

# 2008 CALIFORNIA WOMEN'S CREW



## GENERAL INFORMATION

Location: Berkeley, Calif.  
 Founded: 1868  
 Enrollment: 34,953  
 Nickname: Golden Bears  
 Mascot: Oski  
 Colors: Blue (282) and Gold (116)  
 Affiliation: NCAA Division 1  
 Conference: Pacific-10  
 Chancellor: Dr. Robert J Birgeneau  
 Athletic Director: Sandy Barbour  
 Assistant Athletic Director/Sport Supervisor: Liz Miles  
 Official Cal Athletics Web Site: [www.CalBears.com](http://www.CalBears.com)  
 Cal Crew Web Site: [www.CalCrew.com](http://www.CalCrew.com)



## TEAM INFORMATION

2007 NCAA Championships Finish: 7th  
 2007 Pac-10 Championships Finish: 2nd  
 Newcomers: 23

## COACHING STAFF

Head Coach: Dave O'Neill (10th year, Boston College '91)  
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 Office: Strawberry Canyon Center, University of California, Berkeley, CA 94720  
 Assistant Coach: Sara Nevin (7th year, Washington '85)  
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 Assistant Coach: Anne Kennedy (1st year, Dartmouth '07)  
 E-Mail: [amkennedy@berkeley.edu](mailto:amkennedy@berkeley.edu)  
 Rigger/Boatman: Shirley Doell (1st year, UC San Diego)



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## CREDITS

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## CAL CREW COACHING STAFF



**Dave O'NEILL**  
Head Coach

Dave O'Neill is now in his 10th year as head coach of the California program. The list of accomplishments over his previous nine years is long and impressive by any measure. The program has been invited to the NCAA Championship each year, won three Pac-10 championships and two NCAA championships. The program has taken home five trophies from NCAAs by finishing among the top four nationally, including the 2005 and 2006 NCAA champions trophies.

Under O'Neill, Cal's varsity eight has placed among the top three at NCAAs four times (1999, 2002, 2005, and 2006). The varsity eight was undefeated in regular-season competition from 2004-06 including the 2005 crew that completed its perfect season by setting an NCAA record (6:20.7) to win the varsity eight national championship. In addition to the success of the varsity eight, the second varsity eight has finished among the top three at NCAAs the last five years and won five straight Pac-10 titles.

In O'Neill's nine years at the helm of Cal women's crew, he has garnered numerous awards including the Collegiate Rowing Coaches Association's (CRCA) national Coach of the Year in 1999 and 2005 and has been named Pac-10 Coach of the Year three times (1999, 2004, 2005.) The CRCA named him Coach of the Year for the west region those same years. He was also named collegiate Coach of the Year by *Independent Rowing News* in 1999 and was awarded a similar award by the Joy of Sculling conference in 2002. O'Neill's 2005 varsity eight was named Crew of the Year by *Independent Rowing News*.

Throughout his coaching career O'Neill has been involved with international rowing. O'Neill coached various boats for the U.S. women's under-23 national team in 2006 and 2007. In July of 2007, he helped the U.S. quadruple sculls take gold and the varsity eight collect bronze at the World Rowing Under 23 Championships in Strathclyde, Scotland. He led the women's eight to a gold medal at the 2006 World Rowing Under 23 Championships in Hazewinkel, Belgium, and the crew established a world-best time in the process (6:06.7).

In 2002 he helped coach the U.S. squad that raced at the World U23 Regatta in Genoa, Italy, where he was responsible for the women's pair that finished second. Eight of the women O'Neill has coached at Cal have gone on to race for their respective senior national teams, and there have been 10 Golden Bears racing on U23 national teams.

Before coming to Cal, O'Neill headed the women's program at Boston College for seven years. Under O'Neill, the BC women were the only club program in the country to compete against Division I varsity competition, and they did so with tremendous success. His crews won numerous championships at the Big East Regatta, New England Championships, Champion International Regatta and the IRA.

As an athlete, O'Neill became one of the country's top lightweight oarsmen. During his freshman year at Boston College, O'Neill was a founding member of the rowing program. Soon after, O'Neill was invited to pre-elite camps, as well as elite training programs at the Riverside Boat Club and Boston Rowing Center. After medaling at the USRowing Nationals, Olympic Festival, CRASH-B Sprints and Canadian Henley, O'Neill decided to focus on his coaching but continues to train for and compete in the country's most prestigious cycling races.

A '91 graduate of Boston College with a B.A. in history, O'Neill is a firm believer that the best way to succeed is to provide the athletes with an environment conducive to learning and achievement: "If we make the everyday experience of Cal crew a worthwhile and meaningful one, results will follow."



Dave O'Neill hoisted the NCAA championship trophy in 2005 and again in 2006 after Cal won back-to-back national titles.



**Sara NEVIN**  
*Assistant Coach (7th year)*

Currently in her seventh season at Cal, Sara Nevin has made the novice crew a consistent challenger for the Pac-10 title. In 2004 the Golden Bears captured the Pac-10 crown for the first time since 1989. Nevin has shown the ability to cultivate novice rowers

into competitive oarswomen. Many of her rowers have moved up the ranks to contribute to the varsity's success. The class of 2005 was Nevin's first crew at Cal, and this group of seniors provided the leadership for the 2005 NCAA Championship team.

Nevin joined the Bears in 2002 after serving as the executive director and head coach at the Lake Lanier Rowing Club in Gainesville, Ga. During her five years in Georgia, Nevin coached all levels of rowers from beginners to U.S. national team members. In addition to her coaching, Nevin acted as the full-time boathouse and rowing club director, as well as Regatta Director for the NCAA Women's Rowing Championships in 1998 and 2001.

Before arriving at Lake Lanier, Nevin spent seven years coaching in Seattle, Wash. Between 1989-92, Nevin coached at the Seattle Training Center, directing a group of elite and pre-elite rowers. Her stint culminated with all eight women earning spots on the '92 Olympic team. From 1990-96, Nevin also coached the varsity boys rowing team at the Mount Baker Rowing Club. There, Nevin grew a program of 16 athletes to over 50 and won four USRowing Junior National Championships, including the school-boys' eight in 1991-93.

Nevin earned a B.A. in political science with a minor in pre-medicine from the University of Washington in 1985. During her rowing career at UW, Nevin won three varsity eight national championships between 1983-85 and was undefeated in U.S. collegiate competition. She was a member of the U.S. national team in 1985 and 1986.



**Anne KENNEDY**  
*Assistant Coach (1st year)*

Anne Kennedy joined Dave O'Neill's coaching staff in the summer of 2007. She is involved in all aspects of coaching the team and has been vital in identifying and contacting potential recruits.

A former Dartmouth star, Kennedy was the Big Green's team captain in 2006-07 and was the stroke on Dartmouth's varsity eight that took eighth place at the 2007 NCAA Championships. The Mt. Vision, N.Y., product was a freshman walk-on at Dartmouth and completed her college career as a first-team All-American.

"Having the right people on our team and our staff is extremely important, so I am thrilled that Anne is coaching at Cal," O'Neill said. "Her work ethic and passion for the sport made her a successful rower, and she is bringing those same qualities to our team as coach."

In 2006, Kennedy was a member of the United States' gold-medal winning eight at the FISA World Rowing Under 23 Championships in Hazelwinkel, Belgium. The 2006 championships represented the first time that she competed for a U.S. national team. Last summer, Kennedy, along with current Cal rower Mara Allen and former Golden Bear Megan Smith, led the U.S. eight to a bronze medal at the World Under 23 Championships in Strathclyde, Scotland.

Kennedy was also a field hockey, basketball and track athlete at Cooperstown High School in Cooperstown, N.Y.



**Shirley DOELL**  
*Rigger/Boatman (1st Year)*

Shirley Doell, who joined the California staff in early 2008, brings a wealth of experience to Berkeley. The UC San Diego product will be doing maintenance and repair on the shells and facilities at the boathouse at the Briones Reservoir in Orinda, Calif. Doell is a U.S. Coast Guard licensed sailing instructor at the OCSC Sailing School in Berkeley. She is also a race-course manager, coach, judge and referee when she isn't working in a local nautical bookstore.

Doell started rowing in 1976 at UCSD and is still at it, competing in master's rowing. She worked at Mission Bay Aquatic Center in San Diego from 1980-88, when she managed the center's rowing program.

She coached the novice women's crew at UCSD in 1992-94 and moved to the Bay area in 1996. Doell soon joined the Lake Merritt Rowing Club, with which she has been active in equipment maintenance. Also, she built the 1000 meter rowing race-course on Lake Merritt.

**WOMEN'S CREW SUPPORT STAFF**



**Elizabeth LEE**  
*Volunteer Assistant Coach (1st Year)*

# SUPPORT STAFF



**Liz MILES**  
*Assistant Athletic Director*

One of the top alumnae in the history of California women's crew, Liz Miles oversees the Golden Bears program from her position of Assistant Athletic Director. Miles, who competed for Cal from 1976-77, is an Olympian who was part of the U.S. 4+ (with fellow Cal alums Val McClain '82 and Pat Spratlen Etem '79) that took fourth place in Los Angeles in 1984. She also claimed silver medals with the U.S. 8+ at the 1981 and 1982 World Championships. The Cal program honored its decorated alumna with the creation of the Liz Miles Award, given annually to the "Most Promising Frosh" on the roster. She graduated from Cal in 1977 with a bachelor's degree in conservation of natural resources and earned an MBA from San Diego State in 1985.



*Liz Miles, far left, participated in the 1984 Olympic Games.*



**Linda SMITH**  
*Athletic Trainer*

Linda Smith came to Cal in October 1977 after a graduate assistant position at her alma mater, the University of Nevada. Over the course of her career, "Smitty" has served as the staff trainer for nearly every intercollegiate sport at Cal and currently is the staff trainer for volleyball, men's tennis and women's crew. There have been many memorable moments in a career that spans over three decades, but one of her favorites occurred during Big Game Week of her first year at Cal. As she was walking up Bancroft Avenue on her way to Hearst Gym, she suddenly found herself surrounded by the Stanford band streaking down the street from the stadium. Despite that encounter with the Stanford band, Smitty continues to enjoy her career at Cal and the challenges each day brings. Smitty and her two golden retrievers, Abbie and Tucker, live in Concord.



**Dean CAPARAZ**  
*Assistant Media Relations Director*

California alumnus Dean Caparaz enters his first year working with the Golden Bears women's crew program. He also works with the Cal field hockey, lacrosse and men's crew programs. His duties include writing and editing the team's media guide, releases and meet recaps as well as coordinating media interviews for the Bears and updating the women's crew page on CalBears.com. Caparaz graduated from Cal with a bachelor's degree in English in 1990. He lives with his wife, Debbie, and their two children in the East Bay.



*Freshmen Bridget Moran (left) and Sam Sartor took seventh in the pair for Canada at the 2007 World Junior Championships.*

## 2008 SEASON OUTLOOK



## CAL LOOKS TO RETURN TO CHAMPIONSHIP FORM

Coming off a 2007 season in which they placed seventh at the NCAA Championships and second at the Pac-10 Championships, the California Golden Bears look to return to contention and possibly reach the heights of 2005 and 2006, when they won the overall NCAA and Pac-10 team titles. With most of last season's squad intact and an infusion of new young talent, two-time national coach of the year **Dave O'Neill** has his Bears poised for another strong year.

The rowing community agrees that O'Neill's Bears should have another good year. Cal's varsity eight boat entered the new season ranked No. 9 in the USRowing/Collegiate Rowing Coaches Association (CRCA) preseason national poll.

Cal is mentioned at length in the 2008 College Preview issue of *Rowing News*, which makes "Our Case for Cal" in publisher Chip Davis' opening letter. Davis praises the Cal women and points out that *Rowing News* put the eventual 2006 women's NCAA runner-up (Princeton) and eventual 2007 men's IRA champion (Washington) on the covers of its college previews in those years.

"It's nice, but we don't pay attention to that," O'Neill said. "The standards on our team are very high, and everyone on our team recognizes the standards that we are held to by others. They've really held themselves accountable. In many respects they are reaching the standard, so there are reasons for us to be encouraged."

The 2008 version of the Bears returns 18 letterwinners and loses just five.

"Everyone is back except one person from the varsity eight, the coxswain plus two rowers from the second varsity eight and one rower from the four," O'Neill said. "From our NCAA team, there are only five people missing, and only four rowers from the top 20 rowers are gone.

"I've been really impressed with the way that the sophomores have improved this year. They've improved significantly this year. And we have a really good freshman class. Combine that with so many people returning from last year's NCAA squad, and, individually, we have a lot of really good people.



**Cal junior Lou Kinder is one of the Bears' co-captains in 2008.**

Cal's 2008 varsity eight was ranked No. 9 in one national preseason poll.

"Looking at the team as a whole, the attitude and effort has been really important. This team has embraced those themes – to make the most of every day, we can always control our attitude and we can always control the effort of the team. As a result, we've seen improvement from day one in the preseason all the way till now, heading into racing season. The team continues to improve technically and physically. But most importantly the team atmosphere continues to improve."

All-American and co-captain **Mara Allen** is back for her final season as a Bear after competing for the U.S. national team and O'Neill at the World Rowing Under-23 Championships. Seniors **Candice Rediger**, **Onna Poeter**, **Ali Seders**, **Maggie Devine** and **Summer Ohlendorf**, who were part of Cal's 2005 and 2006 success, provide plenty of veteran talent and leadership for the Bears.

The junior class features **Krista Ellis**, who coxed Cal's varsity eight last year, **Elena Humphreys**, a member of the varsity eight, **Melissa Herman**, **Emmie Koenig**, **Katy Milton**, **Kaiti Seders**, **Lauren Nowinski** and **Sam Silvia**. The latter two competed in the varsity four and Silvia also rowed in Cal's Pac-10 champion second varsity eight last year. **Lou Kinder** is Cal's other co-captain and a member of a strong sophomore class that includes **Eeva Karppinen**, who rowed in the varsity eight as a freshman in 2007, **Taryn O'Connell**, who joined Allen at the 2007 World U-23

Championships, **Kelsey Bates, Kirsten Campbell** and **Adrienne Keller**.

Cal also boasts freshmen **Mary Jeghers, Bridget Moran** and **Sam Sartor**.

## VARSITY EIGHT FEATURES TALENTED SENIORS

The varsity eight spearheads Cal's effort to return to national championship status. Most of the boat returns; the biggest loss is Megan Smith.

"People have really stepped up," O'Neill said. "Power-wise, people are stronger than last year. In terms of general fitness, the team is doing a much better job this year. Not any one person will replace Megan.

"For this year's team, everyone has made individual strides forward. There are far more than eight rowers competing for the varsity eight. There are 10, maybe even 12, rowers who could easily step into the varsity eight and make it go very, very well.

"We try to have as many interchangeable parts on our team. Our team is not reliant on any one person. But at the same time our team's success relies on individual decisions, individual choices and individual responsibilities of every member of our team. It's all about the team."

Even Mara Allen, who comes into her senior season as one of Cal's best talents, has improved her performance since earning CRCA second-team All-America honors and All-Pac-10 accolades in 2007.

"Mara is always one of those people who tries to make everything better all the time," O'Neill said. "A good example of this is when Mara recognized that we had a really good starboard side and how she took it upon herself to switch sides. Over the years she improved her versatility, as she can now row on both the port side and on the starboard side."

Candice Rediger and Onna Poeter have also improved coming into their senior

seasons. Rediger is a smooth and mature rower who's increased her strength and physical capacity this year. Conversely, Poeter, who has always had great physical capacity, has made significant strides in her technical prowess.

Fellow senior Ali Seders and junior Elena Humphreys are other contenders for the varsity eight. Seders, who stroked the varsity eight last year, is another versatile Bear who can row at either end of the boat.

A freshman who could crack the varsity eight is Mary Jeghers.

"She's been a welcome addition to our team," he said. "In terms of attitude, we couldn't ask for a more positive person than her or a harder worker."

Other Bears who have made significant improvements and rowed in the varsity eight at times last year are sophomore Eeva Karppinen and junior Lauren Nowinski.

"Eeva has another year of experience, another year of sweep rowing, another year of maturity," O'Neill said. "She is really strong and is a really good rower. Another really hard worker who is just a solid kid is Lauren Nowinski. She's done a really good job."

"Seniors Maggie Devine and Summer Ohlendorf in their last year are making the most of the experience and providing great



**Senior co-captain Mara Allen (left) and senior Candice Rediger are key members of Cal's 2008 varsity eight.**



**The 2008 California Golden Bears women's crew.**

depth to an already strong team."

O'Neill also praised the offseason work done by sophomores Taryn O'Connell and Lou Kinder, a pair of solid rowers who have improved their fitness and skill significantly over last year. Kirsten Campbell and Kelsey Bates are two more members of last year's Cal's freshman squad who have gotten better in the offseason and are ready to race at the highest level.

The freshman class, under the direction of assistant coach Sara Nevin, should have an immediate impact on the Bears in 2008.

"It looks like we have a really good freshman class," O'Neill said. "The freshmen as a whole have been putting in more work than ever as a team. Along with Mary Jeghers, two more freshmen to mention are Bridget Moran and Sam Sartor. They have brought tremendous athletic ability but more importantly a racing ferocity to our team."

Moran and Sartor competed in the pair for Canada at the World Junior Championships last summer in Beijing. They finished seventh overall.

## CAL FACES FAST PAC-10 FIELD

The Pac-10 Conference again features an outstanding field this season, with six teams ranked in the USRowing/CRCA varsity eight preseason poll. Along with Cal, which garnered 249 points in the poll, those six teams include No. 4 USC (393 points), No. 10 Stanford (236), No. 12 UCLA (184), No. 14 Washington State (161) and No. 16 Washington (109).

"The Pac-10 has always been very, very fast," O'Neill said. "Outside of NCAAs, and I say this every year, the Pac-10 Championships is the most competitive regatta in the country, because most of the Pac-10 teams row in the top 15 or top 20.

"At the NCAA Championships, we might not have as many Pac-10 or western teams as the other regions. But the quality of every Pac-10 school is very high. We know we have to go very fast to get the job done."

At last year's NCAA Championships, the Pac-10 put three teams in the top 12, with USC finishing in fifth place, Cal taking seventh and Washington claiming 10th.

Choosing a favorite from such a strong conference this year is challenging.

"From the other contending Pac-10 schools, you can make a case that they're the one to watch," O'Neill said. "But for us, we pay close attention to what Cal is doing and no one else. The reason is simple: You cannot control what another team is doing and they cannot control what we do. We just focus on our team, on our crews, and go as fast as we can."

# 2008 WOMEN'S CREW ROSTER

<i>Name</i>	<i>Height</i>	<i>Weight</i>	<i>Class</i>	<i>Hometown</i>	<i>Last School</i>
Mara Allen	6-0	158	Senior	San Francisco, Calif.	Lowell HS
Elisa Arthur	5-2	110	Freshman	Laguna Niguel, Calif.	Santa Margarita Catholic HS
Shauna Badheka	6-0	200	Sophomore	Laguna Beach, Calif.	Laguna Beach HS
Kelsey Bates	5-7	155	Sophomore	Fair Oaks, Calif.	Bella Vista HS
Erica Bellis	5-2	110	Sophomore	Folsom, Calif.	Folsom HS
Katie Bostian	5-6	150	Freshman	Palo Alto, Calif.	Menlo-Atherton HS
Kirsten Campbell	5-10	165	Sophomore	St. Louis, Mo.	University City HS
Alexis Campbell-Craven	5-11	155	Sophomore	Shingle Springs, Calif.	Ponderosa HS
Katie Caves	5-9	160	Sophomore	San Carlos, Calif.	Carlmont HS
Lindsay Collishaw	5-5	140	Freshman	Los Gatos, Calif.	Los Gatos HS
Jill Costello	5-4	110	Sophomore	San Francisco, Calif.	St. Ignatius Prep
Danielle Detloff	5-9	155	Freshman	Palos Verdes Estates, Calif.	Chadwick HS
Maggie Devine	5-10	160	Senior	San Francisco, Calif.	Mercy HS
Beth Doyle	5-11	170	Freshman	Modesto, Calif.	Hughson HS
Emma Dunn	5-10	185	Freshman	Merced, Calif.	Merced HS
Krista Ellis	5-7	110	Junior	Seattle, Wash.	Holy Names Academy
Arielle Fersht	5-10	170	Sophomore	Agoura Hills, Calif.	Agoura HS
Sydney Ford	5-10	175	Sophomore	San Francisco, Calif.	St. Ignatius Prep
Samantha Heath	5-7	140	Junior	San Ramon, Calif.	California HS
Melissa Herman	5-7	160	Junior	Rocklin, Calif.	Saint Francis HS
Elena Humphreys	6-0	155	Junior	Carmichael, Calif.	Rio Americano HS
Mary Jegers	5-10	150	Freshman	San Diego, Calif.	Poway HS
Eeva Karppinen	6-0	165	Sophomore	Raisio, Finland	Raisio Vaisaari School
Adrienne Keller	5-8	150	Sophomore	Greenbrae, Calif.	Redwood HS
Lou Kinder	5-7	150	Sophomore	Shaker Heights, Ohio	Deerfield HS
Emmie Koenig	5-10	165	Junior	San Francisco, Calif.	Lowell HS
Laurel Kuhn	5-9	140	Sophomore	Sierra Madre, Calif.	La Salle HS
Sarah Kwon	5-3	117	Freshman	Gardena, Calif.	San Pedro HS
Lizzie Lang	5-10	148	Freshman	Tiburon, Calif.	Redwood HS
Katie Luke	5-5	110	Sophomore	Folsom, Calif.	Folsom HS
Cami McColgan	5-7	155	Freshman	Long Beach, Calif.	Woodrow Wilson HS
Katy Milton	5-6	110	Junior	San Francisco, Calif.	Saint Ignatius Prep
Bridget Moran	5-11	155	Freshman	London, Ont., Canada	Mother Teresa Catholic Secondary
Lauren Nowinski	6-1	160	Junior	San Pedro, Calif.	Bishop Montgomery HS
Taryn O'Connell	5-10	165	Sophomore	Orinda, Calif.	Carondelet HS
Summer Ohlendorf	5-7	160	Senior	San Diego, Calif.	University of San Diego HS
Becky Pacheco	4-10	95	Sophomore	Davis, Calif.	Davis Senior HS
Onna Poeter	5-10	180	Senior	Golden, Colo.	Golden HS/University of Puget Sound
Avalon Radys	6-0	170	Freshman	Portland, Ore.	Lincoln HS
Candice Rediger	5-10	150	Senior	Gold River, Calif.	Rio Americano HS
Vanna Rocchi	5-6	155	Junior	Oroville, Calif.	Oroville HS
Jenny Rusher	5-11	168	Freshman	San Francisco, Calif.	Mercy HS
Sam Sartor	5-10	150	Freshman	Toronto, Ont., Canada	E.L.Crossley Secondary School
Ali Seders	5-9	155	Senior	Los Gatos, Calif.	Los Gatos HS
Kaiti Seders	5-9	155	Junior	Los Gatos, Calif.	Los Gatos HS
Sam Silvia	5-9	165	Junior	San Francisco, Calif.	Saint Ignatius Prep
Jen Trautman	5-10	205	Freshman	Huntington Beach, Calif.	Huntington Beach HS
Lauren Tyburski	5-11	150	Freshman	Lafayette, Calif.	Acalanes HS
Claudia Walterspiel	5-9	170	Freshman	Atlanta, Ga.	Chattahoochee HS
Rachael Wojnowski	6-3	240	Freshman	Hartford City, Ind.	Carmel HS

## COACHING STAFF

Head Coach: .....Dave O'Neill  
 Assistant Coach: ..... Sara Nevin  
 Assistant Coach: ..... Anne Kennedy  
 Volunteer Assistant Coach: .....Elizabeth Lee  
 Rigger/Boatman: ..... Shirley Doell

# 2008 ATHLETE PROFILES

## Mara ALLEN

**Class:** Senior  
**Hometown:** San Francisco, Calif.  
**High School:** Lowell HS  
**Height/Weight:** 6-0/158



**California: 2007 (Junior)** All-American, rowed in the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships...team co-captain...received the

Bettina Bents award ...All-Pac-10 pick. **2006 (Sophomore)** Rowed in the varsity 8+ that placed first at Pac-10s and second at NAAs...All-Pac-10 and Pac-10 All-Academic second team choice. **2005 (Freshman)** Was in NCAA and Pac-10 champion varsity 8+...awarded Lexus Gauntlet Scholarship and named Female Pac-10 Newcomer of the Year... awarded the Liz Miles Most Promising Freshman Award.

**Personal:** Economics major...raced in the U.S. eight that placed third at the 2007 World Rowing U23 Championships in Scotland...team captain of Marin Rowing Association during senior year of high school...member of club team that won the state championship and placed third in nationals in 2003...club team was second at nationals in 2004...parents are Sara Moore and Dick Allen...has two siblings, Meredith and Morgan...Morgan rowed for Cal men's crew...born Feb. 11, 1987, in San Francisco, Calif.

**The best part about being on Cal crew is:** It gives you the opportunity to reach your potential and to succeed.

**The best part of the University is:** You are always surrounded by excellence.

**My greatest achievement/finest moment was:** Winning NAAs both times in the varsity 8.

**I chose Cal because:** I felt most comfortable with the team and the coaches when I visited.

**What sets Cal apart:** Cal has a unique way of getting the work done while being relaxed at the same time and offers incredible academic opportunities in a public school setting.

## Kelsey BATES

**Class:** Sophomore  
**Hometown:** Fair Oaks, Calif.  
**High School:** Bella Vista HS  
**Height/Weight:** 5-7/155



**California: 2007 (Freshman)** Rowed in the novice 4+ that placed first at the PCRC Championships.

**Personal:** Undeclared major...rowed for Capital Crew in high school...member of a

swimming team since age four... participated in three years of diving and one year of water polo...parents are Niki and Brian Bates...has a sister, Jessica...born April 17, 1988, in Sacramento, Calif.

**The best part about being on Cal crew is:** The team. It's awesome to be doing something with people you truly want to be around.

**The best part of the University is:** That we get to be a part of something so much bigger - you can go so many places.

**My greatest achievement/finest moment was:** In the PCRC frosh 4+ event, when we won by 17 seconds. There was amazing teamwork and friendship in that boat, and it was a ton of fun.

**I chose Cal because:** When I visited here, it just felt right. Also, I really liked the philosophies that Dave and Sara have when it comes to both school and rowing.

## Kirsten CAMPBELL

**Class:** Sophomore  
**Hometown:** St. Louis, Mo.  
**High School:** University City HS  
**Height/Weight:** 5-10/165



**California: 2007 (Freshman)** Stroked the freshman 8+ at the Pac-10 Championships and was an alternate for the NCAA travel squad.

**Personal:** Undeclared major...rowed for St. Louis Rowing Club in high school... salutatorian of University City High School in 2006...parents are Mary Ellen and Tom Campbell...has two siblings, Porter and Julianne...born Sept. 28, 1987, in St. Louis, Mo.

**The best part about being on Cal crew is:** The team. Working together for a com-

mon goal physically creates such a strong bond between us that I can't imagine being without it.

**The best part about the University is:** Having so many opportunities. The possibilities are endless! Everything is at your fingertips and help is always available.

**My greatest achievement/finest moment was:** It hasn't happened yet. It's on the way, but thus far my best moments are when I feel that I'm a part of something bigger being here at Berkeley.

**I chose Cal because:** I wanted to have a broader, worldlier education. Being from the Midwest, California and the Bay Area seem like another world sometimes. At the best public school in the country, I'm surrounded by greatness: professors, people, places and possibilities.

**What sets Cal apart:** Its attitude and approach. Everyone appears to be laid back, but the University is filled with the most ambitious people I know. These individuals define newer, higher, better standards every day, and that forges an environment like no other.

## Maggie DEVINE

**Class:** Senior  
**Hometown:** San Francisco, Calif.  
**High School:** Mercy HS  
**Height/Weight:** 5-10/160



**California: 2007 (Junior)** Rowed in the second varsity 8+ that won the Pac-10 Championships and placed second at the NCAA Championships. **2006 (Sophomore)** Rowed

in the second varsity 8+ that placed first at the Pac-10 Championships and second at NAAs. **2005 (Freshman)** was in the novice 8+ that took second at the Pac-10 Championships.

**Personal:** American studies major... rowed for Pacific Rowing Club in high school...hobbies include drawing and swimming... parents are Mary Donovan and James Devine...has a sister, Nora...born Sept. 2, 1986, in New York, N.Y.

**The best part about being on Cal crew is:** The amazing team. I love crew, and I get to work out with some of the most inspiring and dedicated people on campus.

**The best part of the University is:** That we have so many opportunities to join amazing clubs, classes and organizations on campus.

**My great achievement/finest moment was:** When our team won the NCAA cham-

ptionship for the second time. I had worked through a very rough season, and there were points that I didn't think I was a good rower. But through perseverance, I made the JV 8+ and realized what all the tears and sweat were for when we won the championship.

**I chose Cal because:** It is historically always on the cutting edge of new thinking.

**What sets Cal apart:** The University offers a perfect balance of academics and sports. Both are top tier, and Berkeley allows one to pursue your sport competitively and your education.

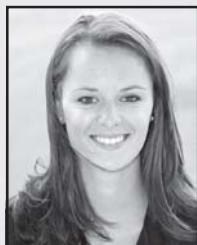
**Krista ELLIS**

**Class: Junior**

**Hometown: Seattle, Wash.**

**High School: Holy Names Academy**

**Height/Weight: 5-7/110**



**California: 2007 (Sophomore)** Coxed the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships. **2006 (Freshman)** Coxed the varsity 8+ that

won the Pac-10 championship and placed second at NAAs...awarded Pac-10 Newcomer of the Year...second-team All-American ...first-team CRCA All-Regional team.

**Personal:** Political economies of industrial societies major...rowed for Green Lake Crew in high school...placed third in light-weight 4+ at the 2005 Junior National Championships...enjoys skiing...parents are Janet and Richard Ellis...has a sibling, Casey...born Dec. 11, 1986, in Seattle, Wash.

**The best part about being on Cal crew is:** My teammates. You can look up to the older girls as your mentors and older sisters, and the younger girls teach you to be a leader. And then some are your best friends.

**The best part of the University is:** Cal pride. It is the pride of a sea of blue and gold at football games and the pride from knowing that you are receiving the best possible education.

**My greatest achievement/finest moment was:** Winning the Pac-10 Newcomer trophy.

**I chose Cal because:** It is a big, diverse school that would challenge me academically, as an athlete, and provide opportunities for my future that would not have been possible if not for going to Cal.

**What sets Cal apart:** It truly does achieve excellence in every single facet that a university has to offer, and for that, it has international recognition as a top university.

**Melissa HERMAN**

**Class: Junior**

**Hometown: Rocklin, Calif.**

**High School: Saint Francis HS**

**Height/Weight: 5-7/160**



**California: 2007 (Sophomore)** Stroked the varsity 4+ that placed third at the NCAA Championships. **2006 (Freshman)** Stroked the novice 8+ that placed third at the Pac-10 Championships...was alternate for NCAA Championship squad.

**Personal:** Sociology major...rowed for Capital Crew in high school...varsity team captain junior and senior year at Capital Crew...won freshman 8+ gold (2002), varsity 4 silver (2003), varsity quad silver (2004) and varsity 8+ bronze (2004) at the Southwest Junior Rowing Championships ...parents are Mary Jo and Paul Herman... has three siblings, Michelle, Brian and P.J....born July 4, 1987, in Las Vegas, Nev.

**The best part about being on Cal crew is:** The atmosphere surrounding you on a day-to-day basis. Everyone shows up with a great attitude. Everyone is committed to the team goal, and it's really exciting to be a part of a team that cares so much.

**The best part of the University is:** The people. Every day I am surrounded by the brightest professors and students in the nation.

**My greatest achievement/finest moment was:** Winning the 2006 San Diego Crew Classic, because we were down with 500 meters to go, and we came back to win. We all really pulled together.

**I chose Cal because:** The first thing that attracted me to Cal was the fact that it is an excellent school; I knew that a degree from Cal would set me apart later on in my future. But the biggest factor was the crew team. When I came on my visit everyone on the team was so welcoming, and I liked the fact that every day was going to be a challenge at Cal both on and off the water.

**What sets Cal apart:** Every day I am faced with the task of bettering myself by attending such a phenomenal school and training with great teammates. It's challenging but also fun and exciting, and you are constantly surrounded by people who make you want to learn more and better yourself.

**Elena HUMPHREYS**

**Class: Junior**

**Hometown: Carmichael, Calif.**

**High School: Rio Americano HS**

**Height/Weight: 6-0/155**



**California: 2007 (Sophomore)** Rowed in the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships ...was on the Pac-10 All-Academic first team and was a CRCA Scholar-Athlete. **2006 (Freshman)** Rowed in the novice 8+ that placed third at the Pac-10 Championships.

**Personal:** Peace and conflict studies major...rowed for Capital Crew in high school...parents are Elizabeth Haven and Richard Humphreys...has a sister, Caroline ...born April 24, 1987, in Sacramento, Calif.

**The best part about being on Cal crew is:** The team is dedicated to the sport and still has a lot of fun.

**The best part of the University is:** The classes are fun and insightful.

**My greatest achievement/finest moment was:** Winning the San Diego Crew Classic.

**I chose Cal because:** Of its excellence in both academics and athletics.

**What sets Cal apart:** A world-renowned education surrounded by athletes and coaches committed to excellence.

**Mary JEGHERS**

**Class: Freshman**

**Hometown: San Diego, Calif.**

**High School: Poway HS**

**Height/Weight: 5-10/150**



**Personal:** Undeclared but wants to study public health or nutrition...rowed for two years with San Diego Rowing Club...also played soccer in high school...parents are Sandy Jeghers and

Kathleen Guiney...has two older brothers, John and Jimmy...born Oct. 28, 1988, in San Diego, Calif.

**The best part about being on Cal crew is:** The Cal crew team is very supportive and encouraging of everyone.

**The best part about the University is:** Cal is an amazing school, full of excellence and prestige.

**I chose Cal because:** I love the school, and the rowing team is phenomenal.

**What sets Cal apart:** Cal is set apart because of the wonderful atmosphere, academics and sports.

**Eeva KARPPINEN**

**Class:** Sophomore  
**Hometown:** Raisio, Finland  
**High School:** Raisio Vaisaari School  
**Height:** 6-0/165



**California: 2007 (Freshman)** Rowed in the varsity 8+ that placed third at the Pac-10 Championships and that placed seventh at the NCAA Championships

**Personal:** Undeclared major interested in interdisciplinary studies...rowed for Nesteen Soutajat in high school...won the Finnish national championships in the single (2005, 2006), double (2004, 2006, 2007), and quad (2005, 2007)...parents are Pertti and Heli Karppinen...father, Pertti, rowed for the Finnish national team and won gold medals in multiple Olympic Games...born March 4, 1987, in Raisio, Finland.

**The best part about being on Cal crew is:** Being challenged every day by my teammates and myself. I love that every practice is about going hard and pushing the limits.

**The best part of the University is:** Receiving a world-class education.

**My greatest achievement/finest moment was:** My first regatta as a Cal athlete when I realized what it meant to "Be Cal."

**I chose Cal because:** I came to Cal because it has a world-known reputation, and the crew team is one of the top programs in the world.

**Adrienne KELLER**

**Class:** Sophomore  
**Hometown:** Greenbrae, Calif.  
**High School:** Redwood HS  
**Height/Weight:** 5-8/150



**California: 2007 (Freshman)** Stroked the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships.

**Personal:** Undeclared major...rowed for Marin Rowing Association in high school...came in first at the San Diego Crew Classic and second at the youth national championships in 2004...parents are Allison Griffin and Bill Keller...has a brother, Bennett...born March 29, 1988, in Greenbrae, Calif.

**I chose Cal because:** It has an amazing atmosphere with great academics and athletics. Everywhere you go you are surrounded by people who are highly motivated and want to achieve great things.

**What sets Cal apart:** Everyone's positive and hardworking attitude.

**Lou KINDER**

**Class:** Junior  
**Hometown:** Shaker Heights, Ohio  
**High School:** Deerfield HS  
**Height/Weight:** 5-7/150



**California: 2007 (Sophomore)** Raced in the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships. **2006 (Freshman)** Rowed in the varsity 4+

that placed first at the Pac-10 Championships and second at the NCAA Championships.

**Personal:** English major...rowed for Deerfield Academy...participated in track, cross country and ice hockey in high school...in track, was 2002 state champion in 4x4 and 4x2 for Hawken School in Ohio...hobbies include, playing catch, reading and singing...parents are Ann Rowland and Gordon Kinder...has two brothers, Jack and Ross...born Nov. 24, 1986, in Cleveland, Ohio.

**The best part about being on Cal crew is:** That it's a chance to be a part of something great. We all work and strive together to make it happen.

**The best part of the University is:** That the students have so many resources and opportunities; you can make your experience whatever you want it to be.

**My finest moment was:** Doing pause drills on Mission Bay at dusk the evening before winning at the San Diego Crew Classic.

**I chose Cal because:** Cal was the only school that excited me. On my recruiting trip, Dave asked my current teammate Mara Allen what the team goal was during a team meeting. She responded without hesitation, "Win NCAAs!" My response: "That's cool!"

**What sets Cal apart:** Cal has so much to offer: top-ranked academics and athletics plus the excitement of Berkeley. Success here requires a certain level of maturity and independence; the student is responsible for reaping Cal's benefits. I enjoy feeling like my Cal experience is mine to create.

**Emmie KOENIG**

**Class:** Junior  
**Hometown:** San Francisco, Calif.  
**High School:** Lowell HS  
**Height/Weight:** 5-10/165



**California: 2007 (Sophomore)** Rowed in varsity 4+ that placed third at the NCAA Championships.

**Personal:** Undeclared major...rowed for Pacific Rowing Club for four years...enjoys horseback riding...parents are Beverly and Peter Koenig...has two siblings, Christian and Clair...born Nov. 18, 1986, in San Francisco, Calif.

**The best part about being on Cal crew is:** Being able to work with a group of extremely talented individuals to make one very fast team.

**The best part about the University is:** You get as much out of the University as you put in. There are lots of opportunities for study, but you must go find them. They will not come to you.

**My greatest achievement/finest moment was:** Getting into Berkeley for rowing and taking third at NCAAs in the four.

**I chose Cal because:** Berkeley would challenge me in ways I could only imagine but leave me with a great sense of achievement when finished.

**What sets Cal apart:** Rowing for Cal is unlike any other sport because everyone is focused on the goal at hand and there are no excuses. You either do it or you don't; there is no try, which is more like real life. Going to school here is different in the same way - no excuses for your defeats and your triumphs are all on you.

**Katy MILTON**

**Class:** Junior  
**Hometown:** San Francisco, Calif.  
**High School:** Saint Ignatius College Prep  
**Height/Weight:** 5-6/110



**California: 2007 (Sophomore)** Coxed the varsity 4+ that placed third at the NCAA Championships. **2006 (Freshman)** Coxed the novice 8+ that placed third at the Pac-10 Championships.

**Personal:** History major...intends to attend law school after graduating...coxed for Saint Ignatius...team captain in 2005...hobbies include baking, scrapbooking, travel-

ing, sewing, cross-stitch and Hapkido... parents are Milly and Peter Milton...has four siblings, Lisa Schneider, Robert Leung, Michelle Leung and Emily Milton...born Aug. 31, 1987, in San Francisco, Calif.

**The best part about being on Cal crew is:** Each team member's drive for excellence, love of competition, and love for her team members who help her achieve.

**The best part of the University is:** The diversity of classes, professors and majors.

**My greatest achievement/finest moment was:** Winning the 2006 San Diego Crew Classic. The last 500 meters were amazing.

**I chose Cal because:** I was sure that through the University and California crew, I would leave Berkeley in four years having obtained the best education possible.

**What sets Cal apart:** The pride that students and student athletes take in their everyday endeavors, from academic goals to daily workouts, sets Cal apart from any other university in the world.

## Bridget MORAN

**Class:** Freshman

**Hometown:** London, Ont., Canada

**High School:** Mother Teresa Catholic Secondary

**Height/Weight:** 5-11/155



**Personal:** Undeclared major...rowed for two years in high school; also played volleyball, track and field, cross country...rowed for the London Rowing Club...went to Junior Worlds 2007 in the 2....parents are Brian and Pierrette Moran...older brothers are Aaron and Kyle...born July 30, 1989, in Ontario, Canada.

**National Team:** Moran and Cal teammate Sam Sartor competed in the pair for Canada at the 2007 World Junior Championships last summer in Beijing. Moran and Sartor defeated Australia to win the B final and finish seventh overall.

**The best part about being on Cal crew is:** The positive attitude of all the rowers.

**The best part of the University is:** The high caliber of all the staff and students.

**I chose Cal because:** I think it's the best school with the best rowing program.

**What sets Cal apart:** Everyone loves working hard.

## Lauren NOWINSKI

**Class:** Junior

**Hometown:** San Pedro, Calif.

**High School:** Montgomery HS

**Height/Weight:** 6-1/160



**California: 2007 (Sophomore)** Rowed in the second varsity 8+

that placed first at the Pac-10 Championships and second at the NCAA Championships. **2006 (Freshman)** Rowed in the second

varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships... awarded the Liz Miles Most Promising Freshman award.

**Personal:** American studies major...rowed for Long Beach Junior Crew in high school...parents are Deborah and Stephen Nowinski...mother rowed for the U.S. national team and father rowed for Loyola Marymount...born Nov. 11, 1986, in Torrance, Calif.

**The best part about being on Cal crew is:** The opportunity to be a part of such a dedicated and devoted team.

**The best part about the University is:** The opportunities available to you and the quality of the education offered.

**My greatest achievement/finest moment was:** Winning NCAAAs as a team my freshman year.

**I chose Cal because:** I knew it would be a challenge that would prepare me for the rest of my life.

**What sets Cal apart:** Cal stands apart from other universities because of its liberal approach to education and its high levels of excellence, both academically and athletically.

## Taryn O'CONNELL

**Class:** Sophomore

**Hometown:** Orinda, Calif.

**High School:** Carondelet HS

**Height/Weight:** 5-10/165



**California: 2007 (Freshman)** Rowed in the varsity 8+ in the Pac-10

Championships that placed third and raced at the NCAA Championships...was awarded Most Promising Freshman.

**Personal:** Undeclared major...rowed for Oakland Strokes in high school...awarded most improved athlete in 2004...won the 2004 and 2005 Junior National Champion-

ships and finished second in the 2006 Junior National Championship rowing in the varsity eight...parents are Moyra and Daig O'Connell...has a brother, Dan...father and brother both rowed for Cal men's crew...born April 4, 1988, in Oakland, Calif.

**National Team:** Took sixth place with the U.S. pair at the 2007 World Rowing U23 Championships in Strathclyde, Scotland.

**The best part about being on Cal crew is:** Being on a team where everyone is willing to work until they drop, and all the girls are extremely close and trusting of each other.

**The best part of the University is:** Always being able to talk with experienced and hardworking students, athletes and professors. Being surrounded by excellence, I can't help but learn something new every day.

**My greatest achievement/finest moment was:** When I first joined varsity and learned how to push myself past my breaking point.

**I chose Cal because:** It has excellent academics taught by top-notch professors, and it has extremely supportive and successful athletic teams.

**What sets Cal apart:** Cal's athletic department staff. While we are out on the water giving it our all, the staff members are inside figuring out ways to help us be the best athletes we can be. They give 100 percent to the athletes they care so much about.

## Summer OHLENDORF

**Class:** Senior

**Hometown:** San Diego, Calif.

**High School:** University of San Diego HS

**Height/Weight:** 5-7/160



**California: 2007 (Junior)** Rowed in the varsity 4+

that placed third at the NCAA Championships. **2006 (Sophomore)** Rowed in the open 8+ that won

at the San Diego Crew Classic and in the open

4+ that placed first at the PCRC Championships.

**Personal:** Geophysics major...participated in four years of varsity swimming in high school...member of the San Diego Imperial all-star team in 2003 and 2004 for swimming...salutatorian of her high school graduating class...National Merit Scholarship Finalist...former member of the UC Rally Committee and current member of the Berkeley College Republicans...hobbies include reading, swimming and running...parents are Karleen and Richard Ohlendorf...has a sister, Autumn...born Aug. 15, 1986, in San Diego, Calif.

**The best part about being on Cal crew is:** Spending time with so many amazing people because everyone is an inspiration in some way.

**The best part of the University is:** The variety of educational opportunities.

**My greatest achievement/finest moment was:** Winning the open 8+ in my hometown at the 2006 San Diego Crew Classic.

**I chose Cal because:** It has an incredible faculty in the physical sciences. I wanted to challenge myself academically.

**What sets Cal apart:** Cal sets itself apart by managing to be a top-notch institution in both athletics and academics. It's home to a diverse group of students who are united by school spirit. Go Bears!

**Onna POETER**

**Class:** Senior  
**Hometown:** Golden, Colo.  
**High School:** Golden HS  
**Last College:** University of Puget Sound  
**Height/Weight:** 5-10/180



**California: 2007 (Junior)** Rowed in the varsity 8+ at the Pac-10 Championships that placed third and raced at the NCAA Championships...earned the Lowena Hamilton award for outstanding female athlete. **2006 (Sophomore)** Rowed in the varsity 8+ that placed first at the Pac-10 Championships and second place at the NCAA Championships...awarded Most Improved Rower.

**Personal:** Business administration major...began rowing while a freshman at the University of Puget Sound...hobbies include singing, theatre, snowboarding, rafting, ice skating and hockey...parents are Eileen and James Poeter...has a brother, Danny...born June 12, 1986, in Pullman, Wash.

**The best part about being on Cal crew is:** We race all the time. Some people find it hard to understand how we can put in so many hours of practice yet only get a few races. The truth is that on our team we race on the water, we race on the erg, and we have fun doing so the whole year.

**The best part of the University is:** The education and degree that you receive. The opportunity to walk out with a degree from Berkeley makes the academic part of my life very special.

**My greatest achievement was:** About a week before nationals, doing everything I could to make technical changes on the water, because my seat in the boat was in jeopardy.

**I chose Cal because:** It is a great place to row year round. The team was friendly and worked harder than any other team I visited. I liked Dave's attitude and thought that this school would also be a great academic fit.

**What sets Cal apart:** We push each other. One rower will get better so to achieve your personal goal you have to step up and do more. While we compete with each other we still pat each other on the back because in the end, it's not about you but about the team as a whole.

**Candice REDIGER**

**Class:** Senior  
**Hometown:** Gold River, Calif.  
**High School:** Rio Americano HS  
**Height/Weight:** 5-10/150



**California: 2007 (Junior)** Rowed in the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships. **2006 (Sophomore)** Stroked the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships... awarded Pac-10 All-Academic honorable mention. **2005 (Freshman)** Stroked the second varsity 8+ that won the Pac-10 Championships and placed second at the NCAA Championships.

**Personal:** Psychology major with an English minor...played two years of volleyball in high school...was the MVP in 2000 and earned the coaches award in 2001... rowed for Capital Crew, winning the 2003 and 2004 coaches award...hobbies include traveling, cooking and photography...parent are Lori and Robert Rediger...has two siblings, Justin and Arielle...born Dec. 28, 1985, in Sacramento, Calif.

**The best part about being on Cal crew is:** Having such amazing teammates. We all work so hard to reach our team goal and always approach each day with a competitive attitude. This team does not have a core group that carries everyone else; rather the talent on this team is widespread and everyone plays a critical role in our success.

**The best part of the University is:** Being surrounded by excellence. The University has world-renowned professors, intelligent students, great coaches and dedicated athletes.

**My greatest achievement/finest moment was:** Being a part of Cal's first ever NCAA rowing championship in 2005. The win helped to set a new standard of training and discipline for the team, which then

enabled us to win the championship again in 2006.

**I chose Cal because:** It offered me everything I was looking for in a college – great academics, a competitive rowing team and a unique place to live.

**What sets Cal apart:** The Cal culture emphasizes greatness in all facets of life whether it be in the classroom, at work or on the field. As a result, it is a very inspirational community to be a part of.

**Sam SARTOR**

**Class:** Freshman  
**Hometown:** Toronto, Ont., Canada  
**High School:** E.L.Crossley Secondary School  
**Height/Weight:** 5-10/150



**Personal:** Undeclared major...rowed for E.L.Crossley S.S. and the Don RC...won Canadian School Boys (CSSRA) in womens 8+ ('07)...Pea Body Cup Champion at the Henley Women's Regatta 2007 in womens 8+ (all for E.L.Crossley)...her brother, Jordan, is a sophomore on the Cal men's crew... parents are Bonnie and Larry...hobbies include snowboarding, shopping and spending time with friends...born in Toronto, Canada, on Nov. 13, 1989.

**National Team:** Sartor and Cal teammate Bridget Moran competed in the pair for Canada at the 2007 World Junior Championships last summer in Beijing. Moran and Sartor defeated Australia to win the B final and finish seventh overall.

**The best part about being on Cal crew is:** The opportunity to spend quality time training for the sport I love and rowing with a team that wants to win.

**The best part of University is:** Knowing I am attending one of the best universities in the world.

**My greatest/finest achievement was:** Representing Canada at the Junior World Rowing Championships in Beijing.

**I chose Cal because:** Of the the winning spirit and quality of education.

**What sets cal apart:** It's got the whole package: education, rowing and location.

**Ali SEDERS**

**Class:** Senior  
**Hometown:** Los Gatos, Calif.  
**High School:** Los Gatos HS  
**Height/Weight:** 5-9/155



**California: 2007 (Junior)** Rowed in the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships. **2006 (Sophomore)** Rowed in the second

varsity 8+ that won the Pac-10 Championships and placed second at the NCAA Championships. **2005 (Freshman)** Was in the novice 8+ that took second place at the Pac-10 Championships.

**Personal:** Mass communications major...rowed for Los Gatos Rowing Club...rowed in the varsity four that won a silver medal at the 2002 youth invitational...rowed in the varsity four that won a gold medal at the 2002 Southwest Junior Regional Championships... has a second-degree black belt in Tae Kwon Do...enjoys hip hop dancing... parents are Shelley and Jeff Seders...has a sister, Kaiti, who rows for Cal...born Nov. 21, 1985, in Los Gatos, Calif.

**The best part about being on Cal crew is:** The team. It is great to always be surrounded by so many people all working towards the same goal.

**The best part of the University is:** All the resources available to help you receive the most out of your education and that it has the resources to also help you find a job.

**My greatest achievement/finest moment was:** Standing on the podium with my team in New Jersey after winning NCAAs.

**I chose Cal because:** When I visited the campus and the team, it just felt right. I knew I would love it here.

**What sets Cal apart:** It is a mix of people who are committed to enjoying whatever it is they are doing. Cal makes for a great atmosphere.

Freshman Mary Jeghers (left), sophomore Taryn O'Connell (middle) and junior Elena Humphreys (right) are among the Golden Bears who will compete for the Cal varsity eight.

**Kaiti SEDERS**

**Class:** Junior  
**Hometown:** Los Gatos, Calif.  
**High School:** Los Gatos HS  
**Height/Weight:** 5-9/155



**California: 2007 (Sophomore)** Rowed in the second varsity 8 that placed first at the Pac-10 Championships and second at the NCAA Championships...second team Pac-10 all-academic.

**2006 (Freshman)** Rowed in the junior varsity 8+ that took second place at the NCAA Championships.

**Personal:** Mass communications major...rowed for Los Gatos Rowing Club in high school...hobbies include cooking and photography...parents are Shelley and Jeff Seders...has a sister, Ali, who rows for Cal...born March 3, 1987, in San Jose, Calif.

**My greatest achievement/finest moment was:** Finishing second in the second varsity 8+ at the 2006 NCAA Championships.

**I chose Cal because:** It offered the best academic and athletic combination.

**What sets Cal apart:** Its great community of athletic support and athletes. It is great to be at a place with so many great people.



**Sam SILVIA**

**Class:** Junior  
**Hometown:** San Francisco, Calif.  
**High School:** Saint Ignatius College Prep  
**Height/Weight:** 5-9/165



**California: 2007 (Sophomore)** Rowed in the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships...**2006 (Freshman)** Rowed in the novice

8+ that placed third at the Pac-10 Championships.

**Personal:** History major...rowed for Saint Ignatius...participated in cross country and basketball while in high school...hobbies include reading, going to the ocean and hiking...parents are Alicia and Edward Silvia...has two siblings, Georgia and Edward...born Sept. 17, 1987, in San Francisco, Calif.

**The best part about being on Cal crew is:** My teammates are so inspirational, and I get to spend time with them every day.

**The best part of the University is:** The amazing range of classes you can take.

**My greatest achievement/finest moment was:** Not any one particular moment. Once Pac-10s and NCAAs were over, I felt so accomplished and that I was a part of something bigger than myself. It is very humbling.

**I chose Cal because:** It is set apart by its eclectic course catalogue, diverse faculty and student body, and general aesthetic beauty of the campus. Plus, I love the Bay Area and couldn't picture myself anywhere else.

**GOLDEN BEARS TO WATCH**

**Elisa ARTHUR**



5-2  
110  
Freshman  
Laguna Niguel,  
Calif.  
Santa Margarita  
Catholic HS

**Shauna BADHEKA**



6-0  
200  
Sophomore  
Laguna Beach,  
Calif.  
Laguna Beach  
HS

**Erica BELLIS**



5-2  
110  
Sophomore  
Folsom, Calif.  
Folsom HS

**Katie BOSTIAN**

5-6  
150  
Freshman  
Palo Alto, Calif.  
Menlo Atherton HS

**Alexis CAMPBELL-CRAVEN**



5-11  
155  
Sophomore  
Shingle Springs,  
Calif.  
Ponderosa HS

**Katie CAVES**



5-9  
160  
Sophomore  
San Carlos,  
Calif.  
Carlmont HS

**Lindsay COLLISHAW**



5-5  
140  
Freshman  
Los Gatos, Calif.  
Los Gatos HS

**Jill COSTELLO**



5-4  
110  
Sophomore  
San Francisco,  
Calif.  
St. Ignatius College  
Prep

**Danielle DETLOFF**



5-9  
155  
Freshman  
Palos Verdes  
Estates, Calif.  
Chadwick HS

**Beth DOYLE**



5-11  
170  
Freshman  
Modesto, Calif.  
Hughson HS

**Emma DUNN**



5-10  
185  
Freshman  
Merced, Calif.  
Merced HS

**Arielle FERSHT**



5-10  
170  
Sophomore  
Agoura Hills, Calif.  
Agoura HS

**Sydney FORD**



5-10  
175  
Sophomore  
San Francisco,  
Calif.  
St. Ignatius College  
Prep

**Samantha HEATH**



5-7  
140  
Junior  
San Ramon, Calif.  
California HS

**Laurel KUHN**



5-9  
140  
Sophomore  
Sierra Madre,  
Calif.  
La Salle HS

**Sarah KWON**



5-3  
117  
Freshman  
Gardena, Calif.  
San Pedro HS

**Lizzie LANG**



5-10  
148  
Freshman  
Tiburon, Calif.  
Redwood HS

**Katie LUKE**



5-5  
110  
Sophomore  
Folsom, Calif.  
Folsom HS

**Cami McCOLGAN**



5-7  
155  
Freshman  
Long Beach, Calif.  
Woodrow Wilson  
HS

**Becky PACHECO**



4-10  
95  
Sophomore  
Davis, Calif.  
Davis Senior HS

**Avalon RADYS**



6-0  
170  
Freshman  
Portland, Ore.  
Lincoln HS

**Vanna ROCCHI**



5-6  
155  
Junior  
Oroville, Calif.  
Oroville HS

**Jenny RUSHER**



5-11  
168  
Freshman  
San Francisco,  
Calif.  
Mercy HS

**Jen TRAUTMAN**



5-10  
205  
Freshman  
Huntington  
Beach, Calif.  
Huntington Beach  
HS

**Lauren TYBURSKI**



5-11  
150  
Freshman  
Lafayette, Calif.  
Acalanes HS

**Claudia WALTERSPIEL**



5-9  
170  
Freshman  
Atlanta, Ga.  
Chattahoochee  
HS

**Rachael WOJNOWSKI**



6-3  
240  
Freshman  
Hartford City, Ind.  
Carmel HS

# 2007 RACE RESULTS

## Victoria and Saint Mary's March 11 Redwood Shores, Calif.

### California Varsity 8 vs. Victoria Varsity 8

1. California ..... 6:45.9
2. Victoria ..... 7:03.5

### California 2nd Varsity 8 vs. Saint Mary's Varsity 8

1. California ..... 7:01.5
2. Saint Mary's ..... 7:15.3

### California 3rd Varsity 8 vs. California Novice 8

1. California 3V8 ..... +21
2. California N8

## San Diego Crew Classic March 31-April 1 San Diego, Calif.

### Laurel V. Korholz Perpetual Trophy Novice 8

1. UCLA ..... 7:06.87
2. Oregon State ..... 7:16.29
3. Stanford ..... 7:17.51
4. California ..... 7:18.96
5. Kansas State ..... 7:21.24
6. Washington State ..... 7:26.54

### Jackie Ann Stitt Hungness Trophy Junior Varsity 8

1. USC ..... 7:06.60
2. Oregon State ..... 7:09.82
3. UCLA ..... 7:10.00
4. California ..... 7:14.06
5. Washington State ..... 6:18.52
6. Stanford ..... 7:22.03

### Jessop-Whittier Cup Varsity 8

1. USC ..... 6:52.23
2. California ..... 6:59.99
3. Stanford ..... 7:01.08
4. UCLA ..... 7:01.75
5. Oregon State ..... 7:06.30
6. Washington State ..... 7:06.74

### Carley Copley Cup Open 8

1. USC ..... 7:15.40
2. California ..... 7:15.69
3. UCLA ..... 7:33.64
4. San Diego State ..... 7:46.76
5. Cal Alumnae ..... 8:04.72
6. River City ..... 8:22.48

## Windermere Crew Classic April 14-15 Redwood Shores, Calif.

### Saturday Morning: Varsity 8

1. Notre Dame ..... 7:04.46
2. California ..... 7:10.05

### 2nd Varsity 8

1. California ..... 7:13.25
2. Notre Dame ..... 7:28.07

### Varsity 4

1. California ..... 7:40.71
2. Notre Dame ..... 7:43.18

### Princeton 2nd Varsity 8 vs. California 3rd Varsity 8

1. California ..... 7:29.17
2. Princeton ..... 7:49.28

### Saturday Afternoon: Varsity 8

1. Louisville ..... 7:10.56
2. California ..... 7:19.29

### 2nd Varsity 8

1. California ..... 7:25.88
2. Louisville ..... 7:29.45

### Varsity 4

1. California ..... 8:26.47
2. Louisville ..... 8:50.97

### Novice 8

1. Virginia ..... 7:14.07
2. California ..... 7:41.43

### Sunday Morning: 2nd Varsity 8

1. California ..... 6:41.71
2. Tennessee ..... 6:51.17

### Varsity 8

1. California ..... 6:43.75
2. Tennessee ..... 6:46.55

### Varsity 4

1. California ..... 7:57.53
2. Tennessee ..... 8:01.66

## The Big Row vs. Stanford April 21, 2007 Redwood Shores, Calif.

### Varsity 8

1. California ..... 6:38.3
2. Stanford ..... 6:42.8

### 2nd Varsity 8

1. California ..... 6:50.8
2. Stanford ..... 6:58.7

### Varsity 4

1. California ..... 7:41.3
2. Stanford ..... 7:45.6

### Cal 3rd Varsity 8 vs. Stanford Varsity Lightweight 8

1. California ..... 7:02.4
2. Stanford ..... 7:05.8

### Novice 8

1. Stanford ..... 7:03.3
2. California ..... 7:21.1

## Washington April 28 Seattle, Wash.

### Varsity 4

1. California ..... 7:37.3
2. Washington ..... 7:39.6

### Novice 8

1. Washington ..... 7:02.8
2. California ..... 7:19.8

### 2nd Varsity 8

1. California ..... 6:53.3
2. Washington ..... 7:02.0

### Varsity 8

1. California ..... 6:47.1
2. Washington ..... 6:53.5

## Pac-10 Championships May 12-13 Rancho Cordova, Calif.

### Final Standings

Rank/School	Points
1. USC	69
2. California	59
3. Washington	57
4. UCLA	54
5. Stanford	50
6. Oregon State	49
7. Washington State	38
8. Gonzaga	35
9. Sacramento State	12
10. UC Davis	9

### Varsity 4 Petite Final

1. UCLA ..... 7:44.34
2. California ..... 7:45.40
3. Sacramento State ..... 8:14.11

### Novice 8 Petite Final

1. California ..... 7:20.66
2. UC Davis ..... 7:22.92
3. Sacramento State ..... 7:37.85
4. Saint Mary's ..... 7:50.82

### Second Varsity 8 Grand Final

1. California ..... 6:53.04
2. Washington ..... 6:56.68
3. USC ..... 6:58.97
4. UCLA ..... 7:04.41
5. Oregon State ..... 7:05.68
6. Washington State ..... 7:11.18

### Varsity 8 Grand Final

1. USC ..... 6:40.13
2. Stanford ..... 6:42.55
3. California ..... 6:44.58
4. UCLA ..... 6:48.64
5. Oregon State ..... 6:50.46
6. Washington ..... 6:55.01

## NCAA Championships May 25-27 Oak Ridge, Tenn.

### Final Standings

Rank/School	Points
1. Brown	58
2. Virginia	54
3. Ohio State	52
4. Yale	51
5. USC	48
6. Minnesota	47
7. California	38
8. Princeton	34
9. Tennessee	29
10. Washington	25
11. Harvard	19
12. Notre Dame	13

### Varsity 8 Grand Final (Places 1-6)

1. Yale ..... 6:37.08
2. Ohio State ..... 6:38.77
3. USC ..... 6:39.45
4. Brown ..... 6:39.55
5. Virginia ..... 6:41.50
6. Princeton ..... 6:45.38

### Varsity 8 Petite Final (Places 7-12)

1. Minnesota ..... 6:43.53
2. Dartmouth ..... 6:43.95
3. Tennessee ..... 6:44.32
4. Stanford ..... 6:45.71
5. Harvard ..... 6:49.16
6. Notre Dame ..... 6:51.04

### Varsity 8 Third Final (Places 13-16)

1. California ..... 6:47.40
2. UCLA ..... 6:51.55
3. Washington ..... 6:52.94
4. Central Florida ..... 7:03.18

### Second Varsity 8 Grand Final (Places 1-6)

1. Minnesota ..... 6:56.39
2. California ..... 6:59.15
3. Brown ..... 6:59.71
4. Virginia ..... 7:01.52
5. Ohio State ..... 7:08.52
6. Washington ..... 7:11.29

### Second Varsity 8 Petite Final (Places 7-12)

1. USC ..... 6:58.34
2. Tennessee ..... 6:59.30
3. Yale ..... 7:01.10
4. Harvard ..... 7:06.34
5. Princeton ..... 7:11.15
6. Notre Dame ..... 7:16.16

### Varsity 4 Grand Final (Places 1-6)

1. Virginia ..... 7:35.03
2. Brown ..... 7:45.54
3. California ..... 7:47.87
4. Princeton ..... 7:50.90
5. Washington ..... 7:53.75
6. Yale ..... 7:54.41

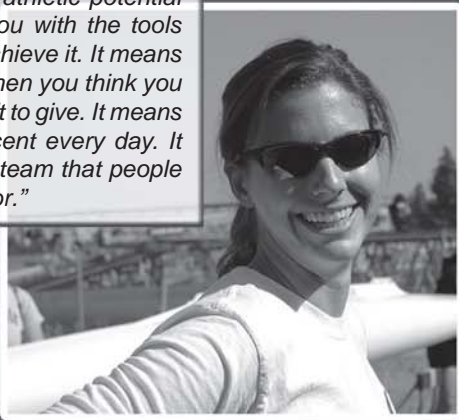
### Varsity 4 Petite Final (Places 7-12)

1. USC ..... 7:44.06
2. Minnesota ..... 7:49.31
3. Tennessee ..... 7:54.18
4. Ohio State ..... 7:56.02
5. Notre Dame ..... 7:56.34
6. Harvard ..... 7:58.91

# What It Means To Be ...

## CANDICE REDIGER

*"Being a Cal rower means fully committing yourself to a program that achieves excellence on the water and in the classroom. It means having high standards for yourself and your teammates in all facets of life. It means realizing that you will forever represent one of the greatest universities in the world. It means not settling. Being a part of Cal crew gives you the incredible opportunity to recognize your athletic potential and provides you with the tools necessary to achieve it. It means going harder when you think you have nothing left to give. It means giving 100 percent every day. It means being a team that people want to cheer for."*



## MAGGIE DEVINE

*"Being a Cal rower means that you are humble. There are a lot of students at Cal that come in here thinking they know it all, hence why they're here at the University. But if you're a Cal rower, that changes immediately once you step in that boat. You get your real schooling on the water, where you learn key lessons about determination, challenges and teamwork. To be a Cal rower, it means that basically you never stop learning and nothing's ever good enough. You work hard and think hard, because you know anyone on any given day could be better than you. So you humble yourself to the competition and to the all the knowledge you have yet to gain."*

## MARA ALLEN

*"Like most successful teams, it means always working for the greater good. Even though we all work to better ourselves, we ultimately are working so that we can contribute more to the team, and the desire to do that, at Cal, is very strong."*



## TARYN O'CONNELL

*"Being a Cal rower means I always have a group of friends that share my interests and goals. It's a great resource, especially when school gets tough."*



## LAUREN NOWINSKI

*"Being a Cal rower means being willing to go hard. When people ask me why I stick with a sport that requires so much time and energy I say, 'Because I like it.' Call me crazy, but becoming fit and seeing the results come race day, representing the University of California, and making lifelong friends are reasons enough to pull myself out of bed in the morning at 5:17."*



## LOU KINDER

*"Rowing at Cal means constant daily effort. It means eating vegetables, getting homework done early and going to bed at 8:30. It means sweat puddles under ergs and run under boats. Rowing at Cal means teamwork, responsibility and succeeding together. It means lifelong friendships with people who also think of in crew metaphors. Rowing at Cal means fun, pride and loving what I do."*



## SAM SARTOR

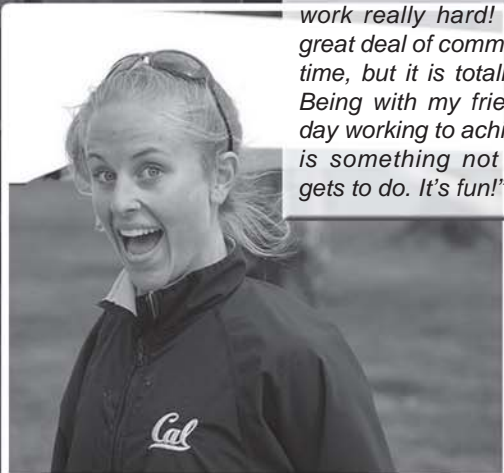
*"To be a Cal rower means to excel in an environment where athletes are given the opportunity to work hard. However, what sets us apart from other teams is that Cal rowers don't work hard because we have to; we work hard because we want to. Cal rowing isn't just a team but a lifestyle that is reflected in my day-to-day actions. It is the most amazing feeling to know I am part of Cal women's crew."*



... a Cal  
Rower

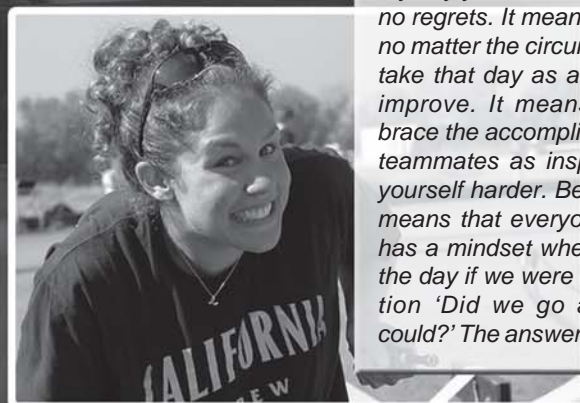
## ALI SEDERS

*"To be a Cal rower means you work really hard! It takes a great deal of commitment and time, but it is totally worth it. Being with my friends every day working to achieve a goal is something not everyone gets to do. It's fun!"*



## EMMIE KOENIG

*"Being a Cal rower means that every day you feel accomplished with no regrets. It means that every day no matter the circumstance you will take that day as an opportunity to improve. It means that you embrace the accomplishments of your teammates as inspiration to push yourself harder. Being on Cal crew means that everyone on the team has a mindset where at the end of the day if we were to ask the question 'Did we go as hard as we could?' The answer is always 'Yes.'"*



# HISTORY OF CAL CREW

After 28 years as a varsity sport, the history of California women's crew is impressive. One of the top women's intercollegiate sports at Cal, women's rowing started several times earlier in the century as a club and intramural program, but women's crew began as an intercollegiate sport with a flourish in the fall of 1974.

Daig O'Connell (Cal '72), the program's first coach, immediately led the Golden Bears to early dominance of women's West Coast rowing. The Bears won the Pacific Coast intercollegiate title their first year of competition in 1975. In fact, they went on to win the Pacific Coast championship in four of their five years under O'Connell's tutelage. During O'Connell's years, Cal owned the women's events at the San Diego Crew Classic and in 1979 finished second in the National Women's Rowing National Championships.

In 1980, O'Connell turned the program over to Pat Sweeney, a 1976 Olympic silver medalist coxswain from Great Britain. In Sweeney's first year, Cal women's crew dominated the NWRA national championships. The Bears won the varsity eight, Cal's first ever varsity national championship in any women's sport, and also captured the varsity four and finished second in the junior varsity eight. Although Washington moved to the forefront of women's rowing from 1981-88, winning seven of



**Cal's 1980 NCAA champion varsity eight brought the school its first-ever women's national title in any sport.**

eight national championships, the Bears captured national titles in the novice eight in 1984 and the varsity four in 1981. During the 1980s, the Bears continued with many successes, including adding to an impressive list of 14 current or former rowers on the U.S. national team.

From 1988-93 the Bears were led by John Squadroni, who twice took successful varsity crews to the National Collegiate Rowing Championships, finishing seventh in 1991 and fourth in 1993. In addition, Cal defeated Washington in both the varsity and junior varsity eights in 1990.

Anna Considine spent four seasons guiding the Bears from 1994-97. Although Cal experienced mixed results during Considine's tenure, her 1997 varsity eight advanced to the final before finishing sixth at the inaugural NCAA Women's Rowing Championship.

Upon Considine's departure, former Cal novice coach Marisa Hurtado assumed the varsity head coaching duties on an interim basis and led the varsity back to the NCAAs in 1998.

In 1999, Dave O'Neill moved to the forefront of Cal women's crew when he took charge of the program. In O'Neill's first season as head coach, the Bears earned their first team berth to the NCAA Championships and the bronze-winning varsity eight returned to Berkeley with Cal's first NCAA medal. The Cal women's team has competed at the NCAA Championships each year under O'Neill's tutelage, garnering rankings of No. 4 and No. 6 in 2000 and '01, respectively.

During the 2002 campaign, O'Neill's varsity eight

again took bronze while the Bears finished No. 3 overall at the NCAA Championships. The 2004 crew began the year by winning its second straight Jessop-Whittier Cup at the San Diego Crew Classic. A few weeks later the Bears triumphed again, beating Washington in a dual race for the first time in 13 years. In 2005 the Bears won a second consecutive Pac-10 title and won the Bears' first ever NCAA championship.

In 2006 the Bears entered the NCAA Championships undefeated on the varsity level and with a third consecutive Pac-10 Championship. The Bears finished second in all three levels of competition, enough to edge out Brown for Cal's second consecutive NCAA Championship. Last season, Cal won the junior varsity eight title and took second place overall at the 2007 Pac-10 Championships. The Bears later claimed third place in the varsity four race and took second in the second varsity eight grand final on the way to a seventh-place overall showing at the NCAA Championships.



**Cal's first women's varsity crew in 1975.**

## CAL COACHING SUMMARY

Year	Varsity Coaches
1975-79	Daig O'Connell, Cal '72
1980-86	Pat Sweeney, Thames Tradesmen
1987	Ted Swinford, Cal '83
1988-93	John Squadroni, Washington '84
1994-97	Anna Considine, Warsaw Physical Academy '80
1998	Marisa Hurtado, UCLA '89
1999-Present	Dave O'Neill, Boston College '91

Year	Novice Coaches
1975	Peter Lippett, Cal '58
1976	Jim Scardino, Cal '75
1977	Dean Wright, Cal '76
1978	Kelly Moore, Cal '72
1979-80	Brad Kaderabek, Cal '78
1981-84	John Murphy, Columbia '65
1985-88	Ann Dethloff, Cal '84
1989-92	Jenny Hale, Harvard '85
1993	Katie Burke, Victoria '89
1994-97	Marisa Hurtado, UCLA '89
1998	Fred Honebein, Cal '91
1999	Georgia Crowley, Yale '95
2000-01	Ellen Minzner, Villanova '88
2002-Present	Sara Nevin, Washington '85

# CALIFORNIA HONORS

## COLLEGIATE ROWING COACHES ASSOCIATION AWARDS

### ALL-AMERICANS

- 2000 Second Team: Megan Dirkmaat.
- 2001 First Team: Megan Cooke.
- 2002 First Team: Megan Cooke.
- 2003 Second Team: Kaylan Vander Schilden.
- 2004 First Team: Martha Helgeland, Kaylan Vander Schilden. Second Team: Laura Terheyden.
- 2005 First Team: Jelena Djukic, Iva Obradovic, Kaylan Vander Schilden, Remy Hitomi.
- 2006 First Team: Kaylan Vander Schilden, Erin Cafaro. Second Team: Jelena Djukic, Krista Ellis.
- 2007 First Team: Megan Smith. Second Team: Mara Allen.

### ALL-REGION

- 2000 Megan Dirkmaat, Caroline Ingham, Whitney Webber
- 2001 First Team: Megan Cooke. Second Team: Anne Beaulaurier, Khobi Brooklyn, Ariana Canova.
- 2002 First Team: Ariana Canova, Megan Cooke. Second Team: Shelle Orem.
- 2003 First Team: Kaylan Vander Schilden. Second Team: Ariana Canova, Shaina Kennedy.
- 2004 First Team: Kaylan Vander Schilden, Martha Helgeland, Remy Hitomi, Laura Terheyden. Second Team: Jessica Patak.
- 2005 First Team: Jelena Djukic, Iva Obradovic, Kaylan Vander Schilden, Remy Hitomi. Second Team: Laura Terheyden.
- 2006 First Team: Kaylan Vander Schilden, Erin Cafaro, Jelena Djukic, Krista Ellis. Second Team: Erin Reinhardt.
- 2007 First Team: Mara Allen, Megan Smith. Second Team: Taryn O'Connell.

### NATIONAL SCHOLAR ATHLETE

- 2003 Shelle Orem, Hilarie Martin, Erin Sanford

### COACH OF THE YEAR

- 1999 Dave O'Neill
- 2005 Dave O'Neill

### WEST REGION COACH OF THE YEAR

- 2004 Dave O'Neill
- 2005 Dave O'Neill

### WEST REGION ASSISTANT COACH OF THE YEAR

- 2004 Sara Nevin

## PAC-10 CONFERENCE AWARDS

### ALL-CONFERENCE

- 1987 Beth Rhine
- 1988 Julia Lee, Ruth Baptist, Tatiana Tilley
- 1989 Julia Lee
- 1990 Liz Behrens, Jenny Bagnell
- 1991 Julita Liauw, Shannon Day, Vanessa Wakil
- 1992 Chelsea Dwyer, Laurel Korholz
- 1993 Christine Hensleigh, Laurel Korholz
- 1994 Chelsea Dwyer, Becky McKain, Janet White
- 1995 Candace Carpenter, Keely Commins, Julie Herrera
- 1996 Keely Commins
- 1997 Victoria Cloud, Caroline Ingham, Cory Bosworth
- 1998 Whitney Webber, Marlowe Penfold, Cory Bosworth
- 1999 Megan Dirkmaat, Caroline Ingham, Mercy Ringelmann
- 2000 Megan Dirkmaat, Whitney Webber, Caroline Ingham
- 2001 Ariana Canova, Megan Cooke
- 2002 Ariana Canova, Megan Cooke, Shelle Orem
- 2003 Ariana Canova
- 2004 Martha Helgeland, Jessica Patak, Laura Terheyden, Kalan Vander Schilden
- 2005 Jelena Djukic, Laura Terheyden
- 2006 Mara Allen, Erin Cafaro, Jelena Djukic
- 2007 Mara Allen, Megan Smith

### NEWCOMER OF THE YEAR

- 2004 Neela Bushnell
- 2005 Mara Allen
- 2006 Krista Ellis

### ALL-ACADEMIC

- 1993 Christine Hensleigh
- 1994 Chelsea Dwyer
- 1995 Keely Commins
- 1997 Cory Bosworth
- 1998 Cory Bosworth
- 1999 Cory Bosworth
- 2000 First Team: Megan Cooke, Megan Dirkmaat, Caroline Ingham, Blake Likins, Elizabeth Powell, Kelly Reed, Whitney Webber. Second Team: Anna Beaulaurier, Lorraine Coke, Meghan Coleman, Robin Dean.
- 2001 First Team: Megan Cooke, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Elyse Lerum, Patsy McGuire, Katie Waller.
- 2002 First Team: Ariana Canova, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Emily Getchel, Martha Helgeland, Ona Johnson, Elyse Lerum,

- Andrea McDermott, Patsy McGuire, Anita Sarrett, Katie Waller.
- 2003 First Team: Kate Goodman, Hilarie Martin, Andrea McDermott, Shelle Orem, Erin Sanford. Second Team: Khobi Brooklyn, Ariana Canova, Karin Clifton, Martha Helgeland, Ashley Peterson.
- 2004 First Team: Martha Helgeland, Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Kimberly Atkinson, Karin Clifton, Naomi Markle, Ursela Nicholson, Erin Overweg, Kaylan Vander Schilden, Sabine Zimmermann.
- 2005 First Team: Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Gina Antonini, Kimberly Atkinson, Karin Clifton, Kirsten Hextrum, Naomi Markle, Erin Overweg, Jessica Smith, Roberta Tonelli, Lindsey Wall, Sabine Zimmermann.
- 2006 First Team: Gina Antonini, Robin Grossman, Kirsten Hextrum, Natasha LaBelle, Liz Lee, Sabine Zimmermann. Second Team: Mara Allen, Naomi Markle, Erin Reinhardt, Jessica Smith, Kaylan Vander Schilden. Honorable Mention: Laura Browne, Justine Chen, Rebecca Meissner, Megan O'Connor, Mariah Reddick, Candice Rediger, Jessica Smith, Megan Smith, Erica Van Steenis.
- 2007 First Team: Kirsten Hextrum, Elena Humphreys, Leigh Whelpton. Second Team: Mara Allen, Krista Ellis, Gracy Huntley, Lou Kinder, Rebecca Meissner, Katy Milton, Megan O'Connor, Summer Ohlendorf, Onna Poeter, Tiffany Pransky, Kaiti Seders, Astrid Sky, Jessica Smith, Megan Smith. Honorable Mention: Erika Blecha, Laura Browne, Melissa Herman, Lauren Nowinski, Mariah Reddick, Candice Rediger, Molly Denning.

### COACH OF THE YEAR

- 1999 Dave O'Neill
- 2004 Dave O'Neill
- 2005 Dave O'Neill

## CAL AWARDS

### MOST PROMISING FROSH (Liz Miles Award)

- 1994 Julie Herrera

- 1995 Kathleen Sims
- 1996 1996 Novice Crew
- 1997 n/a
- 1998 Meghan Wallace
- 1999 Megan Cooke
- 2000 Khobi Brooklyn
- 2001 Ariana Canova
- 2002 Laura Terheyden
- 2003 Kaylan Vander Schilden
- 2004 Jelena Djukic
- 2005 Mara Allen
- 2006 Lauren Nowinski
- 2007 Taryn O'Connell

### SCHOLARSHIP AWARD (Top GPA)

- 1994 Ute Gawlick
- 1995 Francesca Romeo
- 1996 Janet White, Candace Carpenter
- 1997 n/a
- 1998 Cory Bosworth
- 1999 Jessica Thomas
- 2000 Meghan Coleman
- 2001 Kate Goodman
- 2002 Shelle Orem
- 2003 Shelle Orem
- 2004 Natasha LaBelle
- 2005 Natasha LaBelle
- 2006 Natasha LaBelle

### MOST IMPROVED ROWER

- 1994 Michelle Arzubi
- 1995 Candace Carpenter
- 1996 Noreen Downey
- 1997 n/a
- 1998 Marie Haddock
- 1999 Julie Nichols
- 2000 Whitney Webber
- 2001 Kate Waller
- 2002 Andrea McDermott
- 2003 Remy Hitomi
- 2004 Jessica Patak
- 2005 Becky Owens, Megan Smith
- 2006 Onna Poeter

### ATHLETE BEST EXEMPLIFYING LOYALTY, PROFICIENCY AND SPIRIT (Bettina Bents Award)

- 1995 Kelly Commins
- 1996 Kelly Commins, Candace Carpenter
- 1997 n/a
- 1998 Liz Powell
- 1999 Cory Bosworth
- 2000 Megan Dirkmaat
- 2001 Anne Beaulaurier
- 2002 Megan Cooke
- 2003 Hilarie Martin, Elyse Lerum
- 2004 Remy Hitomi, Martha Helgeland
- 2005 Remy Hitomi, Laura Terheyden
- 2006 Kaylan Vander Schilden, Erin Cafaro
- 2007 Mara Allen

### OUTSTANDING FEMALE ATHLETE

(Lowena Hamilton Award)

- 2007 Onna Poeter

WALTER A. HAAS, JR., COMMUNITY SERVICE AWARD  
2000 Liz Powell

# CAL CUP RESULTS/CHAMPIONSHIPS

## NCAA CHAMPIONSHIPS

### OVERALL FINISH

1997 .....	n/a
1998 .....	n/a
1999 .....	6th
2000 .....	4th
2001 .....	6th
2002 .....	3rd
2003 .....	5th
2004 .....	4th
2005 .....	1st
2006 .....	1st
2007 .....	7th

## NATIONAL CHAMPIONSHIPS (NCAA, AIAW, ETC.)

### TOP 3 FINISHES

#### Varsity 8+

1979 .....	2nd
1980 .....	1st
1999 .....	3rd
2002 .....	3rd
2005 .....	1st
2006 .....	2nd

## NATIONAL CHAMPIONSHIPS (NCAA, AIAW, ETC.)

### TOP 3 FINISHES

#### Varsity 4+

1980 .....	1st
1981 .....	1st
2003 .....	2nd
2006 .....	2nd
2007 .....	3rd

## NATIONAL CHAMPIONSHIPS (NCAA, AIAW, ETC.)

### TOP 3 FINISHES

#### Junior Varsity 8+

1980 .....	2nd
1981 .....	3rd
2003 .....	3rd
2004 .....	2nd
2005 .....	2nd
2006 .....	2nd
2007 .....	2nd

## PAC-10 CHAMPIONSHIPS

### OVERALL FINISH

1987 .....	4th
1988 .....	2nd
1989 .....	4th
1990 .....	3rd
1991 .....	2nd
1992 .....	3rd
1993 .....	2nd
1994 .....	1st (combined men's and women's competition)
1995 .....	2nd (combined men's and women's competition)
1996 .....	2nd (combined men's and women's competition)
1997 .....	3rd
1998 .....	2nd
1999 .....	2nd
2000 .....	2nd
2001 .....	2nd
2002 .....	2nd
2003 .....	2nd
2004 .....	1st
2005 .....	1st
2006 .....	1st
2007 .....	2nd

## PACIFIC COAST/PAC-10 CONFERENCE CHAMPIONS

#### Varsity 8+

1975
1976
1978
1979
2004
2005
2006
2007

#### Junior Varsity 8+

1978
1979
1980
2003
2004
2005
2006
2007

#### Varsity 4+

2002
2003
2006

#### Novice 8+

1981
1984
1989
2003
2004

## CAL vs. WASHINGTON

### SIMPSON CUP

Since 1975:  
Bears 11, Huskies 22

1980 .....	California
1981 .....	Washington
1982 .....	Washington
1983 .....	Washington
1984 .....	Washington
1985 .....	Washington
1986 .....	Washington
1987 .....	Washington
1988 .....	Washington
1989 .....	Washington
1990 .....	California
1991 .....	Washington
1992 .....	Washington
1993 .....	Washington

1994 .....	Washington
1995 .....	Washington
1996 .....	Washington
1997 .....	Washington
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2002 .....	Washington
2003 .....	Washington
2004 .....	California
2005 .....	California
2006 .....	California
2007 .....	California

## CAL vs. STANFORD

Since 1976: Bears 22,  
Cardinal 10

1980 .....	California
1981 .....	California
1982 .....	Stanford
1983 .....	Stanford
1984 .....	Stanford
1985 .....	California
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2004 .....	California
2005 .....	California
2006 .....	California
2007 .....	California

# INTERNATIONAL BEARS

**1979 World Championships** ..... *Yugoslavia*  
Pat Spratlen Etem '79 ..... Bronze, USA 8+

**1980 Olympic Games** ..... *Russia*  
Valerie McClain '82 USA ..... Boycott  
Pat Spratlen Etem '79 USA ..... Boycott

**1981 World Championships** ..... *Germany*  
Valerie McClain '82 ..... Silver, USA 8+  
Pat Spratlen Etem '79 ..... Silver, USA 8+  
Liz Miles '77 ..... Silver, USA 8+  
Nanette Bernadou '81 ..... 4th, USA 4+

**1982 World Championships** ... *Switzerland*  
Nanette Bernadou '81 ..... Silver, USA 8+  
Liz Miles '77 ..... Silver, USA 8+  
Valerie McClain '82 ..... Silver, USA 4+

**1983 World Championships** ..... *Germany*  
Valerie McClain '82 ..... Silver, USA 8+  
Pat Spratlen Etem '79 ..... Silver, USA 8+



**Liz Miles, Pat Spratlen Etem and Val McClain finished fourth in the U.S. coxed four at the 1984 Los Angeles Olympic Games.**

**1984 Olympic Games** .. *Los Angeles, USA*  
Pat Spratlen Etem '79 ..... 4th, USA 4+  
Liz Miles '77 ..... 4th, USA 4+  
Valerie McClain '82 ..... 4th, USA 4+  
Sheila Conover '91 ..... USA Kayaking  
Connie Carpenter Phinney '81 ..... Gold, USA  
Cycling Road Race

**1985 World Championships** ..... *Belgium*  
Jennifer Scott ..... 4th, USA 8+  
Liz Miles ..... 4th, USA 8+

**1988 Olympic Games** ..... *Korea*  
Sheila Conover '91 ..... USA Kayaking

**1990 World Championships** ..... *Australia*  
Martha Plessas '83 ..... 7th, USA Lw 4-

**1991 World Championships** ..... *Austria*  
Shannon Day '93 ..... USA Alternate

**1992 World Championships** ..... *Canada*  
Molly Brock ..... 5th, USA Lw 4-

**1992 Olympic Games** ..... *Spain*  
Shannon Day '93 ..... 6th, USA 8+  
Liz Behrens '89 ..... USA Alternate  
Betsy Kimmel '89 ..... USA Alternate  
Sheila Conover '91 ..... USA Kayaking

**1993 World Championships** .. *Czech Republic*  
Laurel Korholz '93 ..... USA Alternate

**1994 World Championships** ..... *Indianapolis, USA*  
Laurel Korholz '93 ..... Silver, USA 8+  
Molly Brock '91 ..... 8th, USA Lw 1X

**1995 World Championships** ..... *Finland*  
Laurel Korholz '93 ..... Gold, USA 8+  
Molly Brock '91 ..... 11th, USA Lw 1X

**1996 Olympic Games** ..... *Atlanta, USA*  
Laurel Korholz '93 ..... 4th, USA 8+

**1997 World Championships** ..... *France*  
Laurel Korholz '93 ..... 9th, USA 4X

**1998 World Championships** ..... *Germany*  
Laurel Korholz '93 ..... 4th, USA 2X

**1999 World Championships** ..... *Canada*  
Laurel Korholz '93 ..... 4th, USA 4X  
Molly Brock '91 ..... Gold, USA Lw 4X

**2000 Olympic Games** ..... *Australia*  
Laurel Korholz '93 ..... 5th, USA 4X

**2001 World Championships** ... *Switzerland*  
Caroline Ingham '00 ..... 4th place, USA 8+  
Megan Dirkmaat '00 ..... 4th, USA 8+

**2002 World Championships** ..... *Spain*  
Megan Dirkmaat '00 ..... 4th, USA 2-  
Whitney Webber '00 ..... 5th, USA 4-  
Laurel Korholz '93 ..... 8th, USA 2X

**2002 World U23 Regatta/Nations Cup** ..... *Italy*  
Ariana Canova '04 ..... 4th, USA 4-  
Shelle Orem '03 ..... 4th, USA 4-  
Martha Helgeland '04 ..... 9th, Norway 2X  
Dave O'Neill ..... USA Coach

**2003 World Championships** ..... *Italy*  
Megan Dirkmaat '00 ..... 5th, USA 8+  
Whitney Webber '00 ..... Gold, USA 4-  
Julie Nichols '00 ..... 13th, USA Lt 1X  
Laurel Korholz '93 ..... 6th, USA 4X

**2003 World U23 Regatta/Nations Cup** ..... *Serbia*  
Jelena Djukic '07 ..... 7th, Serbia 4X  
Iva Obradovic '08 ..... 7th, Serbia 4X  
Martha Helgeland '04 ..... 10th, Norway 1X



**2000 U.S. Golden Bear Olympians. (left to right) Laurel Korholz, Pete Cipollone, Jake Wetzel and Sebastian Bea.**



**Megan Dirkmaat (left) and Caroline Ingham competed in the 2001 World Championships in Switzerland.**

**2004 World Championships** ..... *Spain*  
Megan Cooke '02 ..... 7th, USA 4-  
Julie Nichols '00 ..... Bronze, USA Lt 4X

**2004 World U23 Regatta/Nations Cup Poland**  
Iva Obradovic '08 ..... Bronze, Serbia 1X

**2004 Olympic Games** ..... *Greece*  
Megan Dirkmaat '00 ..... Silver, USA 8+  
Laurel Korholz '93 ..... Silver, USA 8+

**2005 World Championships** ..... *Japan*  
Megan Cooke '02 ..... 8th, USA 2X  
Julie Nichols '00 ..... Silver, USA Lt 2X  
Iva Obradovic '08 ..... 10th, Serbia 1X

**2005 U23 World Championships** ..... *The Netherlands*  
Erin Cafaro '06 ..... Gold, USA 4-  
Iva Obradovic '08 ..... Gold, Serbia 1X

**2006 World Championships** ..... *England*  
Megan Cooke '02 ..... Gold, USA 8+, 2-  
Julie Nichols '00 ..... 9th, USA 2-  
Kaylan Vander Schilden ..... 5th, Can 8+  
Erin Cafaro '06 ..... Bronze, USA 4  
Iva Obradovic '08 ..... Bronze, SCG 1X

**2006 U23 World Championships** . *Belgium*  
Megan Smith '07 ..... Gold, USA 8+  
Dave O'Neill ..... USA Coach

**2007 World Championships** ..... *Germany*  
Megan Dirkmaat '00 ..... Gold Medal, USA 4  
Erin Cafaro '06 ..... Gold, USA 4  
Kaylan Vander Schilden '06 ..... 6th, Canada 8+  
Iva Obradovic '08 ..... 2nd in C final, Serbia 1X  
Martha Helgeland '04 ..... 7th, Norway 2X

**2007 U23 World Championships** *Scotland*  
Mara Allen '08 ..... Bronze, USA 8+  
Megan Smith '07 ..... Bronze, USA 8+  
Taryn O'Connell '10 ..... 6th, USA 2-  
Dave O'Neill ..... USA Coach

**2007 World Junior Championships** .. *China*  
Bridget Moran '11 ..... 7th, Canada 2-  
Sam Sartor '11 ..... 7th, Canada 2-

**2007 Pan-American Games** ..... *Brazil*  
Julie Nichols '00 ..... Silver, USA 4

## T. GARY ROGERS ROWING CENTER

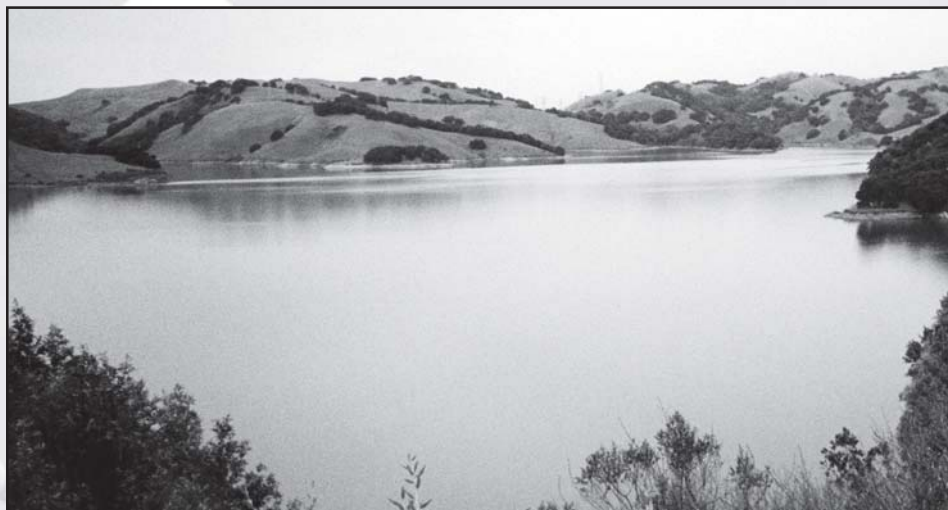
With a generous donation from Cal alumnus Gary Rogers, and the hard work of Friends of Cal Crew, the Bears opened their brand new boathouse in 2004. The facility is a three building campus on a property that is three times the size of the former site. The boathouse offers five boat bays and a training space that can accommodate Cal women's crew.

The T. Gary Rogers boathouse replaces the storied Ky Ebright boathouse, which was built more than a century ago. The preserved and restored front half of the Ky Ebright boathouse will serve as the inspirational link to the past and a museum of sorts. Many Olympic gold medalist, world champion and national champion crews have trained at the Ky Ebright boathouse



at one time. It is believed that the boathouse is home to more Olympic gold medalists than any other facility in the world.

## BRIONES RESERVOIR



Located over the Berkeley Hills in Orinda, the Briones Reservoir serves as the home of Cal women's crew. With its crystal clear water and limited boat traffic, Briones offers a beautiful escape while providing excellent training conditions year-round.

The topography of the surrounding hills combined with the L-shaped body of water result in flat water conditions regardless of wind direction. In 2002, a new two-bay facility was completed, which has added to the allure of Briones for the Cal women.

"I have coached and trained throughout the country, and, for me, Briones is the finest body of water in North America," said Cal head coach Dave O'Neill.

## ERGOMETER FACILITY

Located underneath the west grandstand at the Edwards Track Stadium, the women's on-campus ergometer facility hums with the spinning of the flywheel and the beat of a boom box.

Although the Draconian concrete structure seems a bit foreboding at first, it provides the perfect atmosphere to concentrate on pulling hard.

With the music blaring, the coxswains yelling and 40 rowers chasing personal bests, the energy in the ergroom reaches a fever pitch on a regular basis.

Whether it is a scheduled team workout or a solitary training piece, the convenient location of the facility allows the student-athletes to get on and off the erg quickly and get back to life outside of rowing as soon as possible.



# ACADEMIC ACHIEVEMENT

One of the real success stories for the University of California in recent years is the development and growth of a comprehensive academic support program for its student-athletes - the Athletic Study Center.

In 1984, campus officials and Athletic Department administrators decided that a greater emphasis needed to be placed on helping Cal student-athletes with their academic pursuits. The Athletic Study Center was thus born and charged with developing an academic support program geared to the needs of NCAA Division I student-athletes. It was a significant development for an academically oriented institution such as Cal to recognize the special needs required for a modern student-athlete's success both as an athletic competitor on the field of play and in the classroom.

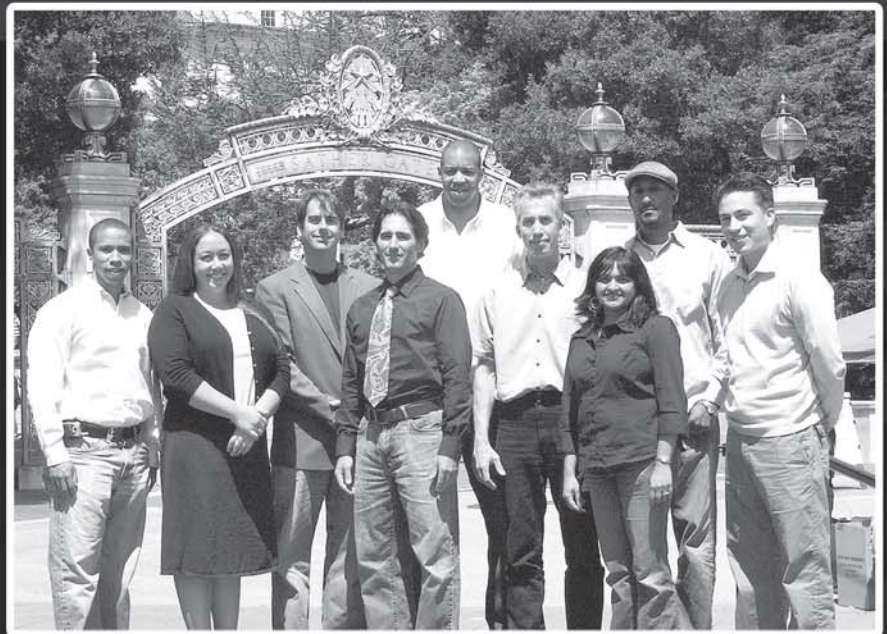
## ATHLETIC STUDY CENTER

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 study, separate classrooms for individual and group tutorials,

and a computer lab for word processing and required course work.

Geared around the understanding of the amount of time student-athletes must devote to practice, training, physical therapy

and team travel, the program creates an environment where students can cultivate good study habits, receive individual or group tutoring and obtain counseling from academic advisors.



## 2008 ATHLETIC STUDY CENTER STAFF

*(From left): Michael Thompson, Chris Lane, Derek Van Rhennen, Tony Mirabelli, Stephen Johnson, Richard Deshong, Melanie Moonsamy, Quame Patton, and Cassidy Rahe.*

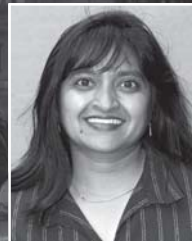
## TUTORIAL PROGRAM

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.

## ADVISING PROGRAM

The Advising Program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with University, 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 decisions 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.



**MELANIE MOONSAMY**  
Academic Advisor

## SPECIAL PROGRAMS

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

Another special program offered is Peer Advising. Peer advisors provide academic and campus life guidance for new intercollegiate athletes. They are selected from junior and senior student-athletes who assist in developing programs to further address the needs of student-athletes.

Photo by Steve McConnell

# THE UNIVERSITY OF CALIFORNIA

## SIMPLY THE BEST

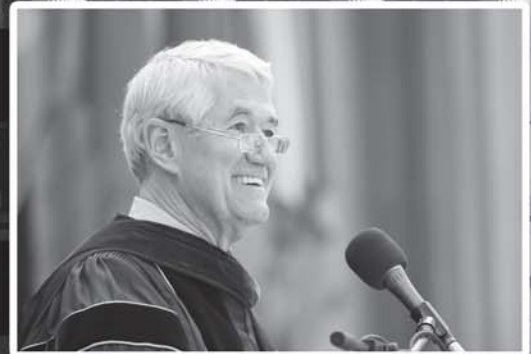
There is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the leaders in the Directors' Cup standings, which rates the overall success of America's athletic departments.

Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student-body population. The University of California offers 300 degree programs, and 35 of the school's 36 graduate programs are ranked among America's top 10. Cal's 35 programs among the top 10 is No. 1 among all universities in the country, as is its 32 "distinguished" programs, as rated by the National Research Council.

The library is ranked third in the country, as judged by Association of Research Libraries with 9 million volumes in 18 campus libraries.

The faculty features seven Nobel Laureates, 128 members of the National Academy of Sciences, 16 MacArthur Fellows, 83 Fulbright Scholars, three Pulitzer Prize winners and more Guggenheim Fellows (139) than any other university in America.



Nobel Laureate George Smoot