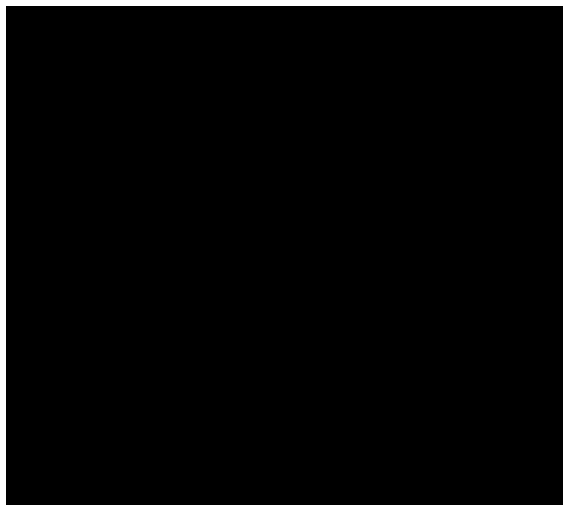


CU Buffs steamroll CSU women

Lappe's squad wins six of seven on homestand

By Joshua Linden Camera Sports Writer
Boulder Daily Camera

Posted: 12/08/2010 08:04:13 PM MST



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All of that extra work on late-game situations this week? The Colorado Buffaloes will have to file it away for another day.

CU's women's basketball team rendered it irrelevant on Wednesday night with a 73-49 rout of rival Colorado State in front of 2,535 at the Coors Events Center.

Colorado rebounded from a tight loss to Illinois on Saturday by wrapping up a seven-game home stand with its sixth victory. The Buffs turned in another glowing defensive performance, never trailed and dominated almost every aspect of the game.

"That was a whole lot of fun," first-year CU coach Linda Lappe said. "CSU is a good team and I thought our players came out and had a really good focus and executed what we were trying to do."

The Buffs avenged an ugly loss in Fort Collins last season in which they blew a big first-half lead and stumbled late. CU

extended its series lead to 31-11 all-time against the Rams, including seven out of the last nine.

"It was really important," CU senior forward Brittany Spears said. "It's my last game versus CSU so it was a good win, a team win."

Chucky Jeffery notched her fifth double-double of the season with 21 points and 13 rebounds, and Spears scored 20 points and grabbed nine boards to lead the Buffs (7-2) -- who now head into a nine-day break from games for finals.

But it was CU's defense -- mostly man-to-man -- that stood out most as the Buffs halted the Rams' five-game winning streak.

The Buffs held CSU (5-3) to 16 points in the first half, the fifth time this season CU has held an opponent to under 20 points in a half. The effort helped make up for CU's own 25-percent shooting woes in the first half.

CSU shot 30 percent (18 for 60) for the game and was just 2-of-16 from 3-point range.

"We defended," Lappe said. "And anytime we're on it like we were defensively, we're going to be a really tough team. Our offense came around in the second half like we knew it would." Leading 26-16 at halftime, CU opened the second half with a 10-0 run capped by a Jeffery coast-to-coast layup. The Buffs never led by fewer than 16 again, and their advantage ballooned to 30 with 4:24 to play.

Meagan Malcolm-Peck added 14 points and Julie Seabrook had seven points and 10 rebounds for CU, which put an emphasis on getting to the basket against the Rams and got 32 points in the paint to show for it.

"We wanted to attack," Lappe said.

Jeffery, who had just two points at halftime, exploded in the second half.

"We came out and we didn't let up, and we started playing defense," Jeffery said. "And my game started coming once I got my defense going. It just started falling for me."

CSU, meanwhile, couldn't get rolling.

All night the Buffs hounded guard Kim Mestdagh, who came in averaging 20.1 points per game. She finished with 10 points on 4-of-12 shooting, but six of those points came late.

Forward Chatilla van Grinsven led the Rams with 16 points and seven rebounds.

"Obviously we have some work to do with people pressuring us like they did," CSU coach Kristen Holt said. "And it wasn't full-court pressure. It was half-court pressure in our face. I give (Colorado) a lot of credit. I think they just totally kicked us tonight."

Notable

Colorado out-rebounded CSU 51-37, including 16-13 on the offensive end. The 51 rebounds are a season-high. ... Spears moved into 13th on CU's all-time list for free throws made at 277, leaving her one spot behind Lappe (296). ... Spears' effort marked her 33rd-career 20-point game. ... Jeffery's 13 rebounds tied a career high.

Colorado 73, Colorado State 49 COLORADO STATE 49

MIN FG 3PT FT Rb PF TP

Van Grinsven 33 4-10 0-0 8-11 7 4 16

Martin 28 5-9 0-0 0-0 7 4 10

Mestdagh 26 4-12 0-5 2-2 4 3 10

Simmons 22 1-5 0-0 0-0 2 0 2

Kennedy 19 0-1 0-0 0-0 2 4 0

Barbee 15 1-6 1-2 0-0 2 1 3

Thompson 22 1-5 1-2 0-1 2 1 3

Makeever 15 0-6 0-4 0-1 2 1 3

Porter 20 2-6 0-3 1-4 3 1 5

Totals 200 18-60 2-16 11-19 37 20 49

Assists (11): Van Grinsven 3, Martin, Mestdagh, Simmons 2, Kennedy 2, Barbee, Thompson.

Steals (7): Van Grinsven, Martin 2, Kennedy 3, Thompson.

Turnovers (17): Van Grinsven, Martin, Mestdagh 6, Simmons 2, Kennedy, Barbee, Makeever.

Blocked shots (2): Van Grinsven, Martin.

COLORADO 73

MIN FG 3PT FT Rb PF TP

Seabrook 27 2-6 1-1 2-4 10 3 7

Spears 31 7-17 1-8 5-7 9 0 20

Blythe 29 2-9 1-8 0-0 1 3 5

MM-Peck 30 6-8 2-3 0-0 5 4 14

Jeffery 34 7-11 0-1 7-9 13 2 21

BWilson 18 0-6 0-1 1-2 4 2 1

AWilson 16 1-3 1-2 0-0 2 1 3

Hargis 15 1-2 0-0 0-1 2 3 2

Totals 200 26-62 6-24 15-23 51 18 73

Assists (15): Seabrook, Spears 2, Blythe 2, M. Malcolm-Peck 3, Jeffery 4, B. Wilson 2, A. Wilson.

Steals (10): Seabrook 2, Spears 2, Blythe, M. Malcolm-Peck, Jeffery 2, B. Wilson, A. Wilson.

Turnovers (16): Seabrook, Spears 4, M. Malcolm-Peck 2, Jeffery 5, B. Wilson, A. Wilson, Hargis.

Blocked shots (1): M. Malcolm-Peck.

Halftime score: Colorado 26, Colorado State 16.

Technical fouls -- None.

Attendance -- 2,535.

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college basketball

Lady Buffs rout rival Rams

By Tom Kensler
The Denver Post

Posted: 12/09/2010 01:00:00 AM MST

BOULDER — In looking for steps in the building process, first-year Colorado women's basketball coach Linda Lappe knows she can count on at least two: those quick first steps of sophomore guard Chucky Jeffery and senior forward Brittany Spears.

Blowing by defenders off the dribble, Jeffery (game-best 21 points) and Spears (20) took control Wednesday night in a surprisingly easy 73-49 victory over a Colorado State squad that had carried a five-game winning streak into the Coors Events Center.

Colorado (7-2) never trailed in the game and quickly widened a 26-16 halftime lead with a 10-0 run to open the second half. Jeffery, a springy, 5-foot-10 guard from Colorado Springs, added a game-high 13 rebounds for her fifth double-double of the season.

"We wanted to attack," Lappe said of Jeffery and Spears slashing past any CSU player who tried to get in their way. "When (CSU) went to a bigger

lineup that was slower, we recognized that and drove it hard. That was a whole lot of fun."

Jeffery scored 19 of her 21 points in the second half. CU shot 60 percent after the break.

"I was kind of off in the beginning," Jeffery said. "But in the second half I was just going with (the offense)."

Colorado State (5-3) won last year's meeting 69-61 in Fort Collins. But the Rams were dominated on the boards (a 51-37 rebounding disadvantage) and therefore couldn't string a run of baskets.

"They were really physical and aggressive on us," CSU coach Kristen Holt said of the Buffs. "I was really disappointed how we handled them."

COLORADO STATE (5-3)

Van Grinsven 4-10 8-11 16, Martin 5-9 0-0 10, Mestdagh 4-12 2-2 10, Simmons 1-5 0-0 2, Kennedy 0-1 0-0 0, Barbee 1-6 0-0 3, Thompson 1-5 0-1 3, Makeever 0-6 0-1 0, Porter 2-6 1-4 5. **Totals 18-60 11-19 49.**

COLORADO (7-2)

Seabrook 2-6 2-4 7, Spears 7-17 5-7 20, Blythe 2-9 0-0 5, Malcolm-Peck 6-8 0-0 14, Jeffery 7-11 7-9 21, B. Wilson 0-6 1-2 1, A. Wilson 1-3 0-0 3, Hargis 1-2 0-1 2. **Totals 26-62 15-23 73. Colorado 26-16. 3-point goals —Colorado State 2-16 (Barbee 1-2, Thompson 1-2, Porter 0-3, Makeever 0-4, Mestdagh 0-5),**

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Colorado 6-24 (Malcolm-Peck 2-3, A. Wilson 1-2, Seabrooke 1-1, Spears 1-8, Blythe 1-8). Fouled out —None. Rebounds — Colorado State 37 (Van Grinsven 7, Martin 7), Colorado 51 (Seabrook 10). Assists — Colorado State 11 (Van Grinsven 3), Colorado 15 (Jeffery 4). Total fouls —Colorado State 20, Colorado 18. A — 2,535.

Halftime —

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Longmont, Colorado
 Tuesday, December 14,
 2010

Publish Date: 12/9/2010

CU women pull ahead fast against rival Colorado State

By Brian Howell
 © 2010 Longmont Times-Call

BOULDER — This season, the University of Colorado women's basketball team has played a lot of strong first halves.

The Buffaloes haven't always followed those with strong second halves, however. Wednesday night they did, and they ran away with a 73-49 win against rival Colorado State at Coors Events Center.

"That was a whole lot of fun," said CU coach Linda Lappe, whose team improved to 7-2. "CSU is a good team and I thought our players came out and had a really, really good focus and really executed what we were trying to do and stayed with the game plan for the entire game."

Chucky Jeffery had 21 points and 13 rebounds — her fifth double-double of the season — while Brittany Spears had 20 points and nine boards. Meagan Malcolm-Peck tied her season high with 14 points for the Buffs.

"To get a complete 40 minutes and to play the entire time is good to have that feeling," Malcolm-Peck said. "That was good for us to have that focus mentally."

Chatilla Van Grinsven had 16 points to lead CSU, which had a five-game win streak snapped. The Rams (5-3) shot just 30 percent from the floor and trailed by at least 16 points during the final 18 1/2 minutes.

"I was really disappointed how we handled them," CSU coach Kristen Holt said. "I give (Colorado) a lot of credit. I think they just totally kicked us tonight."

That started in the first half, when CU took a 26-16 lead into halftime. The Buffs kept their foot on the Rams' throat in the second half, too, increasing the lead to 30 at one point.

"We knew CSU was a second half team and we came out and hit them pretty hard to start the second half," Lappe said. "I think that made all the difference."

Offensively, the Buffs were aggressive by spreading the floor to open lanes and then taking those lanes to the hoop. Spears, who had attempted just 14 free throws all season, was 5-for-7 from the line.

"I was driving more, so I guess it opened up lanes and I got to the free throw line," Spears said.



Colorado's Rachel Hargis, left, and Julie Seabrook try to rebound a missed shot against Colorado State on Wednesday at Coors Events Center in Boulder. **Joshua Buck/Times-Call**

COLORADO 73, COLORADO STATE 49

COLORADO STATE (5-3)

Van Grinsven 4-10 8-11 16, Martin 5-9 0-0 10, Mestdagh 4-12 2-2 10, Simmons 1-5 0-0 2, Kennedy 0-1 0-0 0, Barbee 1-6 0-0 3, Thompson 1-5 0-1 3, Makeever 0-6 0-1 0, Porter 2-6 1-4 5. Totals 18-60 11-19 49.

COLORADO (7-2)

Seabrook 2-6 2-4 7, Spears 7-17 5-7 20, Blythe 2-9 0-0 5, M. Malcolm-Peck 6-8 0-0 14, Jeffery 7-11 7-9 21, B. Wilson 0-5 1-2 1, A. Wilson 1-3 0-0 3, Hargis 1-2 0-1 2. Totals 26-62 15-23 73.

Halftime—Colorado 26-16. 3-Point Goals—Colorado St. 2-16 (Barbee 1-2, Thompson 1-2, Mestdagh 0-5, Makeever 0-4, Porter 0-3), Colorado 6-24 (Malcolm-Peck 2-3, Spears 1-8, Blythe 1-8, A. Wilson 1-2, Seabrook 1-1, Jeffery 0-1, B. Wilson 0-1). Fouled Out—None. Rebounds—Colorado St. 37 (Van Grinsven 7, Martin 7), Colorado 51 (Jeffery 13). Assists—Colorado St. 11 (Van Grinsven 3), Colorado 15 (Jeffery 4). Total Fouls—Colorado St. 20, Colorado 18. A—2,535.

It helped the Buffs avenge a 69-61 loss to the Rams a year ago.

“Last year we gave it away because we were just happy with the lead in the first half,” Spears said. “We were focused this year.”

NOTES: Junior Julie Seabrook had 10 rebounds, her third 10-rebound game of the year for CU. Seabrook also attempted, and made, the first 3-pointer of her career. ... CU had a 51-37 rebounding edge and has out-rebounded its last four opponents by a combined 56 boards.

Brian Howell can be reached at bhowell@times-call.com.

CSU women shut down by Buffs

BY SEAN DUFF • SeanDuff@coloradoan.com •
December 9, 2010

BOULDER - The scouting report said Colorado's women's basketball team was a tough defensive squad that would force an opponent to shoot poorly and rebound them badly as well.

CSU learned those points the hard way Wednesday night as the Buffaloes outmuscled and outthustled the Rams on their way to a 73-49 victory before 2,535 fans at the Coors Events Center.

The outcome snapped a five-game winning streak for Colorado State University (5-3) and kept it from sweeping its in-state, nonconference rivals. CSU previously defeated Denver and Northern Colorado.

"I was really disappointed with how we handled them," CSU coach Kristen Holt said. "They were really physical and aggressive on us, and we saw a lot of those same things in the Northern Colorado game. I thought we learned something from that, but obviously we have some work to do with people pressuring us like they did. And it wasn't fullcourt pressure; it was halfcourt pressure in our face.

"I give them a lot of credit. I think they just totally kicked us."

The Rams never led against the Buffaloes (7-2), who have played eight of their nine games at home. Colorado senior forward Brittany Spears gave the Buffaloes their first cushion by scoring seven consecutive points to give the Buffaloes a 10-2 lead with 14:32 to play in the first half.

Colorado State University got within one point, 14-13, but Colorado responded with a 9-0 run to move ahead 23-13. The Buffaloes led 26-16 halftime.

At that point the Rams had just seven field goals, two from outside the paint, and had missed eight shots from close range. They also had been rebounded 10-2 on the offensive glass.

"I think we missed some really easy shots inside," Holt said. "That is setting the tone, and that's what we talked about the first four or five minutes of this game being extremely important. We didn't get off to a good start, and then they just picked us apart,

their driving, position and hitting 3s. It just really wasn't a ballgame."

Any chance of a CSU comeback evaporated in the first two minutes of the second half, when Colorado scored eight points in what would be a 10-0 run. That gave the Buffaloes a 36-16 lead, and the Rams never got within 15 points the rest of the way.

"The biggest thing I liked about our team was that at halftime we knew that CSU was a second-half team, and we came out and hit them pretty hard to start the second half," Colorado coach Linda Lappe said. "I think that made all the difference."

Spears finished with 20 points and nine rebounds for the Buffs, who got a double-double from sophomore guard Chucky Jeffery (21 points, 13 rebounds). Spears, who penetrated CSU's defense often for easy baskets, had 19 points in the second half.

Junior forward Chatilla van Grinsven led the Rams with 16 points, while junior guard Kim Mestdagh and freshman forward Sam Martin had 10 apiece. Martin, who was 5 of 9 from the field, was the only one of nine CSU players to make 50 percent of her shots or better; the Rams shot 30 percent (18 of 60) as a team and 12.5 percent (2 of 16) from 3-point range.

"I don't know why we get down when we miss shots," said Mestdagh, who came into the game as the nation's top 3-point shooter (4.4 a game) but went 0 for 5 from long range and didn't make a 3 for the first time since Jan. 10, 2010 against San Diego

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State. "We are not super-human and going to make every shot. It should give us more energy to go hard on defense.

"It was really frustrating because it is a rivalry, and we beat basically the same team last year and now we lose by 30. It is not a good feeling."



CU 73, CSU 49

> **Next up:** CSU at Arizona St., 2:30 p.m. Saturday, Wells Fargo Areana, Tempe, Ariz.
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Colorado State women basketball gets trampled by CU-Boulder

by DAVID DE BESCHE
The Rocky Mountain Collegian

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last edited: 12:35 am 12/09/2010

BOULDER — The Colorado State women's basketball team's five-game winning streak ended in disappointing fashion Wednesday night as the Rams fell to the CU-Boulder Buffaloes 73-49.

CSU (5-3) knew the first few minutes of the game were crucial and wanted to set the tone early, but failed to do so as the Buffaloes (7-2) jumped out to a physical and commanding 10-2 lead.

"We didn't get off to a good start and then they just picked us apart, their driving, position and hitting threes," said CSU coach Kristen Holt.

The Rams never led in the game, but did come within one point at 14-13 in the middle of the first half. At half time CSU was down only 10 and felt refocused, but was stifled as CU again set the tone in the second half going on an early 10-0 run.

"We knew CSU is a second half team and we came out and hit 'em pretty hard. I think that made all the difference," said CU coach Linda Lappe.

Coming into the game, the Rams knew the Buffs would rely on the play of senior forward Brittany Spears and sophomore Chucky Jeffrey.

Spears, who was consistently making things happen on both ends of the court, finished with 20 points and 9 rebounds, while Jeffrey tallied her fifth double-double of the season with a game-high 21 points and 13 boards.

The Rams looked out of sync the entire game, especially on offense, shooting only 30 percent from the field. The team's poor shooting seemed to affect the team and transfer to all aspects of their game.

"I don't know why we get down when we miss shots. We need to learn to live with it," junior Kim Mestdagh said.

Mestdagh, who was keyed on all game by the Buffs, accounted for 10 points, while freshman Sam Martin put up 10 and junior Chatilla van Grinsven had a team-high 16 points.

The Rams were disappointed after losing to almost the exact team in CU that they beat a year ago.

"I have never seen us play horrible before. We have got to come together as a team," van Grinsven said.

The green and gold continue their road trip as they travel to Tempe, Ariz., on Saturday to face off against a talented Arizona State team that the Rams know will be another big test.

"We are not going to face an easy opponent Saturday. Arizona State is going to be just as physical, if not more," Holt said.

Women's Basketball Beat Reporter David de Besche can be reached at sports@collegian.com.



KELLY KEEN | COLLEGIAN

Junior Chatilla van Grinsven (1) goes up for a shot the second half against the CU Buffs Wednesday evening.

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CU women's basketball: Buffs run over Rams

Women win first part of double-header

By Marlee Horn on December 9, 2010

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Rivalries are always that much sweeter when the opponent gets demolished.

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There was no love lost in the first half of a CU-CSU double-header as CU's women basketball team beat the Rams 73-49 at the Coors Events Center in Boulder.

CU improves to 7-2 for the second consecutive season, while the Rams fall to 5-3.

"Well that was a whole lot of fun," Head Coach Linda Lappe said. "CSU is a good team and I thought our players came out and had a really good focus and executed what we wanted to do."

The Buffs executed indeed, with sophomore guard Chucky Jeffery putting up 21 points and 13 rebounds to give her fifth double-double of the season.

Two other players came just short of double-doubles in the win. Junior forward Julie Seabrook had 10 rebounds and 7 points and senior forward Brittany Spears had 20 points and 9 rebounds.

Spears said she was excited to have a good team win in her last game against Colorado State, especially since she said the team gave the game away in last year's matchup.

Lappe said the team showed its confidence and attitude by not letting CSU get anything easily.

"When we're focused on what we're doing, we're quick, we're athletic, we communicate," Lappe said.

CSU shot just 30 percent from the field and a dismal 12.5 percent from 3-point range in the game.

The game belonged to the Buffs from the very beginning. The Buffs started on a 10-2 run, and held the Rams to just 16 points in the first half.

The Buffs had an equally hot start to the second half, going on a 10-0 run to give CU a 36-16 lead with 17:36 remaining.

The Buffs said that both their offense and defense stepped up in the second half.

"Our offense came around in the second half like we knew it would," Lappe said.

Jeffery earned 19 of her 21 points in the second half and attributes it to everyone picking up their energy.

“We came out and we didn’t let up,” Jeffery said. “We started playing defense and then my game started coming and got my defense going.”

The Buffs are off until Dec. 18 when they face USC, but they hope to carry the momentum from this big win.

“When we’re done with finals, then we can just focus on basketball,” Jeffery said. “We just practice and get our minds right for when we go to California.”

Contact CU Independent Staff Writer Marlee Horn at marlee.horn@colorado.edu.

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