

2007 OPPONENTS



AIR FORCE

Feb. 9, Tempe, Ariz., 7 p.m.
March 9, Berkeley, 7:30 p.m.
March 18, Colorado Springs, Colo., 1 p.m.

Location USAF Academy, Colo.
 Nickname Falcons
 Colors Blue and Silver
 Conference MPSF
 Head Coach Doug Day
 Record, Seasons 0-0, First
 Letterwinners R/L 6/1
 Home Arena Cadet West Gym
 SID Valerie Perkin
 Phone (719) 333-8286
 Fax (719) 333-3798
 E-mail valerie.perkin@usafa.af.mil
 Web Site GoAirForceFalcons.com

2006 Recap

Record 0-6
 MPSF Finish Fourth



ARIZONA

March 2, Berkeley, 7:30 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Tucson, Ariz.
 Nickname Wildcats
 Colors Cardinal and Navy
 Conference Pac-10
 Head Coach Bill Ryden
 Record, Seasons 108-118-3, Eighth
 Letterwinners R/L 12/1
 Home Arena McKale Center
 SID Blair Willis
 Phone (520) 621-4163
 Fax (520) 621-2681
 E-mail bmw23@email.arizona.edu
 Web Site www.arizonaathletics.com

2006 Recap

Record 15-15
 Pac-10 Finish Fifth
 NCAA Regional Third



ARIZONA STATE

February 9, Tempe, Ariz., 7 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Tempe, Ariz.

Nickname Sun Devils
 Colors Maroon and Gold
 Conference Pac-10
 Head Coach John Spini
 Record, Seasons 326-133-7, 27th year
 Letterwinners R/L 13/2
 Home Arena Wells Fargo Arena
 SID Mark Brand
 Phone (480) 965-0966
 Fax (480) 759-9514
 E-mail mark.brand@asu.edu
 Web Site www.thesundevils.com

2006 Recap

Record 19-7
 Pac-10 Finish Fourth
 NCAA Regional First
 NCAA Champ Ninth



BYU

March 16, Colorado Springs, Colo., 7 p.m.

Location Provo, Utah
 Nickname Cougars
 Colors Blue, White, and Tan
 Conference MWC
 Head Coach Brad Cattermole
 Record, Seasons 216-254-1, 19th
 Letterwinners R/L 8/4
 Home Arena Smith Fieldhouse
 SID Darrin Bates
 Phone 801-422-8999
 Fax 801-422-0633
 E-mail gymnastics_sid@byu.edu
 Web Site www.byucougars.com

2006 Recap

Record 6-9
 NCAA Regional Sixth



CSU FULLERTON

Feb. 25, Los Angeles, Calif., 2 p.m.

Location Fullerton, Calif.
 Nickname Titans
 Colors Navy, Orange and White
 Conference WAC
 Head Coach Jill Hicks
 Record, Seasons 0-0, First
 Letterwinners R/L 9/6
 Home Arena Titan Gym
 SID Jason Spencer
 Phone (714) 278-7547
 Fax (714) 278-3141

E-mail jspencer@fullerton.edu
 Web Site www.fullertontitans.com

2006 Recap

Record 7-10
 WAC Finish Sixth



OKLAHOMA

Feb. 9, Tempe, Ariz., 7 p.m.

Location Norman, Okla.
 Nickname Sooners
 Colors Crimson and White
 Conference Big 12
 Head Coach K.J. Kinder
 Record, Seasons 0-0, First
 Letterwinners R/L 10/3
 Home Arena Llyod Noble Center
 SID Andy Hansen
 Phone (405) 325-8299
 Fax (405) 325-7623
 E-mail alhansen@ou.edu
 Web Site www.soonersports.com

2006 Recap

Record 17-17
 Conference Finish Third
 NCAA Regional First
 NCAA Champ Tenth



OREGON STATE

Jan. 19, Corvallis, Ore., 7 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Corvallis, Ore.
 Nickname Beavers
 Colors Orange and Black
 Conference Pac-10
 Head Coach Tanya Chaplin
 Record, Seasons 126-77-1, 10th
 Letterwinners R/L 10/2
 Home Arena Gill Coliseum
 SID Jason Amberg
 Phone (541) 737-7469
 Fax (541) 230-0706
 E-mail jason.amberg@oregonstate.edu
 Web Site www.osubeavers.com

2006 Recap

Record 19-9
 Pac-10 Finish Third
 NCAA Regional Second
 NCAA Championship 11th



PENN

March 9, Berkeley, 2 p.m.

Location Philadelphia, Pa.
 Nickname Quakers
 Colors Red and Blue
 Conference Ivy League
 Head Coach John Cerald
 Record, Seasons 0-0, First
 Letterwinners R/L 8/6
 Home Arena Hutchinson Gym
 SID Matt Kirsch
 Phone (215) 898-6128
 Fax (215) 898-1747
 E-mail kirschj@pobox.upenn.edu
 Web Site www.pennathletics.com

2006 Recap

Record 10-8
 Ivy Classic Finish Second



SACRAMENTO STATE

March 23, Davis, Calif., 7 p.m.

Location Sacramento, Calif.
 Nickname Hornets
 Colors Green and Gold
 Conference WAC
 Head Coach Kim Hughes
 Record, Seasons ... 228-206-2, 26 years
 Letterwinners R/L 11/7
 Home Arena Hornet Nest
 SID Brian Berger
 Phone (916) 278-4313
 Fax (916) 278-5429
 E-mail bwberger@csus.edu
 Web Site www.hornetsports.com

2006 Recap

Record 16-14
 WAC Finish First
 NCAA Regional Fifth



SAN JOSE STATE

March 23, Davis, Calif., 7 p.m.

Location San Jose, Calif.
 Nickname Spartans
 Colors Gold, White and Blue
 Conference WAC
 Head Coach Wayne Wright
 Record, Seasons 67-45, Fifth
 Letterwinners R/L 7/3

Home Arena Spartan Gym
 SID Amy Villa
 Phone (408) 924-1216
 Fax (408) 924-1291
 E-mail eberhard@email.sjsu.edu
 Web Site www.sjsuspartans.com

2006 Recap

Record 15-17
 WAC Finish Fifth
 NCAA Regional Fourth



STANFORD

Feb. 4, Berkeley, 2 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Stanford, Calif.
 Nickname Cardinal
 Colors Cardinal and White
 Conference Pac-10
 Head Coach Kristin Smyth
 Record, Seasons 86-31, Sixth year
 Letterwinners R/L 10/3
 Home Arena Burnham Pavilion and
 Maples Pavilion
 SID Bob Vasquez
 Phone (650) 723-4418
 Fax (650) 725-2957
 E-mail bobbyv@stanford.edu
 Web Site www.gostanford.com

2006 Recap

Record 18-3
 Pac-10 Finish First
 NCAA Regional Third



UCLA

Feb. 25, Los Angeles, Calif., 2 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Los Angeles, California
 Nickname Bruins
 Colors Blue and Gold
 Conference Pac-10
 Head Coach Valorie Kondos Field
 Record, Seasons 322-68-1, 16th
 Letterwinners R/L 7/6
 Home Arena Pauley Pavilion
 SID Liza David
 Phone (310) 206-8140
 Fax (310) 825-8664
 E-mail ldavid@athletics.ucla.edu
 Web Site www.uclabruins.com

2006 Recap

Record 21-6
 Pac-10 Finish 2nd
 NCAA Regional 3rd



UC DAVIS

March 23, Davis, Calif., 7 p.m.

Location Davis, Calif.
 Nickname Aggies
 Colors Yale Blue and Gold
 Conference MPSF
 Head Coach John Lavallee
 Record, Seasons 0-0, First
 Letterwinners R/L 9/7
 Home Arena The Pavilion
 SID Mark Honbo
 Phone (530) 752-8050
 Fax (530) 754-5674
 E-mail mwhonbo@ucdavis.edu
 Web Site www.ucdavisaggies.com

2006 Recap

Record 4-15
 MPSF Finish Second
 NCAA Second at USAG Collegiate



WASHINGTON

Feb. 18, Berkeley, 2 p.m.
March 31, Tempe, Ariz., 6 p.m.

Location Seattle, Wash.
 Nickname Huskies
 Colors Purple and Gold
 Conference Pac-10
 Head Coach Joanne Bowers
 Record, Seasons 0-0, First
 Letterwinners R/L 10/1
 Home Arena Bank of America Arena
 at Hec Edmundson Pavilion
 SID Brian Beaky
 Phone (206) 543-2331
 Fax (206) 543-5000
 E-mail bbeaky@u.washington.edu
 Web Site www.gohuskies.com

2006 Recap

Record 7-21
 Pac-10 Finish Sixth



2006 SEASON RESULTS

2006 CALIFORNIA WOMEN'S GYMNASTICS TEAM RESULTS/SCORES

OVERALL RECORD: 8-17; PACIFIC-10 CONFERENCE: 0-6

MEET-BY-MEET SCORES/RESULTS

Date	Cal Score	Opponent	Opponent Score	W/L	Cal Record	Pac-10 Record
January 3	189.350	UCLA	193.775	L	0-1	---
		Oregon State	191.925	L	0-2	---
		Arkansas	190.625	L	0-3	---
		Washington	190.425	L	0-4	---
		Sacramento State	188.075	W	1-4	---
January 13	191.625	at Sacramento State	190.475	W	2-4	---
January 20	190.750	Oregon State	193.950	L	2-5	0-1
January 27	191.325	at Arizona	195.875	L	2-6	0-2
February 3	192.150	Stanford	195.925	L	2-7	0-3
February 10	190.850	UCLA	196.500	L	2-8	0-4
		Sacramento State	192.500	L	2-8	0-4
		UC Davis	190.300	W	3-8	0-4
February 17	189.275	at Washington	189.875	L	3-9	0-5
February 26	193.000	at CSU Fullerton	192.325	W	4-9	0-5
March 3	191.850	at Arizona State	196.250	L	4-10	0-6
March 10	191.000	at West Virginia	194.450	L	4-11	0-6
		Pittsburgh	188.700	W	5-11	0-6
March 12	192.225	at George Washington	191.025	W	6-11	0-6
		NC State	191.925	W	7-11	0-6
March 17	194.275	San Jose State	193.350	W	8-11	0-6
March 25	192.725	at Pac-10 Champ.	197.100	L	8-17	0-6
April 8		at NCAA Regional				
April 20-22		at NCAA Championship				

CAL EVENT-BY-EVENT TEAM SCORES

OPPONENT	Vault	Bars	Beam	Floor	Total
Aloha Gymfest	47.100	48.450	47.175	46.625	189.350
At Sacramento State	47.550	47.975	48.000	48.100	191.625
Oregon State	47.200	47.775	48.075	47.700	190.750
at Arizona	48.000	48.300	48.000	47.025	191.325
Stanford	47.850	48.025	47.975	48.300	192.150
UCLA/Sacramento State/UC Davis	48.300	48.250	47.025	47.275	190.850
at Washington	47.650	47.175	46.975	47.475	189.275
at CSU Fullerton	48.625	48.525	47.525	48.325	193.000
Arizona State	48.325	48.625	46.500	48.400	191.850
West Virginia/Pittsburgh	47.850	48.075	47.350	47.725	191.000
George Washington/NC State	47.850	49.100	47.125	48.150	192.225
San Jose State	48.225	49.000	48.450	48.600	194.275
Pac-10 Championship	48.000	48.450	48.300	47.975	192.725
NCAA Regional					
NCAA Championship					
Season Team Best	48.625	49.100	48.450	48.600	194.275
All-Time Team Best	49.375	49.550	49.300	49.425	196.800

2006 EVENT-BY-EVENT INDIVIDUAL SCORES

OPPONENT	CAITLIN AITKENHEAD				
	Vault	Bars	Beam	Floor	A-A
	Out for Season				
OPPONENT	JOANNA BENNETT				
	Vault	Bars	Beam	Floor	A-A
Aloha Gymfest	---	9.675	---	---	---
at Sacramento State	9.300	9.675	---	---	---
Oregon State	9.300	9.675	---	---	---
at Arizona	9.400	9.725	---	---	---
Stanford	9.352	9.775	---	---	---
UCLA/SS/UCD	---	9.875	---	---	---
Washington	---	8.550	---	---	---
CSU Fullerton	---	9.550	---	---	---
Arizona State	9.575	9.825	---	8.750	---
WV/Pitt	9.450	9.800	---	---	---
GW/NC St.	9.400	9.825	---	---	---
SJSU	9.450	9.750	---	---	---
Pac-10 Champ	9.400	9.625	---	---	---
NCAA Regional	---	---	---	---	---
Season Best	9.575	9.875	---	8.750	---
Career Best	9.575	9.875	---	8.750	---

OPPONENT	JUSTINE CEPHUS				
	Vault	Bars	Beam	Floor	A-A
Aloha Gymfest	---	---	9.500	---	---
at Sacramento State	---	---	9.600	---	---
Oregon State	---	---	9.750	---	---
at Arizona	9.450	7.800	9.550	---	---
Stanford	9.525	---	9.750	9.700	---
UCLA/SS/UCD	9.550	---	9.075	8.900	---
Washington	9.500	---	8.975	8.250	---
CSU Fullerton	9.625	---	9.750	---	---
Arizona State	9.600	---	8.550	9.550	---
WV/Pitt	9.500	---	9.150	---	---
GW/NC St.	---	---	9.425	---	---
SJSU	---	---	9.450	---	---
Pac-10 Champ	---	---	9.625	---	---
NCAA Regional	---	---	---	---	---
Season Best	9.625	7.800	9.750	9.700	---
Career Best	9.625	7.800	9.750	9.700	---
OPPONENT	SARAH FIORILLO				
	Vault	Bars	Beam	Floor	A-A
	Out for Season				

ISABEL GARCIA

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	9.450	—	9.475	9.550	—
at Sacramento State	9.375	—	9.475	9.575	—
Oregon State	9.450	—	9.350	9.650	—
at Arizona	9.625	—	9.500	9.650	—
Stanford	9.675	—	—	9.650	—
UCLA/SS/UCD	9.750	—	8.975	9.750	—
Washington	9.750	—	—	9.125	—
CSU Fullerton	9.800	—	—	9.675	—
Arizona State	9.800	—	8.550	9.550	—
WV/Pitt	9.725	—	9.250	9.625	—
GW/NC St.	9.700	—	8.625	9.650	—
SJSU	9.775	—	—	9.775	—
Pac-10 Champ	9.775	—	—	9.625	—
NCAA Regional	—	—	—	—	—
Season Best	9.800	—	9.500	9.775	—
Career Best	9.800	—	9.725	9.850	—

BRIDGETTE GLASS

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Out for Start of Season					
WV/Pitt	—	8.150	—	—	—
GW/NC St.	—	9.675	—	—	—
SJSU	—	9.800	—	—	—
Pac-10 Champ	—	8.950	—	—	—
NCAA Regional	—	—	—	—	—
Season Best	—	9.800	—	—	—
Career Best	—	9.800	—	—	—

JESSICA KELLEY

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	—	9.625	9.400	—	—
at Sacramento State	9.625	9.475	9.650	9.700	38.450
Oregon State	9.575	9.550	9.600	9.725	38.450
at Arizona	9.675	9.700	9.525	9.700	38.600
Stanford	9.700	9.675	9.400	9.775	38.550
UCLA/SS/UCD	9.550	9.825	—	—	—
Washington	9.500	9.525	9.575	9.750	38.350
CSU Fullerton	9.775	9.800	9.625	9.750	38.950
Arizona State	—	—	9.625	—	—
WV/Pitt	—	—	—	—	—
GW/NC St.	—	—	—	—	—
SJSU	—	—	—	—	—
Pac-10 Champ	—	—	—	—	—
NCAA Regional	—	—	—	—	—
Season Best	9.775	9.825	9.650	9.775	38.950
Career Best	9.775	9.825	9.650	9.775	38.950

SIOBHAN LUCE

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	9.350	9.300	8.825	8.825	35.300
at Sacramento State	9.600	9.475	9.550	9.575	38.200
Oregon State	9.450	8.800	9.175	9.550	36.975
at Arizona	9.500	9.600	8.800	9.150	37.050
Stanford	9.625	9.600	9.625	9.650	38.500
UCLA/SS/UCD	9.700	9.825	9.000	9.100	37.625
Washington	9.550	9.550	9.050	9.750	37.900
CSU Fullerton	9.650	9.725	8.900	9.600	37.875
Arizona State	9.550	9.700	9.600	9.675	38.525
WV/Pitt	9.500	9.600	—	9.550	—
GW/NC St.	9.500	9.150	8.875	9.575	37.100
SJSU	9.575	9.775	9.675	9.700	38.725
Pac-10 Champ	9.600	9.625	9.525	9.650	38.400
NCAA Regional	—	—	—	—	—
Season Best	9.700	9.825	9.675	9.750	38.725
Career Best	9.850	9.825	9.700	9.750	38.725

KEIKO NAKAMURA

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Out for Start of Season					
CSU Fullerton	—	—	9.625	—	—
Arizona State	—	—	9.600	—	—
WV/Pitt	—	—	9.500	—	—
GW/NC St.	—	—	9.725	—	—
SJSU	—	—	9.500	—	—
Pac-10 Champ	—	—	9.250	—	—
NCAA Regional	—	—	—	—	—
Season Best	—	—	9.725	—	—
Career Best	—	—	9.725	—	—

BRITANI PITTULLO

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
UC Davis/Brown	9.350	9.675	9.475	9.400	37.900
at Sacramento State	9.650	9.675	9.225	9.650	38.200
Oregon State	9.250	9.625	9.600	8.975	37.450
at Arizona	9.750	9.575	9.750	9.125	38.200
Stanford	9.275	9.075	9.625	—	—
UCLA/SS/UCD	9.750	9.350	9.600	9.175	37.875
Washington	9.275	9.525	9.675	9.700	38.175
CSU Fullerton	9.775	8.800	9.200	9.700	37.475
Arizona State	9.800	9.775	9.000	9.825	38.400
WV/Pitt	9.675	9.750	9.250	9.750	38.425
GW/NC St.	9.725	9.900	9.575	9.700	38.900
SJSU	9.800	9.775	9.825	9.850	39.250
Pac-10 Champ	9.750	9.700	9.675	9.725	38.850
NCAA Regional	—	—	—	—	—
Season Best	9.800	9.900	9.825	9.850	39.250
Career Best	9.850	9.900	9.850	9.900	39.250

VANNA ROCCHI

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Out for Season					

MELISSA STINAR

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Out for Season					

ALLI SZUTU

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	—	—	—	9.425	—
at Sacramento State	—	—	—	—	—
Oregon State	—	—	—	9.250	—
at Arizona	—	—	—	8.300	—
Stanford	—	—	—	9.525	—
UCLA/SS/UCD	—	—	—	9.650	—
Washington	—	—	—	—	—
CSU Fullerton	9.525	—	—	9.600	—
Arizona State	9.550	—	—	9.575	—
WV/Pitt	9.250	—	—	9.350	—
GW/NC St.	9.525	—	—	9.625	—
SJSU	9.550	—	—	9.700	—
Pac-10 Champ	9.475	—	—	9.525	—
NCAA Regional	—	—	—	—	—
Season Best	9.550	—	—	9.700	—
Career Best	9.675	9.775	9.625	9.700	38.700

TIFFANY TAM

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	—	—	—	—	—
at Sacramento State	—	—	—	—	—
Oregon State	—	—	—	—	—
at Arizona	—	—	9.675	—	—
Stanford	—	—	9.575	—	—
UCLA/SS/UCD	—	—	9.550	—	—
Washington	—	—	9.525	—	—
CSU Fullerton	—	—	—	—	—
Arizona State	—	—	—	9.350	—
WV/Pitt	—	—	—	9.675	—
GW/NC St.	—	—	—	—	—
SJSU	—	—	—	9.750	—
Pac-10 Champ	—	—	—	9.675	—
NCAA Regional	—	—	—	—	—
Season Best	—	—	—	9.750	—
Career Best	—	—	—	9.750	—

NICKI WELLS

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	9.425	9.700	—	8.975	—
at Sacramento State	—	9.675	—	9.600	—
Oregon State	—	9.725	—	9.525	—
at Arizona	—	9.700	—	9.400	—
Stanford	—	9.175	—	9.100	—
UCLA/SS/UCD	—	8.500	—	9.600	—
Washington	—	9.525	—	9.150	—
CSU Fullerton	—	9.675	—	9.250	—
Arizona State	—	9.700	—	—	—
WV/Pitt	—	9.150	—	9.450	—
GW/NC St.	9.400	9.850	—	9.600	—
SJSU	—	9.850	—	9.575	—
Pac-10 Champ	9.325	9.650	—	9.450	—
NCAA Regional	—	—	—	—	—
Season Best	9.425	9.850	—	9.600	—
Career Best	9.700	9.850	9.725	9.825	38.625

LYDIA WILLIAMS

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	9.500	9.775	9.325	9.275	37.875
at Sacramento State	8.925	9.200	9.725	9.400	37.250
Oregon State	9.425	9.200	9.775	—	—
at Arizona	—	—	—	—	—
Stanford	—	9.800	8.400	—	—
UCLA/SS/UCD	—	9.375	9.800	—	—
Washington	9.350	9.050	9.150	—	—
CSU Fullerton	—	9.775	9.325	—	—
Arizona State	—	9.350	—	—	—
WV/Pitt	—	9.775	9.675	—	—
GW/NC St.	—	9.850	9.525	—	—
SJSU	—	9.800	9.700	—	—
Pac-10 Champ	—	9.850	9.800	—	—
NCAA Regional	—	—	—	—	—
Season Best	9.500	9.850	9.800	9.400	37.875
Career Best	9.500	9.850	9.800	9.400	37.875

ELYSE WONG

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Out for Start of Season					
SJSU	—	—	—	9.200	—
Pac-10 Champ	—	—	—	8.625	—
NCAA Regional	—	—	—	—	—
Season Best	—	—	—	9.200	—
Career Best	9.700	—	9.725	9.875	—

KENDALL ZDVORAK

OPPONENT	VAULT	BARS	BEAM	FLOOR	A-A
Aloha Gymfest	9.375	—	—	—	—
Out for Rest of Season					
Season Best	9.375	—	—	—	—
Career Best	9.375	—	—	—	—



TOP ALL-TIME SCORES

INDIVIDUAL

VAULT

Place	Score	Gymnast	Site	Date/Most Recent
1.	9.950	Lauren Shipp	Berkeley	1/30/04
		My-Lan Dodd (3x)	at San Jose State	3/21/03
		Monique Chang	Berkeley	2/21/03
		Lisa Washington	at Arizona State	3/25/95
		Kristen Smyth	at Arizona	3/28/92
2.	9.925	Monique Chang	at Stanford	2/20/04
		Stephanie Kim	at Arizona	2/6/04
		Lisa Arnold	Berkeley	2/18/01
		Candice Kwok	Berkeley	3/29/96
		Lisa Washington (2x)	Berkeley	2/3/96
3.	9.900	My-Lan Dodd	Berkeley	3/7/05
		Lauren Shipp (2x)	Berkeley	3/12/04
		Karissa Chock (2x)	Berkeley	1/23/04
		Janet McKnight (2x)	Berkeley	3/7/03
		Leila Khoury (2x)	at Boise State	3/11/00
		Candice Kwok (3x)	at Arizona State	2/21/97
		Heather Schneider	at Oregon State	3/16/96
		Lisa Washington (3x)	at Stanford	3/12/93
4.	9.875	Lauren Shipp (3x)	NCAA Regional	4/3/04
		Stephanie Kim	Berkeley	3/12/04
		My-Lan Dodd	at Washington	1/16/04
		Lindsay Baker	at Pac-10 Champ	3/24/01
		Janet McKnight	at Pac-10 Champ	3/24/01
		Lisa Washington (3x)	Berkeley	3/5/95
		Heather Schneider	at Georgia	3/12/95
		Candice Kwok (3x)	at Arizona State	3/25/95
		Monique Chang	at Utah State	3/6/04
		Karissa Chock	Berkeley	3/12/04

BARS

1.	10.000	Cindy Tom	at Seattle Pacific	2/15/92
2.	9.950	My-Lan Dodd	Berkeley	3/12/04
		Stephanie Kim	Berkeley	3/12/04
		Pari Olver	at UC Davis	2/24/00
3.	9.925	Miho Maeda	Berkeley	3/12/04
		Monique Chang	at Stanford	2/20/04
		My-Lan Dodd (2x)	Berkeley	2/13/04
4.	9.900	Britani Pittullo	at George Washington	3/12/06
		Miho Maeda	Berkeley	1/14/05
		Monique Chang (4x)	Pac-10 Championships	3/20/04
		Stephanie Kim (2x)	at Boise State	2/27/04
		Miho Maeda	at Stanford	2/20/04
		My-Lan Dodd (3x)	at Arizona	2/6/04
		Carrie Kreifels (4x)	at Pac-10 Champ	3/24/01
		Pari Olver (2x)	at Pac-10 Champ	3/24/01
		Leila Khoury	at San Jose State	2/26/00
		Cindy Tom	at Arizona	2/11/94
		Kristen Smyth	Berkeley	3/21/92

BEAM

1.	9.950	My-Lan Dodd (2x)	Pac-10 Championships	3/20/04
		Miho Maeda	at Arizona State	2/28/03
2.	9.925	My-Lan Dodd	at Stanford	2/20/04
		Stephanie Kim	Berkeley	3/12/04
		Pari Olver	at San Jose State	3/16/01
3.	9.900	Stephanie Kim (2x)	Berkeley	2/13/04
		Karissa Chock	Berkeley	2/13/04
		My-Lan Dodd (4x)	Berkeley	1/23/04
		Katrece Stone (2x)	at Arizona State	2/23/01
		Genine Ishino	at Denver	1/13/01
		Candice Kwok (3x)	at Arizona	3/22/97
		Jennie Kang	Berkeley	2/7/97
		Emily Bails	Berkeley	3/8/96
		Cindy Tom (3x)	at Seattle Pacific	2/15/92
4.	9.875	Lauren Shipp	Berkeley	3/26/05
		My-Lan Dodd	Berkeley	3/12/04
		Miho Maeda (2x)	Berkeley	3/12/04
		Karissa Chock	at Utah State	3/6/04
		Stephanie Kim	at Arizona	2/6/04
		Lauren Shipp (2x)	Pac-10 Championships	3/29/03
		Katrece Stone (3x)	at UC Davis	3/10/01
		Carrie Kreifels	at UC Davis	2/24/00
		Emily Bails	Berkeley	2/6/99
		Mindy Ornellas (2x)	at Arizona	3/22/97
		Candice Kwok	at Washington	3/19/95

FLOOR

1.	9.950	Stephanie Kim	at Stanford	2/20/04
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		Monique Chang	Arizona	2/6/04
		My-Lan Dodd	Berkeley	1/23/04
		Leila Khoury	at San Jose State	2/26/00
2.	9.925	My-Lan Dodd (2x)	Berkeley	3/12/04
		Stephanie Kim (2x)	Berkeley	2/13/04
		Monique Chang	Berkeley	3/7/03
		Pari Olver (4x)	at UCLA	3/4/01
		Katrece Stone	at UC Davis	3/10/01
		Mindy Ornellas (2x)	Berkeley	2/7/97
3.	9.900	Stephanie Kim (6x)	at Pac-10 Champ	3/20/04
		My-Lan Dodd (6x)	at Arizona	2/6/04
		Britani Pittullo (3x)	at Pac-10 Champ	2/29/03
		Monique Chang	Berkeley	2/9/03
		Lindsay Baker (2x)	at Pac-10 Champ	3/24/01
		Pari Olver	at Pac-10 Champ	3/24/01
		Katrece Stone	at Pac-10 Champ	3/24/01
		Carrie Kreifels	at UC Davis	3/10/01
		Leila Khoury (3x)	at NCAA Regional	4/1/00
		Bridgett Coates	at Pac-10 Champ	3/18/00
4.	9.875	Stephanie Kim (2x)	at Boise State	2/27/04
		Elyse Wong	at Boise State	2/27/04
		My-Lan Dodd (2x)	Berkeley	2/13/04
		Monique Chang (3x)	Berkeley	1/30/04
		Sheilah Buack	Berkeley	1/18/02
		Pari Olver (3x)	at UC Davis	3/10/01
		Carrie Kreifels (2x)	at UCLA	3/4/01
		Leila Khoury (3x)	at UC Davis	2/24/00
		Emily Bails	Berkeley	3/29/96
		Angela Mapa	Berkeley	3/29/96
		Mindy Ornellas	Berkeley	2/3/96

ALL-AROUND

1.	39.675	My-Lan Dodd	at Arizona State	2/28/03
2.	39.650	Stephanie Kim	Berkeley	3/12/04
3.	39.575	My-Lan Dodd (2x)	Berkeley	3/12/04
4.	39.500	My-Lan Dodd (2x)	at Pac-10 Champ	3/29/03
5.	39.475	My-Lan Dodd	at UC Davis	3/14/03

TEAM

VAULT

Place	Score	Site/Opponent(s)	Date
1.	49.375	Berkeley/Washington, Sacramento State	2/21/03
2.	49.325	Berkeley/Ball State	3/12/04
3.	49.275	at Arizona State/Rutgers	2/28/03
4.	49.200	NCAA Regional Championships/Corvallis, Ore.	4/3/04
5.	49.150	at San Jose State	3/21/03

BARS

1.	49.550	Berkeley/Ball State	3/12/04
2.	49.400	at San Jose State	2/26/00
3.	49.275	at UC Davis	2/24/00
4.	49.250	Berkeley/Washington, Sacramento State	2/21/03
		Berkeley/Boise State, Fullerton, UC Davis	2/9/03
5.	49.225	at Boise State/Southern Utah	2/27/04
		Berkeley/Arizona	2/6/04
		Berkeley/Arizona	3/7/03

BEAM

1.	49.300	at Utah State	3/6/04
2.	49.250	Berkeley/Arizona	3/7/03
3.	49.175	Pac-10 Championships;Tucson, Ariz.	3/20/04
		Berkeley/Boise State, Fullerton, UC Davis	2/9/03
4.	49.150	at UC Davis	3/14/03
		Berkeley/Stanford	2/18/01
5.	49.100	at Cal State Fullerton	1/12/02

FLOOR

1.	49.425	at Stanford	2/20/04
2.	49.375	at Pac-10 Championships; Seattle, Wash.	3/24/01
3.	49.300	Berkeley/Washington, UC Davis	2/9/01
		at San Jose State	2/26/00
4.	49.275	at Arizona State/Rutgers	2/28/03
		Berkeley/ Boise State, Fullerton, UC Davis	2/9/03

ALL-AROUND

1.	196.800	Berkeley/Ball State	3/12/04
		Berkeley/Arizona	3/7/03
2.	196.475	Berkeley/Washington, Sacramento State	2/21/03
3.	196.375	Berkeley/Boise State, Fullerton, UC Davis	2/9/03
4.	196.075	Berkeley/Stanford	2/18/01
5.	195.975	at Boise State	3/11/00

YEARLY RESULTS

CAL INDIVIDUALS AT THE NCAA CHAMPIONSHIPS

Year	Name	Event	Score	Finish	
2003	My-Lan Dodd	Bars	9.775	13th	
		Vault	9.700	25th	
		Floor	9.750	28th	
		Beam	9.200	39th	
		AA	38.425	23rd	
1994	Candice Kwok	AA	27.525	71st	
1992	Kristen Smyth	AA	38.775	9th	
		Mimi Goyer	Beam	9.750	9th
		Cindy Tom	Beam	9.725	12th
1991	Kristen Smyth	AA	36.795	43rd	
1990	Cindy Tom	Bars	9.775	11th	
1986	Ellis Wood	AA	36.400	27th	
1985	Ellis Wood	AA	35.600	36th	
1984	Ellis Wood	AA	36.250	21st	



Cal Gymnast of the Decade, three-time All-American, and two-time NCAA participant Kristen Smyth (1991-92).

DUAL, INVITATIONAL MEET RECORDS

Opponent	Series Record
Air Force	2-0
Alaska-Anchorage	2-0
Arizona	4-17
Arizona State	3-21
Arkansas	0-1
Auburn	0-1
Ball State	3-0
Boise State	7-5
Brown	1-0
BYU	1-0
Cal Poly	3-1
Chico State	1-1
CSU Fullerton	8-5
CSU Northridge	1-0
Denver	2-3
Eastern Michigan	1-0
Florida	0-2
Fresno State	4-2
Georgia	0-3
Georgia College	1-0
George Washington	1-0
Illinois	2-0
Illinois-Chicago	2-0
Illinois State	1-0
Iowa	1-0
Kentucky	0-1
Long Beach State	4-0
LSU	0-1
Maryland	2-2
Massachusetts	2-0
Michigan	2-0
Michigan State	1-1
Minnesota	3-0
Missouri	1-0
Nebraska	0-6
Nevada	0-2
New Hampshire	2-0
New Mexico	2-1
North Carolina	0-1
North Carolina State	1-1
Northeastern	1-0
Northern Colorado	0-1
Northern Michigan	1-0
Ohio State	1-0
Oklahoma	2-1
Oregon	2-1
Oregon State	3-24
Penn State	1-0
Pittsburgh	1-0
Rutgers	1-0
Sacramento State	17-7
San Diego State	0-3
San Francisco State	1-0
San Jose State	20-8
Seattle Pacific	17-1
Sonoma State	1-0
Southern Utah	2-1
Stanford	15-27
UC Davis	27-1
UCLA	1-22
UC Santa Barbara	21-3
USC	0-2
Utah	0-3
Utah State	6-4
Washington	5-26
Washington State	4-1
Western Michigan	0-1
West Virginia	1-1

YEAR-BY-YEAR RESULTS

Year	Coach	Dual Record	Pac-10 Finish	Regional Finish	NCAA Finish
2006	Cari DuBois	8-17	7th	individuals	
2005	Cari DuBois	6-12	7th		
2004	Cari DuBois	9-6	7th	5th	
2003	Cari DuBois	12-5	7th	4th	individuals
2002	Trina Tinti	5-9	7th	individuals	
2001	Trina Tinti	17-19	7th	5th	
2000	Trina Tinti	11-12	5th	individuals	
1999	Trina Tinti	6-15	7th	individuals	
1998	Trina Tinti	8-9	7th	6th	
1997	Alfie Mitchell	9-11	7th	6th	
1996	Alfie Mitchell	16-6	7th	7th	
1995	Alfie Mitchell	7-12	7th	5th	
1994	Alfie Mitchell	14-2	7th	5th	individuals
1993	Pam Burgess	7-7	6th	individuals	
1992	Pam Burgess	9-3	6th	3rd	8th
1991	Pam Burgess	17-8	7th	2nd	individuals
1990	Pam Burgess	9-7	5th	T5th	individuals
1989	Pam Burgess	6-9	7th	7th	
1988	Pam Burgess	7-9	7th	individuals	
1987	Pam Burgess	9-12	7th	6th	
1986	Pam Burgess	9-7	3rd	6th	individuals
1985	Diane Dunbar	8-12	4th	individuals	individuals
1984	Diane Dunbar	10-13	1st	5th	individuals
1983	Diane Dunbar	7-6	3rd	7th	
1982	Diane Dunbar	5-5	2nd		
1981	Dale Flansaas	2-9	1-2	NorPac	
1980	Dale Flansaas	2-8	1-2	NorPac	
1978-79	Dan Millman	5-10			
1977	Molly Rackham	5-4			
1975-76	Debbie Bailey	0-3			
1974	Sue Williamson	4-1			

Notes: Pac-10 competition began in 1987. Prior to that, Cal competed in the NorPac Conference. No NCAA competition prior to 1982.

AWARDS & HONORS

ALL-AMERICAN SELECTIONS

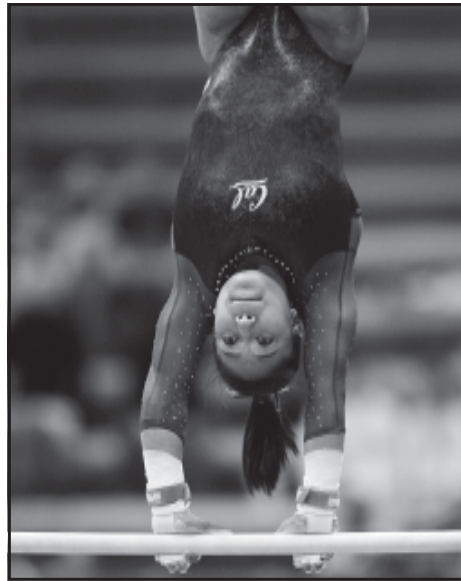
- 1992 Kristen Smyth (1st team vault, 2nd team floor and all-around)
- Mimi Goyer (2nd team beam),
- Cindy Tom (2nd team beam)

ALL-PAC-10 SELECTIONS

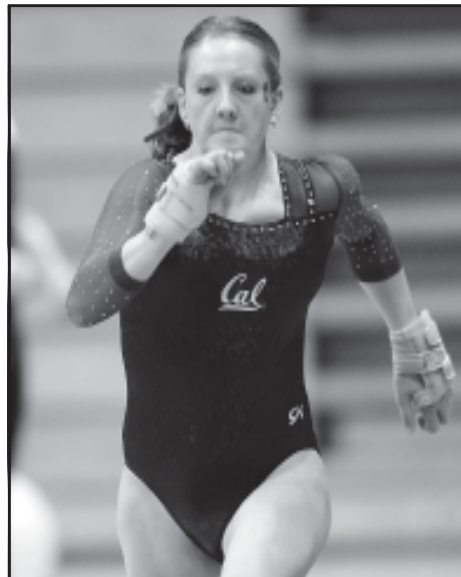
- 2001 Pari Olver (all-around)
- 2000 Leila Khoury
- 1999 Leila Khoury
- 1998 Leila Khoury (all-around)
- 1997 Mindy Ornellas (floor)
- 1995 Lisa Washington (vault)
- 1992 Kristen Smyth (vault),
- Cindy Tom (bars)

ACADEMIC ALL-AMERICAN SELECTIONS

- 2005 My-Lan Dodd
- Miho Maeda
- Lauren Shipp
- Elyse Wong**
- Nicki Wells**
- 2004 Karissa Chock
- My-Lan Dodd
- Elyse Wong**
- 2003 Janet McKnight
- My-Lan Dodd
- 2002 My-Lan Dodd
- 2001 Lindsay Baker
- Pari Olver
- Katreece Stone
- Jarmin Yeh
- 1997 Paula Chang
- 1996 Mindy Ornellas
- Candice Kwok
- Sirinda Sincharoen
- Christine Nishimoto
- Jennifer Wang
- 1995 Mindy Ornellas
- Candice Kwok
- Sirinda Sincharoen
- Jennifer Wang
- Sharly Wong
- Carrie Schneider
- Cassie Shigeoka
- 1994 Sirinda Sincharoen
- Cassie Shigeoka
- Erin Power
- 1992 Mimi Goyer,
- Sigall Kassutto,
- Kristen Smyth,
- Ingrid Wertz
- 1991 Mimi Goyer,
- Jenny Griesemer,
- Sigall Kassutto,
- Pam Jong,
- Kati McBride,
- Nicole McLeod
- 1990 Mimi Goyer,
- Sigall Kassutto
- 1989 Sigall Kassutto



Justine Cephus



Siobhan Luce



Elyse Wong

COSIDA ACADEMIC ALL-AMERICAN OF THE YEAR

- 1992 Sigall Kassutto

PAC-10 ALL-ACADEMIC SELECTIONS

- 2006 Britani Pittullo (honorable mention)
- Justine Cephus (honorable mention)**
- Siobhan Luce (honorable mention)**
- Alli Szutu (honorable mention)**
- Nicki Wells (honorable mention)**
- 2005 My-Lan Dodd (first team)
- Lauren Shipp (honorable mention)
- 2004 My-Lan Dodd (second team)
- Karissa Chock (honorable mention)
- Stephanie Kim (honorable mention)
- 2003 My-Lan Dodd (second team)
- Karissa Chock (honorable mention)
- Janet McKnight (honorable mention)
- Adrienne Garcia (honorable mention)
- Lauren Shipp (honorable mention)
- 2002 Karissa Chock (honorable mention)
- Stephanie Kim (honorable mention)
- Janet McKnight (honorable mention)
- Katreece Stone (honorable mention)
- 2001 Lindsay Baker (honorable mention)
- Genine Ishino (honorable mention)
- Kristine Kaibara (honorable mention)
- Janet McKnight (honorable mention)
- Pari Olver (second team)
- Katreece Stone (honorable mention)
- Jarmin Yeh (honorable mention)
- 2000 Lindsay Baker (honorable mention)
- Paula Chang (honorable mention)
- Pari Olver (second team)
- 1998 Emily Bails (honorable mention)
- Elizabeth Berlin (honorable mention)
- Chantel Debert (honorable mention)
- Angela Mapa (honorable mention)
- 1997 Candice Kwok (second team)
- Emily Bails (honorable mention)
- Angela Mapa (honorable mention)
- 1996 Christine Nishimoto (honorable mention)
- Mindy Ornellas (honorable mention)
- Sirinda Sincharoen (honorable mention)
- Jennifer Wang (honorable mention)
- 1995 Mindy Ornellas (honorable mention)
- Cassie Shigeoka (honorable mention)
- Jennifer Wang (honorable mention)
- 1994 Amy Sims (honorable mention),
- Sirinda Sincharoen (honorable mention)
- 1993 Mimi Goyer (second team)
- 1992 Sigall Kassutto,
- Kristen Smyth (first team),
- Mimi Goyer (second team),
- Kati McBride,
- Nicole McLeod,
- Ingrid Wertz (honorable mention)
- 1991 Sigall Kassutto (first team),
- Mimi Goyer (second team)

ALL-TIME ROSTER

-A-

Aitkenhead, Caitlin 2006
 Alden, Elizabeth 1997-98
 Anderson, Judy 1977
 Arnold, Lisa 2000-02

-B-

Bails, Emily 1996-99
 Baker, Lindsay 1999-01
 Baker, Robin 1987
 Baldwin, Renee 1978-81
 Ballmer, Lesle 1992-94
 Barrett, Jennifer 1979-80
 Beckington, Carrie 1974-75
Bennett, Joanna 2006-present

Berlin, Elizabeth 1997-99
 Bernadou, Nanette 1978-79
 Bernheimer, Susan 1984
 Bialosky, Jennifer 1996-98
 Binkley, Barbara 1983
 Bowman, Susan 1974
 Brant, Dana 1975
 Breannan, Laurel 1981
 Buack, Sheilah 2002-03
 Tina Burfield 1988

-C-

Capsuto, Tara 2002
Cashman, Nicola 2007-present
Cephus, Justine 2004-present

Chan, Winnie 1975-76
 Chang, Monique 2003-04
 Chang, Paula 1998-01
 Chau, Debbie 1980
 Chen, Margaret 1981
 Chiprut, Rebecca 1992
 Chock, Karissa 2001-04
 Christiansen, Lisa 1974
 Christiansen, Tennille 1995
 Coates, Bridgett 1999-00
 Cummins, Susan 1974

-D-

Day, Nicole 2007-present
 Debert, Chantel 1997-98
 DeCecco, Diane 1983
 Dillon, Alexandra 2005
 Dinkel, Christina 1990-93
 Distenano, CeCilia 1977
 Dodd, My-Lan 2002-2005
 Dolecki, Ranae 1974
 Duke, Sharon 1985

-E-

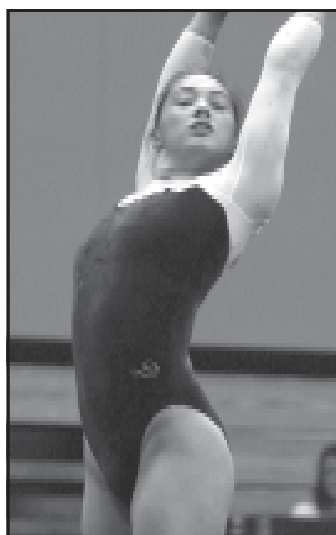
Evans, Lori 1988

-F-

Ferencz, Keri 1974
 Ferrin, Cara 1991
Fiorillo, Sarah 2006-present
 Fracchia, Carla 1982

-G-

Gaidish, Jackie 1992-95
 Garcia, Adrienne 2002-04
 Garcia, Anja 2003-04
Garcia, Isabel 2004-present
 Garfinkle, Jan 1976
 Garrett, Lindsay 1996-98
 Gilcrest, MaryAnn 1977



My-Lan Dodd

Glass, Bridgette 2006-present

Goldenberg, Ruth 1978
 Goyer, Mimi 1990-93
 Green, Syd 1988-89
 Griesemer, Jenny 1988-91

-H-

Hale, Mary 1982
 Halbach, Kathy 1976-78
 Hannes, Nicki 1981-82
 Hansen, Jill 1980
 Hanson, Carol 1974
 Harkey, Lorle 1974
 Harrington, Christine 1974-76
 Heilig, Susan 1979-80
 Heiman, Marilyn 1980-82
 Henry, Elizabeth 1976-77
 Hirano, Patricia 1985

Hocini, Sophia 2007-present

Holzer, Lori 1991
 Hone, Jennifer 1981-83
 Hontz, Julia 1986-88

-I-

Ichikawa, Jill 1997
 Issacson, Leah 1997
 Ishino, Genine 2000-01
 Ito, Laura 1987-88
 Iyemura, Karin 1986-87, 89

-J-

James, Pamela 1979-80
 Johnson, Kristen 1980
 Johnson, Monique 2001-02
 Jones, Heather 1986-88
 Jong, Pam 1988-91

-K-

Kaibara, Kristine 1999-01
 Kang, Jennie 1997-99
 Kassutto, Sigall 1989-92
 Kaufmann, Kristy 1989, 91-92
 Kaye, Moly 1982
Kelley, Jessica 2006-present
 Kelsall, Karen 1981-84
 Kenny, Helen 1998-99
 Khoury, Leila 1997-00
 Kim, Stephanie 2001-04
 Kimelman, Judy 1980

Kolander, Amy 1983
 Kreifels, Carrie 2000-01
 Kvochak, Karen 1988
 Kwok, Candice 1994-97

-L-

Lau, Wendy 1997
 Lee, Cindy 1980
 Lee, Denise 1977
 Lessler, Janine 1985
 Lew, Marina 1974-75
 Loomis, Jennifer 1974
 Loughley, Kala 1983-86
Luce, Siobhan 2005-present

-M-

Maeda, Miho 2002-2005
 Mapa, Angela 1996-99
 Marriot, Barbara 1976-77
 McBride, Kati 1989-92
 McDonald, Elizabeth 1975-76
 McKnight, Janet 2000-03
 McLeod, Cheryl 1978-81
 McLeod, Nicole 1989-92
 Monzon, Marcia 1980
 Mori, Judy 1982-84

-N-

Nakamura, Keiko 2005-present
 Neishi, Kristen 2000-01
 Nishimoto, Christine 1995-98
 Notham, Janet 1975
 Ng, Joyce 1975-79

-O-

Obermeyer, Sandra 1976
 Olver, Pari 1998-01
 Ornellas, Mindy 1994-97
 Orsino, Samantha 1990-93

-P-

Packard, Patricia 1976-78
 Palmieri, Tina 1983-84
 Patton, Wendy 1984
 Patch, Kim 1977
 Pierce, Heather 1988, 90
 Pittullo, Britani 2003-06
 Power, Erin 1993-96
 Pressentin, Kristen 1987



Cindy Tom

-R-

Rackham, Joanne 1974-76
 Rasmussen, Ann 1974-75
 Rawlins, Rachel 1983-84
 Roberts, Shannon 1988-89
Rocchi, Vanna 2006-present
 Rodgers, Polly 1983-86
 Rusconi, Sharon 1976

-S-

Schmidt, Melinda 1978
 Schneider, Carrie 1995-96
 Schneider, Heather 1993-96
 Schultz, Cynthia 1974
 Seibolt, Susan 1974-75
 Shew, Doreen 1984-85
 Shigeoka, Cassie 1992-95
 Shipp, Lauren 2002-2005
 Sibley, Barbara 1974-77
 Sims, Amy 1993-94
 Sincharoen, Sirinda 1993-96
 Skiles, Sandra 1979-80
 Smith, Karen 1977
 Smith, Lisa 1985
 Smyth, Kristen 1989-92
 Snodgrass, Marcia 1974-76
 Stacey, Jenny 1982-83
 Stinar, Melissa 2006
 Stitser, Christie 1988
 Stone, Katreece 2000-2002
 Straus, Robin 1974
 Suggs, Dori 1980-81
 Suksanong, Dawn 1999
Szutu, Alli 2005-present

-T-

Tam, Tiffany 2006-present
 Takamoto, Debbie 1988
 Tatsono, Gwen 1974
 Tom, Cindy 1990-94

-V-

Valencia, Lisa 1975-76
 Van Heuit, Linda 1974
 Volding, Krista 1986

-W-

Wampler, Ruth 1976-77
 Wang, Jennifer 1994-97
 Washington, Lisa 1993-96
 Watkins, Abby 1988
 Webster, Kelly 1996-97
 Weinberg, Laura 1978-79, 81
Wells, Nicki 2005-present
 Wertz, Ingrid 1989-92
 White, Vicki 1986-87
Williams, Lydia 2006-present
Wong, Elyse 2004-present
 Wong, Rena 1977, 80-81
 Wong, Sharyl 1955
 Wood, Ellis 1984-87
 Worner, Laura 1981-84

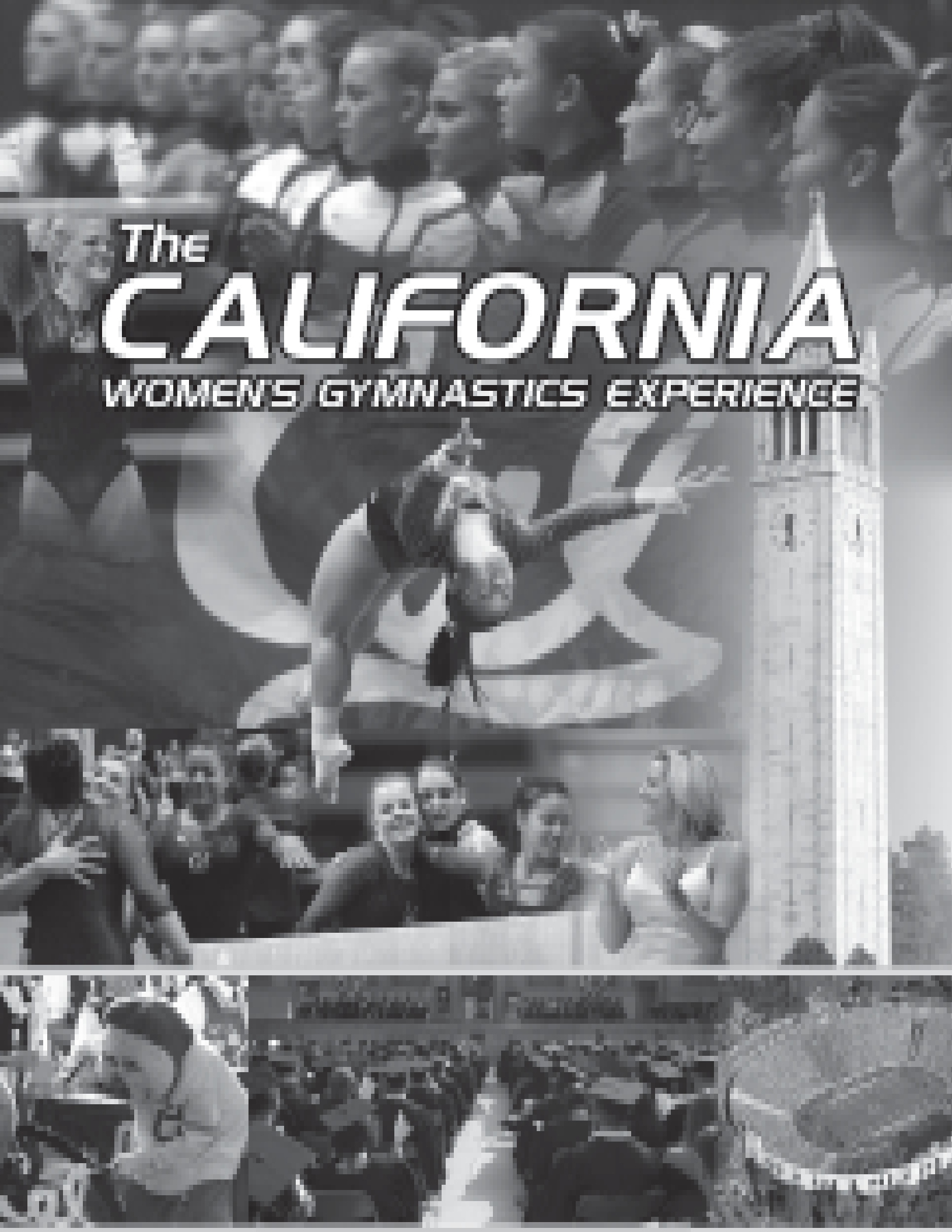
-Y-

Yamaguchi, Carrie 1979-80
 Yeh, Jarmin 2000-01
 Young, Nicole 1988

-Z-

Zarodo, Danuta 1976
Zdvorak, Kendall 2006-present





The
CALIFORNIA
WOMEN'S GYMNASTICS EXPERIENCE

ACADEMIC ACHIEVEMENT

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 on the field of play and in the classroom.

PROGRAM FOR STUDENT-ATHLETES

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

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 career planning.

SPECIAL PROGRAMS

In addition, the Athletic Study Center offers a Summer Bridge adjunct program designed to help ease the transition from high school to college. The primary components of 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 student-athletes. They are selected from junior and senior student-athletes who assist in developing programs to further address the needs of student-athletes.



The Athletic Study Center staff (from left): Christine Lane, Keiko Price, Courtney Dolder, Derek Van Rheenen, Melanie Moonsamy, Joe Morello, Lucas Moosman, Richard DeShong and Laura Neustedter. At left, academic advisors meet one-on-one with student-athletes.

STRENGTH & CONDITIONING



The strength and conditioning program for Cal Gymnastics is a comprehensive process which combines modern Olympic platform, aerobic and anaerobic workouts in the Haas Pavilion fitness facility with personalized training to maximize strength, speed, flexibility and overall health.

An integral part of California Women's Gymnastics program and its success is the strength and conditioning program, led by Ken Miller and assistants, who supervise the comprehensive operation for the Golden Bear team. The program's philosophy is geared towards helping each student-athlete achieve the highest level of athletic development.

By teaching how all the components of strength and conditioning fit together, student-athletes understand how to maximize force production. This includes enhancement of speed, strength and flexibility, which results in improved

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

The Cal weight room includes eight Olympic platforms and an array of aerobic and anaerobic equipment. The picturesque facility offers panoramic views of the entire region, including San Francisco and the Bay. The training regimen at Cal is a year-round process that emphasizes the speed, strength and flexibility. With closely monitored workouts that involve a great deal of individual instruction and attention, student-athletes are taught the correct techniques to increase their ability to perform at their peak during competition.

Cal's program stresses comprehensive training in order to improve both strength and speed. Flexibility is a key component because it is essential for proper lifting.

Athlete workouts are closely monitored by the conditioning staff who work in collaboration with the entire sports medicine team (doctors, athletic trainers, physical therapists, nutritionists, etc.) to ensure the health and safety of all of student-athletes.

In this way, Cal's strength and conditioning program is a vital component linking the "full circle" of a student-athlete's physical development from conditioning through rehabilitation and reconditioning.



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.



AMERICA'S NO. 1 PUBLIC UNIVERSITY BY THE NUMBERS

1 Universities With Highest Number of Top 10 Graduate Programs

1. CALIFORNIA
2. Stanford
3. Harvard
4. Princeton
5. MIT

1 Universities With The Highest Number of "Distinguished Programs"

- | | |
|---------------------|----|
| 1. CALIFORNIA | 32 |
| 2. Stanford | 28 |
| 3. Harvard | 25 |
| 4. Princeton | 24 |
| 5. MIT | 20 |

1 In the 2004 survey conducted by The Association of Research Libraries, **California's** library was ranked No. 1 among public schools and third overall, behind only Harvard and Yale.

TOP PUBLIC UNIVERSITIES

1. CALIFORNIA
2. Virginia
3. Michigan
- UCLA
5. North Carolina

Source: U.S. News and World Report

2 Ranking of World's Top 10 Universities*

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|---------------|---------------|
| 1. Harvard | 6. Cambridge |
| 2. CALIFORNIA | 7. Stanford |
| 3. MIT | 8. Yale |
| 4. Caltech | 9. Princeton |
| 5. Oxford | 10. ETHZurich |

Source: *Times Higher Education 2004 Supplement

20

Nobel Laureates
20 current and former faculty members

16-1

Student-to-Faculty Ratio

351

Degree Programs

3000

Service

The University of California is the only school in the country to have produced more than 3,000 volunteers since the inception of the Peace Corps in 1961.

The BAY AREA and BEYOND

The San Francisco Bay Area is a major metropolitan area of approximately six 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 740,000. 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 Traveller* and the top U.S. city seven 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, making it easily accessible to all.

Berkeley



Oakland



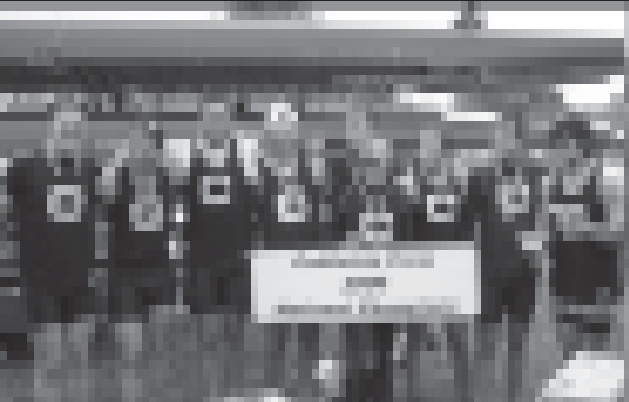
CALIFORNIA ATHLETICS

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RECENT TEAM NATIONAL CHAMPIONS



2006 MEN'S CREW



2004 MEN'S GOLF



2006 TENNIS



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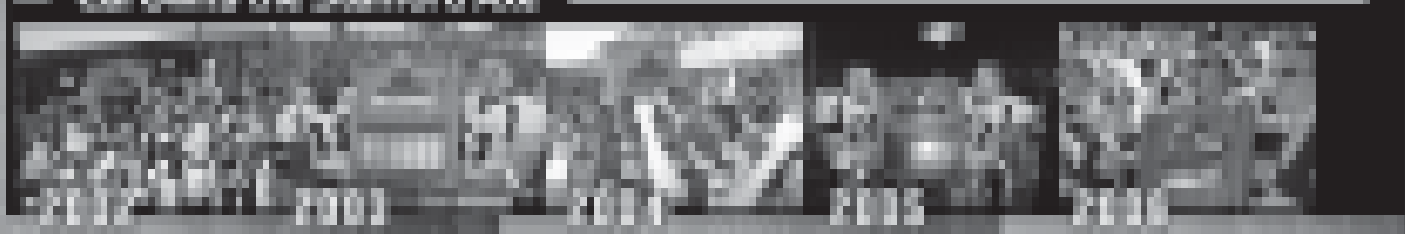


— FIVE-TIME NATIONAL CHAMPIONS
— 1950 1956 1959 1990 1992 1993



...is a Cal tradition!

— Cal Owns the Stanford Axe



2000 2003 2004 2005 2006



2004 WASHINGTON STATE 2004



What makes Cal traditions

2007 WEST REGIONAL



The University of California
Intercollegiate Athletics Department
Proudly Hosts the 2007 NCAA West Regional

CAL AT THE WEST REGIONAL CHAMPIONSHIPS

<i>Year</i>	<i>Finish</i>
1983	7th
1984	5th
1985	individuals
1986	6th
1987	6th
1988	individuals
1989	7th
1990	T5th
1991	2nd
1992	3rd
1993	individuals
1994	5th
1995	5th
1996	7th
1997	6th
1998	6th
1999	individuals
2000	individuals
2001	5th
2002	individuals
2003	4th
2004	5th
2005	individuals

The University of California women's gymnastics program is excited to host the 2007 NCAA West Regional this April.

Six teams and individuals will converge on Haas Pavilion on Saturday, April 14 at 6 p.m. (PST). There will be 18 seeded teams overall, with the West Regional hosting three of them. Ticket prices for this event, will be as follows: adults \$10, youth \$5, senior citizen \$5 and Cal Students \$5 with photo ID. For more information on tickets call 1-800-GO-BEARS or check out www.CalBears.com.

Cal has advanced to the NCAA Regional 16 times as a team and six times as individuals. The latest was in 2004, when head coach Cari DuBois' squad finished fifth overall at the West Regional in Corvallis, Ore.

Cal hosted the NCAA West Regional in 1992, as Pam Burgess' team finished third overall with its score of 192.10, advancing as a team for the only time in school history to the NCAA Championship. The Bears finished eighth out of 12 teams at the NCAA Championship and Kristen Smyth earned three individual All-American honors at the event.