

Cal Women's Gymnastics 2007-08

It's almost half-way thru the semester and it seems like we've accomplished so much already. To catch you up on some of the things that happened over the summer:

The California women's gymnastics team claimed five academic All-Americans: Sophia Hocini, an American studies major, Vanna Rocchi, biology, Nicki Wells, a statistics major, Justine Cephus, political science and Elyse Wong, civil engineering and Chinese.

Most of the team was in at some point in time over the summer for summer school. They trained in the gym with Scott while Cari hit the recruiting trail. Elyse Wong spent a month in Taiwan sharpening her language skills. Justine Cephus packed her bags to head to San Diego for law school and Izzy Garcia took over training the compulsory team here at Golden Bear.

School started and everyone got to meet the incoming freshmen. Well, the fact is, most of them knew each other already. Avery Gee and Stefanie Cheng are former teammates of Alli Szutu and Jess Kelley at Airborne Gymnastics in Santa Clara. Nassim Mirreghabie is a former teammate of Sophia Hocini and Kendall Zdvorak at SCEGA in Temecula. So the transition went pretty quick. The upper classmen even mentored the newcomers over the summer about the training procedures and policies.

Stefanie Cheng Airborne Gymnastics San Jose, CA

2007 Nationals Team Champion Member,
8th on BB '07 Nationals.

Avery Gee Airborne Gymnastics Los Altos, CA

2007 Western Nationals AA, V, BB Champion

Nassim Mirreghabie SCEGA Vista, CA

2006 Nationals Qualifier, 9th on BB in '06

We had our annual team retreat. Picture the movie "Camp Beverly Hills". Wilderness girls they are not, but we gave camping a chance along the delta of the Sacramento River. Luckily we were 20 minutes from Bridgette's hometown of Oakley and had her parents drop off some lighter fluid for the fire. I guess rubbing two sticks together wasn't going to work in a 50 mph wind. But we literally huddled together for warmth in the tents and gave Cari a Happy Birthday surprise when she awoke in her car the next morning. Next time "camping out" will mean the Doubletree. Ha Ha.

The team has really put a lot of effort into their grades this semester. The team with the highest GPA is receiving a gift donation for extra incentive. The men's gymnastics team won last year and purchased new mats and parallel rails. By the looks of all indicators the team is off to a great start.

To lighten up our dedicated students we had our annual "Surprise Halloween Party". And believe it or not, the team was surprised to have Frankenstein and his bride and Dracula walk into the gym that Friday afternoon. The freshmen however were a bit confused to say the least. This year's highlight was an "Amazing Race" competition. After being on so many campus tours, Cari and Scott knew quite a bit of trivia about the campus. So with the ladies broken into three teams with their leaders: Frankenstein (Mike), Bride of Frankenstein (Cari) and Dracula (Scott), they scoured the campus with clues and took pictures to prove it. After the race each girl got a goodie bag. Just like the old days in private club.



The team with our strength coach Ken Miller

The addition of staff members was announced by Coach DuBois.

Mike Lynch – Assistant Coach, last year's volunteer coach, owner of Golden Gate Gymnastics in Concord, CA. Bridgette Glass' and Janet McKnight's private club coach.

Darcy Wallace – Volunteer Consultant, has worked with the team for a few years as Sports Enhancement Coach, former Elite gymnast from Diablo Gymnastics.

Shelia Buack – Choreographer, former Cal gymnast, has worked with Culture Shock Oakland, a Paralegal living in San Bruno, CA.



A collapsible tent?



Our "Vision" signs

2008 Season Highlights

All home meets are Sundays at 2:00. We thought this would increase our attendance and allow more family participation.

PINK MEET

Once again we are making this an annual fundraiser for the Susan G Komen Breast Cancer Foundation. The meet will be: Sunday, February 10 at 2:00 against Oregon State. Pledges can be made for every 9.5 and above.

Donations/pledges will be accepted and more information is available at Calbears.com - women's gymnastics or send donations/pledges to: Cari DuBois, GBRC, 25 Sports Lane, #4428, Berkeley, CA, 94720.



Everyone in the pink

ALUMNI MEET

The Alumni meet will be Sunday, February 17 at 2:00 against UCLA. Come and support the current team, join old teammates and be announced on the floor. Please RSVP to: rsryan@berkeley.edu

SENIOR MEET

The Senior Meet will be Sunday, March 16 at 2:00 against CSU-Fullerton, UC Davis and San Jose State. All the seniors and their parents will be recognized.

The Fall Semester is filled with



CONDITIONING

2008 Women's Gymnastics Schedule

January 11	Friday	@UC Davic, Towson
January 20	Sunday	ASU@Cal
January 25	Friday	@Washington
February 1	Friday	@Arizona
February 10	Sunday	Oregon State@Cal
February 17	Sunday	UCLA@Cal
February 24	Sunday	@Stanford
February 29	Friday	@Cat Classic. Missouri, Michigan, Ohio State
March 7	Friday	@Sac State,UC Davis, Seattle Pacific
March 16	Friday	CSU-Fullerton,SJSU, UC Davis@Cal
March 21	Friday	@Boise Sate
March 29	Saturday	PAC 10 Championships
April 12	Saturday	Regional Championships
April 24-26		NCAA Championships

In November Coach DuBois announced the signing of two recruits for '08.

Shana Johnson – former Golden Bear Gymnastics, Level 10 from Castro Valley, CA. Explosive tumbler and vaulter.

Erica Varon – From Josephsen's Academy, Level 10 from Redondo Beach, CA. 26th AA 2007 Nationals. Will especially be an asset on bars.

Alums please stay in contact by providing us with your current email address, career highlights or announcements at cadubois@berkeley.edu



HARDWORK AND RESULTS!

