

MEET THE 2007-08 BULLDOGS

RACHEL FOLCIK



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

Coach Dorow on Folcik: Finished strong last year ... Dominant force ... Unselfish ... Excellent defender ... Leads by example ... Extremely hard worker ... Coachable.

College: 2006-07: Chosen as Honorable Mention All-American ... All-GLIAC & All-Great Lakes Region First Team ... GLIAC North Division All-Defensive Team ... GLIAC All-Academic Team recipient ... Set school single-season record with 602 total points ... Team Captain ... Named to ESPN *The Magazine Academic* All-District IV Second Team ... Totaled 27 double-digit games and 13 double-doubles ... Placed second in scoring and fifth in rebounding on league leaders list ... Had 37 points at Mercyhurst (1/18) ... Featured in *Sports Illustrated* "Faces In The Crowd" ... Named GLIAC Player of the Week six times ... 2005-06: GLIAC All-Academic Team pick ... Aquinas College Classic All-Tourney Team ... Was squad's second-leading rebounder (6.1 rpg) and third-leading scorer (12.8 ppg) ... Had 19 double-figure games ... 2004-05: Claimed team's Sixth Player & Rookie of the Year Awards ... Totaled 10 double-figure scoring outings.

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 ... Four-time first team Skyline and Central Upper Peninsula Conference (CUPC) honoree ... 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 ... Participated in volleyball, cheerleading 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 ... Served as class president and named homecoming queen ... Business Administration major.

CAREER HIGHS

Points 37 at Mercyhurst, 1/18/07
Rebounds 13, three times, last vs. Drury (Mo.), 3/12/07#
3-Pt. FG 3 vs. Lewis (Ill.), 12/21/05
Assists 7 vs. Hillsdale, 3/2/07#
Steals 4, twice, last vs. Southern Indiana, 12/29/06#
Blocks 7, twice, last vs. Lake Superior State, 2/27/07
#Neutral Site

FOLCIK FILE

MOTTO I LIVE BY
Don't just talk about it, be about it
FAVORITE RESTAURANT
Olive Garden
MEMORABLE FSU HIGHLIGHT
Being in *Sports Illustrated*
BIGGEST PET PEEVE
Smoking
BEST NON-ATHLETIC TALENT
Art - creating things
MY WORST FEAR
Dying before discovering purpose in life
FAVORITE TV SHOW/BOOK
The Office/Five people you meet in heaven
FAVORITE VACATION SPOT
Cancun
ATHLETE I LOOK UP TO
Michael Jordan

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
2006-07	32-32	241-434	.555	3-11	.273	117-136	.860	261	8.2	69	67	24	44	956	602	18.8
Totals	86-58	478-912	.524	12-45	.267	211-262	.805	570	6.6	151	171	51	94	2222	1179	13.7

JENNA GUAY



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

Coach Dorow on Guay: Gained valuable experience last year ... Strong defensive player ... Great communicator on the floor ... Improved her overall post play ... Tough matchup for opponents.

College: 2006-07: Made two starts and played in all 32 contests ... Had career-high 16 points and nine rebounds vs. Marygrove (2/22) ... Also added 10 points vs. Northwood (2/3) ... Matched school field goal percentage record vs. Marygrove (1.000; 8-8) ... Had 91 points and 77 rebounds ... 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 ... 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).

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 ... Older sister, Chelsey, plays volleyball at Saint Xavier (Ill.) in Chicago ... Enjoys outdoor activities such as snowboarding and riding snowmobiles ... Majoring in nursing.

CAREER HIGHS

Points 16 vs. Marygrove, 2/22/07
Rebounds 9 vs. Marygrove, 2/22/07
3-Pt. FG None
Assists 4 at Northern Michigan, 2/11/06
Steals 2, three times, last at Northern Michigan, 1/11/07
Blocks 3, twice, last vs. St. Francis (Ind.), 12/20/06
#Neutral Site

GUAY FILE

FAVORITE MEAL TO LIVE ON
Chicken & rice
IF I COULD BE ANYONE
Rachel Ray
IF I COULD BE AN ANIMAL
I'd be a monkey
BIGGEST PET PEEVE
Dirty counter tops
SONG DESCRIBING ME
Brown Eyed Girl
MY FAVORITE OUTFIT
Jeans & a sweatshirt
MEMORABLE FSU HIGHLIGHT
Teammates & memories
WHAT MAKES ME LAUGH
Everything - I love to laugh
FAVORITE TV SHOW
Grey's Anatomy
MOTTO I LIVE BY
Everything happens for a reason

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
2006-07	32-2	39-76	.513	0-0	.000	13-19	.684	77	2.4	20	27	10	7	314	91	2.8
Totals	56-5	72-155	.465	0-0	.000	37-54	.685	150	2.7	32	51	20	14	587	181	3.2

