

Fressle, a shooting guard, saw some action at the point last season. She also led the Buffs in assists last year, so she knows how to distribute the ball.

"I just need to be ready to do whatever coach tells me to do," Fressle said. "If that means running point guard, I'm comfortable in doing that."

Road value

Buffalo guard Bianca Smith has some advice for the CU men's team, which is making a trip to Hawaii for the Maui Invitational: "Stay focused. Stay away from the beach until it's all over."

The CU women went to Honolulu and won the Paradise Classic with a pair of victories last season.

"I think we were able to stay focused, and if we can have that same mentality going into this trip (to Minnesota) we'll come out victorious," Smith said.

Smith, a senior, said early-season tournaments can be a good chance for teams to get away from campus and build some camaraderie for the long season to come: "I think when you really know your teammates it helps with team chemistry on the floor."

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