



LADY CAB BASKETBALL MEDIA GUIDE

FLOWING WELLS HIGH SCHOOL

2011-2012

*While perfection is not attainable,
You must always strive for the idea of perfection within everything you do,
Because during the process you will attain excellence.*



NOURISHING BODIES. EMPOWERING DREAMS.

www.ohyeahnutrition.com



**PROUD SPONSOR OF THE
FLOWING WELLS LADY CAB
BASKETBALL PROGRAM**

Lady Cab Basketball

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COACHES CORNER

HEAD COACH: Michael Perkins

Dear Lady Cabs Supporters,

Thank you for supporting Lady Cabs Basketball and welcome to the family. With this being my seventh season as the head coach, I'm just as excited as if it were my first. I have an amazing group of returning players, a strong set of newcomers, and an outstanding coaching staff. It is in my opinion that winning at the high school level is strongly influenced by the amount of experience you have on the team. This team is loaded with experience; players that have won and lost the close games, players that have been pushed to their limits, but still want to push further, players that still have things to prove. The team will have to push each other, play together, and constantly strive for perfection in order to improve and meet their goals. They will be continually tested throughout the season and we hope that you are right there behind them.

Flowing Wells is rich in tradition when it comes to its Lady Cab Basketball Program. This year's team will be no exception, trying to leave their mark on history. The Lady Cabs know that they can't do this on their own. They ask that you follow them and support them on their journey. Let's pack the gym and cheer louder than ever.

Thank you,

Michael Perkins

Head Coach

NEW CHANGES TO AZ H.S. BASKETBALL

AIA CHANGES

Arizona high school basketball has recently gone through some major changes. The Arizona Interscholastic Association voted for a new division structure starting in the 2011-2012 season for all high school athletics.

The 1A-5A classifications have been replaced by five athletic divisions, which vary depending on how many schools compete within each sport. Each division will be made up of three sections comprising schools from the same geographic areas. Sections have replaced the previous region system – Southern, Kino, Sonoran, Gila, etc.

The AIA's main intentions are to increase competition across the board, decrease the total amount of state championships earned each year, and reduce the amount of travel for schools during the season and post season. In the 2009-2010 season 7 championships were earned, but under the new system the 2011-2012 season will only see 4. Overall across the board the AIA will have cut championships down from 114 to just 67 in hopes to increase the overall competitive level of Arizona athletics.

SCHEDULING

Computers, which base each selected game by location, will do the scheduling for each season. This is most likely why we play Sahuarita on back-to-back nights to end the season! In addition to playing teams within your division-section, the computer also selects schools in your geographic region that may be one division above or below you. This season we play D1 Marana and Ironwood Ridge and D3 Rio Rico.

SECTIONAL-TOURNAMENTS

Another change is that the 2011-2012 season will see a sectional tournament in February just before state playoffs start. The top eight teams from each section within their specific division will compete in a single elimination tournament (3 wins = Section Champion).

Think of the Pac-12 tournament before the NCAA tournament starts.

STATE-CHAMPIONSHIPS

The Basketball state championship will be decided in a 24-team, single-elimination tournament in each division. Twelve of the 24 teams in each bracket would be automatic qualifiers, with the top eight earning first round byes. The rest would earn at-large bids based on power points and possibly sectional tournament results.

The hope is to create a NCAA March Madness feel.

POWER-RANKINGS

All regular season games (excluding invitational tournament games) versus AIA member schools count for power rankings.

The Formula:

.50 (Victory Points) + .45 (Opponent Victory Points) + .05 (Opponent's Opponent Victory Points)



Division II Section I

Amphitheater
Canyon Del Oro
Casa Grande
Catalina
Catalina Foothills
Cholla
Douglas
Flowing Wells
Maricopa
Nogales
Palo Verde
Poston Butte
Pueblo
Pusch Ridge
Christian
Queen Creek
Sabino
Sahuarita
Sahuaro
Salpointe Catholic
Santa Rita
Vista Grande

SOCIAL NETWORK

CONNECT with US

Social Network



Follow us on Twitter! A great way to follow our program.

Search: @LadyCabsBBall



Like us on Facebook! Updates, pictures, and info on the program.

Search: Lady Cabs Basketball



Email & Blog

Send us an email, ask a question, give us some feedback.

Coach@FlowingWellsGirlsBasketball



Wide array of information about our program.

Search: Website Blog Page



Flowing Wells H.S.

Our coaching staff over the last 6 months has started to utilize various forms of social media to enhance our overall programs image and information flow. Our primary goal has always been to create an atmosphere of open source sharing that our program, community, and supporters can follow. We never want to give an image of secrecy by making any of our sources private regardless of whom that might allow access to.

Our primary social media source is our new website. The site allows us to connect with our current, past, and future Lady Cab players and supporters. The website allows us to utilize one platform to share program news, photos, history, updates and player information, just to name a few. The website also allows us to connect with the parents of our athletes through sources of media, photography, and published writing. We hope that the information we provide allows our athletes parents to better understand how they can help their daughters succeed not only academically but as well athletically in high school and possibly the next step of college.

A secondary social media source is our accounts through Facebook and Twitter. These sites allow us to instantaneously push information about our program to our supporters regardless of our location. We utilize our Facebook account similar to our website by continuing to give updates, intriguing quotes, highlights and photo's of our athletes.

Our Twitter account while being used for updates and quick messages is primarily for our athlete's parents. Our main focus was to find a way to share instant game results with parents that were not able to attend home or away games but still wanted to be apart of the programs success. With Twitter we have the ability to send game results through our phone immediately after a game ends. The great part is that parents don't need an account, and instead can simply subscribe via text message to receive our "tweets".

Finally, we have our blog. The blog is designed to simply share any information we deem necessary or fitting for our program. We have written information for players on athletic training as well as preparation for college, both academically and athletically. We place information about our camps or team bonding events and we post information on our programs past achievements and future outlooks. Overall the blog is a great resource for us to share our thoughts with our supporters as well as an avenue for our supporters to leave feedback through each blogs comment section.

In closing our utilization of various forms of social media platforms is as much for us as it is for you. We hope you take the time to utilize these different avenues of media sharing as well give us feedback on our progress and intentions.

<http://www.floatingwellsgirlsbasketball.com>

SPECIAL EVENTS

Nov. 11, 5:30pm

Parent and Player Meeting with Coaches

Flowing Wells East Gym

Our coaching staff would like to invite the parents of our athletes to join us for a short meet and greet. We would like to take a few moments to speak, introduce ourselves and answer any questions you may have.

Nov. 11, 6pm

Varsity v Junior Varsity Scrimmage

Flowing Wells East Gym

We are bringing back an old tradition. We are allowing our Jv team one chance to scrimmage our Varsity team in a winner take all game. Parent's, fans, and friends of the program are welcome to watch!

Nov. 11, 7pm

Varsity Inter-Squad Scrimmage

Flowing Wells East Gym

Family, friends, and fans get their first chance to see the varsity team in action. The team is split into two teams and will play a 3-quarter, 8-minute per quarter game.

Dec. 1, 7pm

WHITE OUT Rivalry Game – Marana

Flowing Wells East Gym

Our first rivalry game will be against the Marana Tigers. We are asking for all Lady Cab supporters to wear a white colored shirt, Flowing Wells specific logos/designs are encouraged.

Dec. 27-28

FW Holiday Shootout Tournament

FW East & West Gym

The Varsity team will compete in the 2-day tournament, and we would love for all Lady Cab supporters to come out and cheer our women to victory. Times and specific court placement will be posted in December.

Jan. 7, 10am

3v3 Tournament – All Levels

Flowing Wells East Gym

We started this event last year & decided to make it a tradition. Instead of a program wide Saturday practice we will conduct a team bonding 3v3 tournament by dividing Varsity-Jv-Frosh into teams of 3-4 players. We will start with a pool play format and then move into a single elimination tournament crowing a 2012 champion.

2011 3v3 Champions: Angelica Nevarez, Sarah Fermawi, and Alyssa Garcia.

Jan. 26, 7pm

BLUE OUT Rivalry Game – Salpointe Catholic

Flowing Wells East Gym

Our second and final home rivalry game will be against the Salpointe Catholic Trojans. We are asking for all Lady Cab supporters to wear a blue colored shirt, Flowing Wells specific logos/designs are encouraged.

Feb. 2, 6:30pm

Senior Night - Sahuarita

Flowing Wells East Gym

Senior Night will take place just before the varsity game starts verse Sahuarita on February 2nd, 2012 in the Flowing Wells High School East Gym. Come join us as we say thank you and support our senior lady cabs in their final high school home game!

Mar. 5, 6pm

Program End of Year Banquet

Flowing Wells East Gym

The season is over, and while many of us are missing the sound of squeaking shoes its now time to sit back and remember everything we went through in the 2011-2012 season. All program athletes are invited with their families to join us for food, awards, farewells, program photo and an end of year video presentation.



Lady Cabs partner with OhYeah! Nutrition

OhYeah! Nutrition, founded in 2004, has grown into one of the worlds premier nutritional companies offering high quality, award-winning products. By adhering to a strict regimen of excellence and integrity OhYeah! Nutrition has earned the NSF Certification for several products while being awarded the #1 Nutritional Shake, Nutritional Bar, and Protein Powder in America by the acclaimed American Masters of Taste Foundation.

The Flowing Wells Girls Basketball Program is extremely excited about the opportunity to work with OhYeah! Nutrition during the next 12 months. The Girls program is just the third Arizona High School athletic program to be sponsored by OhYeah! Nutrition, and the first High School athletic program in Tucson, Arizona.

Through the partnership OhYeah! will provide the Flowing Wells Girls Program a generous supply of nutritional OhYeah! products during the next year to further the progress of our Lady Cabs both nutritionally and athletically.

Our coaching staff can't wait to see the positive effects this partnership will have on our program as we continue to strive for nutritional awareness within our athletes.



Connect with OhYeah!

WEBSITE: <http://www.ohyeahnutrition.com>

CONTACT INFO:

ISS Research
5400 W.T. Harris Blvd., Suite L
Charlotte, NC 28269
Toll Free (888) 231-2684
Direct (704) 948-4345



FACEBOOK
facebook.com/ohyeahnutrition



TWITTER
twitter.com/#!/ohyeahnutr



BLOG
blog.ohyeahnutrition.com

F.W. HOLIDAY SHOOTOUT TOURNAMENT

For 35 years Flowing Wells High School has held and run the Holiday Shootout Girls Basketball Tournament in Tucson, Arizona. The tournament is designed to bring together talented and competitive teams from both Arizona and areas outside of the state for a 2-3 day tournament.

December 27-28, 2011

Website: <http://fwholidayshootout.flowingswellsgirlsbasketball.com>



FW TOURNAMENT CHAMPIONSHIPS:

2007, 2005, 1992, 1980, 1979, 1977, and 1976

FW TOURNAMENT RUNNER-UP:

1995, 1994, 1991, 1990, and 1978

FW TOURNAMENT MVP HONORS:

2007 - Abyee Maracigan and Azya Peoples

2005 - Abyee Maracigan

1992 - Taneisha Gossett

F.W. SUMMER LEAGUE

The Flowing Wells Summer League is designed to give women's high school basketball programs the opportunity to play 12 games over a 5-week period during the summer. Programs have the ability to enter teams into any or all three of the leagues divisions: Junior Varsity, Varsity Rebuilding & Varsity Competitive.

May 30 – June 29, 2011

Website: <http://fwsummerleague.flowingswellsgirlsbasketball.com>

2011 FW VARSITY RECORD: 22-3

2011 FW JUNIOR VARSITY RECORD: 5-6

2011 FW FRESHMAN RECORD: 4-7



Schedule

2011 - 2012 Season

Regular Season
Tournaments
State Playoffs
Additional Information
Sectional Tournament Bracket
State Tournament Bracket

2011 – 2012 BASKETBALL SCHEDULE

Regular Season (*Varsity – Junior Varsity – Frosh*)

DAY	DATE	OPPONENT	LOCATION	TIME	INFO
Tuesday	Nov. 15	Tucson High	Flowing Wells H.S.	6:00pm	EXHIBITION
Tuesday	Nov. 29	Pueblo Magnet	Pueblo H.S.	4 / 5:30 / 7	WHITE OUT
Thursday	Dec. 01	Marana	Flowing Wells H.S.	4 / 5:30 / 7	
Tuesday	Dec. 06	Salpointe Catholic	Salpointe H.S.	4 / 5:30 / 7	BLUE OUT
Thursday	Dec. 08	Ironwood Ridge	Flowing Wells H.S.	4 / 5:30 / 7	
Friday	Dec. 09	Marana	Marana H.S.	4 / 5:30 / 7	
Friday	Dec. 16	Amphitheater	Amphi H.S.	4 / 5:30 / 7	
Thursday	Jan. 05	Pueblo Magnet	Flowing Wells H.S.	4 / 5:30 / 7	
Tuesday	Jan. 10	Ironwood Ridge	Ironwood H.S.	4 / 5:30 / 7	
Friday	Jan. 13	Canyon Del Oro	Flowing Wells H.S.	4 / 5:30 / 7	
Tuesday	Jan. 17	Cholla	Flowing Wells H.S.	4 / 5:30 / 7	
Thursday	Jan. 19	Sunnyside	Sunnyside H.S.	4 / 5:30 / 7	
Friday	Jan. 20	Amphitheater	Flowing Wells H.S.	4 / 5:30 / 7	
Tuesday	Jan. 24	Rio Rico	Rio Rico H.S.	4 / 5:30 / 7	BLUE OUT
Thursday	Jan. 26	Salpointe Catholic	Flowing Wells H.S.	4 / 5:30 / 7	
Friday	Jan. 27	Vista Grande	Flowing Wells H.S.	4 / 5:30 / 7	SENIOR NIGHT
Tuesday	Jan. 31	Cholla	Cholla H.S.	4 / 5:30 / 7	
Thursday	Feb. 02	Sahuarita	Flowing Wells H.S.	4 / 5:30 / 7	
Friday	Feb. 03	Sahuarita	Sahuarita H.S.	4 / 5:30 / 7	

Team Tournaments (*Varsity Only*)

NAME	DATES	LOCATION	TIME	INFO
Highland Thanksgiving Tournament	Nov. 21-27			See Website
FW vs Highland High School	Nov. 22	Highland High School	3pm	
FW vs Valley Vista H.S.	Nov. 23	Highland High School	6pm	
FW vs D. Ridge H.S.	Nov. 25	Mesquite High School	10am	
FW vs Cibola H.S.	Nov. 25	Highland High School	4pm	
Flowing Wells Holiday Shootout	Dec. 27-28	Flowing Wells H.S., Tucson, AZ	TBA	See Website
Arizona Division II, Section I Tournament	Feb. 7-11	FW H.S. and Amphi H.S.	TBA	See Bracket

State Playoffs (*Varsity Only*)

NAME	DATES	LOCATION	TIME	INFO
State Playoffs	Feb. (TBA)	TBA	TBA	See Website

Additional Information

Varsity Games: 7pm

Junior Varsity Games: 5:30pm

Freshman Games: 4pm

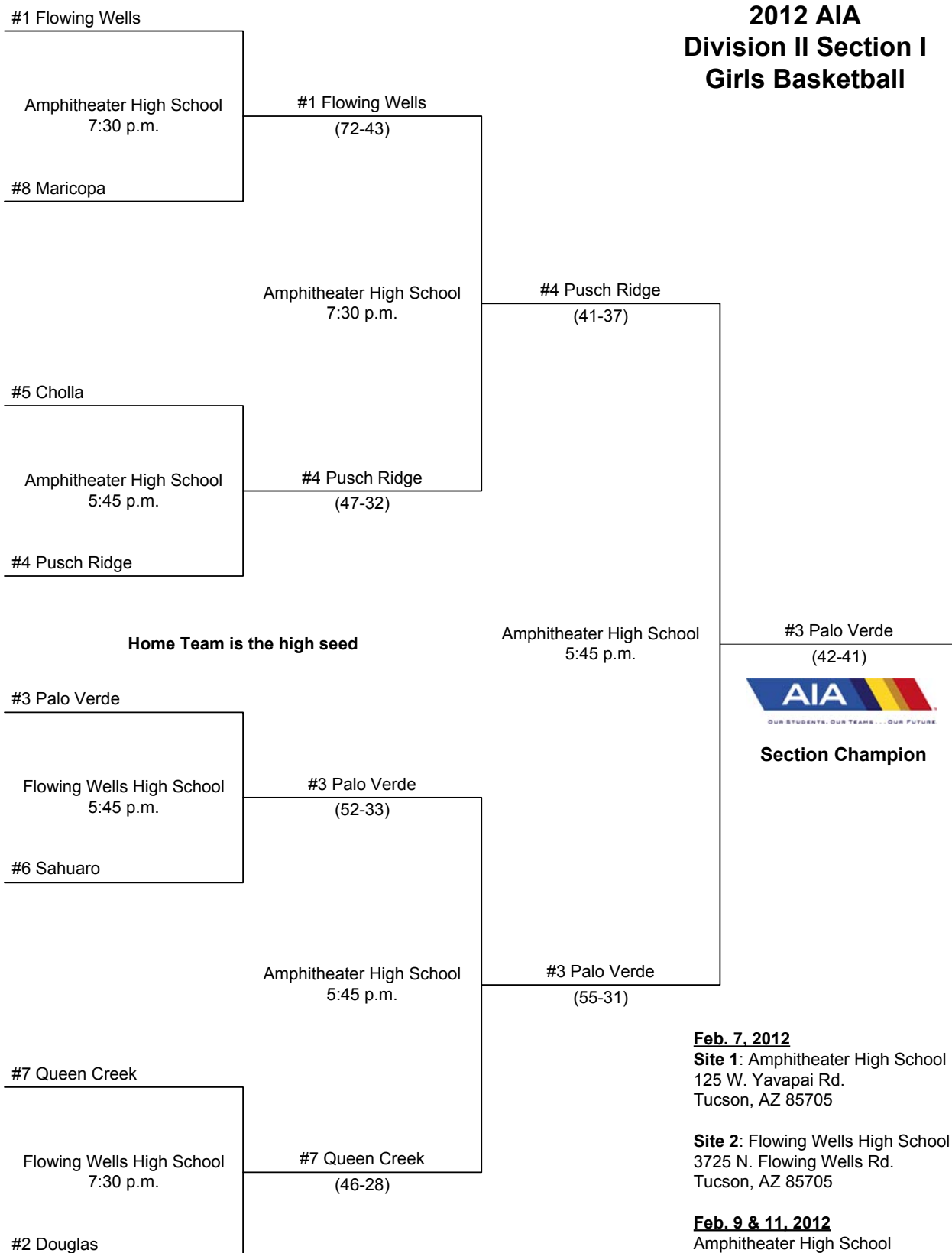
Tuesday
02/07/12

Thursday
02/09/12

Saturday
02/11/12

Updated: 02/11/12: bb
Prior Update: 02/09/12: bb
Original Post: 08/15/11: bb

2012 AIA Division II Section I Girls Basketball



Feb. 7, 2012

Site 1: Amphitheater High School
125 W. Yavapai Rd.
Tucson, AZ 85705

Site 2: Flowing Wells High School
3725 N. Flowing Wells Rd.
Tucson, AZ 85705

Feb. 9 & 11, 2012

Amphitheater High School

AIA Tournament Coordinator:

Ron Halbach; 602-385-3824

Wednesday
02/15/12

Friday
02/17/12

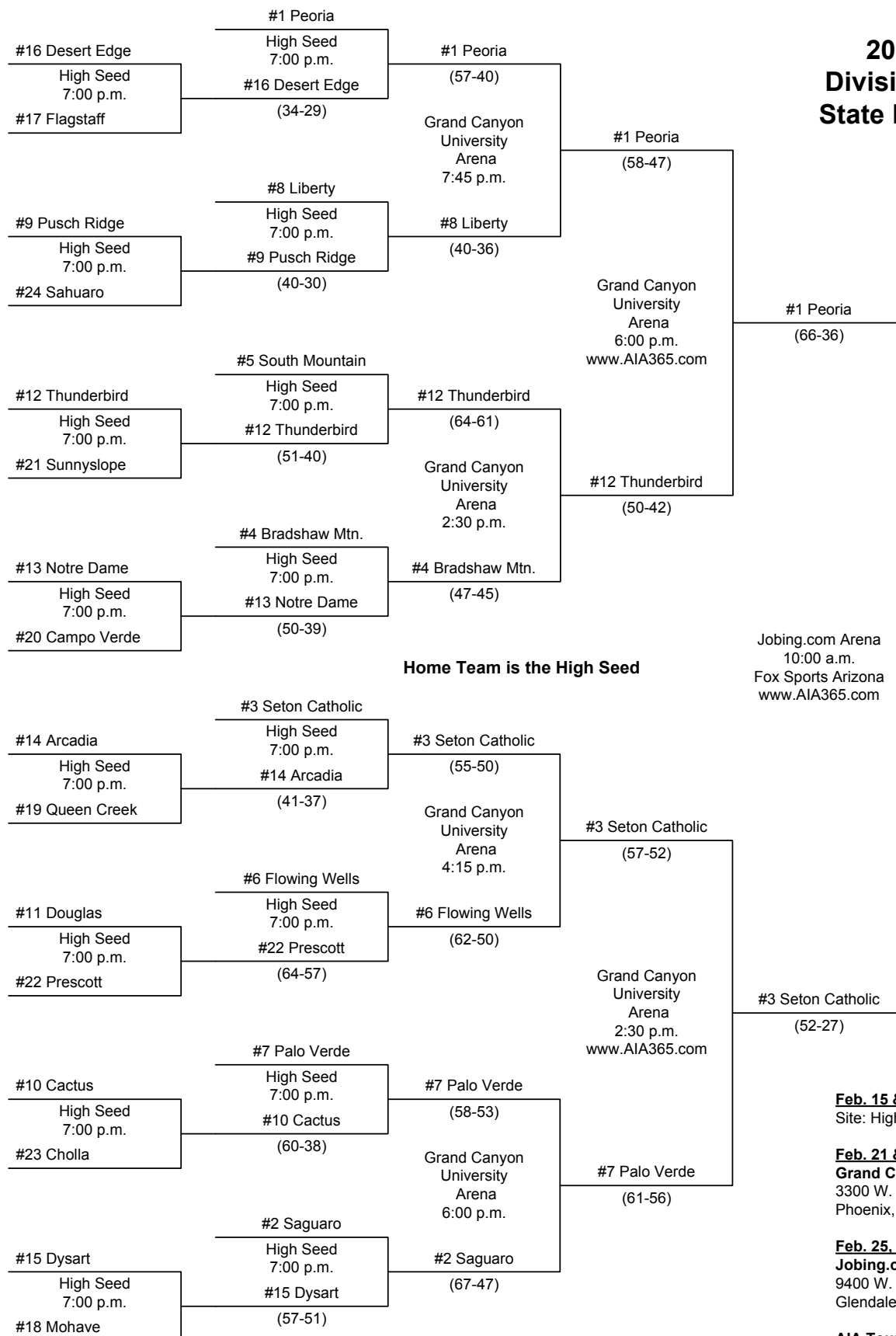
Tuesday
02/21/12

Thursday
02/23/12

Saturday
02/25/12

Updated: 02/25/12: bb
Prior Update: 02/23/12: bb
Original Post: 10/05/11: bb

2012 AIA Division II Girls State Basketball



Feb. 15 & 17, 2012
Site: High Seed

Feb. 21 & 23, 2012
Grand Canyon University Arena
3300 W. Camelback Rd.
Phoenix, AZ 85017

Feb. 25, 2012
Jobing.com Arena
9400 W. Maryland Ave.
Glendale, AZ

AIA Tournament Coordinator:
Ron Halbach; 602-385-3824

Roster

Team Preview

Varsity
Junior Varsity
Freshman

2011 – 2012 VARSITY ROSTER

Alphabetical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
21	Arie Wells	GUARD	5'4	SR-3V	Flowing Wells Junior High, Tucson, AZ
32	Czarina Walker	WING	5'9	JR-1V	Mountain View High School, Tucson, AZ
05	Kylie Halstead	GUARD	5'8	FR-1V	Flowing Wells Junior High, Tucson, AZ
10	Elizabeth Mata	WING	5'8	SR-3V	Flowing Wells Junior High, Tucson, AZ
20	Jen Trueblood	WING	5'2	SR-4V	Flowing Wells Junior High, Tucson, AZ
00	Jenny Stohlmann	WING	5'4	SR-4V	Flowing Wells Junior High, Tucson, AZ
24	Kyra Brinsfield	GUARD	5'5	FR-1V	Flowing Wells Junior High, Tucson, AZ
15	Karina Walker	POST	6'2	SR-1V	Mountain View High School, Tucson, AZ
22	Lyndsay Leikem	POST	6'2	JR-1V	Phoenix St. Mary's H.S., Phoenix, AZ
40	Mikaela Cook	POST	5'7	SO-1V	Pusch Ridge High School, Tucson, AZ
33	Rudi Leon	WING	5'7	SR-2V	Flowing Wells Junior High, Tucson, AZ
12	Sarah Fermawi	POST	5'8	SR-2V	Flowing Wells Junior High, Tucson, AZ
30	Shalise Fernander	POST	6'1	SO-2V	Flowing Wells Junior High, Tucson, AZ

Numerical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
00	Jenny Stohlmann	WING	5'4	SR-4V	Flowing Wells Junior High, Tucson, AZ
05	Kylie Halstead	GUARD	5'8	FR-1V	Flowing Wells Junior High, Tucson, AZ
10	Elizabeth Mata	WING	5'8	SR-3V	Flowing Wells Junior High, Tucson, AZ
12	Sarah Fermawi	POST	5'8	SR-2V	Flowing Wells Junior High, Tucson, AZ
15	Karina Walker	POST	6'2	SR-1V	Mountain View High School, Tucson, AZ
20	Jen Trueblood	WING	5'2	SR-4V	Flowing Wells Junior High, Tucson, AZ
21	Arie Wells	GUARD	5'4	SR-3V	Flowing Wells Junior High, Tucson, AZ
22	Lyndsay Leikem	POST	6'2	JR-1V	Phoenix St. Mary's H.S., Phoenix, AZ
24	Kyra Brinsfield	GUARD	5'5	FR-1V	Flowing Wells Junior High, Tucson, AZ
30	Shalise Fernander	POST	6'1	SO-2V	Flowing Wells Junior High, Tucson, AZ
32	Czarina Walker	WING	5'9	JR-1V	Mountain View High School, Tucson, AZ
33	Rudi Leon	WING	5'7	SR-2V	Flowing Wells Junior High, Tucson, AZ
40	Mikaela Cook	POST	5'7	SO-1V	Pusch Ridge High School, Tucson, AZ

Coaching Staff

Head Coach: Michael Perkins *(7th Year as head Varsity Coach)*

Associate Coach: Michael Edwards *(2nd Year)*

Assistant Coach: Craig Waterman *(2nd Year)*

Volunteer Assistant Coach: Tiffany McClain *(2nd Year - 2008 FW Graduate)*

Managers: Kelly Hulme *(1st Year - sophomore)*

2011 – 2012 JUNIOR VARSITY ROSTER

Alphabetical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
30	Alexis Kelley	POST	5'5	SO	Flowing Wells Junior High, Tucson, AZ
51	Alyson Goller	POST	6'0	SO	Flowing Wells Junior High, Tucson, AZ
25	Brianna Abeyta	GUARD	5'3	JR	Altar Valley Middle School, Tucson, AZ
10	Caitlin Campbell	POST	5'11	JR	Flowing Wells Junior High, Tucson, AZ
31	Evana J.-Oyegueda	GUARD	5'1	JR	Apollo Middle School, AZ
3	Federica Monarrez	POST	5'8	JR	Flowing Wells Junior High, Tucson, AZ
34	Nikolina Vojvodic	GUARD	5'6	SO	Flowing Wells Junior High, Tucson, AZ
4	Justine Romero	GUARD	5'2	JR	Flowing Wells Junior High, Tucson, AZ
44	Kiara Espinoza	WING	5'5	JR	Flowing Wells Junior High, Tucson, AZ
54	Monique Moreno	POST	5'5	JR	Challenger Middle School, Tucson, AZ
15	Tatyana Portela	WING	5'4	JR	Flowing Wells Junior High, Tucson, AZ

Numerical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
3	Federica Monarrez	POST	5'8	JR	Flowing Wells Junior High, Tucson, AZ
4	Justine Romero	GUARD	5'2	JR	Flowing Wells Junior High, Tucson, AZ
10	Caitlin Campbell	POST	5'11	JR	Flowing Wells Junior High, Tucson, AZ
15	Tatyana Portela	WING	5'4	JR	Flowing Wells Junior High, Tucson, AZ
25	Brianna Abeyta	GUARD	5'2	JR	Altar Valley Middle School, Tucson, AZ
30	Alexis Kelley	POST	5'5	SO	Flowing Wells Junior High, Tucson, AZ
31	Evana J.-Oyegueda	GUARD	5'1	JR	Apollo Middle School, AZ
34	Nikolina Vojvodic	GUARD	5'6	SO	Flowing Wells Junior High, Tucson, AZ
44	Kiara Espinoza	WING	5'5	JR	Flowing Wells Junior High, Tucson, AZ
51	Alyson Goller	POST	6'0	SO	Flowing Wells Junior High, Tucson, AZ
54	Monique Moreno	POST	5'5	JR	Challenger Middle School, Tucson, AZ

Coaching Staff

Head Junior Varsity Coach: Ellen Mork (*2nd Year*)

Managers: Rosa Lopez (*1st Year - sophomore*)
Courtney Shelton (*1st Year - sophomore*)

Final Team Record: 15-3

2011 – 2012 FRESHMAN ROSTER

Alphabetical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
54	Angelique Moreno	WING	5'2	FR	Flowing Wells Junior High, Tucson, AZ
10	Chelsea Schroeder	POST	5'7	FR	Flowing Wells Junior High, Tucson, AZ
13	Hailey Merriman	WING	5'6	FR	Flowing Wells Junior High, Tucson, AZ
53	Jasmin Guzman	POST	5'9	FR	Flowing Wells Junior High, Tucson, AZ
24	Jennifer Suarez	POST	5'7	FR	Flowing Wells Junior High, Tucson, AZ
15	Kylie Halstead	GUARD	5'8	FR	Flowing Wells Junior High, Tucson, AZ
04	Kyra Brinsfield	GUARD	5'5	FR	Flowing Wells Junior High, Tucson, AZ
02	Laura McGeary	WING	5'5	FR	Flowing Wells Junior High, Tucson, AZ
21	Mariah Braeseker	WING	5'4	FR	Flowing Wells Junior High, Tucson, AZ
03	Nadine Fermawi	WING	5'6	FR	Flowing Wells Junior High, Tucson, AZ
40	Nubia Guillen	WING	5'4	FR	Flowing Wells Junior High, Tucson, AZ
43	Sunny Arnaud	WING	5'5	FR	Flowing Wells Junior High, Tucson, AZ

Numerical

NO	NAME	POS	HT	CL-EXP	LAST SCHOOL
02	Laura McGeary	WING	5'5	FR	Flowing Wells Junior High, Tucson, AZ
03	Nadine Fermawi	WING	5'6	FR	Flowing Wells Junior High, Tucson, AZ
04	Kyra Brinsfield	GUARD	5'5	FR	Flowing Wells Junior High, Tucson, AZ
10	Chelsea Schroeder	POST	5'7	FR	Flowing Wells Junior High, Tucson, AZ
13	Hailey Merriman	WING	5'6	FR	Flowing Wells Junior High, Tucson, AZ
15	Kylie Halstead	GUARD	5'8	FR	Flowing Wells Junior High, Tucson, AZ
21	Mariah Braeseker	WING	5'4	FR	Flowing Wells Junior High, Tucson, AZ
24	Jennifer Suarez	POST	5'7	FR	Flowing Wells Junior High, Tucson, AZ
40	Nubia Guillen	WING	5'4	FR	Flowing Wells Junior High, Tucson, AZ
43	Sunny Arnaud	WING	5'5	FR	Flowing Wells Junior High, Tucson, AZ
53	Jasmin Guzman	POST	5'9	FR	Flowing Wells Junior High, Tucson, AZ
54	Angelique Moreno	WING	5'2	FR	Flowing Wells Junior High, Tucson, AZ

Coaching Staff

Head Freshman Coach: Michael Edwards (*1st Year*)

Final Team Record: 18-0

Varsity

Player Bios

#00 Jenny Stohlmann
#05 Kylie Halstead
#10 Elizabeth Mata
#12 Sarah Fermawi
#15 Karina Walker
#20 Jen Trueblood
#21 Arie Wells
#22 Lyndsay Leikem
#24 Kyra Brinsfield
#30 Shalise Fernander
#32 Czarina Walker
#33 Rudi Leon
#40 Mikaela Cook

2011 – 2012 VARSITY PLAYER BIOS

**0 Jenny Stohlmann**

WING ♦ 5-4 ♦ SR-4V

Born: Tucson, AZ

Fav. Subject: Graphic Design

Other F.W. Sports: Track

After H.S. Goal: College

Jr. High: Flowing Wells

Fav. Food: Steak or Taco's

Fav. Music: Punk or Screamo

Nickname: "JaySto"

**5 Kylie Halstead**

GUARD ♦ 5-8 ♦ FR-1V

Born: Tucson, AZ

Fav. Subject: English

Nickname: "Stega"

After H.S. Goal: College Ball

Jr. High: Flowing Wells

Fav. Food: All

Fav. Music: All but Rock

**10 Elizabeth Mata**

WING ♦ 5-8 ♦ SR-3V

Born: Tucson, AZ

Fav. Subject: Math

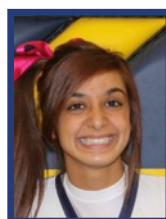
After H.S. Goal: UA for medicine

Other F.W. Sports: Volleyball and Softball

Jr. High: Flowing Wells

Fav. Food: Taco's

Fav. Music: Christian

**12 Sarah Fermawi**

POST ♦ 5-8 ♦ SR-2V

Born: Tucson, AZ

Fav. Subject: Math

Fav. Show: Unwrapped

Other F.W. Sports: Volleyball and Softball

Jr. High: Flowing Wells

Fav. Food: Mom's Cooking

After H.S. Goal: College

**15 Karina Walker**

POST ♦ 6-2 ♦ SR-1V

Born: Tucson, AZ

Fav. Subject: Science

Fav. Show: Jersey Shore

After H.S. Goal: College to major in Broadcast Journalism

Jr. High: Marana

Fav. Food: Cannoli

Fav. Music: All

**20 Jen Trueblood**

WING ♦ 5-2 ♦ SR-4V

Born: Tucson, AZ

Fav. Subject: Art

Nickname: "JT"

Fav. Music: All

Jr. High: Flowing Wells

Fav. Food: Lasagna

After H.S.: Physical Therapy

Fav. Show: That 70's Show

**21 Arie Wells**

GUARD ♦ 5-4 ♦ SR-3V

Born: Tucson, AZ

Fav. Subject: Math

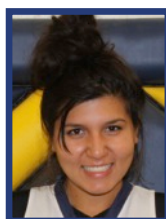
Fav. Show: Family Guy

After H.S. Goal: College for Nursing

Jr. High: Flowing Wells

Fav. Food: Mom's cooking

Fav. Music: Sing-a-long

**22 Lyndsay Leikem**

POST ♦ 6-2 ♦ JR-1V

Born: Tucson, AZ

Fav. Subject: History

Nickname: "Lynds"

After H.S. Goal: College Ball

Jr. High: Flowing Wells

Fav. Food: Chicken & Waffles

Fav. Music: The good kind

Fav. Show: Criminal Minds

**24 Kyra Brinsfield**

GUARD ♦ 5-5 ♦ FR-1V

Born: Tucson, AZ

Fav. Subject: Math & Science

Nickname: "Fig"

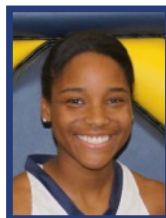
After H.S. Goal: College Ball

Jr. High: Flowing Wells

Fav. Food: Mother's Taco's

Fav. Music: Pop & Hip Hop

Fav. Show: Walking Dead

**30 Shalise Fernander**

POST ♦ 6-1 ♦ SO-2V

Born: Tucson, AZ

Fav. Subject: Science

Other F.W. Sports: Volleyball

After H.S. Goal: College Sports

Jr. High: Flowing Wells

Fav. Food: Soul Food

Fav. Music: R&B

Fav. Show: Kardashians

**32 Czarina Walker**

WING ♦ 5-9 ♦ JR-1V

Born: Tucson, AZ

Fav. Subject: Science

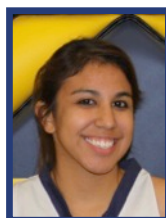
Nickname: "Z"

After H.S. Goal: PhD in Veterinary Science

Jr. High: Marana

Fav. Food: Chicken/Waffles

Fav. Show: Jersey Shore

**33 Rudi Leon**

POST ♦ 5-7 ♦ SR-2V

Born: Tucson, AZ

Fav. Subject: Math

Fav. Music: All

After H.S. Goal: Medical Field or Athletic Trainer

Jr. High: Flowing Wells

Fav. Food: Carne Asada

Fav. Show: Bones

**40 Mikaela Cook**

POST ♦ 5-7 ♦ SO-1V

Born: Tucson, AZ

Fav. Subject: Art

Fav. Show: Tosh.0

After H.S. Goal: Be a talk show host & move to Cambridge,

Jr. High: Pusch Ridge C.A.

Fav. Food: Gyro meat

Fav. Music: Indie Rock

Junior Varsity

Player Bios

#03 Federica Monarrez
#04 Justine Romero
#10 Caitlin Campbell
#15 Tatyana Portela
#25 Brianna Abeyta
#30 Alexis Kelley
#31 Evana J.-Oyegueda
#34 Nikolina Vojvodic
#44 Kiara Espinoza
#51 Alyson Goller
#54 Monique Moreno

2011 – 2012 JUNIOR VARSITY PLAYER BIOS

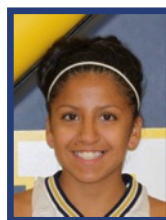


3 Federica Monarrez

POST ♦ 5-9 ♦ JR

Born: Tucson, AZ
Fav. Subject: Math & Spanish
After H.S. Goal: College
Other F.W. Sports: Track, Swimming & Football Manager

Jr. High: Flowing Wells
Fav. Food: Mexican
Fav. Music: All



4 Justine Romero

GUARD ♦ 5-2 ♦ JR

Born: Glenwood Springs, CO
Fav. Subject: History
Fav. Show: Teen Wolf, Reba
Other F.W. Sports: Track, Soccer, Softball, Volleyball, C.Country

Jr. High: Flowing Wells
Fav. Food: Tacos & Pizza
Fav. Music: Country & R&B

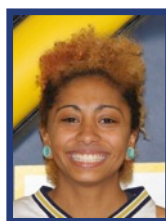


10 Caitlin Campbell

POST ♦ 5-11 ♦ JR

Born: Tucson, AZ
Fav. Subject: Art
Nickname: "Big C"
Other F.W. Sports: Track and Volleyball

Jr. High: Flowing Wells
Fav. Show: USA Channel
After H.S. Goal: College



15 Tatyana Portela

WING ♦ 5-4 ♦ JR

Born: Tucson, AZ
Fav. Subject: BBall - VBall
Other F.W. Sports: Track
After H.S. Goal: College

Jr. High: Altar Valley
Fav. Food: Super Nachos
Fav. Music: 80's and R&B
Fav. Show: Wipe Out

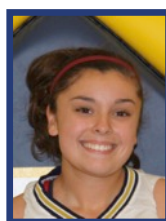


25 Brianna Abeyta

GUARD ♦ 5-3 ♦ JR

Born: Tucson, AZ
Fav. Subject: P.E.
Other F.W. Sports: Track
After H.S. Goal: College

Jr. High: Altar Valley M.S.
Fav. Food: Everything
Nickname: "Ugly"
Fav. Show: Mr. Meaty



30 Alexis Kelley

WING ♦ 5-5 ♦ SO

Born: Tucson, AZ
Fav. Subject: Math
Other F.W. Sports: Track
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Mexican / Italian
Fav. Music: Pop & Hip Hop

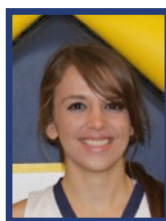


31 Evana J.-Oyegueda

GUARD ♦ 5-1 ♦ JR

Born: Tucson, AZ
Fav. Subject: Math
Other F.W. Sports: Softball
After H.S. Goal: College

Jr. High: Apollo M.S.
Fav. Food: Popovers
Fav. Music: Oldies
Nickname: "Vana"

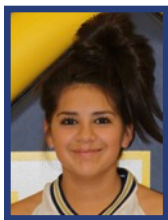


34 Nikolina Vojvodic

GUARD ♦ 5-6 ♦ SO

Born: Sombor, Serbia
Fav. Subject: History
Nickname: "Nickel"
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Mom's cooking
Fav. Music: Serbian & Rock
Fav. Show: Sportscenter



44 Kiara Espinoza

WING ♦ 5-5 ♦ JR

Born: Tucson, AZ
Fav. Subject: P.E.
Other F.W. Sports: Softball
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Chicken
Nickname: "Mensa-Head"
Fav. Show: Kardashians



51 Alyson Goller

POST ♦ 6-0 ♦ SO

Born: Tucson, AZ
Fav. Subject: English
Other F.W. Sports: Softball
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Pizza
Fav. Music: Oldies
Fav. Show: Bones



54 Monique Moreno

POST ♦ 5-5 ♦ JR

Born: Tucson, AZ
Fav. Subject: Math
Other F.W. Sports: Softball
After H.S. Goal: College

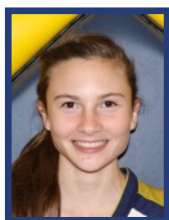
Jr. High: Challenger M.S.
Fav. Food: Mexican
Fav. Music: Hip Hop and R&B
Nickname: "Mo"

Freshman

Player Bios

#02 Laura McGeary
#03 Nadine Fermawi
#04 Kyra Brinsfield
#10 Chelsea Schroeder
#13 Hailey Merriman
#15 Kylie Halstead
#21 Mariah Braeseker
#24 Jennifer Suarez
#40 Nubia Guillen
#43 Sunny Arnaud
#53 Jasmin Guzman
#54 Angelique Moreno

2011 – 2012 FRESHMAN PLAYER BIOS

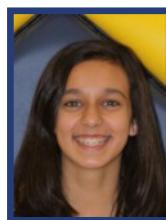


2 Laura McGeary

WING ♦ 5-5 ♦ FR

Born: Tucson, AZ
Fav. Subject: Biology
Nickname: "Twig"
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Fruit
Fav. Music: Soft Rock
Fav. Show: Switched at Birth



3 Nadine Fermawi

WING ♦ 5-7 ♦ FR

Born: Tucson, AZ
Fav. Subject: Math
Nickname: "Baby Bird"
After H.S. Goal: Athletic Trainer

Jr. High: Flowing Wells
Fav. Food: Spaghetti
Fav. Music: Hip Hop & Rap
Fav. Show: Law & Order

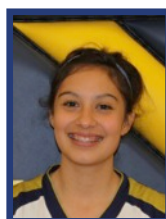


4 Kyra Brinsfield

GUARD ♦ 5-5 ♦ FR

Born: Tucson, AZ
Fav. Subject: Math & Science
Nickname: "Fig"
After H.S. Goal: College Ball

Jr. High: Flowing Wells
Fav. Food: Mother's Taco's
Fav. Music: Pop & Hip Hop
Fav. Show: Walking Dead



10 Chelsea Schroeder

POST ♦ 5-7 ♦ FR

Born: Tucson, AZ
Fav. Subject: Band
Other F.W. Sports: Volleyball
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Pasta
Fav. Music: Hip Hop & Rap
Fav. Show: Degrassi



13 Hailey Merriman

WING ♦ 5-6 ♦ FR

Born: Tucson, AZ
Fav. Subject: Algebra
Other F.W. Sports: Volleyball
After H.S. Goal: College/Military

Jr. High: Flowing Wells
Fav. Food: Mexican
Fav. Music: Country
Fav. Show: Pretty Little Liars



15 Kylie Halstead

GUARD ♦ 5-8 ♦ FR

Born: Tucson, AZ
Fav. Subject: English
Nickname: "Stega"
After H.S. Goal: College Ball

Jr. High: Flowing Wells
Fav. Food: All
Fav. Music: All but Rock



21 Mariah Braeseker

WING ♦ 5-4 ♦ FR

Born: Wildomar, CA
Fav. Subject: History
Other F.W. Sports: Volleyball
Fav. Show: Don't watch TV

Jr. High: Flowing Wells
Fav. Music: All
After H.S. Goal: College

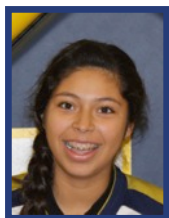


24 Jennifer Suarez

POST ♦ 5-7 ♦ FR

Born: Tucson, AZ
Fav. Subject: English
Nickname: "Spiderman"
Fav. Show: Arthur

Jr. High: Flowing Wells
Fav. Food: Lasagna
After H.S. Goal: U.S. Navy

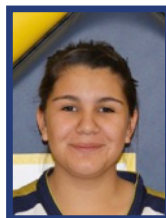


40 Nubia Guillen

WING ♦ 5-4 ♦ FR

Born: Douglas, AZ
Fav. Subject: P.E.
Chinese
Other F.W. Sports: Volleyball

Jr. High: Flowing Wells
Fav. Food: Mexican &
Nickname: "Noob"



43 Sunny Arnaud

WING ♦ 5-5 ♦ FR

Born: Tijana, BC
Fav. Subject: Teach of Tomorrow
Fav. Music: Christian
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Nacho's
Nickname: "Sunshine"
Fav. Show: Pretty Little Liars

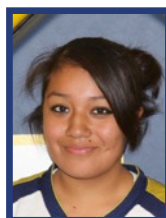


53 Jasmin Guzman

POST ♦ 5-9 ♦ FR

Born: Sylmar, California
Fav. Subject: History & Algebra
Other F.W. Sports: Volleyball
After H.S. Goal: College

Jr. High: Flowing Wells
Fav. Food: Sea Food
Nickname: "Guzman"
Fav. Show: Fantasy Factory



54 Angelique Moreno

WING ♦ 5-2 ♦ FR

Born: Tucson, AZ
Fav. Subject: Math & Spanish
Nickname: "Angie"
Fav. Show: Sponge Bob

Jr. High: Flowing Wells
Fav. Food: Pizza
After H.S. Goal: Medical

Coaching Staff

Staff Bios

Michael Perkins
Michael Edwards
Craig Waterman
Ellen Mork
Tiffany McClain



Michael Perkins

Head Varsity Coach

7 Seasons as Varsity Head Coach

1 Season as F.W. Freshman Head Coach

Career Basketball Notes:

- 133-79 career varsity head coach record (2005 – Present)
- 1 State Championship (2008)
- 1 State Runner-up (2006)
- 3 State Final Four Appearances (2006, 2007, and 2008)
- 4 State Tournament Appearances (2006, 2007, 2008, and 2012)
- 1 Region Championship (2008)
- 2 Southern Arizona Coach of the Year Honors (2007 and 2008)
- 3 F.W. Holiday Shoot-Out Tournament Championships (2005, 2007, and 2011)

Personal:

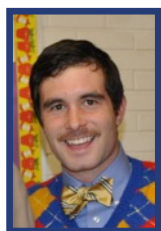
- Alvirne High School, Hudson, NH
- MA in Teaching & Teacher Education with Math Specialist Endorsement from the University of Arizona
- BA in Elementary Education with Coaching Minor from the University of Arizona
- Teaching
 - 2 years at Hendricks Elementary (3rd and 4th Grade)
 - 2 years at FW. Jr. High (7th and 8th Grade Math)
 - Currently teaching Trigonometry and Geometry at Flowing Wells High School



Michael Edwards

Varsity Assistant Coach and Head Freshman Coach

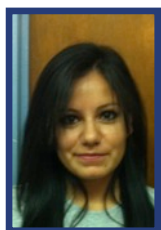
- **High School:** Mountain View High School, Tucson, Arizona
- **Education:** BA in Political Science and History and a MA in Education from the University of Arizona
- **Former Experience:** Former U.S. Army Warrant Officer Helicopter Instructor Pilot



Craig Waterman

Varsity Assistant Coach

- **Born and Raised:** Chicago, IL
- **Education:** BA from the University of Arizona
- **Currently:** Special Education teacher at Hendricks Elementary



Ellen Mork

Head Junior Varsity Coach

- **High School:** Flowing Wells High School, Tucson, Arizona
- **Education:** BA Kiniseology from Western New Mexico University
- **Coaching Experience:** Flowing Wells H.S. Track & Field and Cross Country



Tiffany McClain

Varsity Assistant Coach

- **High School:** Flowing Wells High School, Tucson, Arizona
- **Education in Progress:** BA in Operations Management with minor in Military Science from the University of Arizona
- **Currently:** Current National Guard member and University of Arizona ROTC cadet
- **Experience:** Former Lady Cab Alumni and member of 2008 State Championship team

Tradition

Lady Cab Honors & History

Lady Cab Individual Honors
2008 State Champions
06', 93', 85' State Runner-Up
4-Year Varsity Athletes
Lady Cabs College Basketball
Coaching Honors
Team Records
FW History Webpage

LADY CAB INDIVIDUAL PLAYER HONORS

Honors classified as Player of the Year, McDonalds All-American and/or State/National award recognition



15

Briana Arciniega

SG ♦ 5-5 ♦ 2007-2011

Career Accomplishments:

- 2008 4A-I State Champion
- 2011 1st Team All-Region
- 2011 McDonald's All-American nominee



4

Abyee Maracigan

SG ♦ 5-9 ♦ 2004-2008

Career Accomplishments:

- 2008 4A-I State Champion
- 2008 1st Team All-Region
- 2008 All-Southern AZ Player of the Year



3

Rachelle Federico

SG ♦ 5-11 ♦ 2003-2007

Career Accomplishments:

- 2006 5A-II State Runner-Up
- 3-time honorable mention All-American selection
- 2006 Southern AZ & Region Player of the Year



2

Lisa McBride

SG ♦ 6-2 ♦ 2001-2005

Career Accomplishments:

- 2003 & 2002 1st Team Honorable Mention
- 2005 & 2004 1st Team Honors
- 2005 Southern Region Co-Player of the Year



22

Desiree Williams

G ♦ 5-9 ♦ 2000-2004

Career Accomplishments:

- 2-time 1st Team All-State Selection in Basketball
- Winner of the Dr. Vogt Scholar-Athlete Award
- 2004 AZ Gatorade Softball Player of the Year



00

Sarah Peterson

SG ♦ 5-9 ♦ 1992-1996

Career Accomplishments:

- 1993 4A State Runner-Up
- 1995 1st Team 4A All-State Honors
- 1995 4A Arizona Player of the Year

2008 4A-I STATE CHAMPIONS

Team Accomplishments:

- 33-1-0 overall record
- 10-0-0 region record, Kino Region Champions
- 56-24 win over Marana in State Championship
- Arizona Ranking #2, National Ranking #131
- FW Holiday Shootout Champions
- Highland Thanksgiving Tournament 3rd place
- Abyee Maracigan AZ Daily Star's Player of the Year
- Michael Perkins Southern AZ Coach of the Year



2006 5A-II STATE RUNNER-UP

Team Accomplishments:

- 28-5-0 overall record
- 8-2-0 region record, 2nd place overall
- 50-44 loss to Glendale Deer Valley in State Championship
- FW Holiday Shootout Champions
- Southern Region Tournament Champions

1985 4A STATE RUNNER-UP

Team Accomplishments:

- 17-6-0 overall record
- 50-41 loss to Tucson Marana in State Championship
- Tammy Leikem scored 31 points in Championship game, placing her 6th on the AIA records individual points scored in an Arizona Championship game.

1993 4A STATE RUNNER-UP

Team Accomplishments:

- 27-3-0 overall record
- 10-3-0 region record, Gila League Champions
- 50-34 loss to Tucson Sahuaro in State Championship

4-YEAR VARSITY BASKETBALL ATHLETES

NAME	FW CAREER	INFO
Jen Trueblood	2008 – 2012	
Jenny Stohman	2008 – 2012	
Briana Arciniega	2007 – 2011	08' State Champion, McDonalds All-American Nominee
Abyee Maracigan	2004 – 2008	08' State Champion, 08' Tucson Citizen All-Southern POY
Azya Peoples	2004 – 2008	08' State Champion
Rachelle Federico	2003 – 2007	06' Southern Arizona & Region Player of the Year
Lisa McBride	2001 – 2005	2005 Southern Region Co-Player of the Year
Desiree Williams	2000 – 2004	2004 Gatorade Softball Player of the Year
Vanessa Campillo	1999 – 2003	1 st Team All-City Honors in 00', 01', and 03'
Jessica Gracia	1998 – 2002	
Vanessa Hernandez	1998 – 2002	
Jaclyn Fleck	1997 – 2001	
Stephane Ayer	1996 – 2000	
Kelli Prince	1994 – 1998	
Lacee Collins	1993 – 1997	
Georgina German	1992 – 1996	93' 4A State Runner-Up
Jennifer Snyder	1992 – 1996	93' 4A State Runner-Up
Sarah Peterson	1992 – 1996	95' 4A Player of the Year, 93' 4A State Runner-Up
Amy Ziegler	1991 – 1995	93' 4A State Runner-Up
Taneisha Gossett	1990 – 1994	93' 4A State Runner-Up
Stacy McColley	1990 – 1994	93' 4A State Runner-Up
Marcy Galvez	1989 – 1993	93' 4A State Runner-Up
Kristy Bauersachs	1989 – 1993	93' 4A State Runner-Up

LADY CABS PLAYING COLLEGE BASKETBALL

NAME	FW CAREER	INFO
Abyee Maracigan	2004 – 2008	Idaho State and Pima Community College
Azya Peoples	2004 – 2008	Pima Community College
Rachelle Federico	2003 – 2007	California Golden Bears
Lisa McBride	2001 – 2005	Cal Poly
Desiree Williams	2000 – 2004	University of Texas – Softball
Vanessa Campillo	1999 – 2003	UC Riverside and Northern Arizona University
Lacee Collins	1993 – 1997	Chapman University
Georgina German	1992 – 1996	Marshall University and Central Arizona
Sarah Peterson	1992 – 1996	Grand Canyon
Amy Ziegler	1991 – 1995	Phoenix College
Taneisha Gossett	1990 – 1994	UNLV and Central Arizona
Tammy Leikem	1981 – 1985	University of Arizona and Central Arizona

LADY CAB COACHING HONORS

NAME	SEASON	AWARD
Michael Perkins	2007 – 2008	Southern AZ Coach of the Year
Michael Perkins	2006 – 2007	Tucson Citizen Southern AZ Coach of the Year
Todd Holthaus	2004 – 2005	Southern Region & AZ Coach of the Year
Marc Janis	1994 – 1995	4A Arizona Coach of the Year

LADY CAB TEAM RECORDS

SEASON	OVERALL RECORD	REGION	COACH	INFO
2011 – 2012	27-4	18-0	Michael Perkins	Div-II Elite Eight Loss
2010 – 2011	11-17	6-4	Michael Perkins	
2009 – 2010	4-23	2-6	Michael Perkins	
2008 – 2009	3-24	2-7	Michael Perkins	4A-I State Champions
2007 – 2008	33-1	10-0	Michael Perkins	5A-II Final Four Loss
2006 – 2007	27-5	8-2	Michael Perkins	5A-II State Runner-Up
2005 – 2006	28-5	8-2	Michael Perkins	1 st Round Playoff Loss
2004 – 2005	25-9		Todd Holthaus	
2003 – 2004	26-6		Todd Holthaus	
2002 – 2003	27-9		Todd Holthaus	
2001 – 2002	25-6		Todd Holthaus	
2000 – 2001	24-8		Todd Holthaus	
1999 – 2000	17-14		Todd Holthaus	
1998 – 1999	16-13		Todd Holthaus	
1997 – 1998			Mark Lumley	
1996 – 1997	20-9		Marc Janis	
1995 – 1996	19-9		Marc Janis	
1994 – 1995	24-7		Marc Janis	
1993 – 1994	26-6		Marc Janis	4A State Runner-Up
1992 – 1993	27-3	10-3	Marc Janis	
1991 – 1992	21-6		Marc Janis	
1990 – 1991	15-12		Marc Janis	
1989 – 1990	9-15		Marc Janis	
1988 – 1989	9-13		Marc Janis	
1987 – 1988	16-8		Marc Janis	
1986 – 1987	13-11		Ed Nymeyer	
1985 – 1986	10-15		Ed Nymeyer	4A State Runner-Up
1984 – 1985	17-6		Ed Nymeyer	
1983 – 1984			Ed Nymeyer	
1982 – 1983			Tony Brooks	
1981 – 1982			Tony Brooks	
1980 – 1981	10-11		Mark Janis	
1979 – 1980	15-7		Mark Janis	
1978 – 1979	19-6		Mark Janis	
1977 – 1978	21-4		Mark Janis	
1976 – 1977	20-3		Mark Janis	
1975 – 1976	10-6		Mark Janis	

TEAM HISTORY WEBSITE

<http://history.flowingwellsgirlsbasketball.com>

