





MARCH 4, 2021



Official Game Day Sponsor

MARCH 5, 2021



Official Game Day Sponsor

Get your ODU credit card today

with the official credit union of ODU Athletics

- Earn Rewards with Every Purchase
- Redeem Points for Travel, Cash or Merchandise
- Advanced Fraud Protection



Learn more at chartway.com/monarchs



This credit union is federally insured by the NCUA. Membership eligibility subject to verification.



1 in 7 Homebuyers Choose Atlantic Bay

When we work together dreams happen.

Atlantic Bay Mortgage Group® is a trusted lender with local roots. With a growing team of ODU alums, we're proud to be an Official Team Monarch Sponsor.

#PowerofthePride



atlanticbay.com/odu

NMLS #72043 (nmlsconsumeraccess.org)

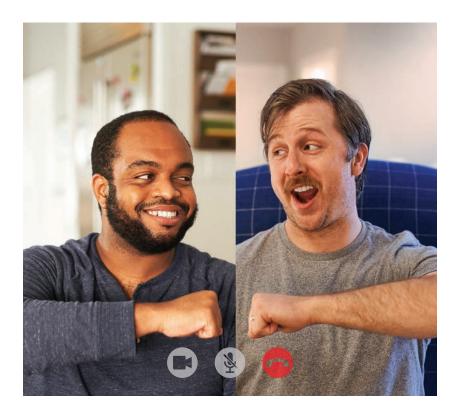




DOTHE DEW

DEW, MTN DEW, THE MTN DEW LOGO, MTN DEW CODE RED, AND DO THE DEW ARE REGISTERED TRADEMARKS OF PEPSICO, INC.

Watch Together. Even when you're not actually together.



With Cox Panoramic Wifi, no matter what seat you're watching from, we'll keep you connected to your team and the people you watch them with.

Contour gives you the full game day experience.

Just say "Monarchs" into your Voice Remote to see the latest scores, highlights and standings.





\$595 Million

to Virginia's K-12 public schools in FY20

Circumstances change. Our mission hasn't.





AJOB

MOST AFFORDABLE **PUBLIC DOCTORAL** UNIVERSITY IN VIRGINIA

-STATE COUNCIL OF HIGHER EDUCATION FOR VIRGINIA

A BEST NATIONAL UNIVERSIT

-U.S. NEWS & WORLD REPORT



Change your banking game

Making things easier and safer for our customers has never been more important.

- Debit Card Controls let you turn your card off if it's lost or stolen.
- Our Contactless Debit Card helps you make quick and safe transactions.
- Free Identity Theft Resolution Services* provide help if you become a victim of fraud.
- Appointments are available in-person, over the phone or by video for your convenience.

Expect more from your bank. Make the change to us.



An Official Banking Sponsor of ODU Athletics

AtlanticUnionBank.com | 800.990.4828 | Member FDIC

PROUD SPONSOR OF THE

Old Dominion Monarchs



OPTIMA HEALTH cares for members on and off the court. Our team provides quality health plans for individuals, families, 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**.

Optima Health is the trade name of Optima Health Insurance Company, Optima Health Plan and Sentara Health Plans, Inc. All Optima plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of coverage please call your broker or go to optimahealth.com.



Personalizing the Right Care for You

Whether safely in our clean facilities or virtually from the comfort of your own home, we're creating the personalized solutions you need, to meet you where you need us. Because no matter how the world around us changes, we believe your health care should always revolve around you.

Visit bonsecours.com/primarycare to connect with a primary care provider today.





BOWNLOAD TODAY!



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





Mobile Food and Beverage Ordering with QR Code

2020-2021 MONARCHS



Head Coach DeLisha Milton-Jones (Florida, 1997)

ABOUT THE MONARCHS

The 2020-21 Monarchs, led by first-year head coach DeLisha Milton-Jones returns three of its four double-figure scorers from last season's 24-6 team, which includes Victoria Morris (11.8). Aiah Wayne (10.7). Amari Young (10.6). Milton-Jones was introduced at the Monarchs eighth women's basketball head coach in program history on April 17, 2020.

ODU is led by 2020 All-League selections, Wayne and Young along with 2020 C-USA Co-Sixth Player of the Year, Aziah Hudson. Last season's defense ranked first in the country for holding teams to three-point field goals and 15th in the country in scoring defense.

PROBABLE STARTERS

| G | 1 | Mariah Adams | Jr. | 6-0 |
|------|----|-----------------|-------|------|
| G | 5 | Victoria Morris | Sr. | 5-8 |
| G/F3 | | Ajah Wayne | Jr. | 5-10 |
| F | 23 | Amari Young | Jr. | 5-10 |
| F | 20 | Maggie Robinso | n Gr. | 6-0 |



Location: Norfolk, Va. 23529

Enrollment: 24.670

President: John R. Broderick

(Northeastern)

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

Nickname: Monarchs

Colors: Slate Blue, Silver & Light Blue

Conference: Conference USA

Home Court: Chartway Arena (8,472)

Head Coach: DeLisha Milton-Jones School Record: 0-0 (First Season)

Career Record: 32-32 (.500) 2 years

Website: odusports.com

2019-20 Record: 24-6 Conference Record: 14-4

Letterwinners Returning: 10/2

Starters Returning/Lost: 3/2

Series: ODU Leads 58-7 (William & Marv) ODU leads 59-18 (VCU)

Last Meeting: ODU wins, 69-58 at William

& Mary (William & Mary) VCU wins, 62-49 at VCU (VCU)

2020-2021 MONARCH ROSTER

| NO. | Name | Pos. | Ht. | Yr. | Hometown (Previous School) |
|-----|-----------------|------|------|------|---|
| 0 | Vanessa Blagmon | G | 5-8 | RJr. | Atlanta, Ga. [USF] (Norcross) |
| 1 | Mariah Adams | G | 6-0 | Jr. | Little Rock, Ark. (eSTEM) |
| 2 | Lanay Wheaton | G | 5-7 | Fr. | Hope, Ark. (Holmes) |
| 3 | Ajah Wayne | G/F | 5-10 | Jr. | Birmingham, Ala. (Ramsay) |
| 4 | Aziah Hudson | G | 5-6 | Jr. | Baldwin, N.Y. (Baldwin) |
| 5 | Victoria Morris | G | 5-8 | Sr. | Cincinnati, Ohio (North College Hill) |
| 11 | Ash'a Thompson | G | 5-10 | Fr. | Desoto, Texas (Desoto) |
| 12 | Amaya Register | G | 5-4 | Jr. | Conyers, Ga. (Wesleyan) |
| 14 | Dejah Carter | F | 6-3 | Sr. | Chesterfield, Va. (Cosby) |
| 20 | Maggie Robinson | F | 6-0 | Gr. | Mobile, Ala. [Shelton State CC] (W.P. Davidson) |
| 23 | Amari Young | F | 5-11 | Jr. | North Augusta, S.C. (North Augusta) |
| 24 | Mackenzie Smith | G | 5-8 | RFr. | Syracuse, N.Y. (West Genesee) |
| 25 | Skylah Travis | С | 6-3 | Fr. | Weldon, N.C. (Weldon) |
| 31 | Marie Reichert | F | 6-2 | So. | Kassel, Germany (Albert-Schweitzer-Schule) |
| | | | | | |

TWO GREAT WAYS TO GET IN THE GAME!

AN CUTOU





FOR ONLY \$59!

UAL TICKET





HELP SUPPORT ODU ATHLETICS AND YOU COULD WIN GREAT PRIZES!

PURCHASE A VIRTUAL TICKET & YOU WILL RECEIVE A VIRGINIA LOTTERY DIGITAL SCRATCHER (PRIZES BELOW)



PURCHASE ME VIRTUAL TICKET FOR & RECEIVE 3 VIRGINIA LOTTERY DIGITAL SCRATCHERS





EACH SCRATCHER GIVES YOU THE OPPORTUNITY TO WIN THESE PRIZES



2 SEASON TICKETS FOR ALL ODU SPORTS IN 5051-5055



USE OF A *Chartway arena Suite* for a basketball game IN 5051-5055



\$500 HARRIS TEETER GIFT CARD



UNDERARMOUR SHOPPING SPREE!

DELISHA MILTON-JONES - Monarch Head Coach



Experience: First Season at ODU Overall Record: (2 yrs) 32-32 (.500) 1 postseason appearance

DeLisha Milton-Jones, the two-time Olympic gold medalist and former head coach at Pepperdine University, has been selected as the new head coach of the Old Dominion women's basketball program, as announced by

Director of Athletics Dr. Camden Wood Selig on April 17, 2020.

Milton-Jones, who also had a decorated professional career in the WNBA and overseas, spent the past season as an assistant coach and recruiting coordinator for Syracuse University.

Milton-Jones has excelled at every stop of her basketball career. She started her college coaching career as an assistant at Pepperdine in 2016-17. After one season, she moved into the head coaching role and led the program to unprecedented success. In the 2017-18 season, she guided Pepperdine to 10 wins, the most at the Malibu school since 2012. In her second year, the Waves won 12 more games than the previous year by finishing 22-10, one of the best turnarounds in the country. The Waves 22 victories in 2018-19 also marked the program's most wins since 2002. Pepperdine earned a WNIT bid, the program's first postseason tournament, and then advanced to the Sweet 16 with wins over St. Mary's and Cal Baptist.

She left Pepperdine for the assistant coaching role at Syracuse following the 2019 WNIT run. Milton-Jones joined the staff of veteran head coach Quentin Hillsman. This past season, the Orange put together a 16-15 mark, highlighted by wins over No. 5 Louisville and No. 8 Florida State.

Milton-Jones is the eighth head coach in ODU's storied women's basketball history, replacing Nikki McCray-Penson, who left the role last week to become the head coach at Mississippi State. Milton and McCray were both members of the USA team that won the gold medal in the 2000 Olympics.

Milton-Jones's coaching career followed a long and successful professional and international basketball career. Drafted fourth in the 1999 WNBA draft, she played 17 years in the league, retiring from the WNBA in 2016 after setting the record for most games played in league history with 499, which was later broken by WNBA great Sue Bird. She helped lead the Los Angeles Sparks to back-to-back WNBA Championships in 2001 and 2002. She was selected to the WNBA All-Star team in 2000, 2004 and 2007. In all, Milton-Jones played for Atlanta, New York, Washington and San Antonio, in addition to Los Angeles. Her 5,571 career

points still ranks ninth in WNBA history. She also made stops in Spain, Italy, Turkey, South Korea, the Czech Republic and Russia to play professionally.

On the international stage, Milton-Jones helped the United States win Olympic gold medals in 2000 and 2008. In the latter, she was coached by former ODU legend, Anne Donavan. She missed the 2004 Olympics with an injury. While playing for the national team, Milton-Jones also helped Team USA win FIBA Championships in 1998 and 2002.

Milton-Jones's first venture into coaching came when she was named interim coach of the Los Angeles Stars midway through the 2005 American Basketball Association. She became just the second woman to coach a men's professional basketball team.

Milton-Jones, who played for four years for Carol Ross at Florida, had one of the most remarkable college careers at Florida, capped off her senior year when she was named the 1997 Wade Trophy Winner, the 1997 Honda Award Winner, the 1997 SEC Player of the Year, a First Team All-American selection amongst other highly-touted accolades. She scored 1,858 points during her career, helping the Gators to four straight NCAA tournament appearances. Ironically, her final collegiate game was a 53-51 loss to Old Dominion in the 1997 NCAA Elite Eight. She was named to the Florida Gator Hall of Fame in 2007

Milton-Jones takes over a program with a storied history that has returned to the national spotlight in recent years. The Monarchs' 1,084 wins ranks top-10 in the NCAA all-time wins category. ODU also owns three national championships, 25 NCAA Tournament appearances, 17 conference championships and 55 All-Americans.



MARIAH ADAMS - Junior • Guard



Hometown: Little Rock, Ark. High School: eSTEM

Height: 6-0

Major: Communication

#1

2019-20 (SO): Averaged 5.9 points, 3.5 rebounds and 2.0 assists during her sophomore campaign... Played in 32 games, making two starts....Missed two games due to a shoulder injury... Her two sophomore starts came against UMES (12/8/19) and VCU (12/15/19)... Averaged 23.4 minutes per game.. Recorded a career-high 13 points in win over William & Mary on Dec. 5.... Went six-for-six from the free throw line against the Tribe.. Dished out a career-high six assists at Auburn... Reached double figures in six games.

2018-19 (FR): Averaged 4.8 points, 2.9 rebounds and 1.9 assists during her freshman season ... Played in all 32 games, making four starts ... Averaged 23.1 minutes per game ... Recorded five double-figure scoring games, including a season-high 13 against Saint Mary's in the Tulane Classic Championship ... Scored 11 points and dished out a season-high five assists against Coppin State ... Also reached double figures in C-USA games against UTSA and Charlotte, as well as against Longwood.

PREP: A three-time All-State selection at eSTEM High School in Arkansas ... Helped guide her team to top-10 national rankings in both her junior and senior seasons.

PERSONAL: Chose ODU for its family environment and campus ... Enjoys rap music, especially Future ... Favorite athletes are Lebron James and Candace Parker ... Favorite food is chicken alfredo ... Majoring in communication.



CAREER HIGHS:

Points: 13, 2x, last vs. W&M (12-5-19) FGM: 5, 4x, last vs. Charlotte (2-20-20) FG ATT: 15, Saint Mary's (12-22-18) FG PCT: 1.00, 2x last vs. UAB (1-4-20)

3PTM: 3, Saint Mary's (12-22-18) **3PT ATT:** 9, Saint Mary's (12-22-18) **3PT PCT:** 1.000, 5x, UAB (1-4-20)

FTM: 6, W&M (12-5-19) FT ATT: 6, W&M (12-5-19) FT PCT: 1.000, 12x,

last vs. Rice (3-7-20)

REBS: 7 vs. FAU (1-25-20) AST: 6, Auburn (11-14-19) BLKS: 3, Coppin State (12-19-18) STLS: 4, 2x, last vs. FAU (2-26-20)

MINS: 36, UMES (12-8-19)

| CAREER STATS | | | | | | | | | | | |
|--------------|-------|---------|------|--------|------|-------|------|---------|-----|------|---------|
| YR | GP-GS | FG | PCT | 3PT | PCT | FT | PCT | REBS-AV | A | STLS | PTS-AVG |
| 18-19 | 32-4 | 52-168 | .310 | 22-90 | .244 | 29-39 | .744 | 93-2.9 | 60 | 24 | 155-4.8 |
| 19-20 | 28-2 | 72-156 | .397 | 13-50 | .260 | 29-39 | .744 | 99-3.5 | 62 | 28 | 166-5.9 |
| TL | 60-6 | 114-324 | .352 | 35-140 | .250 | 58-78 | .744 | 192-3.2 | 122 | 52 | 321-5.4 |

MONARCHS vs WKU

MARCH 4-5, 2021





Head Coach Greg Collins (Louisville '88, '94)



ABOUT THE LADY TOPPERS

Head coach Greg Collins begins his third season as head coach of the Lady Toppers. Collins led WKU to back-to-back 20 plus win seasons. Collins coached Dee Givens and Raneem Elgedawy to the Conference USA All-Conference First Team. Givens was also named to the All-Defense Team.

Last season, ODU faced WKU at home, where the Monarchs won, 76-65. The Lady Toppers were selected to finish fifth in the C-USA Preseason Poll. At E.A. Diddle Arena the Lady Toppers compiled a perfect 13-0 record, while putting together a 8-7 road mark in 2019-20.

Location: Bowling Green, Ky. Enrollment: 19.461 Nickname: Lady Toppers Colors: Red and White Conference: Conference USA President: Dr. Timothy C. Caboni Athletic Director: Todd Stewart Home Court: E.A. Diddle Arena **Head Coach:** Greg Collins School Record: 42-22 Career Record: 42-22 Basketball SID: Lillie-Anne Mulligan SID Email: jordan.muligan@wku.edu Website: wkusports.com 2019-20 Record: 22-7 Conference Record: 14-4 Letterwinners Returning/Lost: 4/7 Starters Returning/Lost: 2/3 Series: WKU Leads 17-9 Last Meeting: 19-20 / ODU wins 76-65

2020-21 WKU ROSTER

| No. | Name | Ht. | Yr. | Pos. | Hometown/Previous School |
|-----|------------------|------|-------|------|--|
| 0 | Myriah Haywood | 5-11 | R-So. | G | Edwardsville, III./Edwardsville HS |
| 1 | Hope Sivori | 5-5 | Fr. | G | Louisville, Ky./Mercy Academy |
| 3 | Ally Collett | 5-7 | Fr. | G | London, Ky./South Laurel HS |
| 5 | Megan Landsiedel | 6-0 | Fr. | G | Stamford, Conn./Stamford HS |
| 10 | Jenna Kallenberg | 5-10 | Fr. | G | Maryville, Tenn./William Blount HS |
| 12 | Fatou Pouye | 6-0 | Sr. | F | Kaolack, Senegal/South Georgia Tech |
| 15 | Raneem Elgedawy | 6-4 | Sr. | F | Alexandria, Egypt |
| 21 | Tori Hunter | 6-4 | R-Fr. | F | Hoover, Ala./Spain Park HS |
| 22 | Sherry Porter | 5-7 | Sr. | G | Baton Rouge, La./Madison Prep Academy |
| 25 | Jordan Smith | 5-10 | Fr. | G | Philadelphia, Penn./Abington Friends Academy |
| 30 | Selma Kulo | 6-4 | Fr. | F | Lawrenceville, Ga./Brookwood HS |
| 40 | Meral Abdelgawad | 5-11 | So. | G | Cairo, Egypt |

*UP TO \$1 PER GALLON ON 35 GALLONS TERMS AND CONDITIONS APPLY

SAVE PER GALLON*



Visit harristeeter.com for details.







Proud sponsor of Old Dominion University basketball.





Proud supporter of the ODU Monarchs!

COXBUSINESS



A local, family-owned business, **IFPC Granite** fabricates and installs natural stone including granite and marble, as well as quartz and recycled glass. We take pride in offering the finest natural stone and manmade products in the Mid-Atlantic. By carefully selecting only the highest quality and most unique slabs from around the world, we ensure that your next residential or commercial project will truly be one-of-a-kind.

Visit our showroom or call us about your next project. 4675 East Princess Anne Road, Norfolk, 23502 757-855-5286

ifpcgranite.com



IT'S TIME TO REGISTER!





Go to ODUsports.com/KidsClub

Professional Printing can help you call the plays.

Our full service print shop will help you score every time.

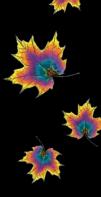
offset & digital printing mailing services promotional products banners & signage



PROFESSIONAL PRINTING CENTER

817 Yupo Court • Chesapeake, Virginia 23320 • t 757.547.1990

www.professionalprinting.com















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



All around performance









@ESPNRADI0941







Conference USA returns to Frisco, Texas with its premier basketball event at Ford Center at The Star, headquarters of the Dallas Cowboys. The Air Force Reserve C-USA Basketball Championships presented by Baylor Scott & White Sports Performance Center at The Star takes place March 10-13, featuring 24 men's and women's basketball teams playing 22 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









BaylorScott&White

























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





CHARTWAY® ARENA COVID-19 FAQ

WHAT TO EXPECT WHEN ATTENDING A GAME

Chartway Arena looks forward to hosting fans for the 2020-2021 ODU Men's and Women's Basketball seasons. In order to make attending our home basketball events as safe as possible, there will be a number of changes to the event experience. These policies and procedures are based on input provided by national, state, local, and Conference USA sources, among others, regarding best practices for the COVID-19 pandemic. The information below is provided to give fans an understanding of what to expect as they attend games this season.

WHAT SHOULD I BE AWARE OF REGARDING THE COVID-19 PANDEMIC?

Attendance

• Guests who are experiencing symptoms of COVID-19 cannot enter Chartway Arena.

Face Coverings

- All spectators over the age of two will be required to wear a face covering while inside Chartway Arena.
- Face coverings must fit snugly to the face and cover the nose and mouth. Single-ply neck gaiters, open-chin triangle bandanas and face coverings containing valves, mesh material or holes of any kind are not acceptable.
- Face coverings do not need to be worn while "actively" eating or drinking in a seat.
- Face coverings are not a substitute for physical distancing, and fans will be asked to keep a safe distance between their party and other fans while inside and outside of the arena.

Physical Distancing and Hand Hygiene

- Guests are asked to practice physical distancing by maintaining 6 feet of physical distance between themselves and other people who are not in their party.
- Fans are encouraged to wash their hands frequently in a restroom sink or utilize one of several sanitizer stations provided throughout the arena.

Venue Staff

- Venue staff and vendors will be subject to a health screening prior to starting their shift.
- Venue staff and vendors will wear face coverings at all times.

Cleaning

 Chartway Arena is committed to active and increased cleaning and sanitizing of high touch surfaces before, during, and after each event. The venue also undergoes a thorough cleaning process between events, including the use of an electrostatic sprayer for sanitizer application.

I'VE BEEN TO GAMES AT CHARTWAY ARENA BEFORE. HOW WILL THE EXPERIENCE BE DIFFERENT THIS YEAR?

Entrances

- Guests can enter the venue through the West Lobby Main Doors adjacent to Hampton Blvd. or the Connie and Marc Jacobson VIP Entrance adjacent to 45th Street.
- ADA entrance is located at the Connie and Marc Jacobson VIP Entrance on 45th Street.
- Suite and club level ticket holders can enter using the Connie & Marc Jacobson VIP Entrance located on 45th Street.
- Guests are asked to maintain a physical distance of at least 6 feet between parties while waiting
 in line to enter the arena.
- All doors open 1 hour prior to game time.

Elevators

- Elevators will be restricted to one party or 4 individuals
- Elevators are located at the Connie and Marc Jacobson VIP Entrance and have stops at the North end of the 100's and 200's seating levels.

Restrooms

Guests are encouraged to maintain physical distance while inside of the restrooms. Restrooms
will multiple entrances and exits will have specifically-marked entrances and exits to allow for
one-way traffic.

Hospitality Areas

• Due to the guidelines on physical distancing, The Constant Club, Big Blue Room, and Courtside Seat lounge will not be open to fans and ODAF donors.

Seating

- In order to maintain physical distance in the seating areas, the seating capacity at Chartway
 Arena has been reduced pursuant to local guidelines.
- Stickers will be used to indicate seats that have been assigned. Guests are required to use their
 assigned seats and avoid using seats that are not marked.

WILL THERE BE ANY FOOD AND BEVERAGES AVAILABLE?

New! Fans will be able to enjoy all our food and beverage options without having to leave their seat. A QR Code will be located at each seat that allows guests to order off our full menu and have those items delivered to their seats.

- · A limited number of concession stands will be available at games this season.
- All food and beverages will be served in closed top boxes or individual packages. Condiments will be prepackaged, and cutlery will be distributed with limited contact.
- Guests are asked to maintain physical distancing and heed directional signage while visiting concession stands.