



MONARCH BASKETBALL



LONGWOOD

COX
BUSINESS

FRI. NOV. 26 | 4:00 P.M.



FIND YOUR FUTURE
**AT THE UNIVERSITY
THAT'S SHAPING IT.**



OLD DOMINION
UNIVERSITY

**START YOUR
REIGN**

odu.edu/apply

When you choose Old Dominion University you get to select from more than 150 academic programs, including emerging fields like cybersecurity and bioelectrics.

And with our Experience Guaranteed program and emphasis on student success, you'll have a 94% chance of landing a job or entering grad school within six months of graduation.

Get the outcomes you want at ODU.

Old Dominion University, located in Norfolk, is Virginia's forward-focused public doctoral research university with more than 23,000 students, rigorous academics, an energetic residential community and initiatives that contribute \$2.6 billion annually to Virginia's economy.

HOME OR AWAY...

*WE MAKE IT EASY TO TAKE
YOUR CLASSES WITH YOU.*



ODUOnline
OLD DOMINION UNIVERSITY™

Learn more at
online.odu.edu/team





Harris Teeter®

Proud sponsor of Old Dominion University basketball.

Fill like Bill. and...

SAVE UP TO \$1 PER GALLON*

UP TO 35 GALLONS... THAT'S \$35 EVERY TIME YOU FILL UP!



3 EASY WAYS TO EARN FUEL POINTS:



Purchasing participating items at Harris Teeter with your VIC card.
\$1 equals 1 fuel point.



Purchasing eligible retailer gift cards at Harris Teeter with your VIC card.
\$25 in gift cards equals 50 fuel points.



Purchasing non-federally funded prescriptions with your VIC card.
1 prescription equals 50 fuel points.

*Terms and conditions apply.

Check your Harris Teeter receipt or the HT app to view your fuel points. Visit harristeeter.com for details.

94.1 FM)
ESPN
RADIO

H O M E O F :
ODU SPORTS
NORFOLK TIDES
SUPER BOWL
WORLD SERIES
NCAA FINAL FOUR
NBA BASKETBALL

HAMPTON ROADS SPORTS STATION



THE
TIM DONNELLY
SHOW

12-2P

THE
NICK SHOW
CATTLES

4-7P

FOLLOW @ESPNRADIO941 AND DOWNLOAD THE FREE APP

SHOW YOUR MONARCH PRIDE!

WITH AN

ODU



FROM CREDIT CARD
CHARTWAY



- NO ANNUAL FEE
- EARN REWARDS WITH EVERY PURCHASE
- GET 20,000 BONUS POINTS WHEN YOU OPEN A VISA® SIGNATURE REWARDS CARD.*

Apply today at Chartway.com/monarchs

CHARTWAY®



THE OFFICIAL CREDIT UNION OF ODU ATHLETICS

*MUST SPEND \$2,000 IN NET PURCHASES WITHIN THE FIRST 90 DAYS.



MAKE A MOVE TO BETTER SEATS!

WITH



Real Estate Services



ATHLETICS

AN OFFICIAL **REAL ESTATE**
PARTNER OF
ODU ATHLETICS

Enter Here For Your
Chance To Win!



Proud to
cheer you on,
Monarchs!

COX
BUSINESS



Presented by **Smithfield.**

FOR *FREE* ODU TICKETS
FOR MILITARY MEMBERS AND VETERANS
Go to VetTix.org



DRIVEN TO raising the game.

We know a well-oiled machine when we see one. Your 'can't stop, won't stop' spirit, inspires our own. So, it's with pride that we join in sponsoring the Monarchs. Keep that dogged determination coming. Together let's make this season the best yet.



Checkered Flag

Where Winners Buy

CheckeredFlag.com





BUILDING OUR COMMUNITY

one home loan at a time

95% of our customers would recommend us to their friends and family.

At Atlantic Bay Mortgage Group®, our clients are friends for life. Founded and headquartered in Hampton Roads, Atlantic Bay loves our growing team of ODU alums. We're proud to be an official ODU sponsor. **Go Monarchs!**

atlanticbay.com/odu



Atlantic Bay[®]
Mortgage Group

NMLS #72043 (nmlsconsumeraccess.org)



Data is derived from internal metrics as of 10/2021.

PROUD SPONSOR OF THE
Old Dominion Monarchs



OPTIMA HEALTH cares for members on and off the court. Our team provides quality plans for businesses, families, individuals, and businesses of all sizes.



For more information or to request a quote, contact your broker, call **1-800-745-1271** or visit [optimahealth.com](https://www.optimahealth.com)

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, Optima Behavioral Health Services, Inc., and Sentara Health Plans, Inc. Optima HMO, POS, Medicare, Medicaid and FAMIS products are underwritten by Optima Health Plan. Optima PPO products are underwritten by Optima Health Insurance Company. EAP plans are administered by Optima Behavioral Health Services, Inc. Self-funded plans are administered but not underwritten by Sentara Health Plans, Inc. Wellness programs are administered by Sentara Health Plans, Inc. All Optima Health plans have benefit exclusions and limitations and terms under which the policy or plan may be continued in force or discontinued. For costs and complete details of coverage please call your broker or visit [optimahealth.com](https://www.optimahealth.com). Optima Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

2021-2022 MONARCHS



Head Coach
Jeff Jones
(Virginia, 1995)



Location: Norfolk, Va. (23529)

Nickname: Monarchs

Founded: 1930 (as the Norfolk Division of The College of William & Mary)

Enrollment: 24,824

School Colors: Slate Blue (PMS 540)
Silver (PMS 877), Light Blue (PMS 283)

Home Court: Chartway Arena (8,472)

Conference: Conference USA

President: Dr. Brian O. Hemphill
(Saint Augustine's)

Athletic Director: Dr. Camden Wood Selig
(Washington & Lee)

Athletic Department Phone: 757-683-3375

Official Website: ODUSports.com

Ticket Office Phone: 757-683-4444

Ticket Office Website: ynottix.com

2020-21 Season In Review

Overall Record: 15-8

C-USA Record: 11-5

C-USA Tournament: First Round

2021-2022 MONARCH ROSTER

No.	Name	Pos.	Ht.	Wt.	Yr.	Hometown (Previous School)
0	Mekhi Long	G	6-7	200	So.	Bryans Road, Md. / Rhode Island
1	Jason Wade	G	6-5	210	R-Jr.	Richmond, Va.
2	Brady O'Connell	G	6-7	200	Fr.	Milton, Ga.
3	Imo Essien	G	5-11	170	Fr.	Wylie, Texas
4	Jadin Johnson	G	6-0	175	Fr.	Omaha, Neb.
10	D'Angelo Stines	G	6-1	180	Fr.	Columbia, Md.
11	A.J. Oliver II	G	6-5	200	R-Sr.	Birmingham, Ala. / Clemson
12	Jaylin Hunter	G	6-0	195	So.	Manchester, Conn.
13	P.J. Gill	G	5-11	165	Jr.	Virginia Beach, Va. / Johnson & Wales
15	Charles Smith IV	G	6-5	200	So.	Atlanta, Ga. / Southern Methodist
20	Stephan Morris	F	6-7	220	So.	Houston, Texas / Kilgore College
22	Kalu Ezikpe	F	6-8	240	Jr.	Lawrenceville, Ga.
23	Austin Trice	F	6-7	225	Sr.	Chicago, Ill. / Kansas State
25	C.J. Keyser	G	6-3	190	Sr.	Baltimore, Md. / North Carolina Central / Wichita State



MONARCH MEDIA

CUSA TV

Welcome to the new CUSA.TV (formerly C-USA Digital Network). Powered by Sidarm Sports, CUSA.TV combines streaming audio and video content from the league and all 14 member institutions to provide the most thorough coverage of C-USA athletics anywhere in the world. CUSA.TV is your online home for league and member schools' live non-televized events, regional/local televised events, league championship events, member institution pressors and coaches shows, C-USA championship pressors, features and on-demand, as well as, archived and audio streaming content.

Monthly and yearly subscriptions are now available, as well as, a 24-Hour pass. Visit CUSA.TV for more information and to sign up for this season!

CUSA TV feature content and limited free live events can also be viewed on our official website, conferenceusa.com.

SUBSCRIBE NOW

WWW.CUSA.TV/ODU

MONARCHS vs LONGWOOD

FRIDAY, NOVEMBER 26, 2021

CHARTWAY ARENA



Head Coach
Griff Aldrich
(Hampden-Sydney '96)



Founded: 1839

Location: Farmville, Virginia

Enrollment: 5,000

Nickname: Lancers

Mascot: Elwood

Colors: Blue, White, Gray

Home Court (capacity): Willett Hall (1,900)

Affiliation: NCAA Division I

Conference: Big South

President: W. Taylor Reveley IV

Athletic Director: Michelle Meadows

2021-2022 LANCERS ROSTER

No.	Name	Yr.	Pos.	Ht.	Wt.	Hometown/High School/Previous School
0	Leslie Nkereuwem	Jr.	F	6-7	225	Lawrenceville, Ga. / Discovery
1	Isaiah Wilkins	Sr.	G	6-4	220	Winston-Salem, N.C. / Mount Tabor/Va. Tech/Wake Forest
2	Nate Lliteras	So.	G	6-7	210	Seward, Neb. / Seward
3	DeShaun Wade	Sr.	G	6-2	200	Virginia Beach, Va. / Miller School East Carolina
4	Zac Watson	Sr.	F	6-7	215	Plano, Texas / Liberty HS / UC Riverside
5	Jaylani Darden	Fr.	G	6-5	185	Norfolk, Va. / Norview
11	Justin Hill	So.	G	6-0	185	Houston, Texas / Fort Bend Travis
12	Jordan Perkins	Gr.	G	6-1	190	Greensboro, N.C. / Greensboro Day School / N.C. Central
13	Prosper Obidiebube	Jr.	F	6-7	210	Houston, Texas / Aspire Academy / Chattanooga
21	Trey Hicks	Fr.	F	6-8	210	Louisville, Ky. / The Hill School
22	Ga'Khari LaCount	Fr.	G	6-1	175	Miami, Fla. / Miami Coral Park
23	DA Houston	So.	G	6-1	212	Houston, Texas / Episcopal / College of Charleston
24	Cameron O'Conner	Jr.	G	6-5	185	Roanoke, Va. / Northside / Massanutten Military Academy
25	Michael Christmas	Jr.	F	6-6	225	Virginia Beach, Va. / Landstown / James Madison
35	Jesper Granlund	So.	F	6-6	210	Helsinki, Finland /Helsingin NMKY
44	C.J. Williams	R-Sr.	G	6-0	180	Chester, Va. / Thomas Dale / Frederick CC



ARE YOU READY FOR MORE
BASKETBALL?

#HOOPSATTHESTAR

Conference USA returns to Frisco, Texas with its premier basketball event at **Ford Center at The Star**, headquarters of the Dallas Cowboys. The **2022 C-USA Basketball Championships** take place **March 8-12**, featuring **28 men's and women's basketball teams** playing **26 games** with C-USA titles and NCAA automatic bids on the line. We are looking forward to **four days of exciting hoops** at this world-class facility.

The road to Frisco begins in November for C-USA teams. Follow all the action, including schedules, standings, stats, where to watch live games, recaps, players of the week, latest team information and much more on our official website:

CONFERENCEUSA.COM





ODUSPORTS PROPERTIES

A Special Thanks to our Official Team Monarch Partners



*ODU Sports Properties encourages Monarch Fans to support those who support ODU Athletics.
For more information regarding sponsorship opportunities, please call 757.683.4705*



FREE UNLIMITED MILES ON ONE-WAY RENTALS

Visit penskeu.com or call 800-281-9084 and use promo code STUDENT to get 10% off your next move.



Rental
Leasing
Logistics





TOYOTA



FIND

2021 RAV4 XLE PREMIUM

- 2.5-ltr-4-cylinder engine
- Front-Wheel Drive (FWD) or All-Wheel Drive (AWD)



YOUR

2021 RAV4 ADVENTURE

- 2.5-ltr-4-cylinder engine
- Dynamic Torque Vectoring All-Wheel Drive (TV-AWD)



STYLE.

2021 RAV4 TRD OFF-ROAD

- 2.5-ltr-4-cylinder engine
- Dynamic Torque Vectoring All-Wheel Drive (TV-AWD)



buyatoyota.com



Urology
of Virginia

When should I See the Urologist

- Getting up more than once a night to urinate
- Urinary stream is not as strong as it used to be
- Blood in the urine • Leaking urine
- Urinating more frequently than every 3 hours during the day
- Suspecting a bladder infection
- More than 3 urinary tract infections within a year if female and even one if male
- Male over 50 years old with a family history of prostate cancer
- History of kidney stones (you need surveillance to prevent large, hard to treat stones from forming)
- Two kidney stone episodes and have never had a 24 hour urine test to see if there is a way to prevent more episodes
- May have a sexually transmitted infection
- Swelling, pain, or an infection of private regions
- Interest in having a vasectomy or having one reversed

Call one of our locations today.

Urology of Virginia (Main Campus)

225 Clearfield Ave.
Virginia Beach Virginia, 23462
757-457-5100

Hampton Location

400 Coliseum Drive, Ste. 300
Hampton Virginia, 23188
757-452-3341

Suffolk Location

7185 Harbour Town Pkwy, Ste 200
Suffolk Virginia, 23435
757-457-5100

Williamsburg Location

400 Sentara Circle, Ste. 3210
Williamsburg Virginia, 23188
757-345-5554

The Paul F. Schellhammer Cancer Center

229 Clearfield Ave.
Virginia Beach Virginia, 23462
757-457-5177

www.urologyofva.net

DOWNLOAD TODAY!

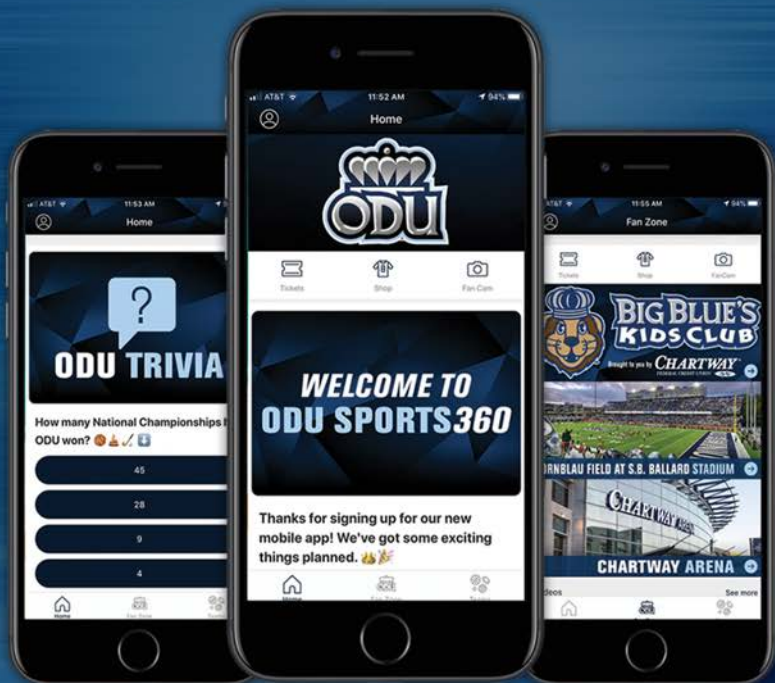


NEW SPORTS360 APP

ODU Sports 360 mobile app lets you follow all Old Dominion sports in one place. Get rosters, real-time stats, schedules, fan guides, news and videos directly from the source. Listen to live radio broadcasts, no matter where you are.



App Download
QR Code



Celebrate your everyday wins.

Play online at valottery.com
from anywhere in Virginia.



VIRGINIA LOTTERY

2021 ODU Basketball Away Game Trips



Learn more at
venturebustours.com
757-494-1480



Nov 13



Nov 30



Dec 4



Dec 7



Dec 19

Look out for 2022 Football Trips
ECU and UVA

www.venturebustours.com

IT'S TIME TO REGISTER!



BIG BLUE'S KIDS CLUB™

Brought to you by **CHARTWAY**[®]
FEDERAL CREDIT UNION 

\$20 Membership Includes:



*KID'S CLUB UNDER ARMOUR HAT,
CHARTWAY COLORING BOOK,
CHARTWAY PIGGY BANK,
ID CARD, STICKERS, NOTEPAD,
BIRTHDAY CARD FROM BIG BLUE,
COUPON FROM APEX ENTERTAINMENT,
AND MUCH MORE!*

APEX
ENTERTAINMENT[®]
FOOD • ATTRACTIONS • EVENTS
VIRGINIA BEACH, VA



Go to ODUsports.com/KidsClub



**THAT'S
WHAT
I LIKE**

delicious.
refreshing.
pepsi.



OFFICIAL SPONSOR OF
**OLD DOMINION
UNIVERSITY**



PEPSI, the Pepsi Globe and THAT'S WHAT I LIKE are trademarks of PepsiCo, Inc.