

MEET THE 2006-07 BULLDOGS

RACHEL FOLCIK



6-1 ♦ Junior ♦ Forward/Center Powers, Mich./Carney-Nadeau

Coach Bloodworth-Fisk on Folcik: Has strong leadership skills ... Continues to step up as a team captain ... Displaying great confidence ... Hard to stop ... Solid defensively ... Playing with more authority at both ends of the floor.

College: 2005-06: GLIAC All-Academic Team pick ...

Named to Aquinas College Classic All-Tourney Team ... Was squad's second-leading rebounder (6.1 rpg) and third-leading scorer (12.8 ppg) ... Totaled 10 points or more in 19 contests ... Led team with 12 blocks ... Had 22 points versus Saginaw Valley State (2/2) ... Posted 10 boards three times ... **2004-05:** Claimed team's Sixth Player & Rookie of the Year Awards ... Played in all 28 contests ... Ranked second on squad in field goal % (.505) ... Was team's fourth-leading scorer (8.8 ppg) ... Totaled 10 double-figure scoring outings ... Netted season-high 22 points vs. Northwood (2/19) ... Scored in double-digits six times in final eight contests ... Had three double-double (points & rebounds) efforts.

High School: A 2004 graduate of Carney-Nadeau High School ... Averaged 21.5 points and 9.4 rebounds per game as a senior ... Led CNHS to a 23-1 overall record and a regional appearance in 2003 ... Twice attained first-team *Associated Press* Class D All-State kudos ... Prepped by Paul Polfus ... Four-time first team Skyline and Central Upper Peninsula Conference (CUPC) honoree ... Totaled 20.5 points and eight rebounds per game in 2002 ... Helped CNHS claim the 2001 Class D State Title ... Two-time (2002-03) CUPC MVP ... Was a 2003 All-Upper Peninsula Dream Team honoree ... Two-time team MVP ... Honorable mention all-state pick in 2001 ... Participated in volleyball, cheer-leading along with track and field.

Personal: Daughter of John and Joanne Folcik of Powers, Mich. ... Born 11/7/85 in Escanaba, Mich. ... Interests include dance, camping and drawing ... Active in the school's National Honor Society, dance team and yearbook organizations ... Served as class president and named homecoming queen ... Business management major.

Career Statistics

Year	G-GS	Fg-Fga	Pct	3M-At	Pct	Ft-Fta	Pct	Reb	Avg	Ast	To	Blk	Stl	Min	Pts	Avg
2004-05	28-0	99-196	.505	5-22	.227	42-55	.764	150	5.4	39	40	15	24	578	245	8.8
2005-06	26-26	138-282	.489	4-12	.333	52-71	.732	159	6.1	43	64	12	26	688	332	12.8
Totals	54-26	237-478	.496	9-34	.265	94-126	.746	309	5.7	82	104	27	50	1266	577	10.7

CAREER HIGHS

Points22, twice, last vs. Saginaw Valley State, 2/2/06
Rebounds11 vs. Hillsdale, 1/11/05
3-Pt. FG3 vs. Lewis (Ill.), 12/21/05
Assists5, twice, last vs. SIU-Edwardsville, 12/20/05
Steals4 vs. Southern Illinois-Edwardsville, 12/20/05
Blocks4 vs. Northern Kentucky, 12/30/04#
#Neutral Site	

FOLCIK FILE

WHAT MOTIVATES ME
The thought of success

BEST NON-ATHLETIC TALENT
I'm very creative

BIGGEST PET PEEVE
Yoooper Jokes

WHY I CAME TO FSU
Team chemistry

MEMORABLE FSU HIGHLIGHT
Last-second win at Hillsdale

SONG DESCRIBING ME
In The Deep - Bird York

MY PREGAME RITUAL
Pray & listen to music

MY PERSONAL GOAL
Finish with no regrets

MY WORST FEAR
Fear of Failure

BEST PART ABOUT FSU
Experiences I wouldn't get anywhere else

JENNA GUAY



6-1 ♦ Soph. ♦ Forward/Center Escanaba, Mich.

Coach Bloodworth-Fisk on Guay: Has gained considerable experience in the past year ... Tough ... Becoming more of a physical player ... Making big strides in overall skills.

College: 2005-06: Saw action in 24 contests and started three games ... Received squad's Rookie of the Year Award ...

Netted 90 points and 73 rebounds in 273 minutes of action ... Tied for second place on the team with 10 blocked shots ... Scored a season-high 10 points in four different contests ... Netted 10 points and six rebounds against Marygrove (1/9) ... Tallied 10 points and five rebounds at Lake Superior State (12/16) ... Also had 10 points in back-to-back road games at Michigan Tech and Northern Michigan (2/9-11) ... Scored her first career point and recorded five rebounds versus Indiana-South Bend at the Aquinas College Classic (11/18).

High School: A 2005 graduate of Escanaba High School ... Registered 11.5 points and six rebounds per game as a senior ... Led Eskymos in both scoring and rebounding ... Two-Time All-Northern Conference pick ... Presented Escanaba Basketball Fan Club Award ... Was coached by Tracy Erickson ... Earned three varsity letters ... Scored six points and grabbed five boards in junior campaign (2003) ... Helped Eskymos win a conference title as a sophomore (2002) ... Earned two varsity volleyball letters along with three in track and field ... Led EHS to 2004 Michigan Upper Peninsula Division I Track and Field Championship by winning the shot put and placing third in discus, fifth in high jump and sixth in 300-meter hurdles.

Personal: Daughter of David and Gail Guay of Escanaba, Mich. ... Born 5/5/87 in Neenah, Wis. ... Interests include basketball and volleyball ... Father is a mechanical engineer while mother works as a registered nurse ... Was active in school's Key Club, Snow Club and Students Against Destructive Decisions ... Older sister, Chelsey, plays volleyball at Saint Xavier (Ill.) in Chicago ... Enjoys outdoor activities such as snow-boarding and riding snowmobiles ... Majoring in nursing.

Career Statistics

Year	G-GS	Fg-Fga	Pct	3M-At	Pct	Ft-Fta	Pct	Reb	Avg	Ast	To	Blk	Stl	Min	Pts	Avg
2005-06	24-3	33-79	.418	0-0	.000	24-35	.686	73	3.0	12	24	10	7	273	90	3.8
Totals	24-3	33-79	.418	0-0	.000	24-35	.686	73	3.0	12	24	10	7	273	90	3.8

CAREER HIGHS

Points10, four times, last at Northern Michigan, 2/11/06
Rebounds6 vs. Marygrove, 1/9/06
3-Pt. FGNone
Assists4 at Northern Michigan, 2/11/06
Steals2, twice, last vs. Wayne State, 2/16/06
Blocks3 vs. Mercyhurst, 1/19/06
#Neutral Site	

GUAY FILE

FAVORITE SPORTS TEAM
Detroit Pistons

IF I COULD DO ANYTHING
Find a cure for cancer

SOMETHING FEW KNOW
I can raise one eyebrow

WORDS DESCRIBING ME
Tall & outgoing

SONG DESCRIBING ME
Brown Eyed Girl

IF I COULD CHANGE THE GAME
No three seconds

MY DREAM VACATION
Travel the world in an RV

WHAT MAKES ME LAUGH
Almost everything

IF I HAD ONE WISH
Happiness forever

WHY I WEAR #32 THIS YEAR
It was my number all through high school

