

THE OFFICIAL DIGITAL MAGAZINE OF THE WISCONSIN BADGERS

# VARSITY

AUGUST 19, 2015

VOL

## NATIVE SON

WITH THE BADGERS, PAUL CHRYST IS BACK AT HOME ONCE AGAIN



LAVELLE LEADS BADGERS INTO 2015

COVER STORY



## ALL IN THE FAMILY

Paul Chryst is back in a familiar setting as he embarks on his first season as Wisconsin's head coach, one that growing up in a football family has prepared him for.



WOMEN'S SOCCER

### ROSE IN BLOOM

International experience has helped Rose Lavelle grow into a capable and crafty midfielder, a player that has high goals for her Badgers in 2015.

JACK MCLAUGHLIN

LUCAS AT LARGE

### SOMEONE TO LEAN ON

Michael Deiter has been a quick study at Wisconsin, but that doesn't mean he hasn't learned by example from former Badger Kyle Costigan.



ELLI GRASHIEL

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# Quick study Deiter learns from Costigan

**M**ichael Deiter nearly made his college debut against Ohio State in the 2014 Big Ten Championship Game. That would have been problematic on two fronts: 1) The Buckeyes were on a mission to prove they belonged in the College Football Playoff; 2) Deiter would have blown his redshirt season.

“I met with Coach Woods,” Deiter said of former UW offensive line coach T.J. Woods, “the Wednesday before the championship game and he kind of told me what the situation was. I might have to go in; I might not have to; it just depends.”

The variable was starting center Dan Voltz, who was injured the previous Saturday. “I don’t really know how close I was to playing,” said Deiter. “But if the team needed me to play, that’s fine, I’ll play. Whatever the team needs, it’s not about the redshirt. But it was definitely nice to actually keep it.”

Voltz gutted it out and made the start in the conference title game. But he reinjured his ankle on the fourth play and was replaced by Dallas Lewallen who shifted over from left guard. Ray Ball, who was also nursing an injury, took over for Lewallen at guard. Not that it mattered. The Buckeyes won in a rout.

Deiter saved a year of eligibility, though, and his practice reps with the No. 1 offense were not wasted. He has been there and

done that before. During the spring of 2014, Deiter, an early enrollee, got almost all of the reps at center while both Voltz and Lewallen were rehabbing injuries.

At that, Deiter has no idea how many practice reps that he has taken at offensive guard and center over the course of two springs and his redshirt season as a freshman. He hasn’t been keeping track. “But it has been quite a bit,” he said. “And that’s a good thing.”

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COSTIGAN ON DIETER:

**“HE’S SUPER INTELLIGENT ... HE’S GOT ALL THE TOOLS TO BE A PHENOMENAL PLAYER.”**

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Good, he explained, because the investment should now start paying dividends. “I’ve tried to take advantage of all of them,” he said, “instead of getting mad because I’m taking all of these practice reps and not seeing the field. It’s a good thing because I can get better before I actually do play.”

Barring an injury, the 6-foot-6, 325-pound Deiter will finally make his collegiate debut in the season opener against Alabama. He will take over at right guard for Kyle Costigan, a consensus first-team All-Big Ten pick. Costigan overcame multiple injuries and surgeries to start 35 career games.

Deiter has learned to lean on Costigan, now an intern on the UW strength and conditioning staff. “When he was playing last fall and I was taking guard reps with the twos,” Deiter said, “he was there helping. Every time I’d come back (to the huddle), he’d have something to say to me.”

After watching his steady growth through all those reps, Costigan has plenty to say about Deiter. “He’s super intelligent; he picked up the playbook his first spring when he had to play center and guard and he was only 17 at the time,” he said. “He’s got all the tools to be a phenomenal player.”

Costigan’s words obviously carry a lot of weight, even if he doesn’t anymore. His heaviest playing weight was 325. Since the Outback Bowl win over Auburn, during which he played essentially on one good leg — “the stuff that legends are made of,” according to Barry Alvarez — he has been shedding pounds. He lost 80 at one point, dropping all the way to 245.

“To get up to as heavy as I was, I pretty much had to do non-stop eating; I was eating constantly,” said Costigan, a native of Wind Lake. “My personal belief is that if you eat for the intrinsic value of being large, you kind of lose the intrinsic value of loving food.

“When I stopped playing, I kind of ate when I wanted to eat, when I was really hungry or my



body really needed me to eat instead of force-feeding myself all the time. It's not rocket science to lose weight. You have to burn more calories than you consume and it falls off."

He has since gotten his weight back up to 260. "I think this is my natural weight," he said. "When I got down to 245, everybody made comments that I looked too skinny so I felt like I should bulk up. If I'm going to be a strength coach, I need to have a little bit more of a physique."

Costigan isn't the only former Badger working under strength coach Ross Kolodziej; the other is assistant coach Bradie Ewing, a former UW fullback. "Bradie knows how things are supposed to be done around here," Costigan said. "Bradie's football IQ is through the roof; his work ethic is pretty much second to none."

Priceless was the word that Costigan used in describing the impact that Ewing can have on the younger Badger players because "they can see how he operates and how he does things." Deiter could use the same word — priceless — to describe what Costigan has already meant to his development.

"It's awesome having him in the weight room now," said Deiter, who hails from Curtice, Ohio (just outside of Toledo), "because I know how

much that means to him and he does it the right way. He knows how to coach it and he knows what he's talking about."

So does Voltz, who has also been mentoring Deiter. On having Voltz lining up off his left shoulder before every snap, Deiter said, "It makes a world of difference with his experience and how smart he plays and how he relays information to me. It makes it a lot easier.

"Even when he wasn't playing," Deiter said of Voltz, a redshirt junior from Barrington, Illinois, and one of two returning starters on the O-line along with senior left tackle Tyler Marz, "he was still back there getting me through everything. Without him, it would probably be three times as hard."

The mentoring system is an integral component of Wisconsin football.

"When I came in here," Costi-

gan said, "I had guys like Gabe Carimi, John Moffitt, Kevin Zeitler, Pete Konz, Travis Frederick and Ryan Groy, all phenomenal football players (and NFLers). They laid the foundation and taught you how things are done. We're a lunch pail crew, I guess, hard hat guys.

"You learn to work your butt off every day and make every day count. Deiter got to watch Dallas, Rob (Havenstein) and I last season. He saw how we prepared for each game, how we watched film, how we practiced, how we worked in the weight room. And now we're handing him the torch."

Specifically, Deiter saw how Costigan handled his business like a man; he saw how Costigan handled stress and personal adversity throughout his senior season while his mom, Sandy, was putting up the good fight against kidney cancer. She lost her battle in April. She was 58.

"All the guys on the team are pretty much my second family and they helped me through it all," Costigan said. "I still think about her every day. She means the world to me. And I still make sure I talk to her every day. She's in a better place; she was in a lot of pain at the end, so it's kind of a blessing."

Deiter can't go wrong if he follows Costigan's lead. On the field or off. ■



# WHO ON YOUR TEAM IS GOING TO HAVE A BREAKOUT SEASON IN 2014-15?



**COURTNEY BURKE**  
Senior • Women's Hockey

"I think **Maddie Rolfes** will have a breakout year for us. I believe she is going to be more confident on the ice going into her sophomore year. She really started to play well during the second half of last year, which should carry over into this season."



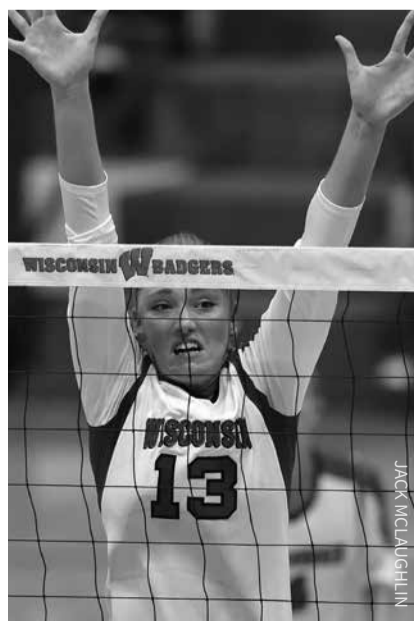
**ZAK SHOWALTER**  
Junior • Men's Basketball

"That's a tough question to answer because we literally have about five guys who could have breakout seasons. I think **Ethan Happ, Vitto Brown, Jordan Hill** and freshman **Charlie Thomas** are all guys who could have big years. We have a bunch of holes to fill and I think we have a lot of guys who are putting in the work and ready to step up and fill those spots."



**LAUREN CARLINI**  
Junior • Volleyball

"I think **Haleigh Nelson** will have another breakout season because she has worked so hard during the offseason to make herself better in every aspect of the game. She is so dedicated to making herself the best she can possibly be and maxing out her potential."



**MALACHY SCHROBILGEN**  
Junior • Men's Cross Country

"I have to pick **Russ Sandvold** and **Tyson Miede** to be the breakout guys on the team this year. Tyson had a really nice redshirt season last year where he put in a lot of hard work and never stopped competing for a spot on the travel squad. Russ has been through a lot of adversity and I think he's going to reap the rewards of his hard work and patience during those trials. Both guy exemplify what it means to be Badger Tough."



*As one of only five returning letterwinners for the Wisconsin volleyball team in 2015, sophomore Kelli Bates is expected to play a major role for the Badgers. As a freshman, the 5-foot-11 outside hitter led the team with 2.85 kills per set. She picked up additional experience this summer by traveling to Italy, Slovenia and Croatia as part of a Big Ten Conference All-Star team.*

## **What is the biggest thing you learned from traveling with the Big Ten All-Star team to Europe?**

“The biggest thing I learned on the tour was that everyone was there for a reason, to represent their university in a respectable way. Every player on the tour contributed in huge ways to their own team, and it was a blast to come together and see everyone combine their talents to represent our conference. Age had nothing to do with who did or didn’t play; seniority was never a factor. Captains or leaders were titles that were never given to someone, it was whoever wanted to lead or step up and take charge of the team had the freedom to do so, and that’s one of the things I liked most.”

## **What was your favorite part of the trip?**

“My favorite part of the trip was our sight-seeing day in Rovinj, Croatia. About five or six of us roamed the city together and the scenery was unbelievable and breathtaking. You don’t see those kinds of buildings or waters over here in the U.S.”

## **How have you used what you learned to help the Badgers**

## **ALL ABOUT KELLI**

**Year:** Sophomore

**Hometown:** Bradley, Ill.

**Position:** Outside Hitter

**Height:** 5-11

## **QUICK Qs FOR KELLI**

**Age you started playing volleyball?**

“Nine years old.”

**Best thing about the Field House?**

“The loyal fans and Bucky.”

**Favorite Coach Sheffield saying?**

“Never let anyone question your heart.”

**Secret addiction?**

“Making paninis.”

**Dream date?**

“Ryan Reynolds would take me to Chipotle.”

**Who are your role models?**

“Both my parents and siblings are the best role models I could have ever asked for.”

**One word that describes the team?**

“Inspiring.”



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HAVING GROWN UP ON THE GAME, **PAUL CHRYST** IS FOLLOWING HIS FATHER'S FOOTSTEPS AS A HEAD COACH IN THE LATEST CHAPTER OF A FOOTBALL FASCINATION THAT HAS LONG BEEN FUELED BY FAMILY.

**BY MIKE LUCAS**  
[UWBADGERS.COM](http://UWBADGERS.COM)



*Part One of a two-part look at the path Wisconsin's Paul Chryst took in returning to his hometown to become the head coach at his alma mater.*

**A**lthough his dad was a successful coach, Paul Chryst didn't show any early interest in becoming one himself. Like many carefree youngsters, teetering on their teens, he didn't know what he wanted to be when he grew up.

"You want to be a fireman?" he said, suggesting a universally-accepted profession transcending generations. "You want to be ... what? You know what I mean? You weren't trying to figure out life too quick. To be honest, I didn't know if I wanted to be anything."

Chryst was still too young to care about tomorrow. The only thing that he saw in his future was the next game for the BS Friars (Blessed Sacrament), the next competition, the next challenge. He loved competing, especially if that meant matching up against older neighborhood kids, and it often did.

"I was always probably a little too serious about sports," said Chryst, who was schooled at Blessed Sacrament (4K through eighth grade) on Hollister Avenue — not far from the Chryst home — a short

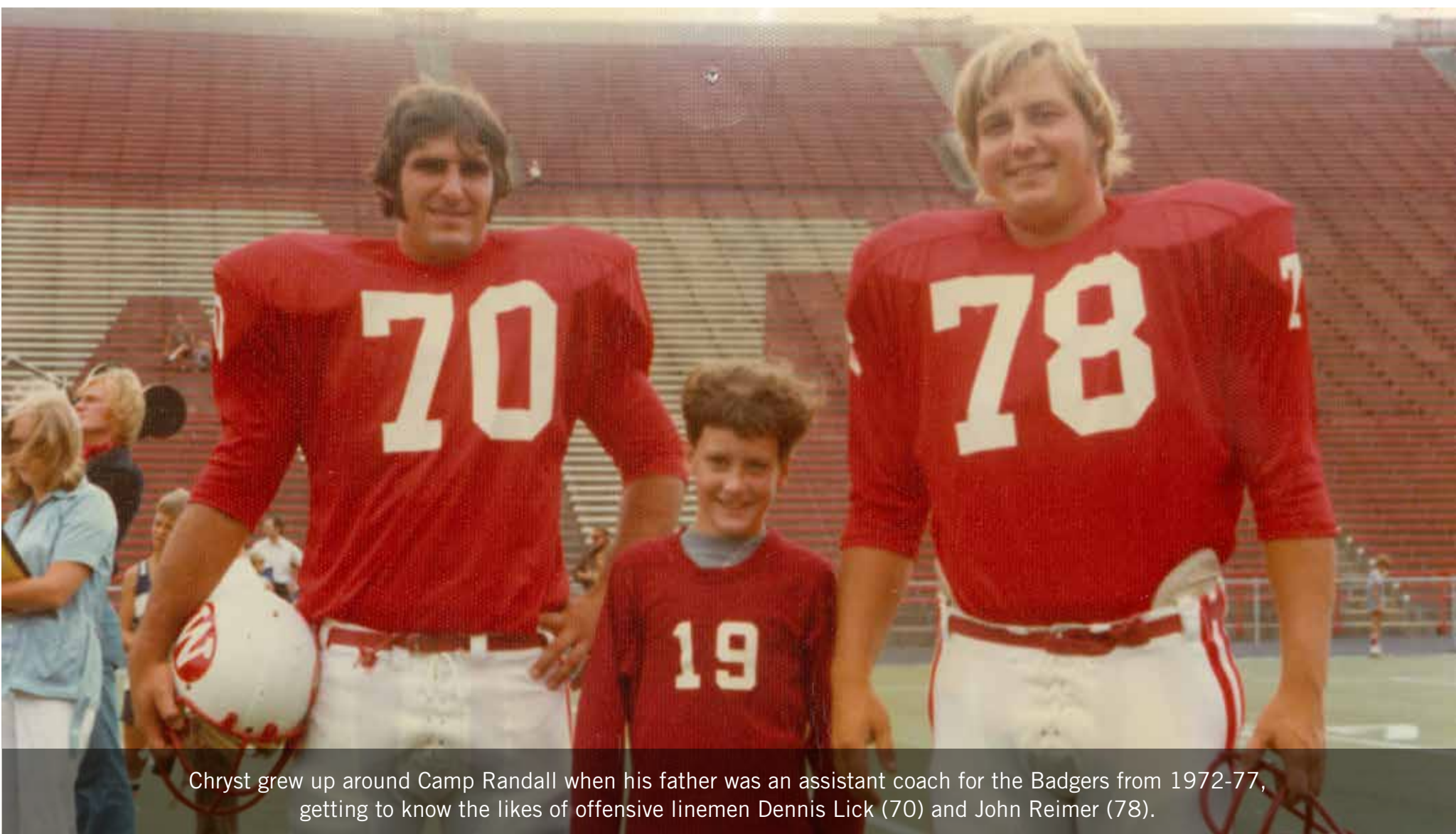
walk from Regent Street and less than a mile from Camp Randall. "I wanted to be more than just a participant."

Holding his own wasn't good enough. He wanted to be better than that. "And that was a big deal in the neighborhood if you could play in those games," he said, "because a lot of times you're playing up — they're four and five years older than you — and you just have to hang."

He was prepared to do so. Chryst's older brothers, Rick and Geep (George Patrick), would toughen him up at home. "We would do make-believe Olympics, but we only had one set of boxing gloves," Rick recalled. "Paul would always get the left-handed glove and he would have to be Russia."

Because of their age difference — Rick is now 54, Geep is 53 and Paul will be 50 in November — it was only natural that there would be a pecking order and a short straw. Paul was the second youngest of the five Chryst children; he was sandwiched between his sisters, Cathy and Dolly (Mary Ellen), who lettered in track at Wisconsin (1986-87).

"I suppose there's a certain amount of realities with birth order," Patty Chryst surmised of her family. Upon reflection, though, she couldn't remember her



Chryst grew up around Camp Randall when his father was an assistant coach for the Badgers from 1972-77, getting to know the likes of offensive linemen Dennis Lick (70) and John Reimer (78).

sons being overly competitive with each other. “I don’t know that they were similar in that many ways,” she added.

But they each shared one thing: they were raised as a coach’s kid. George Chryst coached football (his teams were 43-10) and basketball (138-47) at Madison Edgewood High School. He was also the athletic director and taught social studies and physical education during nearly a decade of service.

In 1972, Chryst returned to his alma mater, Wisconsin, as an assistant on John Jardine’s football staff. Chryst had been a guard-linebacker for the Badgers. In fact, Paul Chryst still has the 1958 game ball that was presented to his dad after he set up a score with an interception in a 20-0 win over Miami (Fla.).

In retrospect, Paul Chryst’s earliest memory from Camp Randall was not from a game. Instead, he recalled being on the Edgewood clean-up crew that assembled on Sunday mornings and collected all the debris from the stands following a Saturday home date.

“You’d get cinnamon rolls afterwards,” he said with a wide grin.

When he was in the sixth and seventh grade, he remembered hanging out at Holy Name Seminary, where the Badgers used to conduct their pre-season training camp. He also remembered throwing a football around with his friends at the stadium, a perk for any coach’s kid.

Since his dad helped tutor the O-line and tight ends, his favorite players were from those positions groups: Dennis Lick, Terry Stieve and Ron Egloff. Meanwhile, he had the Rufus (Roadrunner) Ferguson touchdown shuffle poster and took a liking to another undersized tailback, Billy Marek.

This past spring, on Chryst’s initiative and invita-



Chryst played for three head coaches at UW from 1985-88. “I have empathy for what those kids are going through, here and Pittsburgh,” he said. “I lived it as a player.”

tion, a large number of former UW players came back to campus and watched practice. Among them was the aforementioned Egloff, a starting tight end on Jardine teams in the mid-’70s. “Talking with him was a big deal for me,” said Chryst, glowing.

One of the most memorable plays in school history was a 77-yard touchdown pass from quarterback Gregg Bohlig to flanker Jeff Mack that rallied the Badgers to a stunning 21-20 upset of Nebraska in 1974. Bohlig came back for the reunion, and so did Mack (as well as his son, a former UW linebacker).

“They were all talking about how much they enjoyed Dad,” said Chryst, obviously touched by the turnout and the genuine, heartfelt sentiments expressed by so many. In addition, he got to reconnect with former Badgers teammates and roommates.

Chryst rattled off names like Joe Armentrout, Craig Raddatz, Glenn Derby, Paul Gruber to go along with Brian Anderson, Todd Gregoire, Scott Bestor, Pete Nowka, Andy Hartlieb, Todd Nelson and Matt Joki ... he stopped short of trying to name everyone because he knew that he’d forget someone.



**“I WAS ALWAYS PROBABLY A LITTLE TOO SERIOUS ABOUT SPORTS,” SAID CHRYST. “I WANTED TO BE MORE THAN JUST A PARTICIPANT.”**

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George Chryst lettered for the Badgers in 1957 and '58 before spending six years as an assistant in the '70s.

“Paul has always had great relationships with the athletes who have come back,” Geep Chryst said. “There’s something emotional about your former players returning and it’s great for the current players to see that they belong to a long line of Badgers. That’s a powerful narrative there.”

After Jardine retired under pressure in 1977, George Chryst spent one season as an administrative assistant to Jardine’s successor, Dave McClain, before opening a new chapter in his coaching life by taking over the UW-Platteville football program.

Paul Chryst was going into the eighth grade when the family relocated to southwestern Wisconsin, a little over an hour from Madison. Not only would he accompany his dad on road trips, traveling in a van with the quarterbacks, he would also chart offensive plays from the press box.

As a high school senior, Chryst was the starting quarterback and catalyst on a Platteville team that won the Division 4 state championship. He passed

for 227 yards and two touchdowns in the title game. That earned the 6-foot-2, 185-pound Chryst a scholarship to Wisconsin, Class of 1984.

At the end of a disappointing 7-4-1 season — Chryst redshirted — the underachieving Badgers had the most players drafted in the nation, including three first-round picks: wide receiver Al Toon (No. 10, Jets), cornerback Richard Johnson (No. 11, Oilers) and defensive tackle Darryl Sims (No. 20, Steelers).

The following spring, Chryst moved from quarterback to defense and lettered as a backup linebacker and defensive back. The Badgers struggled in 1985 and dropped to 5-6. Some changes were in order. The next spring, Chryst was on the move again; he returned to quarterback.

Much of that spring is still a blur for Chryst nearly three decades later. Understandably so.

On April 28, 1986, two days after practice had concluded with the annual intrasquad game, McClain died from a heart attack. He was 48.

“Me and Brian Anderson (a tight end on the team) were upstairs getting our meal tickets,” Chryst said, “and we were coming down the stairs going to the locker room ...”

When they passed the sauna where McClain was found.

“Me and Brian were the second and third people there,” Chryst said. “I was taking his pulse.”

McClain had collapsed after exercising on a stationary bike.

“Once more people came,” Chryst said, “I went down to the training room and called Dad because Tom McClain (Dave and Judy McClain’s son) was playing football for him. I told him, ‘Something has happened, you need to grab Tom and come up here. Don’t turn on the radio.’”

McClain’s death left a sizeable scar on the Wisconsin program. “It was tough to get over,” Chryst said. “We all appreciated him as players. I also had some history with him because Dad was on his first staff. That was just really hard on everybody.”

McClain’s defensive coordinator, Jim Hilles, was named the interim head coach. In 1986, the wheels fell off during a stress-filled 3-9 season. Chryst played sparingly on special teams and was used as

a holder on placements. Hilles was not retained and was replaced by Tulsa's Don Morton.

In Morton's rookie season, Chryst shifted to tight end and caught six passes, one for a touchdown. Morton implemented his Veer offense with personnel that didn't fit and the results were predictable. The Badgers finished with a 3-8 mark, 1-7 in the Big Ten. And it would only get worse.

Wisconsin slumped to 1-10 in 1988, the lone win coming over Minnesota. As a senior, Chryst, who wore No. 9, did a little bit of everything. He was the fourth-leading receiver with 12 catches, threw a couple of passes and had three rushes. He got the most out of a bad situation.

Morton lasted one more season before being fired.

Given the extremes of his five-year career, what would Chryst do differently if he could?

"I don't know if it's what you would do different," he suggested. "It's pretty easy to say I would have gone left instead of going right or something. There were a lot of lessons. Some I learned doing it; some I learned when I reflected back on it (those trying years).

"It prepared me going into this (coaching) profession more than I thought it would. Some of it is what you want to do, and there was a lot of 'what not to do' from a player's and coach's approach. One thing I'm proud of is that we had a group of guys that worked hard and got through it."

Today, Chryst can better relate to players dealing with transition because he was forced to adjust to three different head coaches (McClain, Hilles and Morton). "I have empathy for what those kids are going through, here (Wisconsin) and Pittsburgh," he said. "I lived it

as a player."

All things considered, he admitted to learning "a ton of lessons from the interaction between coach and player" during his playing days. "Your philosophy is shaped by all of your experiences," he said. "Those weren't all favorable, but there were still good experiences looking back on it."

Chryst got his degree in political science from Wisconsin. "When I was done with high school, I thought I'd like to be a coach, but I wasn't sure," he said. "That's why I did take Poli Sci. I wanted to do something totally different. I even did an internship at the (state) capitol."

But he couldn't walk away from football without knowing if coaching was his calling. UW assistant Mario Russo, who had a hand in Chryst's recruitment, had a connection with West Virginia's Don Nehlen and arranged for Chryst to be a graduate assistant with the Mountaineers.

"Coach Nehlen ran a great program; there was continuity and success," said Chryst, who was on a staff with some young, promising coaches: Rich Rodriguez (now the head coach at Arizona) and Chris

Haering (now UW's special teams coach). "I learned a lot and it was a really good experience."

Was Chryst now committed to coaching?

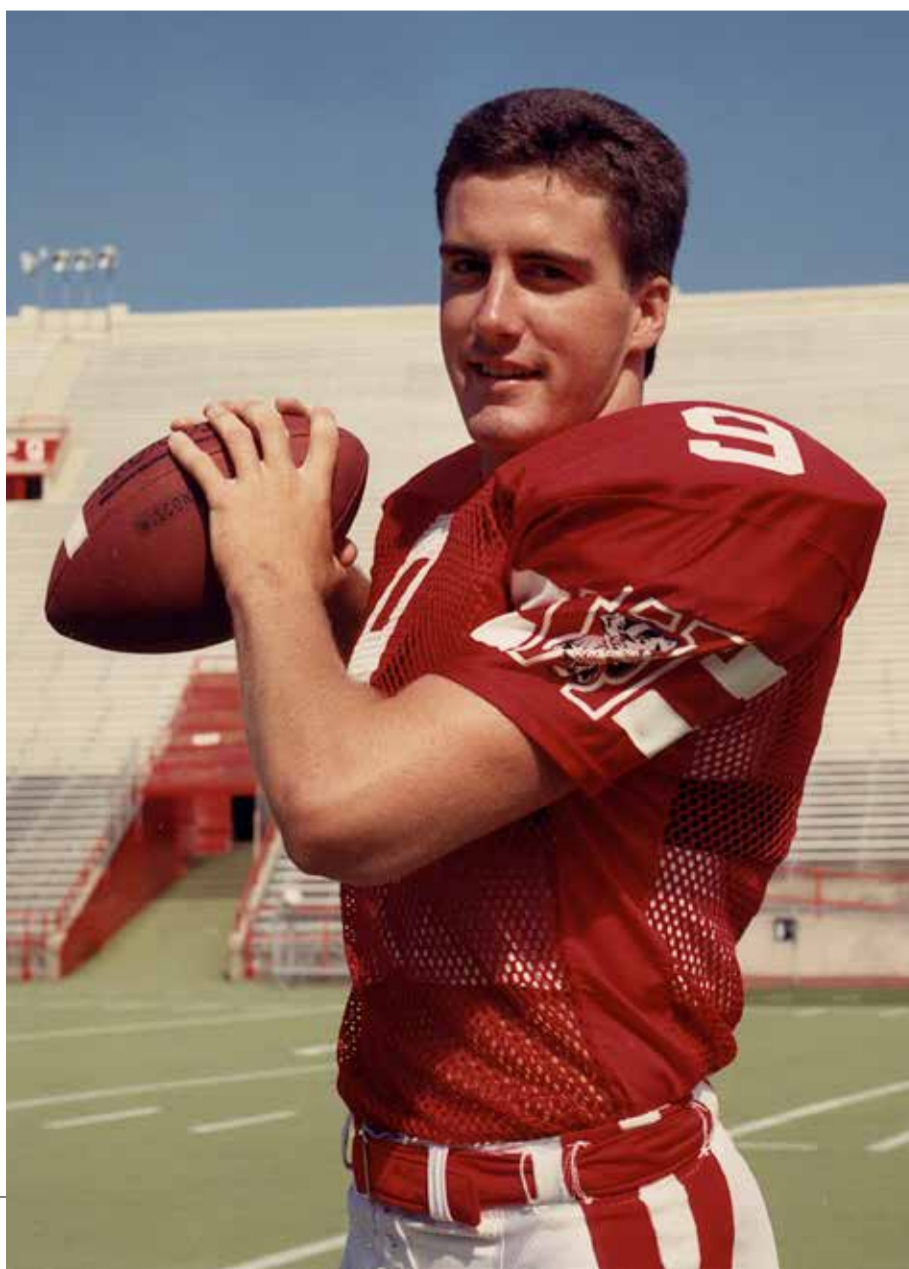
"I didn't know," he said. "But I thought that's what I wanted to do."

After earning his master's degree in educational administration from West Virginia, Chryst went looking for a job. "I was struggling to find one," he said, "when literally by the grace of God, I got hooked up with Mike (Riley) and the San Antonio Riders (of the World League of American Football)."

Mike Riley became his



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George Chryst passed away unexpectedly when Paul was 27 and in the midst of his first full-time coaching job with the San Antonio Riders.

mentor.

“I was ready to learn with Mike,” Chryst said.

The Riders survived a couple of turbulent seasons before disbanding.

“But my experience with Mike,” Chryst said, “is what cemented my commitment (to coaching).”

Chryst was in his San Antonio office when he got the phone call in early December of 1992.

“I got a call from my grandma,” he said. “My grandpa had been sick.”

Chryst feared the worst.

“The family,” he said, “was kind of bracing for my grandpa (passing away).”

But she was calling about his dad, not his grandfather.

“Then, it hit home,” he said. “It was one of those things you never forget.”

George Chryst had died in his sleep from anaphylactic shock after eating fish and cashews. He was 55. “Everyone who has experienced losing a loved one is different,” Paul said. “But everyone has that same, ‘you’re just kind of in a fog’ feeling (when

they’re told).”

Was there anything that he wanted to say to his dad but didn’t get the chance? “None of the big stuff, and I’m grateful for that,” he said, adding that he has friends who have regrets in this area.

“But how could you not have a bunch of stuff that you wanted to say?”

More than anything, Chryst wanted to share so much with his dad over the years and couldn’t. “When we were coaching in San Diego (Chargers) with Mike, I was telling Geep (who was also on the staff), ‘I wish Dad was here. He’d have such a blast,’” he said.

While labeling himself as “selfish” for thinking such things, he continued, “We get to do a lot of neat things as coaches and they’re most meaningful when you get to share them with the ones you love. Don’t you think he would have had a kick going to the Final Four and watching Bo (Ryan)?”

George Chryst was also Platteville’s athletic director and hired Bo Ryan to coach basketball.



“I wanted my dad to know our kids,” Paul Chryst was saying now softly.

Paul and Robin Chryst have three college-age children: Katy, JoJo and Danny.

What would George Chryst think about his son taking over the Wisconsin Badgers?

“I think he would feel very honored, I really do,” Patty Chryst said. “George would be typically enthusiastic about it, you know what I mean?”

Anyone who ever met George knew exactly what she meant. Rick and Geep have their dad’s hearty laugh and opinions on what their younger brother inherited.

“Paul has my dad’s consistency,” said Rick Chryst, a former commissioner of the Mid-American Conference (1999-2009) and assistant commissioner with the Southwest Conference and Atlantic Coast Conference. A Notre Dame grad, he played baseball for the Irish and was a team captain.

How does that model of consistency play out? “Consistency in terms of how you treat people,” said Rick, a graduate of the Duke law school and a senior vice president/counsel at Dietz Trott Sports & Entertainment Management in Cleveland. “Consistency in terms of values and principles.”

Geep Chryst has been known to spout some of George Chryst’s favorite clichés.

Like, “Weeds grow fast and oaks grow slow.”

There was another one that was popular among the Chryst boys.

“My dad would always say, ‘If I can just hang in there for a couple of more years, I’ve gone through life without a real job,’” said Geep, who has been in the coaching business for 28 seasons, including 23 in the NFL; he’s currently the offensive coordinator of the San Francisco 49ers.

“You didn’t see coaching as a job, you saw it as something you’re fortunate to do,” explained Geep, who sees Paul in the same light. “You appreciate the game and you work hard on the schemes to put guys in position to make plays. And then you sit back and enjoy it when guys are having success.”

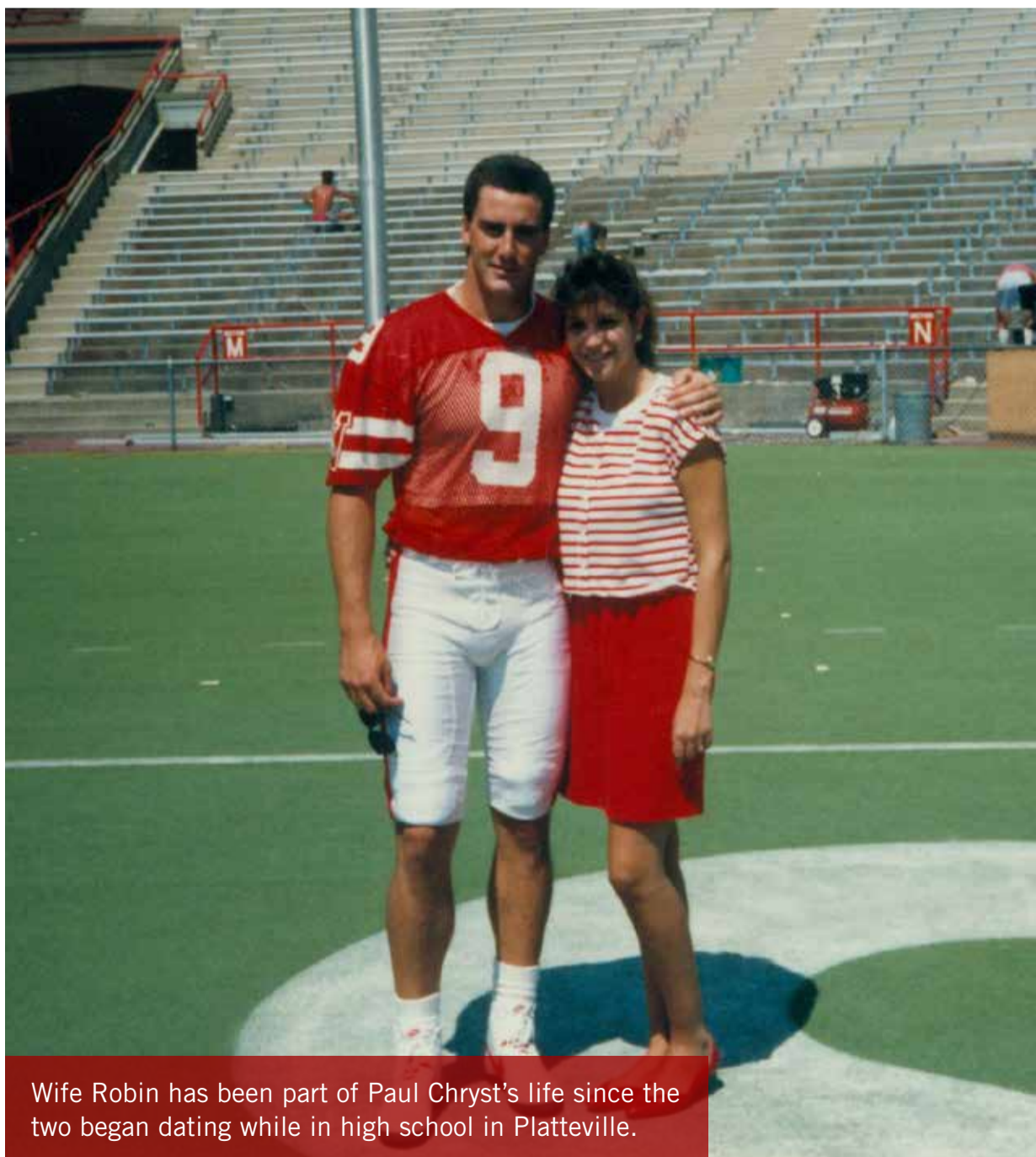
Geep Chryst, a Princeton grad, pointed out the role that a coach’s wife has in the formula.

“My mom would juggle all things on the home front so my dad could coach,” he said. “She’s really bright, passionate, upbeat and positive; all the characteristics that you look for in a quality teacher or educator or coach.”

Patty Chryst has a pretty impressive resume, too, punctuated by her tireless involvement with the Wisconsin chapter of the National Football Foundation. She was the consummate coach’s wife. In this context, she singled out Robin Chryst for her positive influence on Paul’s growth in the profession.

“Robin is huge; she has been a wonderful partner,” Patty said. “I watch her and Shelley, Geep’s wife, and they’ve really been troopers. You have to run the household, especially if they have an active family. They help give balance and perspective and meaning to everything.”

By his own admission, Paul Chryst is clueless around the house as a handyman. “I’m really unbe-



Wife Robin has been part of Paul Chryst’s life since the two began dating while in high school in Platteville.

lievably bad,” he said. “I have yet to figure out how our thermostat works. When I try to do it, I screw it up and Robin is like, ‘Don’t even touch it.’”

Patty used the word “industrious” to describe Robin.

That was out of necessity. At one point, there were nine moves in 14 years.

The San Antonio Riders was the first of Paul Chryst’s 12 full-time jobs.

Noted Geep, “As coaches, we appreciate our families allowing us to pursue our passion.”

Patty couldn’t say enough good things about all of the Chryst spouses. Cathy is a nurse and married to

a successful high school baseball coach in Omaha, Nebraska. Dolly married one of Paul’s former UW teammates, David Strauser, a University of Illinois professor.

The Strausers had one son play football at Princeton, while another is playing at Penn and yet another at Purdue. John Strauser is a redshirt sophomore defensive end for the Boilermakers. He registered his first career tackle against Wisconsin last year. He wears No. 51; same as George Chryst.

Much was written and said about Paul Chryst leaving Pitt for the opportunity to go back home. And that’s what he did, literally, he went home; he moved into his mother’s condo last winter and spring while Robin stayed in Pittsburgh with the kids through the school year.

“It was nice,” Paul said. “But I didn’t see her much. Our hours were different.”

“That’s been the case a couple of other times during transition periods,” said Patty, laughing.

Yes, there have been many transitions for Team Chryst.

Asked about her son’s assets as a coach, Patty Chryst said, “He’s so player-oriented.”

She also emphasized his “team perspective” and characterized him as a “family man.”


“He’s excited,” she said, “whenever any of his kids can share what’s going on.”

That would also hold true of his extended family, the Badgers.

“I thought my mom and dad had a great plan,” Paul Chryst said of his parents. “They were on the same page with all of the main stuff; dead-on with the big stuff. You talk about constant messaging? My mom is one of the most generous people with her time, too. I hope to have the energy she has.”

What did Paul Chryst take from George Chryst?

“One of his strengths as a coach was assessing who he had for a team, and I’d like to think that I have some of that,” he said. “He truly did respect those who respected the game. He appreciated how players would play it, how coaches would coach it and the work they put into it.”

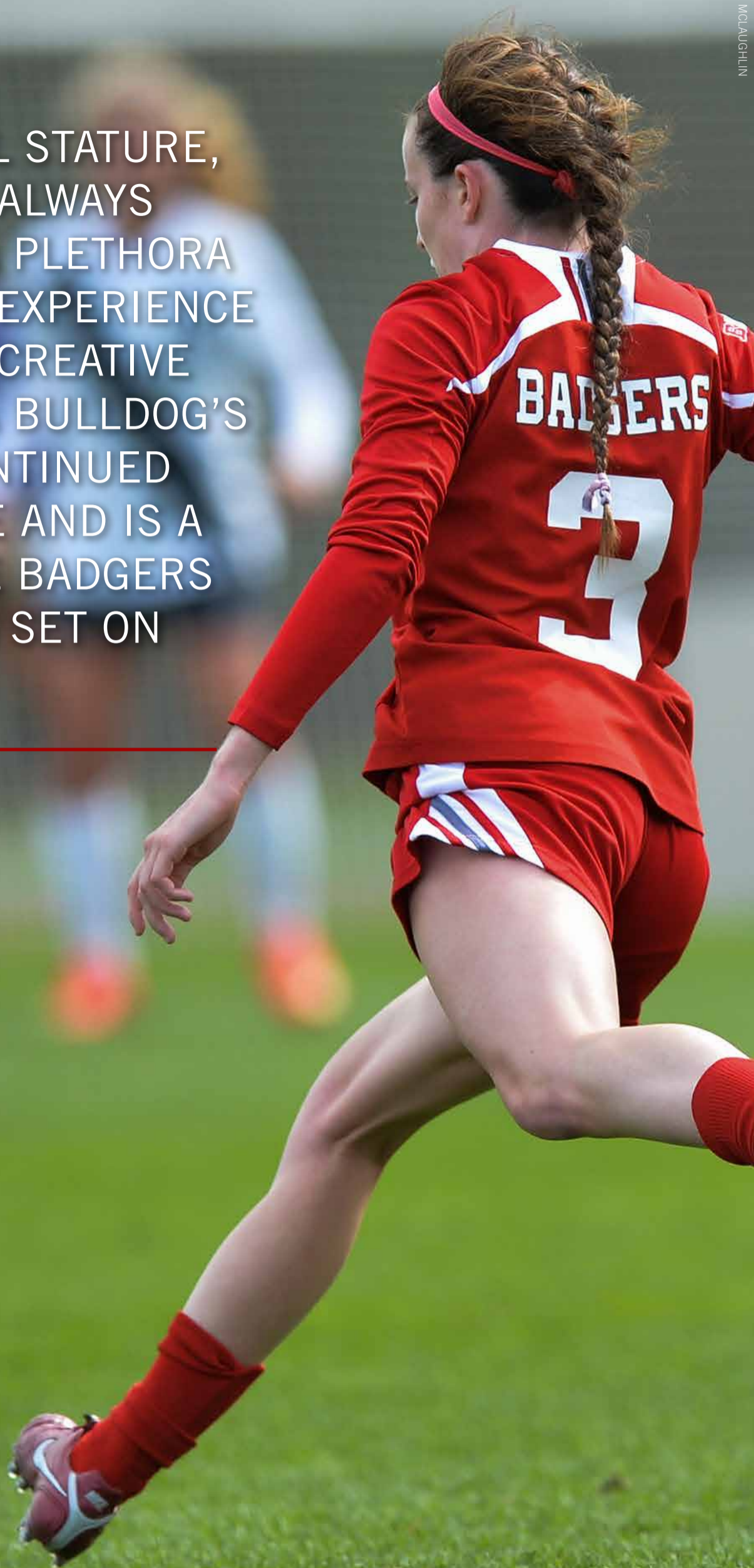
Paul Chryst looked up from his desk and said, “I’d like to think that I’ve got that, too.” 



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*Next week: Looking at Paul Chryst’s maturation as a head coach*

DESPITE HER SMALL STATURE, **ROSE LAVELLE** HAS ALWAYS PLAYED BIG. WITH A PLETHORA OF INTERNATIONAL EXPERIENCE TO HER NAME, THE CREATIVE MIDFIELDER WITH A BULLDOG'S MENTALITY HAS CONTINUED TO GROW HER GAME AND IS A MAJOR REASON THE BADGERS HAVE THEIR SIGHTS SET ON A SPECIAL SEASON.



BY MIKE LUCAS ■ [UWBADGERS.COM](http://UWBADGERS.COM)



Rose Lavelle wasn't sure what to make of the Wayne Gretzky comparison, other than it was complimentary. Or, so she was informed.

"I knew he was a hockey player," she said sheepishly. "My dad kind of told me."

Gretzky was "The Great One" — arguably the greatest in National Hockey League history.

"Honestly, I wasn't sure who that man was," she confessed. "I knew that it was a pretty high compliment. But I've never seen him play so I don't understand the analogy myself."

Lavelle is 20. Gretzky last played in 1999. You can do the math. At that age, if she was going to remember anything, however vaguely, it would be Team USA beating China in the Women's World Cup.

The source for the Gretzky-Lavelle comparison was April Heinrichs, the captain of the U.S. team that won the first World Cup in 1991, a gold medal-winning Olympic coach and a Hall of Famer.

Heinrichs had a lot of good things to say about Lavelle in a lengthy feature story on Wisconsin's junior midfielder by Jonathan Coleman that appeared in the June issue of *Cincinnati Magazine*.

Lavelle was raised in the Queen City.

"Gretzky was so fluid; he could transition from attacking to defending so effortlessly," Heinrichs said. "His creativity was undeniably there, head and shoulders above everybody else. That's how Rose is. Her ability to maneuver in and out of pressure, then do it again, and play a simple ball is unbelievable."

Heinrichs, the technical director for the U.S. national teams, also opined, "Rose changes direction with and without the ball as well as anyone ... a player like Rose is able to separate herself by her technical and tactical ability to solve problems, with both feet and her head up."

Lavelle is one of the reasons why the Badgers are ranked No. 14 in a preseason poll and tabbed for third in the Big Ten by the league coaches. Kinley McNicoll and Brianna Stelzer are two other good reasons for such opti-

mism. All three landed on the conference's "Players to Watch" list for 2015.

"I just want to do whatever I can to help us have a successful season," Lavelle said. "Coming into this year, I definitely have a little more confidence than I had the first two years which is very reassuring. And I hope that I can bring confidence to the team as a whole."

Last season, the Badgers lived up to the expectations that were spelled out for them on wristbands worn by each player. One side was a reminder: "Play Big." They won a school-record 19 games. The other side was a goal: "#BTC2014." They won the Big Ten tournament championship.

"People were playing for each other," Lavelle said.

After earning a No. 4 seed in the NCAA tourney, the Badgers blanked DePaul 2-0 behind Cara Walls' two goals in a first-round game that was staged on a frigid, snowy night in Madison; the same day that Melvin Gordon memorably rushed for 408 yards against Nebraska at Camp Randall Stadium.

Six days later, Wisconsin's season came to an end in Tallahassee, Florida, where the University of Central Florida edged the Badgers, 3-2. It also signaled the end of the line for the aforementioned Walls, who had 42 career goals; and goalkeeper Genevieve Richard, who had 23 career shutouts.

"Everyone was super upset," Lavelle said after the UCF loss, "and I feel that speaks volumes. The year before when we ended the season (10-7-2) everyone was just angry and mad. At the end of the past season (19-3-2), we were all sad because we didn't want it to be over."

"Getting into the (NCAA) tournament definitely gives us confidence going into this season. We know that we can compete with some top teams. Our big thing is that we want to build a program that can build on the success of the previous year."

"It's going to be really important for us to finish high in the Big Ten and kind of prove to the country that we're not just a one-and-done team (in the NCAAs). From a team standpoint, I definite-





ly think there's a little pressure. But I think we can handle the pressure — we're up for the challenge.”

If the Badgers do face some adversity, particularly early in the season due to the graduation losses and the expectations, Lavelle believes that they can go to school on how Team USA overcame an uninspiring tournament start and rallied for a stunning victory over Japan in the 2015 World Cup final.

“At the beginning of the tournament, people were kind of questioning if they could do it,” she said. “In the end, they proved everybody wrong. That kind of speaks for itself. It's how you finish. You can't let something or somebody defeat you. That's the big message.”

Does Lavelle see herself playing for her country someday on such a grand World Cup stage? “It has always been a dream of mine,” she said. “And if I was able to fulfil that, it would be obviously incredible. But there are a lot of good midfielders in the mix (for the national team). We'll see.”

Others, like Heinrichs, see such promise and untapped potential in Lavelle, a 2014 second-team All-American and a watch list candidate for the 2015

MAC Hermann Trophy, the soccer equivalent of the Heisman. “Rose's game,” Heinrichs told *Cincinnati Magazine*, “oozes skill and sophistication.”

Beyond her addiction to burrito bowls and mild salsa and chips, a Chipotle diet — not to mention her love of Xavier basketball, a Cincy thing — there's something else that may set her apart. “With Rose,” Heinrichs said, “you can't be sure what she is going to do and that's what makes her so dangerous.”



HEINRICHS ON LAVELLE:

**“ROSE CHANGES DIRECTION WITH AND WITHOUT THE BALL AS WELL AS ANYONE ... A PLAYER LIKE ROSE IS ABLE TO SEPARATE HERSELF BY HER TECHNICAL AND TACTICAL ABILITY TO SOLVE PROBLEMS, WITH BOTH FEET AND HER HEAD UP.”**

To this end, Lavelle has an explanation for her unscripted tendencies.

“Being in the middle of the field,” she said, “you kind of get the freedom to be unpredictable. You don't have the sideline or the end line to help the defender decide which way you're

going to go. I guess that I like to switch it up. I don't think I do the same thing too often.”

Growing up, she worked on her game and various moves in her backyard. Not that it was ever “work” by strict definition. “It really wasn't work for me because it was so fun,” she said. “It sounds kind of cheesy but I would just go in the backyard and I was obsessed with juggling.”

That would be the skill of keeping the ball in the air

with your feet, knees, chest or head.

“I was best friends with a girl on my club team,” Lavelle said. “And we were always competitive with that (juggling). She would come to practice and say, ‘I got 200 juggles.’ And I would come back the next day and say, ‘I got 230.’”

“Juggling was a big thing that helped me with my touch and being able to use both feet. Aside from juggling, I was kind of a nerd and I liked going on YouTube and looking at videos of people doing cool moves. And then I’d go outside and try to do them myself.”

At a young age, the 5-foot-4 Lavelle learned to compensate for her lack of size. She had no other choice. “I wouldn’t say I was a super-aggressive player; physicality isn’t one of my strong points,” conceded Lavelle. “I weigh 118, maybe 121 on a good day. I’m pretty scrawny.”

At 6-foot and 185 pounds, Gretzky wasn’t overpowering. It’s all about adjustments. “That’s why I’ve got to be so technical,” Lavelle said. “I had to have tight touches to my body and moves to change direction and get away from defenders so they couldn’t knock me off the ball.”

There’s a little bulldog in Lavelle — and one at her side when she’s at home in Cincinnati. Her name is Wilma Jean Wrinkles. She’s an English bulldog. And she has her own Instagram account. She turns 3 on August 22. “It’s just so sad,” Lavelle said. “I don’t want her to grow up.”

Her master doesn’t want to either. She’s having too much fun and doesn’t hesitate to express herself accordingly. “I love Twitter,” she said. “I like tweeting my thoughts and trying to find things comical about my life. But I always have to make sure it (her tweets) couldn’t be taken other ways.”

Last August, there was no mistaking Lavelle’s emotion. She was crestfallen after North Korea upset Team USA on

penalty kicks in the U-20 World Cup quarterfinals in Toronto. Savannah Jordan (a Florida junior), Lindsey Horan (a U.S. pro playing in France) and Lavelle failed to score on their PKs.

The Americans were the defending champions.

Lavelle has yet to watch a tape of that loss or the penalty kick that she failed to convert.

“I had a lot of guilt from it,” she said.

But she’s doing much better today.

“It took me a while to get over it,” she said. “What made it so hard is that we had to pack our bags and leave the next

morning and say bye to all of our friends, all our coaches and all the staff members. We would never be a team again and that was very hard for me.

“Aside from just loving soccer, part of what I love so much about it is the experiences I have and the friendships I’ve made. I’m a very relationship-based person. And it was hard for me to say, ‘See you later’ because I didn’t know when I would get to see those



LAVELLE ON HER INTERNATIONAL PLAYING EXPERIENCE:

**“OBVIOUSLY, THE INTERNATIONAL LEVEL IS A LOT FASTER. ANOTHER THING IS THE LEADERSHIP ASPECT. YOU HAVE TO BE COMMUNICATING, WHICH IS HUGE. BRINGING THAT BACK HERE REALLY HELPS OUT.”**

**Lavelle and teammate Micaela Powers celebrated last year’s Big Ten Championship win with a special guest — Lavelle’s English bulldog, Wilma Jean Wrinkles.**



people again.”

In retrospect, Lavelle might have been guilty of overthinking, trying to do too much, over-preparing for the moment. “I just kind of messed with myself,” she said. “I was home for a week before the World Cup and I probably hit more than 40 PKs to the point where I strained my quad a little.”

It was a painful but valuable lesson. “I haven’t taken a PK in a game since then, not out of fear, but because the opportunity hasn’t presented itself,” she said. “But it’s something where I’ll hop back on the horse and get comfortable with it (once called upon again in that situation).”

In late May, the United States U-23 national team won the Four Nations tournament in Norway. Lavelle had an assist in each of the three games and a goal in a 2-1 win over England in the finale. Lavelle’s international experience over the years has been priceless in her growth as a collegian.

“It definitely helps,” she said. “There’s a difference in the speed of play at the two levels. Obviously, the international level is a lot faster. Another thing is the leadership aspect. You have to be communicating, which is huge. Bringing that back here really helps out.”

It shouldn’t be surprising that Lavelle is determined to maximize every opportunity for team success based on how she has maximized every ounce of her scrawny 121 pounds on a good day, mind-you. That’s reflected by her performance in the grueling beep test, a multi-stage fitness, endurance test.

“It’s not always fun but it’s always rewarding at the end once you get over the hump of doing it,” Lavelle said. “It’s a lot better when you know that you’re going to do well — when you have the confidence going in. Then it’s not that bad.

“It’s mental, too, not just physical. You have to be able to push yourself past what you’re used to. When I was with the 20s (U-20 team), I couldn’t get past that hump, so I wouldn’t do so well. Towards the end of the cycle, I started getting high scores.”

By taking such an exercise to heart and excelling, testing out higher than others, it has become a part of her arsenal as a player. “It’s really a confidence booster on the field,” she said, “because you know that you’re prepared going into the game and you can last the 90 minutes.”

Her bulldog side was showing. 🐾





## Captain Caputo is an unquestioned leader

Senior safety relishes role as quarterback of Badgers' defense

**M**ichael Caputo could have passed for someone who was sent over from Central Casting to play the role of a construction foreman. He looked perfectly comfortable wearing a hard hat and wielding a hammer while advising others. In this case, Caputo was overseeing some of his football teammates during a Habitat for Humanity home-building project at Camp Randall Stadium.

"I can line up a board to a pencil mark," he said, "and put a nail in straight."

Just call him the Hammer. Or the Captain. He's both for the Badgers as a hybrid safety-linebacker. Last season, he led the defense in tackles with 106, many of them coming in the open field (64 unassisted). Along with forcing two fumbles, he recovered four, underlining his playmaking ability. Find the ball and you will usually find No. 7, Caputo, a fifth-year senior from Imperial, Pennsylvania.

Find Caputo, a second-team All-American in 2014, and you will find a preseason watch list, too. He's on the Bednarik, Nagurski and Thorpe lists. Along with tailback Corey Clement, he also made the Big Ten's Players to Watch list, an exclusive group

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## Badgers enter season ranked among best

Wisconsin tied for fifth in national poll and picked to finish fourth in Big Ten

It was a busy week for the Wisconsin volleyball team, as both the national and Big Ten preseason polls were released. Wisconsin is tied for fifth in the national poll and was picked to finish fourth in the 2015 conference race. In addition, junior Lauren Carlini and senior Taylor Morey were preseason All-Big Ten picks.

### **BADGERS TIED FOR FIFTH IN PRESEASON NATIONAL POLL**

The Badgers tied for fifth in the American Volleyball Coaches Association (AVCA) Coaches Top-25 Preseason poll released last Wednesday. The Badgers are tied with Big Ten Conference foe Nebraska in the fifth spot. Four Big Ten teams are ranked in the top 10 while nine conference teams are ranked or received votes.

Wisconsin ended the 2014 season ranked fourth in the AVCA poll after going 31-3 on the year and advancing to the NCAA Elite Eight. The Badgers lost three starters to graduation but bring in the nation's third-ranked recruiting class.

Two-time reigning NCAA champion Penn State (36-3 in 2014) leads the poll while national semifinalists Stanford (33-2) and Texas (27-3) come in second and third, respectively. Florida (28-4) is ranked fourth while Nebraska (23-10) and Wisconsin follow.

Illinois (26-8) rounds out the Big Ten teams in the top 10, rank-

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BRANDON HARRISON

## Plenty of positives in year's first exhibition

Play in 1-1 draw with Northern Illinois gives Badgers reason for optimism

Coming away from its first exhibition of the preseason, there was plenty to be optimistic about for the Wisconsin men's soccer team and head coach John Trask.

"This was a good start to our preseason and another good step in the growth of this team," Trask said of UW's 1-1 draw against Northern Illinois in Dekalb on Sunday. "With any preseason game, we're less concerned with the result and more with the performance. In that regard, I thought we looked good defensively and I was very pleased with what I saw overall."

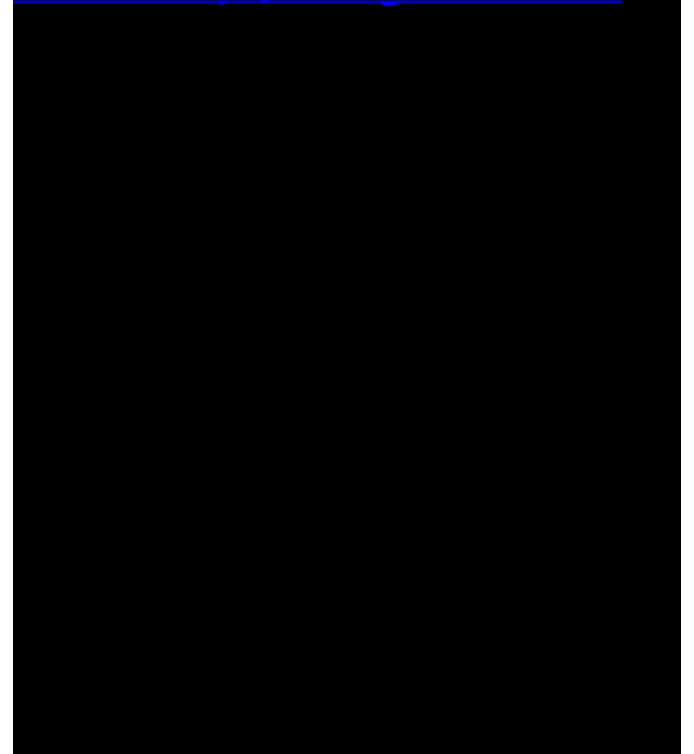
One of the bright spots was sophomore Tom Barlow, who wasted no time finding his scoring form ahead of the new season. A 2014 Big Ten All-Freshman team honoree, the forward from St. Louis created a few scoring chances against the Huskies, including a tactical goal early in the second half.

Set up by great passes from fellow sophomore Mike Catalano and junior Brian Hail, Barlow got the ball in the box, dribbled past NIU goalkeeper Andrew Glaeser and beat him by scoring far post.

Barlow appeared in all 18 games as a freshman last season and shared the team lead in goals, with five.

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## With new faces, Badgers unified for 2015

Even with a handful of newcomers joining team, women's soccer is still family

There are 10 new faces this year on the Wisconsin women's soccer team, but you wouldn't know it from just looking at the team chemistry and camaraderie shown by the Badgers.

Even with a fresh feel and new look, the Badgers look unified and focused on the task at hand last week during the team's exhibition against Marquette.

"The thing about our team is that it's like a family. We all come together," sophomore goalkeeper Caitlyn Clem said of the group. "With how many freshmen we have, some people think that there would be different people here and there, but it doesn't feel like that at all. We love our freshmen.

"We all come together. We have one goal."

That goal is to build on what the team accomplished last season. After winning a program-record 19 games, claiming the Big Ten tournament title and making the second round of the NCAA tournament, this group wants more. These Badgers want to prove that they're helping to build a consistent program of success and not just one that's known for one-and-done seasons.

One new member who is projected to play a big role this season

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