



# DANEESHA PROVO



**Position:** Guard  
**Born:** May 14, 1996  
**Height:** 5'10  
**Hometown:** Dartmouth, NS

**High School:** Kent School  
**University:** Utah (NCAA)  
**Years With The Canadian National Team:** 5  
**Number of International Games:** 38  
**Number of Senior International Games:** 2

## 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	JWNT	France Exhibition	2	-	34	17.3	2	8	.250	2	5	.400	0	0	.000	4	3	7	4	1	-	0	2	1	10	3.5	2.0	5.0
	JWNT	U19 Torneo Internacional	3	-	49	16.4	8	16	.500	2	5	.400	5	8	.625	1	5	6	1	6	-	2	5	1	21	2.0	0.3	7.0
	JWNT	FIBA U19 World Championship	8	-	90	11.3	13	34	.382	6	13	.462	3	4	.750	2	10	12	5	10	-	2	11	0	35	1.5	0.6	4.4
	JWNT	3x3 Youth World Championship	Statistics Unavailable																									
2014	JWNT	U18 FIBA Americas	5	-	108	21.6	12	27	.444	4	20	.200	24	31	.774	6	12	18	7	17	-	7	11	0	60	3.6	1.4	12.0
2015	JWNT	Spain Exhibition	3	-	63	21.1	12	30	.400	8	14	.571	4	6	.67	0	4	8	1	8	-	4	8	0	36	1.3	0.3	12.0
	JWNT	U19 Russia World Championship	5	-	82	16.5	7	35	.200	3	17	.176	9	11	.82	1	4	5	3	18	-	4	5	1	24	1.0	0.6	4.8
2016	DWNT	Prague Open	5	-	63	12.6	4	17	.235	4	14	.286	1	2	.500	3	7	10	2	11	-	2	12	0	13	2.0	0.4	2.6
2018	DWNT	Commonwealth Games	5	-	125	25.0	18	59	.305	8	26	.308	22	24	.917	14	6	20	8	4	-	5	12	0	66	4.0	1.6	13.2
	SWNT	China Exhibition	2	0	45.4	22.7	3	11	.273	2	8	.250	0	1	.000	0	2	2	2	3	-	3	1	0	8	1.0	1.0	4.0

## NATIONAL TEAM HIGHLIGHTS:

**2018:** Member of the Development National team that participated in the 2018 Commonwealth Games and finished in 4<sup>th</sup> place. She played in all 5 games and averaged 25.0 minutes, 13.2 points, 1.6 assists and 4.0 rebounds. Provo played two games in the China Exhibition and contributed 8 points, 2 rebounds and 2 assists.

**2016:** Member of the Development National Team and played 5 games in the Prague Open. Averaged 2.6 points per game and 2 rebounds.

**2015:** Member of the JWNT team that played three exhibition games in Spain and finished 8<sup>th</sup> at U19 World Championships in Russia.

**2014:** Member of the 2014 JWNT that competed at the U18 FIBA Americas, where they placed 2<sup>th</sup> ...averaged 21.6 minutes, 3.6 rebounds, and 12.0 points per game. Shot 44% from the field, 20% from the 3-pt range, and 77% from the FT line...Ranked 3<sup>rd</sup> in the tournament for FT percentage...10<sup>th</sup> in scoring.

**2013:** Member of the 2013 JWNT that competed at the FIBA U19 World Championships in Lithuania, finishing 7<sup>th</sup>.

## 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
2014-15	NCAA	Clemson	12	0	181	15.1	17	63	.270	10	33	.303	20	22	.909	9	17	26	3	17	0	9	12	1	64	2.1	0.25	5.3
2015-16	NCAA	Utah	DNP - Red Shirt																									
2016-17	NCAA	Utah	31	1	378	12.1	41	125	.328	10	63	.328	10	63	.159	13	23	.565	10	32	-	18	25	4	105	2.0	0.32	3.5
2017-18	NCAA	Utah	28	14	711	25.4	117	244	.480	44	109	.404	65	82	.793	29	63	92	28	60	-	20	45	8	343	3.3	1.0	12.3
2018-19	NCAA	Utah	13	13	341	26.2	67	131	.511	24	62	.387	17	21	.810	9	17	26	14	21	-	27	18	0	175	2.0	1.1	13.5

## UNIVERSITY HIGHLIGHTS:

**2018-19:** Started in 13 games before suffering a season-ending injury against Arizona State (1/4) ... at the time of her injury, Provo was ranked 10<sup>th</sup> in the Pac-12 in field goal percentage (.511), sixth in steals per game (2.1) and 14<sup>th</sup> in three-point field goals made per game (1.8) ... averaged 13.5 points, 2.0 rebounds, 1.1 assists, 2.1 steals and 26.2 minutes through 13 games ... scored in double-digits in three straight games to start the season ...

**2017-18:** Appeared in 28 games and started 14... Averaged 25.4 minutes, 12.3 points and 3.3 rebounds per game.

**2016-17:** Appeared in 31 games averaging 12.1 minutes, 3.5 points and 2 rebounds per game.

**2016:** Transferred to the University of Utah and sat out the season.

**2014:** Appeared in all 12 games in which she dressed... Playing 15.1 minutes per game, scoring 5.3 ppg and grabbing 2.2rpg... Went 20-22 (.909) from the line, including hitting her last 14 in a row...Scored in double-figures four times, including 13 against North Dakota...Hit 10-33 (.303) three-point attempts.

### 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	Nova Scotia	U15 National Championships	6	-	144	24	23	84	.274	2	21	.105	23	32	.719	22	23	45	15	15	-	22	20	6	70	7.5	2.5	11.8
2012	Nova Scotia	U17 National Championships	5	-	99	19.9	14	44	.318	2	15	.133	6	7	.857	6	7	13	8	-	-	6	10	5	36	2.6	1.6	7.2

### PROVINCIAL TEAM HIGHLIGHTS:

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**2012:** Member of the Nova Scotia U17 provincial team that finished 2<sup>nd</sup> at the U17 National Championships...Named 2<sup>nd</sup> Team All-Star.

**2011:** Played for the Nova Scotia U15 provincial team that placed 5<sup>th</sup> at the U15 National Championships.

### PERSONAL:

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Daughter of Danny Castillo and Angela Provo...Enjoys volleyball, soccer, track and field, listening to music, and dancing.