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Team Name Central Dauphin Rams

City, State Harrisburg, PA 17112

2007-2008 Record: 2008-09 record 29-2

About us this year (2008-2009): Central Dauphin High School enters the 2009-10 season ranked #23rd in the nation by the USA Today, and #20th by the Maxpreps "Excellent 25". The Rams, who were the Pennsylvania AAAA State Champions in 2008, and 2009 Pennsylvania District 3 AAAA champions, return 4 starters.

The Rams are led by two-time PA All-State, 2010 McDonald's All-American candidate and University of Maryland signee, 6'1" Alyssa Thomas. Alyssa, who has moved to the point guard position this season, averaged 19.5 p.p.g., 12.8 r.p.g., 51% FG%, 3.8 assists, & 2.7 steals last year as the team's shooting guard. Another Division I signee (Bryant University, R.I.), 6'2" senior forward Caitlyn Bassett returns as well. Last season, Caitlyn (50 FG %) was the Ram's 3rd leading scorer and their 2nd leading rebounder at 8.5 p.p.g. & 5.3 r.p.g.

Two other 2 year starters return for their senior season as well, guards Sarah Dowhower 5'7" (6.5 p.p.g., 2.5 r.p.g. & 1.1 steals), and 5'7" Karyn Purcell (6.6 p.p.g., 1.7 steals and 32 3 pointers). Both girls are excellent defensive players and will play a major role in the Ram's success this year.

Competition for the fifth starting spot has been intense, but 5'10" senior transfer (Middletown H.S.) Samantha Noss appears to have the inside track. Samantha, a power forward, has both a nice post up as well as a mid-range game. Her strengths include defense as well as rebounding.

Three girls, who played both Varsity and J.V last year, will see a lot of playing time season. Emilee Salinger (J.V 8.6 p.p.g., & 1.9 p.p.g. Varsity), a (5'7") junior guard is an excellent shooter. Jessie Probst (J.V. 9.1 p.p.g. & 8.4 r.p.g) is a 5'9" nice 5'9" inside player. The third girl, (Sr., 5'10") Lauren Dunn (J.V. 4.1 p.p.g., & 1.4. p.p.g. Varsity) can play both inside and out.

Complimenting the eight above-mentioned players are four other girls vying for varsity minutes, including senior 5'7" guard Ashley Johnston (JV 2.7 p.p.g.), and three sophomores: 5'8 forward Aileen Beaver (J.V. 10.1 p.p.g.), 5'8" forward Lindsey Averso (J.V. 4.3 p.p.g.), and 5'6" guard Gabby Scott (J.V. 3.5. p.p.g.).

SCHOOL:	<b>Central Dauphin High School (Harrisburg, PA)</b>
COACH:	<b>Bill Wolf</b>
ASSISTANTS:	<b>Matt Bushong, Michael Bricker, Nancy Black, Jim Poole</b>
CONFERENCE:	<b>Mid-Penn</b>
NICKNAME:	<b>Rams</b>
COLORS:	<b>Green and White</b>

Manager:	<b>Priscilla Leung, Tyler Manning</b>
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<b>(H) num (A)</b>	<b>Player</b>	<b>Hgt</b>	<b>Pos</b>	<b>Grade</b>
<b>12</b>	<b>Gabby Scott</b>	<b>5-5</b>	<b>G</b>	<b>10</b>
<b>13</b>	<b>Sarah Dowhower</b>	<b>5-7</b>	<b>G</b>	<b>12</b>
<b>14</b>	<b>Lauren Dunn</b>	<b>5-9</b>	<b>F</b>	<b>12</b>
<b>20</b>	<b>Ashley Johnston</b>	<b>5-5</b>	<b>G</b>	<b>12</b>
<b>24</b>	<b>Emilee Salinger</b>	<b>5-7</b>	<b>G</b>	<b>11</b>
<b>30</b>	<b>Alyssa Thomas</b>	<b>6-1</b>	<b>G</b>	<b>12</b>
<b>32</b>	<b>Aileen Beaver</b>	<b>5-8</b>	<b>F</b>	<b>10</b>
<b>33</b>	<b>Karly Purcell</b>	<b>5-7</b>	<b>G</b>	<b>9</b>
<b>34</b>	<b>Lindsey Averso</b>	<b>5-8</b>	<b>F</b>	<b>10</b>
<b>40</b>	<b>Samantha Noss</b>	<b>5-10</b>	<b>F</b>	<b>12</b>
<b>44</b>	<b>Caitlyn Bassett</b>	<b>6-2</b>	<b>F</b>	<b>12</b>
<b>55</b>	<b>Jessie Probst</b>	<b>5-9</b>	<b>F</b>	<b>11</b>