



BRIDGET CARLETON

Position: Guard
Born: May 22, 1997
Height: 6'1"
Hometown: Chatham, ON

High School: John McGregor Secondary School
University: Iowa State University (NCAA)
Years With The Canadian National Team: 6
Number of International Games Played: 69
Number of Senior International Games: 37

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	
2013	CWNT	U16 FIBA Americas	5	-	128	25.6	10	23	.435	12	24	.500	1	3	.330	4	11	15	10	11	-	14	18	4	57	3.0	2.0	11.4
2014	CWNT	France Exhibition	3	2	79	26.3	10	21	.476	0	14	.000	6	6	100	2	8	10	6	5	-	7	7	0	26	3.3	2.0	8.7
	CWNT	U17 FIBA World Championship	7	-	231	33.0	11	32	.344	20	49	.408	19	26	.731	7	34	41	15	16	-	15	14	2	101	5.9	2.1	14.4
	JWNT	U18 FIBA America Qualifier	5	-	115	23.0	5	10	.500	9	23	.391	13	16	.813	4	14	18	5	11	-	5	11	4	50	3.6	1.0	10.0
2015	JWNT	Spain Exhibition	3	-	80	26.8	14	37	.380	8	16	.500	11	11	100	9	9	18	6	10	-	4	6	0	47	6.0	2.0	15.7
	JWNT	U19 FIBA World Championships	5	-	183	36.7	26	93	.280	7	37	.190	18	21	.860	12	18	30	10	6	-	6	4	4	77	6.0	2	15.4
2016	SWNT	Spain Exhibition	2	-	16.28	8.1	2	4	.500	2	3	.667	0	0	.000	1	1	2	1	1	-	0	1	0	6	1.0	0.5	3.0
	SWNT	France Exhibition	3	-	31.38	10.5	2	5	.400	1	3	.333	0	0	.000	2	2	4	2	1	-	1	1	0	5	1.3	0.7	1.7
	DWNT	Prague Open	4	-	98.6	24.7	19	40	.475	9	18	.500	6	9	.666	10	14	24	2	6	-	10	9	2	53	6.0	0.5	13.2
	SWNT	Edmonton Grads Exhibition	1	-	6.1	6.1	1	1	1.00	0	0	.000	0	0	.000	1	0	1	1	1	-	0	0	0	2	1.0	1.0	2.0
2017	SWNT	Europe Exhibition	5	-	119	23.8	3	13	.23	9	18	.500	0	1	.000	4	13	17	2	12	-	4	4	2	33	3.4	0.7	6.6
	SWNT	China Exhibition	6	-	128	21.3	12	35	.34	7	24	.29	4	4	100	4	10	14	7	14	-	9	7	0	49	2.3	1.2	8.2
	SWNT	FIBA Women's AmeriCup	5	-	51	10.1	0	3	.000	1	12	.083	0	0	.000	3	4	7	4	6	-	1	2	1	3	1.4	0.8	0.6
2018	SWNT	Edmonton Grads International	2	-	40	20.0	5	13	.385	5	10	.500	2	2	100	4	4	8	6	1	-	1	0	0	17	4.0	3.0	8.5
	SWNT	China Exhibition	2	2	59	29.5	5	15	.333	4	8	.500	3	4	.75	0	7	7	1	1	-	4	6	2	17	3.5	.500	8.5
	SWNT	Japan Exhibition	2	2	64	32	6	18	.333	2	12	.167	2	2	100	1	6	7	7	1	-	0	2	0	16	3.5	3.5	8.0
	SWNT	USA Exhibition	2	-	6	3	1	1	1.00	1	1	1.00	0	0	.000	1	0	1	0	2	-	0	1	0	3	0.5	0.0	1.5
	SWNT	France Exhibition	3	-	29	9.6	3	7	.428	3	5	.666	0	0	.000	1	4	5	3	2	-	2	5	1	9	1.6	1.0	3.0
	SWNT	FIBA World Cup	4	-	25	6.3	0	1	.000	0	2	.000	0	0	.000	1	1	2	0	0	-	1	1	0	1	0.0	0.0	0.0

NATIONAL TEAM HIGHLIGHTS:

2018: As a member of the Senior Women's National Team, Carleton contributed 8.5 points per game, 4.0 rebounds per game and 3.0 assists per game at the Edmonton Grads International Classic this summer. Carleton played two games at the China exhibition games, averaging 8.5 points per game and 3.5 rebounds per game. At the Japan exhibition, Carleton played two games and averaged 8.0 points per game, 3.5 rebounds per game and 3.5 assists per game. Member of Team Canada that finished in 7th place at the 2018 FIBA Women's World Cup in Tenerife, Spain.

2017: During the exhibition in Europe, Bridget played in all 5 games recording 119 playing minutes, averaging 6.6 points per game, 3.4 rebounds per game and on average played 23.8 minutes per game. She then made it on to the Senior Team's Exhibition trip to China where she played in all 6 games, starting in 4 and scored a total of 49 points and averaged 21.3 minutes per game. In her third time with the senior team this summer, she travelled to Argentina to compete in the 2017 AmeriCup, where she was able to help capture a Gold Medal.

2016: Made her Senior National Team debut in Spain, played in 2 exhibition games in Spain, averaging 8.1 minutes. Played in 3 exhibition games in France averaged 10.5 minutes and 1.3 rebounds. Member of the Development National Team and played 4 exhibition games in the Prague Open, averaged 13.2 points per game and 6 rebounds. Played one game in the Edmonton Grads Exhibition.

2015: Member of the JWNT team that played three exhibition games in Spain and finished 8th at U19 World Championships in Russia... captain of the U19 Women's National Team ... averaged 12.3 points in 27 international games for Canada

2014: Member of the 2014 CWNT that competed at the FIBA U17 World Championships, where they placed 6th... lead the team in minutes played, and points scored...averaged 33 minutes, 5.9 rebounds, and 14.4 points per game.

Member of the 2014 JWNT that competed at the U18 FIBA Americas, where they placed 2th ...averaged 23.0 minutes, 3.6 rebounds, and 10.0 points per game...shot 50% from the field, 39% from the 3-pt range, and 81% from the free throw line...ranked 2nd in the tournament for FT percentage...3rd in 3-pt shots made...4th in blocked shots...6th in 3-pt shooting percentage.

2013: Member of the 2013 CWNT that competed at the FIBA U16 World Championships in Mexico where they won silver...Played in 5 games, averaged 25.6 mpg, shooting 43% from the field, 50% from 3-pt range, 33% from the free throw line, 3.0 rpb, 2.0 asp, and 11.4 ppg...was the team leader in minutes played, averaging 25.6 mins per game... 6th in the tournament for scoring... 2nd in the tournament in 3-pt scoring with 12 3-pt shots, and 3rd in 3-pt shooting average, shooting 50%. Top 10 in blocks in tournament...6th in tournament assists... Led the team in steals with 14 during the tournament, averaging 2.80 steals per game...

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
2015-16	NCAA	Iowa State	27	25	912	33.8	103	306	.337	55	167	.329	62	77	.805	46	136	182	47	54	-	25	44	21	323	6.7	1.7	12.0
2016-17	NCAA	Iowa State	31	30	1019	32.9	155	392	.395	63	185	.341	92	98	.939	52	124	176	56	74	-	38	63	31	465	5.7	1.8	15.0
2017-18	NCAA	Iowa State	31	31	1118	36.1	201	520	.387	65	197	.330	127	154	.825	42	161	203	106	77	-	69	96	29	594	6.5	3.4	19.2
2018-19	NCAA	Iowa State	35	35	1224	35.0	254	543	.468	72	194	.371	180	209	.861	67	235	302	140	80	-	79	93	43	760	8.6	4.0	21.7

UNIVERSITY HIGHLIGHTS:

SENIOR (2018-2019): In her senior year she had the best single-season in ISU history, ranking top-10 in school history in nearly every statistical category, as well as earning Big 12 Player of the Year honours. Carleton set school records for points scored (760), scoring average (21.7 PPG), field-goals made (254), and field-goals attempted (543). She ranked second time in free-throws made (180) and attempted (209), third in steals (79), fourth in rebounds (302) and tied for ninth in blocks (43). She was named the Cheryl Miller Award winner, which honors the best small forward in NCAA Division I. Upon earning the award she was also named to the Naismith Starting 5... Named to the 10-member WBCA Coaches All-America Team – becoming the first ISU women’s basketball player to earn that distinction... Carleton was awarded for her classroom prowess as well, earning a Senior CLASS Award First Team All-American which is given to student-athletes having notable achievements of excellence in community, classroom, character and competition... Awarded Associated Press Second-Team All-American... Awarded ESPNW Second-Team All-American...Awarded USBWA Third-Team All-American

JUNIOR (2017-2018): In her junior season she averaged 36.1 minutes,19.2 points, 6.3 rebounds, 2.3 assists per game... Led team with 19.2 points per game which ranks 3rd in ISU single season records... Set the 4th highest single season point total in Cyclones history with 594 points ... Set single-season record in field goal attempts with 520... Unanimously named to the All-Big 12 First Team... Received All-American Honorable Mention by the Associated Press... Top-10 Finalist for the Cheryl Miller Award – an award which honors the nation’s top small forwards ... Currently ranked 15th in ISU with 1382 points going into her senior year.

SOPHOMORE (2016-2017): In her second season averaged 15 points, 5.7 rebounds, 2.0 assists and 32.9 minutes per game.

FRESHMAN (2015-16): As a Freshman averaged 33.8 minutes, 12 points, 6.7 rebounds and 1.7 assists 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
2011	Ontario	U15 National Championships	5	-	114	22.8	12	34	.353	5	14	.357	6	7	.857	7	20	27	5	3	-	3	14	4	12	5.4	1.0	7.0
2012	Ontario	U15 National Championships	4	-	106	21.2	16	29	.552	6	15	.400	10	18	.556	7	21	28	6	8	-	7	12	6	60	7.0	1.5	15.0
2013	Ontario	Canada Games	5	2	93	18.7	7	18	.389	3	16	.188	-	-	-	3	14	17	5	7	-	12	3	0	23	3.4	1.0	4.6

PROVINCIAL TEAM HIGHLIGHTS:

2013: Member of the Ontario U17 provincial team that won gold at the Canada Games

2012: Honored at Basketball Ontario Gala; presented with 2012 U15 Hazel Miner Award – presented to an athlete for their “outstanding contribution to the sport of basketball” in their community and throughout the province of Ontario.”

2011: Member of the Ontario U15 provincial team that won gold at the U15 National Championships in Winnipeg, MB

HIGH SCHOOL HIGHLIGHTS:

Career: Led club team to Division 2 Ontario Cup Championship in 2011 and 2012...averaged 28.4 points, 11.1 rebounds, 2.8 assists and 3.1 steals her senior year playing club basketball (JUEL)... named the high school athlete of the year and the academic athlete of the year her senior year...presented the Jack Parry award for excellence in athletics, academics and the community...a talented badminton player in Canada, winning the LKSSAA badminton title in girls doubles...rated as the top 2015 prospect in Canada by Crown Scout Recruiting Service

PERSONAL:

Kinesiology major...daughter of Rob and Carrie Carleton... has two sisters, Sarah and Rachel