



HONOR ROLL



Shelley 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

- ▶ Graduated as Colorado's and Big Eight's all-time leader in three-point field goals (252)
- ▶ Graduated as CU's leader in all-time three-point field goals attempted (661)
- ▶ CU's fifth 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)



Lisa Van Goor

NATIONAL/REGION AWARDS

WBCA All-Region/District (Honorable Mention All-America)

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)
 2012-13: Chucky Jeffery (Region 8)

Naismith Award

2003-04: Tera Bjorklund (finalist)
 2007-08: Jackie McFarland (semifinalist)
 2010-11: Brittany Spears (preseason watch)

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
 2012-13: Chucky Jeffery

National Player of the Week

Chucky Jeffery, Dec. 17, 2012
 (ESPN and USBWA)



Bridget Turner



HONOR ROLL

ALL-CONFERENCE

First Team

Intermountain

1981: Lisa Van Goor
1982: Lisa Van Goor

Big Eight

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

2003: Tera Bjorklund
2004: Tera Bjorklund
2007: Jackie McFarland
2008: Jackie McFarland
2011: Brittany Spears

Pac-12

2012: Chucky Jeffery (Coaches, Media)
2013: Chucky Jeffery (Coaches, Media)

Second Team

Big Eight

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

1997: Erin Scholz,
Raegan Scott
2002: Mandy Nightingale
2006: Jackie McFarland
2009: Brittany Spears

Third Team

Big 12

1997: La Shena Graham
2000: Jenny Roulier
2001: Mandy Nightingale,
Jenny Roulier
2002: Jenny Roulier

Honorable Mention

Big Eight

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

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

Pac-12

2013: Arielle Roberson, Jen Reese

Pac-12 Freshman of the Year

2013: Arielle Roberson (Coaches)

Pac-12 All-Defensive Team

2012: Chucky Jeffery (Coaches)
2013: Brittany Wilson (Coaches)
Honorable Mention (Coaches)
2013: Rachel Hargis, Chucky Jeffery,
Arielle Roberson

Pac-12 All-Freshman Team

2012: Lexy Kresl (Media)
2013: Arielle Roberson (Coaches, Media)
Honorable Mention (Coaches)
2012: Lexy Kresl, Jen Reese

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

1989: Ceal Barry
1993: Ceal Barry
1994: Ceal Barry
1995: Ceal Barry

Conference Player of the Year

Big Eight

1989: Bridget Turner
1994: Jamillah Lang (with Angela Aycock, KU)
1995: Shelley Sheetz

Conference Newcomer of the Year

Big Eight

1990: Debbie Johnson (Co-newcomer)
1986: Bridget Turner
1992: Shelley Sheetz
1995: Isabelle Fijalkowski

Conference Female Athlete of the Year

Big Eight

1995: Shelley Sheetz

Conference All-Decade Team (1980-89)

Big Eight

Bridget Turner (Second Team)
Lisa Van Goor (Honorable Mention)

Conference Sportsmanship Award

Big Eight

1991: Colorado
1992: Colorado
1993: Colorado



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)
2011: Julie Seabrook (Canada)

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



Julie Seabrook

ACADEMIC ALL-CONFERENCE

First Team

Big Eight

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

Big 12

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

Second Team

Big 12

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
2011: Julie Seabrook, Meagan Malcolm-Peck

Pac-12

2013: Lexy Kresl

Honorable Mention

Big Eight

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

Big 12

1997: La Shena Graham, Erin Scholz, Raegan Scott
1999: Chaquita Dilworth, Britt Hartshorn
2000: Britt Hartshorn, Kami Carmann, Eisha Bohman

Pac-12

2012: Julie Seabrook
2013: Rachel Hargis



COLORADO TEAM AWARD WINNERS

Ceal Barry Colorado Pride Award

2011: Julie Seabrook
2012: Julie Seabrook
2013: Meagan Malcom-Peck

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
2011: Meagan Malcolm-Peck
2012: Lexy Kresl
2013: Lexy Kresl
Lauren Huggins

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
2011: Britney Blythe
2012: Chucky Jeffery,
Meagan Malcolm-Peck

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
2011: Brittany Spears
2012: Chucky Jeffery
2013: Chucky Jeffery

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



Chucky Jeffery



Lexy Kresl



Meagan Malcolm-Peck



Lauren Huggins