



# CALIFORNIA

## 2010 Men's Crew



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## Bears to Defend Pac-10 Title at 2010 Pac-10 Championships

### 2010 Schedule

Date	Opponent	Time/V8+ Result
March 27-28	San Diego Classic	Wins Copley Cup
April 17-18	Stanford Invitational <sup>^</sup>	Swept All Races
April 24	Washington <sup>*^</sup>	UW wins
May 1	Stanford <sup>*^</sup>	Cal wins
May 16	Pac-10 Championships <sup>#</sup>	All Day
June 3-5	IRA Regatta	All Day

\*Pac-10 Conference Dual    ^at Redwood Shores  
 # at Lake Natoma

### Cal Head Coach Mike Teti

**Mike Teti**, formerly the head coach of the 2008 U.S. men's Olympic rowing team, begins his second season at Cal after he became the head coach in July 2008.

A longtime fixture on the national level, Teti served on the U.S. coaching staff at the World Championships and Olympic Games regularly since 1996. He coached the U.S. men's eight to nine world championship medals during that time period including four gold medals in 1997, 1998, 1999 and 2005.

Teti started his coaching career in 1982 at Temple University, leading his crews to six titles in seven years at the Dad Vail Regatta in Philadelphia.

### 2009 Season Recap

Under first-year head coach **Mike Teti**, Cal captured the Pac-10 team and varsity 8 championships on May 17 at Lake Natoma near Sacramento. Nearly three weeks later, the Bears returned to the course for the 107th IRA Regatta. This time, Cal's varsity 8 put in a strong effort and claimed second place behind Washington. The varsity 4 won the IRA crown, while the second varsity 8 took third and the freshman 8 finished fourth. **James Long-Lerno**, a transfer from Orange Coast College, was named Pac-10 Newcomer of the Year, while **Nareg Guregian**, **Nick Lucey**, **Jan Tize** and **Nikola Zunic** were voted All-Pac-10.

### This Week

The No. 2-ranked California men's crew heads to Lake Natoma this week for the 2010 Pac-10 Championships on Saturday, May 16, in Gold River, Calif. The Golden Bears have their sights set on successfully defending their Pac-10 crown from 2009. Races begin at 9:30 a.m. The Cal varsity 8+ has already had some success against Pac-10 foes this season, topping Stanford and Oregon State during the regular season. For more information please visit <http://jamcotimes.com/2010/pacten/index.htm>

### Cal Sweeps Stanford

California's then-second-ranked varsity 8+ defeated then-13th-ranked Stanford, 5:35.29-5:48.23, to lead a four-race sweep of the Cardinal and claim the Schwabacher Cup for the Bears last Saturday at Redwood Shores. Cal also won the second varsity 8+, 5:46.92-6:04.74, freshman 8+, 5:47.16-5:47.39, and freshman 4+ races, 6:39.82-6:53.73. The Cal and Stanford men wore aquamarine ribbons in support of Cal women's coxswain Jill Costello, who has been battling stage IV lung cancer since last June.

"It was a great event," Cal head coach Mike Teti said. "The whole day was really for Jill, in support of Jill. Everyone was pretty inspired by her. It really helped all our crews. I'm pleased with our performance. Everyone raced hard. We just need to keep working. I thought it was good. We made some improvements this week in all the boats, and that's the direction we want to go. We had a rough week last week, but guys are improving, and that's all we can ask for."

### Last Year At The Pac-10 Championships

California won the varsity 8+ Ky Ebright Challenge Cup in a photo finish over Stanford (5:41.9-5:42.2), with Washington third (5:44.1), to also win the team title in the last men's grand final of the day at the 2009 Pac-10 Rowing Championships at Lake Natoma. This marked Cal's first conference championship since winning back to back titles in 2005 and 2006, and Cal's first Pac-10 crown under head coach **Mike Teti**. The Bears earned 67 points to finish ahead of second-place Washington, which won the other three grand finals, but was third in the varsity 8+ to earn 64 points. Cal placed second in the second varsity 8+, varsity 4+ and novice 8+ races. Stanford was third overall with 52 points.

### A Look At Cal Historically in the Pac-10 Championships

With last season's championship - the first since 2006 - Cal has captured the team title in the Pac-10 Championships 15 times. The varsity 8+ boat won its first conference crown in 1899 and has won a total of 27 times, including six from 2000 on.

### In The Rankings

In this week's USRowing Collegiate poll, Cal remains at No. 2 in the country. There are three Pac-10 opponents also in the Top 20 poll (No. 1 Washington, No. 13 Stanford, No. 18 Oregon State).

### Next Week

Following the conference meet, Cal takes some time off as it prepares for the IRA Regatta from June 3-5 in Camden, N.J.