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# Long Beach State Student-Athlete Handbook

## Message from Vic Cegles, Athletics Director



Dear student-athlete,

Welcome to the 49er Athletics family. We are pleased to have you join us and our commitment to academic excellence, student development and winning championships.

There are many challenges you will face in your time at the Beach, but I am confident the coaches and administrators will do whatever they can to help you achieve your goals. With 18 intercollegiate teams and over 350 student athletes we have established policies and procedures to help ensure compliance to department, university and NCAA rules. This will enable you to maximize your collegiate experiences here at “the Beach”.

Please take the time to review the handbook, knowing there are important elements beneficial to your success. Should you have any questions pertaining to these guidelines, please contact the appropriate coach or administrator. My door is always open and I encourage you to visit if I can ever be of service. In closing I remind you of your fundamental responsibility as a 49er student athlete, "always take care of your teammate"!!!

Good luck,

Vic Cegles  
Athletics Director

# Long Beach State Student-Athlete Handbook

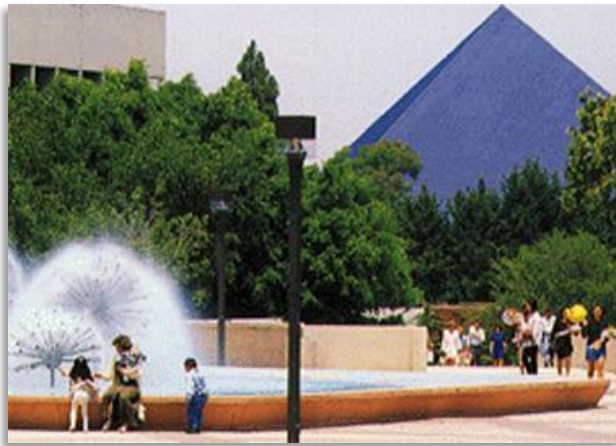
## Mission Statement

The Department of Athletics enhances and complements the Academic mission of the University, by providing students with the opportunity to compete athletically in a balanced, competitive athletic program for both men and women. A fundamental goal of the entire Department is to prepare students to function effectively in a culturally diverse society, by developing an understanding of our multicultural heritage, including the essential contributions of women and ethnic minorities.

The Department shall provide an athletic program that will enable the pursuit of excellence through true sportsmanship and personal integrity. The Department will place the highest priority on developing student athletes ethically, mentally, intellectually, and physically and impress upon them the highest ideals of academics, teamwork and pride of self and University. These ideals will provide graduates the greatest chance for success and give them the potential for development of mind and character in their future career and life endeavors.

From a competitive standpoint, the Department will field teams capable of competing at the highest level our resources allow, giving them the opportunity to compete equitably with peer institutions for conference championships.

This framework will maintain an environment for fair and equitable intercollegiate competition; encourage the pursuit of academic excellence and character development; and the achievement of individual and team championship performance. With these accomplishments, the Department will be a source of pride for the University's students, alumni and supporters.



The Department will operate the athletic programs within the policies and regulations of the NCAA, The Big West Conference, The Mountain Pacific Sports Federation and the University. The mission of the Department is and will continue to be compatible with the mission of the University.

## Commitment to Diversity

The state of California has a compelling governmental interest in prohibiting discrimination in programs, activities, services, benefits and employment, whether carried out by the state itself, one of its agencies/education institutions or through a contractor/auxiliary with whom the state arranges to carry out its programs and activities. CSULB (Long Beach State), a state educational institution, has a compelling interest in prohibiting discrimination and in facilitating the full participation of all persons in the economic mainstream through equal opportunity employment and equal educational opportunity.

CSULB (Long Beach State) is committed to the goal of achieving an employee work force that draws upon the diverse population served by the University and to attracting and retaining talented and motivated employees' representative of that population.

CSULB (Long Beach State) admits students of any race, relation, age, color, creed, gender, handicap, sexual orientation, or nation or ethnic origin to all the rights, privileges, programs and activities generally accorded to and made available to students of the University. CSULB (Long Beach State) does not discriminate on the basis of race, relation, age, color, creed, gender, handicap, sexual orientation, or nation or ethnic origin in its educational policies, admission policies, employment policies or any other programs administered by the University.

In addition to meeting fully its obligations of nondiscrimination under federal and state law, CSULB, (Long Beach State) is committed to creating a community

# Long Beach State Student-Athlete Handbook

in which a diverse population can live and work in an atmosphere of tolerance, civility and respect of the rights and sensibilities of each individual, without regard to economic status, ethnic background, political views, sexual orientation, or other personal characteristics or beliefs.

## Commitment to Equity

As a member of the National Collegiate Athletic Association (NCAA), California State University, Long Beach (Long Beach State) is committed to providing an athletic program that is operated in accordance with the NCAA standards. The NCAA's principle of Cultural Diversity and Gender Equity as stated in the NCAA Manual requires all member institutions to take responsibility "to establish and maintain an environment that values cultural diversity and gender equity among its student-athletes and intercollegiate athletics department staff."

In addition to complying with NCAA regulations, CSULB (Long Beach State) is committed to conforming with the California State University and California National Organization for Women (CAL-NOW) agreement of October 1993. This agreement requires each institution in the Cal State system "to immediately and continuously make progress toward achieving gender equity in its campus intercollegiate athletics programs by addressing specific goals." The aforementioned goals are outlined below:

Not later than academic year 1998-99, the proportion of women intercollegiate athletics participants among all such participants will reflect within five percentage points the proportion of women among all NCAA-eligible undergraduates at each campus.

Not later than academic year 1998-99, campus expenditures for women's athletics programs as part of total athletics expenditures will reflect within ten percentage points the proportion of women among all NCAA-eligible undergraduates at each campus. Allowances may be made for differences in the cost of various athletics programs such as, but not limited to, football.

Not later than academic year 1998-99, each campus providing athletics grants-in-aid/scholarships will provide such aid for women's athletics in a proportion which reflects within five percentage points the proportion of women among all NCAA-eligible undergraduates at the campus.

Beginning with the 1994-95 academic year, the CSU system will conduct a biennial survey of interest in participating in intercollegiate athletics at each campus amongst both current and prospective students from California.

The CSU system will develop a procedure for recording requests made by currently enrolled and prospective students from California for opportunities to compete in specific sports at a specific campus.

The CSU system will advertise in individual campus publications, promotional, and recruiting materials, the campus commitment to providing equal athletic opportunities to women.

The CSU system will document by sport the number of female athletes in community college and high school athletics programs in California.



# Long Beach State Student-Athlete Handbook

## Conference Affiliations

### BIG WEST

Basketball (M)  
Basketball (W)  
Baseball  
Cross Country (M)  
Cross Country (W)  
Golf (M)  
Golf (W)  
Softball  
Soccer (W)  
Volleyball (W)  
Water Polo (W)

### MPSF

Indoor Track & Field (M)  
Indoor Track & Field (W)  
Volleyball (M)  
Water Polo (M)



There are 17 conference-sponsored sports in the Big West.

Women's sports include soccer, volleyball, cross country, swimming and diving, basketball, golf, tennis, softball, track and field and water polo. Men's sports include soccer, cross country, swimming and diving, basketball, golf, tennis, baseball and track and field.

### Mountain Pacific Sports Federation (MPSF)

The MPSF was originally formed to provide enhanced competition and championship opportunities for sports without conference affiliation; to contain the costs of competition; and to ensure the survival of sports impacted by Title IX and other fiscal pressures. As a testament to its viability, the Mountain Pacific Sports Federation continues to successfully ride the ever-changing wave of college sports by fostering contraction and expansion of its intercollegiate athletics portfolio to meet the dynamic needs of its member institutions and conferences. Since its inception, MPSF teams have won 49 NCAA team championships and many individual titles as well.



# Long Beach State Student-Athlete Handbook

## Championship History

### Men's

#### Baseball

##### *College World Series*

1989, 1991, 1993, 1998

##### *Super Regionals*

2003, 2004

##### *NCAA Appearances*

1964, 1970, 1989, 1991-1999,  
2001-2005, 2007, 2008

##### *Conference Titles*

1964, 1969, 1970, 1989, 1992, 1993  
1994, 1996, 1997, 2003, 2008

#### Basketball

##### *NCAA Appearances*

1970-1973, 1977, 1993, 1995, 2007

##### *Conference Titles*

1970-1977, 1996, 2000, 2007

#### Cross-Country

##### *Conference Titles*

1959, 1961, 1963, 1964, 1969,  
1970-1972, 1974, 1975

#### Golf

##### *NCAA Appearances*

1971-1975, 1982, 2000, 2004

##### *Conference Titles*

1973, 2004

#### Track and Field

##### ***NCAA Championship***

1991

##### *NCAA Appearances*

1964, 1966

##### *Conference Titles*

1962, 1965, 1971, 1972, 1976,  
2006, 2008

#### Volleyball

##### ***NCAA Championship***

1991

##### *NCAA Appearances*

1970, 1973, 1990, 1991, 1999,  
2004, 2008

#### Water Polo

##### *NCAA Appearances*

1969-1971, 1973, 1975, 1981, 1983,  
1985, 1988, 1989, 1991

##### *Conference Titles*

1970, 1975, 1981, 1983, 1988, 1999

### Women's

#### Basketball

##### *NCAA Appearances*

1981-92

##### *Conference Titles*

1966-1976, 1980-1982, 1984-1989,  
1991, 2006

#### Golf

##### *NCAA Appearances*

2006

##### *Conference Titles*

2009

#### Soccer

##### *NCAA Appearances*

2008

##### *Conference Titles*

2006-2008

#### Softball

##### *College World Series*

1986, 1990, 1991, 1992, 1993

##### *NCAA Appearances*

1986-1989, 1990-1993, 1996-2000,  
2003-2006, 2008

##### *Conference Titles*

1996, 1997, 1999, 2004, 2005, 2008

#### Tennis

##### *NCAA Appearances*

2002, 2004, 2005-2008

##### *Conference Titles*

2002, 2004-2008

#### Track and Field

##### *Conference Title*

1978

##### ***National Individual. Indoor Champions***

1976, 1977, 1997

##### ***National Individual. Outdoor Champions***

1963, 1964(3), 1965, 1966, 1967(3)  
1975, 1976

#### Volleyball

##### *AIAW Titles*

1972, 1973

##### ***NCAA Championships***

1989, 1993, 1998

##### *NCAA Appearances*

1985, 1987-2009

##### *Conference Titles*

1991-1994, 1996-1998, 2001, 2005

#### Water Polo

3 Top-Four National Finishes

# Long Beach State Student-Athlete Handbook



## About the Beach

Welcome to California State University, Long Beach. In 2009 we celebrate our 60th anniversary as one of the nation's most vibrant and successful public universities.

Located three miles from the ocean, Long Beach State is the university of choice destination for a talented and diverse group of students, including over 970 California High School Valedictorians and National Merit Scholars, who have all come to experience a campus environment that is student centered, service-oriented and globally-engaged. We offer study abroad options in over 30 countries, a variety of community service learning programs, more than 300 student organizations, 30 intramural sports, and 18 NCAA Division 1 athletic teams.



## Core Values

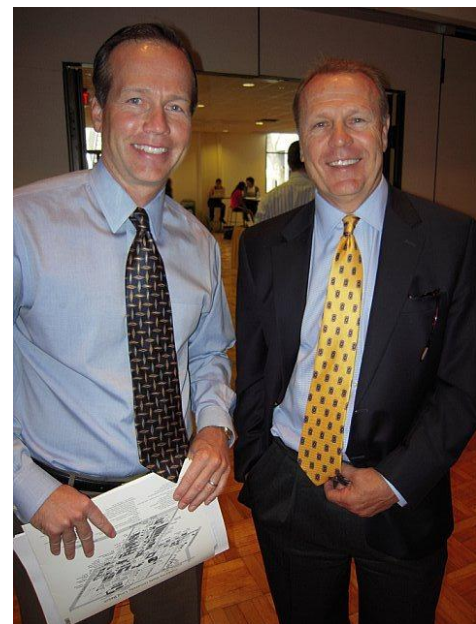
- Educational Opportunity,
- Excellence, Diversity,
- Integrity, and
- Service.

## University Distinctions

Through a distinguished faculty whose primary responsibility is superior teaching, Long Beach State has achieved academic excellence, with eight colleges

offering 83 baccalaureate degrees in 209 programs, 67 masters' degrees in 101 programs, one doctoral degree, and in 2007, the first independent doctoral degree in the CSU system.

- Long Beach State has been consistently **ranked among the top five** public comprehensive universities in the Western United States by **U.S. News & World Report**.
- They also rank the **College of Engineering as one of the nation's best** undergraduate engineering programs.
- The Princeton Review has named Long Beach State **one of the nation's 50 "Best Value" public colleges** and ranks the College of Business Administration on its list of **Best Business Schools for an MBA** program.
- Ranked **first in the nation in awarding mathematics and statistics graduate degrees to minorities** by *Diverse Issues in Higher Education* (July 2007).
- The College of Health and Human Services prepares highly competent and successful professionals in fields such as Nursing, Health Science, Criminal Justice and Social Work.



**F. King Alexander, University President**  
**Vic Cegles, Athletics Director**

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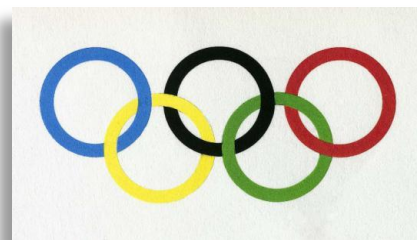
- The College of Liberal Arts brings a global perspective to fields such as History, Political Science, International Studies, Foreign Languages, Ethic Studies and Humanities.
- Long Beach State is a member of the Long Beach Education Partnership, the national prototype of a seamless education from preschool through the Masters degree.
- Long Beach State was the first campus to offer academic scholarships specifically to California High School valedictorians and National Merit scholars.
- The prestigious President's Scholars Program has entered its 15th year. Since the program's inception in 1995, over 970 high school valedictorians and National scholars have made California State University, Long Beach their *University of Choice*. The President's Scholars Program has recruited 129 National scholars, some of whom have achieved perfect standardized test scores. President's Scholars come from 321 high schools throughout California and from 41 counties as far as Siskiyou in the north to San Diego in the south.
- Long Beach State has been honored to produce two outstanding student athletes that have been nominated for Rhodes Scholar Award. Lauren Sims – Women's Basketball 2009 and Keri Nishimoto – Women's Volleyball 2000.



**Distinguished Alumni** include: Steve Martin – Actor and Author, Bryon Russell - Professional Basketball Player, Jered Weaver - Professional Baseball Player, Misty May – two-time Olympic Beach Volleyball Gold Medalist and Professional Beach Volleyball Player, Evan Longoria - Professional Baseball Player, Bobby Crosby – Professional Baseball Player, Alan Knipe Olympic Men's Volleyball Coach, Gavin Arroyo – Olympic Water Polo Player, Paul Goydos - PGA Golfer, Mark O'Meara PGA Golfer, Heather Moody – Olympic Women's Water Polo Player, Coach and Medal Winner, Denise Austin – Fitness Expert, Richard Carpenter – Musician/Composer, Michael Douglas – Supreme Court Justice in Nevada, Dana Rohrabacher – Congressman, and Steven Spielberg – Film Director, Producer and Screenwriter.

## 49er's in the Olympics

Long Beach State has had a participant in every Olympics since its founding in 1949. That totals to over 100 Long Beach State players and coaches over the last 60 years. Following is a listing of past Long Beach State students who have participated in the Olympics:



# Long Beach State Student-Athlete Handbook

## 1952-HELSINKI, FINLAND

Pat McCormick, Diving (Springboard Diving-Gold/Platform Diving-Gold)

## 1956-MELBOURNE, AUSTRALIA

Robert Horn, Men's Water Polo  
Pat McCormick, Diving (Springboard Diving-Gold/Platform Diving-Gold)

## 1960-ROME, ITALY

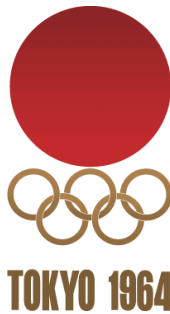
Ron Crawford, Men's Water Polo  
Robert Horn, Men's Water Polo  
Charles McIlroy, Men's Water Polo  
Bob Soth, Track & Field

## 1964-TOKYO, JAPAN

Julio Arango, Swimming (Columbia)  
Leslie Bleamaster, Men's Fencing  
Ron Crawford, Men's Water Polo  
Cathy Ferguson, Swimming (100-Meter Backstroke-Gold/4x100-Meter Medley Relay-Gold)  
Gary Ilman, Swimming (4x100-Meter Freestyle Relay-Gold/4x200-Meter Freestyle Relay-Gold)  
William Jewell, Canoeing (Kayaking)  
Charles McIlroy, Men's Water Polo  
Sharon Peterson, Women's Volleyball  
Tony Ralphs, Canoeing (Kayaking)  
John Rambo, Track & Field/High Jump (Bronze)  
Martha Watson, Track & Field

## 1968-MEXICO CITY, MEXICO

Julio Arango, Swimming (Columbia)  
Susie Atwood, Swimming  
Luis Ayesa, Swimming (Philippines)  
Steve Barnett, Men's Water Polo  
Klaus Barth, Swimming (Germany)  
Gregor Betz, Swimming (Germany)  
Ron Crawford, Men's Water Polo  
Hans Fassnacht, Swimming (Germany)  
Don Gambriel, Swimming (Assistant Coach)  
Ann Heck, Women's Volleyball  
Michael Holthaus, Swimming (Germany/400-Meter Individual Relay-Bronze)  
Mitchell Ivey, Swimming (200-Meter Backstroke-Silver)  
Gunnar Larsson, Swimming (Sweden)  
Hans Ljungberg, Swimming (Sweden)  
Tom McKibbon, Rowing  
Reinhard Merkel, Swimming (Germany)



Barbara Perry, Women's Volleyball  
Sharon Peterson, Women's Volleyball  
Jose Silvio Fiolo, Swimming (Brazil)  
Tracy Smith, Track & Field  
John Van Blom, Rowing  
Sven Von Holst, Swimming (Sweden)  
Martha Watson, Track & Field  
Graham White, Swimming (Australia/4x200-Meter Freestyle Relay-Silver)

## 1968-GRENOBLE, FRANCE

Kenneth Shelley, Pairs Figure Skating  
JoJo Starbuck, Pairs Figure Skating

## 1972-MUNICH, WEST GERMANY

Susie Atwood, Swimming (100-Meter Backstroke-Bronze/200-Meter Backstroke-Silver)  
Luis Ayesa, Swimming (Philippines)  
Carlos Azevedo, Swimming (Brazil)  
Steve Barnett, Men's Water Polo (Bronze)  
Gregor Betz, Swimming (Germany)  
Hans Fassnacht, Swimming (Germany/4x200-Meter Freestyle Relay-Silver)  
George Frenn, Track & Field  
Don Gambriel, Swimming (Assistant Coach)  
Tom Hermstad, Men's Water Polo (Referee)  
Michael Holthaus, Swimming (Germany)  
Mitchell Ivey, Swimming (200-Meter Backstroke-Bronze)  
Francie Larrieu-Smith, Track & Field  
Gunnar Larsson, Swimming (Sweden/200-Meter Individual Medley-Gold/400-Meter Individual Medley-Gold)  
Hans Ljungberg, Swimming (Sweden)  
Andrea Lynch, Track & Field (England)  
Tom McKibbon, Rowing  
Ed Ratleff, Men's Basketball (Silver)  
Kate Schmidt, Track & Field (Javelin-Bronze)  
Liz Scrivars, Swimming  
Jose Silvio Fiolo, Swimming (Brazil)  
Ann Simmons, Swimming  
Steve Smith, Track & Field  
Dwight Stones, Track & Field (High Jump-Bronze)  
John Van Blom, Rowing  
Martha Watson, Track & Field  
Graham White, Swimming (Australia)

## 1972-SAPPORO, JAPAN

Kenneth Shelley, Pairs Figure Skating  
JoJo Starbuck, Pairs Figure Skating

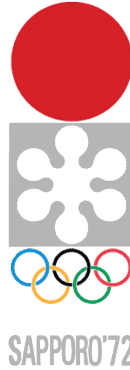
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## 1976-MONTREAL, CANADA

Debbie Ayars, Rowing  
Don Baird, Track & Field (Australia)  
Ray Dupree, Track & Field  
Bill Frady, Men's Water Polo (Referee)  
Don Gambriel, Swimming (Assistant Coach)  
Lisa Hansen (Rowing)  
Larry Hart, Track & Field  
Tom Hermstad, Men's Water Polo (Referee)  
Joni Huntley, Track & Field  
Bob Jackson, Swimming  
Francie Larrieu-Smith, Track & Field  
Julie Leach, Canoeing (Kayaking)  
Joan Lind, Rowing (Single Sculls-Silver)  
Mark Lutz, Track & Field  
Andrea Lynch, Track & Field (England)  
Karen McCloskey, Rowing  
Tom McKibbon, Rowing (Coach)  
Irene Moreno, Rowing  
Brian Saunders, Track & Field (Canada)  
Kate Schmidt, Track & Field (Javelin-Bronze)  
Claudia Schneider, Rowing  
Tim Shaw, Swimming (400-Meter Freestyle-Silver)  
Dwight Stones, Track & Field (High Jump-Bronze)  
John Van Blom, Rowing  
Ramon Volcan, Swimming (Venezuela)  
Sherron Walker, Track & Field  
Martha Watson, Track & Field

## 1980-MOSCOW (BOYCOTTED)

Don Gambriel, Swimming (Assistant Coach)  
Debbie Green, Women's Volleyball  
Tom Hermstad, Men's Water Polo (Referee)  
Francie Larrieu-Smith, Track & Field  
Joan Lind, Rowing  
Ken Lindgren, Men's Water Polo (Assistant Coach)  
Tom McKibbon, Rowing (Coach)  
Anita Miller, Women's Field Hockey  
LaTaunya Pollard, Women's Basketball  
Dave Rodda, Women's Track & Field (Assistant Coach)  
Brian Saunders, Track and Field (Canada)  
Kate Schmidt, Track & Field  
John Van Blom, Rowing



## 1984-LOS ANGELES, CALIFORNIA

Candace Cable, Wheelchair Racing (Silver)  
Bill Frady, Men's Water Polo (Referee)  
Don Gambriel, Swimming (Coach)  
Bill Green, Track & Field  
Debbie Green, Women's Volleyball (Silver)  
Tom Hermstad, Men's Water Polo (Referee)  
Joni Huntley, Track & Field/High Jump (Bronze)  
Rami Kantari, Swimming (Lebanon)  
Skip Kenney, Swimming (Assistant Coach)  
Joan Lind, Rowing (Coxed Quadruple Skulls-Silver)  
Ken Lindgren, Men's Water Polo (Assistant Coach-Silver)  
Dewey Marine (Official)  
Tom McKibbon, Rowing (Coach)  
Anita Miller, Women's Field Hockey (Bronze)  
Lukman Niode, Swimming (Indonesia)  
Ramona Pagel, Track & Field  
Phillip Pipersburg, Track & Field (Belize)  
Jo Redmon, Modern Pentathlon/Fencing  
Jack Rose, Track & Field (Official)  
Brian Saunders, Track & Field (Canada)  
Tim Shaw, Men's Water Polo (Silver)  
Dwight Stones, Track & Field  
John Van Blom, Rowing (Women's Sculls Coach)  
Bill Vendl, Track & Field (Official)  
Oswaldo Zea, Track & Field (Venezuela)

## 1988-SEOUL, SOUTH KOREA

Dave Almquist, Men's Water Polo (Assistant Coach-Silver)  
Bill Barnett, Men's Water Polo (Coach-Silver)  
Cindy Brown, Women's Basketball (Gold)  
Candace Cable, Wheelchair Racing (Silver)  
Bob Ctvrtlik, Men's Volleyball (Gold)  
Monica Havelka, Rowing  
Tom Hermstad, Men's Water Polo (Referee)  
Mitchell Ivey, Swimming (Assistant Coach)  
Rami Kantari, Swimming (Lebanon)  
Skip Kenney, Swimming (Assistant Coach)  
Jimmy Kim, Taekwondo (Exhibition Sport-Gold)  
Doug Kimbell, Men's Water Polo (Silver)  
Francie Larrieu-Smith, Track & Field  
Cathy Marino, Canoeing (Kayaking)  
Tom McKibbon, Rowing (Coach)  
Ramona Pagel, Track & Field  
Dave Rodda, Women's Track & Field (Assistant Coach)  
Yoichi Tomita, Men's Gymnastics (Assistant Coach)

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John Van Blom, Rowing (Women's Sculls Coach)  
Martha Watson, Track & Field  
(Administration)

## 1992-BARCELONA, SPAIN

Guy Baker, Men's Water Polo  
(Assistant Coach)  
Bill Barnett, Men's Water Polo (Coach)  
Candice Cable, Wheelchair Racing  
Tara Cross-Battle, Women's Volleyball (Bronze)  
Bob Ctvrtlik, Men's Volleyball (Bronze)  
Jason Giambi, Baseball  
Brent Hilliard, Men's Volleyball (Bronze)  
Mitch Kahn, Canoeing (Kayaking)  
Doug Kimbell, Men's Water Polo  
Francie Larrieu-Smith, Marathon  
Cathy Marino, Canoeing (Kayaking)  
Kellie Miller, Athletics Paralympian  
Christine Morgan, Track & Field  
Ramona Pagel, Track & Field  
Dave Snow, Baseball (Assistant Coach)  
Martha Watson, Track & Field  
(Administration)



## 1996-ATLANTA, GEORGIA

Rick Azevedo, Men's Water Polo (Assistant Coach)  
Dan Bailey, Men's Water Polo (Trainer)  
Tara Cross-Battle, Women's Volleyball  
Bob Ctvrtlik, Men's Volleyball (Captain)  
Joseph Harper, Canoeing  
Skip Kenney, Swimming (Coach)  
Kyle Kopp, Men's Water Polo  
Mel Leach, Archery (Assistant Coach)  
Ken Lindgren, Men's Water Polo  
(Official)  
Cliff Meidl, Canoeing (Kayaking)  
Ramona Pagel, Track & Field  
Paisan Rangsiapho, Badminton (Umpire)  
Danielle Scott, Women's Volleyball  
Martha Watson, Track & Field  
(Administration)  
Brett Winslow, Men's Volleyball



## 2000-SYDNEY, AUSTRALIA

Rick Azevedo, Men's Water Polo (Assistant Coach)  
Guy Baker, Women's Water Polo (Coach-Silver)  
Dan Bailey, Men's Water Polo (Trainer)  
Tara Cross-Battle, Women's Volleyball  
Benishe Dillard, Women's Volleyball (Alternate)

Jeri Estes, Women's Volleyball (Assistant Coach)  
Tom Hoff, Men's Volleyball  
Kyle Kopp, Men's Water Polo  
Chi Kredell, Men's Water Polo  
Ken Lindgren, Women's Water Polo (Assistant Coach-Silver)  
Misty May, Women's Beach Volleyball  
Cliff Meidl, Canoeing (Kayaking)  
Paisan Rangsiapho, Badminton (Umpire)  
David Salo, Women's Swimming (Assistant Coach)  
Danielle Scott, Women's Volleyball  
Yoichi Tomita, Men's Gymnastics (Assistant Coach)  
Everett Uchiyama, Swimming (National Team Coordinator)  
Jon Urbanek, Men's Swimming (Assistant Coach)

## 2004-ATHENS, GREECE

Rick Azevedo, Men's Water Polo (Assistant Coach)  
Dan Bailey, Men's Water Polo (Trainer)  
Guy Baker, Women's Water Polo (Coach-Bronze)  
Tara Cross-Battle, Women's Volleyball  
Jamie Farnworth, Softball (Greece)  
Tayyiba Haneef, Women's Volleyball  
Tom Hoff, Men's Volleyball  
Kyle Kopp, Women's Water Polo (Assistant Coach-Bronze)  
Misty May, Women's Beach Volleyball (Gold)  
Paisan Rangsiapho, Badminton (Umpire)  
David Salo, Men's Swimming (Assistant Coach)  
Danielle Scott, Women's Volleyball  
Chris Segesman, Men's Water Polo  
Yoichi Tomita, Men's Gymnastics (Program Committee Chairman)  
Everett Uchiyama, Swimming (Swimming Director)  
Jon Urbanek, Men's Swimming (Assistant Coach)

## 2008-BEIJING, CHINA

Guy Baker, Women's Water Polo (Coach-Silver)  
Kyle Kopp, Women's Water Polo (Assistant Coach-Silver)  
Tayyiba Haneef-Park, Women's Volleyball (Silver)  
Tom Hoff, Men's Volleyball (Captain-Gold)  
David Lee, Men's Volleyball (Gold)  
Misty May-Treanor, Beach Volleyball (Gold)  
Danielle Scott, Women's Volleyball (Silver)  
Scott Touzinsky, Men's Volleyball (Gold)

# Long Beach State Student-Athlete Handbook

## Director of Athletics (AD)



### Vic Cegles, Athletic Director

The Director of Athletics is responsible for the overall administration of the athletic program.

In three seasons as the Director of Athletics at Long Beach State Vic Cegles has overhauled the 49er athletic department and provided a new path for the department to follow.

Cegles has already made an impact in the athletic department's ability to fundraise which is key to his goal of making Long Beach State, not only the premiere school in the Big West Conference, but a player on the national stage when it comes to both athletics and academics. Since coming to Long Beach State, Cegles has established the 49er Athletic Club and created a centralized fundraising approach recognizing both sport specific gifts and scholarship contributions supporting all 18 intercollegiate teams. The results have been dramatic with double-digit increases in the annual fund in fiscal years 2007 and 2008 and a strong 2009 campaign during troubled financial times.

In addition, Cegles continues with his five-year strategic plan focused on facility improvements, endowments and staff enhancements. The athletic board he created has grown in 2009 providing guidance and leadership while actively participating in the athletics capital campaign seeking over \$25 million to advance 49er athletics traditions.

Long Beach State has excelled both on the playing fields and in the classroom under Cegles' leadership. Academically, for the second consecutive year all NCAA sponsored teams at Long Beach State scored above the required 925 on the Academic Progress Rate (APR), the only California State University to do so, and 230 student athletes were recognized as "academic all-stars" by achieving a 3.0 grade point average for the fall or spring semesters. Twenty-eight student athletes earned a 4.0 GPA and 52 earned a place on the President's List with a 3.75 GPA or better, with 56 placing on the Dean's List with a GPA between 3.5 and 3.74.

Diversity in the coaching and administrative staff is a fundamental goal and the athletics department was recognized under Cegles' leadership in 2008 as a national NCAA Diversity winner.

Competitively, in his three seasons at the helm of the Long Beach State athletic department, the 49ers have won 13 conference championships, with 15 LBSU teams advancing to the NCAA Tournament.

In 2008-09, Long Beach State won the Big West's Commissioners Cup, awarded to the conference's most successful athletic department. LBSU teams won four league championships during the 2008-09 competition year with five teams making NCAA Tournament appearances.

That success came on the heels of the 2007-08 season where Long Beach State had six teams win conference championships and six teams advance to the NCAA Tournament, a year after winning three league titles and making four NCAA Tournament appearances in 2006-07.

Cegles reorganized and refocused the entire administrative staff, but also negotiated new contracts for baseball coach Mike Weathers and volleyball coach Brian Gimmillaro. He also hired six new head coaches in softball, water polo, men's and women's golf and basketball including coaches Dan Monson and Jody Wynn.

From 2003-06 Cegles was the Associate Athletics Director at Temple University where he directed athletics fundraising, marketing and promotions, sponsorship and ticket sales while planning an athletics capital campaign with university development.

Previously he was vice president of business development for Gaylord Sports Management in Scottsdale, Ariz., after serving 16 years at Arizona State University in athletic development and external affairs. He ultimately served as the lead senior associate athletic director for external affairs in his final two years at ASU.

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**Office Location:** Pyramid Annex

# Long Beach State Student-Athlete Handbook

## Faculty Athletic Representative (FAR)



**Brenda Vogel, FAR**

The FAR is the person on campus who helps to monitor the successful integration of athletics and academics by monitoring athletics policy and overseeing the student-athletes academic success. This

person also helps to assure that intercollegiate athletics remains a learning experience for student participants. Specifically the FAR:

- Certifies the eligibility of all student-athletes for the NCAA and the conference.
- Makes inquiries of the NCAA staff regarding an interpretation of association rules.
- Assists student-athletes on hardship petitions on the conference level.
- Serves as a liaison between the University faculty, administration and Athletic Department on issues of rules interpretation and compliance.
- Represents the University on compliance issues before appropriate conference committees.
- Serves on an Athletic Department Compliance Committee to investigate alleged and real violations and recommend action.
- Assures that student-athletes are generally informed of NCAA regulations and compliance issues through the annual publication of the "Student-Athlete Survival Guide."
- Convenes the Athletic Academic Committee for academics and admission issues.

### Education

Ph.D. -- University of California, Irvine (Criminology, Law and Society)

M.S. -- University of North Carolina at Charlotte (Criminal Justice)

B.S. -- University of North Carolina at Charlotte (Criminal Justice)

Email: [bvogel@csulb.edu](mailto:bvogel@csulb.edu)

**Criminal Justice Office Phone:** (562) 985-1894

**Criminal Justice Office Location:** Social Sciences / Public Administration Building (SSPA) 238

Athletic Office Phone (562) 985-5964

Athletic Office Location: Pyramid Annex

## Senior Woman Administrator (SWA)



**Cindy Masner,  
Sr. Associate Athletic  
Director, Internal  
Operations/SWA**

The SWA oversees 7 sports (Tennis, Softball, Women's Volleyball, Men's

Water Polo, Women's Water Polo, Women's Basketball and Women's Golf). Along with those sports, the SWA also oversees the Athletic Training Room, Strength and Conditioning, Event Management, Facilities Rentals, Compliance, Business Office, and internal operations.

The Senior Woman Administrator (SWA) is the highest ranking female in each NCAA athletic department. The designation of SWA is intended to encourage and promote the involvement of female administrators in meaningful ways in the decision-making process in intercollegiate athletics. The designation is intended to enhance representation of female experience and perspective at the institutional, conference and national levels and support women's interests. Her daily responsibilities can include any department tasks and must include senior management team responsibilities. The SWA specifically:

- Acts as a key decision-maker instrumentally involved with the athletics department.
- Participates on senior management team.
- Works within the group structure to accomplish goals.
- Strategizes ways to support and manage gender equity and Title IX plans and issues.
- Advocates issues important to female and male student-athletes, coaches and staff.
- Educates individuals on issues concerning both men and women.
- Serves as a role model and resource for students, coaches, administrators and others.
- Leads student-athletes in successfully balancing academics and athletics by providing leadership.
- Reviews Equity in Athletics Disclosure Act Report.

(Continued on next page)

# Long Beach State Student-Athlete Handbook

The Senior Woman Administrator is instrumentally involved with the orchestration of the following NCAA Guiding Principles and responsibility;

- Student-athlete welfare;
- Gender equity;
- Sportsmanship and ethical conduct;
- Sound academic standards;
- Nondiscrimination;
- Diversity within the governance structures;
- Rules compliance;
- Amateurism;
- Competitive equity;
- Recruiting;
- Eligibility;
- Financial aid;
- Playing and practice seasons;
- Postseason competition management;
- Economy of athletics program operation.

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**Direct Dial Phone:** (562) 985-8527

**Office Location:** Pyramid Annex



## Sport Supervisors

Athletic administrators who work closely with specific sport coaches and teams are sport supervisors. These individuals are available to guide student-athletes to appropriate resources and to discuss any concerns or problems that may arise that cannot be managed successfully within the team situation.

The sport supervisor works with the coaches and student athletes throughout the year to support the team. At the end of the year the sport supervisor, in conjunction with the FAR and Athletic Director, will administer the in person exit interview for a sample of student athletes who have exhausted their eligibility or are not returning to the team the following year.

### The sport supervisors are:

- **Baseball** – *Bill Brady*
- **Basketball (M)** – *Vic Cegles*
- **Basketball (W), Golf (W), Softball, Tennis, Volleyball (W), Water Polo (M,W)** – *Cindy Masner*
- **Cross-Country (M,W), Track & Field (Indoor and Outdoor) (M,W)** – *MaryAnn Tripodi*
- **Golf (M)** – *Randy Langejans*
- **Soccer, Volleyball (M)** – *Mark Edrington*

Sport Supervisor	Phone
Bill Brady	562-985-5402
Vic Cegles	562-985-7976
Mark Edrington	562-985-5661
Randy Langejans	562-985-1626
Cindy Masner	562-985-8527
MaryAnn Tripodi	562-985-8947



# Long Beach State Student-Athlete Handbook

## New Student –Athlete Checklist

### New Student-Athlete Checklist

#### Freshmen/Transfer Students

There are a few steps to follow in order to have a successful transition to CSULB:

#### 1. University Application:

- Contact the [Head Coach and/or Recruiting Coordinator](#) for your sport.
- Submit your university application on-line at [csumentor](#).
- Include your \$55 Application Fee or Fee Waiver. Contact the Head Coach and/or Recruiting Coordinator if you have questions about your Admission Status.
- You can also check the status of your application at any time by calling the university's automated system at (562) 985-2500. You will need your nine-digit student identification number.

#### 2. SAT/ACT Scores:

- Score reports must be sent from the testing agency to **both** the NCAA Eligibility Center (use code 9999) and CSULB. (This can be done at the time of the testing or through [collegeboard.com](#) (SAT) or [actstudent.org/scores/send](#) (ACT).

#### 3. NCAA Eligibility Center:

Every student athlete who will attend a NCAA Division I or II institution must be certified academically and as an amateur by the Eligibility Center before they may participate in competition. This includes students enrolling in college for the first time as well as students transferring from any two or four year institution that is not a member of NCAA Division I or II. Create a new account at [NCAA Eligibility Center Link](#)

If you are a freshman or will not have an AA degree, your official high school transcripts with graduation date posted and your SAT/ACT test scores are also needed. SAT/ACT scores must be transmitted electronically from the testing agency.

#### 4. Placement Tests:

**High School: The Early Assessment Program (EAP) (for California residents only)**

The EAP consists of two tests, [EAP English Test](#) and [EAP Math Test](#), which are administered in the eleventh grade in all California High Schools.

- Passing scores in EAP will allow students immediate enrollment into college level English and Math courses **without** taking CSULB Placement Tests!

#### At CSULB:

- Take the [English Placement Test \(EPT\)](#) and/or [the Entry Level Mathematics Test \(ELM\)](#) before the June test date or provide proof of exemption.
- We advise you to take this exam early so that you receive your score prior to attending SOAR.
- **Exemption from the EPT** is granted if you score: 550 or higher on SAT Verbal, 24 or higher on ACT English Test, or a 3 or higher on Advanced Placement Exam (Language and Composition or Literature and Composition).
- **Exemption from the ELM** is granted if you score: 550 or higher on the SAT Mathematics (Level I, IC, II or IIC), 23 or higher on the ACT Mathematics Test, or a 3 or higher on Advanced Placement Exam (Mathematics Calculus AB or BC or Statistics).

#### 5. Official Transcripts:

- Send official high school transcripts to **both** the NCAA Eligibility Center ([NCAA Eligibility Center Link](#)) and CSULB. Transfer students do not need to resend transcripts to the NCAA Eligibility Center if they have previously done so.

#### 6. Advisement and Registration (SOAR):

- Once you have been admitted to the university, you must register for Student Orientation, Advising and Registration (SOAR) before you can register for classes.
- Contact the Bickerstaff Academic Counselor (BAC) at 562/985-4777 to coordinate your SOAR date. The BAC is the Academic support area for Student athletes.

