



# BAREFOOT'S FOOTSTEPS

## KAREN BAREFOOT

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*~ References Always Available Upon Request ~*





# Career Highlights

*Orange Ball Blessings*

National Champion  
20 Winning Seasons  
74% Success Win Rate  
440 Career Coaching Wins  
11 Post Season Tournaments  
6x Hall of Fame Inductee

First Basketball Player in NCAA History with  
2,000 Points & 1,000 Assists & 3x All American

## **My Journey, and the Footprints I have left behind...**

I was taught at an early age that, “If you have passion with purpose, then you are unstoppable.” If you are passionate about what you do, and fully embrace what your heart loves; your success will leave footprints everywhere you go! My “WHY” in life is to serve others and make a dent or a positive “footprint” in their life. I have always committed myself to sustaining and elevating a job to new heights. With that commitment, I like to think that I have left my footprints of success at each program through clarity of purpose, high standards, hard work, championship effort, open communication, and unselfish teamwork.

I always strive to create an environment designed to achieve excellence by leading by example, building relationships, enforcing discipline, and fostering mutual respect and trust. At five different programs where I’ve accumulated

460 coaching career wins within 27 years, I have enjoyed success at all college levels including Divisions I, II, III, while both starting and rebuilding programs. I love being involved with the community and camps while developing players into future leaders. Top recruiting classes, academic success, broken game attendance records, combined with numerous sell-outs, and players that go on to play in the WNBA and overseas, are some of my crowning achievements.

Lady of Firsts is a title I have been honored to be given through the years. My journey began when I became the first player in NCAA history in 1994 to score 2,000 points and accumulate 1,000 assists! I was also the only player in the NCAA history to Lead the nation in a statistical category four years in a row. I led the nation in Assists 1990-1994 in the NCAA record book. I enjoyed leading my teammates to score and seeing the reaction of Joy on their face, just like I enjoy assisting people in life to set a vision to accomplish their goals for success.

After my playing career I had a choice to play professional basketball or start-up a college program in my hometown at, Newport News, where my dad, grandfather, and uncles attended the Apprentice School. In the 75-year history of the school, they had never had a women's team. I decided to pursue my coaching career and I was hired at the age of 22 years old to build a women's basketball program from scratch and fielded a team with just 6 players that went 12-2 their first year. Eventually, I led the team to win the school's first ever National Championship in 2001. Being inducted in their first inaugural Hall of Fame was incredibly rewarding. I received the 2001 Peninsula Sports Club "Special Achievement Award" for winning the school's first ever National Championship in 2001.

I continued to leave my footprints in four more colleges. I guided Lenoir-Rhyne Bears to their first ever championship and NCAA appearance. I then assisted the Legendary Wendy Larry to three championships at ODU. As head coach, I went on to rebuild Elon's program and help them earn their first 20-win season in their Division I era, including first post-season play to the WBI. Accumulating over 100 wins at ODU as Head Coach, including three post season opportunities, was another success that I am proud of.

As the Head Coach at UNCW, along with our dedicated student athletes, I redirected the program into winning ways both on and off the floor. During my tenure, we had the best start non-conference in 10 years, and in 2018-19 that secured the team's first winning season in seven years. The Seahawks also authored a 13-1 mark inside Trask Coliseum, most wins in school history in the Division I Era.

I am a proud owner of Barefoot Motivation , LLC where motivating people has always been my #1 drive in life.

There have been many highlights in the area of community service. I was honored to be featured in the April 2019 edition of WILMA Magazine and was nominee for the Cape Fear YWCA Woman of the Year Award in May of 2019. In addition, at ODU my women's basketball team earned a prestigious award in our athletic department "The Monarch Cup " for service in our community. I've been headline speaker to for many speaking engagements Professional organizations and companies (i.e. NCAA Leadership Academy, Newport News Shipbuilding, Home Depot, ADS, and Rotary Clubs) , graduations, numerous podcasts , headlined the Norfolk, Chesapeake and Peninsula Sports Clubs during awards luncheons and dinners. I was featured in a commercial by Old Point Bank reflecting my love and service for the community. I was recognized by my Alma Mater, Christopher Newport University, as a top 50 Distinguished Alumni.

The exciting part is that I look forward to the newest adventure of my journey where I will have the opportunity to leave even more footprints! Four-time Hall of Famer...I'm here!

"Remember Who You Are and What You Represent"

"To Whom Much Is Given, Much Is Expected"

A handwritten signature in black ink that reads "Karen Barefoot". The signature is written in a cursive, flowing style. The word "Barefoot" is written in a larger, more prominent script than "Karen".



## Professional Profile

Karen Barefoot

Background



### PERSONAL INFORMATION

**Address:** 8526 Reisling Avenue Wilmington, NC 28411

**Phone:** (757) 323-2310 **Email:** [MyFootprints@BarefootMotivation.com](mailto:MyFootprints@BarefootMotivation.com)

**Hometown:** Newport News, VA

**Education:** BS in Recreation and Leisure Studies, minor: Leadership, Programming, and Planning (Christopher Newport University - 1995)

Honored as top 50 - Christopher Newport's Distinguished Alumni (2012)

### VIDEO INTRODUCTION [COACHING JOURNEY](#)

### WEBSITES [WWW.BAREFOOTMOTIVATION.COM](http://WWW.BAREFOOTMOTIVATION.COM)

### YOUTUBE CHANNEL (SPEAKING ENGAGEMENTS & MORE) [BAREFOOT MOTIVATION](#)

### WILMA MAGAZINE [WILMINGTON'S SUCCESSFUL WOMAN FEATURE](#)

### PODCAST [4X HALL OF FAME COACH - FLOWERS & PASSION](#)

### COMMERCIAL [LOCAL MATTERS BECAUSE FAMILY MATTERS](#)

### SUMMARY

Earned the recognition of becoming the 1st male or female basketball player to record 2,000 points and 1,000 assists in a career for any NCAA division. Began coaching career at the age of 22 and am a proven winner that has made history in starting a program, resurrecting programs, winning championships which includes winning a national championship. A nationally known women's basketball coach who has built successful programs at five different institutions on and off the court by producing success in the classroom and in the community. Throughout my 27-year coaching career, was a part of 20 winning seasons and holds an overall coaching 440 wins and head coaching wins at 363. Known as the lady of FIRSTS, leaving footprints and achieving things that have yet to be accomplished.

## CAREER PROFILE

### Head Collegiate Coach (NCAA Division I)

#### University of North Carolina at Wilmington (2017-2022)

- ✦ During the 2021-22 season, the Seahawks compiled a 3.3 grade point average during the fall semester, which was the highest team GPA in school history.
- ✦ The Seahawks opened the 2017-18 season by posting a 7-4 non-conference record, including a 6-0 start inside Trask Coliseum. It marked the program's best start in 10 years.
- ✦ UNCW authored an 18-12 overall record in 2018-19 to mark the program's first winning season in seven years.
- ✦ The Seahawks matched a program record by winning 13 home games during the 2018-19 campaign and won its first 12 home contests.
- ✦ UNCW earned a share of third place in the 2018-19 Colonial Athletic Association regular season standings after posting an 11-7 league mark. The Seahawks earned the No. 3 seed for the CAA Championship, representing the program's highest seed in the tournament since 2011.
- ✦ During the 2018-19 season, UNCW was the only CAA team to defeat James Madison in regular season play by virtue of a 66-63 victory over the Dukes inside Trask Coliseum on Jan. 18, 2019.
- ✦ A trio of student-athletes earned All-CAA recognition at the conclusion of the 2018-19 season, marking the first time in program history three Seahawks have been named to the All-CAA team in the same season. Shrita Parker and GiGi Smith earned Second-Team All-CAA distinction while Lacey Suggs was a Third-Team selection.
- ✦ After leading the Seahawks to their upset victory over James Madison, Shrita Parker became the first UNCW player to earn the United States Basketball Writers Association's National Player of the Week Award on Jan. 22, 2019.
- ✦ Following her graduation from UNCW, Shrita Parker signed a professional contract to play for Glanmire in the Irish Super League. Parker was named as the league's 2019-20 Player of the Year after averaging 22.9 points, 5.8 rebounds and 4.1 assists per game.
- ✦ A pair of UNCW student-athletes have been named as the Colonial Athletic Association's Women's Basketball Scholar- Athlete of the Year. Rebekah Banks earned the award for the 2017-18 season while former walk-on Lacey Suggs was the 2019-20 recipient.
- ✦ Rebekah Banks was also the recipient of the 2017-28 UNCW Chancellor's Cup Award, marking the first time a women's basketball player has earned the honor since the award's inception in 1986-87.
- ✦ During the 2019-20 season, the Seahawks excelled in the classroom. The team compiled a 3.259 grade point average during the fall semester with 12 student-athletes posting a 3.0 GPA or better. In a difficult spring semester which included online learning due to the COVID-19 pandemic, the Seahawks shined with a 3.195 team GPA while eight student-athletes reached the 3.0 or better mark.
- ✦ Coach Karen Barefoot has made an impact in the Wilmington community during her three years as the Seahawks' head coach. She was featured in the April 2019 edition of WILMA Magazine and was a nominee for the Cape Fear YWCA Woman of the Year Award in May 2019.
- ✦ The Seahawks posted a perfect 1000 Academic Progress Rate score for three consecutive years (2017-2018, 2019-2020, 2020-2021) under Barefoot's Leadership.
- ✦ In Fall 2021 the program recorded the highest GPA in a semester 3.32.
- ✦ Dave and Myra Ferris became the highest women's basketball donors under Barefoot's leadership with two gifts totaling \$135,049.
- ✦ Special Hall of Famer Alumni became the first person to donate a full scholarship to the program under Barefoot's era.

### Head Collegiate Coach (NCAA Division I)

#### Old Dominion University, Norfolk, VA (2011-2017)

- ✦ Named the sixth leader of the Lady Monarchs in 2011 and has led the program to remarkable success. A two-time Conference USA Captain (NCAA Conference Representative), has elevated the team's academic success, while building upon the program's tradition during six seasons as the head coach, including two WNBA Draftees: Jennie Simms and Shae Kelly
  - ✦ **2016-17:** Led Lady Monarchs to 17-14 overall record, including an 11-7 mark in Conference USA play, and finished sixth in the C-USA league standings

- Achieved her 300th career victory as a head coach with a come-from-behind 70-60 victory over rival VCU
  - Notched 100th win as head coach at Old Dominion, when the Lady Monarchs defeated Charlotte, 72-70, on the road
  - Led the team to win eight of its last 11 regular season games
  - Coached Jennie Simms, the nation's second-leading scorer, to being named the 2016-17 Conference USA Player of the Year and an Honorable Mention AP All-American (the first ODU All-American since 2005), marking the first time since 2002 that an ODU women's basketball player was named the conference player of the year and drafted by the WNBA Washington Mystics in the 2nd Round, and the VaSID Player of the Year
  - Guided a Lady Monarch team that led Conference USA in both rebounding (+8.3) and three-point field (.378) percentage during league play, while individuals Jennie Simms (26.1) and Destinee Young (10.9) led the league in scoring and rebounding
  - Nearly upset top 20-ranked Miami (FL) in Coral Gables. Miami head coach Karen Meier called Barefoot's team "a tough package... back when Miami was terrible, we got good because we were gritty. Now that's Old Dominion. They're at that phase where we were. Every ball matters to them."
  - Ranked in the top 16 percent in the country in average attendance, as ODU home games averaged 2,366 fans per game, which also ranked second in Conference USA
  - Signed the No. 1 recruiting class in Conference USA for the second consecutive year, as the class also ranked 38th nationally and No. 1 in the state of Virginia
- **2015-16:** Ended the season with a 17-17 overall record and a 10-8 mark in Conference USA play, advancing to the C-USA Tournament title game for the first time since joining the league and saw plenty of success along the way
- Garnered ODU's 1,000th program win (only fourth NCAA Division I program to achieve that feat)
  - Led ODU to its first win at Middle Tennessee State, handing the Blue Raiders their just
  - six home conference loss in 11 years. Timmons' buzzer beater was featured as the No. 7 play on ESPN's SportsCenter Top-10 Plays segment
  - Inspired the team to be a defensive force and finished the season ranked in the top five in six defensive categories. Topped the league in rebounding margin (+6.7), while ranking second in field-goal percentage defense (.397), defensive rebounds (25.6) and defensive rebounding percentage (.691). The team was also third in scoring defense (62.2) and rebounding defense (33.6)
  - Helped promote season tickets and bring in 86 new ticket holders, helping the team rank in the top-13 percent in attendance (47th out of 349 Division I programs)
- **2014-15:** Led the Lady Monarchs to a 21-13 overall record, which marked the most wins during the Barefoot era at ODU. Went a perfect 4-0 against in-state competition, taking down UVA, Virginia Tech, VCU and William & Mary, while advancing to the conference semifinals for the first time since the 2009-10 season
- Led Old Dominion back to the WNIT, where the team advanced to the second round for the second consecutive year
  - Led ODU to its first win at Louisiana Tech
  - Ranked in the top-12 percent in attendance, averaging 2,623 fans per game
  - Had a total of eight players earn a 3.0 GPA or higher for the academic year and was an instrumental part of the program improving upon its multi and single-year APR standings and receiving a perfect single-year APR score of 1000 for the third time
- **2013-14:** Coached the Lady Monarchs to an 18-16 record, including a trip to the second round of the WNIT, and led the squad to a first-round bye in the C-USA tournament in the school's first season within the conference. Garnered 250th career win in a thrilling overtime comeback victory over Marshall (2/1) and pulled in the 43rd ranked recruiting class in the nation and first in Conference USA
- **2012-13:** Guided ODU to a 9-3 start in non-conference action, which was the best start since the 1998-99 season. Tallied 19 wins, an eight-win turnaround from the 2011-12

season, which was tied for 14th best nationally and earned a spot in the WNIT.

- **2011-12:** Made presence known on the recruiting trail, signing the Virginian-Pilot Player of the Year, Galaisha Goodhope, and the Peninsula District and Daily Press Player of the Year, LaQuanda Younger. Also signed junior college All-American Shae Kelley, who earned Ms. Colorado Basketball honors coming out of high school. The class marked a top-45 nationally ranked recruiting class and the No. 1 class in the CAA.


#### Player Development

- APR Turnaround - Perfect 1,000 single-year APR in 2011-12 & 2013-14, 2014-15 and has drastically improved multi-year APR in five years (910 in 2010-11 to 972 in 2013-14)
- Improved team GPA and led the program to its highest GPA since tracking started in 2002 (3.01 cumulative team GPA in 2013-14)
- Mentored players to 20 all-academic awards, including two-time First Team CoSIDA All-Academic honoree Mairi Buchan
- Has had a total of eight players earn all-conference honors and coached the first ODU women's basketball C-USA Newcomer of the Year and also the first C-USA Player of the Year, which marked the first ODU conference player of the year since 2002
- Helped two players etch their names in the C-USA tournament record book, as Ije Ajemba tied the record with 21 rebounds against the 49ers and Jennie Simms finished the 2016 tournament with 98 points, ranking her third all-time
- Guided Jennie Simms to becoming one of the program's all-time greatest scorers and leading to being selected as the 18th pick in the 2017 WNBA Draft to the Washington Mystics, being named ODU's Female Athlete of the Year, C-USA Player of the year and VaSID Player of the Year. Simms set the ODU single-season scoring record (26.0), the TED Constant Center single game women's scoring record (43) and climbed the all-time scoring list to No. 5. Simms became the third player in school history to score 2,000 points in her first three seasons at ODU and also set program records for career 30+ and 40+ scoring games
- ODU graduate Shae Kelley was selected No. 35 overall in the 2015 WNBA Draft by the Minnesota Lynx and helped lead the team to the 2015 WNBA Championship, while Tia Lewis earned a tryout with the WNBA's Washington Mystics in 2012

#### Community Outreach

- Renewed fan and community support by initiating Education Day at ODU and have had three consecutive Education Day sell outs (8,472 fans 2014 & 2015, 8,563 in 2016), as the 2016 attendance mark broke the Ted Constant Center record
- Started 'Barefoot'n Night' in support of Samaritan's Feet
- Fund-Raiser – Inspiring a \$250,000 donation for the practice facility, orchestrating the highly successful golf tournament, auction and pre-party fundraisers
- Golf Tournament raised \$50,000 in 2015, which is the largest scholarship golf tournament fundraiser for ODU Athletics
- Inspired team to be heavily involved in the community and led the team to the Monarch Cup Award for Community Service

### Head Collegiate Coach (NCAA Division I) Elon University, Elon, NC (2008-2011)

-  Served as the head coach at Elon from 2008-2011 and helped the program reach new heights, while increasing its RPI from 320 in first season to 158 in third for one of the best turnarounds in all of Division I
  - **2008-09:** Defied the odds and made an appearance in the Southern Conference Tournament quarterfinals
  - **2009-10:** More than doubled overall wins in second year at the helm and led the program to its second-consecutive conference tournament appearance
  - **2010-11:** Finished the season with a 20-13 record - the program's best season at the Division I







level. The program's 11 home victories also marked the most home wins in a single season in the Division I era, while the team's fourth seed in the Southern Conference tournament marked to program's highest finish in school history. The team also made a postseason appearance in the Women's Basketball Invitational, which was a program first since joining Division I. Also led Elon to 12 victories in SoCon play, which tied Elon's record, and led the team with its highest attendance numbers in school history.



#### **Player Development**

- 2010 Recruiting class topped the Southern Conference (110 ranked nationally), while 2011 class was the best overall in Elon women's basketball history (71st nationally by All-Star Girls Report, 2nd in the Southern Conference)
- Displayed recruiting strength by bringing in Ali Ford, the North Carolina Athlete of the Year coming out of high school. During her collegiate career, Ford became the first second Freshman of the Year and First Team All-Conference honoree at Elon in its Division I era. After graduating, she continued her playing career and represented the USA in the 2015 FIBA Games. My recruit and player Tiara Gause became Elon's FIRST Freshman of the year a year earlier.
- Stressed the importance of academics and had 11 players selected to the Athletic Director's Honor Roll in fall of 2010, the most in program history. The overall team GPA that semester was a 3.15.
- Coached Ali Ford who was chosen for Elon University Hall of Fame honors in 2022.

### **Assistant Collegiate Coach (NCAA Division I) Old Dominion University, Norfolk, VA (2008-2011)**

-  Spent three years as assistant under head coach Wendy Larry, helping the team compile a 77- 23 record and rank in top 30 in NCAA women's basketball attendance during tenure
  - **2005-06:** Finished the season with a record of 22-9 (17-1 CAA), winning 15th consecutive CAA conference title and made 23rd trip to the NCAA Tournament
  - **2006-07:** Finished the season with a record of 24-9 (17-1 CAA) and won 16th consecutive CAA conference title and made the program's 24th trip to NCAA Tournament
  - **2007-08:** Claimed a season record of 31-5, earning the CAA Regular Season and Tournament Champion titles. The program ended season with a twenty-one game home winning streak, including a Sweet 16 run in the NCAA Tournament by defeating 12th-seeded Liberty and fourth- seeded Virginia. The Lady Monarchs season closed with a No. 10 ranking in both the Associated Press and ESPN/USA Today Polls
-  Attended the Villa 7 Consortium presented by Nike in Portland, Ore. created to develop Division I assistant coaches into competitive Division I head coaches
-  Promoted the program through community involvement, speaking to groups and developing a positive relationship with the media
-  Liaison to women's basketball booster club and assisted with annual golf tournament that raised \$45,000 in 2006 and \$46,000 in 2007

### **Head Collegiate Coach (NCAA Division II) Lenoir-Rhyne College, Hickory, NC (2001-2005)**

-  Achieved many "firsts" after becoming the head coach of the program in 2001 and compiled a 70-44 overall record
  - Led the program to its best season in 15 years with a 19-9 record during first season
  - Captured the first South Atlantic Conference regular season title in school history in 2003-04 enroute to claiming league Coach of the Year honors
  - Grabbed the first SAC tournament championship in school history in 2002-03
  - Led team to first-ever trip to the NCAA Division II National Tournament in 2002-03, finishing the season ranked eighth in the region
  - Led the conference in scoring defense and rebounding margin in 2003-2004
-  **Player Development**
  - Coached first NCAA First Team All-American and Hall of Fame inductee Crystal Clary

- Coached Maya Grady, the first ever and sole Women's Basketball Player (as well as 1<sup>st</sup> African American female) to be inducted into the South Atlantic Hall of Fame. She was the 1<sup>st</sup> ever SAC Player of The Year for Lenoir-Rhyne.
- Had four student-athletes earn All-SAC honors and 13 student-athletes named to the SAC Commissioner's honor roll

## Head Collegiate Coach (NSCAA)

### The Apprentice School, Newport News, VA (1995-2001)

- ✚ Initiated and developed the first-ever female athletic program in the 75 year history of The Apprentice School at the age of 22, setting the foundation for women's basketball
  - Quickly achieved respectability and captured the school's first national title in 2001 by winning the National Small College Athletic Association tournament
  - Received the 2001 Peninsula Sports Club "Special Achievement Award" for winning the School's first ever National Championship in 2001
  - Repeated in 2002, winning the national tournament of the United States Collegiate Athletic Association
  - Teams were 102-42 through six seasons
  - Three national post-season tournament appearances (1999, 2000, 2001)
  - First in scoring margin and fourth in scoring offense amongst all NCAA levels (2001)
  - Was twice named the NSCAA Coach of the Year and earned the Peninsula Sports Club's Special Achievement award and the Board of Directors award

#### ✚ Player Development

- Coached the National Player of the Year
- Coached seven NSCAA All-Americans and four Academic All-Americans
- Placed two players in Finnish professional teams
- Coached Taffey Thomas, and Anita Allen who were inducted into The Apprentice School Hall of Fame. Taffey Thomas was an inaugural inductee.
- Mentored former Academic All-American Keisha Pexton to become the first female to serve as the Athletic Director and the first African American to hold a manager-level position at The Apprentice School since its inception in 1919

## PLAYER PROFILE

### Christopher Newport University, Newport News, VA (1990-1994)

- ✚ Holds the recognition of being the first players in NCAA history, male or female, to score over 2,000 points and accumulate 1,000 assists
- ✚ Four-time First Team All-Conference
- ✚ Two-time league Player of the Year
- ✚ Three-time Kodak/WBCA All-American
- ✚ Three-time All-Region selection
- ✚ Four-time CNU Most Valuable Player
- ✚ Four-time Peninsula Sports Club Most Outstanding Player
- ✚ Posted a 73-34 overall record and 35-9 mark in conference play, leading the team to three regular season titles, a conference tournament trophy and three NCAA tournaments
- ✚ Hit the winning shot to earn the first Sweet 16 as a player at Christopher Newport
- ✚ Led the nation in assists four consecutive years (1990-94)
- ✚ Christopher Newport University's all-time assists and steals leader
- ✚ Virginia leader in free throws made and attempted in a single game and free throws made in a season, steals per game, season, and career
- ✚ 8th all-time leader in scoring in Virginia
- ✚ Inducted into Christopher Newport University Hall of Fame (1999)
- ✚ Featured in the Sports Illustrated Faces in the Crowd (1994)
- ✚ College jersey #10 retired on February 12, 1994
- ✚ Invited to the Junior Olympics Training Camp in Colorado Springs (1993)
- ✚ Inducted into USA South inaugural Hall of Fame Class (2010)

- ✚ Recognized as the Christopher Newport 50th Anniversary Distinguished Alumni (2012)
- ✚ Behind several WNBA invitations, after coaching career started, attended the Utah Starzz training camp in their inaugural year in 1997

### **Menchville High School, Newport News, VA (1986-1990)**

- ✚ Peninsula Sports Club Player of the Year (senior year)
- ✚ Portsmouth Sports Club Player of the year (senior year)
- ✚ Daily Press Player of the Year (senior year)
- ✚ Peninsula District Player of the Year (senior year)
- ✚ MHS Team Awards - Voted Most Deserving (3 years in a row), Most Valuable Player (senior year)
- ✚ Voted Most Athletic for the school
- ✚ Played for the legendary Boo Williams' Elite AAU Program throughout high school

### **Jenkins Middle School, Newport News, VA (1983-1986)**

- ✚ First girl basketball player to get jersey retired, #10

## **COMMUNITY PROFILE**

- ✚ One of the top speakers in the Hampton Roads area, speaking at a multitude of organizations, school graduations and professional development settings
  - Headline speaker at the Virginia Pilot Sports Banquet
  - Feature speaker at the Newport News Shipbuilding, where was a fifth-generation worker while coaching at The Apprentice School
  - Professional organizations and companies (i.e. Home Depot, ADS, and Rotary Clubs)
  - Headlined the Norfolk, Chesapeake and Peninsula Sports Clubs during awards luncheons and dinners
  - Numerous graduations, youth clinics and 'Women in Sport Days'
  - Numerous elementary, middle and high schools
  - Coaches' clinics at all levels
- ✚ Extremely active member of the community, with involvement in a plethora of community outreach activities and ODU awareness nights
  - Brought the idea of Education Day to ODU which has turned into a Norfolk Public Schools staple
  - Brought idea of 'Barefoot'n Night' to ODU to help raise awareness through Samaritan's Feet
  - Hoops for the Cure
  - Susan G. Komen Race for the Cure
  - Coaches vs. Cancer
  - Involved with Life Skills Challenge/Championship Effort for Athletes
  - Involved personally with numerous volunteer races, toys for tots and hospital visits
  - Involved with the Adopt-a-Class out-reach efforts to schools
  - Involved in Community Reading Day with local elementary and middle schools
  - Volunteered with Special Olympics
  - Outreach to Cancer Patients at Regional Medical Center
  - Coordinated and directed daily physical activities classes for senior citizens at Hilton and Midtown Community Center in Newport News, Va. while at the Apprentice School
- ✚ Started Barefoot Basketball Camps in 1995, which has improved overall skills and fundamental development of children from all over the country

# Baring the Fame

Karen Barefoot

Basketball Player & Coach

## Hall of Fame

Inductee

5x

- Christopher Newport University 1999
  - USA South (Inaugural) 2010
- Apprentice School (Inaugural) 2019
  - George Whittfield 2021
  - Ali Ford (2022)



7x Hall of Fame Players

Maya Grady ~ Lenoir-Rhyne & South Atlantic HOF  
Crystal Clary ~ Lenoir-Rhyne  
Taffey Thomas - Apprentice School  
Ali Ford ~ Elon University  
Melissa Morton - Apprentice School  
Anita Allen - Apprentice School



# Lady of Firsts

Karen Barefoot

Basketball Player & Coach

## BAREFOOTMOTIVATION.COM

**FIRST** player (male or female) in NCAA basketball history to score over 2,000 career points with over 1,000 assists

**FIRST** player in NCAA basketball history to lead the nation in the same statistical category four years in a row (assists from 1990 - 1994)

Coached **FIRST**-ever women's athletic team at The Apprentice School at the age of 22

Led The Apprentice School to its **FIRST**-ever National Championship

**FIRST** Apprentice School's women's team coach to earn NSCAA coach of the year honors (2 time winner)

In 2019 was inducted into The Apprentice School's **FIRST**-ever Hall of Fame

Piloted Lenoir-Rhyne to **FIRST**-ever NCAA Tournament appearance along with **FIRST** conference title in program history

Mentored Lenoir-Rhyne's **FIRST**-ever All-American selections and Player of the Year pick while becoming the program's **FIRST**-ever Coach of the Year

Guided Elon University to its **FIRST** 20-win season at Division I and earning its **FIRST**-ever postseason berth

Coached two WNBA draft picks while at Old Dominion University including its **FIRST** selection in 13 years (Shae Kelley - 2015 round 3, & Jennie Simms - 2017 round 2)

Guided ODU to 103 victories & **FIRST**-ever sellout at the Constant Convocation Center

Led UNCW to **FIRST** winning season in seven years during the 2018-2019 campaign with 18 wins and only 12 losses

Coached a 2018-19 UNCW squad that generated three (3) All-Conference selections & recorded 13 home wins in a single season, **FIRST** time in Division 1 era



~ Karen Barefoot ~  
*Lady of Firsts*



*Dare to take the  
first steps of  
your journey*

*Karen Barefoot*  
LADY OF FIRSTS



# The Footprints of Success

Karen Barefoot

Basketball Player & Coach

## KAREN BAREFOOT






*Lady of Firsts*

*1st NCAA player (male/female) to score  
2,000 points / 1,000 assists*

*AND 4x Hall of Famer*



### The footprints of success

<p>University of North Carolina Wilmington 2017 – 2022 head coach</p>		<p><b>Team:</b> Best season start in 10 years 1st winning season in 7 years 1st to win 13 home games in a single season (Div. I era) (1) WBI post-season invitation</p> <p><b>Player Awards:</b> 1st time in school history a trio of student athletes earned All-CAA recognition in the same season (18-/19) 1st National Player of the week (US Basketball Writer Assoc.) (2) CAA Women's Basketball Scholar Athlete of the Year</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>440 TOTAL WINS ~ 363 HEAD COACHING WINS ~ 20 WINNING SEASONS</b></p>
<p>Old Dominion University 2011-2017 head coach 2005-2008 asst. coach</p>		<p><b>Team:</b> (1) Sweet 16, (3) NCAA, and (3) WNIT appearances 3x CAA Championships 1st ever sell-out of the TED Constant Center Garnered ODU's 1,000th program win</p> <p><b>Player Awards:</b> (1) CUSA Player of the Year (1) All-American (2) WNBA Draftees</p>	
<p>Elon University 2008-2011 head coach</p>		<p><b>Team:</b> 1st ever post-season appearance for Elon*      *Div-I 1st NCAA-Division I 20 win season*</p> <p><b>Player Awards:</b> (2) Freshmen of the Year* 1st ever First Team All-Conference honoree*</p>	
<p>Lenoir-Rhyne University 2001-2005 head coach</p>		<p><b>Team:</b> 1st time NCAA appearance 1st time Conference Tournament Champions 1st time Conference Regular Season Champions 1st time Coach of the Year</p> <p><b>Player Awards:</b> 1st All-American (1) Player of the Year (2) Hall of Famers</p>	
<p>Apprentice School 1995-2001 head coach</p>		<p><b>Team:</b> Started 1st ever women's program at the age of 22 1st ever National Championship 2x National Coach of the Year Inducted into the school's 1st inaugural hall of fame</p> <p><b>Player Awards:</b> (7) All-Americans (1) National Player of the Year (2) Players inducted into the school's hall of fame</p>	



# Milestone Wins

Karen Barefoot

Basketball Player & Coach

# Milestone

# Wins

## Coach Karen Barefoot Milestone Wins



- 1 - Dec. 9, 1995, vs. Chowan (47-34)
- 25 - Feb. 21, 1997, vs. Methodist (64-49)
- 50 - Jan. 23, 1999, at Bennett (87-69)
- 75 - Feb. 13, 2000, vs. Averett (62-55)
- 100 - Feb. 17, 2001, at Chowan (81-52)
- 125 - Dec. 7, 2002, vs. North Greenville (101-69)
- 150 - Jan. 31, 2004, at Mars Hill (71-56)
- 175 - Jan. 29, 2009, vs. Southern Virginia (74-33)
- 200 - Jan. 14, 2011, vs. Furman (79-59)
- 225 - Nov. 20, 2012, at UMES (62-46)
- 250 - Feb. 1, 2014, vs. Marshall (65-52 | OT)
- 275 - Feb. 28, 2015, vs. North Texas (70-48)
- 300 - Dec. 9, 2016, vs. VCU (70-60)
- 325 - Feb. 23, 2018, vs. Charleston (76-60)
- 350 - Feb 23, 2020, vs. Charleston (74-50)

**L**  **VE**  
BAREFOOT BASKETBALL

## What They Are Saying About Coach Barefoot...

Karen Barefoot

Basketball Player & Coach

### Former Players...

"Coach Barefoot is truly an amazing person. I am so grateful that I got the chance to play for her. Her dedication as a coach inspired me to work hard and play hard. Thanks Coach Barefoot for everything; a great coach is never forgotten."

- **Melissa Morton (Apprentice School All-American, Hall of Fame Inductee)**

"She has taught me a lot and has helped me grow into the person and player that I am today. I thank her for being more than a coach, but also a friend. I love Coach Barefoot."

- **Jennie Simms (Former player at Old Dominion, C-USA Player of the Year and 2017 WNBA 2nd round draftee)**

"Coach Barefoot is someone who is always going to bring her energy and passion every single day. She loves what she does, loves her players, and will always put the team first. My three years playing with her will never be forgotten. Love you coach!"

- **Lacey Suggs (Former walk-on to scholarship player at UNC Wilmington, All Conference Player and CAA Scholar Athlete of the Year)**

"Coach Barefoot is a very passionate coach. Her wisdom, confidence, love and energy for the game made me a better player. Not only is she a wonderful basketball coach, but also a great life coach. Her presence and guidance in my life through the years will never be forgotten!"

- **Crystal Clary (Former player at Lenoir Rhyne, First-ever All-American and Hall of Fame inductee)**

"Coach Barefoot is not only a passionate coach but a remarkable leader. She not only motivates you through her words but by her actions. She not only made me a great player, but a great person. The values that she instilled in me helped me to be successful on and off the court. Being coached by her was a true privilege that I will always cherish. "

- **Maya Grady (Former player at Lenoir Rhyne, Hall of Fame and Player of the Year)**

"This one individual had such an impact that she opened my eyes to a world that, at first, I did not see. My life has changed because the amount of faith she had in me was impossible to measure. In such a short period of time, she taught me so much about life. There are many things that I will always treasure. She showed me how to grow as an individual and helped me realize that I could accomplish any goal."

- **Keisha Joseph Pexton (Former player & Athletic Director at Apprentice School; Currently a manager of ship building at the Apprentice School)**

"If it were not for people in my life like Coach Barefoot, I would not be where I am today! She taught me how to appreciate me and that I matter. I'm forever grateful and my best is yet to come.

- **Chelisa Painter (Former player at Old Dominion, First all-female crew to officiate a boys varsity game in the state of Virginia)**

"I love Coach Karen Barefoot. I am thankful to one of the most passionate coaches I have ever played for. She's a legend."

- **Kallie Hovatter (Earned first scholarship by Coach Barefoot to help build Elon University / Professional basketball player in Sydney Australia - pro career since 2011)**



## What They Are Saying...

Karen Barefoot

Basketball Player & Coach

### Coaches...

"Karen is a gift to our coaching profession. She brings positive enthusiasm to every encounter and is an energy source that we all seek out on the recruiting trail. She is a tireless recruiter and has risen the level of talent within every program in which she's ever been a part. She also has a great mind for the game. Many people might not know how highly engaged Karen is to growing the sport of women's basketball, and in doing so, she spends a good amount of time both offering advice and seeking counsel, to ensure the best for her student athletes and University. Karen's one of the best."

**- Courtney Banghart (Head Women's Basketball Coach, University of North Carolina)**

"Karen is a nationally-known women's basketball coach who has built successful programs at four different institutions in her time. She is a proven winner. She has a ton of passion & energy & cares deeply for her student-athletes & everyone in her program."

**- Brenda Frese (Head Women's Basketball Coach, University of Maryland)**

"Not only do Karen and I share a love for basketball and the passion to bring the absolute best out of our players and everyone around us but we are connected with firsts in the women's basketball game. She became the first player, male or female to score 2,000 points and accumulate 1,000 assists then my former player Courtney Vandersloot from Gonzaga joined her in this historical category. Still today no male has accomplished this amazing record. This past year another player of mine Sabrina Ionescu who played college basketball for me and the Oregon Ducks became the only NCAA Division I basketball player to record 2,000 points, 1,000 assists, and 1,000 rebounds in a career."

**- Kelly Graves (Head Women's Basketball Coach, University of Oregon)**

"Karen Barefoot has established a reputation for being one of the most passionate coaches in the county. She cares about the student athletes both on and off the court. I know this firsthand as I had the opportunity to work with Karen for 3 seasons. She has a brilliant mind and is a proven winner."

**- Trina Patterson (Head Women's Basketball Coach, University of North Carolina Greensboro / Coach Barefoot's Former Assistant Coach)**

"Karen Barefoot taught me how to motivate and inspire. She did this by the way she lived each day. I'm thankful to have worked for her and learn how to build a program under her guidance and leadership. Throughout her 25 year career she's impacted and influenced young people each day. Coach Barefoot is a positive example for young people, the community and an athletic department."

**- Heather Macy (Head Women's Basketball Coach, Greensboro College / Coach Barefoot's Former Assistant Coach)**

"Coach Barefoot brings unparalleled enthusiasm, energy and passion to all that she does. She possesses a tremendous work ethic, is a great teacher of the game, but above all she has a great love and genuine care for each and every player she coaches!!!"

**- Tom McConel (Head Women's Basketball Coach, IUP - Indiana University of Pennsylvania / Coach Barefoot's former Assistant Coach)**

## What They Are Saying...

Karen Barefoot

Basketball Player & Coach

### Administration ...

“As the Athletic Director at Newport News Apprentice School I wanted to start the first women’s athletic team in the history of the school...Karen Barefoot was the best-known women’s basketball player in all of Tidewater Virginia having won All-American honors at neighboring Christopher Newport University. I went to watch her play and saw a highly skilled player, fierce competitor, and natural leader. I liked what I saw! It may have been the best hire in my over 20 years ... Karen was a highly successful recruiter, motivator, and brought a level of energy that was infectious. Over a span of 10 years the Schools women’s basketball team won more games than any women’s basketball team at the collegiate level in the state of Virginia. And, won the school’s first ever National Championship...”

**- Bill Casto (Former Athletic Director, Apprentice School)**

“Karen has done a wonderful job directing our women’s basketball program. She has developed a culture of academic excellence within the entire program, stressed the values of giving back to the community for our staff and student athletes, and maintained a competitive program while playing against a very challenging non-conference schedule. Karen’s drive, passion, and energy are evident every minute of every day and it is refreshing to see how much she enjoys her work.”

**- Dr. Camden Wood Selig (Old Dominion Director of Athletics)**

“Coach Barefoot is one of the most energetic coaches you’ll see and she brings a wealth of experience to our women’s basketball program. Her desire to be successful is very evident in the student-athletes she puts on the floor- and the up-tempo, play-hard-all the time style is fun to watch”

**- Dave Blank (Elon Director of Athletics)**

“Karen has proven herself to be a consummate leader both on and off the court and has been able to grow fundraising at ODU. She has been instrumental in cultivating large donors, not only for the women’s basketball program, but also for broad-based University athletics needs such as the Bennett and Blanche Mitchum Basketball Performance Center. She has provided motivational speeches at scores of business settings where she has promoted ODU with outstanding success. Karen is the face of Old Dominion women’s basketball and a major contributor to the ODU family.”

**- Judy Bowman (Assistant Vice President for Undergraduate Studies at Old Dominion)**

“Karen Barefoot has a welcoming nature. She makes every effort to be inclusive and is regularly seen around campus. She makes every effort to engage with the campus community and to have her players do the same. Her team is equally energized and visible both on campus and in the community.”

**- Stephanie Adams (Dean for College of Engineering at Old Dominion)**

“Karen is great to work with. I would describe Karen in the following terms: competitive, committed, enthusiastic, passionate, caring, selfless, community and energetic. Karen is a positive role model and a great ambassador for the University.”

**-Ken Brown (Deputy A.D. at Old Dominion, Women’s Basketball Administrator)**



## What They Are Saying...

Karen Barefoot

Basketball Player & Coach

### In the Community and Nationally...

"ODU is back where it belongs, winning and playing the game at a high level. It's exciting to see what's happening with our program. Karen and her staff match our player's passion. So proud!"

**- Nancy Lieberman (Lady Monarchs Alumni/ Head Coach Power Big3 League, 2018 Big3 Champion and COY/ Former Assistant Coach, Sacramento Kings/ Basketball Hall of Famer/ 2x Olympian-Silver Medalist)**

"Coach Barefoot is the epitome of passion. Her energy is contagious and exudes every time she talks about her team and her staff. In one conversation it's obvious to see that she loves teaching the game as much as she loves playing. Her commitment to growing and developing young women through the game of basketball is undeniable."

**- Yolanda Moore (2X WNBA Champion, Motivational Speaker)**

"ODU women's basketball has a history and tradition of academic commitment and athletic excellence. It's a joy to watch the 'Barefoot Bunch' embrace and continue that with such passion and tenacity."

**- Jay Harris (ESPN Sportscaster)**

"I can think of no one better to have had as our speaker at the Chesapeake Sports Club's Monthly luncheon. Coach Barefoot's energy and enthusiasm were nothing less than contagious. Her comments about setting and reaching goals were spot on. She held our attendees, both the adults and students, spellbound as she delivered her words of motivation and formulas for success. Our organization absolutely "loved her." It was truly wonderful to witness the impact she had on our attendees and it is so pleasing to know someone of her caliber, energy and wholesomeness is out there representing ODU in a positive and wonderful way."

**- Steve Johnson (Chesapeake Sports Club President)**

"Coach Barefoot is one of the most inspiring coaches in the game of basketball today. She has an authentic teaching style that is fitting for today's ball player. She inspires and motivates like no one else."

**- Gannon Baker (Nike Skills Development Trainer)**

"For all the folks that were not at the PSC Headliner's Night, Karen did a wonderful job as the featured guest speaker. Karen zeroed in on her 757, Menchville, CNU, and Apprentice School roots and her great family and community support as she matured into a woman in athletics. She also talked about the lessons she learned from Pat Summitt and Cathy Parson and the passion she has for basketball, people and life in general. Everyone that knows Karen wants nothing but success for her in life. You can't measure heart and that is why Karen became great in our community."

**- Bobby Wills (Peninsula Sports Club Member)**

## What They Are Saying...

Karen Barefoot

Basketball Player & Coach

### In the Community and Nationally...

"What a wonderful topping to a great season with the news of the 2014-15 perfect APR score! To be one of only six schools is a great achievement and your athletic director, I am sure, has his chest out over this. I know that many support staff and team staff factor into this achievement, but it is the leadership from the top of the program that makes it happen. You are the motivator and engine that made this happen, and the PSC shares in support of your achievement and accomplishment!"

**- E. M. "Sonny" Seay, III (Peninsula Sports Club President)**

"Karen runs a first class camp just like her programs that she's directed. She's passionate and makes her footprints everywhere she goes!"

**-Tony Brothers (Veteran NBA Official)**



*Special Feature in Wilma's Magazine (April Edition)*

"Coach Barefoot is one of the most energetic coaches you'll see, and she brings a wealth of experience to women's basketball. Her desire to be successful is very evident in the student-athletes she puts on the floor. Her up-tempo, play hard all the time style is fun to watch."

**-Boo Williams (Hampton, VA Youth Sports Mentor and Former AAU Coach)**

"Coach Barefoot is so motivating... She truly is a UNCW Ambassador! She has a passion for making a lasting impact on players." **-Wilmington Central Rotary**

"Coach Barefoot has been a motivational speaker for our company on two separate occasions. Her passion, drive and message has inspired our teams, and we look forward to having Coach back to speak very soon!" **-Dale Kuhl (Vice President, Achieve Medical Weight Loss)**

"Life is about playing full out, all the time, with passion, compassion, and enthusiasm. It's all about doing what you love and finding love in what you do. Coach Barefoot embodies those sentiments with everyone she touches..."

**-Jerry Busone  
(Author and Coach)**





# Servant Leadership

Karen Barefoot

Basketball Player & Coach

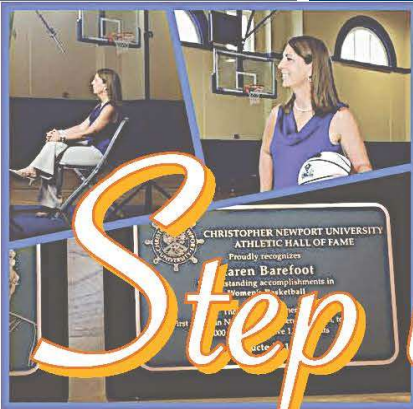




# Servant Leadership Continued

Karen Barefoot

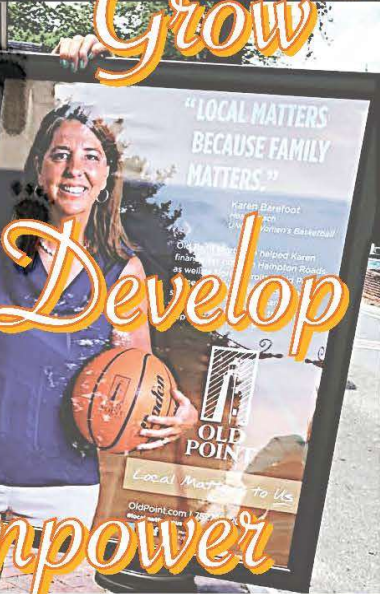
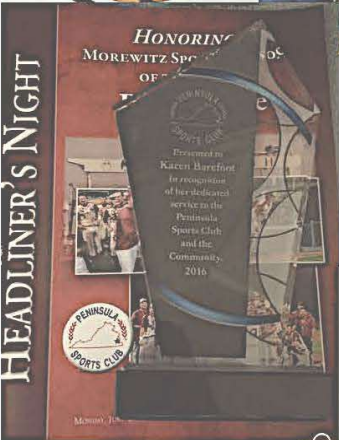
Basketball Player & Coach



# Step in to... Serve



# Grow



# Develop

# Empower



# Engage



# Impact



LADY OF FIRSTS  
Karen Barefoot

## References

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