

# A Top Notch University



*"If heaven has a college town,  
it's probably as beautiful as Boulder."*

– Peter Fish, *Sunset Magazine*



# COLORADO

## A Beautiful State





## High Country





# COLORADO

## The Ideal Environment



Colorado's humidity hovers near 30 percent year round. Lower humidity and higher altitude means a world-class environment that dozens of Olympic and other world-class athletes call home.



Colorado truly has four distinct seasons, but none of them are extreme. Over 250 sunny days per year and low humidity make it comfortable most of the time, and with over 320 days where the sun will shine mean Colorado has more hours of sunshine than both Miami and San Diego. Summer highs average about 80, while winter snow storms usually melt within 24 hours in the metro area.





# Minds To Match Our Mountains

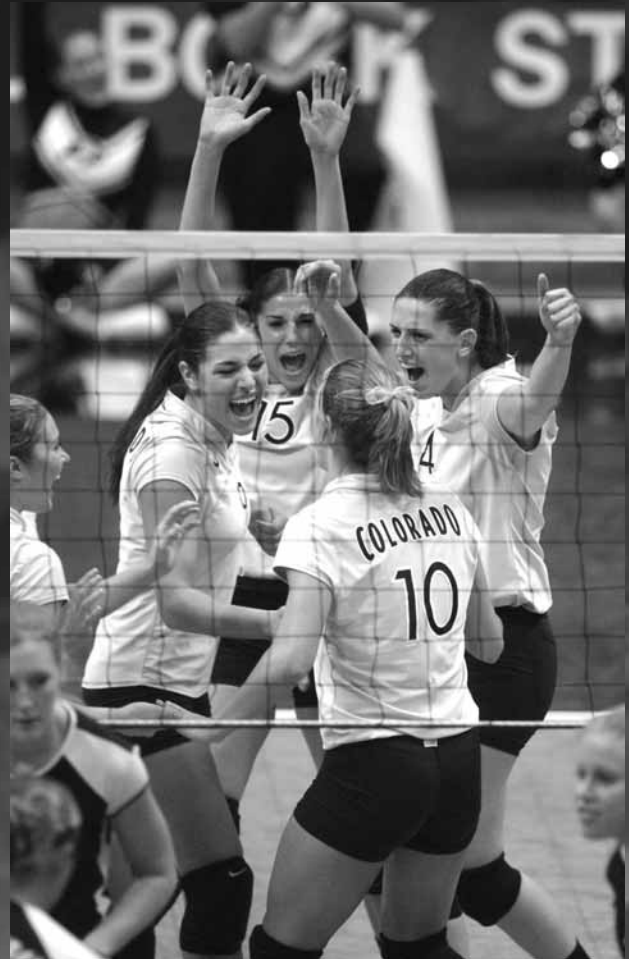
- ◆ CU-Boulder was ranked a "Best Buy" in the 2004 edition of *The Fiske Guide to Colleges*, receiving a four-star rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- ◆ CU-Boulder ranked second in *Outside* magazine's 40 Best Colleges in 2003. The magazine ranked the top 40 schools that "turn out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure."



## Why Colorado Volleyball?

### *Academic Success Under Aiu*

- ◆ In Aiu's tenure, 53 players have combined for 149 semesters with a 3.0 GPA or higher (summer not included).
- ◆ Five players have 10 semesters with a perfect 4.0 GPA.
- ◆ 8 Buffaloes earned 11 spots on the Big 12 Commissioner's Honor Told and Alex Buth and Austin Zimmerman were named to the Volleyball Academic All-Big 12 team.



### *Athletic Success Under Aiu*

- ◆ Of the 25 players Aiu has recruited for scholarship, nine were on the Fab 50 list, eight were high school All-Americans and eight were their respective state's Player-of-the-Year.
- ◆ Aiu's 1997 team qualified for the Sweet 16, he was named Big 12 and District V Coach-of-the-Year.
- ◆ Aiu's 1998 team set new NCAA records for kills per game and assists per game.
- ◆ The Buffs have appeared in the CSTV/AVCA rankings 106 times in their history and in 61 on the 141 polls since Aiu took over.

### *NCAA Tournament appearances since 1991*

- 16 – Florida, Nebraska, Penn State, USC, Stanford
- 15 – UC Santa Barbara, Long Beach State, Colorado, Notre Dame, Ohio State
- 14 – UCLA, Hawai'i, Louisville, Pacific, Texas, Texas A&M, Wisconsin



## Preseason Trips

Every other season, head coach Pi'i Aiu takes the team on a trip during the preseason practices before the start of the school year.

The entire team and staff participate in the team-building excursion as practices are held in local gymnasiums.

In 1998, Aiu took the team to Estes Park for practice and also took some time off to climb some mountains in Rocky Mountain National Park.



The 2000 Buffs visited Sara Fredrickson's hometown of Pagosa Springs and took a day to visit historical Mesa Verde.

In 2002, the Buffs trained near Avon, Colo., and enjoyed a mountain biking expedition in the Glenwood Springs area.

In 2004 the Buffs traveled to the Vail area, home of junior Lara Bossow, for hiking and other activities.

In addition to these preseason trips, CU volleyball annually participates in other outdoor activities to promote team unity, such as rock climbing.





# COLORADO

## Top Notch Facilities

### At Home Under Aiu

1997: 12-2 (.857)  
1998: 12-4 (.750)  
1999: 10-4 (.714)  
2000: 8-5 (.615)  
2001: 12-2 (.857)  
2002: 8-6 (.571)  
2003: 10-2 (.833)  
2004: 10-5 (.667)  
2005: 7-6 (.538)  
2006: 12-4 (.750)  
Totals: 103-40 (.720)



## The Complete Game Day Experience





# COLORADO

## A Setter Factory

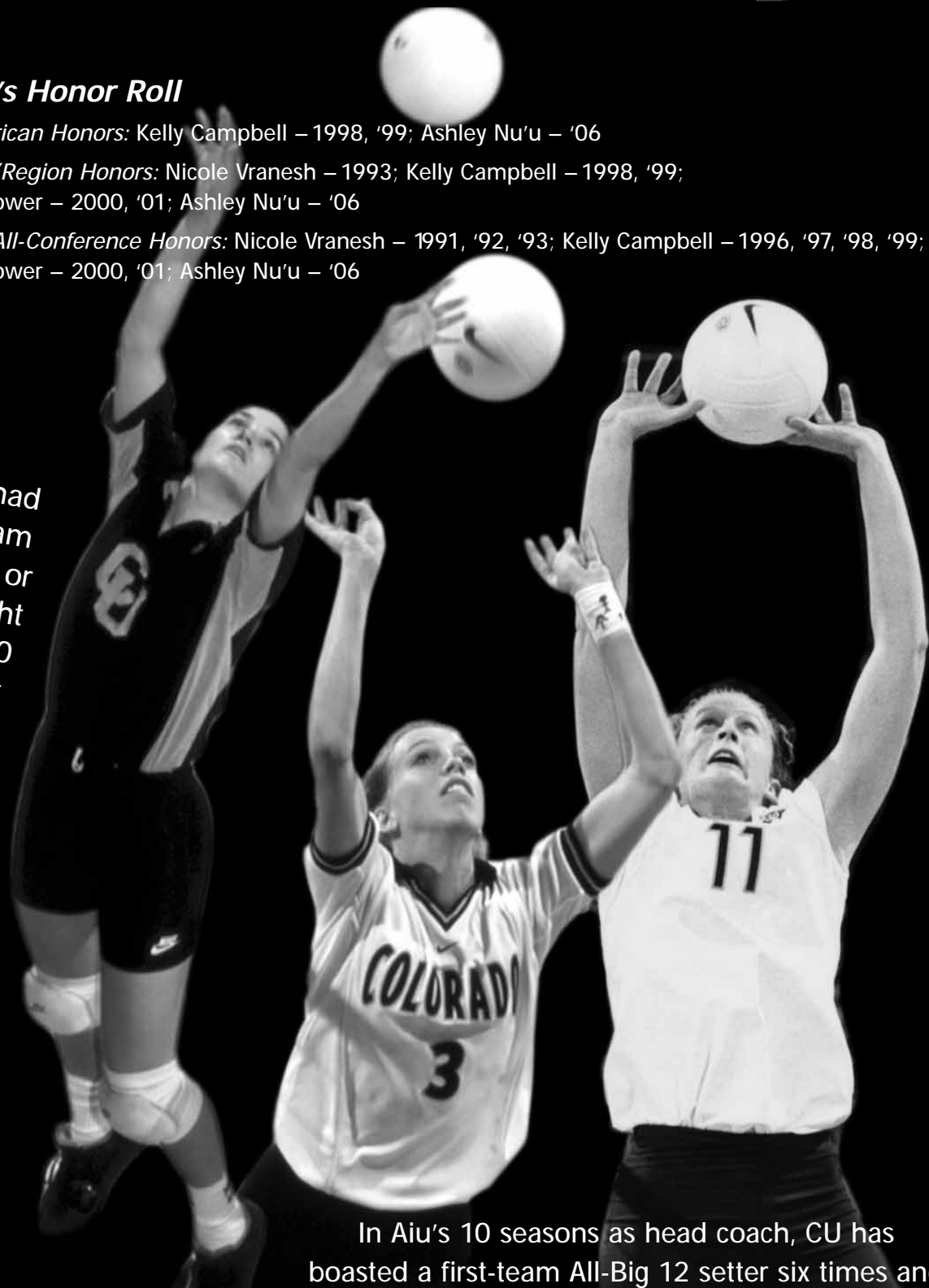
### ***The Setter's Honor Roll***

*Three All-American Honors:* Kelly Campbell – 1998, '99; Ashley Nu'u – '06

*Six All-District/Region Honors:* Nicole Vranesh – 1993; Kelly Campbell – 1998, '99; Elizabeth Gower – 2000, '01; Ashley Nu'u – '06

*10 First-Team All-Conference Honors:* Nicole Vranesh – 1991, '92, '93; Kelly Campbell – 1996, '97, '98, '99; Elizabeth Gower – 2000, '01; Ashley Nu'u – '06

CU has had a first-team All-Big 12 or All-Big Eight setter in 10 of the past 15 seasons



In Aiu's 10 seasons as head coach, CU has boasted a first-team All-Big 12 setter six times and a first-team All-District/Region setter five times.

## Middles & Outsides

### Success On The Outside...

*Tina Murray:* 1987-90 • 1,581 kills • 1,523 digs • All-America in 1989  
• All-Big Eight in 1988, '89 & '90

*Michele Kohler:* 1989-92 • 1,225 kills • 1,446 digs • All-Big Eight in 1992

*Karrie Downey:* 1991-94 • 1,790 kills • 1,540 digs • All-District in 1993 & '94  
• All-Big Eight in 1993 & '94

*Staci Wolfe:* 1991-94 • 1,005 kills • 1,035 digs • All-Big Eight in 1993

*Rachel Wacholder:* 1993-96 • 1,484 kills 1,342 digs • All-Big Eight in 1994 & '95  
• All-Big 12 in 1996

*Sarah Lodge:* 1995-98 • 1,581 kills • 1,081 digs • All-District in 1997  
• All-Big 12 in 1997 & '98

*Tegan Lynch:* 1995-98 • 1,024 kills • 1,216 digs • All-Big 12 in 1998

*Sonja Russell:* 1998-01 • 1,237 kills • 1,271 digs • All-Big 12 in 1999 & '00

*Allie Griffin:* 2002-05 • 1,283 kills • 266 blocks • All-Region in 2004 & '05  
• All-Big 12 in 2004 & '05



Above: Rachel Wacholder was All-Big 12 in 1996 and is one of only two Buffs with 1,400 kills and 1,300 digs. Left: Outside hitters Staci Wolfe (4) and Karrie Downey combined for 2,795 kills and 2,575 digs as teammates from 1991-94 and led CU to the 1993 Big Eight title.



Monique Gerlach (*below*) completed her four-year career in the middle for the Buffaloes in 2003 ranking in CU's career top 10 in kills, attacks, hitting percentage, blocks and service aces.



### ...And In The Middle

*Lisa Soulliere:* 1987-89 • 742 kills • 412 blocks • All-Big Eight in 1989

*Wendy Van Wyhe:* 1989-91 • 790 kills • 338 blocks • All-Big Eight in 1991

*Katie Zabransky:* 1990-91 • 510 kills • 222 blocks • All-Big Eight in 1991

*Janine Zumerchik:* 1991-94 • 1,053 kills • 234 blocks • All-Region in 1993 & '94  
• All-Big Eight in 1992, '93 & '94

*Leah Williams:* 1992-95 • 832 kills • 391 blocks • All-District in 1995  
• All-Big Eight in 1994 & '95

*Alison Koepke:* 1994-97 • 702 kills • 441 blocks • All-Big 12 in 1997

*Kristin Engelking:* 1996-99 • 924 kills • 244 blocks • All-Big 12 in 1999

*Meghan Barkman:* 1999-02 • 1,220 kills • 565 blocks • All-Region in 2001  
• All-Big 12 in 2000 & '01

*Monique Gerlach:* 2000-03 • 1,427 kills • 355 blocks • All-Big 12 2002 & '03  
• All-Region 2002 & '03

## Where are the Buffs Now?

### Some Selected Former Buffs And What They're Up To

- ◆ Shana (Bowen) Lepsis married to former CU TE and current Bronco Matt Lepsis, they reside in Denver.
- ◆ Kelly (Campbell) McFadden played for St. Louis during the inaugural season of the USPV and led the league in assists.
- ◆ Wendy Callahan is a doctor in Los Angeles.
- ◆ Karrie (Downey) Larsen married former CU All-American distance runner Brett Larsen.
- ◆ Elizabeth Gower graduated in 2003 and works as an engineer for Amoco in Bakersfield, Calif.
- ◆ Michele (Kohler) Nelson married to Steve Nelson, was head coach at UMKC, conf. Coach of the Year in '95.
- ◆ Allison (Koepke) Loper married former CU DE Ian Loper.
- ◆ Sarah Lodge married Chase Beninga and is working in Jackson Hole, Wyo.
- ◆ Tegan (Lynch) Heffner married to former CU TE and former Minnesota Viking Brody Heffner.
- ◆ Tina (Murray) Ellis married to Kevin Ellis, a professional trainer in Illinois and mother of two.
- ◆ Courtney (Owens) Bledsoe married former CU QB/TE Adam Bledsoe in 2003.
- ◆ Jennifer (Sherlock) Mardoz married to Michael Mardoz, practices employment law in Denver.
- ◆ Lisa (Soulliere) Placek married to Don Placek, high school volleyball coach in Michigan.
- ◆ Kim Taskey graduated in 2003 and works for a marketing firm in Boulder.
- ◆ Wendy Van Wyhe is a doctor in Denver.
- ◆ Nicole Vranesh software engineer in Los Angeles.
- ◆ Rachel Wacholder played professionally in Europe before current stint on pro beach tour.
- ◆ Leah (Williams) Barbieri married to former CU trackster Dave Barbieri, works in marketing in Washington.
- ◆ Staci Wolfe assistant coach at Nebraska (2000-02) and Florida (1995-99).

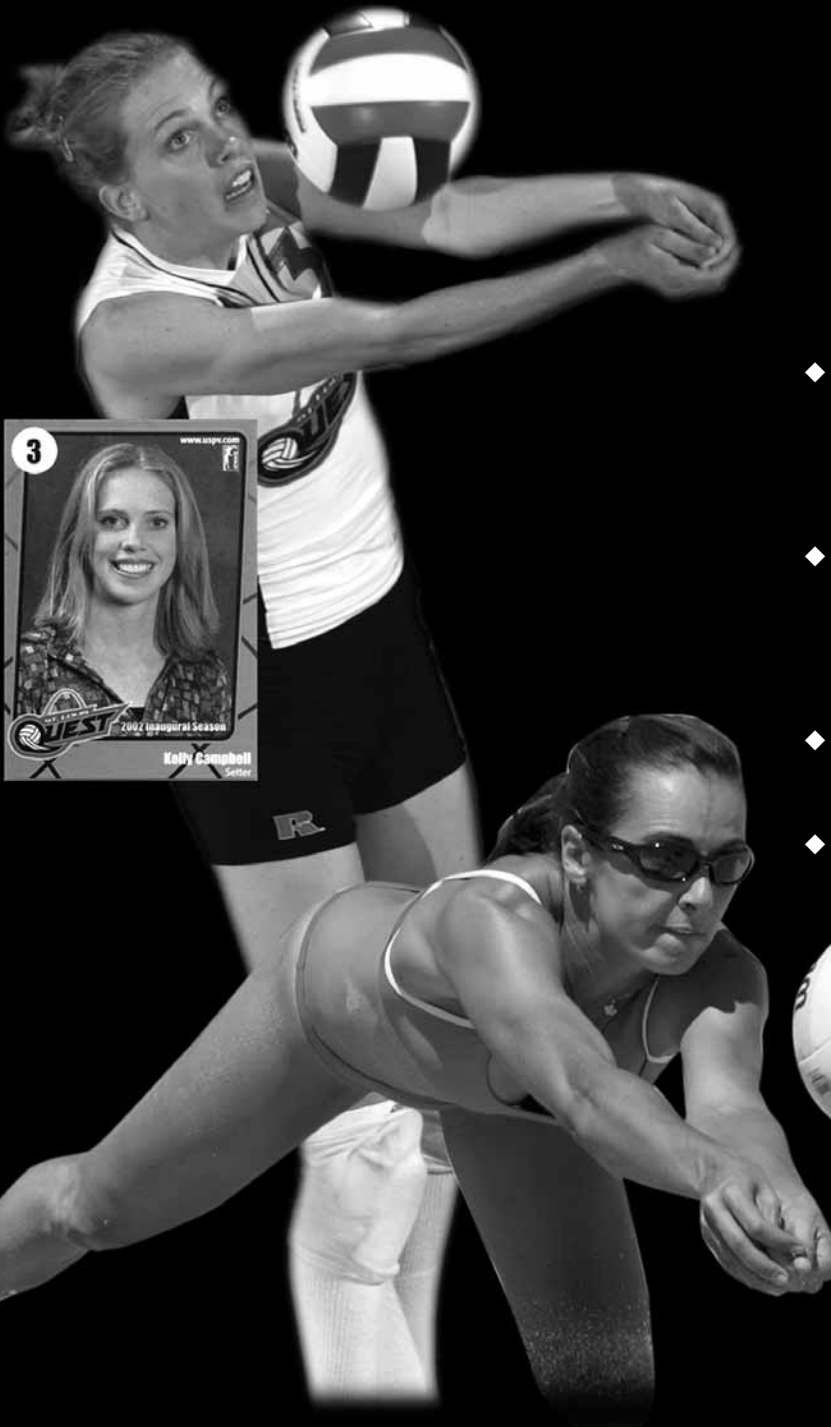


## Beyond Buffalo Volleyball

### CU Alumni In The Pro Ranks

- ◆ Rachel Wacholder is in her ninth year on the pro beach tour after a stint playing in Europe. Wacholder and her former partner, Olympic bronze medalist Elaine Youngs, won the 2005 AVP Cincinnati Open by defeating Olympica gold medalists Kerri Walsh and Misty May, ending their 50-match winning streak. The duo also defeated May and Walsh in the 2005 AVCA Boulder Open. She is currently playing with Tyra Turner.
- ◆ Kelly Campbell was the setter for the U.S. National Team, and played in the inaugural season of the USPV for the St. Louis Quest, leading the league in assists in 2001.
- ◆ Karrie Downey started on the U.S. National Team for two years and also played in the pro ranks in Europe and for the Colorado Thunder of the AVP.
- ◆ Janine Zumerchik played professionally for the Colorado Thunder of the AVP.
- ◆ Susan Gillette played professionally for the Colorado Thunder of the AVP.

- ◆ Tiffany Jestadt played professionally on the pro beach tour.
- ◆ Meghan Barkman played professionally in Salzburg, Austria.





# COLORADO

## Colorado

photo by John Geldermann, VolleyShots.com



Tiffany Jestadt Rodriguez



Current CU volleyball players Mallori Gibson, Christan and Lauren Schaefer worked at the 2007 AVP Hermosa Beach Open

photo by Holly Stein



Rachel Wacholder



## at the AVP



Curtis Snyder, Linda Poncin and Doug Strauss all worked the 2007 AVP Crocs Tour. Snyder and Strauss are former CU volleyball SIDs and Poncin is the current SID.

photo by Matt Brown



Allie Griffin

photo by Matt Brown



Sara Fredrickson



## NCAA Tourney Success

### CU's NCAA Tourney Experience

*First Rd:* 1989, '91, '92, '93, '94, '95, '96, '97, '98, '99, 2000, '01, '03, '04, '05, '06

*Second Rd:* 1993, '94, '96, '97, '98, 2000, '01, '06

*Sweet 16:* 1993, 1994, 1997

**Teams that have qualified for each of the 1991-2001 NCAA Tournaments.**

- ◆ COLORADO
- ◆ Florida
- ◆ Long Beach State
- ◆ Nebraska
- ◆ Ohio State
- ◆ Pacific
- ◆ Penn State
- ◆ Southern Cal
- ◆ Stanford
- ◆ UCSB



### CU NCAA Tournament Tid-Bits

- ◆ Nebraska is the only Big 12 team with more NCAA Tournament appearances than CU since 1991.
- ◆ The Buffs have hosted the tournament five times and own a 6-1 mark.
- ◆ The Buffs are 8-3 in the NCAA Tournament when not playing on the opponents floor.
- ◆ Aiu holds six of the program's nine NCAA victories, and has advanced past the first round in five of his nine appearances.
- ◆ From 1989-01, CU played in 13 straight postseason tournaments, 12 NCAA Tourneys and the WIVC Tourney in 1990.
- ◆ CU had advanced to 17 postseason tourneys in the last 18 years.

## The Big 12 Conference of Champions

The Big 12 Conference has been synonymous with success in competitive play and in the classroom as it enters its 12th season, and league members anticipate continued success during the 2007-08 academic year.

In the first 11 years of the Big 12, the conference can boast of 30 team and over 350 individual NCAA Championships. The success continued this past season, with team titles in men's cross country (Colorado) and women's volleyball (Nebraska) in addition to numerous individual crowns.

Over the past three seasons alone a total of 11 NCAA trophies have been hoisted by Big 12 institutions, with at least one national crown won in 10 of 11 years for the conference, including each of the past 10 seasons.

The Big 12 and its member institutions are committed to a competitive environment where sportsmanship and fair play take center stage. Whether on the field, in the classroom, or within the community the student-athletes, administrators, coaches and game officials of the Big 12 support the highest ideals in sportsmanship.

Big 12 student-athletes also do well in garnering national academic recognition. This past season, two league standouts were named the Academic All-America of the Year in their sport by ESPN The Magazine and the College Sports Information Directors of America. Nebraska's Sarah Pavan (volleyball) boasted a 4.0 grade-point average in Biochemistry, while Aaron Ivey of Oklahoma (baseball) also has a 4.0 GPA in Energy Management.



## The Nation's Premier Conference



# COLORADO

## Student Services

The CU Athletic Department Student Services group is comprised of Sports Medicine, Strength and Conditioning, Student-Athlete Development (including the NCAA CHAMPS/Life Skills program), Equipment and Apparel, Sports Video and food service. All units of Student Services are integral to the educational and athletic experience for student-athletes. They work collaboratively to prepare our young people both athletically and personally.

The Speed Strength & Conditioning staff is committed to the health and development of the student-athlete. They strive to prevent injuries and their training programs focus on improving all aspects of athletic performance. They work on improving strength, power, lineal speed, lateral speed and agility, first step quickness, balance and body control. By improving performance in each of these areas the goal is not to make a better weight lifter, but a better athlete.



The CU sports medicine staff is one of the most respected in the country. Having one of the best treatment and rehabilitation facilities located in the Dal Ward Athletic Center, the staff is on hand 24 hours a day, seven days a week to work with student-athletes.

CU has been a proud member of the NCAA's CHAMPS Life Skills Program in 1996. Since then, athletic department personnel have worked diligently to provide student support and services in the five commitment areas. Specifically, the CU Life Skills Program facilitates educational opportunities and resources to: help students adjust to the challenges of university life and being a Division I student-athlete; assist students in their personal growth and career development, provide opportunities to develop their leadership skills



and be positive, contributing members of their communities. In 2003-04, the Department of Athletics, in conjunction with the campus community, implemented a new life skills class and additional life skills programming in its continued efforts to enhance the student-athlete experience within the university setting by providing an environment that promotes the full development of each student-athlete.



The University of Colorado and NIKE, Inc., are in the second year of the third agreement between the two that has the world's largest shoe manufacturer to providing both equipment and financial support to the CU athletic department.

Being the well-renowned leader in the athletic shoe industry, NIKE has made a foray into the athletic apparel venue and strives to create the absolute best quality workout gear and uniforms available to any college student-athlete. The University of Colorado has benefitted from NIKE's foresight as the company lends its research for new products and designs to make things better for the student-athlete.