

ACADEMICS AND ATHLETICS

ACADEMIC ALL-CONFERENCE

First Team

Michelle Bews	1985
Andrew Dunn	1986, 87, 88
Sarah Hanson	1985
Tom Kresl	1985
Michelle Kantor	1988, 89, 90
Bill Hinkley	1988
Eric Meleney	1989
Amy Merten	1989
Pat Dolan	1990, 91
Shannon Busch	1990
Jennifer Jones	1989
Wendy Smith	1990, 91
Andy Samuelson	1991, 92
Dave Barbieri	1992, 93
Micah Moore	1992
Jay Cleckler	1992, 93, 94
Ben Bossut	1993
Patty Roberts	1993, 95
Scott Larson	1993
Allison Lusby	1994
Rachel McKeen	1994
Jon Cooper	1994, 95
Tim Catalano	1994
Chris Severy	1995, 96, 98
Alan Culppepper	1995
Kelly Smith	1995, 96, 97
Kristina Dahlberg	1995
H. Burroughs	1995, 96, 97, 98
Colleen Glyde	1995
Adam Batliner	1996, 97, 98
Jay Johnson	1996, 98
Matt Napier	1996, 97
Chris Schafer	1996, 97, 98
Zeke Tiernan	1996, 97
Lindsay Arendt	1996, 97, 98, 99
Deb Rieck	1996, 97, 99
Heidi Scarlett	1996, 97
Oscar Ponce	1998
Chris Valenti	1998
Matt Elmuccio	1998
Briana Stott-Messick	1998
Jen Gruia	1998
Gia White	1998
Lindsay Bradfield	1998
Theresa Dean	1998
Liz Sabochik	1998, 00, 01
Molly Austin	1999, 01
Jen Fazioli	1999, 00, 01
Lesley Higgins	1999, 00, 01
Jodie Hughes	1999, 00, 01
Kara Grgas-Wheeler	1999, 00
Tera Moody	2000, 01, 02
Liz Sabochik	2000, 01
Aaron Blondeau	2000, 01
Chris Schafer	2000
Jorge Torres	2000
Ed Torres	2000
Sara (Gorton) Slattery	2001, 04
Anna Wright	2001
Catherine Wright	2001
Sara Hamlin	2001
Jon Severy	2001, 02, 03, 04

Jared Scott	2001, 03, 04
Sean Smith	2001
Zach Crandall	2001
Austin Baile	2002, 04, 05
Travis Macy	2002
Jamie Rosenquist	2002
Shannon Yessak	2002
Matt McCue	2003, 04
Katie Kissane	2003
Payton Batliner	2004, 05
Will Campbell	2004, 05
Pete Janson	2004, 06, 07
Daniel Kenney	2004, 05, 06
Brent Vaughn	2004, 06, 07
Christine Bolf	2004
Allison Bruce	2004
Kristen Hoogheem	2004, 05
Erin Marston	2004, 06, 07
Renee Metivier	2004
Erik Heinonen	2005, 06
Bret Schoolmeester	2005
Kalin Toedebusch	2005
Jenny Barringer	2006, 07, 09
Caitlin Gioscia	2006
Jennifer Hooper	2006, 07
Kenyon Neuman	2006
Caitlin Schultheiss	2006
Anna Chase	2007
Emily Hanenburg	2007, 08, 09
Bradley Harkrader	2007, 08
Dani Rodriguez	2007
Aislinn Ryan	2007
Sara Vaughn	2007
Richard Medina	2008, 09
Allison Sawyer	2008
Laura Thweatt	2008, 09, 10
Andy Wacker	2008, 09
Matthew Biegner	2009, 10
Megan Burrell	2009, 10
Katie Cumming	2009, 10
Seth DeMoore	2009
Stephen Kasica	2009, 10
Diana George	2010
Kelly King	2010
Nikki Look	2010, 12
Jerome Perkins	2010, 12
Brooke Regan	2010
Ryan Savercool	2010
Matt Tebo	2010
Laura Tremblay	2010
Elizabeth Tremblay	2010
Rachel Viger	2011, 12, 13
Mandy Ortiz	2014
David Emmer	2014
Ben Saarel	2014
Kaitlyn Benner	2015
Melanie Nun	2015

Honorable Mention/Second Team

Michelle Bews	1986, 88
Lize Brittin	1988
Annie Farris	1988
Kaye Rains	1988
JoAnne McDonald	1988
Brian Reynolds	1988
Bill Whetstone	1988
Nate Wright	1988
Pat Dolan	1989
William Drake	1989
William Hinkley	1989
Andy Samuelson	1990
Jason Pozner	1990
Amy Merten	1991
Brett Larsen	1991
Scott Larson	1991
Chris McDonald	1991
Steve Barbieri	1992, 93
Jason Drake	1992, 93
Donelly Larson	1992
Mike Sobolik	1992
Jennifer Jones	1992
Catherine Fahres	1992
Julia Huff	1992
Molly Curran	1993
Michell Wilkolaski	1993
Ricky Cron	1993
Kestrel Bishop	1994, 95
Holly Stanish	1994
Jeremy Gintoft	1994
Zeke Tiernan	1994, 95
Adam Batliner	1995
Ewen Nichol	1995
Tom Reese	1995
Brian Aiken	1995
Jay Johnson	1995
Adrian Arnold	1995
Jessica Cirelli	1995
Rachel McKeen	1995
Laura Bruns	1996, 97
Kara Grgas-Wheeler	1996, 97
Mike Friedberg	1998
Megan Clute	1998
Wes Berkshire	1999
Zach Crandall	2000
Molly Austin	2002
Sara Gorton	2002
Jared Scott	2002
Matt McCue	2002
Anthony Chiulli	2004, 05, 06
Bret Schoolmeester	2004
Greg Castro	2005, 07
Pete Janson	2005
Shanna Sparks	2005, 07
Seth DeMoore	2006
Liza Pasciuto	2006
Dan Edwards	2007
Matt Herzl	2007
Kenyon Neuman	2007, 08, 09
Christian Thompson	2008, 09
Emma Coburn	2009, 10, 11
Jordan Kyle	2009
Allison Sawyer	2009

Courtney Bouchet 2010, 11, 12, 13

Camille Logan	2010, 11, 12
Brennan Lynch	2010
Nathan Rice	2010
Andy Wacker	2010
Jeff Warren	2010, 12
Matt Biegner	2011, 12
Katie Cumming	2011
Lara Darco	2011, 12
Diana George	2011, 12
Stephen Kasica	2011
Kelly King	2011
Richard Medina	2011
Ryan Savercool	2011, 12
Blake Theroux	2011
Liz Tremblay	2011, 12, 13
Andy Wacker	2011
Joe Bosshard	2012
Jana Stotling	2012, 13
Maddie Alm	2013, 14, 15
Jenny DeSouchet	2013, 14
Catrina McAlister	2013
Morgan Pearson	2013, 15
Carrie Verdon	2013
Erin Clark	2014, 15
Lucy May	2014, 15
Adam Peterman	2014
Eryn Blakely	2015
Christian Martin	2015
Paul Miller	2015

USTFCCA ALL-ACADEMIC

Adam Batliner	1996
Matt Napier	1996
Chris Severy	1996
Kelly Smith	1996, 97
Jennifer Smith	1997
Briana Stott-Messick	1997
Jenny Barringer	2006, 07, 09
Erik Heinonen	2006
Brent Vaughn	2006, 07
Brad Harkrader	2007
Erin Marston	2007
Sara Vaughn	2007
Richard Medina	2008
Laura Tremblay	2009, 10
Andy Wacker	2011
Erin Clark	2013, 14, 15
Jenny DeSouchet	2013, 14
Abby Levene	2013
Melanie Nun	2013, 15
Morgan Pearson	2013, 15
Ben Saarel	2013, 14, 15
Liz Tremblay	2013
Maddie Alm	2014, 15
Kaitlyn Benner	2014, 15
Sara Sutherland	2014

ACADEMICS AND ATHLETICS

CoSIDA ACADEMIC ALL-AMERICANS



Jenny Barringer



Heather Burroughs



Kara Grgas-Wheeler



Erik Heinonen



Jodie Hughes



Nikki Look



Renee Metivier



Ben Saarel



Chris Severy



Jon Severy



Kelly Smith



B. Stott-Messick



Brent Vaughn

ACADEMIC ALL-AMERICANS

Fall/Winter At-Large

- | | |
|------|-------------------------------|
| 1996 | Chris Severy (1st Team) |
| | Kelly Smith (1st Team) |
| | Heather Burroughs (1st Team) |
| 1998 | B. Stott-Messick (2nd Team) |
| 1999 | Kara Grgas-Wheeler (2nd Team) |
| 2000 | Kara Grgas-Wheeler (1st Team) |

Cross Country/Track

- | | |
|------|----------------------------|
| 2001 | Jodie Hughes (2nd Team) |
| 2003 | Jon Severy (3rd Team) |
| 2005 | Jon Severy (1st Team) |
| | Renee Metivier (1st Team) |
| 2007 | Erik Heinonen (1st Team) |
| 2008 | Jenny Barringer (1st Team) |
| | Brent Vaughn (1st Team) |
| 2009 | Jenny Barringer (1st Team) |
| 2010 | Jenny Barringer (1st Team) |
| 2013 | Nikki Look (1st Team) |
| 2015 | Ben Saarel (3rd Team) |
| 2016 | Ben Saarel (2nd Team) |

POST GRADUATE SCHOLARSHIPS



Aaron Blondeau



Ben Bossut

Big Eight/Big 12

- | | |
|-------------------|------|
| Ben Bossut | 1994 |
| Jon Cooper | 1996 |
| Heather Burroughs | 1999 |
| Aaron Blondeau | 2002 |
| Rachel Gioscia | 2009 |



Jon Cooper



Rachel Gioscia



Jessica (Pixler) Tebo

NCAA

- | | |
|-----------------------|------|
| Heather Burroughs | 1999 |
| Kara Grgas-Wheeler | 2001 |
| Jessica (Pixler) Tebo | 2011 |
| Nikki Look | 2013 |

ACADEMICS AND ATHLETICS

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**

- Interview Skills
- Job Placement
- Contract Negotiation

- **Personal Financial Planning with Susan Morley of Leeds School of Business**

- Playbook for Life, the Student-Athlete's Guide to Understanding and Planning Your Financial Future

- **Exit Interview with the Department of Athletics**

- Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)

- **Career Services**

- Resume / Folio 21
- CSO On-line
- Letters of Recommendation (4-6)
- Job Fairs
- Post-Graduation Test Preparation

- **Exit Physical**

- Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage

- **Counseling and Psychological Services**

- CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes learning to cope with the impending life changes once their careers have ended.

- **Graduation Checklist**

- **Alumni C-Club**

- Student-Athletes stay connected to CU through membership in the Alumni C-Club.

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



ACADEMICS AND ATHLETICS

READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the "Read With the Buffs" program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher's Responsibilities:

- a. Decisions:

- i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in "Read With the Buffs" successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.

- a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.

6. Student-athletes will deliver the message: do well in school, work hard, do your

personal best, and importance of reading.

7. No more than two classrooms should be combined with one group of student-athletes.

8. One adult volunteer is assigned to two to three student-athletes.

9. CU pencils and bookmarks or stickers will be left for all students.

10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about "Read With the Buffs."

- a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in "Read With the Buffs."

11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men's or women's basketball game.

12. A special section will be set aside for all "Read With the Buffs" participants.

13. Two students will be on the court during halftime representing their classroom.

