

# DeLisha Milton-Jones

Forward • 6'1" / 185 cms. • 172 lbs. / 78 kgs.  
Los Angeles Sparks • University of Florida '97

## USA Basketball Notes:

**Gold Medals:** 2000 & 2008 Olympics; 2008 FIBA Diamond Ball Tournament; 2007 FIBA Americas Championship; 1998 & 2002 FIBA World Championships; 2002 Opals World Challenge; 1999 U.S. Olympic Cup; 1997 & 1999 USA Basketball Women's International Invitationals; 1997 World University Games; 1994 U.S. Olympic Festival.

**Bronze Medal:** 2006 FIBA World Championship.

- Member of the 2008 U.S. Olympic Team that captured the USA's fourth consecutive gold medal with a perfect 8-0 record; averaged 2.1 ppg. and 1.3 rpg.
- Aided the USA National Team to the 2008 FIBA Diamond Ball gold medal and a 3-0 slate prior to the Olympics against Latvia and eventual Olympic bronze and silver medalists Russia and Australia, respectively; averaged 2.3 ppg. and 2.3 rpg.
- Assisted the USA to a 2-0 mark in its 2008 Spain training, averaged 5.0 ppg. and 4.0 rpg.
- Member of the 2007 USA FIBA Americas Championship Team that competed in Valdivia, Chile, posted an unblemished 5-0 slate, captured the gold medal and qualified the U.S. for the 2008 Olympics; averaged 6.8 ppg. and 4.6 rpg.
- Prior to the FIBA Americas Championship, aided the USA to a pair of victories against the Australia National Team.
- Named to the 2007-08 USA Basketball Women's National Team on March 6, 2007.
- Member of the 2006 USA Basketball Women's World Championship Team that posted an 8-1 record and took home the bronze medal from Sao Paulo, Brazil; started all nine games and averaged 7.6 ppg. and 4.9 rpg. in just over 18 minutes per game.
- Aided the U.S. to a 56-49 exhibition victory over eventual World Championship gold medalist Australia, had nine points and seven rebounds.
- Member of the 2006 USA Senior National Team for the USA's March 2-9 European Tour; played in two games (missed the second due to the 2006 EuroLeague All-Star Game) and averaged a team-high 19.5 ppg. and added 7.5 rpg.
- Named to the 2004 USA Senior National Team core group, but was sidelined four days into training. She suffered a torn ACL in her right knee in Jacksonville, Fla., the day before the squad was slated to travel to Cuba in February. She returned to the floor for the WNBA season, but another injury kept her from being named to the 2004 U.S. Olympic Team.
- A member of the 2002 USA World Championship Team that collected the gold with a perfect 9-0 record in China.
- Aided the 2000 U.S. Olympic Team to the gold medal and an 8-0 record in Sydney.
- As a member of the gold medal winning '98 USA Worlds squad that finished with a perfect 9-0 record in Germany, started eight of the team's 13 games in its pre-World Championship tour.
- A member of the USA gold medal winning teams at the 1999 U.S. Olympic Cup, 1997 World University Games and 1994 U.S. Olympic Festival.
- Competed as a member the 1999-00 squad that compiled a 38-2 record and earned the 1999 U.S. Olympic Cup and the USA Basketball International Invitational titles prior to Sydney.
- Member of the 1999 USA National Team that compiled a 4-1 record during its Winter European Tour, the 1998 USA National Team that rebounded to win its final two games and

finish with a 2-3 record against host Australia and in 1997 helped the U.S. capture the USA Basketball Women's International Invitational title.

## Professional Notes:

### WNBA

- **Drafted:** No. 4 by the Los Angeles Sparks in 2004; traded to the Washington Mystics on March 22, 2005; traded back to the Sparks on April 21, 2008.
- **WNBA titles:** 2001, 2002
- **WNBA All-Star Games:** 2000, 2007
- Through the 2008 season, ranks 12th among the league's all-time leaders for points (3,606) and rebounds (1,757), ninth for steals (440), 20th for rebounds averaged (5.9 rpg.) and steals averaged (1.47 spg.) and 13th for blocked shots (252).
- Helped the Sparks to a 10-game improvement with a 20-14 record in 2008 and a WNBA Western Conference playoff berth, averaged 13.9 ppg., 6.3 rpg. and 2.4 apg.
- Averaged 13.4 ppg. and 6.4 rpg. for the Mystics in 2007.
- Sprained the MCL in her left knee on June 17 and missed 12 games during the middle of the 2006 season.
- In 2003 helped the Sparks to a 24-10 record as L.A. advanced through the playoffs to the Finals.
- In 2002 aided the Sparks to a 25-7 record, a first place finish in the Western Conference and their second league title.
- Helped lead the Sparks to a 28-4 record in 2001, a first place finish in the Western Conference, the Conference title and 2001 WNBA crown.

### ABL (American Basketball League)

- **Drafted:** No. 2 by the Portland Power in the 1997 ABL Draft
- Member of the 1998 ABL Western Conference champion Portland Power.

### International

- **EuroLeague titles:** 2003, 2006
- **EuroLeague Final Fours:** 2002, 2003, 2006, 2007,
- **EuroLeague All-Star Games:** 2006, 2007, 2008
- Is currently competing in her third season for Ros Casares in Valencia, Spain.
- Returned to play for Ros Casares during the 2007-08 season, averaged team-highs of 8.3 rpg. and 1.3 bpg., while contributing a team second-best 15.3 ppg. in aiding the club to a 13-3 slate and the EuroLeague quarterfinals.
- Paced all EuroLeague participants in scoring (20.9 ppg.) and rebounding (10.9 rpg) in aiding Ros Casares to the 2007 EuroLeague Final Four championship game.
- Averaged 16.4 ppg., 7.6 rpg. and 1.9 apg. in 2005-06 for Gambirinus Sika Brno in the Czech Republic, which captured the 2006 EuroLeague crown.
- Played two seasons in Ekaterinburg, Russia; averaged in 2003-04 a EuroLeague fourth-best 17.2 ppg. and a fifth-best 8.6 rpg. in helping UMMC Ekaterinburg to the top spot in Group A with a 9-3 record and a quarterfinals berth.
- In 2002-03 averaged 14.5 ppg. and 9.2 rpg., while helping UMMC Ekaterinburg to the 2003 EuroLeague title.
- Spent the 2001-02 season playing for Lavezzini Basket (Italy), averaged a team high 16.8 ppg. and second best 7.3 rpg., assisted her team to the EuroLeague Final Four, where they finished in third place.



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## College Notes:

- During her four years (1994-97), helped Florida to a 91-34 (.728) record and four NCAA Tournaments, including the 1997 Elite Eight.
- The 1997 Wade Trophy recipient, also collected 1997 NCAA Mid-east Regional Most Outstanding Player honors and was tabbed 1997 All-America first team by the Associated Press, Kodak/WBCA and *Basketball Times*.
- The 1997 Southeastern Conference (SEC) Player of the Year; named to the 1996 and 1997 All-SEC first team, 1995 All-SEC second team, and 1994 SEC All-Freshman Team; and earned 1997 and 1994 SEC All-Tournament Team honors.
- Became the first Lady Gator to ever post triple-double, notched 11 points, 11 rebounds and 10 steals versus Bethune-Cookman (2/2/94).

## Personal Notes:

- Born on September 11, 1974, hails from Riceboro, Georgia, and married Roland Jones on June 30, 2003.
- Daughter of Beverly Milton, her sister, Charmaine, played for Florida in 1995 and 1996 after transferring from Stetson University (Fla.).
- Earned her degree in sports management, with a minor in mass communications.
- Nicknamed "Sunshine," she has an 84-inch wingspan, which is equal to that of a 7-footer.
- The recipient of the 1997 University of Florida President's Recognition Award for her civic activities has participated in many community activities and charities, including visiting people in hospitals, running for breast cancer and alzheimers and giving motivational speeches to students and teenage parents.
- Attended Bradwell Institute (Ga.), where she was named the 1992 and 1993 Naismith High School Player of the Year.



Photo: Garrett Ellwood / NBAE / Getty Images

## USA Basketball Statistics:

TEAM	G/S	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
2008 OLY	7/ 0	5- 9	.556	0- 0	----	5- 7	.714	9/ 1.3	15/ 2.1	3	0	1
2008 DIAM	3/ 0	2- 6	.333	0- 0	----	3- 4	.750	7/ 2.3	7/ 2.3	0	0	3
2008 WNT	2/ 2	4- 8	.500	0- 0	----	2- 2	1.000	8/ 4.0	10/ 5.0	2	2	3
2007 WTOA	5/ 0	15- 27	.556	1- 4	.250	3- 5	.600	23/ 4.6	34/ 6.8	11	2	3
2007 WNT	2/ 1	1- 5	.200	0- 0	----	0- 0	.111	4/ 2.0	2/ 1.0	2	0	2
2006 WWC	9/ 9	25- 65	.385	0- 9	.000	18- 22	.818	44/ 4.9	68/ 7.6	6	0	7
2006 WWCX	1/ 1	4- 10	.400	1- 2	.500	0- 0	----	7/ 7.0	9/ 9.0	0	0	1
2006 WNT	2/ 1	17- 29	.586	5- 6	.833	0- 0	----	15/ 7.5	39/ 19.5	3	2	4
2002 WC	9/ 0	22- 38	.579	0- 1	.000	8- 9	.889	31/ 3.4	52/ 5.8	2	4	13
2002 WCX	4/ 2	8- 26	.308	0- 1	.000	5- 7	.714	21/ 5.3	21/ 5.3	2	2	4
2000 OLY	8/ 0	16- 31	.516	0- 0	----	4- 8	.500	14/ 2.4	36/ 4.5	0	3	6
1999-00 WNT	37/10	103- 191	.539	1- 2	.500	53- 76	.697	146/ 3.9	260/ 7.0	51	13	34
1999 WNT	5/ 0	18- 29	.621	0- 0	----	8- 11	.727	21/ 4.2	44/ 8.8	3	4	3
1998 WC	9/ 0	27- 42	.643	0- 0	----	10- 15	.667	38/ 4.2	64/ 7.1	13	6	9
1998 WCP	13/ 8	36- 60	.600	0- 0	----	14- 18	.778	51/ 3.9	86/ 6.6	12	5	14
1998 WNT	5/ 5	16- 36	.444	0- 0	----	4- 5	.800	14/ 2.8	36/ 7.2	3	3	2
1997 WNT	4/ 1	5- 11	.455	1- 1	1.000	0- 0	----	5/ 1.3	11/ 2.8	0	3	5
1997 WUG	6/ 6	24- 37	.649	0- 0	----	14- 19	.737	46/ 7.7	62/ 10.3	7	2	14
1994 USOFS	4/ 2	9- 24	.375	0- 0	----	3- 5	.600	17/ 4.3	21/ 5.3	0	2	2
<b>Totals</b>	<b>135/48</b>	<b>357- 684</b>	<b>.522</b>	<b>9- 24</b>	<b>.375</b>	<b>154- 213</b>	<b>.723</b>	<b>521/ 3.9</b>	<b>877/ 6.5</b>	<b>120</b>	<b>53</b>	<b>130</b>

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## Professional Statistics

YEAR	G/S	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
2008#	31/ 31	165- 344	.480	29- 81	.358	72- 93	.774	196/ 6.3	431/ 13.9	73	18	34
2007#	34/ 34	165- 473	.349	28- 119	.235	98- 116	.845	217/ 6.4	456/ 13.4	55	38	52
2006#	23/ 20	125- 265	.472	34- 79	.430	51- 63	.810	112/ 4.9	335/ 14.6	48	17	35
2005#	33/ 30	138- 331	.417	39- 119	.328	79- 99	.798	172/ 5.2	394/ 11.9	58	18	57
2004#	19/ 19	65- 161	.404	11- 37	.297	45- 62	.726	90/ 4.7	186/ 9.8	31	10	23
2003#	31/ 30	139- 328	.424	23- 61	.377	115- 143	.804	220/ 7.1	416/ 13.4	64	41	49
2002#	32/ 25	132- 271	.487	21- 50	.420	77- 104	.740	211/ 6.6	362/ 11.3	45	55	30
2001#	32/ 27	134- 296	.453	12- 35	.343	50- 63	.794	169/ 5.3	330/ 10.3	68	29	49
2000#	32/ 32	150- 293	.512	2- 8	.250	76- 102	.745	194/ 6.1	378/ 11.8	68	29	44
1999#	32/ 32	125- 236	.530	0- 1	.000	68- 86	.791	176/ 5.5	318/ 9.9	50	17	47
1999*	13/ -	59- 127	.465	1- 3	.333	36- 46	.783	89/ 6.9	155/ 11.9	26	9	31
1998*	44/ -	163- 326	.500	2- 12	.167	48- 70	.686	217/ 4.9	376/ 8.6	99	18	66
<b>Totals#</b>	<b>299/280</b>	<b>1338-2998</b>	<b>.446</b>	<b>199- 590</b>	<b>.337</b>	<b>731- 931</b>	<b>.785</b>	<b>1757/ 5.9</b>	<b>3603/ 12.1</b>	<b>560</b>	<b>252</b>	<b>440</b>
<b>Totals*</b>	<b>57/ -</b>	<b>222- 453</b>	<b>.490</b>	<b>3- 15</b>	<b>.200</b>	<b>84- 116</b>	<b>.724</b>	<b>306/ 5.3</b>	<b>531/ 9.3</b>	<b>125</b>	<b>27</b>	<b>97</b>
<b>Totals&amp;</b>	<b>374/280</b>	<b>1560-3451</b>	<b>.452</b>	<b>202- 605</b>	<b>.334</b>	<b>815-1047</b>	<b>.778</b>	<b>2063/ 5.5</b>	<b>4137/ 11.1</b>	<b>685</b>	<b>279</b>	<b>537</b>

#WNBA

\*ABL

&Combined

## College Statistics

YEAR	G/S	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
1997	33/33	243- 432	.563	0- 0	---	127- 168	.756	294/ 8.9	613/ 18.6	56	48	87
1996	30/-	182- 380	.479	0- 7	.000	99- 142	.690	262/ 8.7	462/ 15.4	47	40	44
1995	33/-	188- 331	.568	0- 1	.000	68- 110	.618	219/ 6.6	444/ 13.5	27	42	81
1994	29/-	134- 275	.497	0- 0	---	71- 116	.613	334/ 11.5	339/ 11.7	31	42	69
<b>Totals</b>	<b>125/116</b>	<b>747-1418</b>	<b>.527</b>	<b>0- 8</b>	<b>.000</b>	<b>364- 536</b>	<b>.679</b>	<b>1109/ 8.9</b>	<b>1858/ 14.9</b>	<b>161</b>	<b>172</b>	<b>281</b>



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