

2006 SEASON OUTLOOK

YOUTH & EXPERIENCE TESTED BY TOUGH SCHEDULE FOR GOLDEN BEARS IN 2006

To be the best, you have to play the best, and according to that theory, the 2006 schedule may be a roadmap to unprecedented success for the California field hockey team, which is coming off its third straight NCAA Tournament appearance determined to play deeper into this postseason.

The Golden Bears, who finished the 2005 season ranked No. 20 in the nation after a 12-8 campaign highlighted by the Northern Pacific Field Hockey Conference (NorPac) championship, need to come out of the gate playing well and remain at a high level in order to put themselves in position to keep climbing the national rankings.

"It's an intentionally difficult schedule," said head coach **Shellie Onstead**. "We intend to be aggressive with our progress."

Cal's schedule features five matches against top-10 opponents and showdowns with members of four easterly conferences mixed in with traditional NorPac rivals. The first 10 days of the year set a challenging tone, with preseason scrimmages vs. Pacific (a rematch of the NorPac conference final) and Stanford (the first of three clashes with the Cardinal) followed by season-opening matches against national champion Maryland and No. 7 American University on consecutive days.

"The more teams we can play of that caliber, the better off we'll be," Onstead said. "The first few games are going to be tough, and I think that's OK. A win or loss isn't as important as getting better game by game."

Although the team skews toward youth with only three seniors, more than half of last year's starting lineup returns to the field for the Bears, including the 2005 NorPac Player of the Year and Offensive Player of the Year, senior forward **Valentina Godfrid**. Godfrid is joined by five additional returning starters and seven newcomers, all of whom are eager to improve on last year's first-round exit from the NCAA Tournament, a 1-0 loss at the hands of eventual national runner-up, Wake Forest. Cal can avenge that ousting when the Bears get reacquainted with the Deacons on Sept. 4 at Maxwell Family Field.

Coach Onstead, a five-time NorPac Coach of the Year now entering her 12th year at the helm of Cal field hockey, sees

the 2006 season as a fitting trial by fire for a distinctly talented team. "Last year we knew there'd be seniors occupying most of the field," she said. "This year's team is young on paper, but the upside is their nothing-to-lose approach. These players are ready."

Aggressiveness on the offensive end will continue to be a trademark for the 2006 Bears, who seek to build on their 3.34 goals-per-game and +1.87 margin-of-victory averages, both top-10 marks nationally. Having lost one second-team and four first-team All-NorPac players to graduation, Cal will run its offense through Godfrid, who enters her senior year as Cal's all-time leader in career goals and points. The 5-6 forward from Rosario, Argentina, collected 28 goals in 2005 to set a new single-season scoring record at Cal and ended the year ranked first in the nation with 1.47 goals and 3.53 points per game.

Opponents who pay too much attention to Godfrid may find themselves burned by other forces, such as sophomore **Missy Crane**, who scored seven goals in 2005. "We have great potential up front. The Crane sisters [**Jenny** and **Missy**] and redshirt freshman **Kellie York** are all really fired up. We don't want it all to fall on Valen's shoulders, so we're going to develop an attack that involves everyone," Onstead predicted.

"We can stretch the field, and our opponents know that. Gone are the days of being totally underestimated. We're the classic dark horse now, not to be taken lightly."

Efforts to extend Cal's offensive scheme will include the midfield, where six sophomores and a redshirt freshman join one senior, **Jamie Nance**, to battle for possession, control Cal's transition game and attack the net. Sophomore **Andrea Lo**, who received Offensive Player of Week and Rookie of Week (twice) honors in 2005, took 19 shots and netted seven goals, including a game-winner vs. Stanford, as a freshman. Fellow second-year player **Katie Cummings** also brings a scorer's touch to the field, tallying twice for Cal during 2005. Coach Onstead also cites sophomores **Gwen Belomy** and **Rachel Moffitt**, as well as the entire incoming corps of freshmen, as ready to

respond to the challenge with important minutes against top teams.

"We may even look to move Valen into the mid-line," speculated coach Onstead. "She's been such a prolific scorer at center-forward, but certain situations may call for it. Overall, it's about getting everyone to come together."

Godfrid's ultimate destination in the lineup will cement the position of another versatile attacking threat, sophomore **Ashely Glosz**. "Ashely is going to help us wherever she is," coach Onstead said. "She's a natural attacker."

Another weapon on offense will be sophomore **Carolina Bistue**, who played in 14 games and started four contests as a freshman in 2005. "Carolina gained lots of experience last year," according to Onstead, "and she plays beyond her years."

The Bears' backline, which was instrumental in keeping Cal's margin of victory so wide in 2005, will be anchored by senior **Lisa Hauck**, who enters her fourth active season for Cal after redshirting her freshman year. Said Onstead, "Lisa is just a rock."

Sophomores **Halley Crosthwaithe** and **Christina McGrath** also bring valuable experience playing tough defense in big games, but "this is a young unit," admitted Onstead. "We lost three very skilled defenders to graduation [**Jessica Bird**, **Jenna Long** and **Alana Smith**], but these younger players are knowledgeable and they are hungry."

In goal, sophomore **Vernonica Sykes** is back between the posts after starting every game for the Bears in 2005, including a career-best 10-save effort versus Wake Forest in the NCAA Tournament. "Veronica is such a hard worker, on and off the field," said Onstead. Sykes's skill, energy and experience will be vital as Cal faces a wide range of opponents who take shots on goal early and often.

New assistant coach **Kelly Knapp** (Cal '05), a goalkeeper for the Bears from 2001-04 who played every minute of every game her final three seasons, will bring extra support to Sykes, who underwent successful rotator-cuff surgery following the 2005 season and is back to 100 percent. "I'm excited for Kelly to step across the line as a coach," Onstead said.

With a team that won't flinch in the face of a schedule that mimics the postseason from the opening faceoff of the first game, Cal is determined to play deep into the 2006 NCAA Tournament. But you won't have to wait until November to enjoy playoff-caliber field hockey. That starts on Day One for this year's Golden Bears.

CALIFORNIA HEAD COACH

Shellie
ONSTEAD

*California Field Hockey Head Coach
12th Season at Cal*



In a little over a decade as head coach of the California field hockey program, Shellie Onstead has built the Golden Bears into a West Coast powerhouse. Onstead has compiled a 127-74-0 career record and has led Cal to six conference titles. The five-time NorPac Coach of the Year also has guided the Bears to three consecutive NCAA Tournament appearances.

Onstead led her Golden Bears to the NorPac conference championship during the 2005 season, earning an automatic bid to the NCAA Tournament for the first time in school history. The Bears finished 12-8, as Onstead earned her fifth NorPac Coach of the Year honor.

The 2003 season was one of Cal's most successful under Onstead. For the fourth time in the last five seasons, the Bears went undefeated in conference play. Cal finished the year 13-4-0 and upset No. 10 Richmond to reach the NCAA Tournament.

Prior to taking over the reigns at Cal from long-time head coach Donna Fong in 1995, Onstead was an All-American for the Bears in the early 1980's and an assistant to Fong for 11 seasons.

Onstead came to Cal in the fall of 1980 as a transfer from UC Davis. In her first season,

Shellie Onstead was named NorPac Coach of the Year in 2005, her fifth such honor in 11 seasons as head coach at Cal. Her career record stands at 127-71-0 entering 12th season in 2006.



she led the Bears to a runner-up finish in the 1980 AIAW national tournament, the program's best postseason showing. In 1981 and 1982 seasons, Onstead propelled Cal to a pair of fifth-place finishes in the AIAW tournament. Onstead was named an All-American in 1982, becoming the first Golden Bear to earn the award. She was also a two-time all-conference selection.

Onstead still ranks among Cal's all-time leaders in scoring. She is tied for sixth in career goals (26), fifth in career assists (18) and sixth in points (70).

Aside from Cal, Onstead has served in numerous coaching capacities at the national and international level. In 2004, she served as an assistant coach for the United States' under-21 men's national team. The team competed in the Junior Pan American tournament held in Havana, Cuba, where they finished fifth.

In April of 2003, she was an assistant coach for the United States' men's national team on a tour of Malaysia. In May, she served in the same capacity at the Pan American Cup in Ontario, Canada, where she also attended the Pan American Federation Coaching Clinic.

Onstead was the head coach of the under-16 U.S. men's national team from 1999-01, earning the 1999 U.S. Field Hockey Association's National Coach of the Year. Onstead served as an assistant coach on the men's senior national team in 2000 at the America's Cup Tournament in Cuba and a 2001 World Cup Qualifier in Scotland. In May 2002, Onstead coached the men's under-21 and men's senior national teams at the California Cup, an international tournament contested in Moorpark, Calif. In 2002, Onstead was a video analyst for the U.S. Women's World Cup team that competed in Perth, Australia.

Onstead is one of the



few females on the national men's team coaching staff and was the first woman ever to be named head coach of a men's national team at any age level.

A member of the U.S. national team in 1985 and 1986, Onstead still competes at the club level with Cal's alumni team, Rigormortis. She also competed at the Veteran National Team World Cup in Holland in the spring of 1998.

Onstead has coached at numerous USFHA development and elite camps during the offseason. Last spring, she was named to coach the USFHA Elite Under-16 team, which toured Holland and took fourth at the International Easter Hockey Tournament in Valkenswaard.

Having been named the head coach of the USFHA Western Region women's high performance training site, this summer Onstead coached the California team at the USA Women's National Championships in Virginia Beach, Va. In addition, she coached the men's Western Region Team at the USA Men's National Championship in Chula Vista, Calif., in June where they took second place. Locally, she is the director of California Field Hockey Camp at San Jose State and the Cal Elite Camp during the summer.

Onstead recently participated in an FIH coaching course that ran concurrently with the Champions Challenge in Virginia Beach, Va. in July of 2005. In addition, she served a four-year term on the NCAA West Region Advisory Committee and was a member of the Division I Field Hockey Officiating Subcommittee.

Onstead graduated from Cal in 1983 with a degree in physical education.

ASSISTANT COACHES

Kelly
KNAPPAssistant Coach
First Year at Cal

Kelly Knapp joins California as a first-year assistant coach for field hockey after a successful era as a goalkeeper for the Golden Bears from 2001-04. A 2005 Cal graduate who majored in sociology with a minor in education, Knapp spent the 2005 season as head coach of Westview High School in San Diego before making her return to Berkeley.

"It's really exciting to be back at Cal and contribute to the sport from a coach's

standpoint," said Knapp, who played every minute of every game for three consecutive seasons (2002-04). "I look forward to adding my intensity and challenging the players to be better."

Knapp's career as a student-athlete was replete with honors, including the NorPac Defensive Player of the Year award in 2004, when she led all Division I goalkeepers with 1591:51 minutes played. Her goals-against average ranked first in the NorPac conference for three straight seasons (2002-04).

Born in San Diego and raised in Escondido, Calif., Knapp was a four-year letterwinner in soccer and a three-year letterwinner in softball at San Pasqual High School, where she also lettered in field hockey as her team won four consecutive North County league titles.

Peter
MILKOVICHVolunteer Assistant Coach
Sixth Year at Cal

Peter Milkovich came to Cal in 2001 after an accomplished field hockey career with the Canadian men's national team. A native of Vancouver, British Columbia, Milkovich has appeared in two Olympic Summer Games for Team Canada (Seoul 1988 and Sydney 2000) and has played in every international game for Canada since the 1988 Summer Olympics. He helped Canada to silver medals at the 1991 and 1995 Pan American Games while scoring a career-high nine goals in Canada's gold-medal run at the 1999 Pan American Games in Winnipeg, Manitoba. Since 1995, he has averaged one goal per game in international competition.

Milkovich has an extensive coaching background, serving as an instructor for the British Columbia Hockey Association since 1987 and the West Vancouver Field Hockey Club from 1988-97. While with the BCHA, he designed and implemented the first-ever hockey camp for boys in Canada. Milkovich served on the California Cup staff with California head coach Shellie Onstead in May 2002.

Currently, Milkovich doubles as a Trader for Headwaters Capital, LLC, analyzing risk-management on the international equities desk.

A 1992 graduate of the University of British Columbia, Milkovich received a bachelor's degree in human kinetics and psychology. In 1994, he received his MBA at the British Columbia Institute of Technology with an emphasis in strategic management and marketing.

Rosalinda "Chilly"
BANUELOSUndergraduate Assistant Coach
First Year at Cal

YEAR-BY-YEAR RECORDS

Year	Head Coach	Overall Record	Conf. Record/Place	Nat'l Finish
1976	Donna Fong	2-11-1	1-5-1/na	-
1977		9-11-3	3-2-1/na	-
1978		16-6-5	3-1-2/3rd	-
1979		6-9-4	3-1-2/3rd	-
1980		10-8-1	4-1-1/3rd	2nd
1981		11-5-2	3-2-0/3rd	5th
1982		12-4-0	3-3-0/4th	T5th
1983		12-6-1	6-2-0/2nd	T9th
1984		7-5-2	3-4-1/4th	-
1985		4-8-1	3-4-1/T2nd	-
1986		7-4-3	3-2-3/3rd	-
1987		8-2-3	5-1-2/2nd	-
1988		4-7-2	1-4-1/4th	-
1989		5-7-1	3-2-1/2nd	-
1990		6-7-1	3-3-0/T2nd	-
1991		3-8-0	1-3-0/3rd	-
1992		11-4-0	3-1-0/1st	T9th
1993		7-8-0	4-2-0/1st	T9th
1994		7-6-1	5-1-0/1st	T9th
Fong's Totals		147-126-35	60-44-16	
1995	Shellie Onstead	5-8-0	4-2-0/1st	-
1996		7-7-0	3-3-0/2nd	-
1997		12-9-0	3-2-0/2nd	-
1998		9-8-0	3-2-0/3rd	-
1999		12-5-0	5-0-0/1st	Play-in
2000		11-5-0	5-0-0/1st	-
2001		14-5-0	5-1-0/1st	T9th
2002		15-7-0	6-0-0/1st	T9th
2003		13-4-0	6-0-0/1st	T9th
2004		17-5-0	6-1-0/1st	-
2005		12-8-0	5-1-0/1st	20th
Onstead's Totals		127-71-0	51-12-0	
OVERALL TOTALS		274-197-35	111-56-16	

2006 ATHLETE PROFILES

Gwen BELOMY #25

Sophomore **M**
Saratoga, Calif. (Saratoga HS)



Cal: Played in 10 games in 2005, starting one ... Recorded one assist in the Miami (Ohio) game on 8/30.

High School: Selected first team CCS ... Named the 2003 MVP of El Camino league ... Earned second-team CCS honors in 2003 ... 2002 sophomore of the year honoree ... Selected 2001 MVP of team ... Her 2004

team won the CCS championship ... In 2003 high school team went undefeated.

Personal: Born Sept. 22, 1987, in San Jose, Calif. ... Daughter of Stephen Belomy and Jennifer Small ... Father is a consultant and mother is a real estate agent ... Has one brother and three sisters ... Plans to major in mass communications ... Hobbies include playing chess and the trumpet.

Year	Games	Goals	Assists	Points
2005	10	0	1	1

Carolina BISTUE #8

Sophomore **B**
Mendoza, Argentina (Davis HS)



Cal: Played in 14 games in 2005, starting four ... Had one shot attempt on the season.

High School: Earned all-league honors during her junior and senior years in high school ... Selected MVP in 2003 ... Was honored as the team's top scorer for her junior and senior year ... Team captain in 2004 ... Team was league

co-champion in 2004 and also the Berkeley Tournament champion ... Also played varsity lacrosse for her high school, earning offensive MVP honors and All-Diablo Valley league honors her senior year ... Top 10 percent of her class academically ... Served as the president of the Rotary Interact high school division ... Participated in the NFT U-16 in 2003 and selected for the NFT U-19 in 2005.

Personal: Born May 3, 1987, in Mendoza, Argentina ... Daughter of Cesar and Eliana Bistue ... Moved to Davis, Calif., from Argentina when she was a sophomore in high school ... Has three siblings ... Intends to major in integrative biology ... Enjoys skiing.

Caitlin BYRNE #4

Redshirt Freshman **M**
Apple Valley, Calif. (Granite Hills HS)



Cal: A redshirt during the 2005 season.

High School: Four-year letterwinner ... Marble Valley League Champion in 2004 ... Fourth highest points at Rutland High School ... Leading scorer during her sophomore and junior years ... Club team captain ... Also participated in three years of softball and one year of ice

hockey ... National Honor Society member ... CSF member ... National Futures Tournament representative from 2003-05. **Personal:** Born Oct. 22, 1987, in Okinawa, Japan ... Has one younger brother ...

Undeclared major ... List hobbies as snowboarding, ice hockey and softball.

Jenny CRANE #3

Junior **F**
Los Gatos, Calif. (St. Francis HS)



Cal: Quick player who showed good game sense around the net in 2005 ... Played in 19 games, starting nine ... Scored a goal at Davidson (9/29) ... Opened the Appalachian State (10/1) game with four quick goals in a matter of 13 minutes ... Scored one goal against Longwood (10/16) ... Recorded one goal against

No. 10 Michigan (10/22) ... Tapped in first goal of the NorPac championship game against Pacific (11/5) ... Participated in 21 games during the 2004 season ... Accrued 10 points (five goals) ... Scored two goals against Providence (8/29) ... Scored one of her goals against Pacific (9/18).

High School: As a senior, was named Santa Clara Valley Athletic League Most Valuable Offensive Player ... Most Valuable Offensive Player and first-team All-SCVAL as a junior ... Second-team All-SCVAL as a sophomore and first team as a freshman ... Helped team to the 2004 Central Coast Section title ... Holds St. Francis HS record for most goals scored in a season.

Personal: Born Dec. 3, 1985, in San Jose, Calif. ... Daughter of James and Sherrie Crane ... Undeclared major ... Twin sister, Missy, is a sophomore on the Cal team.

Year	Games	Goals	Assists	Points
2004	21	5	0	10
2005	19	8	0	16
Total	40	13	0	26

Missy CRANE #2

Sophomore **F**
Los Gatos, Calif. (St. Francis)



Cal: Provided speed and a strong transition game during the 2005 season ... Played in 19 games, starting five ... Tallied 16 points during the season ... Set up goal for an assist in the NorPac Championship game against Pacific (11/5) ... Scored one goal against Longwood (10/16) ... Registered two goals at Appalachian State (10/2) ...

Grabbed an assist at Radford (10/1) ... Scored two goals at Davidson (9/29) ... Collected the Bears' lone goal at Pacific (9/23) ... Recorded her first collegiate goal against Miami (Ohio) (8/30) ... In 2004 was a redshirt.

High School: First-team All-Santa Clara Valley Athletic League as a senior and junior.

Personal: Born Dec. 3, 1985, in San Jose, Calif. ... Daughter of James and Sherrie Crane ... A history major, with a minor in education ... Has a career goal of becoming a teacher and working with children ... Twin sister, Jenny, is a sophomore on the Cal team.

Year	Games	Goals	Assists	Points
2005	19	7	2	16

Halley CROSTHWAITE #16

Sophomore **B**
Escondido, Calif. (San Pasqual HS)



Cal: Challenged for minutes in the backfield for the Bears in 2005 ... Played in three games, starting one ... A redshirt for the 2004 season.

High School: Helped San Pasqual HS to the 2002 and 2003 Avacado League titles ... Competed on a regional U-16 Futures Team in 2002.

Personal: Born May 8, 1986, in San Diego, Calif. ... Daughter of Wendy Morrison and Pat Crosthwaite ... Both parents are software engineers ... Major is integrative biology with a minor in forestry ... After graduation would like to work in a science lab in Singapore doing stem cell research ... Enjoys snowboarding, knitting and reading in her spare time ... Older sister, Teela, played field hockey for Cal.

Katie CUMMINGS #7

Sophomore **F**
Cupertino, Calif. (Monta Vista HS)



Cal: Played in 13 games for the Bears in 2005, starting two ... Tallied four points ... Scored a goal at Appalachian State (10/2) ... Recorded a goal against Longwood (10/16).

High School: Selected Santa Theresa League MVP in 2004, also earned team offensive MVP honors the same year ... Selected to the

Futures National Tournament in 2005 ... Named Monta Vista's scholar athlete and outstanding athlete for two consecutive years ... High school team finished first in the Santa Theresa League ... Also participated in four years of varsity soccer and varsity track ... Tore her ACL during her sophomore year.

Personal: Born May 30, 1987, in San Jose, Calif. ... Daughter of Craig and Joan Cummings ... Has one older brother, Mike ... Intends to major in mass communication and social welfare.

Year	Games	Goals	Assists	Points
2005	13	2	0	4

Ashley GLOSZ #1

Sophomore **M**
San Diego, Calif. (Scripps Ranch HS)



Cal: Played in 13 games for the Bears in 2005, starting three ... Notched one assist at Appalachian State (10/2).

High School: Earned first-team All-Division I and first team Western league honors her senior season ... Her high school team was three-time CIF champions, three-time Cal Cup champions and three-time

Western League champions ... Also participated three years in varsity soccer and two years of varsity softball ... Graduated with above a 4.0 GPA ... Participated in the 2003 National Futures Tournament and the Junior Olympics.

Personal: Born Nov. 4, 1987, in Los Angeles, Calif. ... Daughter of Joe and Sherri Glosz ... Has one younger

sister ... Enjoys surfing ... Major is molecular environmental biology.

Year	Games	Goals	Assists	Points
2005	13	0	1	1

Valentina GODFRID #10

Senior F
Rosario, Argentina (St. Bartholomew HS)



Cal: All-time single-season and career goal-scorer and point-producer for Cal entering her senior season ... Dangerous attacker who spearheads the Bears' offense ... Center forward with the ability to make something out of nothing ... Could see time in midfield during season ... Started every game in the forward

position for the Golden Bears in 2005 ... Third-team All-American ... NorPac Player of the Year ... NorPac Offensive Player of the Year ... First team All-NorPac ... Selected to the NorPac all-tournament team ... MVP of NorPac Conference tournament ... First on the team in goals (28), shots (143) and points (67), setting new Cal single-season records for goals and points ... Second on the team in assists (11) ... Posted six game-winning goals ... Four-time NorPac Player of the Week (9/6, 10/4, 10/11, 10/31) ... Led the NorPac conference in four categories (points, points-per-game, goals scored and goals-per-game) ... Ranked No. 1 nationally in points per game (3.53) and goals per game (1.47) ... In 22 starts for the Golden Bears in 2004, she posted one of the greatest individual seasons by any Cal player ... Led the team with 54 points (21 goals, 12 assists) ... A STX/NFCA All-Region West first-team selection ... Earned NorPac West Division Player of the Year honors ... In addition to leading Cal, she also led the NorPac in points (54), points per game (2.45), goals per game (.995), assists (12) and assists per game (0.54) ... Collected six game-winning goals ... Earned NorPac Offensive Player of the Week four times during the season (9/7, 9/21, 9/28, 10/26) ... Her 21 goals during the 2004 season are second on Cal's single-season goals-scored list ... Her 12 assists rank fourth on the single-season assists list and her 54 points rank second on the single-season points scored list ... The 11 goals she scored in 2003 place her 10th with Feddersen (2001) and Melissa Nerone (1981) on Cal's single-season goals scored list ... As a freshman, started 16 of 17 matches and finished second on the team in scoring with 26 points (11 goals, four assists) ... Tallied two game-winning goals and shot .222 ... Named to the All-NorPac Conference second team.

High School: Scored a combined 79 goals in her junior and senior year ... Named captain of the St. Bartholomew's team and holds seven athletic records at the school, including the long jump and 100 meters.

Personal: Born Jan. 31, 1985, in Rosario, Argentina ... Daughter of Maria Covella and Guillermo Godfrid ... Has two brothers, Mateo and Sebastian ... Theatre major ... Plays with a summer club in Argentina, which played for the national championship in 2005.

Year	Games	Goals	Assists	Points
2003	17	11	4	26
2004	22	21	12	54
2005	22	28	11	67
Totals	61	60	27	147

Lisa HAUCK #22

Senior B
Fallbrook, Calif. (Fallbrook HS)

Cal: Anchored the backfield in 2005 ... Started all 19 games ... Tallied two defensive saves ... Had one shot attempt ... Saw action in 22 games during the 2004 season ... In 2003, played in eight matches ... A redshirt in 2002.

High School: Led Fallbrook HS to the 2001 Avacado League title as a senior captain ... Named to the 2001



second-team All-Avocado League ... Member of the all-academic team her junior and senior year ... High school teammate of Cal backfielder Briana Harney.

Personal: Born March 16, 1984, in Fallbrook ... Daughter of Tim and Kathy Hauck ... Environmental science major ... Grandfather, Russ, graduated from Cal in 1952.

Year	Games	Goals	Assists	Points
2003	8	0	0	0
2004	22	0	0	0
2005	19	0	0	0
Totals	49	0	0	0

Andrea LO #30

Sophomore M
West Vancouver, Canada
(West Vancouver Secondary)



Cal: Started 19 games as a true freshman for the Bears in 2005 ... Recorded 19 points on the season ... Earned NorPac Conference Rookie of the Week twice (8/29 and 9/12) ... Claimed NorPac Offensive Player of the Week honors on 9/19 ... Named to the NorPac Conference Championship all-tournament team ...

Collected an assist against Longwood (10/16) ... Scored two goals at Appalachian State (10/2) ... Tallied one goal at Radford (10/1) ... Scored game-winning goal against Stanford (9/17) ... Had one assist at Davidson (9/29) ... Posted one assist at Pacific (9/23) ... Netted two goals at UMBC (9/8) ... Registered an assist against Syracuse (9/5) ... Tapped in her first collegiate goal and assists against Miami (Ohio) (8/30).

High School: Was named first-team All-Star for three consecutive years ... Selected most inspirational senior athlete in 2003 and 2004 ... Three-time Northshore All-Star ... High school team was the 2004 and 2005 Provincial champions; the team also was twice named the most sportsmanlike team ... Club team, West Vancouver Lightning, finished second at the 2002 Cal Cup ... Academically, earned honors with distinctions for three consecutive years ... Member of the U-18 BC Provincial team ... Participated in the 2004 and 2005 Can/Am Challenge.

Personal: Born May 12, 1987, in Vancouver, British Columbia ... Daughter of Ambrose Lo and Stella Chang ... Father is an architect and mother is a realtor ... List best sports moment as winning the high school field hockey championship ... Hobbies include ice hockey and playing music ... Undeclared major.

Year	Games	Goals	Assists	Points
2005	19	7	5	19

Christina McGRATH #5

Sophomore B
San Jose, Calif. (St. Francis HS)



Cal: Helped on defense in 2005 ... A redshirt during the 2004 season.

High School: First-team All-Central Coast Section and Saint Francis Best Defensive Player as a senior and junior ... Second-team All-CCS as a sophomore ... Holds high school record for assists in one season ... High school team won CCS during her

sophomore and senior seasons.

Personal: Born Dec. 25, 1985, in San Jose, Calif. ... Daughter of Robert and Theresa McGrath ... Has a

brother and sister, Jennifer and Matt McGrath both graduated from Santa Clara ... Undeclared major ... Considering a career in sports therapy or teaching.

Rachel MOFFITT #9

Sophomore B
San Diego, Calif. (Serra HS)



Cal: Played in three games during the 2005 season ... Joined the team mid-year during the 2004 season.

High School: Three-time MVP of high school team ... Team captain for three years ... Also participated in four years of soccer and softball ... Earned Golden Glove for softball in 2004 ... Accumulated 12 varsity

letters in high school ... Softball team won CSF Championship in 2002 ... Graduated with a GPA over a 4.0 ... ASB President ... Selected as a scholar athlete four years straight.

Personal: Born Sept. 28, 1986, in San Diego, Calif. ... Daughter of David and Stacy Moffitt ... Father and mother are attorneys ... Has four sisters and one brother ... Political science major ... Postgraduate plans are to attend law school.

Year	Games	Goals	Assists	Points
2005	3	0	0	0

Jamie NANCE #11

Senior M
San Jose, Calif. (Leigh HS)



Cal: Contributed in the midfield in 2005 ... Played in 11 games, starting seven ... Tallied three shot attempts ... Saw action in 17 games during the 2004 season ... Recorded three points (one goal, one assist) ... Lone goal of the season came against Pacific (10/2) ... Appeared in seven games during the 2003

season, recording an assist in the Bears' 4-1 victory against Southwest Missouri State (10/25).

High School: As a senior and junior, earned team MVP honors as well as being named captain ... Named to the All-Blossom Valley Athletic League team as a sophomore.

Personal: Born June 28, 1985, in Los Gatos, Calif. ... Daughter of Ron and Casey Nance ... Undeclared major ... Has one sister, Jessica.

Year	Games	Goals	Assists	Points
2003	7	0	1	1
2004	17	1	1	3
2005	11	0	0	0
Totals	35	1	2	4

Tara ROBINSON #6

Redshirt Freshman D
San Diego, Calif. (Scripps Ranch HS)



Cal: A redshirt in 2005.

High School: High school team was three-time CIF champions, three-time Cal Cup champions and three-time Western league champions ... While at Scripps Ranch, the team accumulated a 75-2 overall record ... Also participated in three years of soccer ... In 2004, played in the National Futures

Tournament and Futures Elite.

Personal: Born Dec. 4, 1986, in San Diego, Calif.

... Daughter of Wayne and Jeannie Robinson ... Father is a district attorney and mother is an x-ray technician ... Intended major is integrated biology; she hopes to go into pre-dental or pre-med ... Hobbies include surfing and snowboarding.

Jamie SIBILIA #21

Sophomore D
Cupertino, Calif. (Monta Vista)



Cal: Possess great game sense and contributed in the midfield for Cal in 2005 ... Participated in one game ... A redshirt during the 2004 season.

High School: Two-time MVP and three-time first-team member of the Blossom Valley Athletic League ... Female Athlete of the Year in 2004 ... Played two years of

varsity softball and one year of varsity soccer.

Personal: Born July 2, 1986, in Mountain View, Calif. ... Daughter of Mike and Cathy Sibilia ... Sociology major ... Interested in public relations work.

Veronica SYKES #77

Sophomore GK
San Jose, Calif. (Del Mar HS)



Cal: Started 19 games in 2005 for the Bears ... Recorded 65 saves on the season ... Posted a 1.50 goal average ... Snared a career-high 10 saves against Wake Forest (11/12) ... Collected eight saves at American (9/11) ... NorPac Conference Defensive Player of the Week (9/12) ... A redshirt during the 2004 season.

High School: Outstanding Defensive Player at Del Mar from 2001-03 ... All CCS in 2004 ... National Merit Scholar ... Selected to the National Futures Tournament in 2003 and 2004 ... Also selected to compete in Holland as a part of the Future Elite program in 2004.

Personal: Born Aug. 27, 1986, in Livingston, N.J. ... Daughter of James and Ellen Sykes ... Both parents are teachers ... Major is landscape architecture ... Has one sister, Alice.

Year	Games	Min	GA	Avg.	S
2005	20	1426:29	30	1.47	75

Kellie YORK #12

Redshirt Freshman F
Saratoga, Calif. (Saratoga HS)



Cal: A redshirt during the 2005 season.

High School: Earned most valuable forward honors in 2005 ... Selected first-team all-league in 2003 and 2004 ... Named to the *San Jose Mercury News* CCS first team in 2004 ... High school team was CCS Champion in 2004 ... Also participated in two years of soccer and one

year of softball.

Personal: Born Jan. 13, 1987, in San Jose, Calif. ... Daughter of Jesse and Donna York ... legal studies major.

Kaitlin DUNCAN #18

Freshman M
San Diego, Calif. (Serra)



High School: First-team All-CIF selection ... 2006 varsity team's MVP ... Division II CIF champion in 2005 ... Runner-up in 2006 ... Participant in soccer for two years and softball for four years, earning honorable mention honors in both ... YCS school delegate in 2005 ...

Participated in the Virginia Beach tournament and the Future Elites in 2006.

Personal: Kaitlin Ann Duncan ... Born Jan. 3, 1988, in San Diego ... Daughter of Peter and Sheri Duncan ... Mother is an OBGYN and her father is an attorney ... Has two sisters and one brother ... List hobbies as sports and shopping.

Kathryn KAMENSKI #14

Freshman M
Mountain View, Calif. (St. Francis)



High School: Was the Co-Player of the Year for CCS during her senior year ... Co-senior of the year for the league ... First-team all-*San Jose Mercury News* ... MVP of high school's team ... Earned second-team all-league honors her junior year and was honorable mention in the *San Jose Mercury News* ... High school team was CCS co-champion in 2003 and 2005 ... In her senior year she scored one goal and had 15 assists ... Her junior season she scored three goals ... Played basketball years for three years ... Earned scholar-athlete of the year award during her junior year ... Earned highest-honors all four years ... A member of the executive spirit commission board ... Was a student ambassador.

Personal: Kathryn Rose Kamenski ... Born April 14, 1988, in Mountain View ... Daughter of Bob and Sylvia Kamenski ... Has one brother Matt, and one sister, Saran, both attend Georgetown ... Undeclared major ... Lists hobby as snowboarding.

NEWCOMERS

Molly LYFORD #17

Freshman M
Hollis, N.H. (The Derryfield School)



High School: A two-time all-state first-team selection ... All-state Player of the Year and senior all-star team member in 2005 ... A two-time Granite State all-conference team selection ... 2006 recipient of the Coaches' Award and 2006 Female Athlete of the Year at her high school ... Participated in the Cape Cod Classic in 2003

and 2004 ... Also played at the National field hockey Futures Festival three years in a row ... In 2004 her high school team held a 13-1-0 record ... During her senior season the team collected a 11-2-3 record ... A four-year participant in basketball ... A two-time all-state basketball all-academic team member ... Played softball all four years ... Earned high academic honors ... Honor Roll ... Hosted prospective students.

Personal: Molly May Lyford ... Born May 9, 1988, in Nashua, N.H. ... Parents are Art and Nancy Lyford ... Older brother, Jeff, is currently attending the University of Hawaii ... Undeclared major.

Natalie NURNBERG #32

Freshman F
San Jose, Calif. (Leigh)



High School: A three-time first-team All-CCS selection ... Garnered team MVP honors ... Played four years of varsity basketball and earned second-team league honors during her sophomore season and first-team league honors her senior year ... Also was the Junior of the Year in the Mount Hamilton league in basketball.

Personal: Natalie Elizabeth Nurnberg ... Born Oct. 10, 1988, in San Jose ... Mother is Huguette Nurnberg ... Has one sister and two brothers ... Her sister-in-law

Kelli Nurnberg is a 2000 Cal graduate and a Cal field hockey alumna ... List hobbies as listening to music and spending time with family and friends.

Samantha SILLIMAN #33

Freshman M
Flintridge, Calif. (Phillips Exeter Academy, N.H.)



High School: High school team's MVP all four years ... Team captain senior season ... Team was fifth in New England in 2006, and sixth in 2005 ... Attended the Junior Olympics in 2003, 2004 and 2005 ... A five-time National Futures Tournament participant.

Personal: Samantha Alexandra Silliman ... Born Jan. 12, 1988, in Santa Monica, Calif. ... Daughter of Drake and Wanda Silliman ... Hobbies include reading, writing and watching movies.

Sophie SPROATS #20

Freshman M
Sydney, Australia (Ascham School)



High School: Opens Hockey co-captain in 2005 ... Selected for the Vi Et Animo Cup, which honors outstanding all-around achievement for over six years ... In 2004, she was the runner-up for the under-18 Australian National Snowboarder ... In 2005 represented the under-18 hockey team ... Was

selected in her final year of school as the school captain for sports ... She still holds the school's 800m record in track (set in 2001).

Personal: Sophie Caroline Sproats ... Born June 21, 1987, in Sydney, Australia ... Parents are Ray and Carol Sproats ... Has three brothers ... Brother, Tom, is a current member of the Cal men's crew team ... Undeclared major ... List hobbies as skiing, snowboarding, music, traveling, running and going to the gym.

2005 RESULTS & STATISTICS

2005 CALIFORNIA FIELD HOCKEY RESULTS

OVERALL: 12-8-0 CONFERENCE: 5-1-0 HOME: 7-4-0 AWAY: 2-2-0 NEUTRAL: 3-2-0

Date	Opponent	Location	Result	Record/NorPac	Cal Scorers
Aug. 28	Delaware	Berkeley	L 2-1	0-1/0-0	Crosthwaite
30	Miami (OH)	Berkeley	W, 5-0	1-1/0-0	Godfrid (3), M. Crane, Lo
Sept. 2	Michigan State	Berkeley	L, 4-1	1-2/0-0	Godfrid
3	Iowa	Berkeley	L, 2-1	1-3/0-0	Godfrid
5	Syracuse	Berkeley	W, 3-1	2-3/0-0	T. Crosthwaite (2), Godfrid
8	UMBC	College Park, MD	W, 6-2	3-3/0-0	Lo (2), Godfrid (3), T. Crosthwaite
10	Maryland	College Park, MD	L, 4-2	3-4/0-0	Godfrid (2)
11	American	College Park, MD	L, 3-1	3-5/0-0	Banuelos
17	Stanford *	Berkeley	W, 1-0	4-5/1-0	Lo
23	Pacific *	Stockton, CA	L, 2-1	4-6/1-1	M. Crane
29	Davidson *	Davidson, NC	W, 7-2	5-6/2-1	Godfrid (4), M. Crane (2), J. Crane
Oct. 1	Radford *	Davidson, NC	W, 3-0	6-6/3-1	Godfrid (2), Lo
2	Appalachian St. *	Davidson, NC	W, 11-0	7-6/4-1	J. Crane (4), M. Crane (2), Cummings, Godfrid, Lo (2), Bird
8	Pacific *	Berkeley	W, 6-1	8-6/5-1	Godfrid (3), Harkins, T. Crosthwaite (2)
16	Longwood *	Berkeley	W, 8-0	9-6/6-1	Godfrid, Banuelos (2), J. Crane, M. Crane, Bird (2), Cummings
22	Michigan	Berkeley	L, 3-2	9-7/6-1	T. Crosthwaite, J. Crane
29	Stanford *	Stanford	W, 3-2	10-7/7-1	Godfrid (3)
Nov. 4	Stanford !	Berkeley	W, 2-1	11-7/8-1	Godfrid (2)
5	Pacific !	Berkeley	W, 4-0	12-7/9-1	J. Crane, Godfrid, Banuelos, Harkins
12	Wake Forest %	Winston-Salem, NC	L, 1-0	12-8/9-1	None

* NorPac Conference Match ! NorPac Championships % NCAA Regionals

2005 FINAL FIELD HOCKEY STATS

Player	GP-GS	G	A	Pts	Sh	Shot%	SOG	SOG%	GW	PS-ATT	DSv
Godfrid, Valentina	20-20	28	11	67	143	.196	85	.594	6	2-2	0
Banuelos, Chilly	20-19	4	7	15	55	.073	23	.418	0	2-3	0
Lo, Andrea	20-20	7	5	19	32	.219	19	.594	2	0-0	0
Crane, Jennifer	20-10	8	0	16	24	.333	14	.583	2	0-0	0
Crane, Missy	20-5	7	2	16	19	.368	16	.842	1	0-0	0
Crosthwaite, Teela	20-20	7	14	28	17	.412	12	.706	0	0-0	0
Bird, Jessica	18-16	3	1	7	12	.250	10	.833	0	0-1	0
Harkins, Alexandra	11-2	2	0	4	4	.500	3	.750	1	0-0	0
Long, Jenna	20-19	0	10	10	4	.000	1	.250	0	0-0	0
Belomy, Gwen	10-1	0	1	1	4	.000	1	.250	0	0-0	0
Nance, Jamie	11-7	0	0	0	3	.000	2	.667	0	0-0	0
Cummings, Katie	13-2	2	0	4	2	1.000	2	1.000	0	0-0	0
Knoche, Katie	5-0	0	1	1	2	.000	1	.500	0	0-0	0
Glosz, Ashley	14-3	0	1	1	2	.000	1	.500	0	0-0	0
Smith, Alana	18-18	0	1	1	2	.000	0	.000	0	0-0	0
Bistue, Carolina	15-10	0	0	0	1	.000	1	1.000	0	0-0	0
Hauck, Lisa	20-20	0	0	0	1	.000	0	.000	0	0-0	0
Sibilia, Jamie	1-0	0	0	0	0	.000	0	.000	0	0-0	0
Harney, Briana	6-2	0	0	0	0	.000	0	.000	0	0-0	1
McGrath, Christina	12-5	0	0	0	0	.000	0	.000	0	0-0	0
Crosthwaite, Halley	3-1	0	0	0	0	.000	0	.000	0	0-0	0
Moffitt, Rachel	3-0	0	0	0	0	.000	0	.000	0	0-0	0
Total	20	68	54	190	327	.208	191	.584	12	4-6	1
Opponents	20	30	20	80	198	.152	106	.535	8	1-1	7



Senior Valentina Godfrid set a single-season goal-scoring record for Cal in 2005 with 28 tallies, making her the nation's second-leading goal-scorer last year.

GOALTENDERS	GP-GS	Mins	GA	GAA	Saves	Pct	W	L	T
Sykes, Veronica	20-18	1426:29	30	1.47	75	.714	6	6	0
Total	20	1426:29	30	1.47	76	.717	6	6	0
Opponents	20	1426:29	68	3.34	121	.640	6	6	0

GOALS BY PERIOD	1st	2nd	OT	Total	SAVES BY PERIOD	1st	2nd	OT	Total
California	36	31	1	68	California	26	48	2	76
Opponents	12	16	2	30	Opponents	58	62	1	121

SHOTS BY PERIOD	1st	2nd	OT	Total	PENALTY CORNERS	1st	2nd	OT	Total
California	162	161	4	327	California	67	79	1	147
Opponents	84	108	6	198	Opponents	45	45	1	91

HONORS & RECORDS

OLYMPIANS

- 1980 Sheryl Johnson
- 1984 Sheryl Johnson, Marcy Place
- 1988 Sheryl Johnson, Marcy Place
- 1992 Renee Chatas (official)
- 1996 Renee Chatas (official)

ALL-AMERICANS

- 1982 Shellie Onstead
- 1983 Renee Chatas
- 1986 Kiki Brown
- 1987 Ligaya Yrastorza, Kiki Brown (2nd team)
- 1993 Ilse Akkermans (3rd team)
- 1994 Ilse Akkermans (2nd team)
- 1996 Elke Popp (2nd team)
- 1997 Elke Popp (2nd team)
- 1998 Megan Sainsbury (2nd team regional)
- 1999 Megan Sainsbury (2nd team regional)
- 2000 Sarah Hoehn (2nd team regional)
- 2001 Nora Feddersen (1st team regional)
Elizabeth Harkins (2nd team regional)
- 2002 Nora Feddersen (3rd team)
(1st team regional)
- 2003 Nora Feddersen (2nd team)
Erin Booth (1st team regional)
- 2004 Valentina Godfrid (1st team regional)
- 2005 Valentina Godfrid (3rd team) (1st team regional), Chilly Banuelos (1st team regional)

U.S. NATIONAL TEAM

- 1978-91 Sheryl Johnson
- 1980-88 Marcy Place
- 1985 Renee Chatas
- 1985-86 Shellie Onstead

U.S. UNDER-21 TEAM

- 1985 Cheryl Swanson
- 1987 Annabella Stagner

CAL HALL OF FAME

- 1983 Sheryl Johnson
- 1989 Marcy Place

ACADEMIC ALL-AMERICAN

- 1987 Stacey Wharton, Valerie Wharton
- 1988 Kristi Holmes
- 1990 Tori Graff
- 1991 Annaliese Lodge
- 1993 Kasandra Cronin, Kathleen Lavelle, Annaliese Lodge, Carol Weaver
- 1994 Carol Weaver, Courtney Wolf, Cyndi Lee
- 1995 Carrie Lee, Cyndi Lee, Peggy Mannen
- 1996 Becky Bewley, Cynthia Lee, Elke Popp
- 1997 Elke Popp
- 2000 Lisa D'Anjou, Nora Feddersen, Sara Hunt, Pooja Mehta, Danya Sawyer, Alyssa Sprenger, Michelle Wald
- 2001 Lisa D'Anjou, Nora Feddersen, Sharan Kalla, Pooja Mehta, Danya Sawyer, Alyssa Sprenger, Michelle Wald
- 2003 Nora Feddersen

HONDA SPORTS AWARD NOMINEE

- 1978 Sheryl Johnson

ALL-CONFERENCE

- 1980 Sandi Chamberlain
- 1981 Shellie Onstead, Megan Porter, Maureen Robbins
- 1982 Renee Chatas, Melissa Nerone, Shellie Onstead, Megan Porter
- 1983 Renee Chatas*, Kathy Forbey, Bunny Freud, Megan Porter, Sheri Watts
- 1984 Kathy Forbey, Bunny Freud, Sheri Watts, Ligaya Yrastorza
- 1985 Kiki Brown, Kathy Forbey
- 1986 Kiki Brown#, Gretchen Scheel, Ligaya Yrastorza
- 1987 Ligaya Yrastorza*, Kiki Brown, Annabella Stagner
- 1988 Patti Caswell, Karyn Hillman, Michelle Ohye
- 1989 Sharon Lee, Michelle McCliman, Michelle Ohye, Lynn Stepovich
- 1990 Sandy Shimmoka, Amy Lawhead, Tori Graff, Lynn Stepovich
- 1991 Amy Lawhead, Theresa Korte, Ashli Carpi
- 1992 Ilse Akkermans, Ashli Carpi, Kasandra Cronin, Jenni Grider, Theresa Korte
- 1993 Ilse Akkermans, Ashli Carpi, Kasandra Cronin, Min Ta
- 1994 Ilse Akkermans*, Naomi Kagan, Theresa Korte, Kathleen Lavelle
- 1995 Jennifer Grossman, Valerie Haas, Annie Lavelle, Kathleen Lavelle, Elke Popp
- 1996 Kathy Fouts, Karen Hagan, Cyndi Lee, Elke Popp
- 1997 Sara Baron, Katherine Garofalo, Karen Hagan, Elke Popp#, Megan Sainsbury
- 1998 Kathy Fouts, Robin Reschke, Megan Sainsbury
- 1999 Sara Baron, Robin Reschke, Megan Sainsbury*, Lieke Zoete^
- 2000 Nora Feddersen^, Leticia Gaylean, Elizabeth Harkins, Sarah Hoehn!
- 2001 Nora Feddersen, Elizabeth Harkins%, Erin Robinson
- 2002 Nora Feddersen*%, Lisa D'Anjou
- 2003 Nora Feddersen*, Erin Booth, Kelly Knapp, Valentina Godfrid
- 2004 Valentina Godfrid*, Kelly Knapp!, Chilly Banuelos, Maggie Grimes
- 2005 Valentina Godfrid*%, Jessica Bird!, Chilly Banuelos, Teela Crosthwaite, Alana Smith, Jenna Long

NORPAC COACH OF THE YEAR

- 1992 Donna Fong
- 1993 Donna Fong
- 1994 Donna Fong
- 1999 Shellie Onstead
- 2001 Shellie Onstead
- 2002 Shellie Onstead
- 2003 Shellie Onstead
- 2005 Shellie Onstead

GOLDEN BEAR TEAM AWARD

- 1993-94 3.194 team GPA

* Player of the Year
 # Co-Player of the Year
 ^ Rookie of the Year
 ! Defensive Players of the Year
 % Offensive Players of the Year

SINGLE-SEASON RECORDS

GOALS

1. **Valentina Godfrid** 21 **2004**
 2. Renee Chatas 19 1983
 3. Ilse Akkermans 17 1994
 4. Megan Sainsbury 15 1999
 5. Nora Feddersen 15 2003
 6. Shellie Onstead 14 1981
 7. Nora Feddersen 14 2002
 8. Renee Chatas 12 1982
 9. Nora Feddersen 11 2001
 10. **Valentina Godfrid** 11 **2003**
 11. Melissa Nerone 11 1981
- Three tied with 10

ASSISTS

1. Megan Sainsbury 17 1999
 2. Cheryl Swanson 14 1983
 3. Shellie Onstead 11 1982
 4. **Valentina Godfrid** 12 **2004**
 5. Courtney Wolf 10 1994
 6. Samantha Gallop 10 2004
 7. Catlin Braucht 9 1999
 8. Elizabeth Harkins 9 2000
 9. Renee Wilson 8 1984
 10. Elizabeth Harkins 8 2001
 11. Jenna Long 8 2003
- Six tied with 7

POINTS

1. **Valentina Godfrid** 54 **2004**
 2. Megan Sainsbury 47 1999
 3. Renee Chatas 39 1983
 4. Ilse Akkermans 36 1994
 5. Shellie Onstead 35 1981
 6. Nora Feddersen 34 2002
 7. Nora Feddersen 32 2003
 8. Renee Chatas 28 1982
 9. Elizabeth Harkins 28 2001
 10. Nora Feddersen 26 2001
 11. **Valentina Godfrid** 26 **2003**
- Two tied with 25

CAREER RECORDS

GOALS

1. Nora Feddersen 45 2000-04
2. Ilse Akkermans 36 1992-94
3. Renee Chatas 34 1980-83
4. Megan Sainsbury 28 1996-99
5. Melissa Nerone 26 1979-82
6. Shellie Onstead 26 1980-82
7. Sara Baron 20 1996-99
8. Elizabeth Harkins 19 1998-01
9. Gretchen Scheel 17 1984-86
10. Maggie Grimes 16 2001-04

ASSISTS

1. Megan Sainsbury 34 1996-99
 2. Elizabeth Harkins 21 1998-01
 3. Shellie Onstead 18 1980-82
 4. Cheryl Swanson 15 1982-83
 5. Catlin Braucht 15 1996-99
 6. Nora Feddersen 13 2000-03
 7. Melissa Nerone 12 1979-82
 8. Kathleen Lavelle 12 1992-95
 9. Renee Chatas 11 1980-83
 10. Courtney Wolf 11 1993-94
- Two tied with 10

POINTS

1. Nora Feddersen 103 2000-03
2. Megan Sainsbury 90 1996-99
3. Ilse Akkermans 81 1992-94
4. Renee Chatas 79 1980-83
5. Shellie Onstead 70 1981-83
6. Melissa Nerone 66 1979-82
7. Elizabeth Harkins 59 1998-01
8. Sara Baron 46 1996-99
9. Kathleen Lavelle 42 1992-95
10. Maggie Grimes 41 2001-04



ACADEMIC SUPPORT

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

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 and in the classroom.

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 César E. 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.

The tutorial component promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The program focuses mainly on freshmen and sophomores, and the Center uses between 50-60 tutors per semester to guarantee that as many courses as possible are covered.

The advising component offers a broad range of services and programs to meet the unique needs and bipolar demands of student-athletes, including assistance in understanding and complying with University, college and NCAA rules, development of time management skills and resolution of 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



Courtney Dolder
Academic Advisor

exiting approach, ensuring that proper academic progress is being made and referring juniors and seniors to areas on campus that can help with internships, graduate school applications and career planning.

In addition, the Athletic Study Center offers a six-week Summer Bridge program to 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.

Two special areas offered are Peer Advising and the Exiting and Re-Entry Program. Peer advisors provide academic and campus life guidance for new intercollegiate athletes. They are selected from junior and senior student-athletes and assist in developing programs to further address the needs of student-athletes.

As a result of the overall success of its advising and tutorial programs, the academic performance and graduation rates of Cal's student-athletes have improved significantly, a source of pride for the University.

DIRECTOR OF ATHLETICS

SANDY BARBOUR

Director of Athletics
Third Year at Cal



Anne "Sandy" Barbour is in her third year as Director of Athletics, a period of unprecedented success among the Golden Bears' athletic programs.

During the 2005-06 academic year, Cal placed seventh in the Directors'

Cup standings — the highest in the history of the department — with 17 teams finishing among the Top 25 in the nation. Three Cal squads captured national championships — rugby, men's crew and women's crew — and six individuals also won NCAA crowns.

Barbour, 46, who oversees a 27-sport program with a \$48 million annual budget, began her role at Cal on Sept. 15, 2004.

Named one of the "100 Most Influential Women in Business" in the Bay Area by the *San Francisco Business Times*, Barbour has also been chosen a 2006 Woman of Distinction by the *East Bay Business Times*.

Barbour is an active member of several committees on both the national and conference levels. Currently chair of the Pac-10 Bowl

Committee, she is also a member of the Pac-10 Executive Committee and the Pac-10 Television Committee.

Prior to moving to Berkeley, Barbour was the deputy director of athletics at Notre Dame, serving as the university's senior athletic administrator under Athletic Director Kevin White from July 2003 to September 2005. She previously held an associate athletic director position there starting in 2000.

Barbour's career in intercollegiate athletic administration spans 25 years, beginning as a field hockey assistant coach and lacrosse administrative assistant at the University of Massachusetts in 1981. She has since served as assistant athletic director at Northwestern and in 1991 was recruited to Tulane as an associate athletic director.

While at Tulane, Barbour also worked for White — then Tulane's athletic director. At the age of 36, she was appointed Tulane's director of athletics when White left in 1996 for a similar position at Arizona State.

One of eight female athletic directors at NCAA Division I-A schools at the time, Barbour was chair of the NCAA Division I Student-Athlete Reinstatement Committee and a member of the Division I Academics/Eligibility/Compliance Cabinet and the board of directors of the National Association of Collegiate Women's Athletic Administrators. She was also elected chair of the inaugural Conference USA committee for Senior Women Administrators and served on the league's executive committee. In addition,

she chaired the executive committee for the 1993 NCAA Division I Outdoor Track and Field Championships hosted by Tulane.

In her previous position at Notre Dame, Barbour oversaw facilities and event operations for the school's 26-sport program. Her role at Notre Dame included responsibilities for women's lacrosse, men's and women's cross country, indoor and outdoor track, men's and women's swimming and men's golf.

Born Dec. 2, 1959, in Annapolis, Md., Barbour grew up in a military family. Her father was a career aviator in the U.S. Navy, and her family lived in various U.S. locations, as well as in Western Europe during her childhood.

Barbour graduated cum laude in 1981 with a B.S. degree in physical education from Wake Forest, where she was a four-year letterwinner and served as captain of the field hockey team. She also played two varsity seasons of women's basketball.

Barbour earned advanced degrees at both Massachusetts (an M.S. in sports management in 1983) and Northwestern's Kellogg School of Management (an MBA in 1991).

Between master's programs, Barbour served as assistant field hockey and lacrosse coach at Northwestern from 1982-84. She also held the position of director of recruiting services during that period, before being promoted to assistant athletic director for intercollegiate programs in 1984, a position she held until 1989.

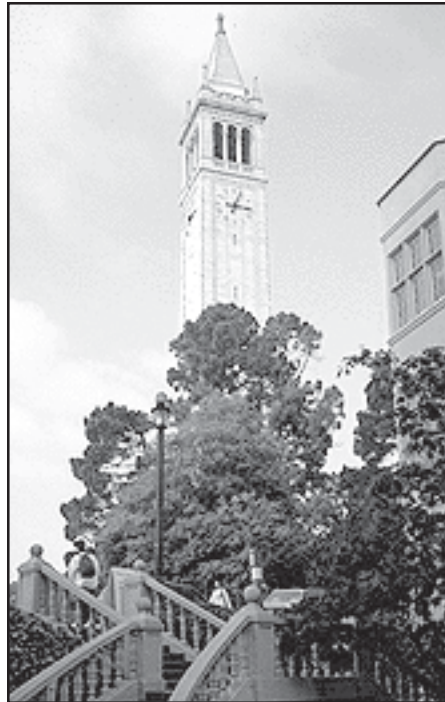
THE UNIVERSITY

The roots of the University of California go back to the gold rush days of 1849, when the drafters of the State Constitution, a group of vigorous and farsighted people, required the legislature to “encourage by all suitable means the promotion of intellectual, scientific, moral and agricultural improvement” of the people of California.

These early planners dreamed of a university which eventually, “if properly organized and conducted, would contribute even more than California’s gold to the glory and happiness of advancing generations.”

The university that was born nearly 20 years later was the product of a merger between the College of California (a private institution) and the Agricultural, Mining, and Mechanical Arts College (a land grant institution). The College of California, founded by former Congregational minister Henry Durant from New England, was incorporated in 1855 in Oakland. Its curriculum was modeled after that of Yale and Harvard, with the addition of modern languages to the core courses in Latin, Greek, history, English, mathematics, and natural history. With an eye to future expansion, the board of trustees augmented the college’s Oakland holdings with the purchase of 160 acres of land four miles north, on a site they named Berkeley in 1866. (Cal’s Charter was introduced in 1868.)

This original tract was to be considerably expanded over the years. While the College



of California was in its infancy, efforts continued in the state legislature to create a public educational institution, and in 1866 the legislature took advantage of the federal Morrill Land Grant Act of 1862 to establish the Agricultural, Mining, and Mechanical Arts College.

The college was to teach agricultural, mechanical arts, and military tactics “to promote the liberal and practical education of the industrial classes in the several pursuits and professions in life.” Scientific and classical studies were not to be excluded but were of secondary importance.

The boards of trustees of the College of California and the Agricultural, Mining, and Mechanical Arts College decided to merge the two schools to their mutual advantage — one had land but insufficient funds and the other had ample public funds but no land-on the condition that the curricula of both schools be blended to form “a complete university.”

On March 23, 1868, the governor signed into law the Organic Act that created the University of California. The new university used the former College of California’s buildings in Oakland until South Hall and North Hall were completed on the Berkeley site (South Hall is still standing), and in September 1873 the University, with an enrollment of 191 students, moved to Berkeley.

Early in this period Phoebe Apperson Hearst, one of the University’s most generous benefactors, conceived of and financed an international competition for

campus architectural plans that, she stipulated, “should be worthy of the great University whose material home they are to provide for.” The competition, won by Emile Bénard of Paris, brought Berkeley not only a building plan but worldwide notoriety.

At Oxford University, which at the time was strapped for funds, a Latin orator said, “There is brought a report that in California there is already established a university furnished with so great resources that even to the architects (a lavish kind of men) full permission has been given to spare no expense. Amidst the most pleasant hills on an elevated site, commanding a wide sea view, is to be placed a home of Universal Science and a seat of the muses.”

John Galen Howard, the supervising architect charged with implementing the Bénard plan, took advantage of his “permission to spare no expense” and developed a style of architecture that reinterpreted the grace, dignity, and austerity of classical lines to suit the California environment.

Some of the campus’s most elegant and stately structures were built during Howard’s tenure, among them the Hearst Memorial Mining Building (1902-7), the Hearst Greek Theatre (1903), California Hall (1905), Doe Library (1911-17), the Campanile (1914), Wheeler Hall (1917), Gilman Hall (1917), and Hilgard Hall (1918).

President Wheeler, a classical scholar and able administrator, attracted library and scholarship funds, research grants, and a distinguished faculty to the University, and its reputation grew, particularly in the fields of agriculture, the humanities, and engineering.

The University grew with the rapidly expanding population of California and responded to the educational needs of the developing state.

In the early 1900s the University’s new College of Commerce (now the Haas School of Business) trained students for export trade with the Orient and funneled graduates into industries and businesses throughout the state.

Nineteen members of the Berkeley faculty have been awarded Nobel Prizes for these and subsequent discoveries, as well as in literature and economics, for liberal arts kept pace with physical sciences.

In 1966, Berkeley was recognized by the American Council on Education as “the best balanced distinguished university in the country.”

CAL STUDENT POPULATION

Fall 2004

No. of Students	32,814
Undergraduates	22,880
Graduate Students	9,934
Gender Distribution	
Male	15,920
Female	16,894

STUDENT COMPOSITION

Fall 2004

A multi-cultural and multi-ethnic campus. No ethnic group forms a majority.

Native American	219
Asian/Asian American	11,107
African American	1,149
Hispanic	3,008
Caucasian	11,551
Other	686
No Ethnic Data	2,557



2005-06 ATHLETIC HIGHLIGHTS

NATIONAL TEAM CHAMPIONS

Rugby (22nd title – 15 in the past 16 years)
 Women's Crew (second consecutive national title)
 Men's Crew (sixth title since 1999)

NCAA INDIVIDUAL CHAMPIONS

Henrique Barbosa (Men's Swimming & Diving) – 100 and 200 breaststroke
 Jessica Hardy (Women's Swimming & Diving) – 100 breaststroke
 Helen Silver (Women's Swimming & Diving) – 200 backstroke
 Tim McNeill (Men's Gymnastics) – pommel horse
 Suzi Babos (Women's Tennis) – individual title

TOP 10 TEAM FINISHES

Rugby – National Champions
 Men's Crew – National Champions
 Women's Crew – National Champions
 Men's Swimming & Diving – NCAA Sixth
 Men's Gymnastics – NCAA Fifth
 Women's Swimming & Diving – NCAA Fourth
 Women's Water Polo – CWPA Fifth
 Men's Water Polo – CWPA Third
 Women's Golf – NCAA Fifth

OTHER POSTSEASON PARTICIPANTS

Men's Basketball – NCAA First Round
 Men's Soccer – NCAA Elite Eight
 Field Hockey – NCAA Regionals
 Volleyball – NCAA Second Round
 Women's Tennis – NCAA Second Round
 Women's Basketball – NCAA First Round
 Men's Cross Country – NCAA Regionals
 Women's Cross Country – NCAA Regionals
 Women's Soccer – NCAA Sweet Sixteen
 Softball – NCAA Super Regionals
 Men's Tennis – NCAA Second Round
 Football – Las Vegas Bowl Champions

CONFERENCE/REGION ATHLETE OF THE YEAR

Calen Carr – Men's Soccer (Pac-10)
 Kristina Thorson – Softball pitcher of the year (Pac-10)
 Zsuzsanna Fodor – Women's Tennis (Pac-10)
 Valentina Godfrid – Field Hockey (overall, offense NorPac)
 Jessica Bird – Field Hockey (defense, NorPac)
 Conor Niland, Men's Tennis, Pac-10 POY;
 West Region ITA's Farnsworth/ITA Senior of the Year

CONFERENCE COACH OF THE YEAR

Kevin Grimes – Men's Soccer (Pac-10)
 Kevin Boyd – Women's Soccer (Pac-10)
 Shellie Onstead – Field Hockey (NorPac)

CONFERENCE TEAM CHAMPIONS

Field Hockey, co-NorPac Champions

ALL-AMERICANS

SOFTBALL

Kristina Thorson, softball, (NFCA second team; Easton-Bell first team)
 Haley Woods, softball, (NFCA first team; Easton-Bell first team)

MEN'S BASKETBALL

Leon Powe, men's basketball, (AP second team; *The Sporting News* second team; USBWA second team)

SOCCER

Tyson Wahl, men's soccer, (NSCAA/adidas first team)
 Calen Carr, men's soccer, (NSCAA/adidas second team)

MEN'S SWIMMING

Henrique Barbosa, men's swimming
 Milorad Cavic, men's swimming
 William Copeland, men's swimming
 Jernej Godec, men's swimming
 Dominik Meichtry, men's swimming
 Jonas Tilly, men's swimming
 Garrett Wagner, men's swimming
 Daniel Lysaught, men's swimming, HM
 Miguel Molina, men's swimming, HM
 Patrick O'Neil, men's swimming, HM
 Davis Russell, men's swimming, HM
 Louis Vayo, men's swimming, HM

MEN'S GYMNASTICS

Tim McNeill, men's gymnastics, (pommel horse)
 Colin Christ, men's gymnastics, (high bar)
 Kyson Bunthuwong, men's gymnastics, (parallel bars)

FOOTBALL

Zack Follett, football (*Rivals.com* Freshman team)
 Anthony Felder, football (*Rivals.com* Freshman team)

WOMEN'S WATER POLO

Elsie Windes, women's water polo (2nd team, AWPCA)
 Katie Card, women's water polo (HM, AWPCA)

MEN'S WATER POLO

John Mann, men's water polo (1st, AWPCA)
 Nate Bennett, men's water polo (3rd, AWPCA)
 Michael Sharf, men's water polo (3rd, AWPCA)
 Marty Matthies, men's water polo (HM, AWPCA)

CONFERENCE INDIVIDUAL CHAMPIONS

Helen Silver (Women's Swimming & Diving) – 200 backstroke
 Erin Reilly (Women's Swimming & Diving) – 200 freestyle
 800 freestyle relay (Women's Swimming & Diving)
 Tim McNeill (Men's Gymnastics) – all-around (MPSF)

WOMEN'S TENNIS

Suzi Babos, women's tennis (ITA)
 Zsuzsanna Fodor, women's tennis (ITA)

WOMEN'S BASKETBALL

Alexis Gray-Lawson, women's basketball (WBNS Freshman team)
 Devanei Hampton, women's basketball (WBNS Freshman team)

WOMEN'S GOLF

Sofie Andersson, women's golf (HM, NGCA; third-team *Golfweek*)
 Sophia Sheridan, women's golf (HM, NGCA; HM *Golfweek*)

WOMEN'S SOCCER

Courtney Hooker, women's soccer (second-team, *Soccer Buzz*; third-team, *Soccer Times*)

WOMEN'S SWIMMING

Emily Silver, women's swimming
 Erin Reilly, women's swimming
 Ashley Chandler, women's swimming
 Helen Silver, women's swimming
 Lauren Rogers, women's swimming
 Jessica Hardy, women's swimming
 Rachel Ridgeway, women's swimming
 Sherry Tsai, women's swimming
 Lauren Andrews, women's swimming
 Leann Toomey, women's swimming
 Annie Babicz, women's swimming, HM

MEN'S TENNIS

Conor Niland, men's tennis (ITA)

WOMEN'S CREW

Kaylan Vander Schilden, women's crew (1st, CRCA)
 Erin Cafaro, women's crew (1st, CRCA)
 Jelena Djukic, women's crew (2nd, CRCA)
 Krista Ellis, women's crew (2nd, CRCA)

FIELD HOCKEY

Valentina Godfrid, field hockey (3rd, NFHCA)

WOMEN'S TRACK & FIELD

Antonette Carter, women's outdoor track
 Alysia Johnson, women's indoor and outdoor track

MEN'S TRACK & FIELD

Giliat Ghebray, men's outdoor track
 Paul Teinert, men's outdoor track

RUGBY

Chris Biller, Ryan Donnelly, Cyrus Dorosti, Andrew Lindsey, Rikus Pretorius, Jacob Stanfill, Louis Stanfill

Henrique Barbosa (Men's Swimming & Diving) – 100 breaststroke
 200-yard medley relay (Men's Swimming & Diving)
 400-yard medley relay (Men's Swimming & Diving)
 400-yard freestyle relay (Men's Swimming & Diving)
 Zsuzsanna Fodor (Women's Tennis) – Pac-10 individual

SAN FRANCISCO BAY AREA

The San Francisco Bay Area is a major metropolitan area of approximately eight million people and one of the most scenic regions in the United States. The Bay Area includes the major cities of San Francisco and Oakland, as well as Berkeley, home of the world-renowned University of California. Just south is the city of San Jose and the Silicon Valley, home to many of the world's high-tech companies. The Bay Area also lies within easy driving distance of the high Sierra resorts of Lake Tahoe and Yosemite, the Monterey/Carmel peninsula, the world famous Napa wine country, and the spectacular Mendocino Coast.

Everyone knows "The City" - San Francisco - from countless photographs, movies and television shows that capture its magic. It is a city built on a series of more than 40 hills, offering panoramic views of every kind. The hub of a nine-county complex and the financial and insurance capital of the world, San Francisco has a resident population of about 800,000. San Francisco is situated on a 46.6 square-mile peninsula bounded on the west by the Pacific Ocean, on the north by the Golden Gate strait, and from north to east by the San Francisco Bay. The City has been named the world's top city twice by readers of *Conde Nast Traveler* and the top U.S. city eight times since 1988.

The San Francisco Bay is spanned by two landmarks, the Golden Gate and San Francisco-Oakland Bay bridges, and graced by four islands: Alcatraz, Angel, Yerba Buena and Treasure. The area is easily navigated by car, BART (Bay Area Rapid Transit), bus or ferry.



TOP U.S. CITIES

1. San Francisco, Calif.
2. Santa Fe, N.M.
3. Charleston, S.C.
4. New York, N.Y.
5. Chicago, Ill.
6. Honolulu, Hawaii
7. New Orleans, La.
8. Carmel, Calif.
9. Savannah, Ga.
10. Boston, Mass.

Source: *Conde Nast Traveler magazine, 2005 Readers' Choice Awards*

Located across the Bay Bridge from San Francisco, Oakland is a city of 400,000, filled with exciting attractions, stimulating arts and an ideal climate. Oakland's charm exceeds its man-made wonders, as its tumbling hills, vast forests, hiking and riding trails, beautiful lakes and numerous parks provide a natural escape for those who prefer nature over an urban environment.

Berkeley, just a 12-mile drive from San Francisco, is situated on 18.8 square miles with a population of 103,000 people. With its world-renowned university, global population and rich diversity of cultural

arts, Berkeley reflects and affects the rest of the country.

In the Berkeley hills, Tilden Regional Park offers more than 30 miles of hiking trails, a public golf course, swimming at Lake Anza and plenty of places to picnic. As part of its wealth of cultural life, Berkeley boasts the award-winning Berkeley

Repertory Theatre, an opera company, a nationally celebrated symphony and a ballet company.

Just north of San Francisco, across the shining jewel of the Bay Area - the Golden Gate Bridge - lie Marin County and the North Bay. Stunning views of hills and mountains cascading into the bay and the ocean at every turn, Marin County boasts some of the most beautiful scenery in the world.

The Golden Gate National Recreation Area, the only U.S. national park in a major metropolitan area, is the largest urban park in the world.

Sports fans can see it all in the Bay Area - professional football (San Francisco 49ers and Oakland Raiders), professional basketball (Golden State Warriors), professional baseball (San Francisco Giants and Oakland Athletics) and professional hockey (San Jose Sharks) and outstanding collegiate competition.

Sources: *S.F. Convention and Visitors Bureaus, Oakland Convention & Visitors Authority, Berkeley Convention and Visitors Bureau, and the California Trade and Commerce Agency.*

