

CAL SPIRIT



CAL SPIRIT GROUPS

The Cal Spirit groups are responsible for promoting all spirit-related activities at the University of California and are active at home events, as well as many away games. In addition, they act as ambassadors of the University by assisting with alumni functions, fundraising events and other formal occasions promoting Cal spirit. The groups are the Rally Committee, Cal Dance Team, Cal Yell Leaders and the Cal mascot, Oski.

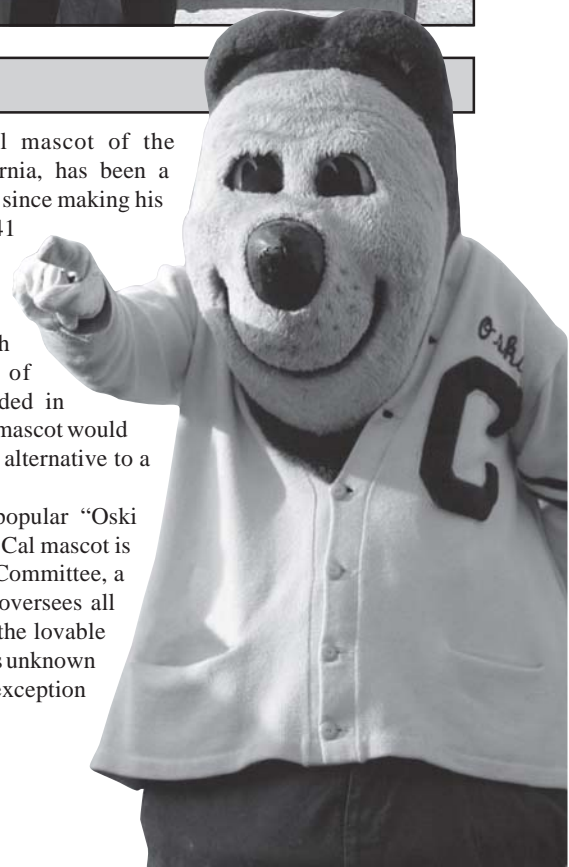
The Rally Committee, the oldest student group on campus, serves the student body by upholding spirit and tradition. Above and beyond producing all rallies on campus, Rally Com is responsible for maintaining the Big C, displaying the California banner, the Cal flags, and constructing and executing card stunts at football games. Not to be forgotten is the California Victory Cannon, and when the Axe is in the possession of the Bears, the Committee is the custodian of the Axe.

The Cal Dance Team consists of 14 women who dance to traditional Cal fight songs and Cal Band rock songs. During the football season, they perform on a wooden platform that is elevated off the football field. During basketball season, the team dances on the sidelines and on the basketball court during timeouts and performs entertaining half-time productions.

Cal Yell Leaders, also known as the Mic Men, are student leaders of the rooting sections at all Cal sporting events. In addition, they emcee at rallies, alumni and community events.

Oski, the official mascot of the University of California, has been a tradition at the school since making his debut during the 1941 football season. Prior to his arrival, live mascots were used at Memorial Stadium with varying degrees of success. It was decided in 1940 that a costumed mascot would make a more suitable alternative to a live bear.

Named after the popular "Oski Wow-Wow" yell, the Cal mascot is selected by the Oski Committee, a governing body that oversees all aspects of caring for the lovable Bear. Oski's identity is unknown to everyone, with the exception of the committee.



CAL TRADITIONS

The opening of the \$57.5 million Haas Pavilion in 1999 signaled the beginning of new basketball traditions at the University of California. Some long-standing Golden Bear traditions, however, will likely never change.

BLUE AND GOLD

Official colors of the University of California were established in Berkeley in 1868. The colors were chosen by the University's founders, who were mostly Yale men who had come West. They selected gold as a color representing the "Golden State" of California. The blue was selected from Yale blue. Cal teams have donned the blue and gold since the beginning of intercollegiate athletic competition in 1882.

GOLDEN BEARS

In 1895, the University of California track and field team was the dominant power on the West Coast and decided to challenge several of the top teams in the Midwest and East on an eight-meet tour that is now credited by many historians as putting Cal athletics onto the national scene. As a symbol of the University, Regent Arthur Rodgers, class of 1872, commissioned a blue silk banner emblazoned with a golden grizzly bear, the symbol of the state of California. The banner was carried by the team on its successful tour, which saw them win five of the eight competitions. Cal athletic teams have been known as the Golden Bears ever since.

CAL BAND

The University of California Marching Band has been a tradition at Berkeley for more than 100 years, exemplifying many of the best aspects of student life at one of the nation's most prestigious public universities. It boasts 180 members, a student-run management and a unique high-step marching style, all of which combine to make it one of the most singular bands of its kind.

Formed as the R.O.T.C. Cadet Band in 1889, the Cal Band adopted its present name in 1923. It has performed across the country and around the world at such events as the Brussels World Fair in 1958, Expo '70 in Japan and a Bicentennial Tour of the United States in 1976. In 1980, the Band took to the stage with the San Francisco Ballet, and it was the official state band for the city's welcome to Queen Elizabeth II and Prince Phillip of Great Britain in 1983.

The smaller version of the Cal Marching Band is the Straw Hat Marching Band,



which is present at all California men's and women's home basketball games. The Straw Hat Band marches into the arena in grandiose-style playing the California fight song and then takes its seat in the stands. During the game, the band entertains fans and inspires the Bears with school songs and other popular favorites.

SONGS OF CAL

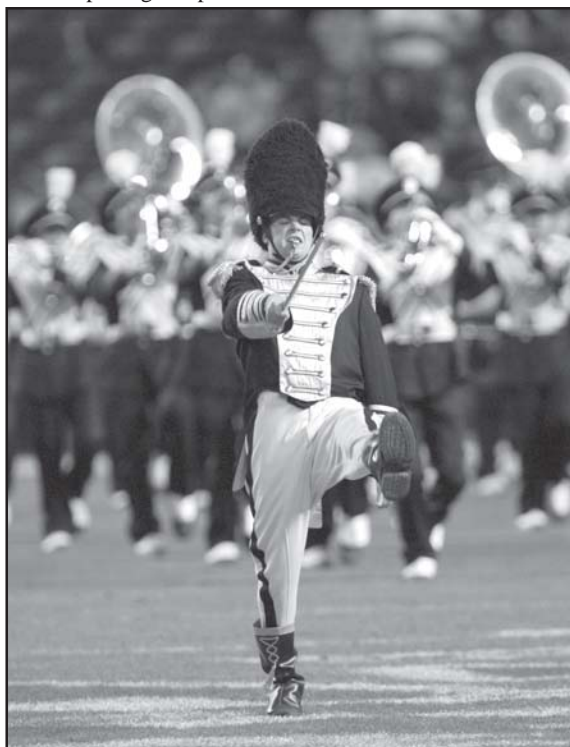
While through the years California has collected numerous songs that are popular with its alumni and fans alike, two songs will regularly be heard at basketball games each winter at Haas Pavilion. Those songs are the familiar fight song entitled "Big C," a brisk marching tune composed by N.S. McLaren and H.P. Williams of the class of 1914. The other is the Cal alma mater, "Hail to California," written and composed by Clinton R. "Brick" Morse, class of 1896.

HAIL TO CALIFORNIA

*Hail to California, Alma Mater Dear
Sing the joyful chorus, Sound it far and near.
Rallying 'round her banner, We will never fail.
California Alma Mater, Hail! Hail! Hail!*

BIG C

*California!
On our rugged Eastern foothills, stands our symbol
clear and bold.
Big C means to fight and strive and win for Blue
and Gold.
Golden Bear is ever watching. Day by day he
prowls.
And when he hears the tread of lowly Stanford Red,
from his lair he fiercely growls!
(Yell: Gr-rr-rah, Gr-rr-rah, Gr-r, r-r-r, r-r-rah!)*



ATHLETIC STUDY CENTER



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.

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.

DEREK VAN RHEENEN, PH.D. DIRECTOR



Derek Van Rheenen, a former Cal soccer player and coach, is in his fourth year as Director of the Athletic Study Center this season.

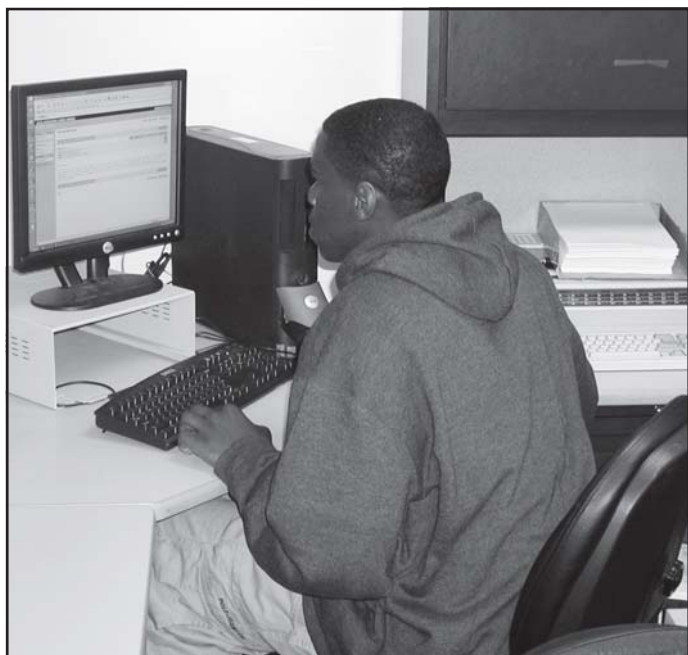
Van Rheenen joined the ASC in 2001 and has served on the Cal faculty since 1997, where he teaches courses in American Studies and in the School of Education.

As an undergraduate at Cal, Van Rheenen was a four-year starter for the Bears and a three-time all-conference player in the mid-1980s. As a senior, he was selected Cal's MVP and an Academic All-American.

Following graduation, Van Rheenen competed with the U.S. National "B" team and with the San Francisco Bay Blackhawks professional team. He also served as an assistant coach for the Bears for several years.

Van Rheenen received his bachelor's degree from Cal in Political Economy of Industrial Societies (PEIS) and German in 1986. He added a Master's degree in Education in 1993 and a Ph.D. in Interdisciplinary Studies in 1997, both from Cal.

ATHLETIC STUDY CENTER



Student-athletes are able to utilize the Study Center computer lab.

TUTORIAL PROGRAM

The Tutorial Program promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The Athletic Study Center has between 50-60 tutors on staff per semester to guarantee that students receive the best possible support. Tutorial sessions are also offered at night enabling student-athletes to receive help after practices when they have more time to devote to studying.

ADVISING PROGRAM

The Advising Program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with University, college and NCAA requirements, developing time management skills and resolving personal issues unique to student-athletes. During the freshman year, advisors typically try to help student-athletes make a successful academic transition from high school, while during the sophomore year, they assist student-athletes in making decisions on appropriate majors and fields of study. For the final two years, advisors take more of an exiting approach, ensuring that proper academic progress is being made towards graduation while referring juniors and seniors to areas on campus that can help with internships, graduate school applications and career planning.

Academic advisor Courtney Dolder, left, advises a student-athlete as part of the academic support program at Cal.



COURTNEY DOLDER ACADEMIC ADVISOR



Courtney Dolder serves as the academic advisor to the men's basketball team, helping the players understand and comply with university and NCAA rules and guidelines. She assists team members in choosing courses and majors, developing time-management skills, and making a successful transition from high school.

A former Cal student-athlete, Dolder was a member of the Golden Bear field hockey team from 1993-96. She later served as head manager of the football team, becoming the first female to hold that position at a Pac-10 school.

Dolder earned her bachelor's degree in interdisciplinary studies in 1997 and a master's degree in education in the Athletes and Academic Achievement Program in 1999—both from Cal. In addition to her work with men's basketball, she also advises field hockey and women's crew student-athletes.

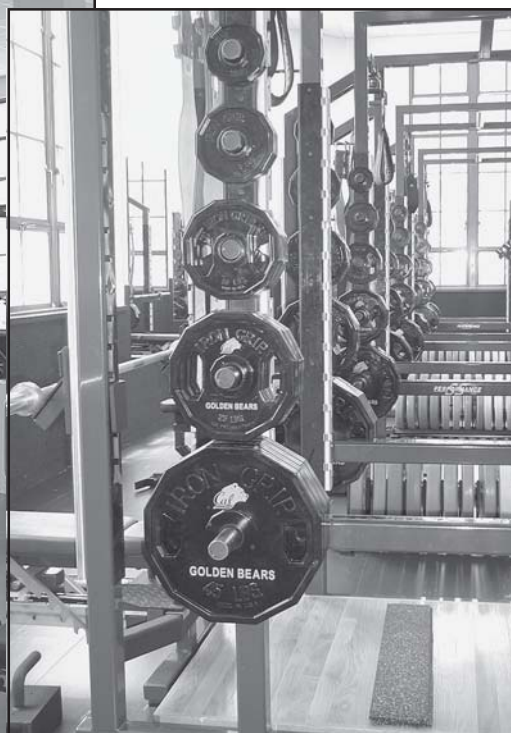
Dolder and her husband, Scott, reside in Sacramento.

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 for the program include writing and math workshops, an advising workshop, study skills seminars and an evening tutorial program.

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

STRENGTH & CONDITIONING



An integral part of Cal basketball is the strength and conditioning program. 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 that 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 at Haas Pavilion includes six Olympic platforms, more than 5,000 pounds of Olympic bars and bumper plates, and an array of aerobic and anaerobic equipment. The facility is brightly designed and overlooks Evans Baseball Diamond to the west. Cal also has a 2,000-square foot weight room in Memorial Stadium with similar Olympic equipment that 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. It also improves the running mechanics needed for acceleration and deceleration, both essential for playing basketball.

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 re-conditioning.

STRENGTH & CONDITIONING STAFF

MIKE BLASQUEZ STRENGTH & CONDITIONING COACH



Mike Blasquez is in his fourth year overseeing the strength & conditioning program for the Golden Bear men's basketball team.

In addition, Blasquez, who joined the Cal staff in January 2003, serves as supervisor of the Haas Pavilion weight room and manages training programs for all athletic teams that use the facility.

A Bay Area native, Blasquez arrived at Cal after working as the head strength & conditioning coach at De La Salle High School in Concord, Calif., from 1992-2003. Assisting head football coach Bob Ladouceur, he contributed to four national championships and nine NorCal titles at De La Salle. During

Blasquez's tenure, the Spartans also won the 2000 state championship in boys' basketball.

From 2001-03, Blasquez had the added responsibility of serving as director of outreach at the Muir Hospital Orthopedic Center in Walnut Creek.

Blasquez received his bachelor's degree in kinesiology from Cal State Hayward in 1991, and he holds certifications in athletic training (ATC) and strength & conditioning (CSCS). He and his wife, Mary, have two children, Makena and Bianca.

SPORTS MEDICINE

Golden Bear student-athletes are privileged to be supported by one of the top medical staffs in college athletics along with some of the most modern training and rehabilitation equipment in the country. The comprehensive program features state-of-the-art facilities as well as a staff of acclaimed practitioners of all areas of sports medicine.

Cal student-athletes have access to a pair of athletic training facilities, both at the Haas Pavilion and at Memorial Stadium. In both instances, the spacious training rooms are located adjacent to the weight training rooms and house rehabilitation equipment, hydrotherapy space and an extensive pre-practice preparation area.

In addition, Cal athletes also use University Health Services (UHS), which oversees and supervises sports medicine services to all injured or ailing Golden Bear athletes. UHS, housed in the Tang Center across the street from Haas Pavilion, is recognized as the largest and most comprehensive campus health facility in the country. It provides access to physician clinics, laboratory services, X-ray and other ancillary services such as nutrition and counseling. The athletic medicine area is supervised by Bill Coysh, Ph.D., who is also actively engaged in sports psychology.

The expert staff of team physicians is headed by Cindy Chang, M.D., with Dr. Jeff Nelson serving as the primary physician for men's basketball. In addition, two other physicians work closely with basketball program – Dr. Marc Safran is the head of Sports Medicine at UC San Francisco, and Dr. Joshua Hatch practices at Kaiser Hospital in Oakland. Both are orthopedic surgeons who have completed sports medicine fellowships.

The full staff of physicians features specialists from the fields of orthopedic surgery, family medicine, internal medicine, psychiatry and podiatry. With their diverse backgrounds and areas of expertise, they have treated injured athletes on every level of competition, including Olympic and professional athletes.



Cal's athletic training staff boasts 13 certified athletic trainers, including three physical therapists, and 20 student athletic trainers. The staff tends to the day-to-day health care needs of Cal athletes in 27 different sports, including the evaluation and treatment of injuries and illnesses. The rehabilitation of injuries is also the responsibility of the athletic training staff, with additional assistance from our staff physical therapist. The trainers also provide coverage at home and away athletic contests, and practices are staffed on a full-time basis.

Whether it's for taping, physical therapy, or the prompt recovery from an illness or injury, Golden Bear athletes have the full confidence that Cal's medical staff will provide the best care available with one of the most progressive treatment and rehabilitation programs in the country.

SPORTS MEDICINE STAFF

JEFF NELSON, M.D. TEAM PHYSICIAN



Dr. Jeff Nelson joined Cal as an associate team physician and staff physician for University Health Services in the fall of 1999 and serves as the primary doctor for the men's basketball and men's soccer teams. He has been involved with the Cal Sports Medicine program since January of 1998 as a sports medicine fellow with the combined UC Davis/UC Berkeley Sports Medicine Fellowship Program.

Nelson is a graduate of Cal ('86) and Dartmouth Medical School ('90). Prior to his residency training in Family Practice at UC Davis, he served as a flight surgeon for the U.S. Navy. Nelson also has a private practice at The Center for Sports Medicine in Walnut Creek.



Cindy Chang



Joshua Hatch



Marc Safran

BARRY PARSONS ATHLETIC TRAINER



Barry Parsons joined the Cal Athletic Department as associate athletic trainer in the fall of 2004, overseeing the sports medicine needs of the men's basketball team, as well as the men's and women's crew programs.

Parsons came to Cal after spending the past five years as an assistant athletic trainer at Wofford College in Spartanburg, S.C., where worked with the football and men's basketball teams. In addition, he fulfilled five training camp internships with the nearby Carolina Panthers of the NFL. As an undergraduate, Parsons served as a student trainer at Kansas State.

An Academic All-American as a wide receiver at Garden City Community College in Kansas, Parsons transferred to Kansas State, where he earned his bachelor's degree in kinesiology in 1999. He later earned his master's degree in education from Converse College in South Carolina.

CAL ATHLETIC HIGHLIGHTS

On the strength of an NCAA championship in women's crew and Top 5 finishes by men's gymnastics, women's golf and men's swimming, California placed 15th in the annual Directors' Cup standings for 2004-05 – the fifth time in the past six years the Golden Bears have finished in the Top 15.

In addition to women's crew, Cal placed fourth in men's swimming, and fifth in both women's golf and men's gymnastics. Other Top 10 standings came in softball (7th), women's swimming (8th), football (9th) and women's tennis (9th).

The Directors' Cup measures the best overall sports programs in the country and awards points based on final national standings in a maximum of 10 NCAA-sponsored sports for both men and women. Under those guidelines, Cal's national title in rugby and bronze medal in men's rowing – which do not compete under the NCAA umbrella – did not figure into the rankings.

Individually, 45 different athletes earned All-America honors in their respective sports, while women's crew coach Dave O'Neill was selected National Coach of the Year and O'Neill and men's crew coach Steve Gladstone was selected Pac-10 Coach of the Year.



2005 Women's Crew National Champions

NATIONAL TEAM CHAMPIONS

RUGBY

21st national title in program's history, 14th title in last 15 years

WOMEN'S CREW

First NCAA title in program's history

INDIVIDUAL NCAA CHAMPIONS

MEN'S GYMNASTICS

Graham Ackerman Floor Exercise

MEN'S SWIMMING

Duje Draganja 100 Butterfly, 100 Freestyle
Team 200 Free Relay, 200 Medley Relay, 400 Free Relay

CONFERENCE ATHLETE OF THE YEAR

Duje Draganja Men's Swimming
Valentina Godfrid Field Hockey

NATIONAL COACH OF THE YEAR

Dave O'Neill Women's Crew

CONFERENCE COACH OF THE YEAR

Steve Gladstone Men's Crew
Dave O'Neill Women's Crew

TOP 10 TEAM FINISHES

Rugby (National champions)
Women's Crew (NCAA champions)
Men's Crew (IRA Third)
Men's Swimming (NCAA Fourth)
Women's Golf (NCAA Fifth)
Men's Gymnastics (NCAA Fifth)
Softball (NCAA Sixth)
Men's Water Polo (Sixth)
Women's Water Polo (Sixth)
Women's Swimming (NCAA Eighth)
Football (Ninth)

OTHER POSTSEASON PARTICIPANTS

Men's Cross Country NCAA Regionals
Women's Cross Country NCAA Regional Individuals
Football Holiday Bowl
Men's Golf Individual NCAA Regional
Men's Soccer NCAA Second Round
Women's Soccer NCAA First Round
Men's Tennis NCAA First Round
Women's Tennis NCAA First Round
Men's Track & Field NCAA Nationals
Women's Track & Field NCAA Nationals
Volleyball NCAA Second Round



Graham Ackerman



Duje Draganja

CAL ATHLETIC EXCELLENCE

BASEBALL

- 33 All-America selections
- 1 National Freshman of the Year
- 9 NCAA regional appearances
- 2 College World Series championships (1947, '57)
- 5 College World Series appearances

MEN'S BASKETBALL

- 33 All-America selections
- 1 NCAA championship (1959)
- 1 NIT championship (1999)
- 13 NCAA Tournament appearances
- 3 Final Four appearances
- 5 National Invitation Tournaments
- 2 World Championship team members
- 6 Olympic team members
- 4 Pac-10 Players of the Year

WOMEN'S BASKETBALL

- 19 All-America selections
- 3 NCAA Tournament appearances (1990, '92-93)
- 3 AIAW Tournament appearances (1980-82)
- 4 Nat'l Women's Invitation Tournament appearances (1979, '81, '84, '87)

MEN'S CREW

- 14 national championships (1928, '32, '34-35, '39, '49, '60-61, '64, '76, '99-02)
- 54 Olympians since 1928
- 3 Olympic championships (1928, '32, '48)

WOMEN'S CREW

- 2 national championships (1980, 2005)
- 10 rowing Olympians

MEN'S CROSS COUNTRY

- 3 All-America selections
- 9 Individual NCAA appearances

WOMEN'S CROSS COUNTRY

- 10 All-America selections
- 2 NCAA appearances
- 19 Individual NCAA appearances

FIELD HOCKEY

- 11 All-America selections
- 8 NCAA Tournament appearances
- 3 AIAW championship appearances
- 3 Olympians

FOOTBALL

- 65 first team All-America selections
- 2 national championships (1920, '37)
- 15 bowl appearances (8 Rose Bowls)
- 21 National Foundation Hall of Fame members

MEN'S GOLF

- 4 All-America selections
- 1 NCAA championship (2004)
- 11 NCAA regional appearances
- 7 NCAA Tournament appearances

WOMEN'S GOLF

- 6 All-America selections
- 6 NCAA regional appearances
- 5 NCAA championship appearances
- 1 Individual NCAA champion

MEN'S GYMNASTICS

- 143 All-America selections
- 45 NCAA appearances
- 4 team NCAA championships (1968, '75, '97-98)
- 22 Individual NCAA champions
- 9 Olympians

WOMEN'S GYMNASTICS

- 3 All-America selections
- 12 NCAA appearances

WOMEN'S LACROSSE

- 1 conference championship

RUGBY

- 21 national championships (1980-83, '85-86, '88, '91-02, '04-05)
- 14 Olympians

MEN'S SOCCER

- 20 All-America selections
- 10 NCAA Tournament appearances

WOMEN'S SOCCER

- 23 All-America selections
- 12 NCAA Tournament appearances

SOFTBALL

- 1 NCAA championship (2002)
- 30 All-America selections
- 21 NCAA Tournament appearances
- 12 College World Series appearances
- 7 Olympians

MEN'S SWIMMING

- 359 All-America selections
- 2 NCAA team championships (1979, '80)
- 40 Individual NCAA champions
- 12 NCAA relay championships
- 17 World records
- 30 NCAA records
- 30 Olympic medallists

WOMEN'S SWIMMING

- 223 All-America selections
- 21 Individual NCAA champions
- 3 NCAA relay championships
- 20 Olympians
- 16 NCAA records
- 6 World records

MEN'S TENNIS

- 40 All-America selections
- 40 NCAA Tournament appearances
- 1 NCAA championship (1925)
- 2 NCAA singles championships (1925, '26)
- 9 NCAA doubles championships (1925, '26, '30, '35, '37, '39, '52, '90, '91)

WOMEN'S TENNIS

- 56 All-America selections
- 24 NCAA Tournament appearances
- 4 NCAA doubles championships (1998-00, '03)

MEN'S TRACK & FIELD

- 164 All-America selections
- 1 NCAA team championship (1922)
- 30 Individual NCAA champions
- 26 world records
- 12 Olympic medallists

WOMEN'S TRACK & FIELD

- 63 All-America selections
- 4 Individual NCAA champions
- 3 Olympians

VOLLEYBALL

- 6 All-America selections
- 8 NCAA Tournament appearances
- 1 NIVC Tournament appearance
- 1 AIAW Tournament appearance
- 2 Olympians

MEN'S WATER POLO

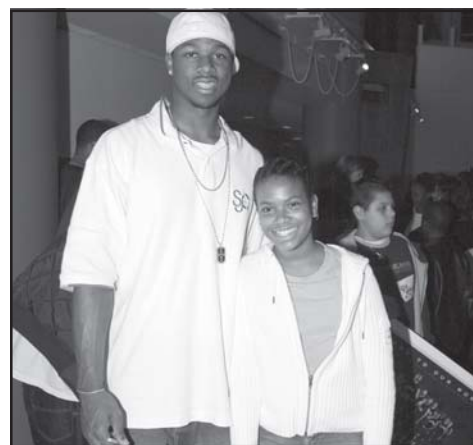
- 154 All-America selections
- 11 NCAA championships (1973-75, '77, '83-84, '87-88, '90-92)
- 17 Olympians

WOMEN'S WATER POLO

- 34 All-America selections
- 3 NCAA runner-up finishes (1996-98)
- 6 Olympians

COMMUNITY SERVICE

Community service is an important part of being a California Golden Bear, and one of the main components of the basketball team's effort to support those in need is the squad's annual December visit to Children's Hospital & Research Center at Oakland. Members of the Bears, seen from last year's trip to the facility near the Cal campus, helped brighten the spirits of children hospitalized during the holiday season.



BEN BRAUN'S HARDWOOD WARRIORS CLASSIC



MONDAY, JUNE 12, 2006
CLAREMONT COUNTRY CLUB

For more information, call (510) 642-0361

PACIFIC-10 CONFERENCE SCHEDULE

THURSDAY, DEC. 29

Arizona at Washington State
Arizona State at Washington
California at USC
Stanford at UCLA

SATURDAY, DEC. 31

Arizona at Washington
Arizona State at Washington
State
California at UCLA
Stanford at USC
Oregon State at Oregon

THURSDAY, JAN. 5

UCLA at Arizona
USC at Arizona State
Oregon at California
Oregon State at Stanford

SATURDAY, JAN. 7

USC at Arizona
UCLA at Arizona State
Oregon at Stanford
Oregon State at **California**
Washington State at Washington

THURSDAY, JAN. 12

Arizona at Oregon State
Arizona State at Oregon
Washington State at UCLA
Washington at USC

FRIDAY, JAN. 13

California at Stanford

SATURDAY, JAN. 14

Arizona at Oregon
Arizona State at Oregon State
Washington State at USC
Washington at UCLA

WEDNESDAY, JAN. 18

USC at UCLA

THURSDAY, JAN. 19

Stanford at Arizona
California at Arizona State
Oregon at Washington State
Oregon State at Washington

SATURDAY, JAN. 21

California at Arizona
Stanford at Arizona State
Oregon at Washington
Oregon State at Washington
State

WEDNESDAY, JAN. 25

Arizona at Arizona State

THURSDAY, JAN. 26

USC at Oregon State
UCLA at Oregon
Washington at **California**
Washington State at Stanford

SATURDAY, JAN. 28

USC at Oregon
UCLA at Oregon State
Washington State at **California**

SUNDAY, JAN. 29

Washington at Stanford

THURSDAY, FEB. 2

Arizona at USC
Arizona State at UCLA
California at Oregon State
Stanford at Oregon

SATURDAY, FEB. 4

Arizona at UCLA
Arizona State at USC
California at Oregon
Stanford at Oregon State
Washington at Washington State

THURSDAY, FEB. 9

Oregon at Arizona
Oregon State at Arizona State
USC at Washington
UCLA at Washington State
Stanford at **California**

SATURDAY, FEB. 11

Oregon State at Arizona
Oregon at Arizona State
USC at Washington State
UCLA at Washington

THURSDAY, FEB. 16

Arizona at **California**
Arizona State at Stanford
Washington at Oregon
Washington State at Oregon
State

SATURDAY, FEB. 18

Arizona State at **California**
Washington at Oregon State
Washington State at Oregon

SUNDAY FEB. 19

Arizona at Stanford
UCLA at USC

PACIFIC-10 CONFERENCE

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Walnut Creek, CA 94596
Phone: (925) 932-4411
Fax: (925) 932-4601

WWW.PAC-10.ORG



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Assistant Commissioner, Electronic Communications:

Duane Lindberg

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THURSDAY, FEB. 23

Oregon at USC
Oregon State at UCLA
California at Washington State
Stanford at Washington

SATURDAY, FEB. 25

Oregon State at USC
Stanford at Washington State
Arizona State at Arizona

SUNDAY, FEB. 26

Oregon at UCLA
California at Washington

THURSDAY, MARCH 2

Washington at Arizona State
Washington State at Arizona
USC at Stanford
UCLA at **California**

SATURDAY, MARCH 4

Washington State at Arizona
State
Washington at Arizona
USC at **California**
UCLA at Stanford
Oregon at Oregon State

MEDIA INFORMATION

The 2005-06 California Golden Bears Media Guide is designed to assist the media with their coverage of Cal basketball this season. Additional information, including media releases and photographs, may be obtained by contacting the Media Relations Office at (510) 642-5363 or at the Athletic Department's official website at CalBears.com.

MEDIA CREDENTIALS

Direct all requests for press, photo and parking credentials for California home games to Herb Benenson, Assistant Athletic Director, Media Relations, University of California Athletics, 349 Haas Pavilion, Berkeley, CA 94720 (Fax: 510-643-7778). Requests should be made in writing on company letterhead at least one week prior to the game. Requests for media covering a visiting team should be made through the opposing school's athletic media relations director. Credentials will be held at the media will call table the day of the game unless other arrangements are made. Professional teams wanting to scout games in Haas Pavilion may purchase tickets through the media relations office.

MEDIA WILL CALL

The media will call table is located on the east side of Haas Pavilion, just north of the main entrance. It opens 1 1/2 hours before tipoff and remains open through halftime. Identification is required to pick up credentials or tickets.

MEDIA PARKING

A limited number of media parking passes for lots near Haas Pavilion are available in advance from the media relations office. Requests should be made as far in advance as possible, and passes can be left at the media parking lot entrances.

DIRECTIONS TO HAAS PAVILION

Haas Pavilion is located on the Cal campus near the corner of Bancroft Way and Dana Street.

From San Francisco (first cross Bay Bridge), Interstate 80 and Interstate 880: take Highway 24 East. Exit at Claremont Avenue and turn left. Take another left at College Avenue and proceed north until it ends at Bancroft Way. Turn left on Bancroft, and Haas Pavilion is three blocks down on the right.

From Contra Costa County: take Highway 24 West toward San Francisco. Take the Berkeley exit (second exit after Caldecott Tunnel).

CAL ROAD ACCOMMODATIONS

EASTERN MICHIGAN

Ypsilanti Marriott
1275 S. Huron St.
Ypsilanti, MI 48197
Phone: 734-487-2000
Fax: 734-487-0773

KANSAS

Marriott Kansas City
200 W. 12th St.
Kansas City, MO 64105
Phone: 816-421-6800
Fax: 816-855-4418

USC/UCLA

Marriott Marina del Rey
4100 Admiralty Way
Marina Del Rey, CA 90292
Phone: 310-301-3000
Fax: 310-448-4870

ARIZONA STATE/ ARIZONA

Marriott Phoenix Airport
1101 N. 44th St.
Phoenix, AZ 85008
Phone: 602-273-7373
Fax: 602-273-7333

Marriott University Park
880 E. Second St.
Tucson, AZ 85719
Phone: 520-792-4100
Fax: 520-882-4100

OREGON STATE/ OREGON

Hilton Garden Inn
2500 SW Western Blvd.
Corvallis, OR 97333
Phone: 541-752-5000
Fax: 541-752-5001

OREGON STATE/ OREGON

Hilton Garden Inn
2500 SW Western Blvd.
Corvallis, OR 97333
Phone: 541-752-5000
Fax: 541-752-5001

Valley River Inn
1000 Valley River Way
Eugene, OR 97401
Phone: 541-687-0123
Fax: 541-687-0289

WASHINGTON STATE/ WASHINGTON

Best Western University Inn
1516 Pullman Road
Moscow, ID 83843
Phone: 208-882-0550
Fax: 208-883-3056

Marriott Seattle Waterfront
2100 Alaskan Way
Seattle, WA 98121
Phone: 206-443-5000
Fax: 206-256-1100

The ramp merges with Ashby Avenue, then follow Ashby to College Avenue. Turn right on College, then left on Bancroft Way. Haas Pavilion is three blocks down on the right.

MEDIA RELATIONS STAFF



Kevin Klintworth
Associate Athletic
Director -
Communications



Herb Benenson
Assistant Athletic
Director -
Media Relations



Scott Ball
Assistant
Media Relations
Director



Debbie Rosenfeld-Caparaz
Assistant Media
Relations Director



Christina Teller
Assistant Media
Relations
Director

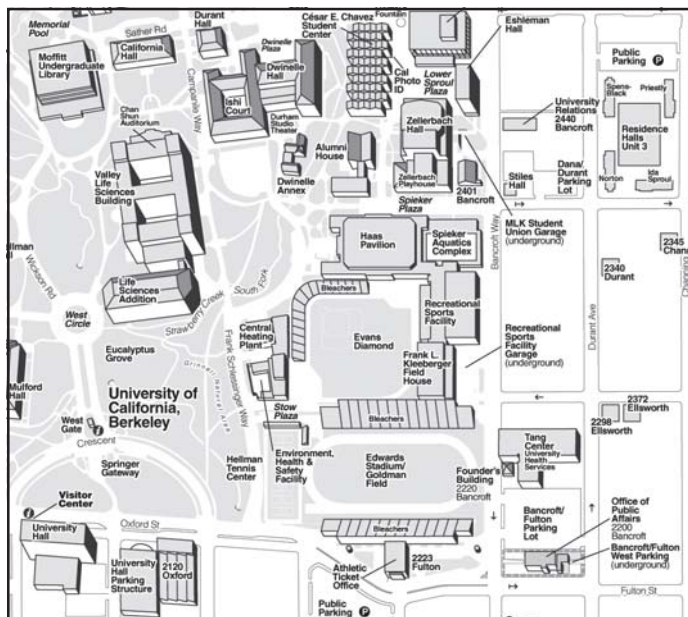


John Dunbar
Senior
Publications
Director



Evan Kerr
Publications
Coordinator

MEDIA INFORMATION



GAME DAY SERVICES

The Cal media relations office furnishes game programs, pregame notes and press guides prior to each game in the media work room. Play-by-play accounts, halftime and final statistics, shot charts and postgame coaches' quotes are provided, as well. Wireless Internet access and six collect or credit card phones are available in the media work room, and additional telephones for the press room or press row may be ordered by calling the media relations office at (510) 642-5363.

After a customary 10-minute cooling off period, Cal head coach Ben Braun and the opposing head coach, along with requested players, will address the media. The Cal locker room is closed following all games.

MEDIA RELATIONS OFFICE

The Cal media relations office is located on the third floor of Haas Pavilion in room 349, on the west side of the building. Access is available by the elevator in the northwest corner of the arena.

PLAYER/COACH INTERVIEWS

Players and coaches are generally available for interviews daily, except for game days and Sundays. Please request all interviews with a minimum of 24 hours notice through the media relations office at (510) 642-5363. Phone interviews with Cal players will be conducted on a call-back basis only, usually immediately before or after practice sessions.

VISITING RADIO PHONE LINES

One ISDN and three dial lines are provided for visiting radio use, and all calls must be collect or credit card. Contact Herb Benenson in the Cal media relations office for more information.

MEDIA LUNCHEONS

The Cal Media Relations Office hosts weekly media luncheons every Tuesday during the season in the Haas Grille Room at Haas Pavilion (second floor, southwest corner), although the team's schedule may dictate some changes. The luncheons include appearances by head coach Ben Braun and selected Cal players.

USEFUL PHONE NUMBERS

CAL MEDIA RELATIONS OFFICE (510) 642-5363
 Fax (510) 643-7778
 Press Row Phone (510) 642-3098
 Herb Benenson Office: (510) 642-0515
 benenson@berkeley.edu Cell: (510) 482-6475

LOCAL HOTELS

Berkeley Marina Doubletree (200 Marina Blvd.) .. (510) 548-7920
(Ask for special Golden Bear rate)
 Claremont Hotel (Ashby & Domingo) (510) 843-3000
 Courtyard Emeryville (5555 Shellmound St.) (510) 652-8777
 Hilton-Concord (1970 Diamond Blvd.) (925) 827-2000
 Hilton-Oakland Airport (1 Hegenberger) (510) 635-5000
 Holiday Inn-Emeryville (1800 Powell) (510) 658-9300
 Hotel Durant (2600 Durant Avenue) (510) 845-8981
 Lafayette Park Hotel (3287 Mt. Diablo Blvd.) (925) 283-3700
 Oakland Marriott (1001 Broadway) (510) 451-4000
 Sheraton Four Points (1603 Powell) (510) 547-7888
 Walnut Creek Marriott (2355 N. Main St.) (925) 934-2000
 Woodfin Suites Hotel (5800 Shellmound) (510) 601-5880

RESTAURANTS

Bay Grille at the Doubletree (200 Marina Blvd.) .. (510) 548-7920
 Baja Fresh (2237 Shattuck Ave.) (510) 548-4444
 Blake's on Telegraph (2367 Telegraph) (510) 848-0886
 Cancun Taqueria (2134 Allston Way) (510) 549-0964
 Central Park (344 20th St.) (510) 465-9904
 Compadres Mexican Grill (4239 Park Blvd.) (510) 482-3663
 Chez Panisse (1517 Shattuck) (510) 548-5529
 Compadres (4239 Park Blvd.) (510) 482-3663
 Crogan's (6101 LaSalle) (510) 339-2098
 Henry's in the Durant Hotel (2600 Durant) (510) 845-8981
 MoMo's (760 Second St., SF) (415) 227-8660
 Pyramid Alehouse (901 Gilman St.) (510) 528-9880
 West Coast Pizza (1706 University Ave.) (510) 841-9378

AIRLINES

Alaska (800) 426-0333
 America West (800) 235-9292
 American (800) 433-7300
 Continental (800) 525-0280
 Delta (800) 221-1212
 Jet Blue (800) 538-2583
 Southwest (800) 435-9792
 United (800) 241-6522

CALBEARS.COM

A wealth of information on Cal basketball is available on the Internet at CalBears.com. Press releases, statistics, game stories and audio/video links are updated on a daily basis. The website also provides live in-game statistics for all home games and many road games. In addition, the entire basketball media guide is posted, including player profiles, school records and team history.



MEDIA OUTLETS

NEWSPAPERS

ASSOCIATED PRESS

Greg Beacham (SE)
303 2nd Street, Suite 680 North
San Francisco, CA 94107
(415) 495-1708
Fax: 495-4967
www.ap.org

CONTRA COSTA TIMES

Tom Barnidge (SE)
Jonathan Okanes (beat)
P.O. Box 5088
Walnut Creek, CA 94596
(925) 943-8244
Fax: 930-6150
www.contracostatimes.com

DAILY CALIFORNIAN (STUDENT)

Sports Editor
Eshleman Hall
Berkeley, CA 94720
(510) 548-8300
Fax: 849-2803
www.dailycal.org

MARIN INDEPENDENT- JOURNAL

Dave Allen (SE)
150 Alameda del Prado
Novato, CA 94948
(415) 382-7298
Fax: 883-5458
www.marinij.com

MODESTO BEE

Brian Clark (SE)
P.O. Box 3928
Modesto, CA 95352
(800) 776-7871
Fax: (209) 578-2207
www.modbee.com

OAKLAND TRIBUNE

Jon Becker (SE)
Jeff Faraudo (beat)
4770 Willow Road
Pleasanton, CA 94588
(925) 416-4847
Fax: 416-4874
www.oaklandtribune.com

SACRAMENTO BEE

Bill Bradley (SE)
21st & Q Streets
Sacramento, CA 95816
(916) 441-4100
Fax: 321-1109
www.sacbee.com

SAN FRANCISCO CHRONICLE

Glenn Schwarz (SE)
Jake Curtis (beat)
901 Mission St.
San Francisco, CA 94103
(415) 777-7201
Fax: 543-3754
www.sfgate.com/chronicle

SAN JOSE MERCURY-NEWS

Craig Lancaster (SE)
750 Ridder Park Dr.
San Jose, CA 95131
(408) 920-5354
Fax: 920-5244
www.sjmercury.com

SANTA ROSA PRESS-DEMOCRAT

George Manes (SE)
P.O. Box 569
Santa Rosa, CA 95402
(707) 546-2020
Fax: 546-7538
www.pressdemocrat.com



Cal basketball is broadcast frequently during the season on local and network television.

MISCELLANEOUS

MEDIA RELATIONS OFFICE

University of California
349 Haas Pavilion
Berkeley, CA 94720
(510) 642-5363
Fax: 643-7778
www.CalBears.com

ATHLETIC TICKET OFFICE

University of California
2223 Fulton St.
Berkeley, CA 94720
800-GO-BEARS
(510) 64-BEARS

CAL BASKETBALL OFFICE

University of California
125 Haas Pavilion
Berkeley, CA 94720
(510) 642-0361
Fax: 642-6807

PACIFIC-10 CONFERENCE

Jim Muldoon, PR Director
Dave Hirsch, Asst. PR
800 S. Broadway, Suite 400
Walnut Creek, CA 94596
(925) 932-4411
Fax: 932-4601
www.pac-10.org

MEDIA OUTLETS

TELEVISION

KGO-TV (CHANNEL 7, ABC)

Eric Christensen (SP)
900 Front St.
San Francisco, CA 94111
(415) 954-7934
Fax: 956-6402
www.kgo.com

KNTV-TV (CHANNEL 11, NBC)

Rick Lambert (SP)
2450 N. First St.
San Jose, CA 95131
(408) 286-1111
Fax: 286-1530
www.kntv.com

KPIX-TV (CHANNEL 5, CBS)

Mike Harris (SP)
855 Battery St.
San Francisco, CA 94111
(415) 765-8776
Fax: 765-8973
www.kpix.com

KRON-TV (CHANNEL 4, IND)

Dave Guingona (SP)
1001 Van Ness
San Francisco, CA 94109
(415) 561-8983
Fax: 561-8136
www.kron.com

KTVU-TV (CHANNEL 2, FOX)

Pete Lupetti (SP)
No. 2, Jack London Square
Oakland, CA 94607
(510) 874-0254
Fax: 451-2610
www.bayinsider.com

COMCAST SPORTSNET

Mikel Minor (SP)
4450 E. Commerce Way
Sacramento, CA 95834
(916) 515-2773
Fax: 515-2770
www.comcastsportsnet.com

RADIO

KYCY RADIO (1550 AM) (FLAGSHIP)

Brian Thomas (PD)
500 Washington St., 2nd Floor
San Francisco, CA 94111
(415) 391-9330
www.kycy1550.com

KALX RADIO (90.7 FM) (STUDENT)

Sports Director
26 Barrows Hall #5650
Berkeley, CA 94720
(510) 642-1111
Fax: 642-9715
kalx.berkeley.edu

KNBR RADIO (680 AM)

Lee Hammer (SD)
55 Hawthorne St.
San Francisco, CA 94105
(415) 995-6808
Fax: 995-6835
www.knbr.com

KCBS RADIO (740 AM)

Hal Ramey (SD)
One Embarcadero Center
San Francisco, CA 94111
(415) 765-4062
Fax: 765-4080
www.kcbs.com

KGO RADIO (810 AM)

Sports Director
900 Front St.
San Francisco, CA 94111
(415) 954-8142
Fax: 954-8686
www.kgo.com

KNBR RADIO (1050 AM)

Lee Hammer (SD)
55 Hawthorne St.
San Francisco, CA 94105
(415) 864-1050
Fax: 995-6867
www.ktct.com

CAL PLAY-BY-PLAY

Roxy Bernstein
710 Darrell Rd.
Hillsborough, CA 94010
(310) 628-7699

BEARS ON TELEVISION

Comcast SportsNet begins a five-year agreement to televise Cal basketball games this season, with several Golden Bears contests to be shown during the 2005-06 season. In addition to men's basketball, Comcast SportsNet will air at least 12 Cal events each year of the contract.

In the San Francisco Bay Area, Comcast SportsNet is available on channel 400 for digital subscribers, channel 656 on DirecTV and channel 409 on the Dish Network. The network also airs on basic cable channel 34 throughout much of the central valley, including Sacramento, Davis, Stockton, Modesto and Fresno.

For a complete list of channels that broadcast Comcast SportsNet, visit www.comcastsportsnet.com.



BEARS ON RADIO

Cal basketball games are broadcast in the Bay Area on KYCY Radio (1550 AM) in San Francisco and KESP Radio (970 AM) in Modesto.

Coverage of the Bears begins 20 minutes before tipoff, and after each game, head coach Ben Braun will recap the action on the postgame report.

Roxy Bernstein is in his ninth season as the voice of the Bears. A Cal graduate, Bernstein began broadcasting Cal games during the 1996-97 season. In addition, he serves as a radio play-by-play announcer for the Florida Marlins baseball team. He has also been the sideline reporter for Golden Bear football games and called play-by-play for the NHL's San Jose Sharks, NHL Radio, baseball's San Francisco Giants, and the NFL on the Sports USA Network.



2005-06 TV/RADIO ROSTER



0

ROD BENSON

Forward/Center
6-10, 220, Sr, 3V
San Diego, CA/
Torrey Pines HS



1

AYINDE UBAKA

Guard
6-4, 200, Jr, 2V
Oakland, CA/
Oakland HS



2

OMAR WILKES

Guard
6-4, 185, So, RS
Los Angeles, CA/
Univ. of Kansas/Loyola HS



12

STEVE PANAWEK

Guard
6-6, 205, Jr, 2V
Moraga, CA/
Miramonte HS



14

ERIC VIERNEISEL

Forward
6-7, 205, So, 1V
Algonquin, IL/
Jacobs HS



15

RICHARD MIDGLEY

Guard
6-3, 195, Sr, 3V
Burgess Hill, England/
Modesto Christian HS (CA)



20

MARTIN SMITH

Guard
6-0, 175, Sr, 3V
Escondido, CA/
The Bishop's School



24

THEO ROBERTSON

Guard
6-5, 240, Fr, HS
Pittsburg, CA/
De La Salle HS



25

MARQUISE KATELY

Guard/Forward
6-5, 220, Jr, 2V
San Francisco, CA/
Riordan HS



31

ALEX PRIBBLE

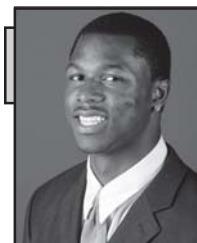
Guard
6-4, 215, Jr, 2V
Fairfax, CA/
Drake HS



33

JORDAN WILKES

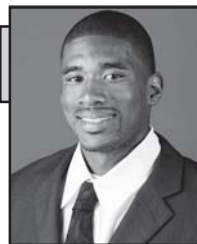
Center
6-11, 225, Fr, HS
Los Angeles, CA/
Loyola HS



35

DEVON HARDIN

Center
6-11, 235, So, 1V
Fremont, CA/
Newark Memorial HS



44

LEON POWE

Forward
6-8, 240, So, 1V
Oakland, CA/
Oakland Tech HS



Head Coach

BEN BRAUN
10th year at California
29th year overall

