



2022-23 NCBBA-W TEAM PREVIEW GUIDE

Team Name: Creighton University

Mascot: Blue jays

Location: Omaha, Nebraska

Captain(s)/Coach(s): Captains – Jill Post, Grace Oswald, Morgan Allen

2021-22 Performance (If applicable):

- Record: **5-3 Conference & Overall**
- Tournament Rankings/Results: **3rd place Mid America Conference**
- Notables: **Took 1 of 2 from conference game against Iowa who ended up in 2nd place in the conference. Our team was invited to conference championship but due to lack of numbers could not attend.**

Number of Returning Players (Include starters): 8 returners - Post, Oswald, Allen, Von Bank, Nagus, Van Baale, Shively, Kessler

Players to Watch: 6-6 Jess Heir throwing dunks, 5-5 Lucy Hertel, 5-5 Vanessa Von Bank and 5-8 Jill Post draining 3's

New additions: Freshman – Jess Heir, Ryker Rothfus, Lucy Hertel, Ella Day; Sophomore – Molly Lombardi

Biggest Rival: University of Lincoln

Best Player Nickname: Morgan “Mo” Allen

2022-23 Season Outlook: Strong returning players at the point guard (Jill Post), shooting guards (Vanessa Von Bank, Brecken Van Baale) and power forwards (Morgan Allen, Grace Oswald). We look to use our young and new players including 6-6 center Heir, and point guard/shooting guard Hertel to



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contribute lots of points in the paint, rebounds, and outside shots. With new players like Rothfus, Lombardi and Day, we look to use our speed and run the floor for easy breakaways points.

Head Coach/Captain Quote: Last year was our first year in the league, we're a fairly new program at Creighton and being able to join this league last year was a great opportunity. With a lot of returning players and a few additions of our younger players, I think this year could be a good year for us. We just have to focus on what it's like to play together as a team and build that chemistry and with that, I think we could accomplish a lot.