February will be a very exciting month for our program as we play the bulk of our Ivy League season and host two very special events. The Ivy League schedule is unique in that we play on back-to-back nights each week. Although this doesn’t allow for much recovery time, it does help our players get into a consistent rhythm. Additionally, the short trips - coupled with the fact that Columbia offers very few classes on Fridays - significantly reduce the amount of class time our players miss.

On February 14, we will be hosting a very special event in honor of my late colleague and dear friend, Coach Kay Yow. I had the privilege of working with and learning from Coach Yow for 15 years at North Carolina State University. Coach Yow not only was a pioneer for women’s basketball, but she also empowered all women in the world of athletics. Coach Yow was diagnosed with breast cancer in 1987, and battled the disease three separate times. With courage and grace, Coach Yow gave hope to those suffering from cancer and inspired others to join the fight against it. Coach Yow’s influence reaches far and wide, and I am blessed to have spent so many years at her side.

One of the many great lessons I learned from Coach Yow is the importance of relationships. My staff and I are looking forward to Alumnae Weekend 2015, during which we can continue to build our relationships with the amazing alumnae we have met over the past year and a half. The weekend will also provide an opportunity to connect the past with the present. This connection fosters mentoring and is extremely beneficial to the younger generation. Below are the details of the weekend - we hope to see you there!
UPCOMING EVENTS

PLAY 4 KAY - February 14th vs Dartmouth at 7:00pm

Columbia's eighth-annual PLAY 4 KAY game will take place in Levien Gymnasium on February 14th. The PLAY 4 KAY initiative is named in honor of Kay Yow, the former North Carolina State University head women’s basketball coach. Coach Yow battled breast cancer for 22 years and founded the Kay Yow Cancer Fund before passing away in 2009. The fund's mission is to raise money for scientific research, assist the underserved, and unify people for a common cause. Come join the Columbia Women’s Basketball community carry out Kay Yow’s legacy and commitment to help find a cure for all women’s cancers! Throughout the evening, we will celebrate survivors and raise money for the Herbert Irving Comprehensive Cancer Center and the Kay Yow Cancer Fund. We look forward to seeing you there!

Young Alumni PLAY 4 KAY Event - February 14th at 5:30pm

Join fellow young alumni and friends from Columbia College and Columbia Engineering at Bernheim and Schwartz Hall prior to the Women's Basketball PLAY 4 KAY game! RSVP for the event here!

Alumnae Weekend - February 20th - 22nd

Please join us in welcoming back our Women’s Basketball Alumnae! The Lions will tip off the weekend with a 7:00pm Friday night contest at Levien Gymnasium against Brown. Saturday will feature an opportunity for all former players to relive their glory days! Alumnae will compete against each other at 5:00pm in Levien, followed by an evening of reminiscing at The Heights. The special weekend culminates Sunday with an 11:00am Alumnae Brunch followed by the Lions taking on Yale at 1:00pm. Alumnae, RSVP here!

Boston Alumni Club Pregame Event - February 28th

Come visit with Columbia University alumni living in the Boston area! The event will begin at 4:00pm at John Harvard’s Brewhouse in Harvard Square (Cambridge, MA). Afterwards, head down the road to Lavietes Pavilion to watch the Lions take on Harvard. Tip-off is at 6:00pm! Click here for more information about the event!
Where do you currently reside?
I live in Houston, Texas but sometimes sob quietly that I no longer live in NYC.

Where do you work currently and what do you do there?
I am a Vice President in the legal department at Just Energy, an electric, gas and solar retailer that sells to residential, commercial and industrial customers in the US, Canada and UK. As a lawyer, my workload varies daily but most of my time is spent dealing with litigation matters and providing legal advice to the business units on product terms, customer agreements, marketing campaigns, sales strategy, and employee issues.

What do you enjoy most about the career path you have chosen?
I have been an attorney since 1994 and worked for law firms for 14 years. I moved in house to work for a former client in the energy business in 2008 and have stayed in energy since. My current co-workers might say I enjoy telling people what to do the most. But, seriously I am challenged on a daily basis with constant questions from the business units - some complex, others basic. I enjoy working together with the business units to weave legal advice with business objectives. The teamwork is what I find most enjoyable.

Describe your experience at Columbia.
My freshman year was the first year Columbia played a full schedule in the Ivy League. It was tough, mostly from a mental perspective. Most of the team came from winning high school programs. To attend class, go to work study, train hard, and play hard, and still not win often, was difficult to experience as a competitive person. I understand now life is not all about winning. There is so much more. My Columbia experience was extraordinary from the unparalleled education to having the opportunity to play basketball for the Lions.

What are your fondest memories of your years at Columbia?
Preseason sprints at 5:30 am (a fond memory today – not fond at that time), bus ride road trips during Ivy League season, dorm life with my teammates, pick-up games at Levien on Sundays, the West End, Pete waiting on us at Tom’s, Junior wishing us luck before every home game, and meeting extraordinary people who are life-long friends.

What advice would you give to the current women’s basketball players?
Focus on what you want to achieve, personally and professionally. Life goes fast, and if you don’t take time to focus on what makes you happy and fulfilled it goes even faster. Work hard and believe in yourself. You are from Columbia – never forget it. Columbia is a serious institution that many people do not have the opportunity to experience. Embrace it. Be proud of it. People expect more of you and you should expect more of yourself.
Lions Teach Skills to NYC Youth

During the semester break, the Lions hosted a basketball clinic for youth from neighboring communities. The children that participated ranged from 5 to 13 years old, and all brought bundles of energy. Luckily, the players and staff were able to match the children’s enthusiasm while teaching basketball. The children learned fundamental skills—such as shooting, passing, ballhandling, and defensive positions. However, the relay races proved to be the most exciting and competitive event of the clinic.

Columbia Women’s Basketball teamed up with the Greenwich House Malakoff Basketball League to host a clinic for the 19th year in a row. This year, we had an overwhelmingly positive attendance as 100 young girls participated in the clinic held in Levien Gym. This remarkable turnout is a great demonstration of the growth of women’s basketball and an encouraging sign for its future!

Register for Summer Basketball Camp with the Lions!

Columbia Women’s Basketball is hosting three camps in Levien Gym this summer for girls interested in playing basketball. At each camp, participants will be separated based on age and skill level, ensuring a positive experience for all. The following camps are great opportunities to be coached by the Columbia Coaching Staff and to work with our current players!

**Day Camp** is open to all girls entering 1st through 9th grade in Fall 2015. This camp focuses on teaching the fundamentals of basketball and improving overall basketball knowledge. The camp atmosphere will be high-energy, with an emphasis placed on the enjoyment of the game.

**Elite Camp** is open to all girls entering 8th through 12th grade in Fall 2015. This camp is designed for players interested in playing basketball at the collegiate level. With a focus on the refinement of skills and teaching advanced concepts, this camp will have high-intensity drills, competitions, and 5-on-5 games.

Please [click here](#) for more information and to register for camp!

Thank you for your support!