



HEAD COACH LIZ KRITZA



**Head Coach
Second Season
Colorado Springs,
Colorado
Tulane**

Kritza's Check List

- ✓ Became CU's fourth head coach on Feb. 10, 2009
- ✓ 2007 and 2008 AVCA Midwest Region Coach of the Year
- ✓ Led Tulane to its first NCAA Tournament in 2008
- ✓ Led Tulane to its first Conference USA title in 2008
- ✓ Tutored eight AVCA All-Americans at Tulane
- ✓ 76-39 (.661) overall record
- ✓ 41-21 (.661) conference record
- ✓ Graduated from Tulane in 2000

Colorado native Liz Kritza was named the fourth head volleyball coach in University of Colorado history on February 10, 2009.

She came to CU after a very successful four-year stint at Tulane, where she led the Green Wave to an overall record of 76-39 and a Conference USA record of 41-21. Under Kritza's watch, the Green Wave won its first conference championship in 2008 and tied a C-USA record with 15 wins. Tulane earned its first berth to the NCAA Tournament after winning both the C-USA regular season and tournament championships. Tulane advanced to the second round of the NCAA tournament after defeating Tennessee Tech in four sets but fell to Western Michigan in the second round.

In 2007 and 08, Kritza was named the American Volleyball Coaches Association's (AVCA) Midwest Region Coach of the Year after guiding Tulane to 28-6 record both years. The Green Wave recorded its first win over a ranked team in over a decade by defeating then-14th-ranked Middle Tennessee in five sets in 2008. In the process, Tulane also set a school record with 17 straight victories and increased the program's home winning streak to 24 straight at Fogelman Arena. The Green Wave has not dropped a home match since Oct. 29, 2006.

The 2008 season also brought other recognition to Kritza. She was named the C-USA Co-Coach of the Year and the Louisiana Sports Writers Association Coach of the Year, both for the second straight season.

Kritza took the over the reins of the Green Wave program in 2005 and had played just one match before Hurricane Katrina hit. The team had to relocate to College Station, Texas, and had to cancel 10 non-conference matches due to the pending arrival of Hurricane Rita. Despite finishing with a 3-15 overall record, the Green Wave got it together at the C-USA Tournament and advanced to the semifinals for the first time since the 1997 season.

Under her tutelage, Kritza had four players earn eight AVCA All-America honors. Three athletes were also named the AVCA Midwest Freshmen of the Year. Sara Radosevic, who was named an All-American all four years, was the first Tulane volleyball player to be named the C-USA Player of the Year in 2008.

Kritza became the seventh head coach at Tulane in 2005. She served as the top

Kritza's Head Coaching Ledger

Year	School	Overall	C-USA
2005	Tulane	5-16	2-13
2006	Tulane	15-11	11-5
2007	Tulane	28-6	14-2
2008	Tulane	28-6	15-1
2009	Colorado	7-22	2-18
Career		83-61 (.576)	43-39 (.524)





HEAD COACH LIZ KRITZA

STAFF



assistant/recruiting coordinator from 2001-04. Kritza was a volunteer assistant for one season (2000) and served as a student assistant (1999) after completing her eligibility.

As a player for the Green Wave, Kritza led C-USA as a junior with 1.41 blocks per game. That season she set a single-season school record with 154 block assists and led the team to its first C-USA semi-final appearance. Kritza was voted the team captain as a senior and led the Green Wave once again with 121 blocks. She finished her career at TU ranking fifth in blocks (319) and eighth in hitting percentage (.222).

Kritza graduated from Tulane in 2000 with a bachelor's degree in finance and cell biology and is pursuing a master's in business administration.

Kritza was born in Colorado Springs and graduated from St. Mary's High School in 1995. Her brother, Ted, played on the CU basketball team for two seasons from 1994-96 before transferring to Tulane.

Kritza vs. the Nation . . .

Opponent	Matches	Games
Arizona State	0-2	2-6
*Baylor	0-2	0-6
BYU	0-1	1-3
Cal Poly	1-1	3-3
*Colorado	1-0	3-2
Columbia	1-0	3-0
Connecticut	0-1	0-3
Dayton	0-1	1-3
Denver	1-0	0-3
East Carolina	3-0	9-1
Fairfield	1-0	3-0
Florida	0-1	0-3
Florida A&M	1-0	3-1
Florida Atlantic	0-1	2-3
Furman	1-0	3-1
Georgetown	1-0	3-1
Houston	4-6	14-22
Iowa	0-1	0-3
*Iowa State	0-2	0-6
Jacksonville State	1-0	3-1
*Kansas	0-2	1-6
*Kansas State	0-2	1-6
Lamar	1-0	3-0
Louisiana-Lafayette	1-0	3-0
Loyola Marymount	0-1	1-3
Marshall	2-2	6-8
Maryland	1-0	3-0
McNeese State	2-0	6-0
Memphis	2-2	8-8
Middle Tennessee State	1-0	3-2
Minnesota	0-1	0-3
*Missouri	0-3	3-9
*Nebraska	0-3	0-9
New Orleans	3-0	9-3
Nicholls State	1-0	3-0
North Dakota State	1-0	3-0
Northern Colorado	0-1	0-3
Northeastern	1-0	3-1
Notre Dame	0-1	0-3
Rice	8-2	24-16
Ohio	1-0	3-2
*Oklahoma	0-2	0-6
SMU	6-2	18-7
Sam Houston State	1-0	3-0
San Diego	0-1	0-3
South Dakota State	1-0	3-1
Southern Miss	4-0	12-1
Stephen F. Austin	1-0	3-0
Tennessee Tech	1-0	3-1
*Texas	0-2	0-6
*Texas A&M	0-2	1-6
*Texas Tech	2-0	6-1
Texas-Pan American	1-0	3-0
Tulsa	6-3	19-14
UAB	3-4	15-14
UCF	4-1	14-5
UMKC	1-0	3-0
UTEP	6-2	18-9
Utah State	1-0	3-0
Valparaiso	1-0	3-0
VCU	1-0	3-0
Western Michigan	0-1	2-3
Wisconsin	0-1	0-3
Xavier	1-0	3-0
Yale	0-1	0-3

*indicates Big 12 Conference opponents





ASSISTANT COACH TOM HOGAN



**Assistant Coach
Second Season
Cincinnati, Ohio
Miami University
(Ohio) '02**

Hogan's Check List

- ✓ Served as a coach for the USA Volleyball High Performance Girls Youth team in 2010
- ✓ Part of the U.S. Women's National team to the silver medal at the 2008 Olympics
- ✓ Served as the head coach for Team USA at the 2008 Pan American Cup in Mexico
- ✓ Named the USOC Coach of the Month in September of 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 a part of the USA Volleyball family since 2003
- ✓ Led the Miami University women's club team to a national championship in 2002
- ✓ MU was the national championship runner-up in 2001
- ✓ Graduated in 2002 from MU

Tom Hogan is in his second season as an assistant at the University of Colorado.

Prior to joining the Buffs, Hogan was a part of the USA Women's Volleyball National Team coaching staff by helping the U.S. to a silver medal at the 2008 Olympic Games in Beijing. He was with the program for four seasons.

The U.S. reached the Olympic Games gold-medal match in 2008 for the first time since 1984 and ended up winning the silver medal. The U.S. handed winner Brazil its only set loss of the entire Olympics. During the 2008 Olympic Games, Team USA picked up victories over second-ranked Italy, third-ranked Cuba, fifth-ranked Japan and host seventh-ranked China.

Hogan has coached a slew of talented athletes as a member of the USA Volleyball staff including Stacy Sykora and Robyn Ah Mow-Santos. Both are three-time Olympians and won the silver medal in 2008 under Hogan's leadership. They were two-time AVCA All-Americans during their collegiate careers.

As an assistant, Hogan proved valuable to the program. In 2005, he helped Team USA to a gold medal at the 2005 NORCECA Championships and a silver medal at the World Grand Champions Cup. After a disappointing 2006 season, Team USA won 26 of 37 matches in 2007 and earned 2008 Olympic Games qualification at the FIVB World Cup. Hogan was named the USOC Coach of the Month in September of 2007. He served as the head coach for Team USA at the 2008 Pan American Cup in Mexico, which resulted in the U.S. receiving a berth into the 2009 FIVB World Grand Prix and fifth-place finish with a young team.

Prior to his role with the women's national team, Hogan served as an assistant coach with the USA Junior National Team in 2004, and was a member of the 2005 JNT team that traveled to Ankara, Turkey, for the 2005 World Championships. The squad won the gold medal at the NORCECA Championships. He also worked with the USA Youth National A2 Team. Hogan started his USA Volleyball coaching career as an apprentice coach in 2003 working with the USA National Team, the USA National Training Team and the USA Youth National Training Team.

Hogan served as the head coach of the Miami University (Ohio) women's volleyball club team, which won the national championship in 2002 and was a national championship finalist in 2001. He also served as a student assistant with the Miami University women's varsity team.

Hogan graduated from Miami University (Ohio) in 2002 with a bachelor's of arts degree in management information systems and a minor in marketing. He graduated summa cum laude from Xavier University's (Ohio) sports management graduate program in 2004. Hogan married Lindsay DeWall Hogan on July 4, 2009. DeWall Hogan currently works at the U.S. Olympic Training Center in Colorado Springs in the media relations department.





ASSISTANT COACH MEG HENINCAN



**Assistant Coach
Second Season
New Orleans, La.
Notre Dame '06**

Meg Henican is in her second year as an assistant at the University of Colorado.

In her first summer at CU, Henican served as an assistant coach for the USA Volleyball A2 team at the 2009 Global Challenge. She also served as a high performance clinician for USAV that same summer.

Henican joined the staff at Colorado after two years as a member of the Tulane coaching staff. In her two seasons, she helped the Green Wave to a 56-12 record, which saw Tulane win the Conference-USA regular season and tournament championship in 2008. The Green Wave also earned their first automatic bid to the NCAA Tournament in '08.

Henican assisted in all facets of team training and competition at Tulane. She was called upon for specific technical training with the liberos and defensive specialists, including 2007 Conference USA Libero of the Year and AVCA All-America Honorable Mention Jenn Miller.

Her primary responsibility is player development, as well as the personal development of the student-athletes. Henican monitors the academic progress of the student-athletes and works closely with the academic student-services coordinator. She also coordinates the community service program for the team and is the lead for recruiting.

Henican played at the University of Notre Dame from 2002-2005 as a standout libero and outside hitter. Henican finished her career owning 22 of Notre Dame's 25 digs records and is the Fighting Irish' all-time digs leader. She was a First Team All-Big East selection in 2005 as she helped Notre Dame to its 15th-straight NCAA Tournament berth. The Fighting Irish advanced to the Sweet 16 in 2005, the second round in 2004 and 2002, and the first round in 2003. Henican served as team captain in 2004 and 2005. In addition to her athletic accolades, she was also a Big East Academic All-Star.

Henican graduated from UND with degrees in marketing and sociology in 2006 and stayed on at Notre Dame as the marketing and special events assistant within the athletic department. Her primary responsibility was organizing and carrying out the Fighting Irish' season long celebration of the 35th Anniversary of Women's Athletics at UND.

Henican grew up in uptown New Orleans and was a standout volleyball player at Isidore Newman High School. She helped the team to a state title and was named an All-American by Student Sports Magazine in 2001. She also earned AAU volleyball All-America honors in 1995, 2000, and 2001.

Henican's Check List

- ✓ Played at Notre Dame from 2002-05
- ✓ Owns 22 of 25 dig record for the Fighting Irish
- ✓ Helped UND to four NCAA Tournaments, including a Sweet 16 appearance in 2005
- ✓ All-Big East First Team selection in 2005
- ✓ UND team captain in 2004 and 05
- ✓ Big East Academic All-Star
- ✓ Helped Tulane to a 56-12 record in two seasons
- ✓ AAU All-American in 1995, 2000 and 01





DIR OF OPERATIONS JOSI CARLSON



**Director of Operations
Second Season
Montana '05**

Josi Carlson enters her fourth year with the Colorado Athletic Department and her second as the Director of Operations for Olympic Sports. Carlson was promoted to the position on July 1, 2009 and oversees the operations duties for the volleyball, soccer, men and women's golf and women's tennis programs. Carlson, 28, graduated with her bachelor's degree in journalism from the University of Montana in 2005. Prior to receiving her degree, Carlson earned her Associate of Arts degree in 2002 from Dawson Community College in Glendive, Mont., where she was a two-time softball letterwinner.

At Dawson CC, Carlson excelled on the field and in the classroom. On the playing field, she was a 2001 and 2002 Golden Glove recipient and a Louisville Slugger third team NJCAA All-American in 2002. In the classroom, Carlson was named a 2001-02 distinguished Academic All-American and a 2001-02 scholar-athlete All-American. Prior to her work at CU, Carlson served as a Public Information Coordinator for the Ivy League conference office in Princeton, N.J., and was an intern in the communications department for USA Wrestling at the U.S. Olympic Training Center in Colorado Springs, Colo.

Born in Minneapolis, Minn., she graduated from Sentinel High School in Missoula, Mont., in 2000 lettering in basketball, softball and volleyball. Carlson enjoys golf, hiking and snowboarding in her spare time and resides in Broomfield.

VOLUNTEER ASSISTANT JAMES BEASLEY

**Volunteer Assistant
First Season**

James Beasley is in his first year as a volunteer assistant coach for the University of Colorado. Beasley brings with him a wealth of knowledge as he has served as a coach with the Front Range Volleyball Club since 1992.

Beasley is currently the head coach of the 16 Blue team and has been the lead coach for the 16s and 15s since 2000. He lead the 16 Blue to the finals of the AAU National Championships in 2006 and '09. The team placed fifth at the USAV Junior Olympics and took top honors at Crossroads and Northern Lights national qualifiers in 2006.

No stranger to the college game, Beasley was the head coach for Colorado Christian in 1998 and earned Rocky Mountain Athletic Conference Coach of the Year honors. Prior to serving as the head coach, he was an assistant for eight seasons.

At the national level, Beasley coached two summers with the USA Volleyball High Performance camps in Dallas, Louisville, Ky., and San Francisco. In 1999 he was the head coach of the USA A2 program. In 1998, Beasley was the top assistant for the Colorado Thunder of the women's professional league.

Beasley and his wife, Heather, live in Parker, Colo. They have four children, Caleb, Chloe and twin boys Cayden and Cameron.



Kristin Martell
Student Assistant



Ellen Ribar
Student Manager



VOLLEYBALL SUPPORT STAFF



David Adamczyk

David Adamczyk Equipment Manager • Third Season

David Adamczyk is in his third season as an assistant equipment manager at the University of Colorado. Adamczyk is responsible for volleyball, soccer and women's tennis. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



Melisa Fazio

Melisa Fazio Assistant Athletic Trainer • Fourth Season

Melisa Fazio is in her fourth year as an Assistant Athletic Trainer at the University of Colorado. Prior to working at CU, she worked with the US Women's Alpine Ski Team during the 2006 season, and with Howard Head Sports Medicine in Vail, Colo. Fazio earned her undergraduate degree from Michigan State University in 2004 in kinesiology/athletic training. She earned her master's degree in kinesiology and health promotions/athletic training from the University of Kentucky in 2006. Fazio graduated from Midland High School (Mich.) in 1999.



James Hardy

James Hardy Assistant Speed-Strength & Conditioning Coach • Fourth Season

James Hardy is in his fourth year as a member of the University of Colorado strength and conditioning staff. Hardy works with the volleyball and men's and women's basketball programs at CU. He came to the Buffs after spending the two years at Auburn University as a graduate assistant in the Tiger's strength and conditioning department. Hardy received his master's degree in biomechanics from AU in 2006. His certifications include CSCS and CSCCa. Hardy was the assistant strength coach at Christopher Newport University from 2004-05. He earned his bachelor's degree in exercise science from CNU in 2003. Hardy was born on December 5, 1981 in Danville, Va. He graduated from Lafayette High School in 2000 and lettered in soccer.



Linda Poncin

Linda Poncin Assistant Sports Information Director • Sixth Season

Linda Poncin enters her sixth season as the assistant sports information director for the CU volleyball team. She also works with the cross country and track & field programs. She worked for the AVP/Crocs Tour at several different sites from 2007-09. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Poncin served as a graduate assistant in the athletic communications office at Minnesota State University from 2003-05. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Poncin earned her bachelor's degree in Mass Communications from MSU in 2001 and finished her master's degree in sport administration from MSU in 2007. A native of New Ulm, Minn., she earned two letters as a member of the tennis team.



Mindy Sclaro

Mindy Sclaro Academic Coordinator • Fourth Season

Mindy Sclaro is in her sixth year as the Assistant Director for Academics in the office of academic support. She also works with the men's basketball program. Sclaro earned her bachelor's degree in sociology from Ithaca College in 1987. While at Ithaca, she was a member of the lacrosse team. Sclaro earned her master's degree in sport administration from Northern Colorado in 2001. Prior to CU, she was the Athletic Director at The Alexander Dawson School in Lafayette, Colo. from 1998-2005. She also served as a Life Skills Instructor, a student advisor, the varsity soccer coach and was the assistant AD from 1996-98. Sclaro was named the Mile High League Coach of the Year in 1998 and 2000 and was president of the league from 2003-2005. Mindy enjoys playing soccer and trail running with her dogs Mavis and Ruby.



Jesse Sultzer

Jesse Sultzer Technical Coordinator • First Season

Jesse Sultzer is in his first year as the technical coordinator for the CU volleyball team. Sultzer comes to CU after serving five years as a coach for the Austin Juniors Volleyball Club (2005-2010). From 2003-05 he served as the technical coordinator and camp director for the University of Texas women's volleyball team. Sultzer was also the team manager for the University of Virginia women's volleyball team from 2001-02. He earned his bachelor's in commerce from UVA in 2003 and his master's in sport management from UT in 2005. Sultzer graduated high school from The Governors School for Government and International Studies in 1999 and lettered in volleyball.