



# NATALIE ACHONWA

**Born:** November 22, 1992  
**Height:** 6'3  
**Hometown:** Guelph, Ontario

**High School:** St. Mary's Catholic  
**University:** University of Notre Dame (2010-2014)  
**Professional:** Minnesota Lynx (WNBA)/Wuber Schio (Italy)  
**Years With The Canadian National Team:** 10  
**Number of International Games Played:** 101  
**Number of Senior International Games:** 87

## 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
2008	JWNT	FIBA Americas Championship	5	-	93	18.6	14	50	.280	1	3	.333	5	9	.556	15	14	29	8	6	-	5	11	0	36	5.8	1.6	7.2
2009	JWNT	FIBA World Championship	9	9	192	21.0	37	115	.322	2	17	.117	17	30	.567	16	39	55	8	20	-	13	24	1	93	6.1	0.9	10.3
	SWNT	Exhibition vs. China	2	0	30	15.0	3	11	.273	0	2	.000	2	3	.667	3	2	5	0	0	-	3	2	-	8	2.5	0.0	4.0
	SWNT	Exhibition vs. Clemson	2	0	18	9.0	4	6	.667	0	0	.000	0	0	.000	1	3	4	1	2	-	0	0	-	8	2.0	0.5	4.0
	SWNT	FIBA Americas Championship	5	-	69	13.8	14	34	.412	2	4	.500	3	4	.750	4	17	21	5	8	-	6	10	3	33	4.2	1.0	6.6
2010	SWNT	Exhibition vs. Chile	4	-	56	14.0	13	24	.541	1	2	.500	11	17	.647	6	7	13	4	1	-	3	11	0	38	3.3	1.00	9.5
	SWNT	Exhibition vs. Sweden	3	-	32	10.7	8	17	.470	0	1	.000	2	5	.400	4	12	16	2	4	-	1	3	0	18	5.3	0.7	6.0
	SWNT	Greece Exhibition Tournament	2	-	30	15.2	7	13	.538	1	2	.500	7	9	.778	4	6	10	1	4	-	2	0	1	22	5.0	0.5	11.0
	SWNT	World Championship	8	-	101	12.6	11	39	.282	3	8	.375	12	15	.800	9	22	31	0	11	-	3	12	1	37	3.9	0.0	4.6
2012	SWNT	Exhibition vs. China	3	-	43	14.3	9	13	.692	0	0	.000	2	6	.333	6	2	8	1	0	-	1	0	0	22	2.7	0.3	7.3
	SWNT	Exhibition vs. Great Britain	2	-	45	22.6	6	12	.500	0	1	.000	7	9	.778	4	10	14	4	3	-	0	10	0	19	7.0	2.0	9.5
	SWNT	France Exhibition Tournament	3	-	41	13.7	7	12	.583	0	0	.000	2	5	.400	4	2	6	5	4	-	1	5	0	16	2.0	1.7	5.3
	SWNT	Olympic Qualifying Tournament	4	-	40	10.0	6	17	.353	0	0	.000	6	11	.545	3	3	6	2	6	-	1	4	1	18	1.5	0.5	4.5
	SWNT	Olympic Games	6	-	114	19.0	15	39	.385	0	0	.000	12	15	.800	9	14	23	13	14	-	5	8	1	43	3.8	2.2	7.2
2013	SWNT	Exhibition vs. Czech	2	-	34	17.3	7	8	.880	0	0	.000	4	5	.800	3	7	10	2	5	-	3	3	0	18	0.5	1.0	7.3
	SWNT	FIBA Americas	6	-	95	15.8	18	39	.462	0	1	.000	9	10	.900	11	19	30	9	9	-	6	10	3	45	5.0	1.5	7.5
2015	SWNT	Pan American Games	4	-	57	14.3	12	21	.570	0	0	.000	13	17	.760	2	13	15	7	3	-	2	7	2	35	3.7	1.7	8.7
	SWNT	FIBA Americas	6	-	91	15.2	24	44	.550	0	0	.000	12	16	.750	8	13	21	5	8	-	5	11	3	60	3.5	0.8	10.0
2016	SWNT	USA Showcase	3	-	40.2	13.4	6	14	.430	0	0	.000	5	9	.560	3	4	7	2	8	-	3	3	0	17	2.3	0.6	5.6
	SWNT	Olympic Games	6	-	68	11.4	13	27	.481	0	0	.000	4	12	.333	12	5	17	6	8	-	1	12	1	30	2.8	1.0	5.0
2018	SWNT	USA Exhibition	2	-	50	25.0	13	18	.722	0	0	.000	0	0	.000	3	14	17	6	6	-	2	5	3	26	8.5	3	13.0
	SWNT	France Exhibition	2	-	40	20.0	8	24	.333	0	0	.000	4	4	1.00	2	4	6	5	5	-	1	3	1	12	3.0	2.5	6.0
	SWNT	FIBA World Cup	6	-	131	21.8	42	88	.477	0	0	.000	9	12	.755	15	19	34	12	20	-	7	9	2	51	5.7	2.0	8.5
2019	SWNT	FIBA POQT	3	2	59	19.8	11	22	.500	0	0	.000	6	13	.462	5	16	21	9	5	-	3	5	2	28	7.0	3.0	9.3
2020	SWNT	FIBA OQT	3	-	62	20.5	20	27	.740	0	0	.000	0	0	.000	5	14	19	5	6	-	2	7	2	40	6.3	1.7	13.3

## NATIONAL TEAM HIGHLIGHTS:

**2020:** Member of the FIBA Olympic Qualifying Tournament team that went 3-0 and secured Canada's third consecutive Olympic appearance. Achonwa averaged 13.3 points and 6.33 rebounds over 62:40 minutes during the OQT in Belgium. Natalie was named to the Tournament All-Star Five.

**2019:** Natalie competed in the FIBA Olympic Prequalifying Tournament where she averaged 19.8 minutes, 9.3 points, and 7.0 rebounds per game.

**2018:** Natalie joined Team Canada for the final phase following the WNBA season. Natalie averaged 21.8 minutes, 8 points, and 5 rebounds per game in the 2018 Women's World Cup in Tenerife, Spain where Team Canada finished in 7<sup>th</sup> place.

**2016:** Member of the Rio 2016 Olympic team who finished 7<sup>th</sup>, played in 6 games, averaging 11.4 minutes and 5 points. Played 3 games with the Senior National Team in the USA Showcase tournament, averaging 5.6 points per game and 13.4 minutes.

**2015:** Natalie received WNBA's rookie of the month for June...She was a Member of the 2015 Pan American Games team that won Canada's first ever gold medal...Averaged 8.75 points in 14.3 minutes per game, finished top ten in free throws for the tournament. Helped the SWNT achieve gold at the FIBA Americas, qualifying for Rio 2016 Olympics....Averaged 15.2 min and 10 points per game.

**2013:** Helped the SWNT qualify for FIBA Worlds 2014 by averaging 7.5 points and 6 minutes per game.

**2012:** Helped the SWNT to qualify for the Olympics averaging 3.6 points and 8 minutes per game...Member of the 2012 Olympic team that qualified for the quarter-finals in London, averaging 7.2 points and 19 minutes per game

**2010:** Averaged 12.6 minutes, 4.63 points and 4.1 rebounds per game during the Women's World Championships in Czech Republic...Ranked top 7<sup>th</sup> in the tournament in double-doubles... Top 4<sup>th</sup> in the team in scoring and 3<sup>rd</sup> in rebounds in the tournament

**2009:** Saw her first action with the SWNT as a 16-year-old... Averaged 6.6 points per game while playing on 13.8 minutes per game during the FIBA Americas Championship in Brazil in September... Shot .412 from the field and .500 from 3-pt range during that tournament... Also contributed 4.2 rebounds per game, good enough for fourth on the team...3<sup>rd</sup> team all-star at FIBA U19 World Championships.

**2009:** Fourth place finish at the 2009 FIBA World Championships where she was second on the team in points-per-game, and third in rebounds.

**2008:** Won a silver medal at 2008 FIBA Americas Championship tournament...Third on team in total rebounds for the tournament (29).

### Professional Statistics

YEAR	LEAGUE	CLUB	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	WNBA	Indiana Fever	34	18	526	15.5	92	175	.526	0	0	.000	50	69	.725	42	104	146	19	68	-	14	44	15	234	4.3	0.6	6.8
2015	Italy	Saces Mapei Napoli	6	-	208	34.7	51	77	.662	0	0	.000	17	22	.773	17	36	53	6	18	-	13	14	3	119	8.8	1.0	19.8
2016	WNBA	Indiana Fever	25	-	204	8.5	38	69	.551	0	0	.000	14	20	.700	17	34	51	7	27	-	10	12	1	90	3.0	0.5	3.8
2016-17	S.Korea	KEB Hanabank	34	-	658	19.4	162	320	.506	2	4	.500	83	119	.697	84	151	235	34	74	-	32	54	13	409	6.9	1.0	12.0
2017	WNBA	Indiana Fever	34	17	623	18.3	98	176	.552	0	0	.000	45	59	.746	37	90	127	25	76	-	14	31	17	241	3.7	0.7	7.1
2017-18	S.Korea	Woori Bank	34	-	1000	29.3	224	439	.511	0	1	.000	104	142	.732	126	254	380	29	98	-	49	41	31	552	11.2	0.9	16.2
2018	WNBA	Indiana Fever	34	34	883	26.0	137	260	.527	0	0	.000	76	95	.800	86	148	234	46	106	-	29	38	23	350	6.9	1.4	10.3
2018-19	China	Jiangsu Phoenix	25	-	718	28.7	248	427	.581	0	1	.000	134	159	.843	70	207	277	50	55	-	49	49	22	630	11.1	2.0	25.2
2019	WNBA	Indiana Fever	30	18	633	21.1	99	203	.488	3	12	.250	60	66	.909	48	108	156	48	77	-	18	28	20	261	5.2	1.6	8.7
2019-20	France	Bourges	16	-	302	18.9	69	129	.535	1	2	.500	33	44	.750	31	49	80	15	28	-	13	22	6	174	5.0	0.9	10.9
2020	WNBA	Indiana Fever	18	11	363	20.2	57	115	.496	0	10	.000	26	32	.813	26	73	99	31	46	-	9	33	11	140	5.5	1.7	7.8

### PROFESSIONAL HIGHLIGHTS:

**2020:** Achonwa played in 18 games for the Indiana Fever in the WNBA bubble in Florida. Starting 11 games, Achonwa averaged 5.5 rebounds per game and 7.8 points per game.

**2019-20:** In her first season with Bourges, Achonwa appeared in 16 games between France's LFB league and Euroleague, playing 18.9 minutes per game. Averaging 10.9 points, 5.0 rebounds and capitalizing on 33 out of 44 free throws throughout the season. She was awarded Player of the Week among Canadians playing abroad in February.

**2019:** The fifth-year center played 30 games and started 18 with the Indiana Fever and averaged 21.1 minutes, 8.7 points, and a career-best FT percentage of 90.9

**2018-19:** Achonwa played in 25 games with the Jiangsu Phoenix of the WCBA, recording 25.2ppg, 11.1 rebounds per game, 28.7 minutes per game, and 58.1 FG percentage... Awarded Chinese WCBA Player of the Week 8 times...

**2018:** Achonwa played in 34 games this season with the Indiana Fever and averaged 26.0 minutes per game, 10.3 points per game and 6.9 rebounds per game.

**2017-18:** Appeared in 34 games in her first season with Woori Bank... Averaged 29.3 minutes, 16.2 points and 11.2 rebounds per game... Korean WKBL Regular Season Champions... Crowned Korean WKBL Champion.

**2017:** Played 34 games with the Indiana Fever... Averaged 18.3 minutes, 3.7 rebounds and 7.1 points per game

**2016-17:** Appeared in 34 games in her first season with KEB Hanabank... Averaging 19.4 minutes, 12.0 points, 6.9 rebounds and 1.0 assists per game.

**2016:** Played 25 games with the Indiana Fever... averaged 8.1 mpg and 3.8 points.

**2015:** A 2014 first-round draft pick to Indiana Fever (9th overall)...averaged 8 ppg, 3.5 reb and a 55%FG in her first season with Indiana...Lost in game 5 (52-69) of the 2015 WNBA finals against Minnesota Lynx.

**2015-16:** Made her debut in Europe, playing for Napoli in Italy.

### University 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
2010-11	NCAA	Notre Dame	39	0	713	18.3	112	198	.566	2	4	.500	44	77	.571	86	122	208	44	73	2	32	64	17	270	5.3	1.13	6.9
2011-12	NCAA	Notre Dame	36	1	618	17.2	108	194	.520	3	10	.300	54	75	.720	63	94	157	49	71	1	24	-	27	273	4.4	1.4	7.6
2012-13	NCAA	Notre Dame	37	37	1001	27.1	184	354	.520	0	0	.000	144	180	.800	119	231	350	85	70	4	41	-	32	512	9.5	2.4	13.7
2013-14	NCAA	Notre Dame	33	33	838	25.4	193	316	.611	0	0	.000	105	148	.709	70	185	255	91	74	0	34	90	39	491	7.7	2.8	14.9

### UNIVERSITY HIGHLIGHTS:

**SENIOR (2013-14):** Named team captain...Associated Press All-America Team...ACC All-Academic Team... All-ACC Second Team (*Blue Ribbon Panel/Coaches*) ...All-ACC Tournament Team...NCAA Notre Dame Regional All-Tournament Team...Led her team to ACC Championship & fourth consecutive Final Four...Sidelined with ACL injury for final 2 games...WNBA First Round draft pick to Indiana Fever (9<sup>th</sup> overall)

**JUNIOR (2012-13):** Started 37 of 37 games...Named Associated Press & WBCA Coaches' All-American honorable mention... First-Team All-BIG EAST... NCAA Norfolk Regional All-Tournament Team... Won BIG EAST Championship and advanced to NCAA Final Four

**SOPHOMORE (2011-12):** As a sophomore at University of Notre Dame...Played 36 games averaging 18.3 minutes, 6.9 points, and 5.3 rebounds per game... Named to the NCAA Raleigh Regional All-Tournament Team... Advanced to NCAA Championship game

**FRESHMAN (2010-11):** As a freshman at University of Notre Dame ... Played 38 games and averaged 18.5 minutes, 7.1 points and 5.4 rebounds per game... She was the first Canadian player to don a jersey for the Fighting Irish Women's team...Named to the Big-East All-Freshman team... Played in the Final Four and advanced to the NCAA Championship game

### Provincial Team Statistics

TEAM	TOURNAMENT	GP	Min	M/A	%	M/A	%	M/A	%	Pts	Avg	O/D	Tot	Ast	TO	St	BS
Ontario	2008 U17 National Championships	5	21	38/65	.585	0/2	.000	15/21	.714	91	18.2	19/40	59	1.2	*	0.8	1.6

### PROVINCIAL TEAM HIGHLIGHTS:

**2008:** Member of Team Ontario for 2008 U17 National Championships...Won gold medal...Named MVP of 2008 National Championships...averaged 21.23 minutes, 10.8 points and 11.8 rebounds during the tournament.

**2007:** Member of Team Ontario for 2007 U17 National Championships...Won gold medal...Named first team all-star at 2007 tournament.

**2006:** Member of Team Ontario at 2006 U-15 Midget National Championships...Won national title...Named MVP of the tournament.

**Career:** 2005 to 2007 Nike Centre for Performance athlete.

### NEDA

Year	Team	Opponent	FG	FGA	3FG	3FGA	FT	FTA	OF	DE	TOT	PF	TP	A	TO	BLK	S	MIN
2008-09	NEDA	Genesee	8	13	2	4	0	1	0	3	3	0	18	5	4	0	4	

2008-09	NEDA	Monroe CC	5	8	0	1	0	0	2	1	3	3	10	1	2	0	0	9
2008-09	NEDA	Monroe CC	6	13	0	6	7	11	4	7	11	1	19	1	4	0	5	25
2008-09	NEDA	Laurier	3	10	0	2	1	1	3	2	5	2	7	1	2	0	2	15
2008-09	NEDA	Monroe CC	6	13	1	4	2	3	0	3	3	0	15	1	2	0	1	23
<b>Totals</b>			28	57	3	17	10	16	9	16	25	6	69	9	14	0	12	72

## HIGH SCHOOL HIGHLIGHTS:

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**2006-07:** Attended Centennial CVI in Guelph, ON...Junior District 10 Basketball silver medalists...Junior AAAA basketball CWOSSA champions...Junior District 10 basketball championship player of the game...Junior District 10 league MVP...Junior CWOSSA basketball MVP...First-team all-star CWOSSA...District 10 Varsity soccer MVP...Junior female athlete of the year

**2007-08:** Joined NEDA in Hamilton, ON... Had 3 straight double-doubles in three game exhibition series against Argentina U18 team... Averaged 16.3 points and 11.7 rebounds per game vs. Argentina... Played in 9 games against CIS teams... Started all 5 games in Windy City Classic, averaged 12.6 points per game...Started all three games of Laurentian Voyagers Invitational...Averaged 14.7 points, 6.7 rebounds, and 3 steals per game in 24.3 minutes... Named to Voyageurs Invitational Tournament All Star Team...

**2008-09:** Played her second year on the NEDA team... Recorded a double-double with 19 points and 11 rebounds in a game against Monroe Community College... Was named to the All-Star team at the 2008 Voyagers Invitational Tournament where she averaged 14.7 points-per-game and 6.7 rebounds...Was the youngest player to have recently made it on the Canadian Women's Senior National Team...Centre of Performance – Ontario

## OTHER HIGHLIGHTS:

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**2014-15:** Named to the 2015 ACC Legends class... Director of Operations for the University of Notre Dame Women's Basketball team

## PERSONAL:

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Daughter of Marion and Emmanuel Achonwa...Has one brother, Adrian and one sister, Kendra