



CU senior Julie Seabrook sets her sights on a basket.
Photo Courtesy: CUBuffs.com



Brooks: From The Outset, Seabrook Left Mark At CU

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BOULDER - Meagan Malcolm-Peck concedes with a laugh that the gullibility of her and twin sister Brenna now is common knowledge on the University of Colorado women's basketball team. It may or may not have been so well-known three years ago when the Malcolm-Pecks were CU freshmen, but they can credit Julie Seabrook for helping bring it to the surface.

On a road trip during the 2009-10 season, the Malcolm-Pecks had settled into their hotel room when a call came from the front desk. A stern voice informed them that charges for those movies they had ordered - they were not movies detailing, ah, the finer points of setting a solid pick or making a hard cut to the basket - would be reported to their coach.

Panic ensued.

Recalled Meagan: "Brenna called coach (Tracy) Tripp and was like, 'Oh my God, we didn't do it, I swear.'"

At that point, guffawing erupted from the "front desk."

"Julie was just dying laughing . . . she does stuff like that all the time," Meagan said. "But she has her little blond

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moments, too."

SEABROOK'S CU BASKETBALL MOMENTS come to a close Saturday afternoon at the Coors Events Center when CU plays Oregon State. It's the Buffaloes' last regular-season game, and even though they will take a winning record into next week's Pac-12 Conference tournament in Los Angeles, there are no guarantees that their season will continue.

Seabrook, of North Vancouver, B.C., is CU's only senior, so the afternoon's Senior Day ceremony will be brief. But will it be emotional? Oh, yes. Seabrook's emotions are worn on both sleeves and perhaps on patches on her jeans. Ask her about her Buffs career and her buds - past and present - and make sure to have the box of Kleenex handy.

That's not a bad thing, says her coach, Linda Lappe. Seabrook has been in the starting lineup every game since Lappe replaced Kathy McConnell-Miller two springs ago. Seabrook's emotion, particularly her passion for the game and her teammates, is "one thing I like about her," Lappe said. "Sometimes you can't tell when she's frustrated, when she's mad . . . she just keeps that same positive outlook on things. She's not emotional in every way."

Just the opposite, in fact. Seabrook maintains an even keel, said Lappe: "She's a vocal leader, she always has energy . . . you always know what you're going to get from Julie day in, day out. She doesn't let a bad test how she comes to practice, relationship problems, anything - bad weather, anything. She just comes to practice ready to work and you know what you're going to get from her. She's very reliable, very steady. We've had to count on her a lot this year."

Against Oregon on Thursday night, with the Buffs trying to break a four-game losing streak and win for only the second time in nine games, Seabrook showed up large. Her 16 points were two shy of her career high and her ninth double-figure scoring effort of the season. Her eight rebounds were second only to Chucky Jeffery's nine. She tied a career high with six made free throws (six attempted), and her two blocked shots were a career best.

But second-half lapses - particularly several in the final couple of minutes - doomed the Buffs. They lost 64-62, and afterward Seabrook acknowledged the fact that family members - her mother, brother, grandparents arrived at mid-week - had witnessed her performance made the night special, just not special enough. "How I always look at it is if my team doesn't win, it doesn't really matter," Seabrook said. "I'm happy with the way I played, but a win would have been better."

Seabrook's basketball skills have steadily arced upward since she picked up a ball and the sport as a kid. A neighborhood baby sitter started the process in games of "bump" and "21," and Canadian high school coach, Vern Porter, took it from there. "He was a post player, too," Seabrook said, "but he was a very good shooter. He taught me form and post moves."

HEIGHT - SEABROOK IS LISTED AT 6-3 - has always been on her side, or sometimes not. She grew accustomed to "always being in the back of photos at school," and in elementary school, before coordination caught up with her growth spurts, she broke an arm and leg.

"I was always tall and lanky," she said. "I was a little uncoordinated there for awhile, but at least I got it out of my system . . . The only time I was 'not tall' was when I came back for my senior year and all my guy friends were taller than me."

Seabrook's height and camera appeal led to several modeling opportunities, but sharpening her post skills soon overshadowed posing. After playing for her high school team (St. Mary's) in North Vancouver, Seabrook spent her senior season with Canada Basketball's National Elite Development Academy (NEDA) and also has played for her home country's national teams.

Modeling might be a future option, but traveling Europe "for a couple of years" playing hoops is her priority. "I've thought about modeling," she said. "But I feel like basketball and that don't really go together. In one I'm

obviously trying to remain in athletic shape, which is not exactly the type of look (for modeling). But possibly I could get back in it depending on a couple of things. It was fun to do when I was younger, but I don't know how much I'll be into it going forward."

At the conclusion of the Women's Final Four in Denver later this month, a collection of WNBA coaches and others from overseas will conduct a combine. Seabrook hopes to impress them, find an agent, then proceed somewhere on a court from there. She believes she can play professionally: "I think I've continuously gotten better. That's one of the things I came here to do."

Lappe agreed, noting that Seabrook's offensive abilities in the low post have improved, as has her perimeter play: "She's becoming more confident, comfortable on the outside, hitting more threes, looking for her shot and getting her feet ready to go. And she's done a pretty good job on the defensive end."

As for skills that don't require a basketball and boxing out, Seabrook believes personal growth has come in leadership, motivating others and public speaking. A recent email asking her to show up at CU's C4C center and address dorm RA's about urging residents to attend women's games might have brought a case of nerves in years past.

NOW, IT ELICITED A SHRUG. Said Seabrook: "I was like 'all right, let's do it.' I didn't have to prepare myself. It comes with being put in that situation, but also with maturity. They've done a good job here of putting me into positions where I've had to do that here."

When it comes, most seniors can't believe the end is so near, and Seabrook's time at CU has passed at typical warp speed. "I think it's one of those things where it ends and you look back on it and you still don't think it's ended," she said. "It takes time for it to sink in. It seems like I just got here, but in hindsight a lot of things have happened since then. Four years go by pretty fast."

Mental snapshots of those four years that have no chance of fading include having the Coors Events Center lights go out during a 6 a.m. off-season conditioning run ("It was really dark, kind of fun, though; we kept on running"), CU defeating No. 16 Iowa State in overtime last season, followed by the Buffs' surprising WNIT win at Wyoming.

"Last year was pretty sweet," said Seabrook, who is running out of time to check off one item on her hoops to-do list - win a conference postseason tournament game. The final chance comes next week.

Lasting images of the non-hoops variety will be topped by receiving her letter of acceptance in the spring of 2010 to CU's Leeds School of Business. She's on track to graduate in May (her GPA is hovering at the 3.0 mark) and she said her finance courses "showed me what I don't want to do more than what I do want to do, truthfully. The capital analysis investment class last semester that I took definitely showed me that I don't want to be working on Wall Street . . . the stuff I am interested in within finance is consulting or something more with people, like selling. Then there's the marketing side, even though I didn't get my degree in marketing. That's kind of more my style."

Meagan Malcolm-Peck offered the same professional forecast for Seabrook: "Yeah, I think she'd probably be a little frazzled on Wall Street. I think marketing is more up her alley; she has a passion for that, too."

If she gets the chance to play abroad and satisfies that calling, she likely will settle in the vicinity of her boyfriend - former CU golfer Luke Symons - or possibly return to Vancouver. Symons, an aspiring PGA tour member, is recovering from hip surgery, and Seabrook says he will "probably want to live somewhere warm."

THOSE DECISIONS CAN BE PUT on hold. She's focused now on closing out a CU basketball career on an upbeat note. Her four years have been fulfilling, she said, because of the Buffs' progress. "One thing I've been trying to emphasize to the freshmen is that even though we thought we might be going to the NCAA Tournament, considering how well we did at the beginning (12-0) of the season . . . just making it to postseason is tough enough, and obviously I didn't get to do that my first two years here," she said. "Postseason is great in general. I tell them that last year we were one of eight teams in the country still playing. That's great in itself."

Seabrook said she will treasure friendships made with current and past teammates, mentioning former Buffs Hannah Skildum, Britney Blythe, and Brittany Spears. Current Buffs hold her in high regard because of her work ethic, energy and caring spirit.

"She's always there for you, off court, anywhere, no matter what," Meagan Malcolm-Peck said. "She's communicating all the time, telling you what you need to do. Everybody knows that Julie is going to be doing what she needs to be doing, so everybody looks up to her.

"I've looked up to her since freshman year and having the opportunity to play with her for three years has been so special to me and I know for Chucky (Jeffery) too, just getting to play with somebody who's such a good person on and off the court . . . Julie is just awesome; we're so proud of her and so lucky to have gotten to be around her for three years."

Falling victim to a prank or two was part of the total Seabrook package, and she and her teammates can laugh about it now. In basketball terms, no harm, no foul - just lots of special memories.

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Julie Seabrook: From basketball to business

Written by Ryan Sterner in Basketball, Front Page, Sports on Mar 3, 2012 13:09 / comments

Julie Seabrook's career as a CU Buffalo is marked by transition.

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When Seabrook arrived at CU four years ago the program looked a lot different than it does now. Still a member of the Big 12, and under the tutelage of a coaching staff led by Kathy McConnell-Miller, Seabrook never got much playing time.

"Looking back, freshman and sophomore years were pretty hard," Seabrook said. "I wasn't playing as much, and I wasn't very happy about it. That was hard for me, but I took time to work on my school work. Obviously, I was still trying to get better and coming into practice and working hard."

Seabrook took that time, however, to work on herself outside of the court.

"I got to experience college and also got into the business school, which is something I really wanted," Seabrook said.



Senior forward Julie Seabrook drive toward the basket against USC on January 26th. The Buffs won 69-67. (CU Independent/James Bradbury)

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Under the previous coaching staff, Seabrook averaged only 8.2 minutes per game for her first two years here. McConnell-Miller didn't see in Seabrook what coach Linda Lappe saw when she took over last season.

"Definitely [Coach Lappe's] confidence in me as a player put confidence in me so when I got out there I wasn't nervous to take a shot like I might have been in the past," Seabrook said.

Last season, Seabrook saw her career turn around. She started all 34 games and took on a bigger role as not only a leader but someone who made her teammates better.

"Last year I wasn't really in as big of a scoring role," Seabrook said. "I've strived to make my teammates better, I was really there to get shots for other people by screening and rebounding."

But over the last two years she's evolved into a scoring threat, being an undersized center that can score from the inside or outside. Last year her field goal percentage was nearly 50 percent and her 3-point percentage just as impressive, rounding out at 40.7 percent. She averaged 5.3 points per game, and grabbed 5.4 rebounds per game.

"I've improved my post-game, but one of the best games I've developed while being here is my ability to step out to the 3-point line," Seabrook said.

As a scorer, it's been paying off, as this year she is averaging 7.5 points per game.

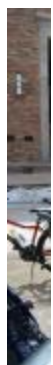
The changes haven't just come to her as a player, but the actual teams she's playing along the way. With the move into the Pac-12 this year, Seabrook was excited.

"It's not as physically demanding as a post player," Seabrook said. "The Pac-12 posts are a bit more athletic, versus the Big 12 back you down strength wise, which has been a lot better for me because I'm a bit more of a quick finesse player. It's been a good transition."

Though she was excited about the transfer into the new conference, Seabrook is heading into her last regular season conference game against Oregon State University on Saturday. With her last games as a Buff, she is facing yet another transition — moving from college to the "real world".

"I'm hoping to play a little bit longer once I'm done [here]," Seabrook said. "It would be difficult to stop playing and then start up again. So I'm hoping to play in Europe for a couple of years after I graduate. And after I'm done playing I'd like to go into something marketing or finance oriented."

Even with all of the talk of the future, it's hard for Seabrook not to reflect on the past.



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“Everyone’s goal is to come in and win an NCAA championship, but we’re rebuilding a program, and I realize that,” Seabrook said. “I’m not disappointed, I’m happy that things are getting better and its great watching us grow and grow.”

Her selflessness is what’s made her a great leader on and off the court. For Seabrook, it has always been about putting the team before the individual, and she says leaving CU will be a new challenge.

“I’m definitely going to miss my teammates and being a part of something so big and influential,” Seabrook said. “People look up to us. Being a part of that community is really cool and watching it grow has been great. It’s difficult to put into words.”

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About Ryan Sterner

Ryan Sterner is a reporting superstar. Raised in Minnesota by the soft glow of day time Judge Judy re-runs, his interests don't run any deeper than running, writing, and top Ramen. If you see him on the street, make sure to say howdy. He is also President of the Boulder Running Club; facebook it.

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CU Buff women hope to send off Seabrook with a win

Lone senior may be playing last home game of career

By Brian Howell Buffzone.com
Boulder Daily Camera

Posted: 03/02/2012 08:06:21 PM MST

CU women's basketball preview

SATURDAY: The Colorado Buffaloes (16-12, 5-12) host the Oregon State Beavers (18-10, 9-8) in a 4 p.m. game at the Coors Events Center in Boulder.

BROADCAST: Radio on KKZN (760 AM), with Mike Rice doing play-by-play and Carol Callan with color commentary.

STORYLINES: This is the final regular season game for both teams. ... CU has lost five in a row and eight of nine. ... Oregon State is 1-3 in its last four games. ... The Buffs are 2-6 in Pac-12 home games. Oregon State is 4-4 in conference road games. ... Oregon State beat the Buffs 65-45 on Feb. 2 in Corvallis, Ore. CU started that game 1-for-18 from the floor and never recovered. ... Colorado's Meagan Malcolm-Peck has 15 points in the past two games - her best two-game stretch since scoring 19 total in Games 2 and 3 of the season. ... Four current Buffs rank among the top-20 in school history in 3-pointers made - Malcolm-Peck (12th, 78), Brittany Wilson (15th, 58) and Chucky Jeffery and Lexy Kresl, who are tied at 19th with 49. ... Jeffery leads CU in scoring (15.3 points per game), rebounding (7.3 per game) and assists (3.8 per game).

KEY STAT: Senior Julie Seabrook has made 50 percent of her shots during her career (178 of 356). At her current pace,

There should be plenty of motivation for the Colorado women's basketball team against Oregon State on Saturday.

A trip to the WNIT could be at stake. Simple pride is on the line, with CU having gone 1-8 in the last nine games. Playing in front of the home crowd is a big deal.

Perhaps the biggest source of motivation, however, is Julie Seabrook. CU's lone senior will likely play her last game at the Coors Events Center.

"I'm excited," Seabrook said. "It'll be fun."

The Buffs (16-12, 5-12 Pac-12) are hoping to send a remarkable part of their team off on a good note.

Seabrook, from North Vancouver, British Columbia, has been a true Buffalo since she arrived on campus four years ago and she's started every game for the past two years.

"It's a huge deal," head coach Linda Lappe said. "You want your seniors to go out on a strong note and you want them to go out with a win. You always want to remember your senior night as being something positive."

"You want for them to play for Julie and for us to coach for Julie and really have an extra motivation, an extra focus, and an extra toughness to win, not only because it's senior night, but because it could potentially be our last game of the year at the events center."

It won't be easy.

Oregon State (18-10, 9-8) has been one of the Pac-12's top teams much of the season and hammered the Buffs, 65-45, on Feb. 2.

With a stingy zone defense, the Beavers have put themselves in position for postseason play.

The first meeting between the teams was really the first time CU had seen an exclusive zone team. They've now seen it several times -- including Thursday in a 64-62 loss to Oregon -- so they hope to have a better showing against the Beavers this time.

"They play it all the time. They know their rotations, they know their responsibilities," Lappe said of Oregon State. "We can look at film and look at some improvements that we need to make, but I'd like to get to the point where we can score 65-70 points. I thought we had our opportunities to do that (against Oregon) and we just couldn't take advantage."

Taking advantage of an opportunity is something the Buffs have struggled to do

she'll finish 12th in program history in that category.

COACHES: Linda Lappe is 34-28 in her second season at CU and 84-64 overall. Scott Reuck is 27-30 in his second season at Oregon State and 315-118 overall.

PROBABLE STARTERS:

Colorado - G Ashley Wilson, 5-8, So., 3.3 ppg, 2.8 rpg; G Brittany Wilson, 5-7, So., 8.4 ppg, 3.0 rpg, 2.0 apg; G Jasmine Sborov, 6-1, Fr., 2.4 ppg, 2.6 rpg; G/F Meagan Malcolm-Peck, 6-2, Jr., 4.3 ppg, 4.1 rpg; F Julie Seabrook, 6-3, Sr., 7.5 ppg, 5.2 rpg. **Oregon State** - G Ali Gibson, 5-11, Fr., 12.1 ppg, 4.0 rpg; G Sage Indendi, 5-9, Jr., 8.3 ppg, 3.8 rpg; G Alyssa Martin, 6-0, So., 8.7 ppg, 4.0 rpg; F Earlysia Marchbanks, 5-11, Sr., 12.0 ppg, 7.0 rpg, 3.7 apg; C Patricia Bright, 9.0 ppg, 5.1 rpg, 3.5 bpg.

SERIES: CU leads 2-1, including 2-0 in Boulder.

UP NEXT: CU will travel to Los Angeles for the Pac-12 Tournament, which starts Wednesday.

lately, especially at home. They are 2-6 at home in the conference and really do need a win or two (after this week, they will play in the Pac-12 tournament) to secure a WNIT bid.

"You have to stay mentally tough, you have to stay physically tough," Lappe said. "We've got to have a short memory in terms of losses. It teaches us a good lesson that you can't take wins for granted. We haven't won in a while and a win would feel really good."

There's probably nobody on the team that wants to win more than Seabrook does. She's given her heart and soul to the program and, with several family members in attendance, she wants a win "pretty bad."

"It's been great," she said of her career. "It's been tough the last couple of weeks because obviously no one wants to lose. But you can't come out being too tense about (a win) because that's when we don't play well and we force things. We just need to come out like it's another game and play hard."

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