



2010 OUTLOOK

Preseason Question and Answer session with CU coach Liz Kritza

Question: *The 2010 Buffs look different this season compared to last season. What are the biggest changes and or impacts we will see from those changes?*

Answer: The impact of bringing in so many new players is a positive one. In changing the culture of a team or organization, individual commitment to the overall goal and pursuit of personal excellence make the biggest difference. Regardless of previous experience, where they came from, levels they have played, our unifying factor is that everybody knows exactly what they came here to do – they chose to come to Colorado to build a championship program and one of the most unique college settings possible. They have accepted the challenge and realize what lies ahead and they are intrinsically motivated to accomplish their goals. The enthusiasm and energy in this group is really special. As everyone works to improve individually, that commitment to a single purpose is the driving force behind what we do every day.

Q: *Two starters return from last year's squad, Rosie and Kerra, and they ranked second and third on the team in kills. What does it mean to the team to return those two?*

A: There is no substitute for competition experience and both had significant on last year's team. Beyond their experience, their individual characteristics as people and competitors lend itself to the new direction of this program. Both Rosie and Kerra were integral to the positive transition of the program and have been very helpful in establishing acceptable standards for this team.

Q: *There are five transfers on the roster, two being setters with Division I experience. What do you expect do see in terms of competition for the starting role?*

A: The most important piece of proper training is competition at every position. This is especially true for us in our setting position and we are pleased to have both Michelle (Miller) and Alyssa (Valentine) join the program with prior Division I experience. Michelle comes from one of the best volleyball clubs in the country (Austin Juniors) and is completely committed to self improvement. Alyssa was a highly touted setter after her prep and club career (TCA) and continued her success as the Atlantic-10 Rookie of the Year. Her setting experience and leadership skills position her well to make a successful transition to the Big 12.

Q: *The middle blocker position is wide open, who could be possible starters in that position for CU this season?*

A: The middle blocker position has some new faces in it and looks to have a bigger impact on our team's success offensively. We've gained some height and athleticism in the middle and have two of our most competitive players fighting it out for starting spots.

Q: *The defensive specialist and libero position also does not have a returning Buff. Who are the top candidates there?*

A: One of the biggest areas of improvement is our ball control. We have three quality possibilities in the libero position in Megan (Beckwith), Elysse (Richardson) and Hannah (Walker). Megan is one of our most athletic and highly focused athletes and her intense desire to master her skills will serve this team well in what looks to be a promising career. Elysse's sheer determination to win, work ethic and amazingly positive attitude and approach to everything she does makes her an invaluable asset to any team. Hannah, who came in in January, has the most experience in training in our system and has shown good progress since her arrival here on campus.

Additionally Kat (Constantine) provides good depth in the defensive specialist position and truly understands the importance of the team concept.

Q: *The schedule is always loaded with top-25 teams since CU plays in the Big 12 Conference. How do you prepare a young team for that level of play?*

A: From our first practice we train at the highest level of play in order to prepare all of these young players for the rigors of a Big 12 season. The highly competitive conference schedule is one of the reasons why all these players chose to be part of this program and they fully understand that they must commit to hours of training and learning these systems. We have great respect for all of our high-level opponents; we are tempering that with great confidence and optimism for the future of this program.

Q: *What goals will you have for this season?*

A: The main goals for this season are really establishing the culture of our program, individual player development and improved overall results. With having a season under our belt we are in a position to understand what it is going to take to be successful here. The first piece is getting the right people to take this journey and we've taken a big step towards that. Players, coaches and staff members alike are all looking forward to seeing the fruits of the labor that go into building a championship program.