



---

---

## **UNIVERSITY OF COLORADO BUFFALOES SPORTS INFORMATION SERVICE**

Telephone 303/492-5626 Fax 303/492-5980 E-mail [Cydney.Ricker@colorado.edu](mailto:Cydney.Ricker@colorado.edu) Web [www.CUBuffs.com](http://www.CUBuffs.com)

---

---

For Immediate Release October 17, 2010 (*Contact Cydney Ricker*)

### **2008-09 NATIONAL CHAMPIONSHIP TEAMS**

BOULDER—During the 2008-09 season, three CU Collegiate Sport Clubs were crowned national champions. The three teams—swim and dive, women’s rowing, and freestyle ski—look to bring home to gold again.

#### **SWIM and DIVE**

Two coaches, 100 members, four National Championships and no tryouts sums up the successful swim and dive program at CU. Lynn Zieske and Ken Schmidt take much pride in coaching this diverse group of swimmers and divers. Unlike some other club programs at CU, this one does not hold tryouts, so any ability level and person interested and available to participate is welcomed. This team of young and dedicated athletes hopes to bring home its fifth National Championship title this season.

“I love coaching sports teams in general because they provide students with a foundation in teamwork, confidence, competitiveness, organization, interaction with people, and overall success for life,” says swim coach, Lynn Zieske.

To follow the success of this team throughout the season visit their website.  
([Colorado.edu/StudentGroups/swimdive/index](http://Colorado.edu/StudentGroups/swimdive/index))

#### **WOMEN’S ROWING**

After only a few months in Boulder, rowing coach, Fran O’Rorke had no idea she was meant to not only coach but help bring the women’s rowing team to its first National Championship. O’Rorke rowed for four years at the Division I level and coached at that level for six years before coming to CU. With only six returning to the team, the rowing team welcomed walk-ons with no experience just to complete their team.

“The team never lost faith in their abilities and were able to keep pushing, training and getting faster!” said O’Rorke after her team competed against DI schools like Kansas and Tulsa.

Despite being very inexperienced, last year’s team walked away National Champions after winning by an entire boat length of open water.

“I really felt they deserved it after everything they’d been through, and it was great to see that hard work pay off for them,” O’Rorke said.

For more information visit [coloradocrew.org](http://coloradocrew.org).

#### **FREESTYLE SKI**

Even before the snow falls, the University of Colorado freestyle ski team is busy strength and agility training every morning and perfecting skills in the afternoon either on the trampoline or diving board. Once the ski season starts, they practice on the snow four times a week in Keystone all while attending class as full-time CU students. The time and dedication put into training makes this team reigning back-to-back National Champions.

This club team is one of the few who does not hold tryouts. All 56 members come from very different skill levels and backgrounds. This team has the luxury of being coached by not only someone who competed in college, but head coach Palmer Hoyt is currently a professional skier. Ski competitions are held all throughout Colorado, and this year the USCSA National Collegiate Freestyle Skiing Championship will be held at Sunday River, Maine.

For more information please visit [cufst.com](http://cufst.com).