



Kara LAWSON

#7

Guard • 5'8" / 173 cms. • 160 lbs. / 73 kgs.

Sacramento Monarchs • University of Tennessee '03

USA BASKETBALL NOTES:

Gold Medals: 2008 Olympic Games, 2008 FIBA Diamond Ball Tournament,

2007 FIBA Americas Championship, 2007 FIBA Americas Championship, 2001 World University Games.

Silver Medals: 2008 Good Luck Beijing Tournament, 2007 FIBA World League Tournament.

Bronze Medal: 1998 World Youth Games.

- Was unable to participate in the 2009 USA National Team's fall training camp due to an injury (quadriple).
- Named to the 2009-12 USA Basketball Women's National Team on Aug. 17, 2009.
- Member of the 2008 U.S. Olympic Team that captured the USA's fourth consecutive gold medal with a perfect 8-0 record; averaged 7.0 ppg., 2.0 rpg. and a team-high 3.0 apg.
- Capped the Olympics with a team-high 15 points against Australia in the gold medal game on a perfect 5-of-5 shooting from the field and 4-of-4 from the line.
- 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 3.0 ppg., 1.3 rpg., 1.7 spg. and 1.3 apg. while playing 12 minutes a game.
- Aided the USA to a 4-2 mark and the silver medal at the 2008 Good Luck Beijing Tournament, joined the team after her honeymoon and averaged 6.0 ppg., 4.5 rpg. and a team-high 4.0 apg. in four contests.
- Came off the bench to average 8.5 ppg., 3.1 rpg. and 2.9 apg. during the USA's 2007 College Tour.
- Aided the 2007 USA Select Team to a 3-2 record and the silver medal at the 2007 FIBA World League Tournament in Ekaterinburg, Russia, averaged 5.8 ppg.
- 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 7.0 ppg. and 2.2 apg.
- Prior to the FIBA Americas Championship, aided the USA to a pair of victories against the Australia National Team, averaged 7.5 ppg., 6.5 rpg. and 2.0 apg.
- Member of the 2006 USA Basketball Senior National Team that won the Australia-hosted 2006 Opals World Challenge and finished with a 4-1 slate, averaged 2.6 ppg., 1.8 rpg. and 2.2 apg.
- Member of the 2006 USA Senior National Team for the USA's March 2-9 European Tour; averaged 2.0 ppg. and 1.3 apg.
- Member of the 2001 USA World University Games Team that captured the gold medal with a 7-1 record in Beijing, led the U.S. in assists and was the team's third leading scorer.
- Came off the bench as a freshman at Tennessee against the 1999-00 USA Basketball Women's National Team to score 14 points, including a driving layup in the final seconds to upset the National Team, 65-64, on Nov. 7, 1999.
- Member of the bronze medal winning 1998 USA Basketball Women's World Youth Games Team that compiled a 5-1 record in Moscow, Russia, finished as the team's second leading scorer and ranked first in assists and steals.
- Recorded 19 points and six assists in the USA's 89-53 bronze medal victory over Belarus.

PROFESSIONAL NOTES:

- **Drafted:** No. 5 by the Detroit Shock in 2003, traded to the Sacramento Monarchs five days later.
- **WNBA title:** 2005
- **WNBA Kim Perrot Sportsmanship Award:** 2009
- Averaged 8.8 ppg., 2.1 rpg. and 2.5 apg. through 25 games before being sidelined for the remainder of the 2009 season by right quadricap tendinitis.
- In 2008 helped the Monarchs to an 18-15 record and the WNBA Western Conference Playoffs, averaged 12.2 ppg., 2.6 rpg. and 2.1 apg.
- Aided the Monarchs to a 19-15 slate in 2007 and the WNBA Playoffs, averaged 11.0 ppg. and 2.0 apg.
- Helped Sacramento in 2005 to the WNBA crown and to the 2003 and 2004 Western Conference Finals.
- Aided the Monarchs to a 25-9 record in 2005 for a first place finish in the Western Conference and averaged 8.0 ppg. and 1.5 apg. before helping Sacramento to the WNBA championship, upping her numbers to 11.2 ppg. and 2.2 apg. in the playoffs.
- A member of the 2003 WNBA Select Team that finished second in the FIBA World Cup, averaged 8.4 ppg. and 5.8 rpg.
- Scored a career-high of 24 points versus Los Angeles (7/31/03), eight assists versus Minnesota (9/19/04) and 11 rebounds versus Houston (8/5/03).

COLLEGIATE NOTES:

- In her four years (2000-03) at Tennessee, helped the Lady Vols to a 126-17 (.881) record, four Southeastern Conference (SEC) regular season titles, the 2000 SEC Tournament crown, and four NCAA Tournaments where UT advanced to the 2001 Sweet Sixteen, 2002 Final Four and 2000 and 2003 championship games.
- Recipient of the 2003 Woody Hayes National Scholar Athlete award, presented annually to six college athletes who demonstrate excellence in academics, athletics and community service.
- Earned the 2003 Francis Pomeroy Naismith award as the top player under 5'8" and was a finalist for the 2003 NCAA Woman of the Year.
- Named to the 2001 and 2003 SEC "Good Works" teams for her involvement with the local community.
- Collected 2003 Academic All-America first team and 2001, 2002 and 2003 Academic All-SEC honors.
- A 2003 Kodak/WBCA All-American, 2003 Associated Press (A.P.) All-America second team, 2002 A.P. All-America third team and 2001 A.P. All-America honorable mention.
- Named 2003 NCAA All-Final Four and 2003 NCAA All-Mideast Region, four-time All-SEC, 2000 SEC All-Freshman Team and two-time (2002, 2003) SEC All-Tournament.

PERSONAL NOTES:

- Born on Feb. 14, 1981, in Alexandria, Va.; daughter of Williams and Kathleen Lawson, has two sisters, Susan and Mary Katherine.
- Married Damien Barling on April 12, 2008; got engaged at a Kenny Chesney concert on July 3, 2007.
- Attended West Springfield High School (Va.), where she aided the Spartans to the 1997 and 1998 Virginia Class AAA state crowns and perfect 30-0 seasons.

- 1999 Naismith High School Player of the Year, Gatorade Circle of Champions 1998 and 1999 Virginia Player of the Year and 1999 WBCA, *USA Today* and *Parade Magazine* All-American.
- Was an Honorary Executive to the Special Olympics in Washington, D.C., while also tutoring a Fairfax, Va., Special Olympics basketball team.
- Played linebacker and running back for the Fairfax County Football League, led her squad in rushing, scoring and interceptions.
- Helped her soccer teams to four (1992-94, 1996) Virginia State Cup titles and was named by the *Washington Post* All-Metro honorable mention.
- Works as a television color analyst for Sacramento Kings games and on ESPN.
- Is very active in the community, including for groups such as Race for the Cure and the American Cancer Society.



USA BASKETBALL STATISTICS

TEAM	G/S	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
2008 OLY	8/ 0	21- 32	.656	8- 14	.571	6- 6	1.000	16/ 2.0	56/ 7.0	24	1	8
2008 OLYX	3/ 0	3- 10	.300	1- 7	.143	2- 2	1.000	4/ 1.3	9/ 3.0	4	0	5
2008 WNT	4/ 1	8- 22	.364	4- 13	.308	4- 4	1.000	18/ 4.5	24/ 6.0	16	1	3
2007 COLL	8/ 0	26- 50	.520	6- 21	.286	10- 12	.833	25/ 3.1	68/ 8.5	23	0	11
2007 FWLT	5/ 0	12- 23	.522	2- 7	.286	3- 3	1.000	5/ 1.0	29/ 5.8	2	0	4
2007 TOA	5/ 0	13- 24	.542	8- 17	.471	1- 1	1.000	15/ 3.0	35/ 7.0	11	0	7
2007 WNT	2/ 2	5- 17	.294	1- 6	.167	4- 4	1.000	13/ 6.5	15/ 7.5	6	0	3
2006 WNT	3/ 1	2- 7	.286	2- 5	.400	0- 0	.000	2/ 0.7	6/ 2.0	4	1	4
2001 WUG	8/ 8	34- 77	.442	11- 31	.355	17- 18	.944	26/ 3.3	96/ 12.0	16	0	12
2001 WUGX	3/ 3	11- 34	.324	5- 13	.385	7- 9	.778	9/3.0	34/ 11.3	9	0	1
1998 WYG	6/ 6	33- 66	.500	13- 28	.464	11- 17	.647	29/ 4.8	90/ 15.0	27	0	23
Totals	55/21	182- 378	.481	63- 172	.366	68- 76	.895	162/ 2.9	462/ 8.4	142	3	79

WNBA STATISTICS

YEAR	G/S	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
2009	25/ 5	76- 200	.380	37- 110	.336	31- 33	.939	53/ 2.1	220/ 8.8	63	1	16
2008	32/32	139- 343	.405	60- 139	.432	53- 58	.914	82/ 2.6	391/ 12.2	67	2	28
2007	34/ 0	128- 340	.376	45- 133	.338	74- 88	.841	80/ 2.4	375/ 11.0	67	8	29
2006	34/ 6	96- 242	.397	49- 123	.398	36- 39	.923	65/ 1.9	277/ 8.1	56	4	20
2005	24/ 1	65- 148	.439	36- 81	.444	26- 31	.839	33/ 1.4	192/ 8.0	37	3	13
2004	34/10	103- 245	.420	51- 134	.381	37- 44	.841	77/ 2.3	294/ 8.6	68	8	21
2003	34/ 0	89- 227	.392	54- 135	.400	31- 40	.775	107/ 3.1	263/ 7.7	56	5	15
Totals	217/54	696-1745	.399	332- 855	.388	288- 333	.865	497/ 2.3	2012/ 9.3	414	31	142

COLLEGIATE STATISTICS

YEAR	G	FGM-FGA	PCT	3PM-3PA	PCT	FTM-FTA	PCT	REB/AVG	PTS/AVG	AST	BLK	STL
2003	38	186- 397	.469	77- 171	.450	99- 112	.884	185/ 4.9	548/ 14.4	151	7	43
2002	34	189- 406	.466	38- 115	.330	96- 115	.835	165/ 4.9	512/ 15.1	90	3	46
2001	34	132- 305	.433	62- 150	.413	60- 70	.857	119/ 3.5	386/ 11.4	113	3	34
2000	37	168- 367	.458	79- 181	.436	89- 109	.817	152/ 4.1	504/ 13.6	102	7	51
Totals	143	675-1475	.457	256- 617	.424	344- 406	.847	621/ 4.3	1950/ 13.6	456	20	174