



"Climbing is not easy. It can be painful, at times discouraging, and sometimes going back down seems more appealing, however for me, climbing to the top is my only desire, and nothing will hinder that."

—Tara West

“Most days begin before 6 a.m. and end well into the night. On our journey, each of us is committed to long-term success but we also embrace the challenge to make this team better each day than we were the day before. Everyday in everyway we are getting better and better and there are no small things. Soon the victories that only our staff, our team, and our administration know about, will be transformed into victories for everyone to see.”

These are our coaches



BRIAN HEFFERNAN

Head Coach

Brian Heffernan begins his fourth season with Washington State volleyball excited to have the Cougars take the floor for the 2007 season.

"This team of athletes and this coaching staff has very high expectations and a belief that we can begin to climb up the ladder in the Pac-10," Heffernan said. "Our team's primary goal is to get this program back to the NCAA tournament."

After being appointed the 10th volleyball coach in WSU history in June 2004, Heffernan took the reins committed to building a "flagship" collegiate volleyball program through the creation of a positive and productive environment for student-athletes. Heffernan has developed consistency and built trusting relationships through competence and interactions among the players and the Cougar volleyball coaching staff.

"The student athlete experience is very important for Cougar Volleyball" said Heffernan. "One of the foundations of our philosophy is 'athlete first.' Putting the athlete first runs deeper than the well-being of the athletes we coach. As a staff we want to accompany our students through the learning process and help them to grow beyond their comfort zone. Progress has been made and we are beginning to see a greater sense of athlete investment and ownership throughout our team."

HOMETOWN: Eden, New York

HIGH SCHOOL: Eden Senior High, Eden, New York.

COLLEGE: Penn State University, 1993- Earned undergraduate degree in secondary education and biological sciences...played men's volleyball 1991-93, participating in NCAA final four 1991, 1992, 1993...team representative to Penn State Student-Athlete Advisory Board...earned academic achievement award for student-athletes 1991, 1992, and 1993...earned Master of Education degree from University of Minnesota (2006).

COACHING EXPERIENCE: Penn State, 1993-94 - Assistant coach for men's volleyball team which won the national championship
Pepperdine University, 1994-96 - Volunteer assistant coach for men's volleyball team
Asics Nova Volleyball Club, 2000, head coach and co-director of girls' volleyball club...2000 USAV Junior National Championship bronze medalist
Renegade Volleyball Club, 1995-99 - Founder, head coach and director of girls' volleyball club...1996 Davis Festival Champions...1998 USAV Junior National Championship silver medalist
USA Women's Youth National Volleyball Team, 1998 - Assistant coach, NORCECA Championships, Puerto Rico
USA Women's Junior National Volleyball Team, 1999 - Head coach, World Championships, Saskatoon, Canada
USA Women's Pan-Am Games Volleyball Team, 2003 - Training assistant, Pan-Am Games, Dominican Republic
University of Minnesota, 2000-2004 - Associate Head Coach...2000 NCAA Sweet 16...2001 NCAA second round...2002 NCAA Sweet 16...2003 Big Ten Champions...2003 NCAA Final Four
Diggin'It Volleyball, Inc., 2001-2006 - Co-owner of Diggin'It Volleyball Camps
Washington State University, 2004-present - Head coach...record of 29-65, 7-47 Pac-10

ORGANIZATIONS: Member of American Volleyball Coaches Association (AVCA)

SPOUSE: Carol Heffernan

CHILDREN: Katie Elen (3/18/02); Jane Marion (1/14/04)

Heffernan Collegiate / International Coaching Career

Season	Conference	Finish		
2006	Washington State	15-17	3-15 (9th)	
2005	Washington State	9-22	2-16 (9th)	
2004	Washington State	5-26	2-16 (9th)	
2003	Minnesota	26-11	15-5 (2nd)	NCAA Final Four
2002	Minnesota	32-6	17-3 (1st)	NCAA Regional Semifinal
2001	Minnesota	19-13	10-10 (T5th)	NCAA Second Round
2000	Minnesota	30-4	17-3 (2nd)	NCAA Regional Semifinal
1999	USA Junior National Team	Junior World Championships	4-2 (7th)	
1998	USA Youth National Team	Youth NORCECA Champions	6-0 (1st)	
1997	Cal State Los Angeles	23-10	12-8 (T4th)	NCAA Second Round
1996	Pepperdine (men)	14-12	7-12 (5th)	NCAA Regional Quarterfinal
1995	Pepperdine (men)	16-11	10-9 (3rd)	NCAA Regional Semifinal
1994	Penn State (men)	25-3	9-0 (1st)	NCAA Champions

Heffernan Collegiate Playing Career

Season	Conference	Finish		
1993	Penn State	21-5	9-1 (1st)	NCAA Final Four
1992	Penn State	17-13	6-2 (1st)	NCAA Final Four
1991	Penn State	28-6	8-0 (1st)	NCAA Final Four
1989	Ball State	27-8	9-1 (1st)	NCAA Final Four

Dedicated to building team chemistry and promoting an "out-work and out-prepare" program culture, Heffernan looks to bring his own brand of success to the Cougar volleyball program.

Heffernan, a native of Eden, New York, earned a B.S. degree in secondary education and biological studies in 1993 from Penn State University in State College, Pa. He was a member of the Penn State men's volleyball squad

from 1991-1993 and played in three NCAA men's volleyball national semi-finals with the Nittany Lions. Heffernan returned to Penn State as an assistant coach with the men's volleyball program in 1994 and helped coach the team to the 1994 NCAA Championship.

After his tenure at Penn State, Heffernan moved to California and spent two years as a volunteer assistant for the men's volleyball program at Pepperdine University. During his stint in Malibu, Heffernan founded the Renegade Volleyball Club serving as director and head coach through 1999. The club produced the 1996 Davis Festival Champions and the 1998 USAV Junior National Championship Silver Medalist. Notable Renegade athletes include NCAA All-Americans Sherisa Livingston (University of Wisconsin), Brooke Niles (UC Santa Barbara), and Brooke Rundle (UC Santa Barbara). The 2003 NCAA Division I Player of the Year, Kim Willoughby (University of Hawaii) played for Heffernan on the Asics Nova Volleyball Club in Huntington Beach, Calif., while UCLA's Krystal McFarland, a 2004 AVCA All-America third team honoree, played on both the Renegade and Asics Nova teams.

While with the Renegade club, Heffernan took advantage of other coaching opportunities, serving as an assistant coach with the USA Women's Youth National Volleyball team for the 1998 NORCECA Championships in Mayaguez, Puerto Rico, and was head coach of the USA Women's Junior National Volleyball Team for the 1999 World Championships. He also volunteered as an assistant with the women's volleyball program at Cal State Los Angeles in 1998.

Heffernan continued his collegiate coaching career at the University of Minnesota in 2000, spending four seasons with the women's volleyball program; two as associate head coach after serving as an assistant his first two seasons with head coach Mike Hebert. The Golden Gophers experienced much success with Heffernan on staff, claiming the 2002 Big Ten Conference champion-

ship and reaching the 2003 NCAA Championship semi-final match. The 2002 and 2000 Minnesota teams made NCAA Sweet Sixteen appearances along with a second round appearance by the 2001 squad. In addition to his coaching duties at Minnesota, Heffernan assisted Hebert and the U.S. National Team in their training for the 2003 Pan American Games in the Dominican Republic.

Ever active in the development of young players, Heffernan is co-owner of Diggin'It Volleyball Camps Inc., which currently runs successful volleyball camps in Minnesota and Wyoming. Future plans include implementing camps and clinics in the state of Washington and throughout the region to foster positive Cougar experiences throughout the state.

In addition to coaching, Heffernan taught classes while at Penn State and Minnesota, along with a three-year stint at Oak Park High School in Agoura Hills, Calif., as a biology, chemistry, and global sciences teacher. Heffernan recently completed his Master of Education degree from the University of Minnesota.

Coach Heffernan and his wife Carol have two daughters, Kate (3/18/02) and Jane (1/14/04).

"Developing the ability to work with and for others toward common goals is a skill that will benefit each student-athlete throughout their lifetime. Through this process student-athletes realize that setting, working toward and reaching goals is among the most rewarding achievements in team sports."

—Brian Heffernan



What do you enjoy most about coaching at Washington State?

After my family and my faith, building Cougar Volleyball into a championship caliber program is my passion. There are three things that I really enjoy about my coaching experience so far at Washington State. First, working with our staff to help our student-athletes achieve their goals is an honor. I have seen many great improvements within the program in the last two years. We view these improvements as stepping stones to future success on the court. Second, my family has come into contact with many wonderful people within the community who have reached out to us in a very supportive way. They have great pride in Cougar Athletics and want to do all they can to help us to be successful. Third is the support within our department. Bohler Gym is unique within the Pac-10 Conference as a volleyball only facility. Facilities are only the beginning; Cougar Athletics has a community of coaches and administrators that are here to help us succeed both in the classroom and on the court.

What is your coaching philosophy?

I enjoy the responsibilities that come with leading students-athletes through the process of rebuilding this program. As a coach I want our staff to help our students remain focused on this process and to learn that our attention to the things we can control will make a big difference. The foundation of my coaching philosophy is "athlete first." We strive to provide the very best student-athlete experience for every team member.

Who are your Coaching Mentors?

The athletes may be my greatest teachers. I know I learn from them everyday. My high school and club coach, Joe Gillespie, my college coach Tom Peterson at Penn State (now head coach for BYU men's volleyball), and Marv Dunphy at Pepperdine taught me a great deal about volleyball, coaching methodology and each has been a role model of perseverance through the years. Most recently, I had the opportunity to work with Mike Hebert at the University of Minnesota. When I arrived at Minnesota, Mike immediately opened my eyes to the world of coaching beyond the gym and he modeled for me a commitment to overall program development.

What do you consider your greatest achievements in your first two years at Washington State?

Our greatest achievement by far has been the improvements we have seen within our team chemistry and in the classroom. I see more athletes on a mission together. The question is no longer, "What is in this for me?" but has changed to, "What can I do to help this team be successful?" Our progress as a team in the classroom has been awesome since Fall 2004. Our team grade point has progressed from below 3.0 to above a 3.3 and climbing!

What do you look for in an assistant coach?

My first two years were a tremendous learning experience for me as a head coach. Knowledge base and ability to teach are critical but what I value most is support and professionalism. I believe we have these qualities in Ken Ko and Gretchen Killebrew. Both Ken and Gretchen have the strength to lead and the grace to follow. They have lots of great ideas and coaching experiences that will benefit Cougar Volleyball in the years ahead.

What do you look for in a recruit?

That is easy - you must have a big heart! *Have you ever been part of building something special?* If the answer is yes and you enjoyed that experience, then you understand the feelings of great pride and investment that come with building.

I was at a home visit recently and asked the prospective student-athlete this very question. As she shared her story I could see how much pride she had taken in her effort. After her story I intentionally down played it by saying, "Sounds like lots of work, you should have just bought that in the store." What came next was so awesome. She put her game face on. As she supported her project, her face turned a little red, her eyes and facial expression grew more intense and the tone of her voice became passionate. This is exactly what I was looking for. We need athletes who are passionate about building a special volleyball program. The best part, this athlete is now a Cougar!

What makes Washington State a unique place?

As a Cougar athlete you are not just a face in the crowd you are part of a community that takes great pride in being Cougars. We seek recruits to embrace our school, our volleyball program and our community. Pullman is a small college town with an extremely supportive and proud fan base. The moment our athletes step foot on this campus they must embrace the responsibility of being a prominent role model within the community.

When you are recruiting a potential student-athlete what are Washington State's selling points?

As I stated earlier, Washington State and the Pullman, WA community combine to make a very special collegiate environment for myself, my family and for our student athletes. Washington State provides major college athletics with an intimate setting and a very supportive fan base.

What are your long term goals for the program?

The goals are simple:

Graduate 100% of our student athletes.

Win a Pac-10 & National Championship.

Help prepare student-athletes for success in life.

How important is Bohler Gym to Cougar Volleyball?

Bohler Gym is one of the premier volleyball only facilities in the nation. Currently we are the only Pac-10 school who has a facility dedicated specifically to the sport of volleyball and we have the greatest fans. The intimacy of Bohler is what is really exciting - it is a 3,000 seat facility with our fans right on top of the action. Our event management staff, our season ticket holders and our Super Fans group do an awesome job of creating an environment that is respectful of our opponents yet provides our team with a home court advantage.

How will your previous experiences help you to rebuild this program?

There have been many great challenges along the journey as a player and coach. Challenges are welcomed and they are a big part of the fun for me as a coach. These experiences have given me a big picture mentality and a very process-oriented (versus outcome-oriented) approach. This mentality has equipped me with patience and the ability to continue moving forward through adversity. There are many awesome challenges ahead for Cougar Volleyball and we are searching for the athletes who will also take great pride in building a special program.





KEN KO

Associate Head Coach

BORN: January 21, 1971

HOMETOWN: Oakland, Calif.

COLLEGE: University of California Davis, B.S. Exercise Science, Biomechanics

COACHING EXPERIENCE:

1995-2000 Miramonte High School Head Coach (151-24 record)
CIF Champions; California State Championship semifinalist

1998 Contra Costa Coach of the Year

1999-2001 Golden Bear Volleyball Club

2001-2002 Colgate University assistant coach

2002-2004 Cal State Fullerton assistant coach

2004 season third best in school history

Ko Facts:

- UC Davis men's volleyball team, 3 years as outside hitter
- ACSM Health and Fitness Certification
- Physical Therapy Aide, Oakland, 1993-99
- AVCA Assistant Coaches Committee - Big West Representative

Ken Ko was promoted to Associate Head Coach on the Washington State University volleyball coaching staff in the summer of 2007 after serving two seasons as an assistant coach on the Cougars staff. Ko is an instrumental component of rebuilding the Cougar volleyball program who works closely with Coach Heffernan in preparing the team for competition and has traveled around the country evaluating potential future Cougar players.

A 1993 graduate of UC Davis, Ko earned a bachelor of science degree in physical education with an emphasis in biomechanics as well as played three years for the Aggies' men's volleyball team as an outside hitter. Following graduation, he worked as a physical therapy aide in Oakland from 1993-99.

Ko started his coaching career at Miramonte High School in Orinda, Calif., where he served as the girls' volleyball head coach and program director from 1995 to 2000, and the boys' head coach and program director in 2001. The Miramonte girls won the CIF section title in 1996 and reached the state tournament semifinals. Ko guided the varsity girls' teams to four league titles and compiled a 151-24 overall record. He was named the *Contra Costa Times'* Coach of the Year in 1998.

"I can't say enough about Ken Ko. This is our third year together and he has a great deal of autonomy throughout our program. I value Ken's input with both our day-in and day-out training and in all aspects of our big picture planning for the team."

—WSU Head Coach Brian Heffernan



Ko worked with the Golden Bear Volleyball Club in Berkeley, Calif., from 1999-2002, where his club teams competed in consecutive years at the Junior National Championships. He also was a volunteer assistant coach at the University of San Francisco for the 2000 season.

Moving east, Ko spent the 2001 season as the assistant coach for the women's volleyball program at Colgate University in Hamilton, NY, before returning to California to serve as an assistant coach at Cal State Fullerton for three seasons. The 2004 season at CS Fullerton had a record-setting 11 home wins and was the third-best season in the program's history. The Titans also were ranked number one academically among all CSF teams for three consecutive semesters.

Ko has also been involved with USA Volleyball as a court coach for numerous tryouts over the years and most recently was an assistant coach for the 2006 USA Junior National A2 Team which competed in the High Performance Championships in Fort Lauderdale, Fla. Ko also was an assistant coach for the 2005 High Performance A2 Camp and the Junior National A2 Team at the Olympic Training Center in Colorado Springs, Colorado.

In addition to his coaching experience, Ko has been certified as a Health & Fitness Instructor by the American College of Sports Medicine and has worked as a personal trainer in Oakland, Calif.

GRETCHEN KILLEBREW

Assistant Coach



BORN: March 3, 1981

HOMETOWN: San Clemente, California

COLLEGE: University of Washington (B.A., 2003)

COACHING EXPERIENCE:

2006 Seattle Pacific University, assistant coach

2005 Bellevue Community College, head coach

WSU APPOINTMENT: 2007 - Assistant volleyball coach

Gretchen Killebrew joined the Washington State University coaching staff in February 2007, bringing a wealth of Pac-10 and international playing experience as well as collegiate coaching experience with her.

A Southern California native, Gretchen Maurer was an accomplished athlete at San Clemente (Calif.) High. Chief among her accomplishments was a high school Heisman Trophy nomination and a selection to the All California Interscholastic Federation first team. She also lettered in water polo, swimming, and surfing where the team finished second in the state twice. As a club volleyball player, she grew up competing against club teams coached by Brian Heffernan before being coached by Heffernan on the 1999 Junior National team.

Killebrew, then Maurer, was an All-Pac-10 first team setter for the University of Washington. She captained the 2002 Huskies squad and led the team to its first NCAA tournament appearance in five years. Killebrew earned other accolades throughout her collegiate career including All Pacific Region honorable mention (2002), Pac-10 All-

"When I accepted the job at Washington State University two and a half years ago, Gretchen Killebrew was one of the first people I thought of as an assistant coach candidate but the timing was not right in 2004 and I am thankful that it worked out this time around. She is an extremely hard worker and knows what it takes to help elevate a program. Our staff and our student-athletes will all benefit from her experiences as an athlete and we all look forward to working with her."

—WSU Head Coach Brian Heffernan

Academic honorable mention (2000), and was voted the team's most competitive player (1999). Killebrew finished second in UW history in career assists and seventh in career aces. She graduated in 2003 with a bachelor's degree in International Studies (Comparative Religion) and a minor in music.

After graduation, Killebrew went on to play professional volleyball in Maia, Portugal, where she started at setter and led her team to the Portuguese Cup followed by an eighth-place finish at the European Cup.

Her club volleyball coaching experience included the Kent (Wash.) Junior Volleyball Club team in 2003 and the Juanita Volleyball Club in 2004.

Killebrew found success as the head coach at Bellevue Community College from March 2005 through April 2006. She coached the team to a 25-8 overall record and an 11-1 record in the region, three BCC volleyball players were named first team all-region, and two out of three sophomores were named to the Northern Region Sophomore All-Star team.

She left BCC to take an assistant coaching position in 2006 at Seattle Pacific University. Killebrew helped to guide the Falcons to a 24-3 overall record including a 16-0 mark in the Great Northwest Athletic Conference. Under Killebrew's leadership, SPU setter Jenna Von Moos was named Conference Player of the Year, All-Pacific Region first team, and third team Division II All-American.

Gretchen is married to Mark Killebrew, who is the coordinator of operations for the Cougar volleyball program.

MARK KILLEBREW

Volleyball Operations Coordinator

BORN: November 23, 1973

HOMETOWN: Poulsbo, Washington

COLLEGE: Olympic College (AA, 1994), University of Washington

COACHING EXPERIENCE:

2006 Seattle Pacific University, volunteer assistant coach

2005 Bellevue Community College, assistant coach

WSU APPOINTMENT: 2007 - Coordinator of Operations



Mark Killebrew joined the Cougar volleyball program as the WSU Volleyball Operations Coordinator in February of 2007, the same time his wife, Gretchen Killebrew, joined the Cougar staff as an assistant coach.

Prior to joining the Cougar volleyball program, Mark Killebrew had worked as a senior business systems analyst at the Eddie Bauer Company from 2000 until moving to Pullman in early 2007.

He served as a volunteer coach for the volleyball programs at Seattle Pacific University and Bellevue Community College, where he specialized in team statistical analysis. The SPU Falcons had a 24-3 overall record and 16-0 mark in the Great Northwest Athletic Conference in 2006. The 2005 BCC volleyball team had a 25-8 overall record and an 11-1 record in the region.

Killebrew also served as a volunteer assistant coach with the Juanita Volleyball Club in 2004 and 2005.

"Mark is passionate about helping to find ways to make our program more effective and efficient both on and off the court. His knowledge and expertise with computers and his organizational skills will lend greatly to his role as the director of volleyball operations."

—WSU Head Coach Brian Heffernan

DEGA FILHO

Volunteer Coach



Edgard da Gama e Silva Filho joined the Washington State University volleyball program as a volunteer assistant coach in the spring of 2007.

Filho, 40, who goes by the name Dega, is originally from Curitiba, Brazil, and was an assistant coach to Bernardo Rezende for the Rexona Volleyball Club, a professional women's team in Brazil, from 2001-2004, after serving as an intern with the same team from 1997-2000. He also served as an intern for the Brazilian National Team (1998-2000) and worked in his native country with several other volleyball club programs, including serving as the tournament coordinator of the 1989 South America Youth Volleyball Cup.

Filho earned his bachelor's degree in physical education from State University of Paraná, Brazil. He also completed a specialization of physical education with an emphasis on coaching from the same university.

He has spent the past three years as the technical director and coach of the Skagit Volleyball Club. In 2005, Filho was an assistant coach at Eastern Washington University when the Eagles were the Big Sky Conference runners-up. He has also conducted Brazil Gold Volleyball Camps in the Washington for the past five years.

"Our staff and our team are excited to welcome Dega to Cougar Volleyball. Dega brings a tremendous skill set, knowledge base and expertise to our program."

—WSU Head Coach Brian Heffernan



Cynthia Prieto
Academic
Counselor



Andy Dephtereos
Academic
Counselor



Barb Russell
Athletic
Trainer



Nate Weber
Equipment
Manager



Willie Jude
Strength
Coach



Linda Chalich
Sports
Information



Cassie Hodgins
Student
Athletic
Trainer



Chantea Macaulay
Student
Athletic
Trainer



Talace Togia
Student
Equipment
Manager



Linda Rubenthaler
Volleyball
Principal
Assistant

Cougar Volleyball Radio Schedule

Cougar volleyball fans can listen to all the road contests during the 2007 season. Longtime sports broadcaster Steve Grubbs, will be the voice of the Cougar volleyball radio broadcasts for the third season.

Fans living in the Palouse can tune into KQQQ-AM radio (1150 AM). Fans living outside the Pullman-Moscow area can tune into live radio feeds on the internet. To reach the web connection go to the official Washington State University Athletics web site at www.wsucougars.com, click on the audio/video link on the left-side menu and go to the College Sports Pass subscription information at the top of the page. Fans can sign-up for a monthly or year-long subscription at very reasonable rates to listen to Cougar Athletic events through the internet broadcasts.



Steve Grubbs

