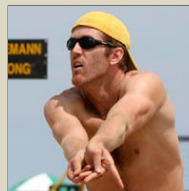




Jeff Nygaard ...at a glance



Volleyball

Career Highlights

- United States Olympic Team, 1996, 2000, 2004
- U.S. Indoor National Team, 1993-2000
- UCLA Hall of Fame 2007 Inductee
- NCAA Champion with UCLA, 1993, 1995
- NCAA Tournament MVP, 1993, 1995
- 4-Time NCAA All-American, 1992-1995
- NCAA Freshman of the Year, 1992
- Wisconsin State MVP, 1989
- Player of the Year, 1994, 1995
- AVP Tour Competitor, 2002-Present
- Seven Time AVP Champion
- Santa Barbara Open Champion, 2005
- Chicago Open Champion, 2004
- AVP Tour MVP Award, 2003
- AVP Tour Team of the Year Award, 2003
- Las Vegas Tournament of Champions, 2003
- FIVB Rhodes, Greece Champion, 2003

Community Involvement

- Long Beach Special Olympics
- Coach with Riptides Volleyball Club

Personal Quotes

"Those who say it cannot be done should never interrupt those doing it."

"Whether you think you are or not, you're right."

Vital Statistics

- Born:** August 3, 1972
- Hometown:** Madison, Wisconsin
- Resides:** Long Beach, California
- Height:** 6' 9
- Education:** University of California- Los Angeles (B.A. English Lit, 1995)

Sponsors





getting to know...

Jeff Nygaard

Biography

For the past decade, Jeff Nygaard has consistently been one of the United States' most dominating volleyball players. His career has been defined by tremendous success at the highest level of both indoor and beach volleyball. A three-time Olympian (two indoor, one beach), Jeff is one of just a handful of athletes from any sport to accomplish such a feat.

A four-time All-American at UCLA, he was also the first collegiate men's player to receive Player of the Year Honors in two consecutive seasons. Through Jeff's leadership, UCLA won two National Championships and made three Final Four appearances. In 2007, Jeff was inducted into the UCLA Hall of Fame.

Jeff was a member of the United States National Indoor Volleyball Team for eight seasons and represented the USA in indoor volleyball at two Olympics (Atlanta 1996, Sydney 2000).

In 2000, Jeff made the full transition from indoor to beach volleyball. His beach career reflected his indoor success when he earned his first Association of Volleyball Professionals (AVP) victory in just his 10th event at the Hermosa Beach Open. The following year, Jeff was voted the AVP Most Valuable Player in only his second full time season on the AVP Tour, as well as leading his team to AVP Team of the Year recognition. He also took first place in three out of eight events. In 2004, Jeff made his beach volleyball Olympic debut.

Four of Jeff's five victories have been televised live nationally on NBC.

TRANSCENDING SPORT

In 2007, Jeff's dermatologist found a skin lesion on his back that was diagnosed as carcinoma, and another lesion on his left bicep that was diagnosed as melanoma--malignant skin cancer. At a crossroads in his life, Jeff immediately had the cancer surgically removed and was fortunate to have post-op clear margins...a clean bill of health.

This new chapter in his life brings with it fresh perspectives that transcend athletics, coupling a newly garnered knowledge of skin cancer from a personal point of view with a newfound importance of educating others about skin care and risk protection.