



HEAD COACH LIZ KRITZA



Head Coach
Sixth Season
Colorado Springs, Colo
Tulane '00

Kritza's Check List

- ✓ Led CU to the NCAA Tournament in 2013 for the first time since 2006
- ✓ CU defeated No. 1 Washington on Oct. 4, 2013, its second win against a top-ranked team in program history
- ✓ 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
- ✓ 127-137 (.481) overall record
- ✓ 61-104 (.370) 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 sixth year at the helm of the program.

Kritza has been growing the CU program since arriving on campus in 2009 and 2013 proved to be a breakout season as she returned the Buffs to the NCAA Tournament for the first time since 2006. The Buffs advanced to the second round of the tournament after defeating former Big 8/12 opponent Iowa State 3-1 in the first round. CU fell in the second round to No. 10 Minnesota, 3-2, in a closely fought match in Minneapolis on the Gophers' home court.

The Buffs finished the 2013 season with an 18-14 record, the most wins since the 2003 season, and tied for seventh in the Pac-12 with a 9-11 record. During the season, CU knocked off three top-25 ranked opponents in No.1 Washington, No. 11 UCLA and No. 25 Arizona. The win against the Huskies was the second time in CU history the Buffs had taken down a top-ranked opponent. All three of those wins came at the Coors Events Center where the Buffs finished with an 8-4 record.

The individual accolades also came in 2013 as junior Taylor Simpson was named to the AVCA All-Pacific South honorable mention team. Simpson, along with sophomore Nicole Edelman, were both named to the All-Pac-12 honorable mention team and Cierra Simpson was named to the Pac-12 All-Freshman honorable mention team. During the season, senior Nikki Lindow earned CU's first Pac-12 Defensive Player of the Week honor after posted a career-high 12 blocks in the win against UCLA, which tied for fourth all-time in CU history.

Kritza 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

Kritza's Head Coaching Ledger

Year	School	Overall	C-USA/Big 12
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
2012	Colorado	14-18	4-16
2013	Colorado	18-14	9-11
Career		127-137 (.481)	61-104 (.370)



HEAD COACH LIZ KRITZA

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 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
Air Force	1-0	3-2	Kansas State	1-3	6-11	St. Mary's (Calif.)	1-1	4-4
Albany	1-1	3-4	Lamar	1-0	3-0	St. John's	1-0	3-2
Appalachian State	1-0	3-2	Louisiana-Lafayette	2-0	6-0	Southern Miss	4-0	12-1
*Arizona	1-5	7-15	Loyola Marymount	0-1	1-3	*Stanford	0-5	2-15
*Arizona State	2-6	10-21	Marshall	2-2	6-8	Stephen F. Austin	1-0	3-0
Baylor	1-4	3-12	Maryland	1-0	3-0	Stony Brook	1-0	3-0
BYU	0-1	1-3	McNeese State	2-0	6-0	Syracuse	1-0	3-0
*California	0-5	4-15	Memphis	2-2	8-8	Tennessee Tech	1-0	3-1
Cal Poly	1-1	3-3	Middle Tennessee State	1-0	3-2	Texas	0-4	0-12
Cal State Fullerton	0-1	0-3	Minnesota	0-2	2-6	Texas A&M	0-4	3-12
Colorado	1-0	3-2	Missouri	0-5	4-15	Texas Tech	3-1	11-6
Colorado State	0-1	0-3	Montana	1-0	3-2	Texas-Pan American	1-0	3-0
Columbia	1-0	3-0	Nebraska	0-5	0-15	Texas Southern	1-0	3-0
Connecticut	0-1	0-3	New Orleans	3-0	9-3	Tulsa	6-3	19-14
Cornell	1-0	3-0	Nicholls State	1-0	3-0	UAB	3-4	15-14
CSU Bakersfield	1-0	3-2	Norfolk State	1-0	3-0	UCF	4-1	14-5
Dayton	0-1	1-3	North Dakota State	1-0	3-0	UC-Davis	0-1	1-3
Denver	1-0	0-3	Northern Arizona	0-1	1-3	*UCLA	1-4	4-14
Duke	0-1	2-3	Northern Colorado	1-1	3-5	UMBC	1-0	3-2
East Carolina	3-0	9-1	Northeastern	1-0	3-1	UMKC	1-0	3-0
Fairfield	1-0	3-0	Northwestern State	1-0	3-0	UNLV	1-0	3-1
Florida	0-1	0-3	Notre Dame	0-1	0-3	*USC	0-5	0-15
Florida A&M	1-0	3-1	Rice	8-2	24-16	UTEP	6-2	18-9
Florida Atlantic	0-1	2-3	Oakland	1-0	3-0	*Utah	2-4	9-14
Fordham	1-0	3-0	Ohio	1-0	3-2	Utah State	1-0	3-0
Fresno State	0-1	0-3	Oklahoma	0-4	0-12	Valparaiso	1-0	3-0
Furman	2-0	6-1	*Oregon	0-6	1-18	VCU	1-0	3-0
Georgetown	1-0	3-1	*Oregon State	3-3	12-10	*Washington	1-5	3-16
Georgia State	1-0	3-1	Robert Morris	1-0	3-0	*Washington State	4-2	12-12
Houston	4-6	14-22	Rutgers	1-0	3-1	Western Michigan	0-1	2-3
Howard	1-0	3-0	SMU	6-2	18-7	Wisconsin	0-1	0-3
Iowa	0-1	0-3	Sam Houston State	2-0	6-2	Wyoming	0-1	2-3
Iowa State	1-4	4-13	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



ASSOCIATE HEAD COACH J.T. WENGER



Associate Head Coach

Third 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 third year as an assistant for the CU Volleyball program, joining the staff on February 8, 2012. He was promoted to associate head coach in March of 2014.

Wenger has helped build the program and the Buffs have seen a great deal of success since his arrival in 2012. CU improved in his first season with the Buffs in 2012, recording 14 wins, eight more than in the previous season, as well as four Pac-12 Conference wins, as compared to one in 2011.

CU had a breakout season in 2013, finishing the year with an 18-14 record while tying for seventh in the Pac-12 with a 9-11 record. The 18 wins are the most in a single-season for the Buffs since 2003 when they recorded 21. CU also recorded its first win against a ranked opponent since 2008 and knocked off three top-25 teams during the season in No. 1 Washington, No. 11 UCLA and No. 25 Arizona.

Quite possibly the biggest highlight of the year was the return to the NCAA Tournament for the first time since 2006. The Buffs advanced to the second round of the tournament after defeating Iowa State 3-1, before falling in a close match (3-2) to No. 10 Minnesota in Minneapolis.

Wenger joined 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 retired after his 50th season in 2012. Scates is the winningest coach in Division I volleyball history and 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.

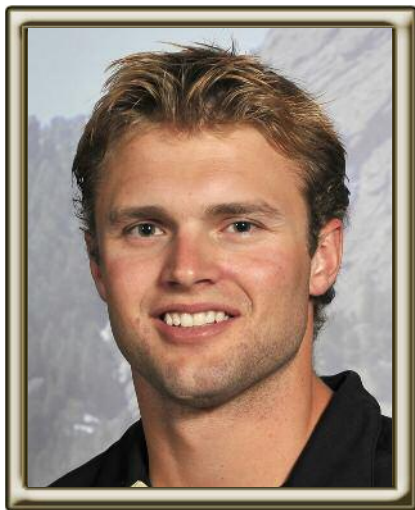
Wenger went on to play professionally after graduation for the Corozal Plantaneros in Corozal, Puerto Rico in June 2004, at which point he worked in the finance industry in Chicago before returning to volleyball at UCLA.

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. The couple has a daughter, Vivienne.





ASSISTANT COACH RYAL JAGD



Assistant Coach

First Season

Palos Verdes, Calif.

UCLA '04

Jagd's Check List

- ✓ CU Interim Assistant Coach (2014)
- ✓ CU Volunteer Coach (2012-13)
- ✓ TCA Colorado Volleyball Club Head Coach and Director (18 Gold and 17 Black)
- ✓ Two-Sport Athlete at UCLA (volleyball and football)
- ✓ Palos Verdes High School Volleyball MVP (2006, 2007)
- ✓ Six-time letterwinner at PVHS, four for volleyball and two for football
- ✓ USA Volleyball High Performance Youth A2 team MVP (2006)
- ✓ Mother, Kim, coached for CU in 1992 and coached at UCLA for 15 years
- ✓ Father, Mike, coached high school in Southern California
- ✓ Sister, Nikki, played at UCLA

Ryall Jagd is in his third season with the CU volleyball program, his first as a full-time assistant, after two seasons as a volunteer assistant. He also spent a few months as the interim prior to being elevated to an assistant in May of 2014.

Jagd will have primary recruiting responsibilities and continue to work with the team's outside hitters, liberos and defensive players. He will work with associate head coach J.T. Wenger in match preparation and scouting and implementing training sessions for the team.

Prior to coming to CU in 2012, Jagd had served as a coach at many levels from youth through high school and club volleyball. He has served as a club director and head coach for the 18 Gold and 17 Black squads for the TCA Colorado Volleyball Club and has worked as a volleyball instructor and strength trainer for Prime Athletes Training. He has also worked volleyball camps at UCLA and both Peninsula High School and Palos Verdes High School in southern California.

Jagd graduated from UCLA with a degree in history in 2011 while playing both volleyball and football for the Bruins as a two-sport athlete. He was a member of the Bruins volleyball team from 2007-12, playing in 33 matches and 72 sets for legendary coach Al Scates. He recorded 61 kills while hitting .151 and added 39 digs and nine blocks in his career. In his redshirt sophomore season, he recorded 25 kills and hit .268 for the Bruins. He was also a safety and receiver for the football team and had return duties on special teams under former CU coach Rick Neuheisel.

At Palos Verdes High School, Jagd was a six-time letterwinner, earning four letters in volleyball and two in 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 the Daily Breeze MPV in football in 2006 and volleyball in 2007 and honored as the 2007 PBHS Senior Athlete of the Year for football and volleyball. He also played for the Southern California Volleyball Club for three years and was named the MVP of the USA Volleyball High Performance Youth A2 team in 2006.

In football at Palos Verdes, he played receiver, linebacker and defensive back. He caught 40 passes for 742 yards and six touchdowns on offense and had 184 tackles, six interceptions, recovered four fumbles and had two blocks on defense and special teams. He was a first-team All-Bay League selection on both offense and defense and he played in the Lions All-American game.

Volleyball is in his bloodlines as his entire family is involved in the sport. His mother, Kim, was an assistant coach for the Buffaloes with the 1992 team that finished 22-9 overall and 10-2 in the Big Eight, taking second place. She also coached at UCLA as an assistant coach for 15 years and was an integral part of the coaching staff for the USA Volleyball High Performance program for many years. His father, Mike, was a very successful prep coach in Southern California, including stints at El Toro, Palos Verdes and Palos Verdes Peninsula, highlighted by multiple CIF championships. His sister, Nikki, lettered as a setter for UCLA and is a coach for top prep and volleyball programs in Southern California, most recently at Mira Costa High School.





VOLLEYBALL SUPPORT STAFF



Natalie Dedin
Director of Operations
Third Season
Colorado '11

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

This is Dedin's fourth 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 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 debuted 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.

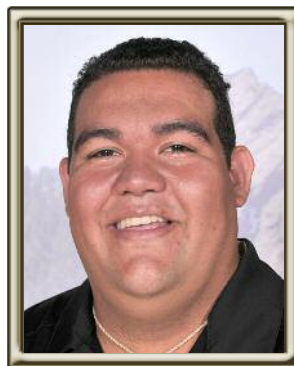
A 2007 graduate of Pomona High School in Arvada, Colo., Dedin played volleyball as a prep and also coached at the elementary and high school club levels.

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 photography and playing coed recreational league sports including volleyball and soccer.



Candy Parkhurst
Administrative Assistant



Ryan Glavor
Student Manager

VOLLEYBALL SUPPORT STAFF



Kyle Geddes

Kyle Geddes

Marketing & Promotions Coordinator • Fourth Season

Kyle Geddes is in his fourth 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 marking 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.



Marissa Holliday

Marissa Holliday

Assistant Athletic Trainer • Second Season

Marissa Holliday is in her second year as an assistant athletic trainer at Colorado. Besides working with the volleyball program, she also handles women's lacrosse. Holliday joined CU after working at the CU Sports Medicine Orthopedic Clinic in Boulder and spending some time with Stadium Medical. Holliday is no stranger to the Pac-12 as she worked for Arizona State from 2009-2012 as a graduate assistant and full-time assistant athletic trainer, working with volleyball and gymnastics. Holliday earned her master's degree in higher and postsecondary education from ASU in 2011. She graduated from Texas in 2009 with a bachelor's degree in athletic training. Holliday lettered in volleyball, basketball, track and tennis at Bruni High School before graduating in 2005. She enjoys reading, running, playing tennis and hiking. The former Marissa Carrizales is married to Adam Holliday, a trainer for the football team at CU.



Chris Sheckler

Chris Sheckler

Assistant Speed-Strength & Conditioning Coach • Third Season

Chris Sheckler is in his third year as the assistant speed-strength and conditioning coach for volleyball and women's basketball, joining the Colorado staff in August 2012. Sheckler came to CU from Montana State, where he was the assistant strength and conditioning coach for the Bobcats for one year (2011-12). While at MSU, Sheckler designed and implemented strength and conditioning programs for men's and women's basketball, men's and women's alpine and Nordic skiing, as well as women's golf, while assisting with football. He went to MSU from South Dakota State where he spent two seasons (2009-11) as a graduate assistant strength and conditioning coach. He graduated from Dakota Wesleyan University in 2009, where he received a Bachelor's degree in exercise science. He earned a Master of Science in Sports Science from South Dakota State in 2011. He maintains strength and conditioning certifications through the National Strength and Conditioning Association (NSCA), the Collegiate Strength and Conditioning Coaches Association (CSCCA) and USA Weightlifting. While at Dakota Wesleyan, Sheckler was an NAIA scholar All-American in football, an All-GPAC linebacker and a recipient of the Dakota Wesleyan Matthew D. Smith Award, which is given to the most outstanding senior student-athlete. He also lettered three years in track and field, where he participated in the hammer and indoor weight throws.



Donovan Rogers

Donovan Rogers

Equipment Manager • Second Season

Donovan Rogers joined the CU equipment department during the summer of 2013 and is in his second year as an equipment manager. Besides working with the volleyball team, he also works with the women's basketball and lacrosse teams. Prior the joining Buffs, Rogers was an intern at the University of Oregon where he worked with the football program. He graduated from the University of Kentucky with a bachelor's in community communications and leadership and development. While attending UK, Rogers was the head equipment manager for women's basketball (2008-2012). The Bardstown, Ky. Native graduated from Nelson County High School in 2008. He is a triplet and enjoys spending time in the outdoors.



Mindy Sclaro

Mindy Sclaro

Academic Coordinator • 10th Season

Mindy Sclaro enters her 10th year as an Associate Director of Academics at the University of Colorado serving as Academic Coordinator for the Herbst Academic Center. Her caseload includes the men's basketball, women's lacrosse, women's volleyball and women's golf programs. In addition to her responsibilities with the men's basketball, volleyball and women's golf programs, Sclaro prepared the N4A Academic and Life Skills Program Certification Self Study for the Herbst Academic Center in 2011. Sclaro earned her bachelor's degree in sociology from Ithaca College in 1987 with a focus on therapeutic intervention. While at Ithaca, she was a member of the lacrosse team. Sclaro earned her master's degree in sport management from Northern Colorado in 2001. Currently, she is pursuing a graduate certificate in ethnic studies at CU with specific interest in the performance of race and identity. The former Mindy Cohen is married to Sam Sclaro. She enjoys playing soccer and running with her dogs, Mavis and Ruby.



Linda Sprouse

Linda Sprouse

Assistant Sports Information Director • 10th Season

Linda Sprouse enters her 10th 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 and again in 2013. 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 welcomed their daughter, Lily, this past April.