

SUPPORT STAFF



David Adamczyk - Assistant Equipment Director - First Season

David Adamczyk is in his fourth season as an assistant equipment manager at the University of Colorado, his first with cross country. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



Erin Cunningham - Academic Counselor - Sixth Season

Erin Cunningham is in her sixth year as the assistant director in the office of academic support. Cunningham earned her degree in psychology in 2000 and her master's degree in speech communication in 2002, both from Colorado State. She was a four-year letterwinner on the cross country and track teams at CSU and competed in the NCAA Cross Country National Championship. Cunningham won the Western Athletic Conference Scholar Athlete Award from 1997-98 and received the Mountain West Conference Scholar Athlete Award 1999-2001. Prior to joining the athletic department, Cunningham was a professional academic counselor at CU. Born Oct. 12, 1977, in Boulder, Colo., she lettered in cross country, basketball and track & field at Boulder High School, where Cunningham graduated in 1996.



Craig Downing - Assistant Speed-Strenght & Conditioning Coach - Third Season

Craig Downing officially joined the Colorado Speed-Strength and Conditioning staff in October of 2009. He graduated from CU in 2009 with a pair of bachelor's degrees in integrative physiology and molecular, cellular and developmental biology. Downing is a certified Speed-Strength and Conditioning specialist and also has a certification from USAW. A native of Little Rock, Ark., Downing graduated from Little Rock Central High School in 2001. He enjoys climbing, lifting, fishing and playing guitar in his spare time.



Melisa Fazio - Assistant Athletic Trainer - First Season

Melisa Fazio is in her fifth year as an Assistant Athletic Trainer at the University of Colorado, her first with the cross country and track & field programs. Prior to working at CU, she worked with the US Women's Alpine Ski Team during the 2006 season, and with Howard Head Sports Medicine in Vail, Colo. Fazio earned her undergraduate degree from Michigan State University in 2004 in kinesiology/athletic training. She earned her master's degree in kinesiology and health promotions/athletic training from the University of Kentucky in 2006. Fazio graduated from Midland High School (Mich.) in 1999.



Josh Schuler - Assistant Speed-Strenght & Conditioning Coach - Second Season

Josh Schuler is in his second year as an assistant speed-strength and conditioning coach at Colorado, joining the staff in June, 2010. This is Schuler's second time at CU as he was an intern during the 2007-08 athletic season. Schuler earned his master's degree from Auburn in 2010 after serving as a graduate assistant for two seasons. He was also a student assistant at Iowa State from 2004-07 while earning his bachelor's. Schuler has two certifications, SCCC and USAW. Born in Muscatine, Iowa, Schuler enjoys hunting, fishing and weight-lifting. He lettered in football, wrestling and soccer before graduating from MHS in 2002.



Linda Poncin Sprouse - Assistant Sports Information Director - Seventh Season

Linda Poncin Sprouse enters her seventh season as the assistant sports information director for the CU cross country team. She also works with the volleyball and track & field programs. Sprouse served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse.