



Dow feels at home in Boulder

Post player more comfortable with CU role this season

By Chris Shelton Camera Sports Writer
Sunday, December 9, 2007

Caley Dow's favorite quote comes from the George Costanza character on Seinfeld: "serenity now!"

Fittingly, life on the basketball court is becoming more serene for the Colorado junior forward.

The Littleton native has worked her way past former starting center Kara Richards as the first post player off the bench and, not coincidentally, her numbers are up from a year ago heading into today's 1 p.m. game at No. 20 Vanderbilt (8-2).

It wasn't easy.

Dow's numbers dropped her sophomore season and there was talk that she would transfer out of frustration over lack of playing time. To be more specific, there were some people (not associated with the team) who wanted her to transfer, but Dow didn't want to leave.

"It was distracting like a little fly that won't leave you alone," Dow said.

"I never doubted my intentions to come to the University of Colorado," Dow added. "So even last year when basketball wasn't going as well as I hoped it would, I still was loving life. It feels like home to me. Even though basketball wasn't going great, academics and social life were still going great in Boulder and it just fit. There is so much more to life than just basketball so I was never like, 'Oh yeah, maybe I should transfer.' It still felt right."

Through it all, Dow stayed upbeat and continued to work on her game, and it's paying off at a time when CU has greater depth.

She pulled down seven rebounds eight days ago against Colorado State and this season is averaging 11 minutes per game, up from 9.6 last year, but down from 20.4 her freshman season.

"It was definitely difficult coming off a strong freshman year, staying up here and working hard all summer, and then not really understanding my role on the team," Dow said. "But I talked a lot with coach, worked hard in the offseason, and came to grips with what I need to do as a captain on the team and what my role is on the team. Understanding that makes it a lot easier to know what you need to improve and what you need to work on, and also to keep a positive mentality at all times."

Colorado coach Kathy McConnell-Miller calls Dow a point guard in the post because of the way Dow understands — and helps run — the offense, especially against zone defenses, which CU has faced primarily this season. Dow has been rewarded with more playing time.

It's still not good enough for Dow.

"You always want to push for more," Dow said. "I'm not going to be happy until we get to the NCAA tournament as a team. That's the biggest thing. I want to bring a sense of pride back to the University of Colorado. It's one of those things where it's like five years ago people knew what Colorado basketball meant. That's what we're trying to do."

Losing Dow as a transfer would be a serious blow to the Buffs (5-2), who are trying to end a streak of three consecutive losing seasons.

Dow was voted by her teammates as a captain, the only non-senior and non-starter named a captain.

Teammates appreciate Dow's approachable personality and "soccer mom" mentality.

"She's always willing to help everywhere she can, particularly off the floor with bringing along freshmen — picking them up, making sure they're at the right place at the right time, giving them rides," said senior guard Susie Powers, who shares captain duties with Dow and Jackie McFarland.

McConnell-Miller also appreciates Dow's ability to help her with recruiting.

It's a role that comes easy to Dow.

"Recruiting comes a little more naturally when you love where you are," Dow said. "When you bring a girl to me I can tell her, 'I love going to the UMC. I love going up on the hill. I love going to Pearl Street. I love eating at Illegal Pete's. When you really are enthralled with your surroundings it's really easy to sell it. Everything comes from the heart. When you're in love with your surroundings, it's contagious.'"

And serene.



© 2006 Daily Camera and Boulder Publishing, LLC.