

Atlantic 10 Set to Honor Carol ‘Lammers’ LaFountain

A Graduate of Miller City in 1977 and of the University of Dayton in 1981

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Miller City graduate and former University of Dayton All-American Carol (Lammers) LaFountain will be inducted into the Atlantic 10 Conference Legends Class during ceremonies before the A-10 women's basketball tournament quarter finals March 3-5 in Richmond, Virginia. The Atlantic 10 Conference established the Legends program in 2013 and each year recognize a female student from each of the A-10's 14 schools.

LaFountain, inducted into the University of Dayton Hall of Fame in 1989, was a walk on to the Lady Flyers in the fall of 1977, earning a scholarship and a place in Dayton's history.

LaFountain is the second-leading scorer at Dayton, amassing 2,151 points in a four-year career. The 5-foot-11 forward helped the Flyers post a 121-18 record including a school-record 33-3 season in 1978-79 when UD was runner-up in the Association for Intercollegiate Athletics for Women (AIAW) National Tournament. She led Dayton to the 1980 AIAW Division II National Championship, scoring 22 points in the final.

LaFountain was UD's MVP, as well as an Academic All-American and an overall All-American in 1981. She still holds six UD records, most games played (139), most consecutive game played (139 - she never missed a game in her career), most free throws attempted in a game (16), most free throws made in a game (14), highest FT% in a game (1.000 – 12/12) and most consecutive free throws made (32). She is in UD's Top 10 in eight different career categories.

A standout athlete at Miller City, LaFountain finished her prep basketball career, 1974-1977, with 1,321 points. She was also a two-time state champion in the shot put, winning the Class A title in 1976 (38-7) and 1977 with what was then a state-record throw of 41-10½.