

This is Colorado Volleyball



16 NCAA TOURNAMENT APPEARANCES

3 SWEET 16 APPEARANCES

410-285 OVERALL RECORD

1993 BIG EIGHT CHAMPIONS

106 WEEKS RANKED IN THE AVCA POLL



A Beautiful State



Denver/Boulder

Denver is a vibrant, urban community 30 minutes from Boulder. With several communities like LoDo, Cherry Creek and Larimer Square, there is no shortage of things to do for young and old alike. Whether it's catching the Rockies at Coors Field, visiting the Denver Zoo or shopping on the 16th Street Mall, there is something for everyone.



A Top Notch University

- ◆ *Sierra Magazine* named CU the “Coolest School” for its eco-friendly approach to campus life. The Buffs are the first school to impose a zero-waste and carbon-reduction program at Folsom Field. Folsom Field will become the first major sports stadium in the nation, professional or collegiate, to collect all materials in recycling or compost containers, eliminate trash cans and transform its materials collections systems into a zero-waste process.
- ◆ Named “Smartest City in America” by *Forbes Magazine*
- ◆ *U.S. News and World Report* ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- ◆ CU-Boulder was ranked a “Best Buy” in the *Fiske Guide to Colleges* receiving a four-star rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- ◆ Seven graduate school specialty programs were ranked in the top 20 in the nation in the *U.S. News & World Report* graduate school rankings.
- ◆ Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in Physics.
- ◆ The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- ◆ Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- ◆ Colorado ranked second in *Outside* magazine’s 40 Best Colleges “turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure.”

“If heaven has a college town,
it’s probably as beautiful as Boulder.”

– Peter Fish, *Sunset Magazine*

The Ideal Environment



Colorado's humidity hovers near 30 percent year round. Lower humidity and higher altitude means a world-class environment that dozens of Olympic and other world-class athletes call home.



Colorado truly has four distinct seasons, but none of them are extreme. Over 320 sunny days per year and low humidity make it comfortable most of the time, which means Boulder has more hours of sunshine than both Miami and San Diego. Summer highs average about 80, which winter snow storms usually melt within 24 hours in the metro area.



Top Notch Facilities



Folsom Field

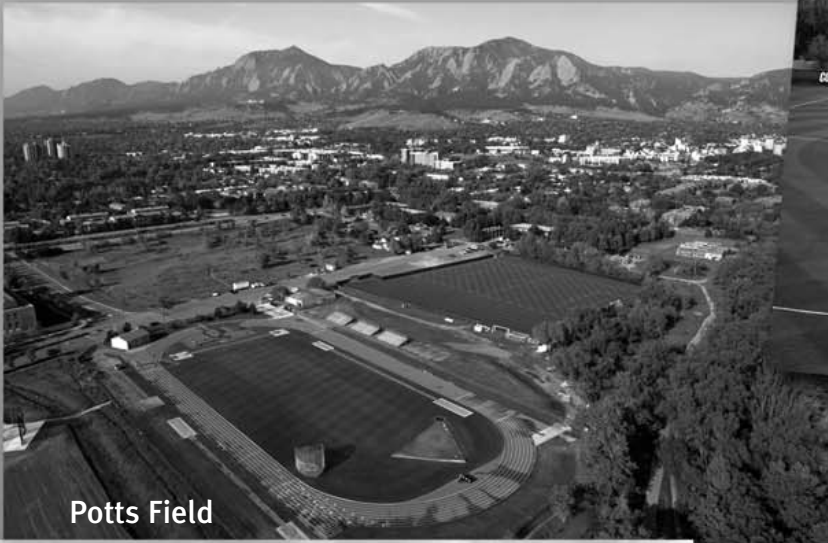


Indoor Practice Bubble



South Campus Tennis Courts

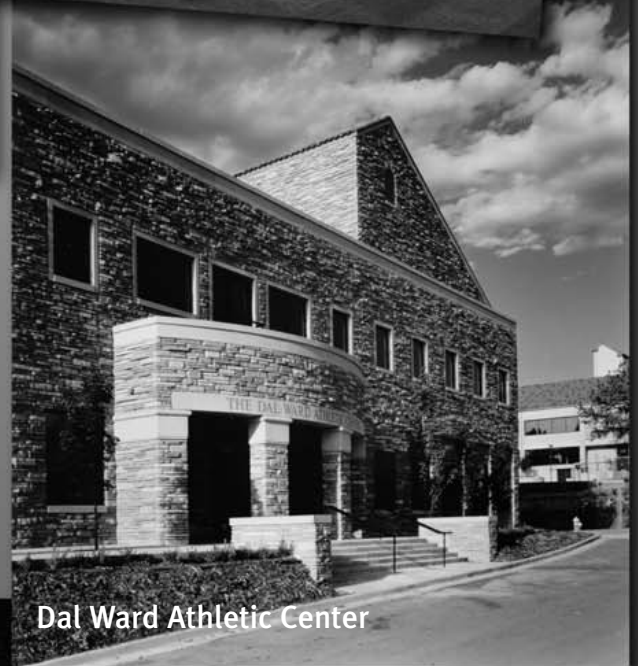




Potts Field



Prentup Field



Dal Ward Athletic Center



Coor's Events Center



Awards/Trophy Room



Dick Knowlton Sports Medicine Center



Nicholis R. Petry Auditorium

Why Colorado Volleyball?

TOP NOTCH COACHING STAFF

All three coaches are involved with USA Volleyball and are on the cutting edge of the sport.



Liz Kritza

- ◆ Named the 2007 and 2008 Conference USA Coach of the Year
- ◆ 2007 and 2008 AVCA Midwest Region Coach of the Year
- ◆ Led Tulane to its first NCAA Tournament appearance and its first Conference USA title in 2008
- ◆ Tutored eight AVCA All-Americans at Tulane
- ◆ 76-39 overall record; 56-12 record in the last two years
- ◆ Member of the USAV Grassroots Board of Directors

Tom Hogan

- ◆ Continues to work with the USAV High Performance program which coaching at CU
- ◆ Helped the U.S. Women's National Team win the silver medal at the 2008 Beijing Olympics
- ◆ Served as the head coach for Team USA at the Pan American Cup in 2008
- ◆ USOC Coach of the Month in 2007
- ◆ Helped Team USA to a gold medal at the 2005 NORCECA Championships and a silver medal at the World Grand Champions Cup
- ◆ Has been an active part of the USAV family since 2003



Meg Henican

- ◆ Assistant coach for the USAV A2 team at the 2009 Global Challenge
- ◆ HPC Clinician for USAV in the summer of 2009
- ◆ Owns 22 of 25 digs records at Notre Dame
- ◆ Led the Fighting Irish to four NCAA tournament appearances
- ◆ All-Big East First Team in 2005
- ◆ AAU All-American in 1995, 2000 and 2001

Project Colorado

- ◆ The mission of the CU coaching staff is to bring “home” a championship. Colorado is a hot bed for high school and prep volleyball players. CU should be the state flagship university and therefore be the top choice for the highest caliber players in the state.
- ◆ CU has competed in 16 NCAA Tournaments and made 11 straight appearances from 1991-2001. The new staff has made a commitment to bringing the Buffs back to the tournament and building the team back into a top-10 program.



Training

- ◆ CU is committed to the highest level of training. They have the technology for immediate video feedback, detailed statistical analysis in all competition and practices as well as top-notch player recovery methods.
- ◆ The student services provided are second to none. CU provides sports psychologists, academic support and nutritional education to make sure the athletes are taking care of themselves. The volleyball team has access to two weight rooms, one in Dal Ward that overlooks Folsom Field and the Flatirons and one in the Coors Events Center.

Opportunity to Build a Program

- ◆ Colorado is a great place to play. The Big 12 Conference is quickly becoming the best volleyball conference in the country. The Buffs are making their summer camp one of the best in the nation. This past July, Oganna Nnamani and Robyn Aw Mow-Santos were on hand throughout summer camps to give CU’s campers an unforgettable and a rewarding experience.
- ◆ The Buffs will continue to build and increase local awareness for the program. They will continue to service the community with programs already in place (ex. Buffalo Hugs, Read With the Buffs) but will expand to give more back.
- ◆ Being a Buff will give student-athletes the best chance for personal growth as well as the educational excellence that CU is known for. Colorado was ranked second in *Outside Magazine’s* 40 Best Colleges, “turning out smart grads with top-notch academic credentials, a healthy environment ethos and an A+ sense of adventure.”



Coaching/Administration

- ◆ Karrie (Downey) Larsen served as assistant at Colorado State from 2000-07. She was the top assistant at Clemson in 1999.
- ◆ Michele Kohler-Nelson was the head coach at UMKC and was named the conference coach of the year in 1995.
- ◆ Staci Wolfe was an assistant coach at Nebraska (2000-02) and Florida (1995-99). Wolfe is now the SWA at the University of Santa Clara.



Karrie Larsen



Staci Wolfe

Indoor

- ◆ Kelly Campbell was the setter for the U.S. National Team and played in the inaugural season of the USPVP for the St. Louis Quest, leading the league in assists in 2001.
- ◆ Karrie (Downey) Larsen started on the U.S. National Team for two years and also played in the pro ranks in Europe and for the Colorado Thunder of the AVP.
- ◆ Janine Zumerchik played professionally for the Colorado Thunder of the AVP.
- ◆ Meghan Barkman played professionally in Salzburg, Austria.
- ◆ Austin Zimmerman has played professionally in Switzerland and is currently playing in France. Allie Griffin is playing in Finland while Kristen Karlik is playing in Denmark.



Kelly Campbell
Setter

Kelly Campbell

Professional Ranks

Beach

◆ Rachel Wacholder is in her 11th year on the AVP pro beach volleyball tour after a playing stint in Europe. Wacholder and her former partner, Olympic bronze medalist Elaine Youngs, won the 2005 AVP Cincinnati Open by defeating Olympic Gold Medalists Kerri Walsh and Misty May which ended their 50-match winning streak. The duo also defeated May and Walsh at the 2005 AVP Boulder Open. Wacholder recently returned to the beach after taking the first half of the tour off after giving birth to her son. She made her comeback with Walsh at the 2009 AVP Hermosa Beach Open in August.



Rachel Wacholder



◆ Tiffany Jestadt played professional on the AVP tour for the last seven years. Her highest finish is 17th which she did twice in 2006 and four times in 2007.



Tiffany Rodrigues-Jestadt



Allie Griffin

◆ Allie Griffin and Sara Fredrickson teamed up on the AVP Crocs Tour for five tournaments and earned a 17th place finish at the Charleston stop on the tour in 2008.



Sara Fredrickson



Colorado

photo by John Geldermann, VolleyShots.com



Tiffany Jestadt Rodriguez



LV Hanson served as the team manager from 2000-2001.

photo by Holly Stein



Rachel Wacholder

at the AVP

photo by Matt Brown



Allie Griffin



Curtis Snyder, Linda Poncin and Doug Strauss all worked the 2007, 08 and 09 AVP Crocs Tour. Snyder and Strauss are former CU volleyball SIDs and Poncin is the current SID.

photo by Matt Brown



Sara Fredrickson

2008 AVP Boulder Crocs Slam



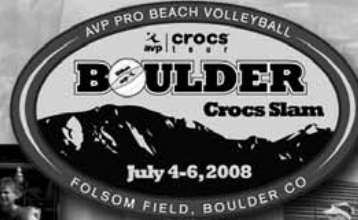
Stein Metzger and Matt Williams won the AVP in Boulder for William's first career victory (above). Two-time Olympic Gold Medalists Misty May-Treanor (left) and Kerri Walsh (bottom) won the women's tournament in Boulder.



Former Buff coach Pi'i Aiu with Allie Griffin and her partner Angie Hall.



CU sports information student assistants Nick Bernal and Niko Strzepek recording stats



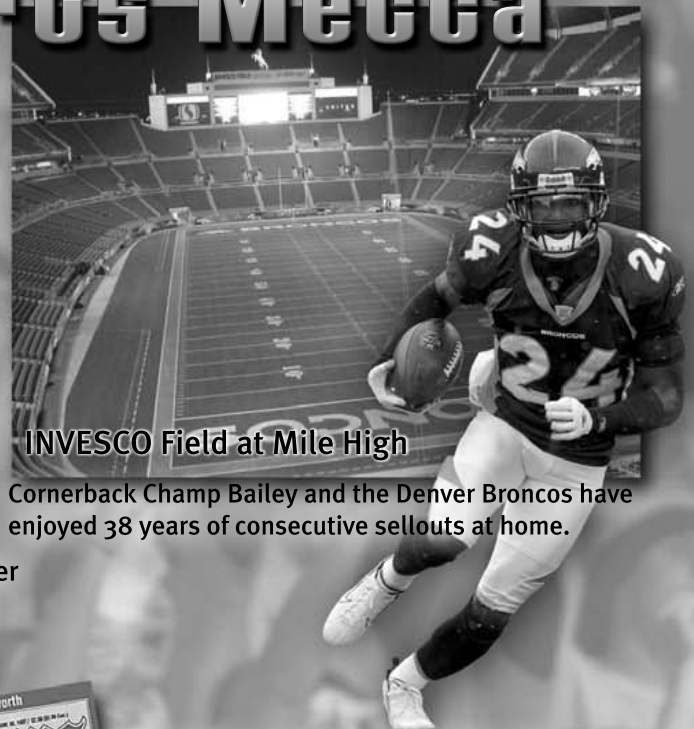
Former CU Head Volleyball Coach Pi'i Aiu recorded stats during AVP stops in Glenwood, Ariz., and Boulder, Colo.

Denver Sports Mecca



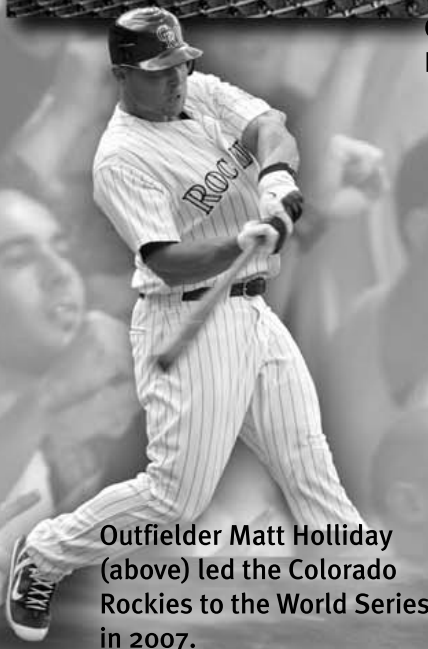
Dick's Sporting Goods Park

Colorado Rapids midfielder
Pablo Mastroeni



INVESCO Field at Mile High

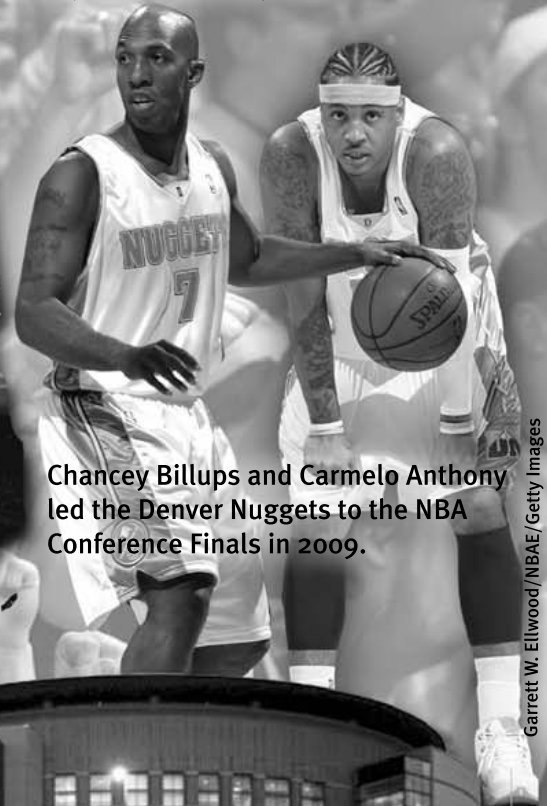
Cornerback Champ Bailey and the Denver Broncos have enjoyed 38 years of consecutive sellouts at home.



Outfielder Matt Holliday (above) led the Colorado Rockies to the World Series in 2007.

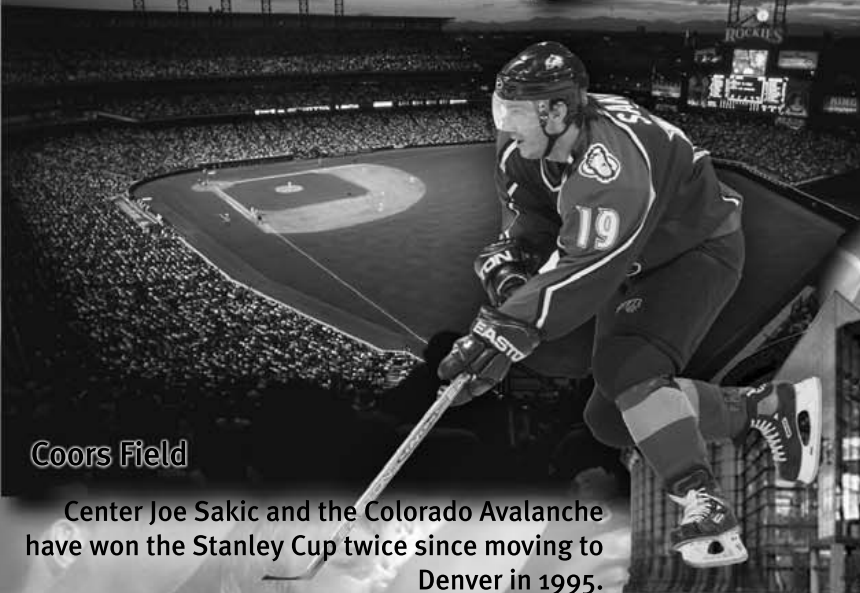


Denver is one of the best cities for sports in the country. The city and state rallies behind its teams and provides an atmosphere unlike any other.



Chancey Billups and Carmelo Anthony led the Denver Nuggets to the NBA Conference Finals in 2009.

Garrett W. Ellwood/NBAE/Getty Images



Coors Field

Center Joe Sakic and the Colorado Avalanche have won the Stanley Cup twice since moving to Denver in 1995.



Pepsi Center

NCAA Tourney Success

CU's NCAA Tourney Experience

First Rd: 1989, '91, '92, '93, '94, '95, '96, '97, '98, '99, 2000, '01, '03, '04, '05, '06

Second Rd: 1993, '94, '96, '97, '98, 2000, '01, '06

Sweet 16: 1993, 1994, 1997

CU is in some elite company as one of a small field to qualify for 10 consecutive NCAA Tournaments. Some of those teams include:

- ◆ COLORADO
- ◆ Florida
- ◆ Long Beach State
- ◆ Nebraska
- ◆ Ohio State
- ◆ Pacific
- ◆ Penn State
- ◆ Southern Cal
- ◆ Stanford
- ◆ UCSB



CU NCAA Tournament Tid-Bits

- ◆ There is only one Big 12 team with more NCAA Tournament appearances than CU since 1991.
- ◆ The Buffs have hosted the tournament five times and own a 6-1 mark.
- ◆ The Buffs are 8-3 in the NCAA Tournament when not playing on the opponents floor.
- ◆ Aiu holds six of the program's nine NCAA victories, and has advanced past the first round in five of his nine appearances.
- ◆ From 1989-01, CU played in 13 straight postseason tournaments, 12 NCAA Tourneys and the WIVC Tourney in 1990.
- ◆ CU has advanced to 16 postseason tournaments in the last 20 years.

The Complete Game Day Experience



Speed-Strength and Conditioning

- ◆ Colorado's Speed-Strength & Conditioning Center is home to over 300 CU varsity student-athletes, where each one is trained by our certified staff in an individualized and sport-specific manner.
- ◆ The weight room overlooks Folsom Field and its mountain backdrop giving CU athletes the best view in the nation.
- ◆ Head Strength Coach Jeff Pitman is in his fourth year at Colorado from Boise State where he spent his previous seven years.
- ◆ At CU, Pitman supervises the training programs for all of the Buffs' 16 varsity sports.



Sports Medicine



The Sports Medicine Department at the University of Colorado is led by Miguel Rueda, Head Athletic Trainer. Along with Mr. Rueda, the Sports Medicine staff consists of five Assistant Certified Athletic Trainers, two Professional Certified Athletic Trainer Interns, and 25 student interns.

In conjunction with the Athletic Training staff the University of Colorado Sports Medicine Department utilizes the following allied health professionals used for evaluation, consultation and treatment of athletic injuries: three Sports Medicine Orthopedic Surgeons, one Family Practitioner, Dentist, Optometry, Cardiologist, Chiropractor, Sports Psychology, and Sport Massage Therapist.



Sports Medicine Facilities

Dal Ward Athletic Center Knowlton Sports Medicine Center
Coors Events & Conference Center Athletic Training Room
Carlson Athletic Training Room



CU also offers nutrition services to its athletes. The newly remodeled weight room has a nutrition center that has Muscle Milk shakes, Power Bars and other recovery tools after a hard workout. Interns are on hand to discuss nutritional needs with the athletes throughout the year.



Academic Support



Dwight Thorne and Schylur Edelman with academic coordinator Mindy Sclaro at the 2009 Academic Luncheon.



Academic coordinator Mindy Sclaro advising incoming freshmen.



The Herbst Academic Center was established to serve the CU student-athletes and to provide the resources that will allow them to achieve academic success in the classroom. Our services include, but are not limited to:

- ◆ Academic Coordinating
- ◆ Tutoring
- ◆ Computer Lab
- ◆ Priority Registration
- ◆ Study Hall
- ◆ Career Development
- ◆ Athletic Eligibility Monitoring

Colorado Academic Programs

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
 - Interview Skills
 - Job Placement
 - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
 - *Playbook for Life*, the Student-Athlete’s Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
 - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
 - Resume / Folio 21
 - CSO On-line
 - Job Fairs
 - Letters of Recommendation (4-6)
 - Post-Graduation Test Preparation
- **Exit Physical**
 - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
 - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
 - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.

Community Outreach Programs



Buffalo Hugs



While at Colorado there are several opportunities to reach out to the Boulder community. CU encourages a healthy and positive lifestyle for young kids through Healthy Kids' Day and National Girls and Women in Sports Day. The athletes also participate in Buffalo Hugs and Champs Lifeskills and many other programs to brighten the day of a young child.



Healthy Kids Day



Champs Lifeskills



National Girls and Women in Sports Day

University of Colorado Athletics

