



For Immediate Release March 15, 2010 (Contact *Cydney Ricker*)

## **NEW COACH AND SIX RETURNING STARTERS = WATER POLO SUCCESS FORMULA**

BOULDER—The University of Colorado women's water polo team is ranked No. 14 in the nation for the first time in four years after going undefeated at a tournament in Fort Collins, Colo. Feb. 27-28.

This tournament marked some major milestones accomplished by the team. During the tournament, the team defeated New Mexico University, Arizona State University, Arizona University, and Colorado State University. It was the first time in four years the team had gone undefeated during a tournament and the first time any of the players experienced a win against the University of Arizona.

"[During the tournament] we implemented all of the new techniques that our new coach taught us throughout the season," senior starter Lauren Daggett said.

This is head coach Matt Anthony's first season coaching women's water Polo at CU. He used to play water polo at Dartmouth College during his undergrad before he went on to coach women's water polo for the Big Green.

The spring 2010 roster shows a lot of experience with eight returning seniors. Most of the seniors have played for four straight years at CU, and three of which are starters. Six of the seven starters are returning since the team only lost a single member last year. The senior starters are Beth Knorek, Lauren Daggett and Claire Little accompanied by law student Emily Harlan and juniors Carrie Gelman and Bridget Lighterink.

"The new coaching staff that has focused on perfecting the fundamentals and creating a consistent structure, and a team that is dominated by upperclassmen that spend a lot of time outside of practice which has created a team unity that is crucial in the water" are the two reasons Daggett says the team has experienced so much success this season.

At the beginning of the season, the team finished 3-1 in a tournament at the Air Force Academy. They beat AFA, Colorado College and CSU but fell to the University of Utah who was ranked in the top 20 nationally at the time.

"Because of our success this season, we expect to see fierce competition at the conference tournament now that we are one of the teams to beat," Daggett said. "We have the confidence that we can defeat any team we come across."

The team will travel to the University of Arizona to compete in the conference tournament April 10-11 where they hope to earn a bid to nationals.