



HEAD COACH LIZ KRITZA



Head Coach

Fourth 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
- ✓ 95-105 (.475) overall record
- ✓ 47-77 (.379) 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 fourth 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
2011	Colorado	6-24	1-21
Career		95-105 (.475)	47-77 (.379)





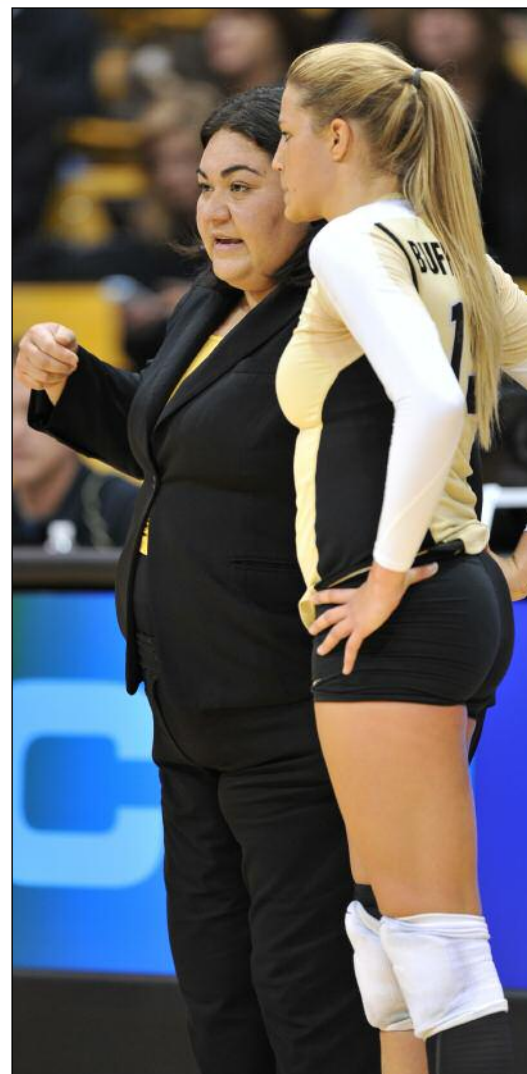
HEAD COACH LIZ KRITZA

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	Opponent	Matches	Sets	Opponent	Matches	Sets
Albany	1-1	3-4	Kansas State	1-3	6-11	St. John's	1-0	3-2
*Arizona	0-2	2-6	Lamar	1-0	3-0	Southern Miss	4-0	12-1
*Arizona State	0-4	3-12	Louisiana-Lafayette	1-0	3-0	*Stanford	0-2	1-6
Baylor	0-4	0-12	Loyola Marymount	0-1	1-3	Stephen F. Austin	1-0	3-0
BYU	0-1	1-3	Marshall	2-2	6-8	Tennessee Tech	1-0	3-1
*California	0-2	1-6	Maryland	1-0	3-0	Texas	0-4	0-12
Cal Poly	1-1	3-3	McNeese State	2-0	6-0	Texas A&M	0-4	3-12
Cal State Fullerton	0-1	0-3	Memphis	2-2	8-8	Texas Tech	3-1	11-6
Colorado	1-0	3-2	Middle Tennessee State	1-0	3-2	Texas-Pan American	1-0	3-0
Colorado State	0-1	0-3	Minnesota	0-1	0-3	Tulsa	6-3	19-14
Columbia	1-0	3-0	Missouri	0-5	4-15	UAB	3-4	15-14
Connecticut	0-1	0-3	Montana	1-0	3-2	UCF	4-1	14-5
Dayton	0-1	1-3	Nebraska	0-5	0-15	UC-Davis	0-1	1-3
Denver	1-0	0-3	New Orleans	3-0	9-3	*UCLA	0-2	1-6
Duke	0-1	2-3	Nicholls State	1-0	3-0	UMKC	1-0	3-0
East Carolina	3-0	9-1	North Dakota State	1-0	3-0	UNLV	1-0	3-1
Fairfield	1-0	3-0	Northern Colorado	1-1	3-5	*USC	0-2	0-6
Florida	0-1	0-3	Northeastern	1-0	3-1	UTEP	6-2	18-9
Florida A&M	1-0	3-1	Notre Dame	0-1	0-3	*Utah	0-2	0-6
Florida Atlantic	0-1	2-3	Rice	8-2	24-16	Utah State	1-0	3-0
Fordham	1-0	3-0	Ohio	1-0	3-2	Valparaiso	1-0	3-0
Furman	2-0	6-1	Oklahoma	0-4	0-12	VCU	1-0	3-0
Georgetown	1-0	3-1	*Oregon	0-2	0-6	*Washington	0-2	0-6
Georgia State	1-0	3-1	*Oregon State	0-2	2-6	*Washington State	1-1	3-5
Houston	4-6	14-22	SMU	6-2	18-7	Western Michigan	0-1	2-3
Iowa	0-1	0-3	Sam Houston State	1-0	3-0	Wisconsin	0-1	0-3
Iowa State	0-4	1-12	San Diego	0-1	0-3	Xavier	1-0	3-0
Jacksonville State	1-0	3-1	Siena	0-1	2-3	Yale	0-1	0-3
Kansas	1-3	4-11	South Dakota State	1-0	3-1			

*indicates Pac-12 Conference opponents



ASSISTANT COACH KRISTEE PORTER



Assistant Coach

First Season

Tyler, Texas

UCLA '02

Porter's Check List

- ✓ Four-time All-American (two-time AVCA and two-time *Volleyball Magazine*)
- ✓ *Volleyball Magazine* 2000 National Player of the Year
- ✓ UCLA career leader in kills, kills per set and attacks
- ✓ First Pac-10 player to record 2,000 career kills and 1,000 career digs
- ✓ Helped UCLA to four straight NCAA Tournament appearances including three Elite Eights (1999-2001)
- ✓ Pac-10 Freshman of the Year (1998)
- ✓ First UCLA freshman in school history to record 30 kills and 20 digs in a match
- ✓ Three-sport athlete at UCLA (volleyball, basketball and track and field)
- ✓ Member of the USA Volleyball National Team (2001-04)
- ✓ Played internationally from 2002-09

Kristee Porter is in her first season as an assistant with the CU volleyball program, joining the staff in February, 2012.

Porter came to CU after coaching three seasons at Navarro Junior College in Corsicana, Texas. She guided NJC to a 19-11 overall record in 2011. Porter also coached the Texas Image Volleyball Club's 15's Mizuno Elite team in Dallas Texas.

Porter was a four-time All-American (two-time AVCA and two-time *Volleyball Magazine*) at UCLA in volleyball, and was named the *Volleyball Magazine* National Player of the Year in 2000. Porter played in 110 matches (397 sets) and recorded 2,255 kills, 4,936 attacks, 1,119 digs, 270 blocks, 2,515 points and hit .281 for the Bruins. She is the UCLA career leader in kills, kills per set and attacks. Porter became the first Pac-10 player to record 2,000 career kills and 1,000 career digs. Her digs total (1,119) currently ranks 12th in school history. She helped the Bruins to four straight appearances in the NCAA tournament, advancing to the Elite Eight three times (1999-2001).

She earned numerous other honors while at UCLA. She was named the Pac-10 player of the week five times, the AVCA National Player of the Week (Oct. 18, 1998), earned three All-Pac-10 selections (1998-2000) and three AVCA All-Pacific Region honors (1998-2000). Porter was also named the Pac-10 Freshman of the Year in 1998 and became the first freshman in school history to record 30 kills and 20 digs in a match. Porter had a career-best 38 kills and 24 digs in the match.

Porter played her collegiate career under Andy Banachowski, the winningest Division I women's volleyball coach and most successful women's volleyball coaches of all-time. He coached for 43 years, all at UCLA, and accumulated a record of 1,106-301 (.786), which includes six national titles (including three NCAA Championships in 1984, 90 and 91).

Not just a volleyball standout, Porter also competed for the Bruins in basketball and track and field. In 2001 she ranked second in the Pac-10 in rebounding (8.1 rpg), third in blocked shots (1.77 bpg) and 11th in scoring (13.0 ppg). Her 39 blocked shots that season ranks second all-time in Bruins' history. As a member of the track and field team she scored three times at the Pac-10 Outdoor Championships. In 2001 and 1999 she placed third in the triple jump and in 2000 she was sixth. Porter graduated with a bachelor's of art in history from UCLA.

Porter was a member of the USA Volleyball Women's National Team from 2001-2004. She played internationally for Gigantes De Carolina, a professional team in Carolina, Puerto Rico, from 2002-2009. Porter was named the league's MVP in 2003 and 2004, and helped the team with the league five straight years (2003-08). She also played for Bargas De Toledo in Toledo, Spain in 2005.





ASSISTANT COACH J.T. WENGER



Assistant Coach

First Season

Highland Park, Ill.

UCLA '04

Wenger's Check List

- ✓ UCLA Assistant Men's Coach (2006-12)
- ✓ Coached under legendary coach Al Scates, the winningest coach in Division I history
- ✓ Awarded the AVCA's 30 Under 30 twice (2009, 2010)
- ✓ USA Men's World University Games assistant coach (2011)
- ✓ USA Men's Junior National Team assistant coach (2009)
- ✓ USA High Performance program (2007, 2008, 2010)
- ✓ Three-time letterwinner at UCLA (2001, 2003, 2004)
- ✓ Played professionally in 2004
- ✓ Illinois Volleyball Player of the Year (1999)

J.T. (Jonathan) Wenger is in his first year as an assistant for the CU Volleyball program, joining the staff on February 8, 2012.

Wenger has an extensive volleyball background as a player and coach and joins the CU program after six seasons with the UCLA men's volleyball team. While coaching at UCLA he served as an assistant under legendary men's coach Al Scates, who just retired after his 50th season. Scates is the winningest coach in Division I volleyball history and has directed the Bruins to 19 NCAA Championships.

The AVCA recognized Wenger twice as one of its 30 Under 30 coaching list, honoring him in 2009 and again in 2010. This award was created in 2009 to honor thirty of the up-and-coming volleyball coaches under 30 years old in the sport at all levels of the game.

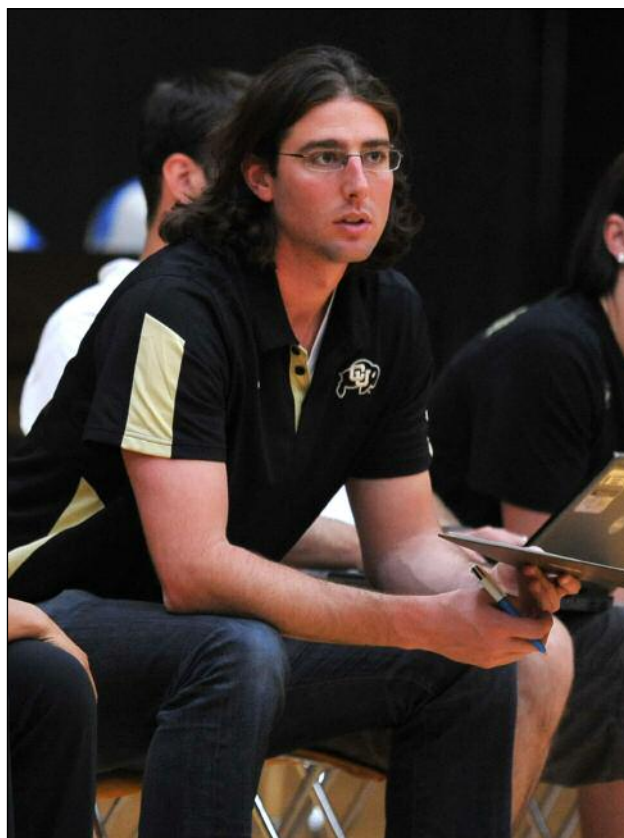
Wenger has worked with USA Volleyball. In 2011 he was an assistant coach for the USA Men's World University Games. During the summer of 2009 he helped to coach the USA Men's Junior National Team at the World Championships. Wenger also coached with the USA High Performance program in 2007, 2008 and 2010.

Wenger has had success as a high school and club coach. He guided the Marymount High School girls' team to the 2011 California DI State Championship game and the 2002 California DIII State Championship. Wenger coached the Sunshine Volleyball Club 14's in 2003, 04 and 06.

Prior to coaching Wenger was a successful volleyball player. He earned three letters (2001, 2003 and 2004) with the Bruins. In each of those three seasons UCLA made the MPSF Tournament. The Bruins were the NCAA runner-up in 2001, made regionals in 2002 and were regional semifinalists in 2004. As a senior in 2004, he played in 28 matches and recorded 216 kills; helping the Bruins to a 24-6 record. Wenger graduated with a degree in political science in May of 2004 and was a 10-time member of the Director's Honor Roll.

Wenger went on to play professionally after graduation for the Corozal Plantaneros in Corozal, Puerto Rico in June 2004, at which point he worked in the finance industry in Chicago before returning to volleyball at UCLA.

A native of Highland Park, Ill., Wenger earned letters in soccer (three) and volleyball (four). He graduated from Highland Park High School in 1999 and was named the Illinois Volleyball Player of the Year in 1999. He is married to Marissa Wenger.





VOLLEYBALL SUPPORT STAFF



Natalie Dedin
Director of Operations
First Season
Colorado '11

Natalie Dedin is in her first season as the Director of Operations for the University of Colorado volleyball program.

This is Dedin's second year in the athletic department as she previously served as the director of operations for Olympic sports; overseeing the administrative duties for soccer, tennis and men's and women's golf. Dedin also assisted with marketing and recruiting materials for those sports as well as travel and game day operations. She has also helped as a point person for Colorado's newest sport, women's lacrosse, which debuts in the spring of 2014.

Dedin is a 2011 graduate of Colorado, earning her bachelor's degree in broadcast journalism with a minor in technology, arts and media. She served on the executive board for the Delta Delta Delta sorority and worked with CU's Sports Mag, a student run television news show. Dedin also worked for two years in the CU Athletic Director's office handling special projects for Mike Bohn while assisting with donations and expenses and gaining an overall working knowledge of the athletic department.

While in college Dedin served as an intern for ROOT Sports during the 2010 Colorado Rockies season and worked for the club's out of town scoreboard at Coors Field in 2011.

A 2007 graduate of Pomona High School in Arvada, Colo., Dedin played volleyball as a prep and also coached at the elementary and high school club levels.

Born in Champaign, Ill., she is the daughter of Tom Jr. and Kim Dedin and has one sister, Aubrey. Her grandfather, Tom Sr., was the head baseball coach of Illinois and later became the head coach and an athletic director at Regis University where he was assisted by Tom Jr.

Dedin enjoys watching baseball and playing coed recreational league sports including soccer.



Ryal Jagd
Volunteer Assistant
First Season
UCLA '11

Ryal Jagd is in his first season as a volunteer assistant with the CU volleyball program. Jagd was a two-sport athlete at UCLA; an outside hitter on the men's volleyball team for Al Scates and a safety on the football team.

Jagd was a member of the Bruins' volleyball program from 2007-2012, playing in 33 matches and 72 sets. He recorded 61 kills and hit .151 while adding 39 digs and nine blocks in his career. During his redshirt sophomore season (2010) he recorded 25 kills and hit .268. Jagd graduated from UCLA with a degree in history.

At Palos Verdes High School, Jagd was a six-time letterwinner (four for volleyball and two for football). He was a three-time All-CIF honor, two-time All-Bay League First Team selection and twice earned All-Bay Area honors. Jagd was the PVHS volleyball MVP in 2006 and '07 and was the team captain three years. He was also honored as the 2007 PVHS Senior Athlete of the Year for football and volleyball.

Volleyball is in his bloodlines as his father (Mike) and mother (Kim) both coach the sport. His mother was an assistant for the UCLA women's program for 15 years and also served as an assistant for the Buffs in 1992. Jagd's sister, Nikki, was a setter and letterwinner for the Bruins as well.



Ellen Ribar
Student Assistant
Third Season

Ellen Ribar is in her third year as a student assistant for the CU volleyball program. She assists in daily equipment duties as well as administrative duties assigned.

The Elmhurst, Ill. native played one season for the Buffs in 2009, making her debut against Florida (8/29). Ribar earned two letters as a member of the York High School volleyball team. Her team went 29-9 her senior season and 19-17 her junior year. The Ducks were regional champions in 2007 and '08 as well as the West Suburban Conference Champions in 2008).

Ribar is majoring in psychology and pre-med. She was born on September 7, 1991 and is the daughter of Greg and Marcia Ribar and has one brother, Jack. Her hobbies include playing the cello and skiing and she is fluent in Spanish.



VOLLEYBALL SUPPORT STAFF



Kyle Geddes

Kyle Geddes

Marketing & Promotions Coordinator • Second Season

Kyle Geddes is in his second year as the marketing and promotions coordinator of the volleyball program and also works with football and men's and women's basketball. Geddes joined the CU staff after one season at Maryland where he worked with men's soccer and women's lacrosse. He was a graduate assistant at St. John's from 2008-10 and while earning his MBA he worked with the women's soccer, men's lacrosse and women's basketball programs. Geddes graduated from Notre Dame in 2008 where he was a student marketing intern with volleyball, baseball, hockey and men's and women's lacrosse. The Northport, N.Y. native graduated from Northport High School in 2004 where he lettered in lacrosse. Geddes enjoys playing lacrosse, kickball, dodge ball, running and playing the drums.



James Hardy

James Hardy

Assistant Speed-Strength & Conditioning Coach • Sixth 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 • Second Season

Nicole Makris is in her ninth season as an assistant athletic trainer at Colorado, her second 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 • Sixth Season

Mindy Sclaro is in her seventh year as the Assistant Director for Academics in the office of academic support and 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.



Linda Sprouse

Linda Sprouse

Assistant Sports Information Director • Eighth Season

Linda Sprouse enters her eighth 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. 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.