

# ACADEMICS AND ATHLETICS

## ACADEMIC ALL-CONFERENCE

### First Team

|                      |                  |
|----------------------|------------------|
| Michelle Bews        | 1985             |
| Andrew Dunn          | 1986, 87, 88     |
| Sarah Hanson         | 1985             |
| Tom Kresl            | 1985             |
| Michelle Kantor      | 1988, 89, 90     |
| Bill Hinkley         | 1988             |
| Eric Meleney         | 1989             |
| Amy Merten           | 1989             |
| Pat Dolan            | 1990, 91         |
| Shannon Busch        | 1990             |
| Jennifer Jones       | 1989             |
| Wendy Smith          | 1990, 91         |
| Andy Samuelson       | 1991, 92         |
| Dave Barbieri        | 1992, 93         |
| Micha Moore          | 1992             |
| Jay Checkler         | 1992, 93, 94     |
| Ben Bossut           | 1993             |
| Patty Roberts        | 1993, 95         |
| Scott Larson         | 1993             |
| Allison Lusby        | 1994             |
| Rachel McKeen        | 1994             |
| Jon Cooper           | 1994, 95         |
| Tim Catalano         | 1994             |
| Chris Severy         | 1995, 96, 98     |
| Alan Culpepper       | 1995             |
| Kelly Smith          | 1995, 96, 97     |
| Kristina Dahlberg    | 1995             |
| H. Burroughs         | 1995, 96, 97, 98 |
| Colleen Glyde        | 1995             |
| Adam Batliner        | 1996, 97, 98     |
| Jay Johnson          | 1996, 98         |
| Matt Napier          | 1996, 97         |
| Chris Schafer        | 1996, 97, 98     |
| Zeke Tiernan         | 1996, 97         |
| Lindsay Arendt       | 1996, 97, 98, 99 |
| Deb Rieck            | 1996, 97, 99     |
| Heidi Scarlett       | 1996, 97         |
| Oscar Ponce          | 1998             |
| Chris Valenti        | 1998             |
| Matt Elmuccio        | 1998             |
| Briana Stott-Messick | 1998             |
| Jen Gruia            | 1998             |
| Gia White            | 1998             |
| Lindsay Bradfield    | 1998             |
| Theresa Dean         | 1998             |
| Liz Sabochik         | 1998, 00, 01     |
| Molly Austin         | 1999, 01         |
| Jen Fazioli          | 1999, 00, 01     |
| Lesley Higgins       | 1999, 00, 01     |
| Jodie Hughes         | 1999, 00, 01     |
| Kara Grgas-Wheeler   | 1999, 00         |

|                        |                  |
|------------------------|------------------|
| Tera Moody             | 2000, 01, 02     |
| Liz Sabochik           | 2000, 01         |
| Aaron Blondeau         | 2000, 01         |
| Chris Schafer          | 2000             |
| Jorge Torres           | 2000             |
| Ed Torres              | 2000             |
| Sara (Gorton) Slattery | 2001, 04         |
| Anna Wright            | 2001             |
| Catherine Wright       | 2001             |
| Sara Hamlin            | 2001             |
| Jon Severy             | 2001, 02, 03, 04 |
| Jared Scott            | 2001, 03, 04     |
| Sean Smith             | 2001             |
| Zach Crandall          | 2001             |
| Austin Baillie         | 2002, 04, 05     |
| Travis Macy            | 2002             |
| Jamie Rosenquist       | 2002             |
| Shannon Yessak         | 2002             |
| Matt McCue             | 2003, 04         |
| Katie Kissane          | 2003             |
| Payton Batliner        | 2004, 05         |
| Will Campbell          | 2004, 05         |
| Pete Janson            | 2004, 06, 07     |
| Daniel Kenney          | 2004, 05, 06     |
| Brent Vaughn           | 2004, 06, 07     |
| Christine Bolf         | 2004             |
| Allison Bruce          | 2004             |
| Kristen Hoogheem       | 2004, 05         |
| Erin Marston           | 2004, 06, 07     |
| Renee Metivier         | 2004             |
| Erik Heinonen          | 2005, 06         |
| Bret Schoolmeester     | 2005             |
| Kalin Toedebusch       | 2005             |
| Jenny Barringer        | 2006, 07, 09     |
| Rachel Gioscia         | 2006             |
| Jennifer Hooper        | 2006, 07         |
| Kenyon Neuman          | 2006             |
| Caitlin Schultheiss    | 2006             |
| Anna Chase             | 2007             |
| Emily Hanenburg        | 2007, 08, 09     |
| Bradley Harkrader      | 2007, 08         |
| Dani Rodriguez         | 2007             |
| Aislinn Ryan           | 2007             |
| Sara Vaughn            | 2007             |
| Richard Medina         | 2008, 09         |
| Allison Sawyer         | 2008             |
| Laura Thweatt          | 2008, 09, 10     |
| Andy Wacker            | 2008, 09         |
| Matthew Biegner        | 2009, 10         |
| Megan Burrell          | 2009, 10         |
| Katie Cumming          | 2009, 10         |
| Seth DeMoor            | 2009             |
| Stephen Kasica         | 2009, 10         |

|                    |          |
|--------------------|----------|
| Diana George       | 2010     |
| Kelly King         | 2010     |
| Nikki Look         | 2010, 12 |
| Jerome Perkins     | 2010, 12 |
| Brooke Regan       | 2010     |
| Ryan Savercool     | 2010     |
| Matt Tebo          | 2010     |
| Laura Tremblay     | 2010     |
| Elizabeth Tremblay | 2010     |
| Rachel Viger       | 2011, 12 |

### Honorable Mention/Second Team

|                    |          |
|--------------------|----------|
| Michelle Bews      | 1986, 88 |
| Lize Brittin       | 1988     |
| Annie Farris       | 1988     |
| Kaye Rains         | 1988     |
| JoAnne McDonald    | 1988     |
| Brian Reynolds     | 1988     |
| Bill Whetstone     | 1988     |
| Nate Wright        | 1988     |
| Pat Dolan          | 1989     |
| William Drake      | 1989     |
| William Hinkley    | 1989     |
| Andy Samuelson     | 1990     |
| Jason Pozner       | 1990     |
| Amy Merten         | 1991     |
| Brett Larsen       | 1991     |
| Scott Larson       | 1991     |
| Chris McDonald     | 1991     |
| Steve Barbieri     | 1992     |
| Jason Drake        | 1992, 93 |
| Donelly Larson     | 1992     |
| Mike Sobolik       | 1992     |
| Jennifer Jones     | 1992     |
| Catherine Fahres   | 1992     |
| Julia Huff         | 1992     |
| Molly Curran       | 1993     |
| Michell Wilkolaski | 1993     |
| Ricky Cron         | 1993     |
| Kestrel Bishop     | 1994, 95 |
| Holly Stanish      | 1994     |
| Jeremy Gintoft     | 1994     |
| Zeke Tiernan       | 1994, 95 |
| Adam Batliner      | 1995     |
| Ewen Nichol        | 1995     |
| Tom Reese          | 1995     |
| Brian Aiken        | 1995     |
| Jay Johnson        | 1995     |
| Adrian Arnold      | 1995     |
| Jessica Cirelli    | 1995     |
| Rachel McKeen      | 1995     |
| Laura Bruns        | 1996, 97 |
| Kara Grgas-Wheeler | 1996, 97 |

|                    |              |
|--------------------|--------------|
| Mike Friedberg     | 1998         |
| Megan Clute        | 1998         |
| Wes Berkshire      | 1999         |
| Zach Crandall      | 2000         |
| Molly Austin       | 2002         |
| Sara Gorton        | 2002         |
| Jared Scott        | 2002         |
| Matt McCue         | 2002         |
| Anthony Chiulli    | 2004, 05, 06 |
| Bret Schoolmeester | 2004         |
| Greg Castro        | 2005, 07     |
| Shanna Sparks      | 2005         |
| Seth DeMoor        | 2005, 07     |
| Liza Pasciuto      | 2006         |
| Dan Edwards        | 2007         |
| Matt Herzl         | 2007         |
| Kenyon Neuman      | 2007, 08, 09 |
| Christian Thompson | 2008, 09     |
| Emma Coburn        | 2009, 10, 11 |
| Jordan Kyle        | 2009         |
| Allison Sawyer     | 2009         |
| Courtney Bouchet   | 2010, 11, 12 |
| Camille Logan      | 2010, 11, 12 |
| Brennan Lynch      | 2010         |
| Nathan Rice        | 2010         |
| Andy Wacker        | 2010         |
| Jeff Warren        | 2010, 12     |
| Matt Biegner       | 2011, 12     |
| Katie Cumming      | 2011         |
| Lara Darco         | 2011, 12     |
| Diana George       | 2011, 12     |
| Stephen Kasica     | 2011         |
| Kelly King         | 2011         |
| Richard Medina     | 2011         |
| Ryan Savercool     | 2011, 12     |
| Blake Theroux      | 2011         |
| Liz Tremblay       | 2011, 12     |
| Andy Wacker        | 2011         |
| Joe Bosshard       | 2012         |
| Jana Stoltling     | 2012         |

## ACADEMIC ALL-AMERICANS

### Fall/Winter At-Large

|      |                               |      |
|------|-------------------------------|------|
| 1996 | Chris Severy (1st Team)       | 2003 |
|      | Kelly Smith (1st Team)        | 2005 |
|      | Heather Burroughs (1st Team)  |      |
| 1998 | B. Stott-Messick (2nd Team)   | 2007 |
| 1999 | Kara Grgas-Wheeler (2nd Team) | 2008 |
| 2000 | Kara Grgas-Wheeler (1st Team) |      |

## Cross Country/Track

|                            |  |
|----------------------------|--|
| Jodie Hughes (2nd Team)    |  |
| Jon Severy (3rd Team)      |  |
| Jon Severy (1st Team)      |  |
| Renee Metivier (1st Team)  |  |
| Erik Heinonen (1st Team)   |  |
| Jenny Barringer (1st Team) |  |
| Brent Vaughn (1st Team)    |  |
| Jenny Barringer (1st Team) |  |
| Jenny Barringer (1st Team) |  |
| Nikki Look (1st Team)      |  |

## POST GRADUATE SCHOLARSHIPS

### Big Eight/Big 12

|                   |      |
|-------------------|------|
| Ben Bossut        | 1994 |
| Jon Cooper        | 1996 |
| Heather Burroughs | 1999 |
| Aaron Blondeau    | 2002 |
| Rachel Gioscia    | 2009 |

### NCAA

|                       |      |
|-----------------------|------|
| Heather Burroughs     | 1999 |
| Kara Grgas-Wheeler    | 2001 |
| Jessica (Pixler) Tebo | 2011 |
| Nikki Look            | 2013 |

# ACADEMICS AND ATHLETICS

## STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**

- Interview Skills
- Job Placement
- Contract Negotiation

- **Personal Financial Planning with Susan Morley of Leeds School of Business**

- Playbook for Life, the Student-Athlete's Guide to Understanding and Planning Your Financial Future

- **Exit Interview with the Department of Athletics**

- Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)

- **Career Services**

- Resume / Folio 21
- CSO On-line
- Letters of Recommendation (4-6)
- Job Fairs
- Post-Graduation Test Preparation

- **Exit Physical**

- Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage

- **Counseling and Psychological Services**

- CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes learning to cope with the impending life changes once their careers have ended.

- **Graduation Checklist**

- **Alumni C-Club**

- Student-Athletes stay connected to CU through membership in the Alumni C-Club.

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



## **ACADEMICS AND ATHLETICS**

### **READ WITH THE BUFFS**

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the "Read With the Buffs" program.
2. Focus of the program is to:
  - a. Have CU student-athletes promote reading as the basis for success in school.
  - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher's Responsibilities:
  - a. Decisions:
    - i. It is suggested for students to compete against themselves, not others.
    - ii. Encourage students to read over the holidays.
    - iii. At the end of the program send into the athletic department a list of all students who have participated in "Read With the Buffs" successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
  - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about "Read With the Buffs."
  - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in "Read With the Buffs."
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men's or women's basketball game.
12. A special section will be set aside for all "Read With the Buffs" participants.
13. Two students will be on the court during halftime representing their classroom.

