

MERISSAH RUSSELL



Position: Forward
Born: Mar. 3, 2002
Height: 5'11"
Hometown: Ottawa, ON

High School: Capital Courts (OSBA)
Years With The Canadian National Team: 2
Number of International Games Played: 19

National Team Statistics

YEAR	TEAM	TOURNAMENT	GP	GS	MIN	AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	A	PF	DQ	STL	TO	BLK	PTS	RPG	APG	PPG
2017	CWNT	U16 FIBA Americas	5	-	92	18.4	10	16	.625	6	15	.400	4	7	.571	12	12	24	7	16	-	5	16	4	42	4.8	1.4	8.4
2018	DWNT	Commonwealth Games	5	-	34	6.8	3	7	.429	1	3	.333	4	4	1.00	4	6	10	2	4	-	4	0	0	11	2.0	0.4	2.2
	CWNT	Latvia Tournament	3	1	52.73	17.58	9	24	.375	1	6	.167	7	8	.875	1	9	10	3	5	-	4	9	0	26	3.33	1.0	8.67
	CWNT	U17 FIBA World Cup	6	-	135	22.5	23	63	.365	7	18	.388	18	27	.667	11	12	23	7	10	-	10	17	2	71	3.83	1.17	11.83

NATIONAL TEAM HIGHLIGHTS:

2018: Member of the Development National team that participated in the 2018 Commonwealth Games and finished in 4th place. She played in all 5 games and averaged 6.8 minutes, 2.2 points and 2.0 rebounds. At the Latvia Tournament, Russell played 52.73 minutes and contributed 26 points and 10 rebounds. During the World Cup in Belarus, she played six games, averaging 11.83 points per game, 3.83 rebounds per game and 1.17 assists per game.

2017: In her first time with the Cadette National Team, Merissah played in all 5 games of the tournament, averaging 18.4 minutes per game. She had a total of 42 points throughout the tournament and had an average of 4.8 rebounds per game.

Provincial Team Statistics

YEAR	TEAM	TOURNAMENT	GP	GS	MIN	AVG	FG	FGA	PCT	3FG	3FGA	PCT	FT	FTA	PCT	OFF	DEF	TOT	A	PF	DQ	STL	TO	BLK	PTS	RPG	APG	PPG
2016	Ontario	U15 National Championships	5	-	104	21	11	27	.41	1	6	.177	5	6	.83	10	17	27	5	-	-	23	8	0	30	5.4	1.0	6.0
2017	Ontario	U15 National Championships	Statistics Unavailable																									

PROVINCIAL TEAM HIGHLIGHTS:

2017: Member of U15 Team Ontario who won gold at the National Championships. Merissah was named 1st Team All-Star.

2016: At her first National Tournament, Merissah played a total of 104 averaging 21 minutes per game and posting a total of 27 rebounds in 5 games. Along with this she was the Team Leader in steals, with 23 over 5 games. These numbers got her being named to the 2nd All-Star Team from the tournament.

PERSONAL:

Daughter of Natalie and Constantine Russell.