



MICHELLE PLOUFFE



Position: Forward
Born: September 15, 1992
Height: 6'4"
Hometown: Edmonton, AB

High School: National Elite Development Academy
University: University of Utah (NCAA)
Professional: Lyon (France)
Years With The Canadian National Team: 9
Number of International Games Played: 110
Number of Senior International Games: 85

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
2009	JWNT	FIBA U19 World Championship	9	-	151	17	23	46	.500	1	3	.333	7	11	.636	17	21	38	3	14	-	5	7	1	54	4.2	0.3	6.0
2010	JWNT	FIBA Americas U18 Championship	5	-	122	24.4	18	48	.375	3	7	.429	27	37	.730	28	19	47	7	6	-	10	16	7	72	9.4	1.4	14.4
2011	JWNT	FIBA U19 World Championships	9	-	254	28.2	55	117	.510	6	21	.286	27	32	.844	24	32	56	17	20	-	20	24	3	143	6.2	1.9	15.2
	JWNT	Torieno Internacional Brazil	2	-	52	26.4	11	17	.692	2	4	.500	6	7	.857	5	5	10	3	5	-	3	9	2	30	5.0	1.5	15.0
	SWNT	Spain – Exhibition Tournament	3	0	38	12.7	4	9	.444	1	2	.500	1	2	.500	4	5	9	1	2	-	1	0	0	12	4.5	0.5	4.0
	SWNT	France – Exhibition Tournament	3	0	30	10	1	7	.143	0	0	.000	0	0	.000	0	2	2	2	2	-	5	-	0	2	0.7	0.7	0.7
2012	SWNT	Exhibition vs. China	3	-	43	14.3	3	12	.250	0	4	.000	2	3	.667	4	4	8	2	3	-	0	4	0	8	2.7	0.7	2.7
	SWNT	Exhibition vs. Great Britain	2	-	4	2.1	0	2	.000	0	2	.000	0	0	.000	0	0	0	0	0	-	0	0	0	0	0.0	0.0	0.0
	SWNT	France Exhibition Tournament	3	-	16	5.4	1	5	.200	0	1	.000	0	0	.000	1	2	3	1	3	-	2	0	0	2	1.0	0.33	0.7
	SWNT	Olympic Qualifying Tournament	3	-	23	7.7	1	9	.111	0	1	.000	3	4	.750	4	7	11	0	3	-	1	4	0	5	3.7	0.0	1.7
	SWNT	Olympic Games	2	-	11	5.5	0	2	.000	0	1	.000	2	2	1.00	0	1	1	0	3	-	0	0	0	2	0.5	0.0	1.0
2014	SWNT	Exhibition vs. Brazil	3	-	64	21.3	8	14	.570	2	4	.500	7	9	.780	3	15	18	5	7	-	5	4	1	25	6.0	1.7	8.3
	SWNT	Turkey Exhibition Tournament	3	-	25	8.4	0	5	.000	0	0	.000	0	0	.000	3	9	12	0	1	-	1	1	0	0	3.3	0.0	0.0
	SWNT	Czech Exhibition Tournament	3	-	43	14.4	6	14	.429	0	1	.000	3	5	.600	6	7	13	1	10	-	2	2	2	15	0.7	0.7	5.0
	SWNT	Spain Exhibition Tournament	2	-	36	18.3	5	8	.630	0	0	.000	5	11	.450	0	12	12	2	6	-	1	4	0	15	6.0	1.0	7.5
	SWNT	FIBA Worlds	7	-	97	13.8	16	36	.444	3	16	.380	0	0	.000	6	18	24	7	9	-	4	7	2	38	3.4	1.3	5.4
2015	SWNT	Pan American Games	5	-	39	7.8	1	3	.330	0	4	.000	2	2	1.00	2	7	9	3	8	-	2	7	0	14	1.8	0.6	2.8
	SWNT	FIBA Americas	5	-	52	10.4	9	25	.360	3	7	.430	7	10	.700	5	10	15	3	4	-	6	5	3	28	3	0.6	5.6
2016	SWNT	Spain Exhibition	2	-	41.7	20.9	7	14	.500	2	3	.667	6	8	.750	3	1	4	2	6	-	2	3	0	22	2.0	1.0	11.0
	SWNT	France Exhibition	3	-	36.4	12.2	0	7	.000	0	2	.000	1	2	.500	1	5	6	4	4	-	0	3	0	1	2.0	1.3	0.3
	SWNT	EGIC	3	-	50.9	16.9	7	18	.389	1	5	.200	0	1	.000	4	4	8	2	2	-	7	4	1	15	2.6	0.6	5.0
	SWNT	USA Showcase	3	-	30.1	10.0	3	8	.380	0	1	.000	0	0	.000	0	4	4	2	3	-	2	4	0	6	1.3	0.6	2.0
	SWNT	Olympic Games	3	-	20	6.7	2	7	.286	1	1	1.00	0	0	.000	2	0	2	4	2	-	0	2	0	5	0.7	1.3	1.7
2017	SWNT	Europe Exhibition	5	-	125	25	13	40	.33	3	9	.333	1	4	.25	11	16	27	14	12	-	10	8	3	36	5.4	2.8	7.2
	SWNT	FIBA Women's AmeriCup	6	-	99.0	16.5	8	23	.348	2	4	.500	10	14	.714	15	23	38	8	10	-	4	9	2	32	6.3	1.3	5.3
2018	SWNT	Edmonton Grads International	2	-	30.2	15.1	8	16	0.500	1	6	.167	0	0	.000	1	7	8	3	7	-	4	4	0	17	4.0	1.5	8.5
	SWNT	USA Exhibition	2	-	25.0	12.5	4	7	.571	0	1	.000	0	0	.000	2	5	7	2	3	-	2	0	2	8	3.5	1.0	4.0
	SWNT	France Exhibition	3	-	43.0	14.3	7	22	.318	3	8	.375	5	5	1.00	3	5	8	5	6	-	2	2	0	18	2.6	1.6	6.0
	SWNT	FIBA World Cup	6	-	69.0	11.5	8	22	.363	2	6	.333	4	4	1.00	9	14	23	6	5	-	8	3	1	16	3.8	1.0	2.7

NATIONAL TEAM HIGHLIGHTS:

2018: Michelle played two games at the Edmonton Grads International Classic where she contributed 8.5 points per game, 4.0 rebounds per game and 1.5 assists per game. During the France Exhibition, Michelle contributed 18 points, 5 assists, and 8 rebounds throughout all three games played. Michelle averaged 11.5 minutes per game and contributed 16 points throughout the 2018 Women's World Cup in Tenerife, Spain where Team Canada finished in 7th place.

2017: On the recent trip to Europe with the SWNT as part of their Phase 1 training, Michelle played in all 5 games with the team averaging 25 minutes per game. Throughout the 5 games she averaged 5.4 rebounds per game, 2.8 assists and 7.2 points. Representing Canada at the 2017 FIBA Women's AmeriCup, where she contributed significantly to help the team win a Gold Medal at the event. While at this tournament she averaged 16.5 minutes per game, 6.3 rebounds per game and 5.3 points per game.

2016: Member of the Rio 2016 Olympic Team who placed 7th in the tournament; averaged 6.7 minutes and 1.7 points per game. Played 2 exhibition games in Spain averaged 11 points, and 2 rebounds. Played 2 exhibition games in France averaging 12.2 minutes. Played 3 exhibition games at the Edmonton Grads International Classic, averaged 5.0 points per game. Played 3 games in the USA Showcase tournament, averaging 10 minutes per game and 2 points.

2015: Member of the 2015 Pan American Games team that won Canada's first ever gold medal. Helped the SWNT achieve gold at the FIBA Americas, qualifying for Rio 2016 Olympics...Averaged 8.7 minutes and 4.7 points per game.

2014: Averaged 21.3 minutes, 8.3 points and 6.0 rebounds per game in the Brazil exhibition games...averaged 5 points in 14.4 minutes per game in the Czech Exhibition Tournament...averaged 5.4 points and 3.4 rebounds in all 7 games for Canada at FIBA Worlds

2012: Member of the SWNT that qualified for the Olympic Games, playing in 3 games...Member of the 2012 Olympic team that qualified for the quarter-finals in London, playing in 2 games.

2010: Represented Canada at the 2010 FIBA Americas U18 Championship in Colorado standing 3rd place at the tournament where she averaged 24.4 minutes, 14.4 points, 9.4 rebounds and 1.4 assists per game. Ranked 1st in the tournament in points and free throws made, 4th in BS and 3rd in rebounds...Led the team in points, rebounds, BS and ST during the games....

2009: Represented Canada at the 2009 FIBA U19 World Championships in Thailand

Professional Statistics

YEAR	LEAGUE	TEAM	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
2014-15	France	Arras	18	-	559	31	97	218	.444	10	40	.250	45	68	.662	35	127	148	38	48	-	32	47	17	249	8.2	2.1	13.8
2015-16	France	Mondeville	26	-	783	30.1	102	255	.400	23	65	.354	78	102	.765	56	107	163	64	77	-	46	94	13	351	6.3	2.5	13.5
2016-17	France	Mondeville	27	-	826	30.6	115	259	.444	24	82	.293	66	78	.846	58	124	182	88	74	-	49	70	17	368	6.7	3.3	13.6
2017-18	France	Tarbes	30	-	1067	35.6	79	173	.457	65	168	.387	67	81	.827	47	272	319	72	92	-	62	57	27	420	10.6	2.4	14.0

PROFESSIONAL HIGHLIGHTS:

2017-18: Michelle played a total of 30 games averaging 35.6 minutes, 14.0 points, 10.6 rebounds and 2.4 assists. She was the French LFB Player of the Week twice and a French LFB Finalist.

2016-17: After finishing her second season with Mondeville, Michelle played in a total of 27 games averaging 30.6 minutes per game and averaging 13.6 points per game. Throughout the 27 games Michelle scored a total of 368 points and averaged 6.7 rebounds per game. This season was her best season as a pro, posting higher stats than previous seasons.

2015-16: Played in 26 games averaging 30.1 minutes, 13.5 points, 6.3 rebounds and 2.5 assists per game.... Named Player of the Week in the LFB during the week of April 12th.

2014-15: Played 18 games for Arras... Averaged 31 mpg, 13.8 ppg, 8.2 rpg, and 2.1 apg...

University Statistics

YEAR	LEAGUE	SCHOOL	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
2010-11	NCAA	Utah	35	34	1032	29.5	174	421	.431	24	92	.261	108	143	.755	88	168	256	28	112	-	42	90	42	480	7.3	0.8	13.7
2011-12	NCAA	Utah	32	32	1086	33.9	165	424	.389	41	134	.306	80	103	.777	63	199	262	58	87	-	42	115	44	451	8.2	1.8	14.1
2012-13	NCAA	Utah	31	31	1049	33.8	181	459	.394	46	133	.346	110	151	.728	59	205	264	85	86	-	62	95	40	518	8.5	2.7	16.7
2013-14	NCAA	Utah	29	28	1012	34.9	187	461	.406	30	97	.309	130	186	.699	62	244	306	74	94	3	61	94	22	534	10.6	2.6	18.4

UNIVERSITY HIGHLIGHTS: (Source: University of Utah Athletics)

SENIOR (2013-2014): Honorable mention Pac-12 All-Academic Team 2014...2013/14 Sporting News Preseason Honorable Mention All-American... Pre-season All-Conference first team... Pac-12 All-Conference pick... Pac-12 All-Defensive Team selection... ESPN W National Player of the Week and Pac-12 Player of the Week (Dec 16 2013)...Appeared in 29 games and started in 28.... Led her team with 18.4 points and 10.5 rebounds per game...2nd in Pac-12 with 8.3 defensive rebounds per game...3rd in the league in total rebounds at 10.4 per game (31st in NCAA) ... 3rd with 14 double-doubles (33rd in NCAA), 6th (115th in NCAA) in steals (2.0 per game), 8th in scoring (18.3 ppg)...put in her 15th double-double of the season against Oregon State in the quarterfinals...

JUNIOR (2012-2013): As a Junior at University of Utah...started all 31 games averaging 33.8 minutes, 16.7 points, and 7.3 rebounds per game.

SOPHOMORE (2011-2012): As a Sophomore at University of Utah...started all 32 games that she played averaging 33.9 minutes, 14.1 points, and 8.2 rebounds per game during NCWA.

FRESHMAN (2010-2011): As a freshman at University of Utah ... Played all 35 games and averaged 29.5 minutes, 14 points and 7.3 rebounds per game leading all freshmen in the MWC in scoring and rebounding during NCWA.

National Elite Development Academy (NEDA) Statistics

YEAR	TEAM	OPPONENT	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
2008-09	NEDA	Genesee	1	-	-	-	4	5	.800	1	1	1.00	2	2	1.00	0	3	3	2	1	-	0	1	0	11	-	-	-
	NEDA	Monroe CC	1	-	15	-	3	8	.375	0	1	.000	0	0	.000	1	6	7	1	2	-	0	1	0	6	-	-	-
	NEDA	Monroe CC	1	-	13	-	0	2	.000	0	0	.000	0	2	.000	5	1	3	0	1	-	0	5	0	0	-	-	-
	NEDA	Laurier	1	-	16	-	3	8	.375	1	1	1.00	1	1	1.00	1	5	6	1	3	-	1	0	0	8	-	-	-

HIGH SCHOOL HIGHLIGHTS:

Career: Member of the National Elite Development Academy in 2008-09... Competed in France against Junior National Squad and Club team in March 2009... Won city and provincial championships with Harry Ainlay High School in 2007-08... Recognized as High School City All-Star... Member of Junior High School City Champions Holy Family Catholic Jr. High in 2006-07

PROVINCIAL TEAM HIGHLIGHTS:

Career: Won a silver medal at the U17 National Championships in 2008 in Charlottetown, PEI as a member of Team Alberta... Averaged 10.4 points per game for the tournament... Selected as a First Team Tournament All-Star... Member of 2007 U15 Alberta team... Won silver at the 2007 U15 National Championships in Burnaby, BC... Named to Tournament All-Star Team... Competed at 2007 Western Canada Games... Participated in Centers for Performance in 2006-07, 2007-08

PERSONAL:

Daughter of Laurie and Daryl Plouffe... has two brothers, Christopher and Daniel, and two sisters, Andrea and Katherine... Sister Andrea played for University of Washington Huskies and played for the Development Women's National Team in 2003... Sister Katherine played for Marquette University... Michelle also enjoys volleyball, reading, music, and movies