



THE OFFICIAL SITE OF THE UNIVERSITY OF SAN FRANCISCO ATHLETICS

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[SQ IR-W FEWOIXFEPP

WGLIHYP

VSWXIV

WXEXWXNGW

EVGLMZIH WXSVMW

EHHXNREP PAROW



Height 5-10

Class Fr.

Hometown Berkeley, Calif.

Prev School Berkeley HS



11 Rachel Howard

2013-14 Women's Basketball Roster

- 1 Dikes, Zhané
- 2 Winston, Taj
- 3 Spietz, Paige
- 5 Gordon, Aundrea
- 11 Howard, Rachel
- 12 Stark, Bryn
- 13 Katuna, Jamie
- 21 Hardick, Alexa
- 22 Price, Claudia
- 25 Scafid, Alicia
- 32 Proctor, Taylor
- 33 Williams, Denae Mary
- 35 Simon, Kalyn
- 44 Carothers, Hashima

2013-14

Current Stats

PREP CAREER: Three-time NorCal champions and three-time state runner-up with the Berkeley HS Yellowjackets ... three-time North Coast Section champions ... first-team all-league and all-metro as a senior ... averaged 15.7 points, 7.2 rebounds and 3.2 assists per game as a senior ... second-team all-league and third-team all-metro as a junior ... CIF NCS Scholastic Championship Team member as a sophomore ... played club basketball with California Ballaz, coached by Leroy Hurt and John Young ... three-time NCS Scholar-Athlete ... two-year member of Build On Community Service Club.

PERSONAL: Daughter of Rodney Howard and Laura Towne Howard ... father played basketball at Albion College (Mich.) ... contemplating a profession in coaching after USF ... born July 13, 1995, in Oakland, Calif.

More on Rachel:

I chose USF because ... I believe this school's team and coaching staff are the best in the country.

Favorite food ... bread

If I could travel anywhere in the world, I would go to ... Sudan, South Africa or Italy.

The best advice I have ever been given is ... to love people.

My hero is ... my mom.

Rachel Howard Headlines

USF Opens WCC Tournament Play Against Loyola Marymount Thursday
03/05/14 - VIDEO | The Dons and the Lions tip at approximately 2 p.m., from the Orleans Arena...

Rachel Howard Named to WCC's All-Freshman Squad

03/03/14 - Sophomore duo of Taylor Proctor and Zhané Dikes earn All-WCC honorable mention...

Dons Cruise to 75-61 Win Over Pepperdine

02/27/14 - VIDEO | Sophomore Zhane Dikes led the way for USF with 15 points on the night....

Dons Tamed by Tigers, 83-65

02/22/14 - USF returns home for final week of the regular season....

USF Falls at Saint Mary's, 83-64

02/20/14 - Zhane Dikes finished with 17 points and seven rebounds to lead the Dons....

One Point Makes the Difference in

[Return to Roster](#)



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MT @DocJCCcontreras@USFBBallCoach Great seeing you on TV Coach #RSP#GoDons http://t.co/VjVP8th4M 14 minutes ago in reply to DocJCCcontreras