

Strength

Cal

An integral part of Cal tennis is the strength and conditioning program. The program's philosophy is geared towards helping each student-athlete achieve the highest level of athletic development and injury prevention.

By teaching how all the components of strength and conditioning fit together, student-athletes understand how to maximize power as it applies to sports.

® This philosophy includes enhancement of speed, strength, agility and flexibility, which results in improved power.

Motivating, educating and helping to reach maximum athletic development is the primary focus of the Cal program.



The Cal weight room includes eight Olympic platforms, more than 15,000 pounds of Olympic bars and bumper plates, and an array of aerobic and anaerobic equipment.



The training regimen at Cal is a year-round process that emphasizes improving athleticism. With closely monitored workouts that involve a great deal of individual instruction and attention, student-athletes are taught the correct techniques to increase their ability to perform at their peak during competitions.

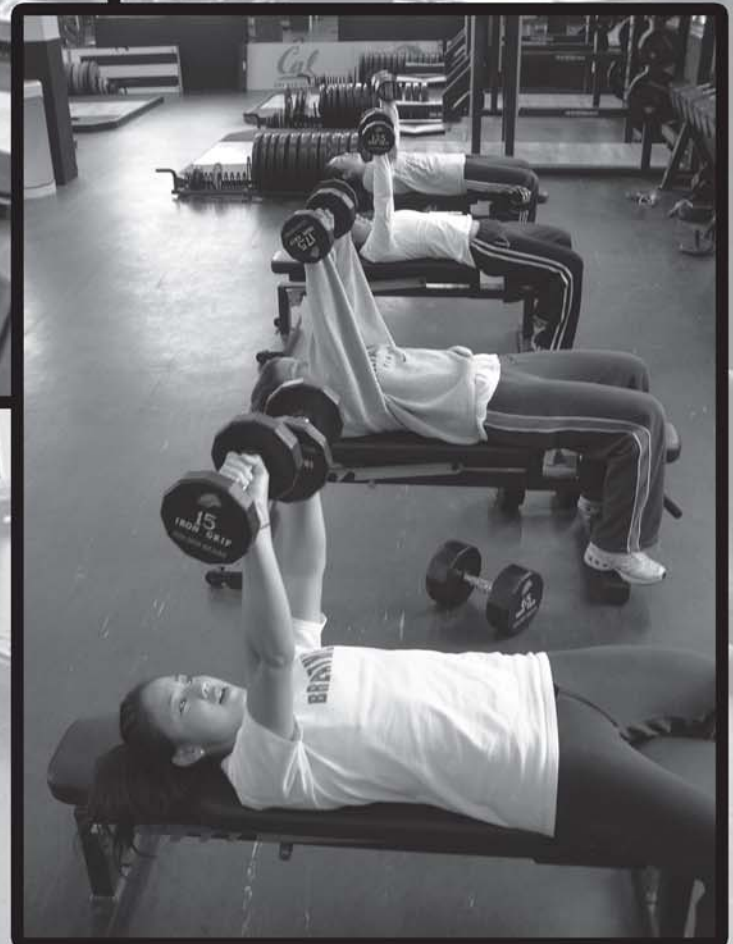
and Conditioning



Strength and Conditioning Coach Pat Dixon



Cal's strength and conditioning program is a vital component linking the "full circle" of student athletes physical development from conditioning through rehabilitation and re-conditioning.



Cal's program stresses comprehensive training in order to improve both strength and speed. Flexibility is a key component because it is essential for developing athleticism and agility. It also improves the running mechanics needed for acceleration and deceleration, both essential for playing tennis.



Cal

Athletic

The Golden Bear student-athletes are supported by one of the top medical staffs in college athletics, along with some of the most modern training and rehabilitation equipment in the country. The comprehensive program features state-of-the-art facilities as well as a staff of acclaimed practitioners of all areas of sports medicine. Cal student-athletes have access to a pair of athletic-training facilities, both at Haas Pavilion and at Memorial Stadium. In both instances, the spacious training rooms are located adjacent to the weight training rooms and house rehabilitation equipment, hydrotherapy space and an extensive pre-practice preparation area. In addition, Cal athletes also use University Health Services (UHS), which oversees and supervises sports medicine services to all Golden Bear athletes. UHS, housed in the Tang Center across the street from Haas Pavilion, is recognized as the largest and most comprehensive campus health facility in the country. It provides access to physician clinics, laboratory services, X-ray and other ancillary services such as nutrition and counseling.

Medical Services

Whether it's for taping, physical therapy, or the prompt recovery from an illness or injury, Golden Bear athletes have the full confidence that Cal's medical staff will provide the best care available with one of the most progressive treatment and rehabilitation programs in the country.

Cal's athletic staff includes 13 certified athletic trainers, including three physical therapists, and 20 student athletic trainers. The staff tends to the day-to-day health care of Cal athletes in 27 different sports, including evaluation and treatment of injuries and illnesses.



The rehabilitation of injuries is also the responsibility of the athletic training staff, with additional assistance from a staff physical therapist. The athletics trainers also provide coverage at home and road athletic contests, and practices are staffed on a full-time basis.

The full staff of physicians features specialists from the fields of orthopedic surgery, family medicine, internal medicine, physiatry and podiatry. With their diverse backgrounds and area of expertise, they have treated injured athletes on every level of competition, including Olympic and professional athletes.



Academic

Cal[®]



One of the real success stories for the University of California is the development and growth of a comprehensive academic support program for its student-athletes.

The Athletic Study Center, which is housed within the Division of Undergraduate Education, is the tutorial and academic support program for the nearly 1,000 student-athletes at Cal. Centrally-located in the Cesar Chavez Student Center, the program provides a spacious and comfortable arboretum for quiet tutorials, and a computer lab for word processing and required course work.

Geared to cope with time demands placed on student-athletes due to practice, training, physical therapy and team travel, the program creates an environment in which students can cultivate good study habits, receive individual or group tutoring and obtain counseling from academic advisors.

The Athletic Study Center offers a Summer Bridge adjunct program designed to help ease the transition from high school to college. The primary components for the program include a writing and math workshops, an advising workshop, study skills seminars and an evening tutorial program.



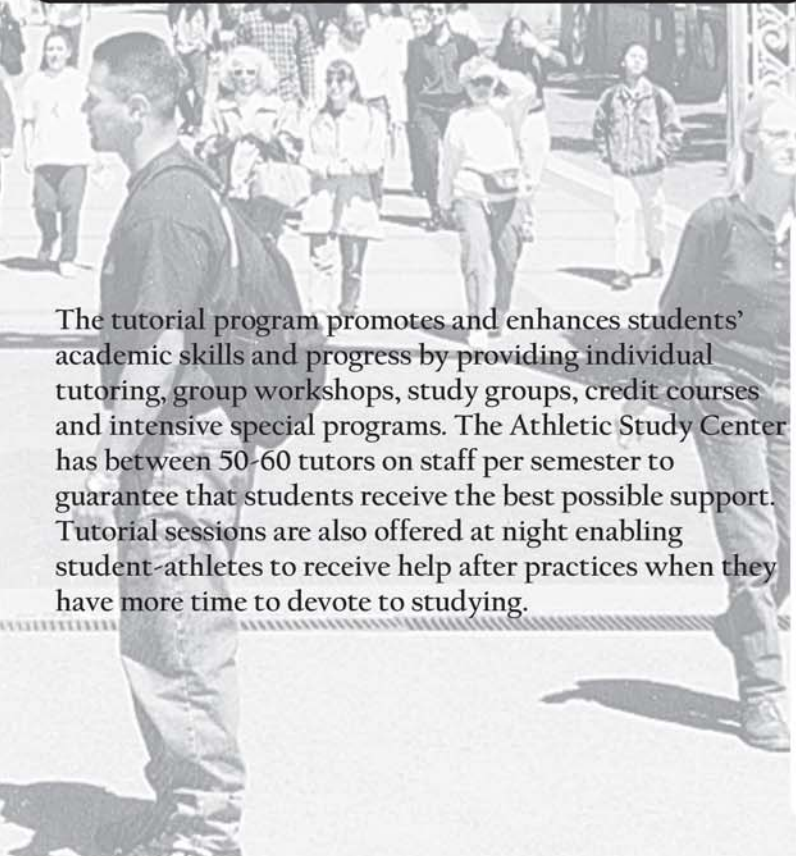
Support Program



Academic Advisor Keiko Price



The advising program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with the University, their college and NCAA requirements, developing time management skills and resolving personal issues unique to student-athletes. During the freshman year, advisors typically try to help student-athletes make a successful academic transition from high school, while during the sophomore year, they assist student-athletes in making decision on appropriate majors and fields of study. For the final two years, advisors take more of an exiting approach, ensuring that proper academic progress is being made towards graduation while referring juniors and seniors to areas on campus that can help with internships, graduate school applications and career planning.



The tutorial program promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The Athletic Study Center has between 50-60 tutors on staff per semester to guarantee that students receive the best possible support. Tutorial sessions are also offered at night enabling student-athletes to receive help after practices when they have more time to devote to studying.

