

Women's basketball: CU Buffs fall to Oklahoma State in WNIT

Jeffery posts triple-double, but CU's season ends

Buffzone.com staff
Boulder Daily Camera

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Fastbreak

What went right

Offensively, the Buffs showed the firepower they've been looking for all year by going 15-for-32 from 3-point range.

What went wrong

In the paint, the Buffs couldn't match up. Oklahoma State outscored the Buffs 44-14 in the paint and that was the difference.

Star of the game

Chucky Jeffery. CU has played 1,140 games in its history and Jeffery posted just the third triple-double by a Buffalo with 12 points, 12 rebounds and 10 assists.

What's next?

The offseason.

STILLWATER, Okla. Colorado did so many good things on Sunday, it almost seemed wrong for the Buffs to come away with a loss.

CUs outside shooting sizzled and Chucky Jeffery had a rare triple-double, but Oklahoma State ended the Buffs season, 78-70 on Sunday in the quarterfinals of the Women's NIT at Gallagher-Iba Arena.

"We did a lot of really great things, things that we've been working toward all season long," CU head coach Linda Lappe said on KKZN AM-760 after the game. "You've got to give Oklahoma State a whole lot of credit. They are a great team."

Jeffery had 12 points, 12 rebounds and 10 assists. It was just the third triple-double in school history, but the second of Jeffery's career. She also had one on Nov. 27, 2010, against Loyola-Chicago.

Julie Seabrook, in her final game as a Buffalo, had 16 points and tied her career-high with four 3-pointers. Brittany Wilson also tied her career-high with four 3-pointers and finished with 14 points. The Buffs finished with a season-high 15 3-pointers.

Despite CUs best efforts, it played catch-up nearly all afternoon. Oklahoma State (20-12) dominated in the paint and never let CU (21-14) gain the lead.

Still, CU wiped out a big deficit with a 12-0 run to tie the game at 61-61 with 6:44 to play.

"At that point in the game, everyone was really excited," Seabrook said. "We definitely had a lot of energy and a lot of passion and a lot of drive."

Oklahoma State, however, held CU to three points in the next 6 minutes and exploded for a 77-64 lead in the final minute.

Freshman Liz Donohoe had 20 points and 13 rebounds for the Cowgirls, while Tiffany Bias had 24 points and six assists. Toni Yong added 17 points and nine rebounds and the Cowgirls outscored CU 44-14 in the paint.

OSU out-rebounded the Buffs 38-34 and had 11 offensive boards, most of those in the first half.

"They crashed the glass harder than anybody we've faced," Lappe said. "It was really hard to play a team like Villanova (on Thursday), who never crashed and now to have to play Oklahoma State. It's not an excuse, but they're completely different, contrasting styles. I thought we got better as the game went along and understood the physicality of the game."

There were certainly moments in the first half when the Cowgirls looked poised to pull away, building leads of 6-0, 24-15 and 36-23.

CUs outside shooting, however, kept it close. The Buffs went 7-for-13 from 3-point range in the first half. After the Cowgirls took their 13-point lead, CU closed the half on a 10-4 run, including 3-pointers by Seabrook and Meagan Malcolm-Peck. CU trailed 40-33 at the break.

"Offensively, we did some outstanding things," Lappe said. "We finally shot the ball like we were capable of shooting the ball. We were ready. We had a little bit of a different look in our eye offensively tonight."

The Buffs then opened the second half on a 5-0 spurt to pull within 40-38, but Oklahoma State quickly added to its lead with a 6-0 run.

The Cowgirls steadily added to the lead and went ahead by 12, 61-49 on a pair of Young free throws with 10:50 to play. That set up CU's 12-0 run, sparked by a Seabrook 3-pointer.

Back-to-back 3-pointers by the Cowgirls ended that run, though, and took some air out of CU.

"That was deflating," Lappe said.

Lexy Kresl responded with a 3-pointer for the Buffs to cut the deficit to 67-64, but Oklahoma State went on a 10-0 run, holding the Buffs scoreless for 4:55. That put the game away for Oklahoma State.

"I'm so proud of our effort," Seabrook said. "It was physical in there tonight and I think we stepped up to the challenge. We came in here thinking we were going to win."

They didn't, but made a valiant effort in trying to do so.

"Our kids fought hard," Lappe said. "It was a rough game, but at the same time it made us better. We saw our team get better throughout that game and that competition is what we needed."

Oklahoma State 78, Colorado 70 COLORADO (70)

MIN FG 3PT FT Rb PF TP

MM-Peck 23 3-6 2-4 0-0 3 3 38

Seabrook 27 6-11 4-6 0-0 2 2 16

B. Wilson 26 5-15 4-9 0-0 3 4 14

Sborov 29 2-4 0-0 1-2 4 3 5

Jeffery 39 5-13 2-5 0-0 12 3 1 2

Kresl 27 3-11 3-8 0-0 4 0 9

A. Wilson 16 0-2 0-0 6-6 2 2 6

Hargis 13 0-3 0-0 0-0 1 3 0

Team 3

Totals 20024-6515-327-8342070

Assists (15): Jeffery 10, Malcolm-Peck 2, Seabrook, B. Wilson, Sborov.

Steals (7): Sborov 2, Jeffery 2, Malcolm-Peck, B. Wilson, A. Wilson.

Turnovers (16): Malcolm-Peck 3, Seabrook 3, Jeffery 3, B. Wilson 2, Kresl 2, Sborov, A. Wilson, team.

Blocked shots (1): Hargis.

OKLAHOMA STATE (78)

MIN FG 3PT FT Rb PF TP

Donohoe 40 7-15 2-5 4-4 13 1 2 0

Young 25 5-8 0-0 7-7 9 2 17

Keller 30 2-8 0-2 4-5 5 0 8

Bias 40 10-16 0-2 4-9 4 2 2 4

Schultz 30 0-0 0-0 0-0 2 2 20

Schippers 10 0-0 0-0 0-0 0 0 20

Suttles 14 2-5 1-3 0-0 3 0 5

McIntyre 11 2-3 0-0 0-0 1 2 4

Team 1

Totals 200 28-55 3-12 19-25 38 11 78

Assists (15): Bias 6, Donohoe 4, Schultz 3, Keller 2.**Steals (9):** Bias 3, Donohoe 2, Young 2, Schultz, Suttles.**Turnovers (14):** Bias 5, Schultz 5, Keller 3, Young.**Blocked shots (7):** Young 4, McIntyre 2, Bias.**Halftime score:** Oklahoma State 40, Colorado 33.**Technical fouls** -- None.**Attendance** -- 2,392.

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Women's basketball: Julie Seabrook goes out on high note

Buffzone.com staff
Boulder Daily Camera

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STILLWATER, Okla. -- Julie Seabrook began her career as a bench player on a struggling team.

She finished it on Sunday as a main cog for a program headed in the right direction.

Seabrook closed her career with the Colorado women's basketball team after Sunday's 78-70 loss to Oklahoma State in the Women's NIT quarterfinals.

Seabrook had 16 points, two away from her career high, and two rebounds. She drained four 3-pointers, tying her career high.

"For her to be our leading scorer in her last game, I think there's something special about that," CU head coach Linda Lappe said on KKZN AM-760 after the game. "She was a tough player to guard tonight and did a lot of things."

It was just the third time this season that Seabrook led the Buffs in scoring. It came on a day when she passed the 500-point mark for her career. She finished with 504 career points and 475 rebounds.

A native of North Vancouver, British Columbia, Seabrook came a long way during her career. During her first two seasons in Boulder, she rarely played under former head coach Kathy McConnell-Miller. The Buffs had back-to-back losing seasons in those years.

In the past two years, however, Seabrook started every game for Lappe. She's the only Buff that has started all 69 games of Lappe's tenure, helping them go 39-30 and make two straight runs to the WNIT quarterfinals.

"It's been great," Seabrook said. "It's crazy how much things have really changed since I've gotten here and just to see how much our attitudes have changed. Our team is working really hard and hopefully we continue to get better."

This season, Seabrook averaged 7.3 points and 5.2 rebounds.

Cowgirl fans

Prior to this season, Colorado and Oklahoma State were long-time Big 12 rivals. Now that the Buffs are out of the WNIT, they'll root for the Cowgirls, but not just because they are former rivals.

In November, head coach Kurt Budke and assistant Miranda Serna were killed in a plane crash in Arkansas while on a recruiting trip. CU paid tribute to Oklahoma State with a moment of silence at a game in Boulder shortly after the crash. After Sunday's loss, Lappe and Seabrook both remarked at how great Oklahoma State has played in the wake of that tragedy.

"Obviously they've been through a lot this year, so we're going to root for them for the rest of this tournament," Seabrook said.

The Cowgirls, who have been led by new head coach Jim Littell since the tragedy, will face San Diego in the WNIT semifinals on Wednesday in Stillwater. Syracuse and James Madison will square off in the other semifinal.

Pac-12 out

In the WNIT, CU and Washington were the last remaining members of the Pac-12 going into Sunday's quarterfinals. Washington lost at home to San Diego, 58-47. In previous rounds, Washington has knocked out Pac-12 foes Utah and Oregon State.

Pac-12 champion Stanford is still alive in the women's NCAA Tournament. The Cardinal will play in the Elite Eight on Monday against Duke.

Overall, the Pac-12 is 11-3 against non-conference foes during the postseason.

Jeffery doubles up

Jeffery finished her season on Sunday with a triple-double -- just the third in program history.

It was the third consecutive game in which Jeffery had at least a double-double, and she finished with four double-doubles (including Sunday) in six postseason games, counting the Pac-12 Tournament.

Jeffery had 10 double-doubles this season. She's the fourth player in CU history to post 10 double-doubles in one season, joining Lisa Van Goor (three times), Jackie McFarland (twice) and Erin Scholz (once).

Jeffery also has two of the three triple-doubles in program history (also having one on Nov. 27, 2010, against Loyola-Chicago). Sandy Bean has the only other triple-double, doing so on Feb. 16, 1979, against Utah State.

Notable

CU's 15 3-pointers were one shy of the school record of 16, set on Jan. 3, 2004, in a 98-47 win against Buffalo. The only other time the Buffs had 15 was in an 89-73 loss at Nebraska on Feb. 20, 2010. ... Jeffery tied her career high with 10 assists. She now has 358 for her career, moving into sixth place in CU's all-time list. She passed three players on that list - La Shena Graham, Bean and Kris Holwerda -- on Sunday. ... Ashley Wilson went 6-for-6 at the line. Her previous career highs were four makes and four attempts. ... Lappe was 3-0 in Stillwater as a CU player, but is now 0-2 there as a coach. ... The Buffs have lost six consecutive games to Oklahoma State. The all-time series is knotted at 26-26.

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March 25, 2012

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It's on to WNIT semis for Oklahoma State women



Oklahoma State's Tiffany Bias, right, launches a job shot over Colorado's Chucky Jeffery in Sunday's Women's NIT quarterfinal. Bias led OSU with 24 points in the Cowgirls' 78-70 win over the Buffaloes.

(<http://muskogee phoenix.com/sports/x1437239096/It-s-on-to-WNIT-semis-for-Oklahoma-State-women>)

By Nick Snow

CNHI (<http://muskogee phoenix.com>)

— STILLWATER – The Oklahoma State women's basketball team only made three 3-pointers Sunday in the quarterfinals of the Women's NIT against Colorado at Gallagher-Iba Arena.

As far as Oklahoma State coach Jim Littell and his Cowgirls were concerned, those were the three biggest shots this season as the Cowgirls edged the Buffaloes 78-70.

"I think that's just what we do," Oklahoma State sophomore guard Tiffany Bias said. "We have great shooters on the outside and we can knock down shots. I wasn't surprised that Kendra (Suttles) and Liz (Donohoe) all had good shots when they were open. I knew that we were going to pull it out in the end."

While Oklahoma State (20-12) was 3-of-12 from 3-point range, Colorado's ability score 3-pointers kept the game close and helped them tie the game at 61-61 before Suttles and Donohoe drained back-to-back 3-pointers with just over 6 minutes to play to swing momentum to the Cowgirls. The Buffaloes made 15-of-32 3-pointers in the game.

"They shot it well," Littell said. "They shot about 29 percent coming in, and they just lit us up from every spot on the floor. It's good that we can win a game like this when a team comes into our house and shoots the ball so well."

Bias led the Cowgirls with 24 points and six assists, while Liz Donohoe tallied 20 points and

13 rebounds. Toni Young also reached double figures with 17 points and nine rebounds.

The 24-point performance marks the second time in a week that the Bias has scored 20 or more points in a game. She had 21 against Wichita State the Sunday before, but the difference in the Colorado game was that Bias drove to the basket more than she did against Wichita State, scoring 18 of her 24 points in the paint.

"I thought this was probably Tiffany's best game as far as lowering her head and going to the hole," Littell said. "She put a lot of pressure on their defense. Late in the ball game, I remember she dished one to Toni for a nice play. She can put a lot of pressure on the defense when she gets in the paint."

Oklahoma State outscored Colorado 44-14 inside – a big reason why they were able to withstand the Buffaloes' barrage of 3-pointers.

"We started going to that probably eight to nine games ago to create more balance," Littell said. "Our group inside just continues to get better each day on that. We probably should have gone to that a long time ago because we know there's got to be a good balance between the inside and outside game. It's no accident. They're working hard to get better in the post."

The Cowgirls will play host to San Diego, a 58-47 winner over Washington on Sunday, in the semifinals of the WNIT at 7 p.m. Wednesday at Gallagher-Iba Arena.

Young said the team continues to feed off the fans and she hopes another large crowd will show up on Wednesday. Approximately 2,400 fans attended Sunday's game.

"I think people are starting to recognize that we are a good team," Young said. "Seeing all them coming out and supporting us is actually giving us more confidence. We want to play harder for them."


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OSU beats Colorado, will host WNIT semifinal

BY JIMMIE TRAMEL World Sports Writer

Sunday, March 25, 2012

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STILLWATER -- Tiffany Bias, Liz Donohoe and Toni Young combined for 61 points as Oklahoma State withstood a barrage of Colorado 3-pointers to secure a 78-70 WNIT quarterfinal victory Sunday at Gallagher-Iba Arena.

OSU, which improved to 20-12 and set a school single-season record with a 16th homecourt victory, will play in the WNIT semifinals for the first time. The Cowgirls, 8-0 all-time in WNIT home games, will host the semifinal at 7 p.m. Wednesday.

Colorado, which ranks last in the Pac-12 and 204th nationally in 3-point percentage, lost despite making a season-high 15 3-pointers on 32 attempts. The Buffaloes ended their season at 21-13.

Bias led OSU with 24 points. Donohoe added 20 and Young scored 17 despite playing only five first-half minutes because of foul trouble.

Associated Images:

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WNIT: Oklahoma State holds off Colorado to advance to semifinals

OSU used its inside game and survived CU's best outside shooting performance of the season to move onto the semifinals of the WNIT with a 78-70 victory Sunday. Next up for the Cowgirls is San Diego.

BY GINA MIZELL, Staff Writer, gmizell@opubco.com | Published: March 25, 2012  1

In the WNIT, the Cowgirls have averaged 33.5 points in the paint, but the last time they scored more than 40 was against Texas Pan-American on Dec. 18.

"It's no accident," Littell said. "They're working hard when we go break down drills between guards and posts. I don't think we were doing, as a coaching staff, a good enough job of concentrating on getting it inside, and then running a set where it had an option to go to the box if we didn't get a perimeter shot.

"I think it's a combination of things, where it's just been a concentrated effort to create balance in our offense."

Yet arguably the Cowgirls' best player in the paint was point guard Tiffany Bias, who earned a large chunk of her game-high 24 points by consistently driving hard to the basket.

"Especially when your shot's not falling, you want to get to the hole anyway," Bias said. "So that's what I did."

Added Littell: "It was her best game as far as just lowering her head and going to the hole. Not settling for jump shots, but putting a lot of pressure on the defense."

Colorado sank a season-high 15 shots from 3-point land, as opposed to just nine inside the arc. And that was nearly enough to overtake the Cowgirls midway through the second half, as a 3-pointer from Brittany Wilson at the 6:54 mark capped a 12-0 CU run and tied the game at 61.

But then OSU showed it could also hit shots from long distance. Kendra Suttles broke the tie with the Cowgirls' first 3-pointer of the game before Donohoe drilled two more in the next three minutes to push OSU's lead back up to 72-64 with 3:30 to play.

"Tiff did a good job of finding Liz open, and she hit a couple threes that were daggers to them and kind of squelched the comeback," Littell said. "She's got the green light anytime from the perimeter because she spends so much time in the gym, but there's got to be somebody getting them the ball at the right time.

"We executed well offensively, screened well for her."

Donohoe also grabbed 13 rebounds to record her third consecutive double-double and sixth on the season.

CU's Chucky Jeffery tallied a triple-double with 12 points, 12 rebounds and 10 assists. Julie Seabrook led the Buffaloes with 16 points, including four 3-pointers, while Brittany Wilson scored 12 of her 14 points on shots from beyond the arc.

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