



2010 BUFFALOES



**EMILY
ALEXIS**

14

5-11, Freshman, Outside Hitter
Brighton, Colo. (Prairie View)

Kritza on Alexis

"Emily is an outstanding athlete who is receiving instruction at one of the nation's top club programs. I expect her to be very successful here at CU and that she will be able to get into the fold quickly due to her athletic prowess. She has great experience in building a program as she played an integral role in her prep team's constant improvement to the league championship this past season. Her desire to improve and perform at the top level of college volleyball will drive her to continue in her development and maximize the impact she can make in this program."

High School

Alexis is a 5-11 outside hitter from Brighton, Colo. She helped Prairie View High School to a 21-5 record during the 2009 season. Alexis recorded 332 kills, 375 digs, 52 ace and 26 blocks in 87 games for the Thunderhawks. She helped to turn around a team that was 4-11 in her freshman campaign, the first year of the school's existence, to the Skyline League Champions as a senior. Alexis was named the league's MVP as a junior and senior. On October 26, 2009, she was named the AVCA/Max Preps Player of the Week.

Alexis played for the Front Range Volleyball Club which received bids to play at the USAV Junior Olympics from 2006-09. While the club recorded many national championships, the 2009 season produced a top five finish at the AAU National Championships and a top 20 finish at USAV Junior Olympics. The team also placed third at the AAU Championship in 2007. She plays for the top 18s team in the club and is coached by Jim Miret, who was the first-ever assistant volleyball coach at CU. Alexis was also recruited by Ohio, Colorado State and Tulane, but decided on joining the Buffs because, "I loved everything about CU and to have the opportunity to help build a winning program."

Personal

Emily Anne Alexis was born on February 20, 1992 in Aurora, Colo. She is the daughter of Tony and Gloria Alexis of Brighton, Colo. Alexis has four siblings, Carissa, Anna, Zach and Jacob. Her father played football at Ottawa University and her sister, Anna, played volleyball at Bethany College. Alexis lists reading, traveling, playing sports and listening to music as her hobbies and also enjoys snowball fights and sledding.

Academics

Alexis is an open major at Colorado. She is interested in physical therapy. Alexis was a member of the Principle's Honor Roll and earned academic letters her senior and junior years.



**JESSICA
ASCHENBRENNER**

13

5-11, Freshman, Outside Hitter
Denver, Colo. (Cherry Creek)

Kritza on Aschenbrenner

"Jessica is a quintessential team player who has good all-around volleyball skills. She has great prep experience in a winning program and has learned from one of most respected coaches in the state. She will continue her development here as an accomplished student-athlete and person. Having Colorado players stay close to home is an important part of the future success of this program and we are happy to add such a fine young woman to our family."

High School

Aschenbrenner is a 5-11 outside hitter from Denver, Colo. She earned a pair of letters from Cherry Creek High School and helped the Bruins to a pair of state tournament appearances. The team won the 2008 Colorado 5A Championship with an unblemished record of 31-0, defeating Grandview in three sets. In her senior year, the Bruins advanced to the quarterfinals; finishing with a 21-8 record.

During her senior year, she recorded 271 kills and just 98 errors on 767 attacks to hit .226. Aschenbrenner added 34 block solos and 25 block assists and 221 digs in 96 sets. She was an all-state selection, served as the team captain and was named the team's MVP. Aschenbrenner was a member of Club 5280 in Denver.

Personal

Jessica Aschenbrenner was born on June 12, 1992 in West Palm Beach, Florida. Her parents are William Aschenbrenner and Grace Randazzo of Greenwood Village, Colo. She has one older sister, Amanda. Aschenbrenner enjoys crafts, hiking and rafting.

Academics

Aschenbrenner intends to major in business. She was a member of the National Honor Society and the honor roll in high school.



2010 BUFFALOES



MEGAN BECKWITH



**5-10, Freshman,
Libero/Defensive Specialist**
Leesburg, Va. (Heritage)

Kritza on Beckwith

"Megan is a very welcomed addition to the Buffs' volleyball family today. She is one of the most diligent players in her position in the nation. Her desire to hone her skills and perfect her position is very unique in someone of her age and coupled with her great level of athleticism, she will be able to find success throughout her career here in a Buffs' jersey. She will add a great deal of intensity and ball control to this program and will be able to help raise the level of volleyball being played here at CU."

High School

Beckwith comes to CU as a 5-10 defensive specialist and libero. The Leesburg, Va. native is the Heritage High School and state single season digs record holder with 646 this past year; she also owns the record for the most digs in a single match at 56. As a junior she recorded 473 digs and her sophomore year she collected 197 digs. Her career total of 1,316 is a school record and ranks third in the state. The HHS Pride won the 2009 Cedar Run District Tournament and was the co-Dulles District Champions in 2008. Her high school team was coached by Carmel Keilty, ESPN The Magazine's High School Volleyball Coach of the Year in 2000 and a three-time Virginia Coach of the Year. Beckwith was second-team all-state and first-team all-district as a senior and was a member of the all-district second team her junior year.

As a member of the Virginia Elite Volleyball Club, Beckwith helped the team qualify for the open division at the USAV Junior Olympics in 2008. Beckwith also played for the NVVA team her season year. She was also a member of the National Honors Society and was named the Geometry Student of the Year as a freshman. Beckwith was also recruited by Penn State, Ohio State, Georgia, Virginia Tech and Delaware but choose CU "for everything." She added, "The coaches are everything that I could have hoped for. The CU family has set very high goals for the program and I love the fact that I would be a part of that incredible journey."

Personal

Megan Elizabeth Beckwith was born on July 31, 1992 in Bethesda, Maryland. Her parents are Paul and Amanda Beckwith of Leesburg, Va. She has one older sister, Lindsey, who attends Virginia Tech. Beckwith lists her hobbies as snowboarding, listening to music, watching movies, reading and drawing. She originally wanted to play soccer in college, but once she starting playing volleyball in eighth grade, Beckwith never looked back.

Academics

Beckwith intends to major in integrative physiology and is also interested in exercise science. She hopes to be an athletic trainer for a college or professional team. Beckwith was a member of the National Honor Society in high school.



RICHI BIGELOW



5-11, Junior, Outside Hitter
Littleton, Colo. (Dakota Ridge/Buffalo)

Kritza on Bigelow

"Richi is a determined, hard working young woman who will thrive in the positive and challenging environment we have created in this program. As a transfer student, she has taken the time to really decide what she wants for her future and I applaud her efforts to pursue those goals and am certain we can help her reach them here at CU. She is a strong athlete and with her two years of college playing experience, we expect her to have a smooth transition into our system."

At Buffalo

Bigelow transfers to CU after two seasons (2007 and 2008) at the University of Buffalo. She is a 5-9 outside hitter from Littleton, Colo. Bigelow played in 53 sets as a sophomore and 52 in her freshman season. During those two years, she recorded 256 kills (2.44 kills per set), 245 digs (2.33 digs per set) and 30 blocks (.29 blocks per set). Bigelow was a UB Scholar Athlete both seasons.

High School

The Dakota Ridge High School standout earned three letters and served as captain for one season. As a senior she earned first team all-conference honors and was a second team selection as a sophomore. Bigelow was a two-time academic all-state selection. She also played two seasons with the Juggernaut Volleyball Club under coach Tom Paszko.

Personal

Richelle Bigelow was born on August 18, 1989 in Englewood, Colo. Her parents are Curt and Kathy Bigelow of Littleton, Colo. She has one older brother, Zak, who played football at UNC and is an assistant coach there. Bigelow enjoys art and snowboarding. Upon her return to Colorado, she took an assistant coaching position with Juggernaut Volleyball club for the 2010 club season coaching the 18-1 team.

Academics

Bigelow intends to major in photography and is also interested in creative writing.



2010 BUFFALOES

PLAYERS



**LYDIA
BLAHA**

21

6-0, Junior, Middle Blocker
Colorado Springs, Colo.
(The Classical Academy/St. Louis)

Kritza on Blaha

"Lydia is a welcomed addition to the Buffs' volleyball family. She is a stellar athlete with good jumping ability and a competitive drive that is great to see every day. She has taken a very mature approach to deciding her next step in pursuing her academic and athletic goals and I am very optimistic that she will reach those goals here at CU. We are happy to welcome her back to her home state."

College (Boise State/St. Louis)

Blaha comes to CU after playing one season at Boise State (2008) and one at St. Louis University

(2009). At BSU, Blaha ranked third in the Western Athletic Conference and ranked 44th in the nation with 1.17 blocks per set. She put up 111 blocks in 95 sets to lead the Broncos and was fifth on the team with 91 kills. Blaha started in 25 of 27 matches she played and averaged .96 kills and hit .162. The Broncos finished the 2008 season with a 9-19 overall record and were 5-11 in the WAC. While at SLU, Blaha started in 21 matches; playing in 62 sets. She averaged .97 kills and .66 blocks per set and hit .265. The Billikens compiled a 24-8 record and was 14-1 in the Atlantic-10 Conference.

High School

The Classical Academy graduate led her team to a runner-up finish at the state championship in 2007 and a third place title in 2006. Blaha was first team all-state in 2007 and second team all-state in 2006. She is the school record holder in career blocks (315) and single season blocks (142). The three-year starter was the team MVP in 2007, as well as an all-league honoree in 2006 and '07. Blaha played for the Colorado Juniors.

Personal

Lydia Barbara Blaha was born on May 30, 1989, in Macon, Georgia. She is the daughter of Robert and Susan Blaha of Colorado Springs, Colo. Robert played football for the University of Iowa. Blaha has six siblings, Bo, Rachel, Claire, Ben, Kathryn and Zoe. She enjoys dancing and watching ultimate fighting.

Academics

Blaha is majoring in sociology and is also interested in fashion.



**KAT
CONSTANTINE**

23

**5-6, Freshman,
Libero/Defensive Specialist**
Saratoga, Calif. (St. Francis Mountaiview)

Kritza on Constantine

"We are excited to add Kat to the Buffs' program because I know she will bring great energy and enthusiasm to everything she does. She has a great competitive drive and will provide good ball control as a libero or defensive specialist as we raise the level of this program. She is very mature minded young woman and has chosen CU for all the right reasons. She will represent this program and the university well."

High School

Constantine is a 5-6 setter and defensive specialist from Saratoga, Calif. She played two seasons for St.

Francis Mountaiview, helping the Lancers to a 27-6 season in 2009 and an 18-11 record in 2008. Constantine earned two letters for the Lancers and was also a member of the swim team.

Constantine played club volleyball for City Beach VBC where she was a libero and a setter, as well as for Delta Valley VBC.

Personal

Katherine Olava Nicole Constantine was born on November 22, 1991 in Mountain View, Calif. She is the daughter of Perry and Patty Constantine of Saratoga, Calif. She has an older brother, Kevin, an older sister, Nicole, and one younger sister, Kristina. Constantine lists skiing and snowboarding as her hobbies. She is 50 percent Greek and most of her family still lives in Greece.

Academics

Constantine intends to major in communications but is also interested in broadcasting.



2010 BUFFALOES



**ALI
FLYNN**



6-2, Freshman, Outside Hitter
Aptos, Calif. (Aptos)

Kritza on Flynn

"Ali is an important addition to the Buffaloes' family as she is the epitome of a successful student-athlete. She provides important depth in the right side hitter and middle blocker positions with good physical size and is completely committed to her pursuit of excellence in all she does. We are excited that she will don a Buffs jersey and represent this university."

High School

Flynn is a 6-2 outside hitter from Aptos, Calif. She earned three letters at AHS and led the Mariners in kills as a junior and senior. Flynn recorded 255 kills as a

senior and notched 202 her junior year to lead her team both seasons. AHS won the Santa Cruz Coast Athletic League Championship in 2006 and '09. She was named first team all-league her senior year as well and to the Harbor High Invitational All-Tournament team.

She played for the Vision VBC in 2010 and was a member of the Main Beach VBC for four seasons. Her team won the California Kickoff Tournament and the Southern California Junior National Qualifier; as well as the Silver Division at the USAV Junior Olympics. Vision took top honors at the Colorado Crossroads tournament. Flynn was also recruited by UC Irvine, UC Santa Barbara, San Francisco, Oregon and Pacific before choosing Colorado for "the the great education and bright future of the program."

Personal

Alison Patricia Flynn was born on October 7, 1991 in Aptos, Calif. She is the daughter of Chuck and Kim Flynn and has one older sister, Kristel. Her father was a member of the crew team at Cal State Long Beach and her grandfather played football at Cal Berkley. Flynn enjoys beach volleyball, skiing, horseback riding, wakeboarding, traveling, rock climbing and just being outdoors. Her love for the outdoors has led her in the direction of becoming an environmental lawyer. Flynn used to ride horses competitively at a high level in the jumping divisions but sold her horse when she was 17 to focus on volleyball.

Academics

Flynn intends to major in environmental studies and is interested in environmental law.



**NICHOLE
LINDOW**



6-2, Freshman, Middle Blocker
Erie, Colo. (Centaurus)

Kritza on Lindow

"Nikki is a true athlete that will improve with each learning and playing opportunity. She has a huge upside and I look for her to make great strides as she continues to prepare to compete for the Buffs. When an athlete like Nikki, who has been a successful multisport athlete throughout her career, focuses solely on a single sport, the resulting improvement can be quite impressive. She is a long, lean, athlete who has the ability to play at a high level because of her athletic ability, and will bring a fierce competitiveness into our training culture. Her positive attitude and enthusiasm is contagious and we will benefit from that greatly."

High School

Lindow, a 6-2 middle blocker from Erie, Colo., earned two letters as a member of the Centaurus High School team. She was named first team all-conference as a junior and senior and was named the team's MVP both of those seasons. Lindow was an all-state honorable mention selection as a junior and is an all-state nominee this year.

Lindow was a member of the Front Range Volleyball Club. Her team took fifth at the AAU Championship and a top 20 finish at USAV Junior Olympics in 2009. Lindow was a two sport athlete in high school, earning three letters in basketball as well. Metro State recruited her for volleyball and basketball. She was also recruited by Denver, Arizona State, Colorado State, Seattle and Arkansas and decided on CU to play for the coaching staff.

Personal

Nichole Lynn Lindow was born on August 6, 1992 in Boulder, Colo. Her parents are Robert and Sindy Lindow and she has one older sibling, Shane Liss. Lindow enjoys horseback riding, water skiing and dirt biking and used to travel and ride in rodeos.

Academics

Lindow is an open major.



2010 BUFFALOES



**MICHELLE
MILLER**



5-7, Sophomore, Setter
Round Rock, Texas
(Round Rock/Sam Houston St.)

Kritza on Miller

"Michelle will add great depth in the setting position and will compete as hard as she can every day, that is for certain. She is a highly decorated prep player in Texas and has played on one of the best club teams in the nation (Austin Juniors), so she has very high expectations for herself and her teammates- a perfect fit for this program as we work to rejuvenate this program to the upper echelon of college volleyball."

College (Sam Houston State)

Miller transferred to CU after one season at Sam Houston State. The Bearkats posted a 20-14 record and

were 12-4 in the Southland Conference. Miller started in 25 matches and played in 108 sets. She handed out 1,059 assists, which was the second best total in SHSU history for a freshman. Miller had 11 double-doubles on the year. The Bearkats put together an 11-match win streak, which was the most for SHSU since 1996. She was named an all-conference honorable mention as she ranked second in the league in assists. Miller also ranked third on the team with 245 digs.

High School

Miller was a three-time All-District 16-5A first team selection. She led RRHS to a 44-1 record in three years, which included 14-0 seasons her sophomore and senior seasons. The Dragons finished 13-1 her junior year. Miller was an all-district selection her sophomore through senior seasons and was second team as a freshman. She was selected to play on the AJU European team in Global Challenge in Pula, Croatia. Her Austin Junior 17 club team won U.S. Junior Nationals.

Personal

Michelle Lee Miller was born on January 20, 1991 in Arlington, Texas. She is the daughter of Jay and Joy Miller who reside in Round Rock, Texas. Her father played football and baseball at Wheaton College. She has one older sister, Amanda, and a younger brother, Derek. Miller enjoys cooking and lists a goal of her as to own her own restaurant.

Academics

Miller is an open major at Colorado.



**ELYSSE
RICHARDSON**



5-3, Freshman, Libero/Setter
Vienna, Va. (Langley)

Kritza on Richardson

"Elysse is truly a special player and young woman. She is the heart of her team and I know she will be able to affect positive change in our program. We are extremely excited to have her join us on this journey to build this program. She exudes confidence in her teammates and brings an intellectual and determined approach to reaching her goals. Her consistently positive disposition and willingness to work harder than anyone in the gym is inspirational and she will be able to contribute to the success of this program in many ways."

High School

Richardson is a 5-3 setter and libero from Vienna, Va., and has been part of a successful team at Langley High School. She was named the District MVP and earned all-region and all-district first team honors as a senior. Richardson was an all-state honorable mention selection. She was named Langley's Outstanding Athlete of the Year and Sportswoman of the Year and earned All-Met honors. During Richardson's junior campaign she was named first team all-district and was second team all-region. She set the Virginia state record for most digs in a season during her junior campaign (490) and reset it her senior year (659).

She has been a member of the Virginia Elite Volleyball Club for the last three seasons and played her senior year with the Northern Virginia Volleyball Association. Her club team was undefeated in the region in 2009, winning the region championship in 2008 and '09. The team earned runner-up honors in 2010. Richardson was also recruited by Rice, Tulane, Georgetown, Tampa and Villanova and decided on CU "for the coaches and the team is great."

Personal

Elysse Frances Richardson was born on October 6, 1991 in Bethesda, Maryland. She is the daughter of Raj and Lily Richardson of Vienna, Va., and has two younger siblings, Daniel and Jose. Richardson is half Cuban and is bilingual. She enjoys dancing, singing, skiing and swimming.

Academics

Richardson intends to major in psychology and is also interested in marine biology, anthropology and education. She was a scholar athlete in high school (possessing a GPA greater than 3.7) and was a valedictorian. Richardson was inducted into the National Honor Society her senior year.



2010 BUFFALOES

PLAYERS



**ANICIA
SANTOS**

10

6-1, Junior, Middle Blocker
Frisco, Colo. (Summit/Cal Poly)

Kritza on Santos

"Anicia comes home to Colorado where her success in her prep and club career has garnered a strong following. I remember her as a young recruit and know that her upside is tremendous and look forward to her reaching that potential during her time here a Buffs jersey. Beyond her volleyball ability, she is a brilliant student and is a very driven, ambitious, and mature young woman who is certain to be a success."

College (Cal Poly)

Santos comes to CU after two seasons as a member of the Cal Poly Mustangs. Cal Poly recorded a record of 16-13 in 2008 and finished 9-20 in '09. Santos played in 14 sets as a freshman and 54 sets as a sophomore. As a sophomore, she averaged .76 kills, 20 digs and .70 blocks per set. Santos' blocks per set average was fourth on the team.

High School

The three-time All-Jefferson County League selection was named among prepvolleyball.com's 250 Senior Aces for the Class of 2008. She led the league in blocks and hitting percentage as a junior and senior and earned MVP honors both seasons. SHS won the league championship in 2006 and Santos was named all-state in the process. Santos was one of 30 players to be named to the 2008 U.S. Women's Junior A2 National Team and was a three-year participant with the USAV High Performance Program. She was a member of the Colorado Juniors club team.

Personal

Anicia Santos was born on January 26, 1990. She is the daughter of Roque Santos and Christine Ebert-Santos of Frisco, Colo. Santos is the youngest of five children; her older siblings are Aurora, Carlos, Roberto and Roque Jr. She lists her hobbies as snowboarding and traveling.

Santos Honors

2010

Big 12 Commissioner's
Honor Roll – Spring

Academics

Santos is majoring in molecular, cellular and developmental biology and is also interested in French. Santos owns a GPA of 3.569 and was named to the Big 12 Commissioner's Honor Roll in the spring.



2010 BUFFALOES

PLAYERS



KERRA SCHROEDER



6-0, Sophomore, Outside Hitter
San Diego, Calif. (Torrey Pines)

Career Highs

Kills - 16 vs. MU (11/14/09)
Attacks - 49 vs. MU (11/14/09)
Att Pct. - .290 vs. Valpo (8/28/09)
Assists - 2 four times
Aces - 3 vs. Valpo (8/28/09), vs. KSU (10/21/09)
Digs - 14 at MU (10/7/09), at KSU (11/21/09)
Blocks - 5 vs. Fairfield (9/05/09)
Points - 18.5 vs. TTU (10/14/09)

Kritza on Schroeder

"Kerra had a great offseason and is expected to contribute significantly to the new look of the program. She played in every point of every set last year and she will be able to fill a big role on the outside. Her commitment to the program adds a much needed dimension to a program on the rise."

As a Freshman in 2009

Schroeder started all 29 matches at outside hitter and made her first collegiate start against Valparaiso (8/28). She ranked in the top three in several major statistical categories for the Buffs, including kills (236), kills per set (2.51), assists (24), service aces (17), digs (199), points (276) and total blocks (40). Schroeder led the team in attacks with 948 and sets played with 94. She recorded a season-high 15 kills against Missouri (11/14) and served a season-high three aces in two matches against Valparaiso (8/28) and Kansas State (10/21). Schroeder accrued a season-high 18.5 points against Texas Tech (10/14).

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 (nickname Boo) 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. Her nickname is Boo.

Academics

Schroeder is an open major at Colorado. She carries a 3.036 GPA into her sophomore season and is a member of the Big 12 Commissioner's Honor Roll.

Schroeder Honors

2009
Big 12 Commissioner's
Honor Roll – Fall
2010
Big 12 Commissioner's
Honor Roll – Spring

2009 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ass.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Valparaiso (8/28)	3	12	3	31	.290	2	3	2	2	8	0	0	0	0	15.0
at Florida (8/29)	3	8	1	27	.259	1	0	1	0	0	0	1	0	0	8.5
at Northern Colorado (9/1)	3	7	5	33	.061	1	1	2	0	4	0	0	1	0	8.0
vs. Fairfield (9/4)	3	7	5	24	.083	2	2	3	1	8	0	5	0	0	11.5
vs. Georgetown (9/5)	4	12	5	40	.175	0	1	2	0	12	0	1	0	0	13.5
at Yale (9/5)	3	7	5	28	.071	0	0	1	3	8	1	0	0	0	8.0
at Denver (9/11)	3	10	6	35	.114	0	1	1	1	5	0	2	1	0	12.0
SAN DIEGO (9/11)	3	6	4	30	.067	1	1	0	1	5	0	2	0	0	8.0
CAL POLY (9/12)	3	8	4	36	.111	2	0	0	0	9	0	3	0	0	9.5
*at Iowa State (9/16)	3	6	5	28	.036	0	1	1	1	7	0	2	0	0	8.0
*NEBRASKA (9/19)	3	4	5	25	-.040	1	0	2	0	7	1	2	0	0	6.0
*TEXAS (9/23)	3	5	6	25	-.040	1	0	1	0	4	0	1	0	0	5.5
*OKLAHOMA (9/26)	3	4	3	19	.053	0	0	0	0	6	0	1	0	0	4.5
*at Kansas (9/30)	3	13	6	45	.156	1	0	1	0	4	0	3	0	0	14.5
*BAYLOR (10/3)	3	6	5	32	.031	0	0	0	0	9	0	0	0	0	6.0
*at Missouri (10/7)	4	4	6	41	-.049	0	0	2	1	14	1	0	0	2	5.0
*TEXAS TECH (10/14)	4	15	4	46	.239	0	0	2	0	12	2	3	0	0	18.5
*at Texas A&M (10/17)	4	10	4	33	.182	1	0	1	1	4	0	0	0	0	10.0
*KANSAS STATE (10/21)	4	11	9	38	.053	1	3	1	3	7	0	0	0	0	14.0
*at Texas (10/24)	3	11	4	28	.250	0	1	3	2	2	0	0	1	0	12.0
*at Oklahoma (10/28)	3	8	10	28	-.071	1	1	0	1	9	0	0	0	0	9.0
*IOWA STATE (10/31)	3	10	5	35	.143	0	0	0	0	4	0	1	0	0	10.5
*KANSAS (11/4)	3	5	4	28	.036	2	0	1	1	10	0	1	1	0	5.5
*at Texas Tech (11/7)	3	10	5	24	.208	2	1	2	0	4	0	2	0	0	12.0
*at Baylor (11/11)	3	4	5	32	-.031	2	0	0	0	3	0	1	1	0	4.5
*MISSOURI (11/14)	4	16	8	49	.163	2	1	2	1	7	0	1	0	1	17.5
*at Kansas State (11/21)	3	6	7	38	-.026	0	0	0	1	14	1	0	1	0	7.0
*TEXAS A&M (11/25)	3	4	3	36	.028	0	0	0	1	6	0	2	0	0	5.0
*at Nebraska (11/28)	3	7	2	34	.147	1	0	0	1	7	0	0	0	0	7.0
TOTALS	94	236	144	948	.097	24	17	31	22	199	6	34	6	3	276.0
TOTALS - Big 12	66	159	106	664	.080	15	8	19	14	140	5	20	4	3	182.0

Schroeder's Season Stat Lines

Overall	MP-MS	GP	K	E	TA	Pct.	KPG	Ass.	APG	SA	Dig	DPG	BS	BA	TB	BPG	Pts.	+/-
2009-Fr.	29-29	94	236	144	948	.097	2.51	24	0.26	17	199	2.12	6	34	40	0.71	276.0	70.0



2010 BUFFALOES



ROSIE STEINHAUS

11

6-1, Senior, Outside Hitter
Flagstaff, Ariz. (Flagstaff)

Career Highs

Kills - 16 vs. TTU (10/14/09)
Attacks - 45 at TAMU (10/17/09), vs. KSU (10/21/09)
Att Pct. - .444 vs. Valpo (8/28/09)
Assists - 5 vs. Fairfield (9/4/09)
Aces - 3 at TAMU (10/17/09)
Digs - 11 vs. BU (10/3/09), vs. TTU (10/14/09)
Blocks - 5 vs. TTU (10/14/09), vs. KSU (10/21/09)
Points - 19.0 vs. TTU (10/14/09)

Kritza on Steinhaus

"Rosie is the eldest returning starter as a junior and she will be relied upon for leadership. Her diligence and unwavering commitment to excellence on and off the court provides a steady example for all young players we have added to this roster."

As a Sophomore in 2009

Steinhaus served as a tri-captain in 2009 and started in 28 of Colorado's 29 matches, playing in 91 sets. She recorded a season-high 16 kills and 19 points and added 11 digs against Texas Tech (10/14).

Steinhaus served a season-high three aces against Texas A&M (10/17) and blocked a season-best nine swings against Kansas (11/10). Steinhaus compiled 243 kills, 49 blocks and 287 points, each of which ranked second on the team. She led the Buffs with 18 service aces.

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.

Personal

Kristen Rose Steinhaus was born 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 Flagstaff ski team for

2009 Match-by-Match

Team (Date)	GP	K	E	TA	Pct.	Ass.	SA	SE	RE	Dig	BS	BA	BE	BHE	Pts.
vs. Valparaiso (8/28)	3	4	0	9	.444	0	2	2	0	1	0	2	0	0	7.0
at Florida (8/29)	3	4	1	13	.231	0	2	3	0	1	0	1	0	0	6.5
at Northern Colorado (9/1)	3	7	3	13	.308	1	0	0	0	9	0	2	0	0	8.0
vs. Fairfield (9/4)	3	5	1	22	.182	5	2	2	0	3	0	4	0	0	9.0
vs. Georgetown (9/5)	4	9	5	25	.160	3	2	1	0	8	0	3	0	0	12.5
at Yale (9/5)	3	6	6	15	.000	2	0	1	0	4	0	0	0	0	6.0
at Denver (9/11)	3	9	3	29	.207	0	1	1	0	8	0	2	0	0	11.0
SAN DIEGO (9/11)	3	9	5	30	.133	0	0	1	1	8	0	3	0	1	10.5
CAL POLY (9/12)	3	14	3	29	.379	0	0	2	0	7	0	4	0	0	16.0
*at Iowa State (9/16)	3	9	5	23	.174	0	0	0	0	6	0	2	0	0	10.0
*NEBRASKA (9/19)	3	5	3	30	.067	0	0	1	1	9	1	3	0	0	7.5
*TEXAS (9/23)	3	7	7	32	.000	0	0	2	1	7	0	0	0	0	7.0
*OKLAHOMA (9/26)	3	9	5	34	.118	0	0	0	0	5	0	1	0	0	9.5
*at Kansas (9/30)	4	13	5	30	.267	0	0	2	0	3	0	3	0	0	14.5
*BAYLOR (10/3)	3	9	5	31	.129	0	1	1	0	11	0	1	1	0	10.5
*at Missouri (10/7)	4	9	3	27	.222	0	0	0	1	3	0	3	1	0	10.5
*TEXAS TECH (10/14)	4	16	7	37	.243	1	0	0	0	11	1	4	0	0	19.0
*at Texas A&M (10/17)	4	13	5	45	.178	0	3	2	0	10	0	1	0	0	16.5
*KANSAS STATE (10/21)	4	15	4	45	.244	1	0	1	0	7	1	4	0	0	18.0
*at Texas (10/24)	3	8	3	17	.294	1	2	3	1	3	0	0	2	1	10.0
*at Oklahoma (10/28)	3	9	2	26	.269	0	0	1	0	8	0	0	0	0	9.0
*IOWA STATE (10/31)	3	12	6	27	.222	1	0	1	0	3	0	0	2	0	12.0
*KANSAS (11/4)	3	8	3	22	.227	0	0	0	0	9	0	0	0	0	8.0
*at Texas Tech (11/7)	3	12	3	21	.429	0	0	0	0	1	0	1	0	0	12.5
*at Baylor (11/11)	3	5	2	16	.188	1	3	1	1	3	0	0	0	0	8.0
*MISSOURI (11/14)	4	12	2	37	.270	0	0	0	0	7	0	1	1	0	12.5
*at Kansas State (11/21)	DNP - INJ														
*TEXAS A&M (11/25)	3	2	5	15	-.200	1	0	1	0	0	0	1	0	0	2.5
*at Nebraska (11/28)	3	3	2	12	.083	0	0	0	0	1	0	0	0	0	3.0
TOTALS	91	243	104	712	.195	17	18	29	6	156	3	46	7	2	287.0
TOTALS - Big 12	63	176	77	527	.188	6	9	16	5	107	3	25	7	1	200.5



2010 BUFFALOES

ROSIE STEINHAUS, *continued*

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 3.620 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 semesters.

Steinhaus received an Undergraduate Research Opportunities Program (UROP) grant last 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.

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 & Fall
Dean's List – Spring

2010

Big 12 Commissioner's Honor Roll – Spring

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	37.0
2009-RSo.	28-28	91	243	104	712	1.95	2.67	17	0.19	18	156	1.71	3	46	49	0.54	287.0	112.0
TOTALS	43-37	138	286	134	843	.180	2.07	20	0.15	21	169	1.22	6	73	79	0.57	349.5	149.0



2010 BUFFALOES

PLAYERS



**MORGAN
THOLEN**

12

5-10, Freshman, Outside Hitter
Lake Quivira, Kan. (St. James Academy)

Kritza on Tholen

"Morgan has a great work ethic and is a very positive player. She has played on some great teams, both high school and club, meaning she has been developing her skills with and against some of the best players in the region and nation. She is an accomplished student and is the epitome of a team minded player. She has wanted to be Buff for a long time as her dad is a CU Alum and she has a lot of family in the area, so we couldn't be happier to welcome Morgan as a member of the CU Volleyball family."

High School

Tholen is a 5-10 outside hitter from Lake Quivira, Kan. Her high school team won the 2008 and 2009 Kansas 4A State Championship. In 2008, the Thunder was ranked fourth in the nation by ESPN and was named the program of the year. St. James Academy recorded a 40-4 record in 2009, and was 45-1 in 2008 and 2007.

Tholen was a member of the K.C. Extreme volleyball club team. During the 2010 season, her team was ranked No. 2 in the nation according to PrepVolleyball.com. Her team won the Northeast National Qualifier and the K.C. Qualifier. In 2009 the team took second at the President's Day Classic, second at Colorado Crossroads Qualifier, first at the K.C. Qualifier and ninth at the USAV Junior Olympics. In 2008, the K.C. Extreme took 11th at the USAV Junior Olympics. Tholen was also recruited by SMU, San Francisco, Florida Atlantic and Oklahoma.

Personal

Morgan Christine Tholen was born on March 3, 1992 in Shawnee, Kan. She is the daughter of Tom and Chris Tholen. She has three younger siblings, Jamie, Tommy and Teddy. Her father worked in the sports information office at CU while earning his bachelor's degree. Tholen enjoys reading, traveling, hanging out with friends, wakeboarding, knee-boarding and beach volleyball. She was on a Hallmark birthday card when she was four-years-old. The card was in stores for over five years.

Academics

Tholen intends to major in journalism, either advertising or broadcasting, and is also interested in sports psychology. She was a member of the honor roll in high school and earned the U.S. Presidential Service Award her senior year.



**ALYSSA
VALENTINE**

9

5-10, Junior, Setter
Tustin, Calif. (Edison/George Washington)

Kritza on Valentine

"Alyssa really is a perfect finale for this recruiting class. She is an accomplished setter with a great prep and club career. Her transition to the college game was a successful one and she will continue to excel in her transition here to CU. She is a fierce competitor and is adept in running the floor in a fast paced offense, both qualities we were seeking in a setter to add to this program to start the ascent in the national rankings."

At George Washington

Valentine is a 5-10 setter from Tustin, Calif. and led the Colonials to a 21-12 overall record (8-7 Atlantic-10)

in 2009. Valentine averaged 10.71 assists per set which was second in the conference, and helped GWU to a .211 hitting percentage.

She was named the 2008 A-10 Rookie of the Year after averaging 9.39 assists per set. Valentine earned A-10 Rookie of the Week honors six times and was named the MVP of the GW invitational and the DC Challenge All-Tournament Team. She also serves as assistant coach for Metro American VBC, where she coached a 17 yr-old girls team.

High School

As a first team All-Sunset League and All-Sea View League member at Edison High School, Valentine helped the Chargers to the quarterfinals of the CIF Southern Section Championships. Valentine played for one of the most prestigious clubs in the national, TCA, and was coached by the club director and USA Developmental Coach of the Year in 2009, Neil Mason. Her club team, TCA-18 Third Degree Black, won the national championship for the 18 open division at the USA Volleyball junior Olympics in 2008.

Personal

Alyssa Christine Valentine was born on June 11, 1990 in Orange County, Calif. She is the daughter of Michael and Kathy Valentine of Santa Ana, Calif. She has two older siblings, Mitchell and Carly. Valentine enjoys hiking, biking and really anything outdoors.

Academics

Valentine intends to major in integrated physiology. She was a member of the honor roll in high school.



2010 BUFFALOES

PLAYERS



**HANNAH
WALKER**



5-5, Freshman, Libero/Defense
Peyton, Colo. (Colorado Springs Christian)

Kritza on Walker

"Hannah is a tough minded player who we will look to provide stability to the court as one of our strongest ball control players. Her prep experience has proven that she knows how to win and that is important for this program moving forward. She plays her club ball for one of the most reputable clubs around, Colorado Juniors, which lends itself to Hannah being ready to have a very successful career here at CU. Her quest for self improvement and her diligent approach to training and preparation, along with her intense enthusiasm and passion for playing this game well, bode well for Hannah's development as a high level defensive player."

High School

Walker is a four-year letterwinner for Colorado Spring Christian. The 5-5 libero helped the Lions to a 30-0 record her senior year. Walker was a starter all four years for CSCHS. In that time, the Lions accumulated a 112-10 record (.918 winning percentage). They were the Tri-Peaks League Champions, Colorado High School district and region champions from 2006-09 and won the state championship 2006-09. Walker was named first team all-conference and was an all-state honorable mention selection as a junior (team will be named for her senior year later this November). She is a two-time team co-captain and was named a Prep Volleyball Senior Ace. Walker was also listed on the American Volleyball Coaches Association's All-America watch list and was named to *The Denver Post* all-state first team.

The Peyton, Colo. native is a member of the Colorado Junior Volleyball Club and competed at the USAV Junior Olympics from 2006-08. She was named to the all-tournament team when her team won the Rocky Mountain Regional Championship. Walker has also competed in the USAV High Performance Program and Championship for the last four years. She is a four-time member of the High Honor Roll at CSCHS. She was also recruited by Colorado State, New Mexico State and TCU, but said she choose CU, "because I wanted to play for Coach Kritza and because Colorado is a great place to live."

Personal

Hannah Marie Walker was born on April 4, 1992 in Atlantic, Iowa. She is the daughter of Gerald and Dawn Walker of Peyton, Colo. She has two older brothers, Nathan and Micah. Nathan plays football at the Air Force Academy. Walker lists her hobbies as 4-H, showing livestock, horseback riding snowboarding, camping and other outdoor activities. She loves to act and has been a cast member in the city wide production of "Scrooge The Carol With an Attitude" in Colorado Springs for the last four years and her family has been volunteering for years together building houses for impoverished families in Mexico, homeless lunch projects and working in soup kitchens for Thanksgiving.

Academics

Walker is an open major at Colorado. She intends to major in sports psychology and is also interested in coaching.

Walker Honors

2010
USA A2 High
Performance Team