

KARIN WERTH

ASST. DIRECTOR OF STRENGTH AND CONDITIONING, OLYMPIC SPORTS



Karin Werth, a former 10-time All-American swimmer at Florida, has been working with athletes at UF since July of 1998. She currently designs and implements strength and conditioning programs, specifically for the Gator women's basketball and soccer teams.

She was promoted to her current position as Assistant Director/Olympic Sports in June 2003.

Werth is officially certified as a Strength & Conditioning Coach through two different organizations: the College Strength & Conditioning Coaches Association (CSCCA) where she received certification as a Strength & Conditioning Coach; and through the National Strength & Conditioning Association (NSCA), where she received certification as a Strength & Conditioning Specialist.

During the 1997-1998 season, Werth was the assistant women's swim coach at the University of Florida. Before coaching, she was a paramedic and firefighter for the City of Miami from 1990-1996 and was a SWAT medic with the Miami police department from 1994-96. From 1996-97, Werth was a paramedic and firefighter for the City of Gainesville. She is also a 13-time gold medalist at the World Police and Fire Games.



Werth, who graduated from Florida in 1988 with a B.S. in Psychology, began bodybuilding in 1994 and participated in three competitions. Werth was crowned Ms. Gainesville in 1998 in the bodybuilding heavyweight and overall divisions. In her spare time, Werth enjoys fishing, hunting, camping and hiking.

A native of Arlington, Texas, Werth is a passionate animal lover with a soft spot for Labrador retrievers.

"Our players know that to compete in the Southeastern Conference, they have to be in fantastic shape. They have to be stronger, have greater stamina and be ready to withstand injuries. Karin provides all of those things by the way that she trains our players. Karin's background as an elite athlete and the diversity in her work experiences also help her develop programs that instill mental toughness."

— HEAD COACH AMANDA BUTLER

KARIN WERTH

MY FAVORITE...

Song: "Satisfaction," by the Rolling Stones
Singer: Cher
Professional sports team: Dallas Cowboys
Professional athlete: Emmitt Smith
Pre-game ritual: workout
Ice cream flavor: Peanut butter and chocolate
Dessert: chocolate molten cake
Breakfast food: bagels
Meal or food: sushi
Snack: protein shake
Pizza topping: spinach tomato
Book: Harry Potter series
Actor: Arnold Schwarzenegger
Actress: Jodie Foster
TV show that no longer airs: Family Affair
TV show that currently airs: The Deadliest Catch
Video game: Galaga
Movie that has been made in the last few years: The Chronicles of Narnia
Movie of all-time: The Terminator
Vacation spot: the mountains
Saying: "Train hard or Go Home!"
Coach Butler saying: "Hey Boss"

I AM MOST LIKE...

Which of Snow White's Seven Dwarfs: Bashful
Which super hero: Batman
Which cartoon character: Snoopy

People would be surprised to know that I: like to snowboard
The best thing about working at UF: Gator pride

Describe Coach Butler: intense

JUDY TRAVEIS

ACADEMIC ADVISOR



The 2008-09 academic year is Judy Traveis' third working with the women's basketball team, as well as with the gymnastics and cross country programs, providing academic counseling and tutoring services to the Gator student-athletes. She began working with the University Athletic Association in October of 2006, but her experiences at the University of Florida extends several years.

Prior to joining the OSU, Traveis worked with UF's College of Health and Human Performance since December of 2000. She left as the Director for Undergraduate Student Affairs, a post she received in July of 2004. In that role, Traveis oversaw the Office of Student Affairs and helped establish college curriculum updates, while supervising updates of degree audits for all majors within the College. Before that appointment, she worked as an academic advisor at the College for over three years, including the last as Associate Academic Advisor.

Traveis returned to UF after serving as Regional Services Supervisor at Gainesville's Department of Children and Families, where her primary responsibility was to prepare and coordinate schedules in the areas of Support Plan Schedules, Monthly Interdisciplinary Teams, Special Interdisciplinary Teams and Thirty-Day Reviews. She began working in July of 1999 as a rehabilitation therapist in the department for four months prior to the promotion.

Traveis is a member of the National Academic Advising Association, as well as the NASPA Student Affairs Administrators in Higher Education. Her work has been published in the International Council for Health, Physical Education, Recreation and Dance Journal, and she has been nominated for multiple honors, including the 2005 Superior Achievement Award and for Advisor of the Year in 2002.

She has given a number of professional presentations, including one at the National Academic Advising Association National Conference titled, "Study Abroad: The Sure Bet to Enhancing Academic Success."

A native of Boca Raton, Fla., Traveis received her B.A. in Communication Process and Disorders from UF in 1993 and her M.S. in Recreational Studies in May 1999. She is working on her Ph.D. in Educational Administration and Policy, pending graduation in Spring 2009.



"There's probably not another person on our campus who has more Florida experience than Judy. She's seen it from every aspect — as an undergraduate student, as a master's student, as a doctorate candidate, as a counselor for the University and her role with the admission's office, to working directly with student-athletes. Judy's knowledge and competency, combined with experience, is irreplaceable. She's very unique and there's no one who does it better."

— HEAD COACH AMANDA BUTLER

JUDY TRAVEIS

MY FAVORITE...

Song: "Do You Believe In Life After Love," by Cher
Singer: Cher
Pre-game ritual: Eating as much bacon as possible
Ice cream flavor: TCBY- White chocolate mousee with fresh strawberries and bananas with chocolate chips
Dessert: Leo's 706 Black Mountain Cake
Breakfast foods: Nova bagels and eggs
Meal or food: Sushi
Snack: hummus and salsa
Pizza topping: spinach and tomato
Book: Angels and Demons
Actor: Liam Nesson or Robert Redford
Actress: Diane Keaton
TV show that no longer airs: Three's Company
TV show that currently airs: The Office
Video games: Ms. Pac Man/Galaga
Movie that has been made in the last few years: Godfather
Movie of all-time: The Thorbirds
Vacation spot: Anywhere in nature
Saying: "Are you kiddin' me"
Coach Butler saying: "Who's that joker?"

I AM MOST LIKE...

Which of Snow White's Seven Dwarfs: a mosh between Happy and Doc
Which super hero: Wonder Twins
Which cartoon character: Jerry from "Tom and Jerry"
Character in a movie: Angelina Jolie's role in "Mr. and Mrs. Smith"

People would be surprised to know that I: am not serious
The best thing about working at UF: THE GATOR NATION