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colorado classics

## Sherrice King, former CU women's basketball star

By Irv Moss

*The Denver Post*

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There was no pretense in Sherrice King's game when she played basketball for the University of Colorado.

She knew her role and played it well. King's forte was playing defense, rebounding and scoring second-chance points.

"Picking up the trash points, that's me," King said last week from her office at Texas A&M, where she helps provisionally admitted students gain full admission. "I wish I could say I scored 20 points a game, but I knew my job was to play defense and rebound, and I made a good career of it."

King was a key cog on two of coach Ceal Barry's best teams. The 1991-92 Buffs won the Big Eight Conference Tournament. The next season, the

Buffs won the conference championship and advanced to the Elite Eight of the NCAA Tournament, beating perennial power Stanford en route.

"The 1993 team had great chemistry," Barry said. "I'm not sure it was our most talented team, but it played together. Sherrice was our leader at the defensive end."

In those two years, CU was a combined 49-13. The 1992-93 team finished No. 10 nationally.

King usually drew the assignment of guarding the other team's best player. She played four seasons at CU and started 52 games. In the 1991-92 season, she averaged 9.4 rebounds a game.

King was an all-around sports star at Rampart High School in Colorado Springs, where she participated in basketball, volleyball and track and field (high jump, triple jump and relays).

"I was always tall and a little bit of a klutz when I started high school," King said. "As my coordination got better, basketball became my best sport. I was 6-feet-2 when I played in college."

Barry provided a major influence in helping King's game.

"I loved playing for Coach Barry," King said. "She's the toughest coach I ever had. She had us convinced we were the worst team in the world,

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and that made us work extra hard."

King's efforts at Rampart and CU have not gone unnoticed. On Oct. 27, she is scheduled to be inducted into the Colorado Springs Sports Hall of Fame.

After her playing days at CU, King briefly considered playing professional basketball. After deciding she didn't have the passion to pursue a pro career, she tried coaching, working as an assistant at Colorado College for a year.

"It was useful experience," King said. "I liked being a coach, but I didn't love coaching."

King went back to CU after her year at CC, and from 1994 to 2001, she took on the duties of academic coordinator for student-athletes. In 2001, she moved to Texas A&M in a similar role in the athletic department. She has since moved into an adviser's role for the general student population.

"There are some big similarities to coaching," King said. "I loved my college years, and I like doing what I can to help others have the same experience."

King still is a player, albeit at the recreational league level.

"I never was discouraged from playing sports but never forced," King said. "It always was my choice. I had access to playing a lot of different sports and some God-given talent. I do

remember playing with dolls and all that but not as much as playing football and basketball."

Does she consider herself a tomboy?

"Oh, my goodness, yes," she said.

## King bio

**Born:** May 27, 1970, in Bardstown, Ky.

**High school:** Rampart in Colorado Springs



Sherrice King (File photo)

**College:** University of Colorado

**Family:** Mother Eva; father Robert; sisters Danielle, Debra; brother Lee

**Hobbies:** Putzing around in the yard, reading

**Horizons:** Any excuse to use her passport

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# HeraldNet

Everett, Wash.

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## Hasselbeck on Seahawks' O-line: They were awesome

By Todd Fredrickson and [John Boyle](#)  
Herald Writers

SEATTLE -- The Seahawks won and Matt Hasselbeck is alive, so there were smiles all around on the topic of Seattle's turbulent offensive-line situation after the Seahawks defeated San Francisco 31-6 in an NFL game Sunday at Qwest Field.

"They did a great job, all things considered," said Hasselbeck, Seattle's quarterback. "I think they were awesome, better than probably anybody gave them a chance to do."

In the past three weeks the Seahawks have installed a new left tackle, a new starter at left guard and even a new offensive-line coach. For a unit where you always hear so much about continuity and cohesiveness, the potential for disaster loomed large.

But Hasselbeck was sacked just once and hit just three other times on 26 dropbacks. The running game was another story, but in the NFL you tolerate anything as long as you win, so there were no complaints.

"I thought the pass protection was really solid," Seattle coach Pete Carroll said. "Matt had time to move, he had some ability to get to his second and third guys, and I think we got beat one time outside. But outside of that, I thought the whole group worked really well."

No mention of the running game, which gained just 77 yards on 23 carries. Take away a 32-yard run by Justin Forsett in the fourth quarter and Seattle averaged a measly 2.0 yards per rush.

But, hey, the Seahawks won with three guys on the left side who could wear their jerseys at Pike Place Market and not be recognized by most fans.

Left tackle Tyler Polumbus came over from Detroit in a trade on Aug. 31. Left guard Mike Gibson was making his first NFL start after winning the job halfway through the preseason. The guy he beat out, Ben Hamilton, played the second half after Gibson hurt his back. Hamilton signed as a free agent during the offseason.

On top of all that, offensive-line coach Alex Gibbs resigned abruptly on Sept. 4, bumping assistant line coach Art Valero up the chain of command.

So a victory of any stripe was well received even with virtually no running game.

"It's just a start for us. We're just getting going," Carroll said of the line. "We have a long ways to go, and many areas of improvement, but it has been pretty solid throughout with the first group."

### Good ol' what's-his-name

The changes in the line were never more noticeable than last Wednesday, when Carroll kept referring to Polumbus as "Troy," rather than "Tyler," during his weekly press conference. Four days before the season opener and he didn't even know his starting left tackle's name.

But winning makes everything OK.

"He really wants me to call him Troy now," Carroll said after the game.

### For the love of the game

Carroll clearly enjoyed his first game as an NFL head coach in 11 years after stints in the 1990s with the New York Jets and New England. He said several times after the game how much fun it was.

"To have the opportunity emotionally to enjoy it like that in the locker room with these guys that have worked so hard, that have been listening to my stuff all this time, for them to feel the benefits and rewards, it was very pleasing in that regard," Carroll said.

So were the noise and energy from the sellout crowd, he said.

"It's such a good stadium to play in," Carroll said. "You think of the college game, but this was louder. This was crazier than places like that."

### **Injury report**

The Seahawks came out of Sunday's game relatively healthy, with only guard Mike Gibson unable to finish the game. Gibson came out with a lower back strain, but coach Pete Carroll said the injury didn't appear serious. Carroll also said linebacker Matt McCoy had a thigh injury and that cornerback Roy Lewis had a groin strain, but both appear to be minor injuries. Safety Lawyer Milloy (eye) and defensive end Chris Clemons (ankle) both left the game in the first half but returned to action and finished the contest.

### **Welcome back, Mike**

After two seasons away from the NFL, wide receiver Mike Williams returned to regular-season action for the first time since playing eight games in 2007. The former top-10 pick led the Seahawks with four catches for 64 yards, including a 35-yard catch and run that ended at the 1-yard line, setting up Seattle's first touchdown.

Williams did have a pair of drops, but overall it was an impressive Seattle debut for the former USC standout who before this season was looking like a major first-round bust.

"Mike's just getting started," Carroll said. "... But Mike had a good first game."

### **Tate inactive**

It came as a bit of a surprise that rookie receiver Golden Tate did not suit up for Sunday's game. Tate has shown a knack for making big plays in practice, but struggled to translate that to preseason games. Even so, with just five receivers on the roster, most observers figured he would play. Instead, the Seahawks went with just four receivers, activating Ben Obomanu, who plays more on special teams, over Tate.

"He's still growing and learning, and the other four guys that came up, the way it situated for this game, it was the best way to go," Carroll said.

### **Victories all around**

Seattle's win capped a weekend in which the three most prominent football programs in the state -- the Seahawks, the Washington Huskies and the Washington State Cougars -- were all victorious. This is the first time all three teams have won games on the same weekend since Sept. 8-9, 2007.

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## Packers: Special teams outduel Eagles' highly regarded units

Tom Oates | 608-252-6172 | [toates@madison.com](mailto:toates@madison.com) | Posted: Sunday, September 12, 2010 11:50 pm

PHILADELPHIA -- On paper, it was a mismatch.

The Philadelphia Eagles' special teams, with their explosive return men and strong-legged specialists, figured to dominate the Green Bay Packers special teams, which finished next-to-last in the NFL in 2009. Worse, the Eagles added respected special teams coach Bobby April to their staff this season.

But the Packers' off-season emphasis on improving their special teams must have done some good because they outplayed the Eagles special teams in Green Bay's 27-20 victory Sunday. Better yet, the units didn't have a penalty.

"I thought our special teams played excellent," Packers coach Mike McCarthy said. "That was a major emphasis going into the game. We have a lot of respect for Bobby April and the job he does over there on special teams."

Yet, it was the Packers who performed the best on special teams.

Mason Crosby, who was mired in a slump last season, was 2-for-2 on field goals, including a team-record 56-yarder on the final play of the first half. That eclipsed the previous mark of 54 yards held by Chris Jacke, Ryan Longwell and Dave Raynor.

McCarthy said Crosby "nailed" his 56-yarder but probably had a range of 59 after a strong warm-up session. Crosby said the kick might have been tipped by the Eagles.

"Everyone says they heard a second hit," he said. "It jumped a little left after I heard that tip. Saying that, hitting it from 56 if it was a tipped ball, I'll be happy for that. It might've gone (through) from 60-plus."

Another element that was missing last year was the return game, but Jordy Nelson, who was partially responsible for last year's failures, finally had some success Sunday. Every time the Eagles scored in the second half, he gave the offense good field position, returning kickoffs for 51, 40 and 28 yards.

McCarthy said Nelson did a good job trusting his blockers.

"It went real well," Nelson said. "The guys up front did an extremely good job. I think 99 percent of kickoff returns are blocking. We just run where we're supposed to run. If there's a hole, we run through it. If not, then we usually get tackled."

The third area of improvement was the punting. Tim Masthay, who won the job after a training camp battle with Chris Bryan, was playing in his first NFL game, but he did exactly what the coaches wanted by pinning feared punt returner DeSean Jackson near the sideline on three of his four punts. Jackson finished with 14 yards on two returns.

"He probably wishes he had the last one back, the one he kicked down the middle of the field," McCarthy said. "That was not the plan. I thought he did a good job putting the ball on the sideline and I thought our coverage units were excellent."

All in all, it was a good day for the special teams. Just as the Packers got their first win, the special teams got theirs.

"We identified as a football team (the things) we needed to do to improve ... and one of them is playing good special teams," said special teams coach Shawn Slocum. "Our challenge is to play consistent week-to-week and help our team win. I thought we were very solid."