

Appalachian State women's basketball finished last week with a perfect 3-0 record in Southern Conference play, including wins over Chattanooga and Samford. The Mountaineers return to action on Saturday at Furman before returning home against

Western Carolina on Monday. Here's a look at the latest news and notes on the Apps as they prepare for season's stretch-run.

### **Freshman Phenom**

- Appalachian State freshman forward Maryah Sydnor had a spectacular week for the Mountaineers. In three games, the Radford, Va., native averaged 14.7 points per game.
- Sydnor tied a career-high with 20 points in Monday's win over Samford and notched 16 in the win against Chattanooga on Saturday.
- For her efforts, Sydnor earned SoCon Player of the Week honors, joining fellow teammates Anna Freeman and Courtney Freeman as the three Apps to have earned the award this year. The trio has combined to win the award four times, more than any other team in the SoCon.

### **Home Cookin'**

- The Mountaineers have been nearly unstoppable at home the past three seasons. Appalachian State is 28-8 at home in its last 36 home games including a 19-6 mark in Southern Conference games played at the Holmes Center.
- Appalachian State has not dropped back-to-back home games since suffering three straight losses from Jan. 4-9, 2010.
- Since that three-game losing streak, the Apps are 26-2 in their past 28 home games with the losses coming to Georgia Southern and Davidson.

### SoCon Success

- After finishing second in the Southern Conference during the 2009-10 season and winning the outright conference title a year ago, the Mountaineers have asserted themselves as a force to be reckoned with in the SoCon.
- Appalachian State is 39-10 in 49 conference contests since the start of the 2009-10 season, a winning percentage of .796.

### RPI: Apps Near Top Among SoCon

- The NCAA released its second RPI (Ratings Percentage Index) rankings of the season on Monday and Appalachian State found itself in the 105th spot, the second-highest rank of any SoCon team.
- Preseason conference-favorite Chattanooga was ranked 59th nationally in the RPI, which computes its rankings based on a combination of winning percentage, strength of schedule and opponents' schedule strength.

### CollegelInsider.com Mid-Major Top 25

- The Mountaineers moved up one spot, to the No. 12 ranking in the latest CollegelInsider.com Mid-Major Top 25 poll, released yesterday.
- Appalachian State is the highest-ranked SoCon team in the Mid-Major poll as Chattanooga fell one spot to No. 19.

1. Green Bay (30) 17-0 774 1 Horizon
2. Delaware 16-1 739 2 Colonial Athletic
3. Florida Gulf Coast 17-2 697 3 Atlantic Sun
4. Gonzaga (1) 17-3 681 4 West Coast
5. Princeton 13-4 637 5 Ivy League
6. BYU 18-3 624 6 West Coast
7. Hampton 15-3 567 7 Mid-Eastern Athletic

## ASU Women's Basketball Notebook

Written by Ryan Bower

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8. Middle Tennessee 16-5 527 8 Sun Belt
9. Bowling Green 16-3 498 10 Mid-American
10. James Madison 14-4 472 9 Colonial Athletic
11. McNeese State 16-4 441 12 Southland
- 12. Appalachian State 14-3 399 13 Southern**
13. Hofstra 14-4 384 11 Colonial Athletic
14. Northern Iowa 12-6 366 14 Missouri Valley
15. Sacred Heart 14-5 303 16 Northeast
16. Missouri State 11-6 271 15 Missouri State
17. Central Arkansas 14-4 242 17 Southland
18. Eastern Illinois 15-4 226 19 Ohio Valley
19. Chattanooga 13-6 166 18 Southern
20. Saint Mary's 15-6 165 20 West Coast
21. Toledo 11-7 151 21 Mid-American
22. Wichita State 13-5 147 23 Missouri Valley
23. Stetson 16-5 101 20 Atlantic Sun
24. Oral Roberts 13-7 87 24 Summit
25. Marist 13-6 86 NR Metro Atlantic

**OTHERS RECEIVING VOTES:** Miami 71, Idaho State 58, Hartford 21, UC Davis 21, Boston University 20, San Diego 18, South Dakota State 18, Long Island 17, High Point 13, Stephen F. Austin 13, Robert Morris 12, Quinnipiac 10, Towson 9, American 8, Albany 4, Elon 3, Illinois State 3, Portland State 2, Wright State 2, Lamar 1.

**Photo Courtesy: Katie Mallow, by Dave Mayo, ASU Athletics**