



HEAD COACH LIZ KRITZA



Head Coach
Third Season
Colorado Springs, Colo
Tulane '00

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
- ✓ 89-81 (.524) overall record
- ✓ 46-56 (.451) 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 and is in her third year at the helm of the program.

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's Head Coaching Ledger

Year	School	Overall	Conference
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
2010	Colorado	6-20	3-17
Career		89-81 (.524)	46-56 (.451)





HEAD COACH LIZ KRITZA



Kritza became the seventh head coach at Tulane in 2005. She served as the top 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	Sets
*Arizona State	0-2	2-6
Baylor	0-4	0-12
BYU	0-1	1-3
Cal Poly	1-1	3-3
Cal State Fullerton	0-1	0-3
Colorado	1-0	3-2
Colorado State	0-1	0-3
Columbia	1-0	3-0
Connecticut	0-1	0-3
Dayton	0-1	1-3
Denver	1-0	0-3
Duke	0-1	2-3
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	2-0	6-1
Georgetown	1-0	3-1
Georgia State	1-0	3-1
Houston	4-6	14-22
Iowa	0-1	0-3
Iowa State	0-4	1-12
Jacksonville State	1-0	3-1
Kansas	1-3	4-11
Kansas State	1-3	6-11
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	0-5	4-15
Montana	1-0	3-2
Nebraska	0-5	0-15
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	0-4	0-12
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	0-4	0-12
Texas A&M	0-4	3-12
Texas Tech	3-1	11-6
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 Pac-12 Conference opponents



ASSISTANT COACH TOM HOGAN



**Assistant Coach
Third 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 third 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 LEONID YELIN



**Assistant Coach
First Season
Tashkent, Uzbekistan
Uzbekistan Government
Institute of Physical
Culture and Sport '70**

Yelin's Check List

- ✓ Head Coach, Louisville - 1996-2010
- ✓ Conference USA Coach of the Year - 2004
- ✓ AVCA All-Midwest Region Coach of the Year - 2004
- ✓ Conference USA Coach of the Decade
- ✓ Head Coach, Barry (Division II) - 1991-95
- ✓ Sunshine State Conference Coach of the Year - 1995
- ✓ AVCA Division II Coach of the Year - 1995
- ✓ Head Coach, Uzbekistan men's professional team - 1988-89
- ✓ Head Coach, Ukraine women's professional team - 1983-87
- ✓ Head Coach, Uzbekistan Women's National Team - 1977-82
- ✓ Member of the Uzbekistan National Team - 1970-75

Leonid Yelin (Len-id Yell-in) was named an assistant coach for the Buffaloes' volleyball program in June of 2011.

Yelin comes to Colorado with a great deal of experience, including over 20 years as a head coach. Most recently Yelin put in 15 years at the helm of the University of Louisville women's program, recording an overall record of 366-112 (.766) to become the winningest coach in school history. During his time at UL he led the Cardinals to 14 NCAA Tournament appearances which included four visits to the NCAA Sweet Sixteen. He had 11 seasons with 20 or more wins and two seasons with 30 or more victories.

While coaching the Cardinals, Yelin was named the Conference USA Coach of the Year and the AVCA All-Midwest Region Coach of the Year in 2004. He was also honored as the C-USA Coach of the Decade the same year.

Prior to his 15 years at UL, Yelin coached five years at Barry University from 1991-95, compiling a 114-36 record. He led the Buccaneers to the NCAA Division II Championship in 1995 and was named the Sunshine State Conference and AVCA Division II National Coach of the Year. In 1994 Yelin was named the AVCA Division II South Region Coach of the Year after taking Barry to its first NCAA tournament where the Buccaneers advanced all the way to the Elite Eight.

Yelin's overall NCAA coaching record is 480-148 (0.764) and ranked 16th on the all-time NCAA list for active coaches after the 2010 season. Prior to his retirement at UL in 2011, Yelin ranked 12th on the wins by percentage list for active coaches (0.764) and was 34th on the all-time victories list (480).

Before to his NCAA coaching experience, Yelin was a successful player and coach in Uzbekistan. He played for the Republic of Uzbekistan men's team from 1970-75 and then started his coaching career as the head coach for the Uzbekistan junior (U-18) team. Yelin was named the head coach of the national Uzbekistan women's team in 1977, leading that team to a first-place finish at the 1977 and 1981 U-18 national championship and at the 1978 USSR Women's World Cup. He was the head coach of the Ukraine women's professional team from 1983-87.

Yelin was the head coach of the Uzbekistan men's professional team in 1988 and 89. Both years his team won the men's national championships.

Yelin was born in Tashkent, Uzbekistan and earned his equivalent of a master's diploma in physical education and sport training from the Uzbekistan Government Institute of Physical Culture and Sport. His wife, Yelena, was a member of the Republic of Uzbekistan's Women's National Team from 1973-86 and was a member of the USSR Olympic team from 1975-78, during which she was a two-time European Champion. The couple has two grown children, Eleanora and Boris.





DIRECTOR OF OPERATIONS JESSE SULTZER



Director of Operations
First Season
Virginia '03

Liz Kritza announced the promotion of **Jesse Sultzer** to Director of Volleyball Operations after serving as the team's technical coordinator during the 2010 season on June 9, 2011.

With the promotion, Sultzer becomes the first director of operations in Colorado volleyball history. He will manage academics, compliance, recruiting organization, video and scouting as well as camp and team travel.

No stranger to the volleyball community, Sultzer came 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.

VOLUNTEER ASSISTANT COACH JENNI BENNINGFIELD



Volunteer Assistant Coach
First Season
Vanderbilt '04

Jenni Benningfield is in her first year with the CU volleyball program as a volunteer assistant coach.

She joins the staff in an important role as a sport psychology consultant. Benningfield earned her master's in education in sport psychology and counseling from Boston University in 2010. She has worked with semi-professional athletes, collegiate student-athletes and high school and youth athletes.

Benningfield played basketball at Vanderbilt University, graduating in 2004 with a BS in human development. As a forward she averaged 11 points and 6.3 rebounds per game during her career. She helped her team to four NCAA Tournament appearances, including two Elite Eights and a Sweet 16. The team also won a pair of SEC Championships in 2002 and 2004. Benningfield was an All-SEC second team selection and earned honorable mention All-American honors. She went on to play two seasons with the Indiana Fever of the WNBA and played internationally for Spain and Australia from 2005-2009.

Benningfield, a Louisville, Ky. native, graduated from Assumption High School in 2000. She lettered in volleyball and basketball. Benningfield was named Miss Basketball for the state of Kentucky.



Ellen Ribar
Student Manager
Second Season



Richi Bigelow
Student Assistant
First Season



VOLLEYBALL SUPPORT STAFF



James Hardy

James Hardy

Assistant Speed-Strength & Conditioning Coach • Fifth Season

James Hardy is in his fifth 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.



Nicole Makris

Nicole Makris

Assistant Athletic Trainer • First Season

Nicole Makris is in her eighth season as an assistant athletic trainer at Colorado, her first with the volleyball program. She also handles men's golf teams. Makris joined CU from the University of Denver where she was as an assistant athletic trainer for four years. At DU she served as the athletic trainer for the Pioneer women's basketball, women's lacrosse, and men's and women's tennis programs. She was also an assistant athletic trainer at Washington State University for one year, serving as the head athletic trainer for the Cougars' women's volleyball and rowing teams. Prior to Washington State, Makris was a graduate assistant athletic trainer at San Jose State for two years (1997-00) where she was the head athletic trainer for softball and assisted with football. A 1997 graduate of Northern Colorado with a degree in Kinesiology (emphasis in athletic training), Makris worked with all of the Northern Colorado athletic teams as a student trainer from 1995-97. She holds a Master's degree in Human Performance and Athletic Training from San Jose State. Makris is a certified member of the National Athletic Trainers' Association.



Mindy Sclaro

Mindy Sclaro

Academic Coordinator • Fifth 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.



Brendon Smith

Brendon Smith

Equipment Manager • First Season

Brendon Smith is in his third year as an assistant equipment manager at the University of Colorado, but his first with the CU volleyball program. Smith also handles the equipment duties for the men's and women's basketball teams and assists with football. Prior to his arrival at Colorado, Smith served as the equipment manager at Sacred Heart University. He started out as an assistant manager in 2005 and was promoted to the director in 2006. Smith was responsible for the equipment needs of all 31 sports at SHU. Smith earned his bachelor's in public relations and sports communications from Marist College in 2004. He graduated from Catskill High School in 2000 and lettered in baseball and bowling.



Linda Poncin Sprouse

Linda Poncin Sprouse

Assistant Sports Information Director • Seventh Season

Linda Poncin Sprouse enters her seventh 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/Cross 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. Sprouse 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. Sprouse 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. The former Linda Poncin is married to Nick Sprouse. The couple resides in Broomfield, Colo.