



2010 ROSTERS

By State/Country

Arizona

Rosie Steinhaus

California

Kat Constantine

Ali Flynn

Kerra Schroeder

Alyssa Valentine

Colorado

Emily Alexis

Jessica Aschenbrenner

Lydia Blaha

Richi Bigelow

Nichole Lindow

Anicia Santos

Hannah Walker

Kansas

Morgan Tholen

Texas

Michelle Miller

Virginia

Megan Beckwith

Elysse Richardson

By Position

Left Side Hitter

Jessica Aschenbrenner

Richi Bigelow

Kerra Schroeder

Right Side Hitter

Emily Alexis

Ali Flynn

Rosie Steinhaus

Morgan Tholen

Middle Blocker

Lydia Blaha

Nichole Lindow

Anicia Santos

Setter

Michelle Miller

Alyssa Valentine

Def. Specialist/Libero

Megan Beckwith

Kat Constantine

Elysse Richardson

Hannah Walker

By Height

6-2	Ali Flynn Nichole Lindow
6-1	Anicia Santos Rosie Steinhaus
6-0	Lydia Blaha Kerra Schroeder
5-11	Emily Alexis Jessica Aschenbrenner Richi Bigelow
5-10	Megan Beckwith Morgan Tholen Alyssa Valentine
5-7	Michelle Miller
5-6	Kat Constantine
5-5	Hannah Walker
5-3	Elysse Richardson

Alphabetical Roster

NO	PLAYER	POS	HT	YR	EXP	HOMETOWN (HS/Previous College)
14	Emily Alexis	OH/RS	5-11	Fr.	HS	Brighton, Colo. (Prairie View)
13	Jessica Aschenbrenner	OH	5-11	Fr.	HS	Denver, Colo. (Cherry Creek)
3	Megan Beckwith	L/DS	5-10	Fr.	HS	Leesburg, Va. (Heritage)
8	Richi Bigelow	OH	5-11	Jr.	TR	Littleton, Colo. (Dakota Ridge/Buffalo)
21	Lydia Blaha*	MB	6-0	Jr.	TR	Colorado Springs, Colo. (The Classical Academy/St. Louis)
23	Kat Constantine	S/DS	5-6	Fr.	HS	Saratoga, Calif. (St. Francis Mountainview)
7	Ali Flynn	RS/OH	6-2	Fr.	HS	Aptos, Calif. (Aptos)
15	Nichole Lindow	MB	6-2	Fr.	HS	Erie, Colo. (Centaurus)
17	Michelle Miller	S	5-7	So.	TR	Round Rock, Texas (Round Rock/Sam Houston St.)
4	Elysse Richardson	L/S	5-3	Fr.	HS	Vienna, Va. (Langley)
10	Anicia Santos	MB	6-1	Jr.	TR	Frisco, Colo. (Summit/Cal Poly)
6	Kerra Schroeder	OH	6-0	So.	1L	San Diego, Calif. (Torrey Pines)
11	Rosie Steinhaus	OH	6-1	Sr.	2L	Flagstaff, Ariz. (Flagstaff)
12	Morgan Tholen	RS/OH	5-10	Fr.	HS	Lake Quivira, Kan. (St. James Academy)
9	Alyssa Valentine	S	5-10	Jr.	TR	Tustin, Calif. (Edison/George Washington)
5	Hannah Walker	L/DS	5-5	Fr.	HS	Peyton, Colo. (Colorado Springs Christian)

*will redshirt the 2010 season

Numerical Roster

NO	PLAYER	POS	HT	YR	EXP	HOMETOWN (HS/Previous College)
3	Megan Beckwith	L/DS	5-10	Fr.	HS	Leesburg, Va. (Heritage)
4	Elysse Richardson	L/S	5-3	Fr.	HS	Vienna, Va. (Langley)
5	Hannah Walker	L/DS	5-5	Fr.	HS	Peyton, Colo. (Colorado Springs Christian)
6	Kerra Schroeder	OH	6-0	So.	1L	San Diego, Calif. (Torrey Pines)
7	Ali Flynn	RS/OH	6-2	Fr.	HS	Aptos, Calif. (Aptos)
8	Richi Bigelow	OH	5-11	Jr.	TR	Littleton, Colo. (Dakota Ridge/Buffalo)
9	Alyssa Valentine	S	5-10	Jr.	TR	Tustin, Calif. (Edison/George Washington)
10	Anicia Santos	MB	6-1	Jr.	TR	Frisco, Colo. (Summit/Cal Poly)
11	Rosie Steinhaus	OH	6-1	Sr.	2L	Flagstaff, Ariz. (Flagstaff)
12	Morgan Tholen	RS/OH	5-10	Fr.	HS	Lake Quivira, Kan. (St. James Academy)
13	Jessica Aschenbrenner	OH	5-11	Fr.	HS	Denver, Colo. (Cherry Creek)
14	Emily Alexis	OH/RS	5-11	Fr.	HS	Brighton, Colo. (Prairie View)
15	Nichole Lindow	MB	6-2	Fr.	HS	Erie, Colo. (Centaurus)
17	Michelle Miller	S	5-7	So.	TR	Round Rock, Texas (Round Rock/Sam Houston St.)
21	Lydia Blaha*	MB	6-0	Jr.	TR	Colorado Springs, Colo. (The Classical Academy/St. Louis)
23	Kat Constantine	S/DS	5-6	Fr.	HS	Saratoga, Calif. (St. Francis Mountainview)

How The Buffs Were Built

Freshman Recruits

2007	Rosie Steinhaus
2009	Kerra Schroeder
2010	Emily Alexis Megan Beckwith Nichole Lindow

Walk-ons

2010	Jessica Aschenbrenner Kat Constantine Ali Flynn Elysse Richardson Morgan Tholen Hannah Walker
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Transfers

2010	Richi Bigelow Lydia Blaha Michelle Miller Anicia Santos Alyssa Valentine
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Buff Birthdays

Emily Alexis	February 20
Jessica Aschenbrenner	June 12
Megan Beckwith	July 31
Richi Bigelow	August 18
Lydia Blaha	May 30
Kat Constantine	November 22
Ali Flynn	October 7
Nichole Lindow	August 6
Michelle Miller	January 20
Elysse Richardson	October 6
Anicia Santos	January 26
Kerra Schroeder	September 14
Rosie Steinhaus	February 9
Morgan Tholen	March 3
Alyssa Valentine	June 11
Hannah Walker	April 4

Club Teams

Name	Club
Alexis	Front Range
Aschenbrenner	Club 5280
Beckwith	NVVA
Bigelow	Juggernaut
Blaha	Colorado Juniors
Constantine	City Beach
Flynn	Vision
Lindow	Front Range
Miller	Austin Juniors
Richardson	Virginia Elite
Santos	Colorado Juniors
Schroeder	Coast
Steinhaus	Arizona Grand Canyon Juniors
Tholen	KC Extreme
Valentine	TCA
Walker	Colorado Juniors