



THE 2009 SCHEDULE

Day	Date	Opponent	Location	Time (MST)	Record	Rank	NCAA
FLORIDA INVITATIONAL							
Friday	August 28	vs. Valparasio	Gainesville, Fla.	3 p.m.	25-7	NR	DNP
Saturday	August 29	at Florida	Gainesville, Fla.	5 p.m.	27-4	10th	Third Round
Tuesday	September 1	at Northern Colorado	Greeley, Colo.	7 p.m.	17-10	NR	DNP
YALE INVITATIONAL							
Friday	September 4	vs. Fairfield	New Haven, Conn.	3 p.m.	20-13	NR	DNP
Saturday	September 5	vs. Georgetown	New Haven, Conn.	9 a.m.	14-13	NR	DNP
Saturday	September 5	at Yale	New Haven, Conn.	5 p.m.	21-6	NR	Second Round
COLORADO INVITATIONAL							
Friday	September 11	DENVER	Denver, Colo.	11 a.m.	25-7	NR	DNP
Friday	September 11	SAN DIEGO	BOULDER	7 p.m.	23-5	19th	First Round
Saturday	September 12	CAL POLY	BOULDER	7 p.m.	16-13	NR	DNP
Wednesday	September 16	*at Iowa State	Ames, Iowa	5:30 p.m.	22-13	12th	Regional Final
Saturday	September 19	*NEBRASKA	BOULDER	7 p.m.	31-3	3rd	Semi-finals
Wednesday	September 23	*TEXAS	BOULDER	7 p.m.	29-4	4th	Semi-finals
Saturday	September 26	*OKLAHOMA	BOULDER	7 p.m.	12-16	NR	DNP
Wednesday	September 30	*at Kansas	Lawrence, Kan.	5:30 p.m.	13-16	NR	DNP
Saturday	October 3	*BAYLOR	BOULDER	7 p.m.	18-13	NR	DNP
Wednesday	October 7	*at Missouri	Columbia, Mo.	5:30 p.m.	13-17	NR	DNP
Wednesday	October 14	*TEXAS TECH	BOULDER	7 p.m.	5-26	NR	DNP
Saturday	October 17	*at Texas A&M	College Station, Texas	5:30 p.m.	15-14	NR	DNP
Wednesday	October 21	*KANSAS STATE	BOULDER	7 p.m.	24-8	20th	First Round
Saturday	October 24	*at Texas	Austin, Texas	5:30 p.m.	29-4	4th	Semi-finals
Wednesday	October 28	*at Oklahoma	Norman, Okla.	6 p.m.	12-16	NR	DNP
Saturday	October 31	*IOWA STATE	BOULDER	TBA-football	22-13	12th	Regional Final
Wednesday	November 4	*KANSAS	BOULDER	7 p.m.	13-16	NR	DNP
Saturday	November 7	*at Texas Tech	Lubbock, Texas	6 p.m.	5-26	NR	DNP
Wednesday	November 11	*at Baylor	Waco, Texas	6 p.m.	18-13	NR	DNP
Saturday	November 14	*MISSOURI	BOULDER	7 p.m.	13-17	NR	DNP
Saturday	November 21	*at Kansas State	Manhattan, Kan.	6 p.m.	24-8	20th	First Round
Wednesday	November 25	*TEXAS A&M	BOULDER	7 p.m.	15-14	NR	DNP
Saturday	November 28	*at Nebraska	Lincoln, Neb.	6 p.m.	31-3	3rd	Semi-finals

*— Big 12 Conference Match



Credits: The 2009 CU Volleyball media guide was produced through the combined efforts of the Sports Information Office and Whirlwind Graphics. The guide was written and edited by Linda Poncin, Assistant Sports Information Director, with additional research help from student assistants Casey Sanders and Cole Michelson. Typesetting, layout and design was provided by Linda Hall of Whirlwind Graphics. The cover was designed by Eric Pelloni, assistant director of BuffVision. Printing of the guide was provided by Pioneer Press, Greeley, Colo.

The following photographer's work was used in the media guide: University of Colorado photography, Chip Bromfield (ProMotion, LTD), Cliff Grassmick, Brian Lewis, Matt Brown, John Geldermann, Volleyshots.com, Holly Stein, Associated Press, Linda Poncin and Curtis Snyder.

BUFF BITS



UNIVERSITY OF COLORADO INFORMATION

Location	Boulder, Colo. (103,216)
Founded	1876
Enrollment	30,128
Colors	Silver, Gold and Black
Nickname	Buffaloes (Bufs)
Mascot	Ralphie IV, The Buffalo (live), Chip (costumed)
Home Arena (Capacity)	Coors Events/Conference Center (11,064)
Elevation	5,435 feet above sea level
NCAA Affiliation	Division I
Conference	Big 12, (Joined 1996)
President	Bruce Benson
Chancellor	Phil DiStefano
Athletic Director	Mike Bohn
Senior Woman Administrator	Ceal Barry

VOLLEYBALL INFORMATION

Head Coach	Liz Kritza (Tulane 2000)
E-mail	elizabeth.kritza@colorado.edu
Record at Colorado (years)	0-0 (first season)
Collegiate Record (years)	76-39 (4)
Assistant Coach	Tom Hogan (Miami University (Ohio) 02), first season
E-mail	thomas.hogan@colorado.edu
Assistant Coach	Meg Henican (Notre Dame 2006), first season
E-mail	meg.henican@colorado.edu
Volleyball Office	303/492-6141 (Fax: 303/492-1709)
2008 Record	13-16 (H, 6-7; A, 3-9; N, 4-0)
2008 Big 12 Record	7-13/t-8th
Postseason	NA
Final Ranking	NA
Letterwinners Returning/Lost	8/9
Starters Returning/Lost	2/5+libero

VOLLEYBALL HISTORY

First Season	1986
All-Time Record	410-285/590
All-Time Big 12 Record	141-119/542
All-Time Big 8/Big 12 Record	220-148/598
Best Big 12 Finish	2nd/1997
Best Big 8 Finish	1st/1993
NCAA Appearances	15 (1989, 1991-2001, 2003-06)
NCAA Record	9-16/360
All-Time Post Season Record	19-24 (18 seasons)
Last NCAA Appearance/Result	2006/defeated New Mexico State, 3-0/lost to Washington, 1-3
Best NCAA Finishes	Sweet 16 (1993, 1994 & 1997)
All-Time Weeks Ranked (AVCA)	106
All-Time Record While Ranked (AVCA)	154-78
All-Time Record Against Ranked Teams (AVCA)	45-161

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RETURNING STARTERS (2)

Kaitlyn Burkett, 6-1, Sr., S, Colorado Springs, Colo. - 29-29 mp-s, 104 games, .328, 0.81 kpg, 9.96 apg, 2.16 dpg, 0.58 bpg
Ranked sixth in the Big 12 in assists

Schylur Edelman, 6-1, Jr., MB, Sterling, Colo. - 29-29 mp-s, 103 games, .238, 1.79 kpg, 0.53 dpg, 0.97 bpg
Ranked eighth in the Big 12 in blocks. Led the Buffs for the second year

STARTERS LOST (5)

Alex Buth, 5-10, RS — 29-29 mp-s, 104 games, .204, 2.65 kpg, 2.72 dpg, 0.70 bpg

Lauren Schaefer, 6-3, MB — 25-25 mp-s, 84 games, .303, 2.06 kpg, 0.82 bpg

Emilee Sisco, 6-4, OH — 29-12 mp-s, 94 games, .152, 2.88 kpg, 0.78 dpg, 0.40 bpg

Amber Sutherland, 5-10, OH — 29-29 mp-s, 104 games, .108, 2.31 kpg, 2.36 dpg, 0.28 bpg

Ashley VenHorst, 5-7, DS — 29-14 mp-s, 100 games, 1.67 dpg

OTHER KEY LOSSES (4)

Devon Dykstra, 5-10, So., L/OH, Redondo Beach, Calif. - 1-0 mp-s, 1 game

Christan Schaefer, 6-0, OH — 15-0 mp-s, 25 games, .053, 0.72 kpg, 0.32 dpg, 0.20 bpg

Callie Webster, 5-10, L — 29-2 mp-s, 97 games, 3.98 dpg

Kirsten Wicks, 6-2, OH — 14-0 mp-s, 23 games, 0.70 kpg, 0.39 dpg, 0.17 bpg

KEY RETURNEES (6)

Megan Cyr, 6-0, RFr., S, St. Andrews, Manitoba, Canada - Redshirt in 2008—Did not compete

Becah Fogle, 5-11, So., OH, Leander, Texas — 4-0 mp-s, 5 games, .000, 0.20 kpg, 0.40 dpg

Ellen Henry, 5-6, Jr., DS/L, Long Beach, Calif. — 11-1 mp-s, 23 games, 0.65 dpg
Was fifth in the team in digs per game as a freshman

Kristin Martell, 6-1, So., MB, The Woodlands, Texas — 5-0 mp-s, 5 games, .000, 0.00 kpg

Rosie Steinhaus, 6-0, RSo., MB, Flagstaff, Ariz. — 15-9 mp-s, 47 games, .099, 0.91 kpg, 0.64 bpg - in 2007 season
Redshirt in 2008; Ranked fourth on the team in blocks

Alex Penewell, 5-11, So., MB, Newport Beach, Calif. — 12-4 mp-s, 29 games, .250, 1.45 kpg, 0.31 dpg, 1.14 bpg
Averaged a team-high 1.14 blocks

NEWCOMERS (5)

Nikki Kinzer, 6-2, Fr., MB, Colorado Springs, Colo.

Sofia Lindroth, 5-8, Jr., Edwards, Colo.

Ellen Ribar, 5-10, Fr., S, Elmhurst, Ill.

Kerra Schroeder, 6-0, Fr., OH, San Diego, Calif.

Kassidi Warnock, 5-7, Fr., DS/L, Colorado Springs, Colo.

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2009 OUTLOOK

The Colorado volleyball team returns just two starters and eight letterwinners from the 2008 squad that tied for eighth in the Big 12 Conference (7-13) and finished with a 13-16 record. The Buffs are under new leadership with Liz Kritza at the helm of the program. She is assisted by Tom Hogan and Meg Henican and now they are looking to return the Buffs to glory and into a top-10 volleyball program.

Since taking over the program in February, what has been the biggest improvement/changes you and your staff have made?

We are raising the level of expectation for the program in all aspects, both on and off the court, and really changing the culture of the program as we prepare for this upcoming season. The thing with changing the culture is that you have to allow time for the players to adapt. We may not see immediate results but changing the culture will help us to sustain results in the future for this program.

The Buffs have two very talented setters in Kaitlyn Burkett and Megan Cyr this year. What can we expect at the position with two very highly skilled players competing for the starting role?

The setting position is the perfect example of the raised expectations on the competition floor. We expect competition in every position and having two setters who understand this and embrace the challenge of competing for this spot makes our training and competition environments better.

Only two starters return from last year's team and this year's team has one senior and two juniors. How will such a young squad affect this year's expectations?

We clearly have a lack of playing experience on this squad but we are approaching it as an opportunity and not a challenge. When you are developing young players in a sport they have to compete to gain the necessary experience and I expect that as we progress through the season, our younger players will be able to improve at a faster pace since they will be competing against some of the top players in the country night in and night out. As coaches we need to be patient with their learning curves but be consistent with the expectations of playing a high level of volleyball every day.

CU doesn't return any outside hitters to the line-up. Who would you expect to step up this season to earn those starting roles?

We will train a number of players to carry the offensive load on both sides for this season. There will be competition for all starting roles as nothing is set in stone. Becah has been working hard and

our newcomers, Sofia and Kerra, will have to step up. Rosie is going to fill in for us in a variety of positions, so it could be a real possibility we could have her on the right or left side.



The Buffs have been steadily improving over the last few years in the middle blocker position. What can fans look forward to this year?

Our middles will be involved in a clear offensive system. We are training and retraining them in every aspect of the game both mentality and tactically. We will need Schylur to take more of a leadership role in the position as

she has the most experience. Rosie will also see some time in the middle. I would also expect Alex and Nikki to really push and add significantly.

CU graduated a pair of liberos/defensive specialists this past spring. How do you plan on filling this void in the fall?

The first contact is the key to our success this season so the players that are vying for these positions have the opportunity to make a major impact on the success of the team. The first contact is the most important and these players will have to acclimate to the new system faster than the others. Ellen Henry saw a significant amount of time on the court as a freshman and we will need her to draw on that experience. Kassidi and Sofia will also add depth to the position.

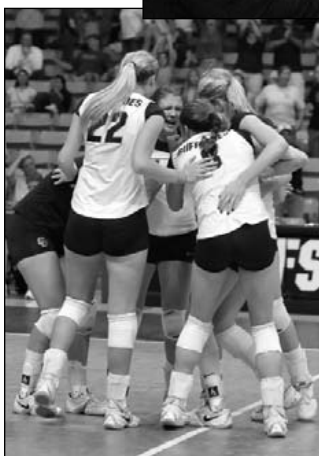
The non-conference schedule has some fairly tough opponents with Florida, San Diego and Cal Poly just to name a few. What aspirations do you have for a program that has finished the last 20 seasons above an.500 in non-conference play?

The 2009 slate is a very difficult schedule for a team composed of the

young players that we have. The relative youth and inexperience make it difficult to play against top 25 teams from the beginning of the season, but this will help us prepare for the grueling Big 12 line-up. The eventual goal is to play top 20 volleyball from August to December. It would be hard to expect this group to do that with the youth and inexperience but we will get there.

The Big 12 has become one of the premiere volleyball conferences in the country with perennial powers Nebraska and Texas leading the way. In your first year at the helm, what would you consider a successful season?

The Big 12 is fast becoming the most competitive conference in the country and this first year we are using every conference match as a gage to test where we are along our road to success. Our overall goal will be continual improvement and we are training to field a team that will compete with the top of our conference. No match in this conference is a given and the high level of competition night in and night out will be able to help us in the goal of becoming one of the top 10 programs in the country.



2009 ROSTERS



PLAYERS

By State/Country

Arizona
Rosie Steinhaus

California
Ellen Henry
Alex Penewell
Kerra Schroeder

Colorado
Kaitlyn Burkett
Schylur Edelman
Sofia Lindroth
Nikki Kinzer
Kassidi Warnock

Illinois
Ellen Ribar

Texas
Becah Fogle
Kristin Martell

Canada
Megan Cyr

By Position

Left Side Hitter
Becah Fogle
Sofia Lindroth
Kerra Schroeder

Right Side Hitter
Rosie Steinhaus

Middle Blocker
Schylur Edelman
Nikki Kinzer
Kristin Martell
Alex Penewell

Setter
Kaitlyn Burkett
Megan Cyr
Ellen Ribar

Def. Specialist/Libero
Ellen Henry
Kassidi Warnock

By Height

6-2 Nikki Kinzer

6-1 Kaitlyn Burkett
Schylur Edelman
Kristin Martell

6-0 Megan Cyr
Kerra Schroeder
Rosie Steinhaus

5-11 Becah Fogle
Alex Penewell

5-10 Ellen Ribar

5-8 Sofia Lindroth

5-7 Kassidi Warnock

5-6 Ellen Henry

Alphabetical Roster

NO	PLAYER	POS	HT	YR	EXP	HOMETOWN (HS/Previous College)
22	Kaitlyn Burkett	S	6-1	Sr.	3L	Colorado Springs, Colo. (St. Mary's)
13	Megan Cyr	S	6-0	Fr.	RS	St. Andrews, Manitoba, Canada (Lord Selkirk)
2	Schylur Edelman	MB	6-1	Jr.	2L	Sterling, Colo. (Sterling)
21	Becah Fogle	OH	5-11	So.	1L	Leander, Texas (Vista Ridge)
23	Ellen Henry	DS	5-6	Jr.	2L	Long Beach, Calif. (Wilson)
8	Nikki Kinzer	MB	6-2	Fr.	HS	Colorado Springs, Colo. (Rampart)
3	Sofia Lindroth	OH	5-8	Jr.	TR	Edwards, Colo. (Battle Mountain)
7	Kristin Martell	MB	6-1	So.	RS/1L	The Woodlands, Texas (The Woodlands)
17	Alex Penewell	MB	5-11	So.	1L	Newport Beach, Calif. (Newport Harbor)
16	Ellen Ribar	S	5-10	Fr.	HS	Elmhurst, Ill. (York)
6	Kerra Schroeder	OH	6-0	Fr.	HS	San Diego, Calif. (Torrey Pines)
11	Rosie Steinhaus	OH	6-1	So.	RS/1L	Flagstaff, Ariz. (Flagstaff)
15	Kassidi Warnock	DS/L	5-7	Fr.	HS	Colorado Springs, Colo. (Liberty)

Numerical Roster

NO	PLAYER	POS	HT	YR	EXP	HOMETOWN (HS/Previous College)
2	Schylur Edelman	MB	6-1	Jr.	2L	Sterling, Colo. (Sterling)
3	Sofia Lindroth	OH	5-8	Jr.	TR	Edwards, Colo. (Battle Mountain)
6	Kerra Schroeder	OH	6-0	Fr.	HS	San Diego, Calif. (Torrey Pines)
7	Kristin Martell	MB	6-1	So.	RS/1L	The Woodlands, Texas (The Woodlands)
8	Nikki Kinzer	MB	6-2	Fr.	HS	Colorado Springs, Colo. (Rampart)
11	Rosie Steinhaus	OH	6-1	So.	RS/1L	Flagstaff, Ariz. (Flagstaff)
13	Megan Cyr	S	6-0	Fr.	RS	St. Andrews, Manitoba, Canada (Lord Selkirk)
15	Kassidi Warnock	DS/L	5-7	Fr.	HS	Colorado Springs, Colo. (Liberty)
16	Ellen Ribar	S	5-10	Fr.	HS	Elmhurst, Ill. (York)
17	Alex Penewell	MB	5-11	So.	1L	Newport Beach, Calif. (Newport Harbor)
21	Becah Fogle	OH	5-11	So.	1L	Leander, Texas (Vista Ridge)
22	Kaitlyn Burkett	S	6-1	Sr.	3L	Colorado Springs, Colo. (St. Mary's)
23	Ellen Henry	DS	5-6	Jr.	2L	Long Beach, Calif. (Wilson)

How The Buffs Were Built

Freshman Recruits

2006	Kaitlyn Burkett
2007	Schylur Edelman Kristin Martell Rosie Steinhaus

2008	Megan Cyr Becah Fogle
2009	Nikki Kinzer Kerra Schroeder

Walk-ons

2007	Ellen Henry
2008	Alex Penewell
2009	Sofia Lindroth Ellen Ribar Kassidi Warnock

Pronunciation Guide

Schylur Edelman	sky-LUR a-del-MAN
Ellen Ribar	REE-bar
Kerra Schroeder	Kara SCHRA-der
Rosie Steinhaus	Stein-HOUSE
Kassidi Warnock	Cass-id-DEE war-KNOCK

Buff Birthdays

Becah Fogle	January 26
Rosie Steinhaus	February 9
Kristin Martell	April 3
Nikki Kinzer	April 7
Kaitlyn Burkett	April 13
Sofia Lindroth	April 26
Alex Penewell	May 23
Megan Cyr	June 1
Schylur Edelman	June 28
Ellen Ribar	September 7
Kerra Schroeder	September 14
Kassidi Warnock	September 29
Ellen Henry	November 8

Club Teams

Name	Club
Burkett	Colorado Juniors
Cyr	Selkirk Royals
Edelman	Club One
Fogle	Austin Juniors
Henry	Cal Juniors
Kinzer	Colorado Juniors
Lindroth	Colorado Performance
Martell	Willowbrook
Penewell	Orange County
Ribar	Sports Performance
Schroeder	Coast
Steinhaus	Arizona Grand Canyon Juniors
Warnock	Pikes Peak

2009 BUFFALOES



KAITLYN BURKETT



6-1, Senior, Setter

22 Colorado Springs, Colo.
(St. Mary's)

Kritza on Burkett

Kaitlyn is our most experienced player on the floor. She will be called upon in both setting and hitting capacities and as the lone senior she will be expected to fill a much needed leadership role for this young team.

As a Junior in 2008

Burkett started all 29 matches and was one of only three Buffs to play in all 104 sets. She ranked sixth in the conference, averaging 9.96 assists per game. Burkett dished out 1,036 for the season, moving up to sixth on CU's career assists chart. She recorded 50 or

more assists in four matches, including a season-best 61 in a five-game win against Texas A&M (9/27). The 61 assists tied for the fourth-highest match total in conference play this season. Burkett's 43 assists in a 3-0 win against Oklahoma (11/26) tied for the second-highest total in a three-set conference match this season. She tallied seven assists-digs double-doubles on the season. Burkett recorded a career-high 15 digs at Iowa State (11/19) and also set a career-high by hitting 1.000 (5k-0e-5att) against No. 8 Florida (9/11). She was named to the Mississippi State Classic All-Tournament Team.

As a Sophomore in 2007

Burkett stepped into a starting role for the Buffs as a sophomore. She played in 108 games and started all 28 matches. Burkett ranked seventh in the league by averaging 11.90 assists per game. She handed out 1,285 on the year, which ranks 14th on CU's career chart. Burkett recorded 60 or more assists in five matches. She set a career-best of 66 in a four-game match against Texas Tech, helping the Buffs to a .344 attack percentage with 81 kills. She handed out 60 assists against Tulane (8/24), 60 versus Texas Tech (9/12), 61 against Baylor (9/19) and 62 against Kansas (11/10). Burkett also recorded a career-high 10 blocks against Iowa State (one solo, nine assists). She also notched career highs of 14 digs against Missouri (10/3) and eight kills against Texas Tech (11/3). Burkett became the first Buff since 2005 to serve up five aces in a match, just the 27th in the programs history. She was named to the All-State Sugar Bowl Classic and the CU Invite All-Tournament Teams.

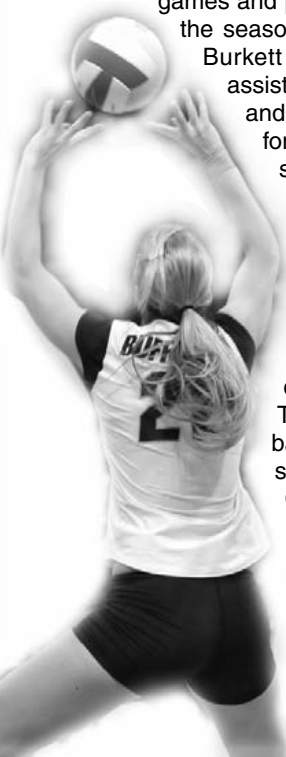
As a Freshman in 2006

Burkett saw action in eight games her freshman campaign. She made her Colorado debut against No. 5 Florida (9/3). She recorded two kills, seven assists and hit 1.000 in one game. Burkett saw the most time against Central Connecticut State. She played two games and put up one kill, 17 assists, three digs and two block assists. On the season, she totaled five kills on nine errorless attempts to hit .556.

Burkett dished out 34 assists, picked up six digs and three block assists for 6.5 points on the season. .

High School

Burkett led the Pirates to a 21-9 record her senior season by compiling 368 kills, 379 digs and 319 assists. The four-year volleyball letterwinner was selected to the All-Colorado Team and the Class 3A State MVP by the *Rocky Mountain News* as a senior. She was also honored as the Small School Area MVP (*Colorado Springs Gazette*)



Burkett Honors

- 2007**
Big 12 Commissioner's Honor Roll – Spring & Fall
All-State Sugar Bowl Classic All-Tournament Team
Colorado Invitational All-Tournament Team
Academic All-Big 12 Second Team
- 2008**
Big 12 Commissioner's Honor Roll – Spring & Fall
Mississippi State Classic All-Tournament Team
Academic All-Big 12 Second Team
- 2009**
Big 12 Commissioner's Honor Roll – Spring

2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Asst.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Troy (8/29)	3	2	1	7	.143	33	3	0	0	8	0	1	0	0	5.5
vs. Arkansas-Pine Bluff (8/30)	3	6	0	7	.857	26	1	0	0	4	0	1	0	0	7.5
at Mississippi State (8/30)	3	4	2	10	.200	23	1	1	0	12	0	1	0	0	5.5
vs. Arkansas-Little Rock (9/5)	4	2	1	7	.143	46	1	2	0	11	0	0	0	0	0.0
vs. Texas Southern (9/6)	3	2	0	4	.500	32	0	2	0	6	1	1	0	0	3.5
at Texas A&M Corpus Christi (9/6)	3	1	1	5	.000	33	0	0	0	9	0	2	0	0	2.0
COLORADO STATE (9/10)	4	3	2	9	.111	40	2	0	0	6	0	2	0	0	6.0
FLORIDA (9/11)	4	5	0	5	1.000	43	1	0	0	5	0	0	0	0	6.0
NORTH CAROLINA (9/13)	4	7	1	14	.429	42	0	0	0	11	1	4	0	0	10.0
*KANSAS (9/17)	5	5	0	15	.333	50	0	0	0	9	0	3	0	0	6.5
*at Kansas State (9/20)	3	1	0	2	.500	23	0	1	0	7	0	0	0	0	1.0
*TEXAS A&M (9/27)	5	2	1	5	.200	61	0	0	0	6	0	0	1	0	2.0
*at Baylor (10/1)	3	0	0	3	.000	12	1	2	0	4	0	0	0	0	1.0
*at Nebraska (10/4)	3	0	1	3	-.333	26	0	1	0	4	0	0	0	1	0.0
*TEXAS TECH (10/8)	3	5	0	7	.714	31	0	1	0	1	0	1	0	0	5.5
*TEXAS (10/11)	4	2	0	4	.500	48	1	2	0	6	1	1	0	0	4.5
*at Oklahoma (10/15)	3	1	0	3	.333	19	0	1	0	6	0	1	1	1	1.5
*IOWA STATE (10/18)	5	6	0	14	.429	56	0	0	0	8	0	3	0	0	7.5
*at Missouri (10/22)	3	3	1	5	.400	22	0	0	0	8	0	3	0	0	4.5
*at Texas Tech (10/25)	5	3	0	8	.375	46	0	2	0	14	0	3	1	0	4.5
*NEBRASKA (10/29)	4	6	1	10	.500	33	1	1	0	8	1	5	0	0	10.5
*at Kansas (11/5)	3	3	0	10	.300	30	0	0	0	4	0	4	0	0	5.0
*BAYLOR (11/8)	3	4	1	7	.429	26	0	0	0	9	0	1	0	0	4.5
*KANSAS STATE (11/12)	4	4	0	10	.400	43	0	0	0	13	0	1	0	0	4.5
*MISSOURI (11/15)	4	2	3	6	-.167	50	0	0	0	13	1	6	0	0	6.0
*at Iowa State (11/19)	4	2	2	8	.000	39	0	0	0	15	0	3	1	0	3.5
*at Texas A&M (11/22)	3	2	0	4	.500	33	0	1	0	6	0	0	1	1	2.0
*OKLAHAMA (11/26)	3	1	1	4	.000	43	0	0	0	8	1	2	0	1	3.0
*at Texas (11/29)	3	0	0	2	.000	27	1	0	0	4	0	1	0	0	1.5
TOTALS	104	84	19	198	.328	1036	13	17	0	225	7	53	6	4	4130.5
TOTALS - Big 12	73	52	11	130	.315	718	4	14	0	153	4	38	5	4	79.0

2009 BUFFALOES



PLAYERS

in 2005. Burkett was named First Team All-State, First Team All-State Tournament (3A) Team, First Team All-Area (*Colorado Springs Gazette*) and all-conference her sophomore through senior seasons. She was the Tri-Peaks East League's Player of the Year in 2004 and 2005. Burkett also played for the Colorado Juniors. In 2005, her team won the USAV National 17's Tournament and Burkett was named the MVP of the tournament and All-Region. Her team took third in the national tournament in 2003 and she was named to the all-tournament team. Burkett also earned four letters in basketball and was coached by her father, Mike.

Personal

Born Kaitlyn Ann Burkett on April 13, 1988 in Colorado Springs, Colo. She is the daughter of Michael and Erin Burkett. Michael played basketball at Southern Colorado State College (now CSU-Pueblo). She has an older brother Kyle and an older sister Kelsey who owns the Colorado State high school record for digs in a season. The biggest moment of her playing career was playing varsity volleyball and basketball as a freshman with her older sister. She lists her hobbies as music and travel. Burkett was also recruited by Arizona, California, San Diego, Pepperdine, Hawai'i, Washington, Penn State, Kansas State and Tulane.

Academics

Burkett is a communications major at Colorado and is also pursuing an education license to teach elementary school. She was a member of the honor roll all four years in high school and has been on the Big 12 Commissioner's Honor Roll five times. Burkett was named to the Academic All-Big 12 second team as a sophomore and a junior and carries a 3.013 GPA heading into her senior year.



Career Highs

Kills

8 vs. TTU (11/3/07)

Attacks

16 at TTU (9/12/07), vs. TTU (11/3/07)

Att Pct.

1.000 (5k-0e-5att) vs. Florida (9/11/08)

Assists

66 vs. TTU (11/3/07)

Aces

5 at BU (10/20/07)

Digs

15 at ISU (11/19/08)

Blocks

10 vs. ISU (10/17/07)

Points

13.0 vs. TTU (11/3/07)

Getting to know Kaitlyn Burkett

My favorite thing about Colorado Volleyball is:
My Teammates

Favorite motivational saying or expression:
ALL OUT BALL OUT

Best moment from your 2008-09 season:
Beating Nebraska

When I am in Coors, I think: Game time

Favorite thing to do in Boulder: Cruise the streets with Ellen Henry

My favorite pump-me-up song is: "Sail Away" by Enya

"Must See" TV for me is: One Tree Hill, Nash Bridges and Friday Night Lights

My teammates would say I am: Crazy

The three things I have to pack for a road trip: iPod, Cell Phone and Toothbrush

My goofy superstition is: Having a dance off with Martell

Sport that I would like to try other than volleyball: Pole Vaulting

When I am not playing volleyball I'm most likely: Sleeping

Best talent not related to volleyball: Singing

Favorite story about a teammate or yourself with your teammates: Team bonding activities

Favorite restaurant: Zan Mai

Favorite musician: O.A.R.

Last book I read: My Sister's Keeper

Favorite candy or snack: Popcorn

I would most like to travel to: Italy

Favorite movie: Love and Basketball

If I could meet any famous person it would be: Bob Saget and Rob Thomas

My most memorable moment in sports: Winning Nationals (club)

Favorite website: www.dictionary.com

Favorite volleyball road trip: Lubbock and Austin

Hobbies: Sports, Music, Friends, Family and Scare Tactics with Megan Cyr

My favorite class at CU is: Creative Technology

My hero is: My parents, brother and sister

Advice to young athletes: Have Fun and Work Hard!

Burkett's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2006-Fr.	7-0	8	5	0	9	.556	0.62	34	4.25	0	6	0.75	0	3	3	0.38	6.5	6.5
2007-So.	28-28	108	88	21	244	.275	0.81	1285	11.90	20	170	1.57	9	52	61	0.56	143.0	47
2008-Jr.	29-29	104	84	19	198	.328	0.81	1036	9.96	13	225	2.16	7	53	60	0.58	130.5	84.5
Total	64-57	220	177	40	451	.304	0.80	2355	10.70	33	401	1.82	16	108	124	0.56	280.0	138
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2006-Fr.	4-0	4	0	0	0	.000	0.00	3	0.75	0	0	0.00	0	0	0	0.00	0.0	0
2007-So.	20-20	81	68	17	197	.259	0.84	944	11.64	12	129	1.59	9	41	50	0.62	109.5	39.5
2008-Jr.	20-20	73	52	11	130	.315	0.71	718	9.84	4	153	2.10	4	38	42	0.58	79.0	45.0
Total	44-40	158	120	28	327	.281	0.76	1665	10.54	16	282	1.78	13	79	92	0.58	188.5	84.5

2009 BUFFALOES



SCHYLUR EDELMAN



6-1, Junior, Middle Blocker

2 Sterling, Colo.
(Sterling)

Kritza on Edelman

Schylur will be called upon as one of the most experienced players on the roster. We will need her to produce both offensively and defensively for us. In addition her competitive experience will lend itself to some much needed experience for this young team.

As a sophomore in 2008

Edelman started in all 29 matches for the Buffs and appeared in all but one set during the 2008 season.

She led CU in blocking for the second straight season

and ranked eighth in the Big 12, averaging 0.97 per set. Her 100 blocks for the year advanced her to a tie for 22nd on CU's career blocks chart and made her the first Buffs since 2002 to record 100 or more in consecutive seasons. Edelman put up a season-high nine blocks (one solo and eight assists) against Iowa State (10/18). One of Edelman's finest performances of the season came against in-state rival No. 21 Colorado State (9/10). She matched a career-high with 13 kills and set a career-high with 17.5 points, and recorded eight blocks. Edelman hit a career-best .636 at Texas A&M-Corpus Christi (9/6) with nine kills on 11 swings and only two errors.

As a freshman in 2007

Edelman was CU's top middle blocker in 2007. She became the first Buff in four years to put up more than 10 blocks in a match and she did it twice. Edelman recorded 12 block assists against Kansas State (9/22). The 12 block performance ranked eighth in the Big 12. She did it again against Iowa State (10/17) with two block solos and nine block assists, which ranked 10th in the league. Edelman hit .500 against Texas Tech (11/3) with 13 kills on 22 swings with just two errors. Her season high was 15 kills against Texas A&M (11/12). Edelman averaged 1.04 blocks per game in Big 12 matches and 1.02 on the year. She became the first Buff to average more than 1.00 blocks per game since 2002.

Edelman Honors

NCAA Student-Athlete
Development Conference

High School

Edelman was a two-time All-Colorado First Team selection by the Rocky Mountain News. As a junior, she was even named the RMN 4A Player of the Year and a prevolleyball.com All-American. Edelman was a three-time All-Northern League selection as well. As a senior,

2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Troy (8/29)	3	4	1	7	.479	3	0	1	0	2	0	3	0	0	5.5
vs. Arkansas-Pine Bluff (8/30)	3	3	1	7	.286	1	2	0	0	3	0	0	0	0	5.0
at Mississippi State (8/30)	3	8	1	12	.583	0	1	2	0	2	0	4	0	0	11.0
vs. Arkansas-Little Rock (9/5)	4	3	5	18	-.111	1	0	0	1	5	0	1	0	0	3.5
vs. Texas Southern (9/6)	3	4	1	12	.250	0	0	0	0	1	1	5	0	0	7.5
at Texas A&M Corpus Christi (9/6)	3	9	2	11	.636	0	0	0	0	4	1	3	0	0	11.5
COLORADO STATE (9/10)	4	13	8	28	.179	0	0	0	0	2	1	7	0	0	17.5
FLORIDA (9/11)	4	4	3	10	.100	1	0	1	0	1	0	2	0	0	5.0
NORTH CAROLINA (9/13)	4	12	2	24	.417	0	0	0	0	3	0	4	0	0	14.0
*KANSAS (9/17)	5	9	3	22	.273	0	0	0	0	3	0	5	0	0	11.5
*at Kansas State (9/20)	3	5	1	10	.400	1	0	0	0	0	0	1	0	0	5.5
*TEXAS A&M (9/27)	5	4	3	15	.067	0	1	1	0	0	0	3	0	0	6.5
*at Baylor (10/1)	2	1	2	7	-.143	0	0	0	0	0	0	0	0	0	1.0
*at Nebraska (10/4)	3	4	3	11	.091	0	0	1	0	1	1	2	0	0	6.0
*TEXAS TECH (10/8)	3	7	1	13	.462	0	0	1	0	2	0	3	0	0	8.5
*TEXAS (10/11)	4	5	2	15	.200	1	0	0	0	1	1	2	1	0	7.0
*at Oklahoma (10/15)	3	4	1	13	.231	0	0	0	0	0	0	2	0	0	5.0
*IOWA STATE (10/18)	5	11	4	30	.233	0	0	0	0	4	1	8	1	0	16.0
*at Missouri (10/22)	3	6	2	17	.235	0	0	1	0	2	1	6	0	0	10.0
*at Texas Tech (10/25)	5	6	3	11	.273	3	1	0	0	5	0	3	1	0	8.5
*NEBRASKA (10/29)	4	4	1	14	.214	1	0	0	0	0	1	5	0	0	7.5
*at Kansas (11/5)	3	4	3	15	.067	0	0	0	0	1	0	2	0	0	5.0
*BAYLOR (11/8)	3	5	3	13	.154	0	0	2	0	0	1	2	0	0	7.0
*KANSAS STATE (11/12)	4	11	7	22	.182	1	0	1	0	1	1	4	0	0	14.0
*MISSOURI (11/15)	4	9	3	31	.194	1	0	1	0	4	1	4	0	0	12.0
*at Iowa State (11/19)	4	7	3	12	.333	1	0	1	0	4	2	4	0	0	11.0
*at Texas A&M (11/22)	3	8	2	16	.375	0	0	2	0	3	0	0	0	1	8.0
*OKLAHOMA (11/26)	3	10	1	21	.429	0	0	1	0	1	0	1	0	0	10.5
*at Texas (11/29)	3	4	4	17	.000	0	0	1	0	0	0	1	0	0	4.5
TOTALS	103	184	76	454	.238	15	5	17	1	55	13	87	3	12	45.5
TOTALS - Big 12	72	124	52	325	.222	9	2	13	0	32	10	58	3	11	65.0

2009 BUFFALOES



PLAYERS

she broke the school record for aces in a single season with 96 as she helped the Tigers to a 27-3 overall record and a third place finish at the state tournament. The Tigers won the state 4A championship the previous season with an undefeated record of 31-0. Both seasons she helped the team to its conference and regional titles. Edelman also played basketball in high school. She helped SHS to a championship in 2005 with a 27-1 record. As a senior she was an All-American, as well as all-conference and all-state.

Personal

Born Schylur Marie Edelman on June, 28, 1989 in Sterling, Colo., to parents Tom and Diana Edelman. She has a younger brother, Mike. Edelman lists her hobbies as working out, riding horses and riding four-wheelers. She has participated in the rodeo and her family has two horses. Edelman was also recruited by St. Mary's (Calif.), Nebraska and UNLV.

Academics

Edelman is majoring in business at Colorado and is also interested in marketing and advertising. She is a member of the National Honor Society and has earned academic letters in high school. Edelman represented CU at the NCAA Student-Athlete Development Conference in May of 2009.

Getting to know Schylur Edelman

My favorite thing about Colorado Volleyball is: my teammates

Favorite motivational saying or expression: Some succeed because they are destined. Some succeed because they are determined.— Unknown

Best moment from your 2008-09 season: Beating Nebraska

When I am in Coors, I think: It's time to work out

Favorite thing to do in Boulder: Hang out with my friends

If you could pick one reality TV show to be on, what would it be and why?: Wipeout because it's hilarious

My favorite pump-me-up song is: Depends on my mood, usually "Undead" by Hollywood Undead

"Must See" TV for me is: CSI: Miami

My teammates would say I am: Crazy

The three things I have to pack for a road trip: My iPod, my U.S. Ski Team sweatshirt and my phone

Sport that I would like to try other than volleyball: Equestrian

When I am not playing volleyball I'm most likely: Hanging out with Eric

Best talent not related to volleyball: Riding Horses

Favorite restaurant: Chipotle

Favorite musician: Mayday Parade

Last book I read: My management textbook

Favorite candy or snack: Mountain Dew

I would most like to travel to: New Zealand

Favorite movie: Iron Man

If I could meet any famous person it would be: Chauncey Billups

My most memorable moment in sports: Beating Taggart and Aj in 2 on 2 with Eric.

Favorite website: cnn.com

Favorite volleyball road trip: Anywhere we get to take the charter jet

Hobbies: Riding Horses and 4-Wheelers

My plans for after graduation are: Try to find a job in the current economic condition

My favorite class at CU is: My management classes

Advice to young athletes: Train hard and do what makes you happy

Career Highs

Kills

13 vs. TTU (11/3/07), vs. CSU (9/10/08)

Attacks

43 vs. BU (10/20/07)

Att Pct.

.636 vs. Texas A&M-Corpus Christi (9/6/08)

Assists

3 vs. Troy (8/29/08), at TTU (10/25/08)

Aces

2, four times, last at Arkansas-Pine Bluff (8/30/08)

Digs

5, three times, last vs. Arkansas-Little Rock (9/5/08)

Blocks

12 vs. KSU (9/22/07)

Points

17.5 vs. Colorado State (9/10/08)



Edelman's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	27-26	105	219	93	35	.200	2.09	7	0.07	8	45	0.46	13	94	107	1.02	287.0	174.0
2008-So.	29-29	103	184	76	454	.238	1.79	15	0.15	5	55	0.53	13	87	100	0.97	245.5	136.5
Total	56-55	208	403	169	989	.237	1.94	22	0.11	13	103	0.50	26	181	207	1.00	532.5	310.5
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	20-19	81	178	76	441	.231	2.20	5	0.06	8	42	0.52	9	75	84	1.04	232.5	137.5
2008-So.	20-20	72	124	52	325	.222	1.72	9	0.12	2	32	0.44	10	58	68	0.94	165.0	86.0
Total	40-39	160	302	128	766	.228	1.89	14	0.09	10	74	0.46	19	133	152	0.95	397.5	223.5



2009 BUFFALOES

PLAYERS



ELLEN HENRY



5-6, Junior, Defensive Specialist

23 Long Beach, Calif.
(Wilson)

Kritza on Henry

Ellen is a very high energy player who has the capacity to play an important role in this team's success in both the libero or defensive specialist position.

As a sophomore in 2008

Henry played in 23 sets over 12 matches for Colorado, including one start. She saw her most action against No. 3 Texas (10/11) recording a season-high six digs. Henry also recorded a .963 reception percentage with

just one error on 27 receptions in the match. On the season, Henry only mishandled four serves for a .942 reception percentage.

As a freshman in 2007

Henry played in 26 matches, starting in 10. She was one of CU's most consistent passers and played an important part in the back row. Henry picked up a career-high 14 digs against Baylor (10/20). She averaged 1.53 digs per game and ranked fifth on the team. Henry also had seven assists and three aces on the year.

High School

Henry high school team won the 2004, 05, 06 and 07 CIF Moore League Championships. As a junior, her 2005 Cal Juniors squad won the junior Olympics. Henry earned several awards as a senior. She was named to the All-Moore League first team, Varsity Moore League Champs and the All-Moore League Best Defensive Player. She served as the captain in 2005 and 06. In 2004, she was named the Wilson Junior Varsity MVP.



Personal

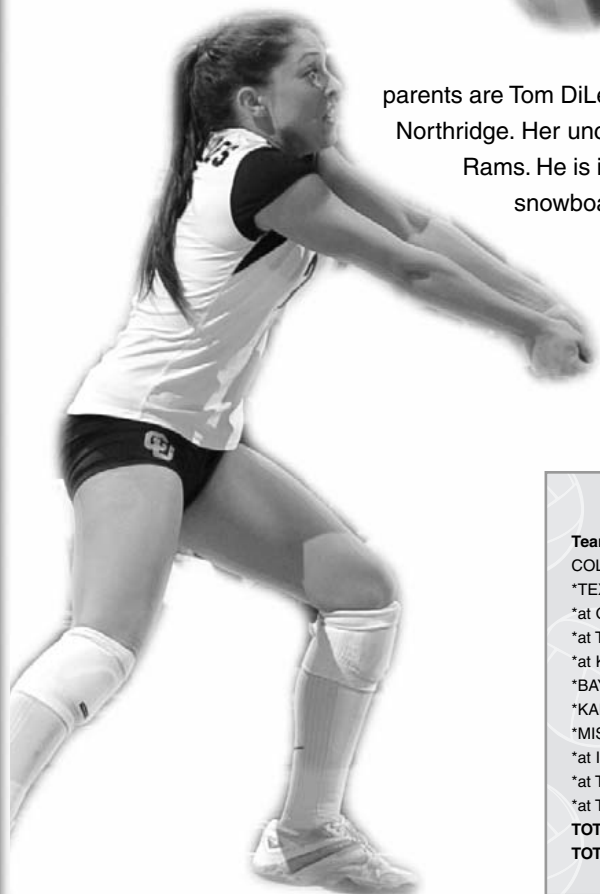
Born Ellen Kathleen Henry on November 8, 1988 in Long Beach, Calif. Her parents are Tom DiLeo and Christy Henry DiLeo. Her father played football at UCSB and at Cal State Northridge. Her uncle Mike Henry played football at USC and with the Philadelphia Eagles and LA Rams. He is in the USC Hall of Fame. Henry has a younger brother, Michael. Her hobbies are snowboarding and beach volleyball. Henry loves to cook and has over 200 cousins.

Academics

Henry is an open major at Colorado but is interested in communications. She was a scholar athlete in high school, earning a better than 3.5 GPA and a 2006 Scholar Athlete Award and was also a member of the honor roll.

2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
COLORADO STATE (9/10)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*TEXAS (10/11)	4	0	0	0	.000	1	0	0	1	6	0	0	0	0	0.0
*at Oklahoma (10/15)	3	0	1	1	-1.000	1	0	1	1	4	0	0	0	1	0.0
*at Texas Tech (10/25)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*at Kansas (11/5)	3	0	0	0	.000	0	0	0	1	0	0	0	0	0	0.0
*BAYLOR (11/8)	3	0	0	0	.000	2	0	0	0	1	0	0	0	0	0.0
*KANSAS STATE (11/12)	2	0	0	0	.000	0	0	0	0	2	0	0	0	0	0.0
*MISSOURI (11/15)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*at Iowa State (11/19)	1	0	0	0	.000	0	0	0	0	2	0	0	0	0	0.0
*at Texas A&M (11/22)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*at Texas (11/29)	3	0	0	0	.000	0	0	0	1	0	0	0	0	0	0.0
TOTALS	23	0	1	1	-1.000	4	0	1	4	15	0	0	0	1	0.0
TOTALS - Big 12	22	0	1	1	-1.000	4	0	1	4	15	0	0	0	1	0.0



2009 BUFFALOES



PLAYERS

Career Highs

Assists

2 vs. BU (11/8/08)

Aces

1, three times, last vs. ISU
(10/17/07)

Digs

14 at BU (10/20/07)



Getting to know Ellen Henry

My favorite thing about Colorado Volleyball is: my teammates

Favorite motivational saying or expression: all out ball out

Best moment from your 2008-09 season: beating Nebraska at home

When I am in Coors, I think: its game time

Favorite thing to do in Boulder: pumpkin run, water sliding, camping, sledding

If you could pick one reality TV show to be on, what would it be and why?: Top Chef because I want to become a chef and own my own restaurant

My favorite pump-me-up song is: I'm Shipping up To Boston by the Dropkick Murphys

"Must See" TV for me is: any sports games, especially the Lakers

My teammates would say I am: Out of control, out spoken, protective

The three things I have to pack for a road trip: toothbrush, cell phone, retainer

My goofy superstition is: we have to stand in a specific order on the sideline, it cannot be changed

Sport that I would like to try other than volleyball: boxing

When I am not playing volleyball I'm most likely: relaxing, or competing in thumb war championships

Best talent not related to volleyball: dancing

Favorite restaurant: I Love Sushi or Zan Mai

Favorite musician: Kings of Leon, Lyyke Li

Last book I read: Eclipse

Favorite candy or snack: Triscuits with garden vegetable cream cheese

I would most like to travel to: Greece or New Zealand

Favorite movie: Love and Basketball, Forgetting Sarah Marshall

If I could meet any famous person it would be: Rob Pattinson, Kobe Bryant and the Lakers, Dwyane Wade

My most memorable moment in sports: When I started in my first college game against Tulane and passed a 3 off the first serve

Favorite website: www.weather.com, www.textsfromlastnight.com

Favorite volleyball road trip: Lubbock, Texas

Hobbies: napping, eating, snowboarding, beach volleyball, cooking, shopping

My plans for after graduation are: make money

My favorite class at CU is: acting for non majors

My hero is: my mother

Advice to young athletes: dream big

Henry's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	26-10	86	0	0	0	.000	0.00	7	0.09	3	124	1.53	0	0	0	0.00	3.0	-33.0
2008-So.	12-1	23	0	1	1	-1.000	0.00	4	0.17	0	15	0.65	0	0	0	0.00	0.0	-7.0
Total	38-11	109	0	1	1	-1.000	0.00	11	0.10	3	147	1.35	0	0	0	0.00	3.0	-40.0
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	18-5	58	0	0	0	.000	0.00	4	0.07	3	92	1.59	0	0	0	0.00	3.0	-23.0
2008-So.	10-1	22	0	1	1	-1.000	0.00	4	0.18	0	15	0.68	0	0	0	0.00	0.0	-7.0
Total	29-6	80	0	1	1	-1.000	0.00	8	0.10	3	107	1.34	0	0	0	0.00	3.0	-30.0



2009 BUFFALOES

PLAYERS



BECAH FOGLE



5-11, Sophomore, Outside Hitter

21 Leander, Texas
(Vista Ridge)

Kritza on Fogle

Becah is adapting well to the new system and is carving out a role for herself as she improves her ball control. She will be expected to carry some of the offensive load for this team.

As a freshman in 2008

Fogle played in four matches (five games) for the Buffs. She made her collegiate debut against No. 8 Florida (9/11). Fogle recorded her first career point

with a kill versus Iowa State (10/18). She also picked up a dig against North Carolina (9/13) and Baylor (11/8).

High School

Fogle recorded 387 kills and 355 digs as a senior, helping the VRHS Rangers to a 25-11 record and an Area/District Championship. Fogle was named to the Prep Volleyball Top 150 and was selected as the Hill Country News MVP. She was named to the Lone Star Volleyball All-State honorable mention and Texas Sports Writer's All-State honorable mention teams. Fogle was also named to the Hill Country News Dazzlin Dozen as a senior and junior. As a junior, her team was the state runner-up and finished with a 31-8 record. Fogle recorded 324 kills. She tallied 281 kills her sophomore season and helped her team to an impressive 31-3 record. The Rangers won the district championship that season.



Personal

Rebecah Joan Fogle was born on January 26, 1990 in Dallas, Texas. She is the daughter of Michael and Brenda Fogle. She has two brothers (Joshua and Johnathan) and a sister, Cameron. Fogle lists her main goal in life as helping people and during the summer of 2009 she came upon a biker near Dal Ward Athletic Center who had crashed and was unconscious. Fogle immediately called 911 to assist the biker who was able to recover from the spill.

Academics

Fogle is an open major at Colorado but would like to work with people in whatever major she decides. She was named to the academic all-district team her freshman through senior years in high school.

2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
FLORIDA (9/11)	1	0	0	1	.000	0	0	0	0	0	0	0	0	0	0.0
NORTH CAROLINA (9/13)	1	0	1	4	-.250	0	0	0	0	1	0	0	0	0	0.0
*IOWA STATE (10/18)	2	1	0	4	.250	0	0	0	0	0	0	0	0	0	1.0
*BAYLOR (11/8)	1	0	0	2	.000	0	0	0	0	1	0	0	0	0	0.0
TOTALS	5	1	1	11	.000	0	0	0	0	2	0	0	0	0	1.0
TOTALS - Big 12	3	1	0	6	.167	0	0	0	0	1	0	0	0	0	1.0

2009 BUFFALOES



PLAYERS

Career Highs

Kills

1 vs. Iowa State (10/22/08)

Attacks

4 vs. Iowa State (10/22/08), vs. North Carolina (9/13/08)

Att Pct.

.250 vs. Iowa State (10/22/08)

Digs

1 vs. North Carolina (9/13/08), vs. BU (11/8/08)

Points

1 vs. Iowa State (10/22/08)



Getting to know Becah Fogle

My favorite thing about Colorado Volleyball is:
My teammates and the competition

Favorite motivational saying or expression:
Just do it - Nike

Best moment from your 2008-09 season:
Beating Nebraska

When I am in Coors, I think: Time to work hard

Favorite thing to do in Boulder: It's a toss-up between tubing and hiking

If you could pick one reality TV show to be on, what would it be and why?: Real World, it seems the most "real"

My favorite pump-me-up song is: Believe by Cher!

"Must See" TV for me is: Daisy of Love!

My teammates would say I am: Weird

The three things I have to pack for a road trip:
Clothes, snacks, money

My goofy superstition is: I have to check all doors to make sure they're locked before I can sleep

Sport that I would like to try other than volleyball: Rugby

When I am not playing volleyball I'm most likely: Hanging out with my pals

Favorite restaurant: It's in Texas, Jardin Corona

Favorite musician: Amy Lee

Favorite candy or snack: Laughing cow swiss cheese

I would most like to travel to: Europe

Favorite movie: Toss-up between Little Miss Sunshine, Pulp Fiction and Garden State

If I could meet any famous person it would be: Bob Marley

My most memorable moment in sports: When I went to state in '06

Favorite volleyball road trip: Any of them...they're all fun

Hobbies: Being active...listening to music

My plans for after graduation are: to travel

My hero is: My dad

Advice to young athletes: Go with your gut feeling

Fogle's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2008-Fr.	4-0	5	1	1	11	.000	0.20	0	0.00	0	2	0.40	0	0	0	0.00	1.0	0.0
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2008-Fr.	3-0	4	1	1	10	.000	0.25	0	0.00	0	2	0.40	0	0	0	0.00	1.0	1.0



2009 BUFFALOES

PLAYERS



KRISTIN MARTELL



6-1, Sophomore, Middle Blocker

7

The Woodlands, Texas
(The Woodlands)

Kritza on Martell

Kristin will play an important but different role for this program as a student assistant coach.

As a freshman in 2008

Martell saw time in five sets over four matches for the Buffs. She made her collegiate debut at Baylor (10/11).

As a freshman in 2007

Redshirt. Did not compete.

High School

A three-time letterwinner for the Highlanders, Martell was named the Moutgomery Country Co-Offensive Player of the Year as a senior. That same year, she was named the TWHS most valuable player, District 14-5A Offensive Player of the Year and earned special recognition on the All-Texas Team. Martell was also named to the 2007 Lonestar Volleyball All-Texas team. As a junior, she led her team to victory over Austin Bowie, the top-ranked team in Texas. Martell was named the Houston Chronicle Female Athlete of the Week on two separate occasions. She was also named the District 14-5A Best Blocker, TWHS Offensive Player of the Year and the Montgomery Country Player of the Year. As a sophomore, she was an honorable mention selection to the 14-5A team. Martell also earned a letter in track as she competed in the high jump and 800-meter run.

Personal



Born Kristin Marie Martell on April 3, 1989 in College Station, Texas. Her parents are Randy Martell and Kelly Woomer of The Woodlands, Texas. She has one older brother, Justin. Martell lists her hobbies as water and snow sports. She was also recruited by SMU, Baylor, Hawai'i, UT-San Antonio, Kansas, Auburn, Miami, Florida State, New Mexico State, LSU and CSU. Martell chose Colorado for the coaches and because it is a home away from home.

Academics

Martell is an English major at Colorado and is also interested in veterinary science.



2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
*at Baylor (10/1)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*TEXAS TECH (10/8)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*at Oklahoma (10/15)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
MISSOURI (11/15)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
*at Iowa State (11/19)	1	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
TOTALS	5	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0
TOTALS - Big 12	5	0	0	0	.000	0	0	0	0	0	0	0	0	0	0.0

2009 BUFFALOES



PLAYERS



Getting to know Kristin Martell

My favorite thing about Colorado Volleyball is: the girls on the team

Favorite motivational saying or expression: I firmly believe that any woman's finest hour, the greatest fulfillment of all that she holds dear, is that moment when she has worked his heart out in a good cause and lies exhausted on the court - victorious. —Coach Madison (my high school coach); Vince Lombardi

Best moment from your 2008-09 season: beating Nebraska

When I am in Coors, I think: Let's do this

Favorite thing to do in Boulder: Play sand volleyball

"Must See" TV for me is: House

My teammates would say I am: Mellow

The three things I have to pack for a road trip: my best friend, my favorite CD, and my pillow

My goofy superstition is: If a black cat crosses the road I have to turn around and go the other way

Sport that I would like to try other than volleyball: wally ball

When I am not playing volleyball I'm most likely: eating or studying

Favorite restaurant: Any Mexican food restaurant with queso

Favorite musician: Martina McBride

Last book I read: Pride and Prejudice by Jane Austen

Favorite candy or snack: chocolate

I would most like to travel to: Greece

Favorite movie: How to Lose a Guy in 10 Days

If I could meet any famous person it would be: Martina McBride

My most memorable moment in sports: When my high school team beat the number one team in the state my Junior year

Favorite website: facebook.com

Favorite volleyball road trip: going to Chicago with my club team

Hobbies: cooking, any sport, traveling

My plans for after graduation are: Go to vet school

My favorite class at CU is: Any Literature class

My hero is: my mom

Advice to young athletes: Work hard on the court AND in the classroom

Martell's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007 – Fr.	DNC – INJ																	
2008 – RFr.	5-0	5	0	0	0	.000	0.00	0	0.00	0	0	0.00	0	0	0	0.00	0.0	0.0
Totals	5-0	5	0	0	0	.000	0.00	0	0.00	0	0	0.00	0	0	0	0.00	0.0	0.0
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007 – Fr.	DNC – INJ																	
2008 – RFr.	5-0	5	0	0	0	.000	0.00	0	0.00	0	0	0.00	0	0	0	0.00	0.0	0.0
Totals	5-0	5	0	0	0	.000	0.00	0	0.00	0	0	0.00	0	0	0	0.00	0.0	0.0



2009 BUFFALOES

PLAYERS



ALEX PENEWELL



5-11, Sophomore, Middle Blocker

17 Newport Beach, Calif.
(Newport Harbor)

Kritza on Penewell

Alex has a mature approach to the game and provides a valuable depth and has a team first attitude that will prove very important throughout the season.

As a freshman in 2008

Penewell played in 12 matches and earned four starts. She made her debut against Arkansas-Pine Bluff (8/30) and recorded four kills on 10 attacks with one error to hit .300. Penewell made her first career start

replacing an injured Lauren Schaefer against Kansas (9/17), and made the most of the opportunity. She led CU with 14 kills, a .600 hitting percentage, eight block assists, and 18.0 points (all career-highs), propelling the team to a 3-2 victory. Three times on the season Penewell posted eight blocks in a match (Iowa State, 10/18; at Texas Tech, 10/25). She averaged 1.14 blocks per set.



High School

Penewell played for the Newport Harbor Sailors and earned two letters. Her senior year the Sailors recorded a 25-4 record. She tallied 207 kills and 57 blocks. As a senior, she was named to the Durango Classic All-Tournament Team and was named the Daily Pilot Athlete of the Week. At the close of the season she was named to the All-Sunset League First Team, Daily Pilot Dream Team and All-Orange County team. NHHS won the Sunset League Championship in 2007 and 06. Penewell's freshman and sophomore teams were the Sea View League Champions.

Personal

Penewell was born on May 23, 1990. She is the daughter of Robert and Renee Penewell. She has one older brother, Hunter. Penewell enjoys playing beach volleyball. She also enjoys Pilates, as her mother is a Pilates instructor.

Academics

Penewell is an open major at Colorado.

Penewell's Honors

2008

Big 12 Commissioner's Honor Roll -Fall

2008 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Arkansas-Pine Bluff (8/30)	2	4	1	10	.300	1	0	0	0	1	0	1	0	0	4.5
vs. Arkansas-Little Rock (9/5)	1	0	0	1	.000	0	2	0	0	2	0	1	0	0	2.5
vs. Texas Southern (9/6)	2	3	1	6	.333	0	2	0	0	2	0	0	0	0	5.0
*KANSAS (9/17)	5	14	2	20	.600	0	0	0	0	0	0	8	0	0	18.0
*TEXAS A&M (9/27)	1	0	1	2	-.500	0	0	0	0	0	0	0	0	0	0.0
*at Baylor (10/1)	2	3	2	6	.167	0	0	0	0	2	0	2	0	0	4.0
*at Oklahoma (10/15)	1	0	1	1	-1.000	0	0	0	0	0	0	0	0	0	0.0
*IOWA STATE (10/18)	5	10	1	18	.500	0	0	0	0	0	0	8	1	0	14.0
*at Missouri (10/22)	3	3	5	20	-.100	0	0	0	0	0	0	3	0	0	4.5
*at Texas Tech (10/25)	5	5	2	11	.273	1	0	0	0	2	2	6	0	0	10.0
*at Kansas (11/5)	1	0	1	1	-1.000	0	0	0	0	0	0	0	0	0	0.0
*at Texas A&M (11/22)	1	0	0	4	.000	0	0	0	0	0	0	2	0	0	1.0
TOTALS	29	42	17	100	.250	2	4	0	0	9	2	31	1	0	63.5
TOTALS - Big 12	24	35	15	83	.241	1	0	0	0	4	2	29	1	0	51.5

2009 BUFFALOES



PLAYERS

Career Highs

Kills

14 vs. Kansas (9/17/08)

Attacks

20 vs. Kansas (9/17/08), vs. MU (10/22/08)

Att Pct.

.600 vs. Kansas (9/17/08)

Assists

1 at Texas Tech (10/25/08), vs. Arkansas-Pine Bluff (8/30/08)

Aces

2, two times, last vs. Texas Southern (9/6/08)

Digs

2, four times, last at Texas Tech (10/25/08)

Blocks

8, three times, last at Texas Tech (10/25/08)

Points

18.0 vs. Kansas (9/17/08)



Getting to know Alex Penewell

My favorite thing about Colorado Volleyball is: All the cool places we get to travel to for competition

Favorite motivational saying or expression:

"Things turn out best for people who make the best of the way things turn out." - John Wooden

Best moment from your 2008-09 season: Playing against Kansas in our first Big 12 match

When I am in Coors, I think: About volleyball

Favorite thing to do in Boulder: Anything outdoors

If you could pick one reality TV show to be on, what would it be and why?: So You think You Can Dance, because I think I can dance

My favorite pump-me-up song is: Let the Bodies Hit the Floor- by Girl Talk

"Must See" TV for me is: Entourage and Gossip Girl

My teammates would say I am: An individual

The three things I have to pack for a road trip: Hair ties, Chap Stick and iPod

Sport that I would like to try other than volleyball: Golf

When I am not playing volleyball I'm most likely: Studying, sleeping or playing guitar hero

Best talent not related to volleyball: Dancing

Favorite story about a teammate or yourself with your teammates: Too many to recall

Favorite restaurant: California Pizza Kitchen

Favorite musician: Chelsea C. and Britney B.

Last book I read: Eclipse by Stephanie Meyer

Favorite candy or snack: Carrots

I would most like to travel to: Alaska

Favorite movie: Baby Mamma

If I could meet any famous person it would be: Trevor Ariza (or the whole L.A. Laker team)

My most memorable moment in sports: Beating Nebraska

Favorite website: Youtube

Favorite volleyball road trip: Lubbock, Texas

Hobbies: Baking, bike riding

My plans for after graduation are: First making it to graduation

My favorite class at CU is: Creative Technology

My hero is: My Mom, because she leads such an active lifestyle and has done so many interesting things with her life so far

Advice to young athletes: Have fun by going hard

Penewell's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2008-Fr.	12-4	29	42	17	100	.250	1.45	2	0.07	4	9	0.31	2	31	33	1.14	63.5	45.5
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2008-Fr.	9-4	24	35	15	83	.241	1.46	1	0.04	0	4	0.17	2	29	31	1.29	51.5	35.5



2009 BUFFALOES

PLAYERS



ROSIE STEINHAUS



6-1, Sophomore, Outside Hitter

11 Flagstaff, Ariz.
(Flagstaff)

Kritza on Steinhaus

As one of our more improved players from the spring, we expect Rosie to see an expanded role in a variety of positions this season. She will be able to play on the outside, right side and middle and will be expected to fill a leadership role for this team.

As a sophomore in 2008

Redshirt. Did not compete.

As a freshman in 2007

Steinhaus played in 15 matches and started in nine.

She made her debut against Furman (8/25) with two kills and one block assist. Steinhaus recorded a career-high seven kills against Texas Tech (11/3). She hit .600 (7K-1E-10Att). Against Kansas (11/10), she recorded a career high nine blocks. Steinhaus put up one block solo and eight block assists. She also tallied 10 points in the match by adding four kills. Steinhaus averaged 0.91 kills and 0.64 blocks per game while hitting .099.

High School

Steinhaus set a number of records in 2006 at FHS. She recorded 419 kills in a single season, 1,026 attacks, 31 kills in a match, hit .285 and recorded 20 kills in a match in the middle. Steinhaus recorded 357 digs in the season and in 13 of her 18 matches, recorded a double-double. She was ranked No. 86 of all recruits for the 2007 recruiting class by prepvolleyball.com. Her sophomore through senior seasons, she was selected to the Grand Canyon Region First Team and was a member of the second team as a freshman. Steinhaus was named the Eagles' MVP her junior year and was most improved as a freshman. She was named to the all-state second team in 2006. The Eagles won the Grand Canyon Region enroute to an appearance at the state tournament in 2006. Steinhaus also earned a letter in track (high jump). She was a member of the Flagstaff Ski Team for four years and was the Arizona State Champion Swimmer (breaststroke) in the 10 and under division.

Steinhaus Honors

2007

Big 12 Commissioner's Honor Roll –
Spring & Fall
Dean's List – Spring & Fall

2008

Big 12 Commissioner's Honor Roll –
Spring & Fall
Dean's List – Fall

2009

Big 12 Commissioner's Honor Roll – Spring
Dean's List – Spring

Personal

Born Kristen Rose Steinhaus on February 9, 1989 in Parker, Colo. and goes by Rosie. Her parents are Bruce and Laurie Steinhaus of Flagstaff, Ariz. Steinhaus has one older sister, Kelly, who was a member of the varsity crew and volleyball team at Gonzaga for two years. Her father played club volleyball at New Mexico State and her mother was a swimmer at Northern Colorado. Steinhaus lists her hobbies as backpacking, river rafting and skiing. She hiked rim to rim of the Grand Canyon in one day. Steinhaus was an A2 State Champion swimmer in the breaststroke (10-under) and was a member of the



2007 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ast.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Furman (8/25)	2	2	1	5	.200	0	0	0	0	0	0	1	0	0	2.5
UNC WILMINGTON (8/31)	3	5	5	13	.000	0	0	0	0	0	1	3	0	0	7.5
at Colorado State (9/6)	2	1	0	2	.500	0	0	0	0	0	0	0	0	0	1.0
vs. Winthrop (9/7)	1	2	3	6	-.167	0	0	0	0	1	0	0	0	0	2.0
*at Texas Tech (9/12)	5	5	2	15	.200	0	0	0	0	1	0	2	0	0	6.0
*BAYLOR (9/19)	5	6	4	17	.118	0	0	0	0	0	0	1	0	0	6.5
*MISSOURI (10/3)	3	1	1	3	.000	0	0	0	0	0	0	1	0	0	1.5
*at Kansas (10/10)	1	0	0	2	.000	0	0	0	0	0	0	0	0	0	0.0
*at Iowa State (10/31)	3	0	1	7	-.143	0	0	0	0	0	0	3	2	0	1.5
*TEXAS TECH (11/3)	4	7	1	10	.600	0	2	0	0	1	0	2	0	0	10.0
*at Nebraska (11/7)	3	1	1	7	.000	0	0	1	0	2	1	2	1	0	3.0
*KANSAS (11/10)	5	4	2	9	.222	0	1	1	0	3	1	8	0	0	10.0
*at Kansas State (11/17)	3	1	2	8	-.125	3	0	0	0	0	0	1	1	0	1.5
*TEXAS A&M (11/21)	4	3	3	13	.000	0	0	1	0	5	0	1	0	0	3.5
*at Missouri (11/24)	3	5	4	14	.071	0	0	1	0	0	0	2	1	0	6.0
TOTALS	47	43	30	131	.099	3	3	4	0	13	3	27	5	0	62.5
TOTALS – Big 12	39	33	21	105	.114	3	3	4	0	12	2	23	5	0	49.5

2009 BUFFALOES



PLAYERS

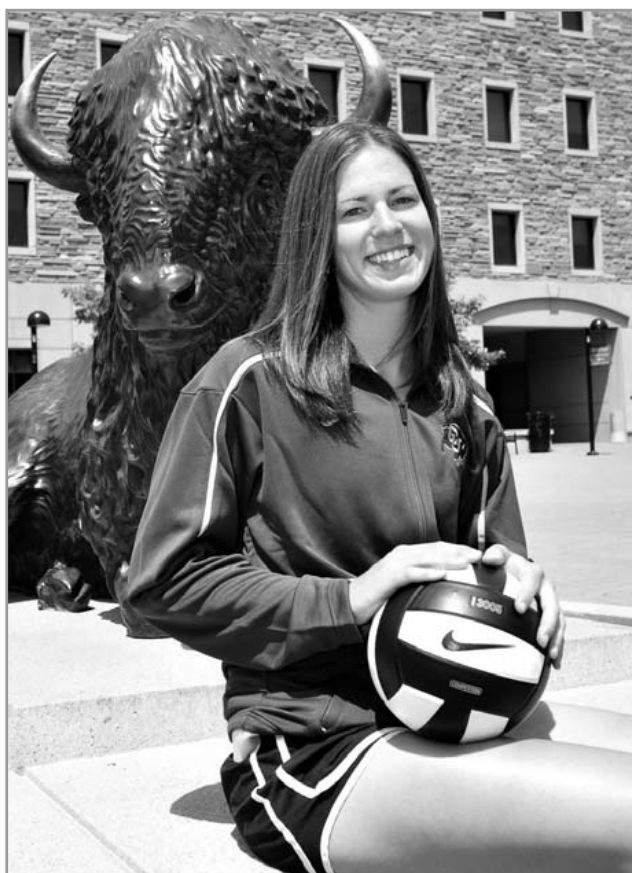
Flagstaff ski team for four years. She was also recruited by Arizona, Montana, Northern Arizona, St. Mary's (Calif.), Pacific and Cal Poly. Steinhaus chose Colorado for its location, coaching staff and good academics.

Academics

Steinhaus is majoring in mechanical engineering major at Colorado and leads the team with an impressive 3.701 GPA. She has been a constant on the Big 12 Commissioner's Honor Roll since arriving on campus and has also been named to the Dean's List four out of five semesters. Steinhaus received an Undergraduate Research Opportunities Program (UROP) grant in March. She worked with Dr. Rentschler and team during the summer on a project involving the ProtCam laparoscopic camera system. Steinhaus is a member of the National Honor Society and earned an academic letter all four years in high school.

Career Highs

- Kills**
7 vs. TTU (11/3/07)
- Attacks**
17 vs. BU (9/19/07)
- Att Per.**
.600 vs. TTU (11/3/07)
- Blocks**
9 vs. KU (11/10/07)
- Points**
10.0 vs. TTU (11/3/07),
vs. KU (11/10/07)



Getting to know Rosie Steinhaus

My favorite thing about Colorado Volleyball is: The memories I have with my teammates.

Favorite motivational saying or expression: "Shoot for the moon. Even if you miss, you will land among the stars."

Best moment from your 2008-09 season: Beating Nebraska!

When I am in Coors, I think: Bring it on!

Favorite thing to do in Boulder: Hiking the Flatirons

If you could pick one reality TV show to be on, what would it be and why?: Fear Factor. I love challenging myself

My favorite pump-me-up song is: Remember the Name by Fort Minor

"Must See" TV for me is: The Office

My teammates would say I am: Outdoorsy and smart

The three things I have to pack for a road trip: My iPod, my journal and my favorite flip flops

My goofy superstition is: I always have to double knot my shoes

Sport that I would like to try other than volleyball: Adventure Racing

When I am not playing volleyball I'm most likely: Studying or playing guitar

Best talent not related to volleyball: Ping pong

Favorite restaurant: Folsom Street Coffee

Favorite musician: Dave Matthews

Last book I read: My Sister's Keeper

Favorite candy or snack: Dark chocolate

I would most like to travel to: New Zealand

Favorite movie: Remember the Titans

If I could meet any famous person it would be: Barack Obama

My most memorable moment in sports: Beating Nebraska last year!

Favorite website: Steep and Cheap

Hobbies: mountain biking, skiing, swimming, rafting and basically anything outdoors.

My plans for after graduation are: I will probably stay in Colorado. I would love to live in the mountains, but graduate school is a possibility too.

My favorite class at CU is: Computer-Aided Design

My hero is: My dad. He always reminds me the importance of having fun.

Advice to young athletes: Do what you love and love what you do!

Steinhaus' Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	15-9	47	43	30	131	.099	0.91	3	0.06	0	13	0.28	3	27	30	0.64	62.5	37
Big 12	MP-MS	GP	K	E	TA	Pct.	KPG	Ast.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2007-Fr.	11-8	39	33	21	105	.114	0.85	3	0.08	3	12	0.31	2	23	25	0.64	49.5	19.5



2009 BUFFALOES

PLAYERS



MEGAN CYR



6-0, Freshman, Setter

13 St. Andrews, Manitoba, Canada
(Lord Selkirk)

Kritza on Cyr

Megan is a gifted young setter with a promising career and the development of her leadership on the floor will afford her some much needed playing experience this season.

As a freshman in 2008

Redshirt. Did not compete.

High School

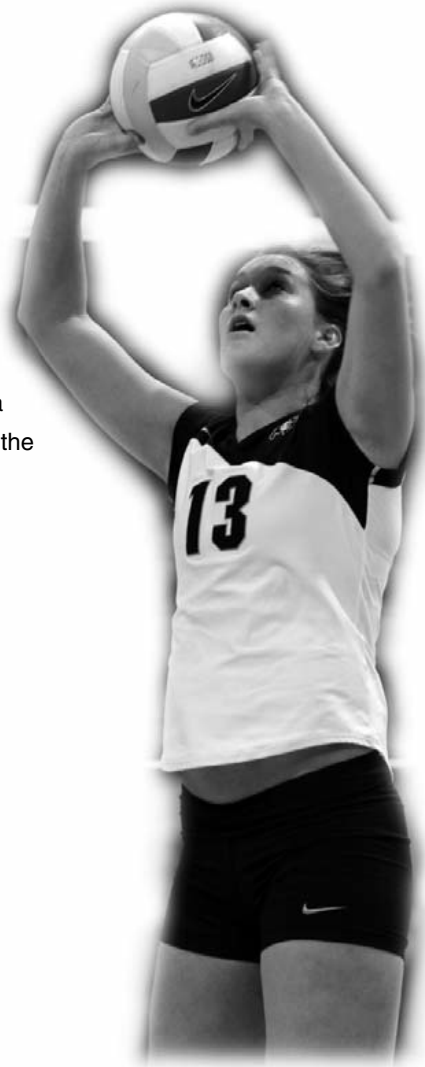
Cyr was named the LSHS Varsity Female Athlete of the Year as a senior. She earned a letter three years on the volleyball squad. Cyr was voted the No. 1 High School Volleyball Player of the Year in Manitoba in 2007 and was named to the All-Manitoba Team for volleyball and basketball. On the beach, she won the Beach Volleyball Provincial Championship in 2008 with her partner Nicole Clemons. During the 2006 season, she was the recipient of the Players Choice Award for High School Volleyball. Cyr was a member of the Selkirk Royals Volleyball Club that won the Provisional AAAA Volleyball Championship for three straight years (2005/06/07). She was named the team's MVP for three years and was a member of the national all-star roster her final two seasons. Cyr, who was also a member of the basketball team, was named the basketball MVP every year and was also named the Grade 9 Female Athlete of the Year. She was recruited by Penn State, Baylor, Syracuse, Arizona and Washington State.

Personal

Megan Cyr was born on June 1, 1990 in Winnipeg, Manitoba, Canada. Her parents are Curtis and Patricia. She has one older bother, Aaron, who is a setter at the University of Calgary. She enjoys playing beach volleyball and running. Cyr would like to pursue a professional career playing volleyball or with the Canadian National Team. She was a competitive figure skater when she was younger.

Academics

Cyr is an open major at Colorado and owns a 3.331 after her freshman year. She was a member of the Big 12 Commissioner's Honor Roll both semesters. Cyr was a member of the academic honor roll all four years at Lord Selkirk High School.



Cyr's Honors

2008

Big 12 Commissioner's Honor Roll –Fall

2009

Big 12 Commissioner's Honor Roll –Spring

2009 BUFFALOES



PLAYERS

TEAM CANADA

Member of the Junior National Team

Invited to try out for Team Canada
in May 2009



Getting to know Megan Cyr

My favorite thing about Colorado Volleyball is:
My teammates

Favorite motivational saying or expression:
Live the life you love. Love the life you live

Best moment from your 2008-09 season:
Beating Nebraska at home

When I am in Coors, I think: Game Time!

Favorite thing to do in Boulder: Relax outside,
go up to the mountains, shop, and eat.

**If you could pick one reality TV show to be on,
what would it be and why?:** Scare Tactics

My favorite pump-me-up song is: If You're
Going Through Hell by Rodney Atkins

"Must See" TV for me is: The Morning Show with
Mike and Juliet

My teammates would say I am: Special

The three things I have to pack for a road trip:
tooth brush, cell phone and a pillow

My goofy superstition is: To protect yourself
from witches, wear a blue bead.

**Sport that I would like to try other than
volleyball:** Checkers or Chess

**When I am not playing volleyball I'm most
likely:** Relaxing

Best talent not related to volleyball: Playing
pranks on people

Favorite restaurant: The Cheesecake Factory

Favorite musician: Tim McGraw

Last book I read: Hamlet by William
Shakespeare

Favorite candy or snack: Cheez-It Crackers

I would most like to travel to: Hawaii

Favorite movie: Twister

If I could meet any famous person it would be:
Chris Brown

My most memorable moment in sports: Playing
for Junior National Team in Mexico

Favorite website: facebook

Favorite volleyball road trip: Austin, Texas.

Hobbies: Making gingerbread houses and
collecting decorative spoons

My plans for after graduation are: Get rich or
die trying

My favorite class at CU is: Public Speaking

My hero is: My entire family, grandparents
included.

Advice to young athletes: Believe in your
dreams



2009 BUFFALOES

PLAYERS



NIKKI KINZER



6-2, Freshman, Middle Blocker

8

Colorado Springs, Colo.
(Rampart)

Kritza on Kinzer

Nikki has a unique opportunity to contribute in her respective position as a freshman and will be expected to learn the team's system quickly and adapt to the college game.

High School

Kinzer was named the Colorado Springs Big School's Player of the Year as a senior by the Colorado Springs Gazette as well as all-state, all-league and all-area. She was a first-team selection for the All-Colorado team (*Rocky Mountain News*) as well as the MVP and co-captain. The Rams took third-place at the Colorado State 5A Tournament with an overall record of 24-6. Kinzer recorded 377 kills and 105 blocks on the season. As a junior she was named to the all-state second team as she helped the Rams to a sweet 16 appearance at the state tournament. Kinzer was named to the all-area, all-league and all-metro first teams. She tallied 250 kills that season. Her high school coach, Keith Barnett, was a member of the U.S. National team (2001-02, 2005-06) and played professional overseas. She was also recruited by Missouri, James Madison, Georgetown and Cal Poly. Kinzer almost quit volleyball as a freshman to focus on her basketball career. She earned four letters in basketball at RHS.

Personal

Nicole Leigh Kinzer was born on April 7, 1991 in Annapolis, Maryland. She is the daughter of Kermeth and Lori Kinzer of Colorado Springs. Kinzer has one younger sister, Jenna, and a younger brother, Mitchell. Jenna was on the RHS volleyball team in 2008 with Kinzer. She lists her hobbies as basketball, volleyball, hiking, camping and reading. Kinzer has been a part of mission trips to Mexico, Ecuador and the Ukraine.

Academics

Kinzer is an open major at Colorado. She was an all-state academic honorable mention selection her senior and junior years.

Getting to know Nikki Kinzer

My favorite thing about Colorado Volleyball is: The intensity and pressure of working hard in a fun environment

Favorite motivational saying or expression: "The only way of finding the limits of the possible is by going beyond them into the impossible."
—Arthur C. Clark

Best moment from your 2008-09 season: leading my high school team to finish third in state, as the underdogs

When I am in Coors, I think: This is where I want to achieve awesome wins and experiences

Favorite thing to do in Boulder: walk around the beautiful campus

If you could pick one reality TV show to be on, what would it be and why?: Deal or no Deal

My favorite pump-me-up song is: Aaron's party by Aaron Carter

"Must See" TV for me is: The OC

My teammates would say I am: outgoing and clumsy

The three things I have to pack for a road trip: toothbrush, iPod and Goldfish crackers

My goofy superstition is: warming up for a match the exact same way every time...or knocking on wood

Sport that I would like to try other than volleyball: Tennis

When I am not playing volleyball I'm most likely: hiking or camping

Best talent not related to volleyball: touching my tongue to my nose

Favorite story about a teammate or yourself with your teammates: Scoring for the other team the first game of my varsity high school basketball career freshman year

Favorite restaurant: Chipotle

Favorite musician: Jason Mraz

Last book I read: Secret in the Willows by Beverly Mitchell

Favorite candy or snack: Goldfish crackers

I would most like to travel to: Greece!!!

Favorite movie: Bride Wars

If I could meet any famous person it would be: Abraham Lincoln

My most memorable moment in sports: League Championship game against Doherty High School my senior year...it was the most intense and emotional game I've ever played in and I will always remember that game

Favorite website: facebook

Favorite volleyball road trip: Miami for Nationals 2009

Hobbies: reading, skiing, camping, hiking, swimming

My plans for after graduation are: get a job

My hero is: my mom

Advice to young athletes: If you love something, always go after it with all of your heart no matter who or what gets in your way

2009 BUFFALOES



PLAYERS



SOFIA LINDROTH



5-8, Junior, Outside Hitter

3

Edwards, Colo.
(Battle Mountain)

Kritza on Lindroth

Sofia's previous collegiate and international experience will serve her well in our program. She will be called upon to play in the libero or defensive specialist position and her mature approach to the game will serve her well as we begin to compete against very high level opponents.

At James Madison

Lindroth played in 154 games in two seasons for the Duke Dogs and recorded 327 digs, including 280 as a sophomore. She ranked seventh in the Colonial Athletic Association in digs in conference only matches with 3.40 per set. Lindroth recorded a career-high of 23 digs twice in 2008, once against Hofstra and once versus UNC Wilmington. She led JMU in digs during 14 matches.

High School

Lindroth was a member of the 2006 Battle Mountain High School Huskies to go 30-0 en route to the 4A Colorado State Championship and was named the MVP of the tournament. As a senior she was all-state and all-league first team selections. Lindroth was a all-league and an honorable mention all-state selection as a junior and was named honorable mention all-league as a sophomore. In 2007 she was selected to compete for the Swedish Junior National Team which played in the 8 Nations Tournament in France.

Personal

Sofia Lovisa Lindroth was born in Uppsalla, Sweden on April 26, 1989. She is the daughter of Ulf and Pam Lindroth of Edwards, Colo. Her mother played in the AVP the first year of its existence. Lindroth has one older sister, Nichole. She lists her hobbies as snowboarding, hiking, wakeboarding and music. Lindroth is fluent in Swedish.

Academics

Lindroth is an open major at Colorado but is interested in media arts.

Lindroth's Honors

Swedish Junior National Team - 2007

Getting to know Sofia Lindroth

My favorite thing about Colorado

Volleyball is: The team, everyone has a great sense of humor.

When I am in Coors, I think: game time

Favorite thing to do in Boulder:

Everything, Boulder has so much to do!

My favorite pump-me-up song is: Stand Up and Get Crunk

"Must See" TV for me is: So you think you can dance

The three things I have to pack for a

road trip: iPod, toothbrush, headphones for my iPod

My goofy superstition is: knocking on wood

Sport that I would like to try other than volleyball: basketball

When I am not playing volleyball I'm most likely: Outside

Best talent not related to basketball: street dancing...

Favorite restaurant: Juniper in Edwards

Favorite musician: there are too many

Last book I read: The Alchemist

Favorite candy or snack: Sour Patch Kids

I would most like to travel to: New Zealand

My most memorable moment in sports: Winning the state championship

Favorite website: Pandora

Hobbies: Snowboarding, Hiking, Shooting, Wakeboarding, Travelling..

My plans for after graduation are: No Clue

Advice to young athletes: Just Do It



2009 BUFFALOES

PLAYERS



ELLEN RIBAR



5-10, Freshman, Setter

16 Elmhurst, Ill.
(York)

Kritza on Ribar

Ellen's club background and training brings an intelligent approach to this game and adds depth to the setting position as we are formulating this team.

High School

Ribar earned two letters as a member of the York High School volleyball team. Her team went 29-9 her senior season and 19-17 her junior year. The Dukes were regional champions in 2007 and '08 as well as the West Suburban Conference Champions in 2008). Ribar was also recruited by James Madison, Michigan, Columbia, Loyola, Washington and Chicago.

Personal

Ellen Melissa Ribar was born on September 7, 1991 in Elmhurst, Ill. She is the daughter of Greg and Marcia Ribar. She has a younger brother, Jack, who runs cross country and plays volleyball. Ribar lists the cello and skiing as her hobbies and intends to pursue medical school upon graduation. She can write and read Spanish fluently.



Academics

Ribar intends to major in Molecular, Cellular and Development Biology at Colorado. She is also interested in Spanish and psychology. Ribar is a member of the National Honor Society and was a member of the High Honor Roll her freshmen through senior years. During her senior year, she was named an Illinois State Scholar, earned the Prairie State Achievement Award in Reading, Mathematics, Science and Writing, the President's Award for Outstanding Academic Excellence and West Suburban Conference Senior Athletic Academic Team.

Getting to know Ellen Ribar

Favorite motivational saying or expression: "Anything is possible. You can be told that you have a 90 percent chance or a 50 percent chance or a one percent chance, but you have to believe, and you have to fight" – Lance Armstrong

If you could pick one reality TV show to be on, what would it be and why?: Real World/Road Rules Challenge; I like how physical all the challenges are and I would love to meet all the crazy people who do Real World shows for a living

My favorite pump-me-up song is: All the Above by Maino

"Must See" TV for me is: House

The three things I have to pack for a road trip: Headbands, Music and my pillow

My goofy superstition is: Wearing the same kind of headband every time I play and if my hair is long enough it has to be in a braid.

Sport that I would like to try other than volleyball: Football

When I am not playing volleyball I'm most likely: Studying

Best talent not related to volleyball: Cello

Favorite restaurant: J. Alexander's

Favorite musician: Bono

Last book I read: Harry Potter y la piedra filosofal (Harry Potter and the Sorcerer's Stone in Spanish)

Favorite candy or snack: Reese's

I would most like to travel to: Argentina

Favorite movie: Remember the Titans

If I could meet any famous person it would be: Lance Armstrong

My most memorable moment in sports: During my 16's club year beating the team that was two teams above mine at my club during a national qualifying tournament

Favorite website: Facebook

Hobbies: Music, Skiing, Reading

My plans for after graduation are: Medical School

My hero is: Lance Armstrong and Misty May-Treanor

Advice to young athletes: If you have a dream, the only thing that can hold you back is yourself. No matter how many obstacles you encounter, you can always find some means to the end. You may have to climb a mountain to get to the other side, but your dreams are worth



KERRA SCHROEDER



6-0, Freshman, Outside Hitter

6

San Diego, Calif.
(Torrey Pines)

Kritza on Schroeder

Kerra is a polished player for a freshman. Her approach to this game allows her to play at a more experienced level and she will be called on to contribute on the outside.

High School

Schroeder was named No. 68 on Prepvolleyball.com's Senior Aces 2009 Top 100. The Torrey Pines Falcons finished the 2008 season with a 20-8 record after going 25-7 her junior year. They were the SD CIF runner-up her sophomore and senior years. Schroeder was named to the All-San Diego County (SDC) CIF, All-SDC CIF Division 1, All-Avocado League and All-San Diego Union Tribune first teams her senior season. As a junior she was all-league and All-SDC CIF Division 1 (first team) and a member of the All-SDC CIF second team. Schroeder was named to the Union Tribune All-Academic Team and CA Challenge All-Tournament Team in 2007 and '08. She earned three letters as a member of the Torrey Pines HS volleyball team and as a senior was team captain and the Falcon award winner. Schroeder's club team qualified for the Junior Olympics in each of her last five years, earning fifth-place honors in the Open Division the last three years. In 2008 she was named an All-American. Schroeder was also recruited by Wisconsin, Georgia, St. Mary's, Indiana, Santa Clara and Oregon.

Personal

Kerra Schroeder was born on Sept. 14, 1990 in San Diego, Calif. She is the daughter of Tom Schroeder and Debra Holmes. Tom was a member of the varsity reserve basketball team at Wisconsin for two years and her mother played badminton in college. She has three siblings, Zachary Schroeder and Keely and Coner O'Brien. Schroeder is fluent in Spanish and enjoys hanging out with friends and family, exercising/going to the gym, hanging out on the beach and playing beach volleyball.

Academics

Schroeder is an open major at Colorado.

Getting to know Kerra Schroeder

My favorite thing about Colorado Volleyball is: The great atmosphere that the coaches and athletes provide

Favorite motivational saying or expression: "The cream rises to the top"

Best moment from your 2008-09 season: Leaving high school and club volleyball with pride and respect with how well my teammates did

When I am in Coors, I think: Every day I want to push myself to get better

Favorite thing to do in Boulder: Meet new people and enjoy the great college environment

If you could pick one reality TV show to be on, what would it be and why?: Wipeout because its competitive and funny

My favorite pump-me-up song is: What's love?

"Must See" TV for me is: Scrubs, America's Next Top Model

My teammates would say I am: Competitive

The three things I have to pack for a road trip: Music, friends and snacks

My goofy superstition is: always knock on wood

Sport that I would like to try other than volleyball: Badminton

When I am not playing volleyball I'm most likely: at the beach

Best talent not related to volleyball: I speak Spanish

Favorite restaurant: Eda Mami

Favorite musician: Mishka

Last book I read: 1984

Favorite candy or snack: York patties

I would most like to travel to: Bahamas

Favorite movie: The Sandlot

My most memorable moment in sports: USA Women's World Cup

Favorite website: Facebook

Favorite volleyball road trip: Miami

Hobbies: Going to the beach, speaking Spanish, listening to music

My plans for after graduation are: Starting a career and creating opportunities

My hero is: My dad

Advice to young athletes: Everyday work to do your best and to get better. Never leave the gym or end the day without doing your absolute best.



2009 BUFFALOES

PLAYERS



KASSIDI WARNOCK



5-7, Freshman, Defensive Specialist/
Liberio

15 Colorado Springs, Colo.
(Liberty)

Kritza on Warnock

Kassidi has a great work ethic and is a true team player as she continues to learn the system. She will help to provide this team more ball control.

High School

Warnock earned three letters as a member of the Liberty High School team, which was coached by her mother. She owns the Lancers' record for digs (721) and led the team in aces and digs during the 07-08 season. Warnock recorded 282 digs as a senior, 253 her junior year and 186 as a sophomore. She was named the team captain and LHS MVP her senior year as was also named to the LHS Order of the Crest (three years) and the LHS Athletics Wall of Fame. Warnock was an all-conference selection her senior (first team) and junior (second team) seasons.

Personal

Kassidi Leeann Warnock was born on September 29, 1989 in Albuquerque, N.M. She is the daughter of Vance and Karen Warnock. Her mother played volleyball at UNM where she was an All-American setter and still holds several records. Her grandfather, George Warnock, played football at CU in the 1950s. Her cousin, Nick Hysong won the gold medal in the pole vault at the 2000 Olympic Games in Sydney. Warnock lists hiking, off-roading, snowboarding, working out, reading, going to the movies, playing pool and baking as her hobbies. Her father and her won a grass volleyball tournament in Vail during the summer of 2008.

Academics

Warnock is majoring in business, with an emphasis in accounting, and Spanish at Colorado. She is also interested in international business, history and art. Warnock is a member of the Dean's List and was inducted into the National Society of Collegiate Scholars. She was a member of the academic all-state team as a junior and senior and was the academic team champion as a senior.

Getting to know Kassidi Warnock

My favorite thing about Colorado Volleyball is: The awesome coaches and players.

Favorite motivational saying or expression: "Security is mostly a superstition, life is either a daring adventure or nothing at all"

Best moment from your 2008-09 season: In club, almost beating CSU in Fort Collins

When I am in Coors, I think: "This is what it's all about"

Favorite thing to do in Boulder: Go to Larkburger, run along Boulder Creek, walk around campus in the snow

If you could pick one reality TV show to be on, what would it be and why?: Wipeout, because it's hilarious. Or Ace of Cakes.

My favorite pump-me-up song is: Song 2 by Blur
"Must See" TV for me is: Lost

My teammates would say I am: Focused, constant, dependable

The three things I have to pack for a road trip: Some sweet sunglasses, trivia games, some good tunes.

My goofy superstition is: the ball never lies

Sport that I would like to try other than volleyball: tennis

When I am not playing volleyball I'm most likely: Doing something outside, like hiking, off-roading or snowboarding.

Best talent not related to volleyball: Braiding hair, playing guitar hero

Favorite restaurant: China Restaurant, Colorado Springs

Favorite musician: Jack Johnson

Last book I read: Harry Potter and the Half-Blood Prince

Favorite candy or snack: PB&J and chocolate milk

I would most like to travel to: South America, Australia

Favorite movie: Wall-E, Transformers

If I could meet any famous person it would be: Rafael Nadal

My most memorable moment in sports: Beating our biggest high school rival Rampart for the first time in school history my senior year.

Favorite website: Addictinggames.com

Favorite volleyball road trip: Las Vegas, March 2008

Hobbies: Hiking, off-roading, snowboarding, grass/beach volleyball, reading, boogie boarding, playing pool, baking, playing Guitar Hero, Mario Kart and ping pong

My plans for after graduation are: No idea, but I really want to travel. Dream to someday play AVP or overseas.

My favorite class at CU is: Spanish

My hero is: My Mom

Advice to young athletes: Never be discouraged, it may seem that you have missed your chance or that you will not get to where you want to be, but sometimes you get a second chance and if you do have to put your whole heart into it. There will always be other opportunities to improve; play for the love of the game, it's all that matters in the end. The harder you work, the luckier you become.

2009 RADIO & TV ROSTER



PLAYERS



#22 Kaitlyn Burkett
S • 6-1 • Sr. • 3L
Colorado Springs, Colo.



#13 Megan Cyr
S • 6-0 • Fr. • RS
St. Andrews, Manitoba, Canada



#2 Schylur Edelman
MB • 6-1 • Jr. • 2L
Sterling, Colo.



#21 Becah Fogle
OH • 5-11 • So. • 1L
Leander, Texas



#23 Ellen Henry
OH • 5-11 • So. • 1L
Leander, Texas



#8 Nikki Kinzer
MB • 6-2 • Fr. • HS
Colorado Springs, Colo.



#3 Sofia Lindroth
OH • 5-8 • Jr. • TR
Edwards, Colo.



#7 Kristin Martell
MB • 6-1 • So. • RS/1L
The Woodlands, Texas



#17 Alex Penewell
MB • 5-11 • So. • 1L
Newport Beach, Calif.



#16 Ellen Ribar
S • 5-10 • Fr. • HS
Elmhurst, Ill.



#6 Kerra Schroeder
OH • 6-0 • Fr. • HS
San Diego, Calif.



#11 Rosie Steinhaus
OH • 6-1 • So. • RS/1L
Flagstaff, Ariz.



#15 Kassidi Warnock
DS/L • 5-7 • Fr. • HS
Colorado Springs, Colo.



Liz Kritza
Head Coach



Tom Hogan
Assistant Coach



Meg Henican
Assistant Coach



Erich Otto
Volunteer Technical
Coordinator Coach