



COLORADO TEAM AWARD WINNERS

Ultimate Team Award (Coaches Award)

*(recognizing attitude, leadership,
desire and commitment)*

1984: Julie Hoehing
1985: Kris Holwerda
1986: Kris Holwerda
1987: Julie Moore
1988: Annan Wilson
1989: Crystal Ford
1990: Deb Jacobson
1991: Amy Mathern
1992: Debbie Jacobson
1993: Amy Mathern
1994: Amy Palmer
1995: Jen Terry
1996: Erin Scholz
1997: La Shena Graham
1998: Alexis Felts
1999: Kami Carmann
2000: Jenny Roulier
2001: Eisha Bohman
2002: Eisha Bohman
2003: Diana Spencer
2004: Randie Wirt
2005: Sarah Lini
2006: Whitney Law
2007: Anna Nedovic
2008: Susie Powers
2009: Kara Richards

Most Valuable Player

1992: Mindy Henry
1994: Jamillah Lang, Shelley Sheetz
1995: Shelley Sheetz
1996: De Celle Thomas
2002: Mandy Nightingale
2005: Veronica Johns-Richardson

Community Service Award

2006: Tami Garnett
2007: Caley Dow
2008: Caley Dow
2009: Whitney Houston

Crystal Ford-Adams Scholar-Athlete Award

1992: Sherrice King
1993: Abby Wirfs
1994: Holly Stanish
1995: Jen Terry
1996: La Shena Graham

1998: La Shena Graham
1999: Eisha Bohman
2000: Sabrina Scott
2001: Caroline Koechlin
2002: Linda Lappe
2003: Linda Lappe
2004: Randie Wirt
2005: Whitney Law
2006: Jackie McFarland
2007: Jackie McFarland
2008: Jackie McFarland
2009: Hannah Skildum
2010: Julie Seabrook

Sixth-Player Award

1992: Jamillah Lang
1993: De Celle Thomas
1994: Lauri Weathers
1995: Amy Palmer
1996: Michelle Hasheider
2002: Linda Lappe
2003: Veronica Johns-Richardson
2004: Amber Metoyer
2007: Aija Putnina
2008: Whitney Houston
2009: Hannah Skildum

Most Valuable Offensive Player

1992: Shelley Sheetz
1993: Shelley Sheetz
1995: Isabelle Fijalkowski
1998: La Shena Graham
1999: Linda Lappe
2000: Jenny Roulier
2001: Jenny Roulier
2002: Tera Bjorklund
2003: Tera Bjorklund
2004: Tera Bjorklund
2006: Jasmina Ilic
Jackie McFarland
2007: Jasmina Ilic
Jackie McFarland
2008: Jackie McFarland
2009: Brittany Spears

Most Valuable Defensive Player

1992: Abby Wirfs
1993: Stephanie Mack
1995: Erin Scholz
1996: Raegan Scott

1998: Damietta Velicica
1999: Kami Carmann
2000: Mandy Nightingale
2001: Mandy Nightingale
2002: Britt Hartshorn
2003: Maria Billingsley
2004: Randie Wirt
2006: Whitney Law
2007: Susie Powers
2008: Brittany Spears
2009: Alyssa Fressle

Second-Season Award

1995: De Celle Thomas

Comeback Player Award

1994: De Celle Thomas
1998: Shelley Garcia
1999: Michelle Hasheider

Leadership Award

1996: Amy Palmer

Clutch Player Award

1996: Jen Terry

Refuse to Lose Award

1992: Amy Mathern

Newcomer of the Year Award

1998: Jenny Circle

Most Improved Player Award

1998: Nikki Weddle
2000: Britt Hartshorn
2001: Eisha Bohman
2002: Kate Fagan
2003: Sarah Lini
2004: Anna Nedovic
2005: Yari Escalera
2007: Whitney Houston
2008: Bianca Smith
2009: Kara Richards

Most Consistent Player Award

1999: Shelley Garcia

Lisa Van Goor Rebounding Award

1999: Britt Hartshorn
2000: Sabrina Scott
2001: Britt Hartshorn
2002: Sabrina Scott
2003: Sabrina Scott
2004: Randie Wirt
2005: Anna Nedovic
2006: Jackie McFarland
2007: Jackie McFarland
2008: Jackie McFarland
2009: Brittany Spears
2010: Brittany Spears

Unsung Hero Award

2000: Kami Carmann
2001: Kate Fagan
2002: Randie Wirt
2003: Linda Lappe
2004: Maria Billingsley

Rookie of the Year

2001: Tera Bjorklund
2003: Amber Metoyer
2004: Emily Waner
2005: Kara Richards
2008: Brittany Spears
2009: Alyssa Fressle

Take Charge Award

2002: Mandy Nightingale
2003: Kate Fagan
2004: Kate Fagan
2005: Jackie McFarland

Free Throw Champion

2002: Jenny Roulier
2003: Kate Fagan
2004: Kate Fagan

Practice Player Award

2006: Courtney Wallace
2007: Hannah Skildum
2008: Hannah Skildum
2008: Kara Richards
2009: Chelsea Dale



Chelsea Dale



Julie Seabrook



Brittany Spears

HONOR ROLL



Shelly Sheetz

WBCA ALL-AMERICAN Shelley Sheetz, 1995

1994-95 Trophy Case

- WBCA All-American
- USBWA First-Team All-American
- AP First-Team All-American
- Basketball Times* All-American
- Big Eight Player-of-the-Year
- First-Team All-Big Eight
- Big Eight Tournament MVP
- NCAA Midwest Regional All-Tournament Team
- Big Eight Player-of-the-Week (twice)
- Naismith Player-of-the-Year Finalist (1 of 5)

Charting Sheetz

- ▶ Colorado's and Big Eight's all-time leader in three-point field goals (252)
- ▶ CU's leader in all-time three-point field goals attempted (661)
- ▶ CU's fourth all-time leading scorer (1,755)
- ▶ Second all-time leader in assists (514)
- ▶ Fourth all-time leader in free throws made (425)
- ▶ Third all-time leader in steals (287)

ALL-AMERICA

WBCA All-America (Honorable Mention/All District)

- 1980-81: Lisa Van Goor (District VII)
- 1981-82: Lisa Van Goor (District VII)
- 1982-83: Lisa Van Goor (District VII)
- 1988-89: Bridget Turner (District V)
- 1983-84: Diane Hiemstra (District VII)
- 1992-93: Shelley Sheetz (District V)
- 1993-94: Shelley Sheetz, Jamillah Lang (District V)
- 1995-96: Erin Scholz
- 1996-97: Erin Scholz
- 2003-04: Tera Bjorklund (District V)

Naismith Award

- 2003-04: Tera Bjorklund (finalist)
- 2007-08: Jackie McFarland (semifinalist)

Senior Class Award Finalist

- 2003-04: Tera Bjorklund
- 2007-08: Jackie McFarland

Academic All-America

- 1980-81: Corky O'Rourke (third team)
- 2005-06: Jackie McFarland (second team)
- 2006-07: Jackie McFarland (second team)
- 2007-08: Jackie McFarland (first team)

WBCA Freshman All-America (First Team)

- 1980-81: Lisa Van Goor (District VII)

Street & Smith Preseason All-America

- 1988-89: Bridget Turner
- 1993-94: Shelley Sheetz
- 1994-95: Shelley Sheetz
- 2003-04: Tera Bjorklund

John R. Wooden Preseason All-America

- 2003-04: Tera Bjorklund

Wooden Award Finalist

- 2003-04: Tera Bjorklund

WBCA Wade Trophy Preseason Watch List

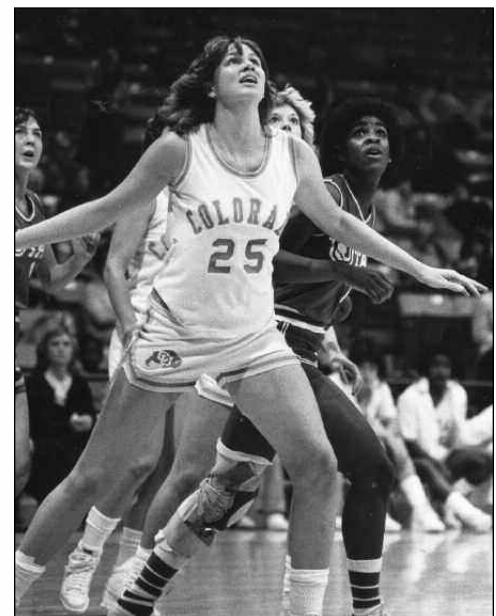
- 2003-04: Tera Bjorklund

Wade Trophy Finalist

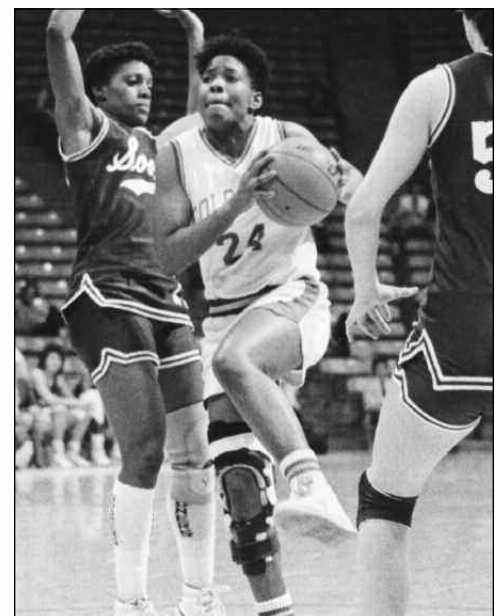
- 1982-83: Lisa Van Goor
- 1984-85: Lisa Van Goor
- 2003-04: Tera Bjorklund

Associated Press All-America (Honorable Mention)

- 2006-07: Jackie McFarland
- 2007-08: Jackie McFarland



Lisa Van Goor



Bridget Turner



HONOR ROLL

ALL-CONFERENCE

First Team

Intermountain Conference

1981: Lisa Van Goor

1982: Lisa Van Goor

Big Eight Conference

1983: Lisa Van Goor

1984: Diane Hiemstra

1989: Bridget Turner

1991: Debbie Johnson

1993: Shelley Sheetz,
Mindy Henry

1994: Shelley Sheetz,

Jamillah Lang

1995: Shelley Sheetz,

Isabelle Fijalkowski

1996: Erin Scholz

Big 12 Conference

2003: Tera Bjorklund

2004: Tera Bjorklund

2007: Jackie McFarland

2008: Jackie McFarland

Second Team

Big Eight Conference

1983: Diane Hiemstra

1985: LeaAnn Banks

1987: Bridget Turner,
Tracy Tripp

1988: Crystal Ford

1989: Crystal Ford

1990: Debbie Johnson

1992: Jamillah Lang,
Shelley Sheetz

1996: De Celle Thomas

Big 12 Conference

1997: Erin Scholz,

Raegan Scott

2002: Mandy Nightingale

2006: Jackie McFarland

2009: Brittany Spears

Third Team

Big 12 Conference

1997: La Shena Graham

2000: Jenny Roulier

2001: Mandy Nightingale,
Jenny Roulier

2002: Jenny Roulier

Honorable Mention

Big Eight Conference

1983: Kris Holwerda, Julie Hoehing

1985: LeaAnn Banks, Lisa Van Goor

1986: Bridget Turner, Crystal Ford,
Kris Holwerda

1988: Bridget Turner, Tracy Tripp

1989: Rosland Starks

1990: Benita Martin, Annan Wilson

1991: Missy Kraai

1992: Mindy Henry, Sherrice King

1993: Amy Mathern, Abby Wirfs

1994: Erin Scholz

1995: Erin Scholz

1996: Raegan Scott, Aleksandra Slokar

Big 12 Conference

1998: La Shena Graham

1999: Chaquita Dilworth, Linda Lappe

2001: Britt Hartshorn

2003: Linda Lappe, Sabrina Scott

2004: Kate Fagan, Randie Wirt

2005: Veronica Johns-Richardson

2007: Jasmina Ilic

2008: Brittany Spears

2009: Kara Richards

2010: Brittany Spears

Big 12 All-Rookie Team

2008: Brittany Spears

2009: Alyssa Fressle

Big 12 "Sixth Man" Award

2010: Bianca Smith

Conference Coach-of-the-Year

Big Eight Conference

1989: Ceal Barry

1993: Ceal Barry

1994: Ceal Barry

1995: Ceal Barry

Conference Player-of-the-Year

Big Eight Conference

1989: Bridget Turner

1994: Jamillah Lang (with Angela Aycok, KU)

1995: Shelley Sheetz

Conference Newcomer of the Year

Big Eight Conference

1990: Debbie Johnson (Co-newcomer)

1986: Bridget Turner

1992: Shelley Sheetz

1995: Isabelle Fijalkowski

Conference Female Athlete-of-the-Year

Big Eight Conference

1995: Shelley Sheetz

Conference All-Decade Team

(1980-89)

Big Eight Conference

Bridget Turner (Second Team)

Lisa Van Goor (Honorable Mention)

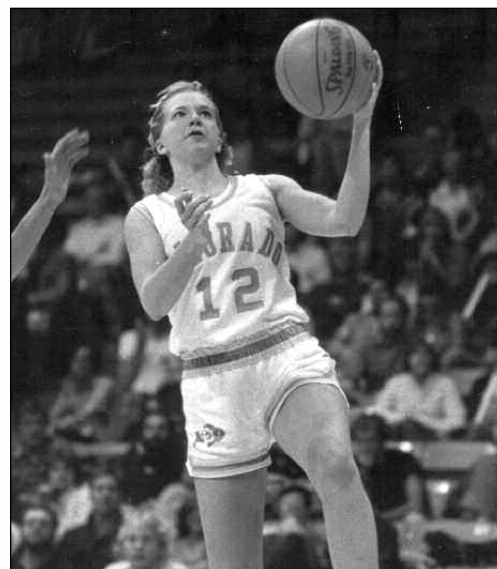
Conference Sportsmanship Award

Big Eight Conference

1991: Colorado

1992: Colorado

1993: Colorado



Diane Hiemstra



Mindy Henry



Raegan Scott

HONOR ROLL



NATIONAL TEAM PLAYERS

World University Games Team

1981: Lisa Van Goor
 2001: Jenny Roulier
 2003: Tera Bjorklund, Kate Fagan
 2007: Aija Putnina (Latvia)

Canadian National Women's Basketball Team

1985 (Summer): Erin Carson

Canada Junior National Team

2007: Julie Seabrook (U19)
 2008: Julie Seabrook (U18)
 2009: Julie Seabrook (U19)

French Olympic Team

2000: Isabelle Fijalkowski

Latvia National Team

2004: Dina Piterniece (U18)
 Aija Putnina (U16)
 2005: Dina Piterniece (U20)
 Aija Putnina (U18)
 2006: Dina Piterniece (U20)
 Aija Putnina (U19)
 2007: Aija Putnina (U20)

Latvia Olympic Team

2008: Aija Putnina

Puerto Rico Junior National U19 World Championship Tournament

2005: Yari Escalera

U.S. Olympic Festival Participants

1986: Bridget Turner (West)
 Crystal Ford (West)
 1987: Bridget Turner (West)
 Rehema Stephens (West)
 1990: Kamala Sherman (West)
 1991: Jamillah Lang (North)
 1993: Erin Scholz (West)
 1994: Amy Palmer, De Celle Thomas (South)
 Erin Scholz, Raegan Scott,
 Lauri Weathers (West)
 1995: Raegan Scott, Alexis Felts
 (alternate West)
 Michelle Hasheider (North)

U.S. Junior National Team

1988: Molly Wampler
 2001: Tera Bjorklund

Conference Select Team

1990: Debbie Johnson
 1991: Sherrice King
 1992: Shelley Sheetz

U.S. Select Team

1994: Shelley Sheetz
 1996: Erin Scholz

U.S. Jones Cup Team

1982: Lisa Van Goor
 1983: Lisa Van Goor
 1995: Erin Scholz
 2007: Jackie McFarland

U.S. Athletes International

2009: Bianca Smith



Tera Bjorklund



Jenny Roulier



Jackie McFarland

ACADEMIC ALL-CONFERENCE

First Team

1986: Kris Holwerda
 1987: Tracy Tripp
 1988: Crystal Ford, Tracy Tripp
 1989: Crystal Ford
 1991: Debbie Johnson
 1992: Sherrice King
 1993: Sherrice King, Abby Wirfs
 1994: Amy Palmer, Erin Scholz
 1995: Jen Terry, Isabelle Fijalkowski
 1996: LaShena Graham, Erin Scholz,
 De Celle Thomas
 1997: Jen Terry, Tinker Jacobs
 1998: La Shena Graham, Alexis Felts
 1999: Eisha Bohman, Kami Carmann
 2001: Eisha Bohman, Kate Fagan,
 Britt Hartshorn, Linda Lappe,
 Mandy Nightingale, Sabrina Scott
 2002: Tera Bjorklund, Eisha Bohman,
 Kate Fagan, Linda Lappe,
 Sabrina Scott, Randie Wirt
 2003: Tera Bjorklund, Kate Fagan,
 Veronica Johns-Richardson,
 Linda Lappe, Sabrina Scott,
 Randie Wirt
 2004: Tera Bjorklund, Kate Fagan,
 Randie Wirt
 2005: Whitney Law, Sarah Lini
 2006: Tami Garnett, Whitney Law,
 Jackie McFarland
 2007: Caley Dow, Jackie McFarland,
 Susie Powers
 2008: Caley Dow, Jackie McFarland
 2009: Hannah Skildum
 2010: Alyssa Fressle, Julie Seabrook

Honorable Mention/Second Team

1989: Tracy Tripp
 1990: Sherrice King, Debbie Jacobson
 1991: Ellen Bain, Debbie Jacobson,
 Sherrice King, Amy Mathern,
 Abby Wirfs
 1992: Abby Wirfs, Deb Jacobson
 1993: Amy Palmer
 1994: Holly Stanish
 1996: Jen Terry, Lauri Weathers
 1997: La Shena Graham, Erin Scholz,
 Raegan Scott
 1999: Chaquita Dilworth, Britt Hartshorn
 2000: Britt Hartshorn, Kami Carmann,
 Eisha Bohman
 2001: Kami Carmann, Jenny Roulier
 2002: Virginie Delepine, Britt Hartshorn,
 Mandy Nightingale, Di Spencer
 2004: Veronica Johns-Richardson
 2005: Veronica Johns-Richardson
 2007: Courtney Wallace
 2008: Susie Powers
 2009: Kara Richards



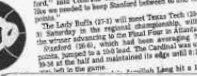
ELITE EIGHT TEAMS

1992-93

CU breaks Cardinal rule Lady Buffs stop defending champs

MISSOULA, Mont. (AP) — Allie Sheets and Stephanie Mack made the key late second-half shot Saturday to give Colorado a 67-60 victory over defending champion Stanford in a women's NCAA West regional semifinal.

Colorado used a tenacious defense to wear down Stanford as the Lady Buffs made the most out of their first-ever appearance in a Sweet Sixteen.



RULE: Lady Buffs too tough

Continued from Page 1B

Amy Mathern grabbed two key offensive rebounds on one possession for Colorado and passed the second time to Sheets, who nailed a 3-pointer for a 64-61 lead with 3:06 remaining.

"I was thinking she better make that shot after all that," said Mathern.

On the next possession, Sheets hit a jumper to give Colorado a 5-point lead.

"Stanford is a great team with their tradition and all, but we just played with a lot of heart and believed in ourselves," Sheets said.

Stanford was forced to foul, and Colorado hit 14 of 18 free throws in the last two minutes. Stephanie Mack connected on 9 of 10 during that stretch and

finished with 12 points.

For the game, Colorado hit 29 of 38 from the line, while Stanford was 9 of 18.

Henry and Lang each scored 15 points each for Colorado.

Val Whiting led Stanford with 21 points and 11 rebounds, while Molly Goodenbour added 13 points, Christy Hedgpeth 11 and Rachel Hommer 10.

TEXAS TECH 87, USC 67

Sheryl Swoopes scored 33 points on her 22nd birthday in leading Southwest Conference champion Texas Tech to its semifinal victory over Southern California.

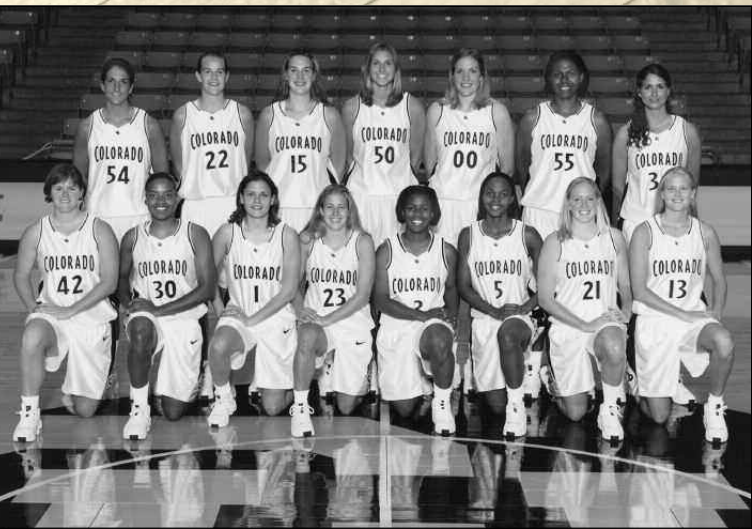
Swoopes, who entered the game averaging nearly 27 points and 9 rebounds, also had 11 boards in Tech's victory.



1994-95



2001-02



REGULAR SEASON CONFERENCE CHAMPIONSHIPS 

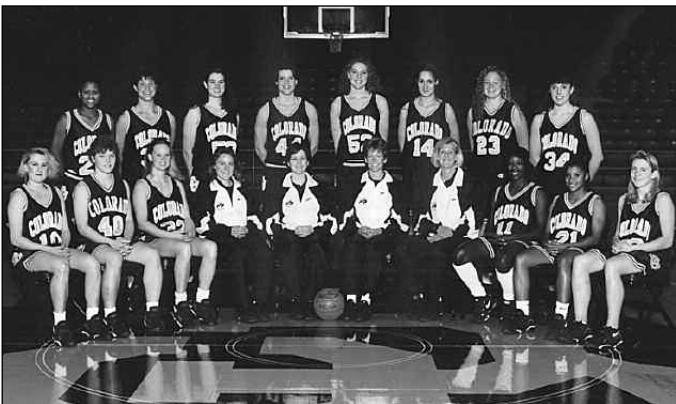
**1989 Big Eight Champions
(14-0)**

Basketball, as in life, offers its share of firsts. And the 1988-89 season was no exception. The Buffs would open the pre-season with a 10-3 showing, including the program's first win over Louisiana Tech. The 61-60 win would be Colorado's first over a No. 2 ranked team and Barry would use that win to catapult the Buffs to a 20-game win streak that would come to a halt during the NCAA Tournament. But not before the Buffs would claim the Big Eight Conference's first undefeated regular season (14-0) title, their first tournament title and lay claim to the program's first conference player-of-the-year in Bridget Turner.



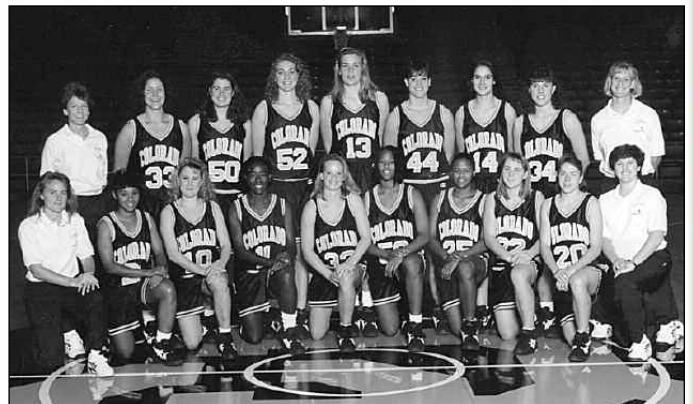
**1993 Big Eight Champions
(12-2)**

A team little known to anyone outside the conference circles, the Buffs would take the nation by storm as they took a pre-season No. 25 ranking to No. 9 by March. A 15-game win streak to open the season would turn heads as CU was the country's seventh-ranked team when it opened the Big Eight campaign—a convincing 61-33 win over Kansas State in Boulder. The Buffs would live up to their preseason expectations to take the conference title, although few probably thought they would do it so convincingly, outscoring their league opponents by an average of more than 15 points a game.



**1994 Big Eight Champions
(12-2)**

Colorado would graduate five seniors and reload with seven newcomers and leave the league's coaches to believe that they couldn't repeat its feats from the previous year. Although the nation's experts pegged the Buffs the No. 4 preseason team in the country, in the preseason Big Eight coaches poll, the Buffs would be picked to finish behind Kansas come March. Well, the exact opposite happened. Colorado would go 12-2 in conference competition and the preseason player-of-the-year would take a seat behind CU senior Jamillah Lang, crowned the 1994 conference queen.



**1995 Big Eight Champions
(14-0)**

If the 1989 conference season was a season of firsts, then the '95 campaign was when the Buffs would prove that history can repeat itself, and still provide some firsts. Following a 5-2 start, Colorado would go on a 25-game win streak, including the league's only second unblemished 14-0 conference record. Colorado's 74-71 win at Kansas State in the conference finale would put the seal on the league's only regular season conference three-peat and second straight conference player-of-the-year award winner in Shelley Sheetz. As they did in the 1993 postseason, the '95 Buffs would be the conference's second team to advance to a regional final in NCAA play.