coach Hythia Evans said. "She's without a doubt the best point guard in the conference."

Norfolk coach James Sweat and Rice may argue with that, but if there's any difference between the two, it's minimal.

TOURNAMENT MOVING:

This year, the CIAA Tournament is moving from Richmond, Va., to Winston-Salem.

It's the first time the tournament has been played in North Carolina since 1975.



Senior point guard Shani Baraka of Johnson C. Smith, along with Norfolk's Lisa Rice, were runaway choices for the CIAA Women's Co-Players of the Year.