

A group of 18 young men, likely students, are posed in two rows against a solid blue background. They are dressed in business-casual attire, including white, light blue, and dark grey shirts, paired with various colored ties (yellow, blue, grey, and striped). The front row consists of nine men kneeling or sitting on the floor, while the back row has nine men standing. The lighting is even, highlighting their diverse ethnicities and professional presentation.

| | |
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| Name | Event | Ht. | Yr. | Exp. | Hometown (Previous School) |
|--------------------|------------|-----|-----|------|--|
| Tyler Block | AA | 5-6 | Sr. | 3V | Kensington, Calif./St. Mary's HS |
| Zach Boone | HB | 5-9 | Sr. | 1V | Denver, Colo./Boston College |
| Kyle Brady | SR, V | 5-6 | Sr. | 3V | Salinas, Calif./Palma HS |
| Sean Bryan | SR, PH, PB | 5-6 | Sr. | 3V | Cranford, N.J./Seaton Hall Prep |
| Kyle Bunthowong | AA | 5-6 | Fr. | HS | El Cerrito, Calif./El Cerrito HS |
| Kyson Bunthowong | AA | 5-6 | Jr. | 2V | El Cerrito, Calif./El Cerrito HS |
| Colin Christ | AA | 5-8 | Sr. | 3V | Palm Harbor, Fla./East Lake HS |
| Bryan Del Castillo | AA | 5-7 | So. | 1V | Laguna Niguel, Calif./Dana Hills HS |
| Michael Del Junco | AA | 5-6 | Fr. | HS | Santa Ana, Calif./Servite HS |
| Justin Franklin | AA | 5-9 | Jr. | HS | Vallejo, Calif./Benicia HS |
| Mark Freeman | AA | 5-3 | Sr. | 2V | Manchester, England/Manchester Institute Gym |
| Daniel Geri | AA | 5-4 | So. | 1V | Reseda, Calif./Reseda HS |
| Eric Haeussler | AA | 5-8 | Fr. | HS | Redwood City, Calif./St. Francis HS |
| Kyle Litow | SR | 5-4 | Sr. | 3V | Slate Hill, N.Y./Minisink Valley HS |
| Tim McNeill | AA | 5-6 | Sr. | 2V | Falls Church, Va./Home school |
| Aaron Moy | AA | 5-6 | Sr. | 2V | Albany, Calif./Albany HS |
| Evan Roth | AA | 5-6 | So. | 1V | North Woodmere, N.Y./Temple |
| Hiroki Yokoyama | AA | 5-8 | Sr. | 3V | San Diego, Calif./Torrey Pines HS |

| | |
|--------------------------|----------------|
| Colin Christ | Cryst |
| Bryan del Castillo | Brian |
| | del Castee-yo |
| Michael del Junco | Michael |
| | del Hun-co |
| Eric Haeussler | Eric House-ler |
| Barry Weiner | Barry Ween-er |

2008 California Men's Gymnastics Postseason Media Guide



April 15, 2008
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Men's Gymnastics

No. 4 Cal Travels to NCAA Tournament

Golden Bears seek first NCAA crown since 1998.

| | | | | |
|-------------------|------------------|---|------------------|--------|
| THIS WEEK: | Thurs., April 17 | at NCAA Tournament (Team and Individual Qualifying) | Stanford, Calif. | 7 p.m. |
| | Fri., April 18 | at NCAA Tournament (Team and All-Around Finals) | Stanford, Calif. | 7 p.m. |
| | Sat., April 19 | at NCAA Tournament (Event Finals) | Stanford, Calif. | 7 p.m. |

2008 Schedule/Results

7-4 overall

| | | |
|-------------|---------------------------|---------------------------|
| 1/18 | vs. Stanford | W, 347.25-346.75 |
| 1/26 | at Stanford Open | 2nd, 357.900 |
| 2/7-9 | at Winter Cup Challenge^ | Non-team scoring |
| 2/16 | at Ohio State | W, 355.200-351.00 |
| 2/2 | at Pacific Coast Classic& | 2nd, 354.400 |
| 3/8 | at Big Flip\$ | L, 356.150-355.650 |
| 3/15 | vs. Penn State | W, 360.400-351.300 |
| 4/5 | at MPSF Championships# | 3rd, 356.050 |
| 4/17-19 | NCAA Championships\$ | TBA |

^Winter Cup Challenge in Las Vegas
&Pacific Coast Challenge in Oakland, Calif.
\$Big Flip and NCAA Championships at Stanford
#MPSF Championships in Lincoln, Neb.
All home meets in **bold**

Cal Gymnasitcs Quick Facts

| | |
|------------------------------------|------------------------------------|
| Name | University of California |
| Location | Berkeley, Calif |
| Enrollment | 33,000 |
| Nickname | Golden Bears |
| Colors | Blue (282) & Gold (116) |
| Chancellor | Dr. Robert Birgeneau |
| Athletic Director | Sandy Barbour |
| Ex. Assoc. Athletic Director | Teresa Kuehn |
| Home Facility/Capacity | Haas Pavilion/11,892 |
| National Affiliation | NCAA Division I |
| Conference | Mountain Pacific Sports Federation |
| Head Coach | Barry Weiner/17th season |
| Alma Mater/Year | Temple/1970 |
| Record at Cal/Years | 234-77-1 (.752)/16 |
| Career Record/Years | Same |
| Assistant Coach | Aaron Floyd/3rd season |
| Alma Mater/Year | California/2003 |
| Gymnastics Office Phone | 510-642-9313 |
| Gymnastics Office Fax | 510-642-8339 |
| 2007 MPSF Finish | 3rd |
| 2007 NCAA National Finish | 7th |
| Letterman Returning/Lost | 13/2 |
| All-Americans Returning/Lost | 3/0 |
| Newcomers | 4 |



This Week in California Gymnastics

Cal will make the short trip down to Stanford, Calif., for the NCAA Championships from Thursday-Saturday, April 17-19. Thursday, the Golden Bears will attempt to qualify for the team championships, which will be held Friday. Senior **Tim McNeill**, the defending national champion on pommel horse and parallel bars, hopes to compete Saturday in the individual event finals. Cal was edged out of the team finals at last year's NAAs, but McNeill became the second-ever Golden Bear to win two men's gymnastics national titles in the same year – winning his first national championship on the parallel bars and repeating on pommel horse.

Cal's History in the NCAA Championships

California has a rich history in the NCAA Championships. The Bears have had 178 individual top-10 finishers since 1948, including 26 individual national champions. Cal has finished in the top five at NAAs 16 times since 1959, including four times this decade. The Bears boast four national championships – 1968, '75, '97 and '98. Cal has 24 individual national champions, nine with **Barry Weiner** as the head coach. His most recent national champion was crowned last year when **Tim McNeill** took top honors on pommel horse and parallel bars. Since their back-to-back NCAA titles in '97 and '98, the Bears' best finish in the NCAA Championships was third, which they accomplished in 2001 and 2002. The best team score Cal has earned in the Weiner era is 233.825, a total the Bears earned in the '97 championship year. Since 1996, Cal has qualified for the NCAA Championships every year except one (1999). The lowest the Bears have placed in the national championships under Weiner was a seventh-place finish in 2007.

Barry Weiner Named MPSF Co-Coach of the Year

In 2008, California head coach **Barry Weiner** earned his fifth Mountain Pacific Sports Federation Coach of the Year award. Weiner shared the honor with Oklahoma head coach Mark Williams. Weiner last won the award following the 2004 season. Largely credited with developing Cal's men's gymnastics program into one of the nation's finest, Weiner led the Golden Bears to national championships in 1997 and 1998. He has had a total of eight top-five national finishes, including a fifth-place showing in 2006, and 11 NCAA individual championships in his 16 seasons at Cal. The 9th-11th individual championships during Weiner's regime were **Tim McNeill**, who earned two NCAA titles on pommel horse and one on parallel bars.

In the Gym with Barry Weiner

"We need to have a pretty good day on Thursday and finish no worse than third in order to let it all hang out Friday. I think we need a good job from everybody on the team. Everybody needs to do a competent routine. Competing at Stanford is much better for us. We don't have to waste a day traveling and we get good training up until the meet. We're comfortable in Maples Pavilion – we've already competed there this year. Hopefully, we'll have a lot of guys in the individual finals Saturday. **Tim McNeill** is a three-time national champion and **Kyson Bunthuwong** is very good on high bar. **Colin Christ**, **Tyler Block** and **Kyson** are all good on parallel bars. We have a very good chance."

California Coaches

Barry Weiner

Head Coach, 17th Year at Cal

Barry Weiner led the Golden Bears to national championships in 1997 and 1998. He has had a total of eight Top 5 national finishes and 11 NCAA individual championships in his 16 seasons at Cal.

Was National Coach of the Year after leading the Bears to a perfect 17-0 regular season in 1997 and went the entire '98 season without a loss en route to its second-consecutive team championship, after which Weiner was named MPSF Coach of the Year for the third time (he won the award for the fourth time in 2004) and National Coach of the Year. Including the 16-1 overall record of 2004, Weiner's career record stands at an impressive 223-67-1 (.769) spanning over the last 16 years.

Weiner took the reins of the men's gymnastics program in 1992 after Cal's worst-ever 1-18 season in '91. Under his guidance, Cal rebounded to a 15-13 dual meet record, third in the conference and reaching the NCAA Regionals, where the team took seventh.

A native of Philadelphia, he earned a bachelor of science degree from Temple in 1970.

Aaron Floyd

Assistant Coach, 3rd Year at Cal

Aaron Floyd joined the Golden Bear coaching staff two years ago after spending four seasons, 1999-2003, as a student-athlete on the Cal gymnastics team. Floyd was the team captain his junior and senior seasons, and during his stint at Cal, he earned three Academic All-American honors.

National Team Rankings (Points)

1. Stanford (360.083)
2. Oklahoma (358.467)
3. Penn State (356.833)
- 4. California (356.250)**
5. Illinois (354.817)
6. Michigan (353.783)
7. Ohio State (348.417)
8. Minnesota (346.683)
9. Nebraska (345.550)
10. Iowa (343.917)
11. William & Mary (342.683)
12. Illinois-Chicago (341.217)
13. Temple (340.500)
14. Navy (338.933)
15. Air Force (335.900)
16. Army (332.417)
17. Springfield (331.250)
18. M.I.T. (321.667)
19. Arizona State (309.017)
20. Texas (297.867)

McNeill Honored as Nissem-Emery Award Finalist

Tim McNeill has been named one of the seven finalists for the Nissem-Emery Award. The winner of the award, which is annually presented to the nation's most outstanding senior male collegiate gymnast, will be announced prior to the 2008 NCAA Championships in Stanford, April 17-19. Looking to be the first Golden Bear to receive the "Heisman Trophy" of gymnastics, the Falls Church, Va., native is the 16th Cal gymnast to be listed as a finalist in the award's 43-year existence. McNeill, a three-time all-American, is this year's co-captain of the Bears for the second season and is currently tied for most individual NCAA titles in school history.

Recently in California Gymnastics

Cal took third place in the Mountain Pacific Sports Federation Championships on April 5. **Tim McNeill** won two events -- pommel horse and parallel bars. The Bears were in second after the first rotation (59.100), and despite taking second on pommel horse, they moved into third after the second rotation (115.350). McNeill won pommel with a 15.100, and **Kyson Bunthuwong** was second on the Cal squad with a 14.300. Cal tied for first on rings with Oklahoma in the third rotation to take the lead with a score of 191.600. **Kyle Brady** paced the Bears on rings (15.450), while McNeill was second on the team (15.350). McNeill helped Cal win parallel bars by taking the event with a 15.850. **Colin Christ** and **Tyler Block** were right behind him, scoring a 15.450 and a 15.400, respectively. Christ's score was good for second place among all gymnasts. After rotation four, Cal battled in second (238.550) and heading in to the last rotation, California was in the lead with a score of 300.300.

Golden Bears on the National Scene

The Bears are currently ranked fourth in the country. Cal's parallel bars team is tops in the country again this week with **Tim McNeill** holding down the No. 1 individual ranking spot. The pommel horse crew is fourth in the nation with McNeill occupying second and **Kyson Bunthuwong** tied for seventh place in the individual rankings, while Cal's rings and high bar teams are third and second, respectively. Cal was tabbed the No. 5 team in the country, according to the College Gymnastics Association's preseason poll.

The McNeill Report

Senior and three-time NCAA Champion **Tim McNeill** will be updating a blog this season. In his entries, McNeill gives updates regarding the happenings of the men's gymnastics team as the Bears progress through the season. To read McNeill's blog, go to the men's gymnastics page on CalBears.com

Former Cal Gymnast Caleb Kirk Wins Scholarship Award

Caleb Kirk, a four-year letter winner on the Cal gymnastics team, was awarded the Pac-10 Conference's Living the Dream Scholarship, it was announced Jan. 17. The award recognizes student-athletes who participated on their school's Student-Athlete Advisory Committee (SAAC) and also demonstrated leadership outside of athletics, and the winners receive \$5,000 for post-graduate study. Kirk helped lead the team to its highest event score at the 2007 NCAA Championships when he posted a 9.45 on rings, which equaled his career high.

Where Cal Ranks Nationally:

Team: No. 4

Floor: No. 9

Vault: No. 9

Pommel: No. 4

Parallel Bars: No. 1

Rings: No. 3

High Bar: No. 3

Individual National Rankings:

Kyle Brady:

No. 18 on rings

Kyson Bunthuwong:

No. 7 (t) on pommel

No. 2 on high bar

No. 3 on parallel bars

Tim McNeill:

No. 2 on pommel

No. 1 on parallel bars

Tyler Block:

No. 8 on rings

No. 4 on parallel bars

No. 17 on high bar

Colin Christ:

No. 3 on parallel bars

No. 21 (t) on high bar

2008 California Regular Season Meet Recaps

No. 1 Stanford vs. No. 5 Cal - January 18 - Berkeley - Haas Pavilion

| | |
|---|---|
|  |  |
| W | L |
| 347.250 | 346.750 |

Then-No. 5 Cal defeated No. 1 Stanford at home Jan. 18 in the Bears' first meet victory over the Cardinal since the 2005 season. The teams were tied going into the final two rotations and Cal's performance on parallel bars gave them the win, 347.25-346.75. Kyson Bunthuwong took first all-around at 88.45 and freshman Kyle Bunthuwong, in his collegiate debut, took second at 86.45. The Bears took first and second on pommel horse with Kyson Bunthuwong placing first (15.05) and Tim McNeill taking second (14.40). Cal put forth a stunning performance on parallel bars, taking places second through seventh. Stanford won floor, vault and high bar.

Stanford Open - January 26 - Stanford, Calif. - Burnham Pavilion

| | | |
|---|---|---|
|  |  |  |
| 1st | 2nd | 3rd |
| 361.350 | 357.900 | 333.850 |

No. 4 California took second at the Stanford Open on Jan. 26, finishing with 357.900 points behind first-place No. 3 Stanford (361.350) and ahead of Nebraska (333.850). The Bears excelled on pommel horse, taking the first event of the night with 58.200 points. Kyson Bunthuwong won pommel horse with a 14.800 with Tim McNeill and Colin Christ taking second and third, respectively. Tyler Block helped Cal to an event victory on still rings, notching a meet high and new personal-best 15.750. Tim McNeill led the Bears to a win on parallel bars with his first-place performance, scoring a career-high 15.750 on the event.

Winter Cup Challenge- January 18 - Las Vegas - Las Vegas Sports Center



Six Bears advanced to the final of the Winter Cup Challenge on Feb. 9 in Las Vegas, but none of the six received automatic selections to the U.S. Senior National Team based on their performances in the finals. Kyle Bunthuwong finished 24th in the all-around, Tim McNeill took third overall on pommel horse, and junior Kyson Bunthuwong fished fifth on the horizontal bar. Evan Roth put forth the best performance for the Bears on rings with a 29.350 (13th overall) after two days of competing. Colin Christ's best event was parallel bars, where he finished in 10th with a two-day score of 29.350. Tyler Block finished the competition with a 28.100 on rings (21st) and a 27.300 on horizontal bar (19th).

Pacific Coast Collegiate Classic - February 23 - Oakland, Calif. - Oakland Convention Center

| | | |
|---|---|---|
|  |  |  |
| 1st | 2nd | 3rd |
| 361.650 | 359.800 | 354.400 |
|  |  |  |
| 4th | 5th | 6th |
| 348.950 | 346.700 | 324.900 |

California took third place, finishing the night with 354.400 points behind meet champion No. 1 Stanford (361.650) and No. 3 Oklahoma (359.800). Cal won parallel bars and high bar behind performances from Tim McNeill, who won parallel bars with a 15.400, and Tyler Block, who finished second on horizontal bar. Three Bears finished in the top 10 on pommel horse with Tim McNeill leading the pack in fifth place (14.700). Kyson Bunthuwong placed seventh with a 14.550 and Colin Christ tied for ninth (14.100). Tyler Block notched Cal's highest score on still rings with a 15.250, which placed him 10th. Evan Roth (15.200) and Kyle Brady (15.000) were close behind him, taking 12th and 13th, respectively. Kyson Bunthuwong scored a 14.850 (14th) and Christ scored 14.800 (15th) on the event, as well. Oklahoma dominated vault, taking the top six spots. Aaron Moy had the best score of the night for the Bears on vault with a 15.300 (17th). Kyle Litow was Cal's highest finisher on floor with a 15.000, which was good for 10th place. Parallel bars were a highlight for the Bears with McNeill winning the event with a 15.400. Christ took second (14.950) while Block and freshman Kyle Bunthuwong tied for eighth, each scoring a 14.700. On high bar, Block was second overall with a 14.950 and Kyle Bunthuwong tied for third with a 14.850.

Cal vs. Ohio State - February 16 - Columbus, Ohio - St. John Arena

| | |
|---|---|
|  |  |
| W | L |
| 355.200 | 351.000 |

Cal earned its second dual-meet victory of the year with a 355.200-351.000 victory over No. 7 Ohio State on Feb. 16 at OSU's St. John Arena. Freshman Kyle Bunthuwong won the all-around with 88.250, which was 3.800 points ahead of the second-place finisher. The Bears won pommel horse, rings, parallel bars and high bar to win the meet. Rings were a highlight for the Bears with senior Tyler Block winning the event with a 15.150. Cal took four of the top six spots on parallel bars to help it win the event, 60.200-58.400. The best event of the night for California was horizontal bar, where five Golden Bears finished in the top six to give Cal the win, 59.700-56.100. Eric Haeussler won his first event of the 2008 campaign with a 15.550 while Kyle Bunthuwong finished in second (14.800).

No. 4 Cal vs. No. 1 Stanford - March 8 - Stanford, Calif. - Maples Pavilion

| | |
|---|---|
|  |  |
| W | L |
| 356.150 | 355.650 |

Cal beat No. 1 Stanford in four events — pommel horse, rings, parallel bars and high bar — but lost the Big Flip, 356.150 - 355.650, at Stanford. Tim McNeill won pommel horse with a 15.400, which was .400 better than his closest competitor. McNeill was Cal's top finisher on still rings, taking second with a career-high 15.000 and the Bears' collective effort gave them the win, 57.950-57.050. Parallel bars were the highlight of the night for the Bears, who overpowered Stanford thanks to first-place finishes by McNeill and Christ, each notching a 15.450. Kyson Bunthuwong competed in three events and won high bar with a career-best 15.100. Christ took third (14.800) and Block (14.700) was fourth to push the Bears over Stanford on the horizontal bar but it was not enough to take meet.

No. 2 Penn State vs. No. 4 Cal - March 15 - Berkeley - Haas Pavilion

| | |
|---|---|
|  |  |
| W | L |
| 360.400 | 351.300 |

No. 4 Cal upset No. 2 Penn State, 360.400-351.300, March 15. Kyson Bunthuwong won all-around with a 90.200. Cal won pommel horse, rings, parallel bars and horizontal bar to clinch the win. The Bears took pommel horse thanks to first and second-place performances by Kyson Bunthuwong (15.100) and McNeill (14.850), respectively. The Bears performed well on still rings, taking the event, 60.900-58.750, with Tyler Block winning the event with a 15.450. Cal held a 240.850-238.550 lead going into the final two rotations and extended that lead with a strong performance on parallel bars, taking the top five places and Kyson Bunthuwong won the event with a 15.650 while Kyle Brady, Colin Christ and Tim McNeill tied for second, each scoring a 15.00. The Bears dominated horizontal bar, winning the event, 58.900-53.950, to clinch the victory.

Mountain Pacific Sports Federation

MPSF Championships - April 5 - Lincoln, Neb. - Devaney Sports Center

| | | |
|---|---|---|
|  |  |  |
| 1st | 2nd | 3rd |
| 359.150 | 357.200 | 356.050 |
|  |  | |
| 4th | 5th | |
| 337.750 | 328.500 | |

Cal took third place in the Mountain Pacific Sports Federation Championships on April 5. Tim McNeill won two events -- pommel horse and parallel bars. No. 2 Oklahoma captured the team title for the fourth consecutive year with a score of 359.150. No. 1 Stanford finished second with a score of 357.200, while No. 4 California came in third (356.050). No. 9 Nebraska took fourth (337.750), and No. 15 Air Force placed fifth (328.500). The Bears were in second after the first rotation (59.100) and despite taking second on pommel horse, they moved into third after the second rotation (115.350). McNeill won pommel with a 15.100, and Kyson Bunthuwong was second on the Cal squad with a 14.300. Cal tied for first on rings with Oklahoma in the third rotation to take the lead with a score of 191.600. Kyle Brady paced the Bears on rings (15.450) while McNeill was second on the team (15.350). McNeill helped Cal win parallel bars by taking the event with a 15.850. Colin Christ and Tyler Block were right behind him, scoring a 15.450 and a 15.400, respectively. Christ's score was good for second place among all gymnasts. After rotation four, Cal battled in second (238.550) and heading in to the last rotation, California was in the lead with a score of 300.300. The Bears took third on high bars thanks to a first-place finish by Kyson Bunthuwong with a 14.650.

Top Finishers at the MPSF Championships

Floor Exercise

1. David Sender, Stanford 15.80
- Steven Legendre, Oklahoma 15.80
3. Josh Dixon, Stanford 15.60

Still Rings

1. Jonathan Horton, Oklahoma 16.00
2. Bryant Hadden, Stanford 15.70
3. Tim Gentry, Stanford 15.55

Parallel Bars

1. **Tim McNeill, California 15.80**
2. **Colin Christ, California 15.45**
3. T.J. Schmidt, Nebraska 15.40
- Bryant Hadden, Stanford 15.40

Pommel Horse

1. **Tim McNeill, California 15.10**
2. Jason Laughton, Oklahoma 14.45
3. Kyson Bunthuwong, California 14.30

Vault

1. David Sender, Stanford 16.40
2. Chris Brooks, Oklahoma 16.15
3. Steven Legendre, Oklahoma 16.10

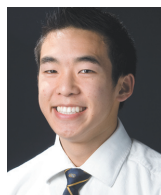
High Bar

1. **Kyson Bunthuwong, California 14.65**
2. Josh Dixon, Stanford 14.45
3. David Sender, Stanford 14.40

Barry Weiner Named MPSF Co-Coach of the Year



California head coach Barry Weiner earned his fifth Mountain Pacific Sports Federation Coach of the Year award. Weiner shared the honor with Oklahoma head coach Mark Williams. Weiner last won the award following the 2004 season. Largely credited with developing Cal's men's gymnastics program into one of the nation's finest, Weiner led the Golden Bears to national championships in 1997 and 1998. He has had a total of eight top five national finishes, including a fifth-place showing in 2006, and 11 NCAA individual championships in his 16 seasons at Cal. The ninth-eleventh individual championships during Weiner's regime were Tim McNeill, who earned two NCAA titles on pommel horse and one on parallel bars.



Kyson Bunthuwong
Jan. 21

Kyson Bunthuwong won the all-around with an 88.45 on Jan. 18, to help Cal to a win over rival and top-ranked Stanford, which was Cal's first meet victory over the Cardinal since 2005. The El Cerrito, Calif., native, who is an All-American, won the pommel horse (15.05), tied for first on high bar (14.90), placed fourth on vault (15.45) and took fifth on rings (14.25) and floor (13.85) at the meet. With Stanford and Cal tied going into the final two rotations, Bunthuwong's tie for first on high bar kept the Bears in contention for their eventual meet win.



Kyle Bunthuwong
Feb. 18

Kyle Bunthuwong won the all-around (88.250) to help Cal drop No. 7 Ohio State on Feb. 16. Bunthuwong set new personal bests on pommel horse (13.950), vault (15.800), parallel bars (14.650) and high bar (14.800). He paced the Golden Bears on floor with a 15.050, which was good for third place. Bunthuwong took fifth on pommel horse (13.950), but it helped Cal edge Ohio State on the event. He took second on high bar, which helped Cal win the event. Bunthuwong also took second place on vault with a 15.800, which was the best score on vault by California.



Tim McNeill
March 10

In the heartbreaking 356.150-355.650 loss to top-ranked Stanford on March 8, Tim McNeill won parallel bars (15.450) and pommel horse (15.400). The Falls Church, Va., native competed on rings for only the second time this season and notched a new career high of 15.000 to take second place overall. McNeill set a new personal record of 15.700 on vault, which was second on Cal's team that night. The three-time national champion's performance on pommel horse, parallel bars and rings helped Cal edge the Cardinal on those events.

2008 California Team Results

Regular Season Record: 7-4

Overall Record 9-6

MPSF Championships: Third

| Date | Cal Score | Opponent | Opponent Score | W/L | Cal Record |
|-------------|-----------|--------------------------|------------------|-----|------------|
| Jan. 19 | 347.250 | STANFORD | 346.75 | W | 1-0 |
| Jan. 26 | 357.900 | at Stanford Open | | | |
| | | Stanford | 361.350 | L | 1-1 |
| | | Nebraska | 333.850 | W | 2-1 |
| Feb. 7-9 | | at Winter Cup Challenge | Non-team scoring | | |
| Feb. 16 | 355.200 | at Ohio State | 351.000 | W | 3-1 |
| Feb. 23 | 354.400 | at Pacific Coast Classic | | | |
| | | Stanford | 361.650 | L | 3-2 |
| | | Oklahoma | 359.800 | L | 3-3 |
| | | Michigan | 348.950 | W | 4-3 |
| | | Illinois | 346.700 | W | 5-3 |
| | | Air Force | 324.900 | W | 6-3 |
| March 8 | 355.650 | at Stanford | 356.150 | L | 6-4 |
| March 15 | 360.400 | PENN STATE | 351.300 | W | 7-4 |
| April 5 | 356.050 | at MPSF Championships | | | |
| | | Oklahoma | 359.150 | L | 7-5 |
| | | Stanford | 357.200 | L | 7-6 |
| | | Nebraska | 337.750 | W | 8-6 |
| | | Air Force | 328.500 | W | 9-6 |
| April 17-19 | | at NCAA Championships | | | |

2008 California Season Statistics

| Opponent | 2008 Event-by-Event Team Score | | | | | | |
|-----------------------|--------------------------------|--------|--------|--------|--------|--------|---------|
| | Floor | Horse | Rings | Vault | P-Bars | H-Bar | A-A |
| STANFORD | 55.450 | 57.050 | 57.600 | 61.050 | 59.150 | 56.950 | 347.250 |
| Stanford Open | 59.750 | 58.200 | 59.500 | 60.650 | 61.600 | 58.200 | 357.900 |
| Winter Cup Challenge | | | | | | | |
| Ohio State | 57.000 | 57.300 | 58.950 | 62.050 | 60.200 | 59.700 | 355.200 |
| Pacific Coast Classic | 58.500 | 56.950 | 60.300 | 59.950 | 59.750 | 58.950 | 354.400 |
| Stanford | 58.350 | 56.700 | 57.950 | 62.350 | 61.400 | 58.900 | 355.650 |
| PENN STATE | 58.850 | 58.050 | 60.900 | 63.050 | 60.650 | 58.900 | 360.400 |
| MPSF Championships | 59.100 | 56.250 | 60.700 | 62.500 | 61.750 | 55.750 | 356.050 |
| NCAA Championships | | | | | | | |
| Season Team Best | 59.750 | 58.200 | 60.900 | 63.050 | 61.750 | 59.700 | 360.400 |

2008 Team Best by Event

| Event Team | Individual |
|---------------------|---------------------------|
| Floor 59.750 (1/26) | 15.150 (McNeill – 3/15) |
| Horse 58.200 (1/26) | 15.750 (McNeill – 2/16) |
| Rings 60.900 (3/15) | 15.750 (Block – 1/26) |
| Vault 63.050 (3/15) | 15.850 (Moy – 3/8) |
| P Bars 61.750 (4/5) | 15.850 (McNeill – 4/5) |
| H Bar 59.700 (2/16) | 15.500 (Hauessler – 1/26) |

2008 Individual Best by Event

| Gymnast | Floor | Horse | Rings | Vault | P-Bars | H-Bar |
|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Tyler Block | — | — | 15.750 (1/26) | — | 15.400 (4/5) | 14.950 (2/23) |
| Kyle Brady | — | — | 15.450 (4/5) | 14.950 (2/16) | 15.050 (4/5) | — |
| Sean Bryan | — | 12.550 (3/8) | 13.200 (3/8) | 15.150 (2/16) | 13.350 (2/16) | — |
| Kyle Bunthuwong | 15.150 (1/26) | 13.950 (2/16) | 14.000 (1/18) | 15.800 (2/16) | 14.700 (2/23) | 14.850 (2/23) |
| Kyson Bunthuwong | 15.100 (1/26) | 15.100 (3/15) | 14.850 (2/23) | 15.600 (3/15) | 15.350 (2/16) | 15.150 (1/26) |
| Bryan del Castillo | 13.200 (1/16) | — | — | 14.400 (1/16) | — | — |
| Colin Christ | — | 14.500 (1/26) | 14.650 (4/5) | — | 15.450 (1/26) | 14.650 (2/16) |
| Justin Franklin | — | 14.450 (3/15) | — | 13.650 (2/16) | — | — |
| Daniel Geri | — | 14.150 (1/18) | — | — | — | — |
| Eric Hauessler | 14.700 (2/23) | — | — | 15.650 (3/15) | — | 15.500 (1/26) |
| Kyle Litow | 15.000 (2/23) | — | — | — | — | — |
| Tim McNeill | 15.150 (3/15) | 15.750 (2/16) | 15.350 (4/5) | 15.700 (3/8) | 15.850 (4/5) | 14.500 (2/23) |
| Aaron Moy | 14.850 (1/26) | — | — | 15.850 (3/8) | — | — |
| Evan Roth | 14.350 (1/26) | — | 15.200 (2/23) | 15.700 (2/9) | — | — |
| Hiroki Yokoyama | — | — | 14.150 (1/28) | — | — | — |

Event-by-Event Individual Scores

TYLER BLOCK

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|-------|----|---------------|-------|---------------|---------------|
| Stanford | — | — | 14.900 | — | 15.000 | 14.550 |
| At Stanford Open | — | — | 15.750 | — | 15.250 | 14.750 |
| At Winter Cup (Pre) | — | — | 14.650 | — | 14.500 | 13.150 |
| At Winter Cup (Final) | — | — | 13.450 | — | 13.800 | 14.150 |
| Ohio State | — | — | 15.150 | — | 13.900 | 14.700 |
| At Pacific Coast | — | — | 15.250 | — | 14.700 | 14.950 |
| At Stanford | — | — | 14.200 | — | 15.150 | 14.700 |
| Penn State | — | — | 15.450 | — | 14.900 | 14.650 |
| MPSF Championships | — | — | 15.250 | — | 15.400 | 13.500 |
| Season Best | — | — | 15.750 | — | 15.400 | 14.950 |
| Career Best | — | — | 15.750 | — | 15.400 | 14.950 |

KYLE BRADY

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|-------|----|---------------|---------------|---------------|----|
| Stanford | — | — | 14.450 | — | 14.300 | — |
| At Stanford Open | — | — | 14.750 | — | 14.450 | — |
| Ohio State | — | — | 14.700 | 14.950 | — | — |
| At Pacific Coast | — | — | 15.000 | — | — | — |
| At Stanford | — | — | 13.200 | — | 13.950 | — |
| Penn State | — | — | 15.150 | — | 15.000 | — |
| MPSF Championships | — | — | 15.450 | — | 15.050 | — |
| Season Best | — | — | 15.450 | 14.950 | 15.050 | — |
| Career Best | — | — | 15.450 | 14.950 | 15.050 | — |

SEAN BRYAN

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|-------|---------------|---------------|---------------|---------------|----|
| Ohio State | — | — | — | 15.150 | 13.350 | — |
| At Stanford | — | 12.550 | 13.200 | — | — | — |
| Season Best | — | 12.550 | 13.200 | 15.150 | 13.350 | — |
| Career Best | — | 12.550 | 13.200 | 15.150 | 13.350 | — |

KYLE BUNTHUWONG

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Stanford | 14.900 | 13.200 | 14.000 | 15.500 | 14.550 | 14.300 |
| At Stanford Open | 15.150 | 13.050 | — | 15.350 | 14.450 | 12.300 |
| At Winter Cup (Pre) | 14.600 | 13.350 | 12.600 | 15.550 | 14.450 | 13.450 |
| At Winter Cup (Final) | 14.000 | 13.300 | — | — | 12.550 | 13.650 |
| Ohio State | 15.050 | 13.950 | 14.000 | 15.800 | 14.650 | 14.800 |
| At Pacific Coast | 14.400 | 13.600 | — | — | 14.700 | 14.850 |
| Penn State | 14.550 | 13.350 | — | 15.400 | 14.550 | 14.550 |
| MPSF Championships | 14.850 | 13.850 | — | 15.600 | 14.450 | 13.750 |
| Season Best | 15.150 | 13.950 | 14.000 | 15.800 | 14.700 | 14.850 |
| Career Best | 15.150 | 13.950 | 14.000 | 15.800 | 14.700 | 14.850 |

KYSON BUNTHUWONG

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Stanford | 13.850 | 15.050 | 14.250 | 15.450 | 14.950 | 14.900 |
| At Stanford Open | 15.100 | 14.800 | 13.850 | 15.150 | 15.150 | 15.150 |
| At Winter Cup (Pre) | — | 13.950 | 14.300 | — | 13.900 | 14.850 |
| At Winter Cup (Final) | — | 14.300 | 14.100 | — | 12.850 | 14.350 |
| Ohio State | 14.350 | 13.550 | 14.250 | — | 15.350 | 14.600 |
| At Pacific Coast | 14.400 | 14.550 | 14.850 | 14.650 | — | — |
| At Stanford | — | 13.600 | — | — | 15.350 | 15.100 |
| Penn State | 14.400 | 15.100 | 14.350 | 15.600 | 15.650 | 15.100 |
| MPSF Championships | 14.750 | 14.300 | 14.500 | — | — | 14.650 |
| Season Best | 15.100 | 15.100 | 14.850 | 15.600 | 15.350 | 15.150 |
| Career Best | 15.100 | 15.100 | 14.850 | 15.600 | 15.350 | 15.150 |

BRYAN DEL CASTILLO

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|---------------|----|----|---------------|--------|----|
| Stanford | 13.200 | — | — | 14.400 | — | — |
| Season Best | 13.200 | — | — | 14.400 | — | — |
| Career Best | 13.200 | — | — | 14.400 | — | — |

COLIN CHRIST

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|-------|---------------|---------------|-------|---------------|---------------|
| Stanford | — | 13.450 | 13.900 | — | 14.650 | 13.200 |
| At Stanford Open | — | 14.500 | 14.450 | — | 15.450 | 11.900 |
| At Winter Cup (Pre) | — | 13.550 | 13.950 | — | 14.550 | 13.750 |
| At Winter Cup (Final) | — | 13.900 | 13.750 | — | 14.800 | 13.050 |
| Ohio State | — | 13.900 | 14.200 | — | 14.600 | 14.650 |
| At Pacific Coast | — | 14.100 | — | — | 15.450 | 14.800 |
| At Stanford | — | 13.550 | 13.750 | — | 15.450 | 14.800 |
| Penn State | — | 13.950 | 14.450 | — | 15.000 | 14.600 |
| MPSF Championships | — | 12.400 | 14.650 | — | 15.450 | 13.650 |
| Season Best | — | 14.500 | 14.650 | — | 15.450 | 14.650 |
| Career Best | — | 14.500 | 14.650 | — | 15.450 | 14.650 |

JUSTIN FRANKLIN

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|------------------|-------|--------|----|-------|--------|----|
| Stanford | — | 13.400 | — | — | — | — |
| At Stanford Open | — | 10.700 | — | — | — | — |

| | | | | | | |
|--------------------|---|---------------|---|---------------|---|---|
| Ohio State | — | 13.500 | — | 13.650 | — | — |
| Penn State | — | 14.150 | — | — | — | — |
| MPSF Championships | — | 12.450 | — | — | — | — |
| Season Best | — | 14.150 | — | 13.650 | — | — |
| Career Best | — | 14.150 | — | 13.650 | — | — |

DANIEL GERI

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|-------|---------------|----|-------|---------------|---------------|
| Stanford | — | 14.150 | — | — | — | — |
| At Stanford Open | — | 14.200 | — | — | — | — |
| Ohio State | — | 13.700 | — | — | — | — |
| At Stanford | — | 13.950 | — | — | 14.050 | 12.600 |
| Penn State | — | 12.500 | — | — | — | — |
| MPSF Championships | — | 13.000 | — | — | 14.100 | — |
| Season Best | — | 14.200 | — | — | 14.100 | 12.600 |
| Career Best | — | 14.200 | — | — | 14.100 | 12.600 |

ERIC HAUSSLER

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|---------------|----|----|---------------|--------|---------------|
| Stanford | 13.500 | — | — | — | — | 12.850 |
| At Stanford Open | 14.650 | — | — | — | — | 14.000 |
| Ohio State | 14.200 | — | — | — | — | 15.550 |
| At Pacific Coast | 14.700 | — | — | 15.150 | — | — |
| At Stanford | 14.050 | — | — | 15.500 | — | 14.300 |
| Penn State | 13.700 | — | — | 15.650 | — | 13.100 |
| MPSF Championships | 14.000 | — | — | 15.550 | — | 12.650 |
| Season Best | 14.700 | — | — | 15.650 | — | 15.550 |
| Career Best | 14.700 | — | — | 15.650 | — | 15.550 |

KYLE LITOW

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|---------------|----|----|-------|--------|----|
| Ohio State | 13.400 | — | — | — | — | — |
| At Pacific Coast | 15.000 | — | — | — | — | — |
| At Stanford | 14.950 | — | — | — | — | — |
| Penn State | 14.050 | — | — | — | — | — |
| MPSF Championships | 14.800 | — | — | — | — | — |
| Season Best | 15.000 | — | — | — | — | — |
| Career Best | 15.000 | — | — | — | — | — |

TIM MCNEILL

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Stanford | — | 14.400 | — | — | 14.550 | — |
| At Stanford Open | — | 14.700 | — | — | 15.750 | 14.300 |
| At Winter Cup (Pre) | — | 15.050 | — | — | 15.000 | 13.200 |
| At Winter Cup (Final) | — | 14.350 | — | — | 14.150 | — |
| Ohio State | — | 15.750 | 14.850 | 15.500 | 15.600 | 10.900 |
| At Pacific Coast | — | 14.700 | — | 14.850 | 15.400 | 14.500 |
| At Stanford | — | 15.400 | 15.000 | 15.700 | 14.450 | 13.350 |
| Penn State | 15.150 | 14.850 | 15.100 | 15.850 | 15.000 | 12.350 |
| MPSF Championships | 14.100 | 15.100 | 15.350 | 15.600 | 15.850 | 2.550 |
| Season Best | 15.150 | 15.750 | 15.350 | 15.700 | 15.850 | 14.500 |
| Career Best | 15.150 | 15.750 | 15.350 | 15.700 | 15.850 | 14.500 |

AARON MOY

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|---------------|----|----|---------------|--------|----|
| Stanford | 12.150 | — | — | 15.350 | — | — |
| At Stanford Open | 14.850 | — | — | 15.100 | — | — |
| Ohio State | 12.450 | — | — | 15.600 | — | — |
| At Pacific Coast | — | — | — | 15.300 | — | — |
| At Stanford | 14.500 | — | — | 15.850 | — | — |
| Penn State | 14.750 | — | — | 15.950 | — | — |
| MPSF Championships | 14.700 | — | — | 15.300 | — | — |
| Season Best | 14.850 | — | — | 15.950 | — | — |
| Career Best | 14.850 | — | — | 15.950 | — | — |

EVAN ROTH

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|-----------------------|---------------|----|---------------|---------------|--------|----|
| Stanford | 13.200 | — | 13.200 | 14.750 | — | — |
| At Stanford Open | 14.350 | — | 14.550 | 15.050 | — | — |
| At Winter Cup (Pre) | 13.750 | — | 14.600 | 15.700 | — | — |
| At Winter Cup (Final) | 13.500 | — | 14.750 | — | — | — |
| At Pacific Coast | — | — | 15.200 | — | — | — |
| At Stanford | 14.850 | — | 14.150 | 15.300 | — | — |
| Penn State | — | — | 15.200 | 15.150 | — | — |
| MPSF Championships | — | — | 13.800 | — | — | — |
| Season Best | 14.850 | — | 15.200 | 15.700 | — | — |
| Career Best | 14.850 | — | 15.200 | 15.700 | — | — |

HIROKI YOKOYAMA

| OPPONENT | FLOOR | PH | SR | VAULT | P-BARS | HB |
|--------------------|-------|----|---------------|-------|--------|----|
| At Stanford Open | — | — | 14.150 | — | — | — |
| Season Best | — | — | 14.150 | — | — | — |
| Career Best | — | — | 14.150 | — | — | — |

California NCAA Top 10 Finishes

| Year | Individual | Event | Finish | Year | Individual | Event | Finish | Year | Individual | Event | Finish |
|------|-------------------------|--------------------|-------------|------|------------------------|-----------------|-------------|------|------------------------|----------------------|------------|
| 1948 | Charlie Thompson | Tumbling | 1st | 1969 | Dan Bowles | Vault | T1st | 2001 | Tal Moscovitz | All-Around | 8th |
| | Charles Lucchesi | Trampoline | 3rd | | Eric Courchesne | Still Rings | 7th | | Michael Ashe | Pommel | 5th |
| | | Tumbling | 4th | 1971 | George Greenfield | Floor | 4th | | | High Bar | 1st |
| 1949 | Charlie Thompson | Tumbling | 1st | | Barney Peters | Rings | 4th | | | Pommel | 4th |
| | Charles Lucchesi | Trampoline | 3rd | | Minoru Morisaki | Floor | 4th | | | All-Around | 8th |
| | | Tumbling | 5th | 1974 | George Greenfield | All-Around | 8th | | Tal Moscovitz | Floor | 8th |
| | Robert Anderson | All-Around | 4th | | Mark Lundy | Still Rings | 6th | | Cody Moore | All-Around | 3rd |
| 1951 | Paul Goodale | High Bar | 2nd | | Steve Posner | Floor | 6th | | | Floor | 9th |
| 1956 | Ben Plat | Rope Climb | 8th | 1975 | Tom Beach | Vault | 1st | | | Parallel Bars | 8th |
| | Dave Seed | Tumbling | 3rd | | Tom Weeden | High Bar | 2nd | | | High Bar | 8th |
| | | Trampoline | 8th | | | All-Around | 6th | | David Lloyd Eaton | Pommel | 6th |
| | William Morley | Trampoline | 7th | | Mark Adams | Pommel | 4th | | | High Bar | 9th |
| 1959 | Art Shurlock | Pommel | 1st | | Mark Lundy | Rings | 5th | 2002 | Cody Moore | Parallel Bars | 1st |
| | Don Potter | Pommel | 3rd | 1976 | Tom Beach | High Bar | 1st | | | Pommel | 2nd |
| | William Iamben | Pommel | 9th | | | All-Around | T2nd | | Graham Ackerman | Parallel Bars | 6th |
| | Mario DeLaua | Rope Climb | 2nd | | Tom Weeden | All-Around | 7th | | David Eaton | Pommel | 6th |
| | Ken Ponder | Rope Climb | 4th | 1979 | Michael Ares | Vault | 10th | | Jinjing Zhang | Pommel | 8th |
| | Roy Davis | Rope Climb | 9th | 1980 | Tom Kratky | Vault | 8th | | Jinjing Zhang | All-Around | 2nd |
| | Mike Robbins | Floor | 7th | 1981 | Mike Bergman | Pommel | T1st | 2003 | Graham Ackerman | Floor | 2nd |
| | | Flying Rings | 8th | | Randy Wickstrom | Vault | 3rd | | David Eaton | Vault | 9th |
| | Art Shurlock | Flying Rings | 6th | 1982 | Randy Wickstrom | Vault | 1st | 2004 | Graham Ackerman | Floor | 1st |
| | | Floor | 7th | | Billy Paul | All-Around | 7th | | | Vault | 1st |
| | | Still Rings | 2nd | | | High Bar | 2nd | | | Parallel Bars | 6th |
| | | High Bar | 3rd | | Michael Bergman | Pommel | 5th | | R.J. Heflin | High Bar | 2nd |
| | | All-Around | 3rd | 1983 | Randy Wickstrom | Vault | 3rd | | Jay Yee | Floor | 2nd |
| 1960 | James Fairchild | Pommel | 1st | 1984 | Randy Wickstrom | Floor | 9th | 2005 | Graham Ackerman | Floor | 1st |
| | Mario DeLaua | Rope Climb | 3rd | | | Vault | 2nd | | Tim McNeill | Pommel | 4th |
| | Art Shurlock | Pommel | 3rd | 1987 | Steve Mikulak | All-Around | 6th | | | Vault | T5th |
| | | Floor | 5th | | Bob Sundstrom | All-Around | 9th | | Jay Yee | Still Rings | 3rd |
| | | Still Rings | 8th | | | Floor | 3rd | | Tyler Block | Still Rings | 8th |
| | | High Bar | 7th | 1988 | Bob Sundstrom | All-Around | 5th | | Colin Christ | High Bar | 8th |
| | | Parallel Bars | 5th | 1992 | Jason Bertram | Pommel | 2nd | 2006 | Tim McNeill | Pommel | 1st |
| | | All-Around | 2nd | 1993 | James Guay | Parallel Bars | 3rd | | Kyson Bunthuwong | Parallel Bars | 10th |
| 1961 | Paul Davis | Rope Climb | 1st | 1994 | Jason Bertram | Pommel | 1st | 2007 | Tim McNeill | Parallel Bars | 1st |
| | Richard Schmidt | Rings | 4th | 1995 | Bryan Fox | Still Rings | 2nd | | Colin Christ | High Bar | 5th |
| | James Fairchild | Pommel | 1st | 1996 | David Kruse | All-Around | 6th | | | Pommel | 1st |
| 1962 | Paul Davis | Rope Climb | 1st | | | Floor | 5th | | Colin Christ | High Bar | T2nd |
| | Mike Nelson | Rope Climb | 2nd | | | Vault | 5th | | | Parallel Bars | 3rd |
| | Rich Schmidt | Rings | 3rd | | | High Bar | 2nd | | Kyson Bunthuwong | Parallel Bars | 8th |
| | Steve Zahm | Rings | 4th | | Trent Wells | Parallel Bars | 4th | | | | |
| | Rich Golden | Rings | 5th | | Bryan Fox | Still Rings | 4th | | | | |
| | Tom Fashinell | Trampoline | 6th | | Andrew Mason | Parallel Bars | 6th | | | | |
| 1963 | Steve Zahm | Rings | 4th | 1997 | Trent Wells | Vault | 9th | | | | |
| 1964 | Crodd Chin | Parallel Bars | 10th | | | Parallel Bars | 3rd | | | | |
| | | Vault | 4th | | David Kruse | High Bar | 2nd | | | | |
| 1965 | Dan Millman | Vault | 1st | | | All-Around | 5th | | | | |
| | | Floor | 5th | | Andrew Hampy | High Bar | 2nd | | | | |
| | | High Bar | 6th | | E. Zherebchevskiy | Floor | 2nd | | | | |
| | | Trampoline | 2nd | | | Still Rings | 7th | | | | |
| | Rick Field | Parallel Bars | 3rd | | | Parallel Bars | 7th | | | | |
| | | Rings | 2nd | | Oleg Kosyak | Floor | 9th | | | | |
| | Paul Newman | Parallel Bars | 2nd | 1998 | Josh Birkelbaw | Pommel | 1st | | | | |
| | Josh Robinson | Rings | 7th | | Oleg Kosyak | Floor | 3rd | | | | |
| 1966 | Dan Millman | Floor | 2nd | | | Vault | 8th | | | | |
| | | Vault | 2nd | | | Parallel Bars | 3rd | | | | |
| | Sid Freudenstein | Vault | 3rd | | Andrew Hampy | High Bar | 4th | | | | |
| | Rick Field | All-Around | 3rd | | | Floor | 6th | | | | |
| | Josh Robinson | Rings | 6th | | E. Zherebchevskiy | Vault | 2nd | | | | |
| 1967 | Josh Robinson | Still Rings | 1st | | | Still Rings | 4th | | | | |
| | Sid Freudenstein | Floor | 2nd | | Tal Moscovitz | Parallel Bars | 8th | | | | |
| | | High Bar | 10th | | Dave Eskildsen | Pommel | 4th | | | | |
| | | Long | 5th | | Alex Chansky | High Bar | 3rd | | | | |
| 1968 | Sid Freudenstein | Floor | T1st | 1999 | Tal Moscovitz | High Bar | 8th | | | | |
| | | Parallel Bars | 5th | | | Floor | 5th | | | | |
| | Dan Millman | Floor | 3rd | 2000 | Michael Ashe | High Bar | 1st | | | | |
| | | Parallel Bars | 6th | | | Pommel | 3rd | | | | |
| | | Still Rings | 5th | | Andrew Hampy | Pommel | 3rd | | | | |
| | | Trampoline | 5th | | | Floor | 6th | | | | |
| | Gary Diamond | Floor | 6th | | | Vault | 2nd | | | | |
| | | | | | Cody Moore | Pommel | 4th | | | | |

National Champions in Bold

California in the NCAA Tournament

■ 26 Individual Titles

■ Four Team Titles

- 1968 - Head Coach: Hal Frey
Dual Record: 10-1
NCAA National Score: 188.250
- 1975 - Head Coach: Hal Frey
Dual Record: 8-1
Season High: 220.70
NCAA National Score: 437.325
- 1997 - Head Coach: Barry Weiner
Dual Record: 17-0
Season High: 233.825
NCAA National Score: 233.825
- 1998 - Head Coach: Barry Weiner
Dual Record: 23-0
Season High: 233.490
NCAA National Score: 231.200

Selected Newspaper Clippings

| | |
|---|----|
| Cal Team – Cal Overcomes Injuries to Snap Lengthy Drought Over Cardinal (Daily Cal, 1-22-08)..... | 10 |
| Cal Team – New Season Brings New NCAA Scoring System for Cal (Daily Cal, 2-23-08)..... | 10 |
| Tim McNeill – McNeill Makes Spot on Team USA His High Bar (Daily Cal, 2-5-08)..... | 11 |
| Cal Team – Freshmen Lead the Way as Bears Blast Buckeyes Away from Home (Daily Cal, 2-19-08)..... | 12 |
| Cal Team – Bears Bite Nittany Lions From Behind (Daily Cal, 3-17-08)..... | 13 |

Cal Overcomes Injuries to Snap Lengthy Drought Over Cardinal

By Caroline Ogawa, Daily Californian, January 22, 2008

Over the past two seasons, the Cal men's gymnastics team has faced Stanford on 11 occasions-resulting in 11 consecutive losses to the Cardinal.

This year, however, the No. 5 Bears embraced change and defeated top-ranked Stanford 347.25-346.75 in the first meet of the 2008 season.

Regardless of a deficient roster due to injuries, Cal was able to tie the meet going into the fifth rotation.

After finishing the floor, pommel horse, rings and vault routines, the two teams were tied with 231.15 points each. With two events left, Bears coach Barry Weiner kept his advice short and to the point: "Finish the meet."

Although only the veteran seniors remember a victory over Stanford their freshman year, the team remained secure in their ability.

"I was confident because I knew that we had a better parallel bar and high bar team than they did," senior Tim McNeill said. "I just knew that we had to relax and be confident and hit our routines, and that is what we did."

A solid performance on the parallel bars gave Cal the lead after the fifth rotation, a lead they extended in the sixth.

This time last year, the Bears were weakened by injury, and they suffered a 9.1-point loss to the Cardinal. On Friday, it was the same premise, but with different results.

"Tim (McNeill) is not one hundred percent, and Bryan (del Castillo) isn't even close yet," Weiner said. "Everyone has some little stuff, but the key main people that we need on multiple events are Tim and Bryan."

Three-time NCAA champion McNeill only competed in two events, but finished in the top five in both. He recorded a 14.40 on the pommel horse and a 14.55 on the parallel bars-the two events that won him a national crown in last year's NCAA meet.

In last season's meet against Stanford, junior Kyson Bunthuwong was a standout performer. This season he was joined by his brother, freshman Kyle Bunthuwong, atop the standings.

One of the two finished in the top five in every event. Kyson took first on the pommel horse and high bar, finishing first in the all-around while Kyle out-scored his brother on the vault and floor routines, to finish second overall.

"Kyle, for his first college meet, only made a mistake on one event, so he was very good," Weiner said. "And Kyson was the best gymnast on the floor tonight."

Aside from Kyle Bunthuwong, Cal's day was led by a veteran cast. Senior Tyler Block was among the top, competing in three events and notching a first-place finish on the rings. Seniors Kyle Brady and Collin Christ also played key roles in the victory over the Cardinal.

"The first meet is always a stepping stone," Kyson Bunthuwong said. "Before we've had unfortunate losses right in the beginning that have kept our confidence down, but this one is definitely a confidence booster."

New Season Brings New NCAA Scoring System for Cal

By Carolina Ogawa, Daily Californian, January 23, 2008

Despite having a decidedly veteran character, the No. 5 Cal men's gymnastics team's five new recruits were not the only athletes making adjustments this season.

With 13 returning gymnasts-nine of whom are seniors-the Bears (1-0) are now faced with adapting to a new NCAA scoring system.

The new scoring scale for men's gymnastics changes from a 10.0 point system to an open-ended one that was developed by the International Gymnastics Federation.

This new set of rules has been used internationally since 2005, but there have been minor adjustments in order for adaptation to the NCAA.

"With the new scoring system and the new rules it is really important to emphasize clean routines and skills rather than difficulty," senior Tim McNeill said. "Our strategy was, if we were doing a skill in a routine that had a deduction, then we would try and take it out and replace it with something easier."

Because of the greater point deductions, these changes have led to criticism that this new scoring system will reduce the amount of style or artistic merit.

"One way that we attacked this problem in training was to learn a lot of new skills," junior Kyson Bunthuwong said. "It has been a struggle for the team to learn a lot of new skills throughout the summer and then throughout the fall, but it is coming together now."

Overall, 17-year Cal head coach Barry Weiner has embraced the system for the sake of standardization.

"I like it because there are a lot of athletes that want to make national teams and want to try out for the Olympics and World Championships," Weiner said. "If we don't stick with the international scoring, then we are denying our athletes the opportunity to do well at other venues outside of college."

The Bears will get a season of experience under the new rules before the Olympics—a season that started with a victory over No. 1 Stanford (1-1).

"I guess it's good to be the underdog, but I feel we aren't even close to being No. 5," McNeill said. "We're No. 1 in my opinion, and I think we will get there."

The Bears began the season without some of their most vital all-around competitors due to injury, and Weiner admitted that most athletes are nursing some sort of ailment.

Three-time NCAA champion McNeill was only able to compete in two events on Friday, and sophomore Bryan del Castillo saw action in only one.

But in their absence, brothers Kyson and Kyle Bunthuwong proved to be a strong duo that carried Cal through the first meet of the season.

Weiner also cites seniors Collin Christ and Tyler Block as two integral components of this year's team. But while he may turn to his core group of veterans, Weiner has also been able to add depth to his team with underclassmen and new recruits such as sophomore Daniel Geri and freshman Eric Hauessler.

"It's easy to see who we are; our scores come from Kyson, Kyle, Tim, Collin, Tyler—those are the ones that do the most events," Weiner said. "But to win a college gym meet, it's 36 routines and you need them all—everyone contributes."

But the Bears may benefit more from the experience of the seniors and less from time spent on adapting.

"We have nine people graduating after this year, so it's a team of veterans that are confident," McNeill said. "You're always more nervous freshman and sophomore year, but now we know what to expect and we know what we need to do."

McNeill Makes Spot on Team USA His High Bar

By Jimmy Tran, Daily Californian, February 5, 2008

For the past several years, many articles have been written detailing the accounts of Tim McNeill's career, and they all read like lists of endless achievements.

The Cal men's gymnast has won three NCAA individual championships, been named an All-American three times, made numerous Pac-10 teams, and was selected to the U.S. Senior National Team two years in a row.

Now though, in his last year with the Bears and on the verge of the 2008 Summer Olympics, those accomplishments and honors go out the window for McNeill, because in his mind, there are only two things he cares about.

"Five years ago, I would have been thrilled to have accomplished what I have now and said 'I can't have asked for more' but now I have two things I want to accomplish: winning an NCAA team championship and being on the U.S. Olympic team," says McNeill.

The Olympics have been on McNeill's mind for quite some time. The Falls Church, Va., native began training with world class gymnasts at 11 years old. It was then when he began seeing himself donning a U.S. uniform.

"I think every gymnast, when they start out, wants to be on the Olympic team because you associate the word gymnastics with Olympics," says McNeill. "So when I started it was definitely a goal, but as I got older, like other gymnasts, I realized there are a lot of people competing for very few spots and it only comes every four years."

McNeill began to lose sight of his goal during the end of his high school career. In addition to the relatively low odds of making of the team, injuries to his knee deterred his dream. It wasn't until he was 18 that the aspiring Olympian felt he had a legitimate shot at making the team one day.

"That was the first time I made the Junior National team," says McNeill. "I realized that perhaps this was an option. It became more of a possibility in my mind when I made it to the Senior National team my sophomore year."

The U.S. Senior National team is comprised of about 14 of the top male gymnasts throughout the country. They are chosen from the top performers at the Winter Cup Challenge, which is scheduled to take place Feb. 7 and 9 in Las Vegas.

However, it is much more complicated than just performing well there. The Olympic Games Selection Committee will choose its six representatives for Team USA through the 2008 Olympic Team Trials June 19-22.

To qualify for that event, gymnasts around the country must first make the U.S. Senior National Team through the Winter Cup. Since they must re-apply in six months, a new Senior National Team will be formed from those who excel at the 2008 Visa Championships in May.

To qualify for the Visa Championships, gymnasts must either have had a roster spot on the previous Senior National Team, have a high ranking in the points system, or be one of 12 athletes selected from those who perform well at the 2008 NCAA Championships.

"Without a question, this will be the toughest thing I have to do," McNeill said. "It's a long shot, but it can be accomplished. What's holding me back right now is the fact that I don't have that much international experience."

Just days before he was set to head out to Ukraine during the summer last year, McNeill tore his shoulder and required surgery on it. Since then, he has been slowly recovering. Along with that, McNeill's knee has been bothering him since before he came to Cal.

These physical limitations have prevented McNeill from performing all-around, which he believes would give him a better chance of being selected for the Olympic Team.

Of the six events, McNeill has only been performing pommel horse, parallel bars and high bar. Once he returns from the Winter Cup, he will look to add still rings.

"The goal is definitely to perform all-around, but it's been almost two years since I've done that," McNeill said. "My knee's finally getting better though, and that's been the only thing holding me back from doing floor and vault since I got here."

For years, McNeill has exemplified the term quality for both Cal and himself, but now his fate will belong in the hands of a committee who will be looking for the absolute best to represent America beginning Aug. 8.

If he's not chosen this year, McNeill said he plans to keep reaching for his goal until his body completely wears down.

"Making the Olympic team would be life-changing. I can't think of anything else that could mean more to me," McNeill said. "I've practiced so hard and had so many injuries and it all comes down to the ultimate goal. And now it's standing right in front of me."

Freshmen Lead the Way as Bears Blast Buckeyes Away from Home

By Caroline Ogawa, Daily Californian, February 19, 2008

The freshmen of the No. 3 Cal men's gymnastics team showed anything but inexperience this Saturday as the Bears defeated No. 7 Ohio State, 355.200-351.000.

After watching their performance at the St. John Arena in Columbus Ohio, no one would call freshmen Kyle Bunthuwong and Eric Haeussler "green."

In the Bears' first East Coast matchup of the season, Kyle Bunthuwong paced the Bears with a first-place finish in the all-around and placed in the top-five in five of the six events on the night.

Haessler followed suit and took first on the high bar with a score of 15.550-his first event win of season.

The lineup is still changing as this is only Cal's third team-scoring meet and just the second dual meet of the season. It has been almost a month since the Bears have competed as a team.

Last season, the Buckeyes outranked Cal and won four of the six events on the night, but the Bears narrowly defeated Ohio State, 213.000-212.300.

This time, Cal outranked Ohio State and won a majority of the events, but the Buckeyes couldn't come away with the upset.

The Bears took first on the pommel horse, rings, parallel bars and high bar to give them the 4.200-point victory.

The veterans didn't let the freshmen run the floor the entire night as seniors Tim McNeill and Tyler Block combined for the three other first-place finishes.

McNeill added another event to his arsenal while still recovering from a shoulder injury, competing in five of the six events. He took top honors on the parallel bars and pommel horse-the two events that won him an NCAA championship last season-and finished second on the rings.

Ohio State took second, third and fourth on the horse, but McNeill's first-place finish was enough to give Cal the edge to win the event, 57.300-57.100.

Block finished in the top-five in two events and took first on the rings-his signature event-with a score of 15.150.

Block was followed closely by McNeill, who took second, and senior Kyle Brady, who claimed fourth.

The Bears had their best showing on the high bar and won the event with the biggest point-margin of the night.

Cal claimed five of the top-six places on the high bar, with Haeussler, Kyle Bunthuwong, Block, Colin Christ and Kyson Bunthuwong finishing at the top of the standings.

The Buckeyes got their two victories where expected-the vault and floor exercises. They outrank Cal in both events.

The Buckeyes were led by senior Jimmy Wickham, who ranked second on the vault and fifth on the floor, and junior Eddie Hay, who ranked eighth on the floor.

After Saturday's meet, the Bears lead the nation on the pommel horse and the parallel bars, finishing in the top-10 in the nation in every event.

Bears Bite Nittany Lions From Behind

By Caroline Ogawa, Daily Californian, March 17, 2008

Being outperformed early in the competition, the No. 4 Cal men's gymnastics team was pressured to make up points in the remaining events against No. 2 Penn State.

This scenario wasn't new for the Bears. In their previous competition, the team had dropped to an early deficit against top-ranked Stanford and was unable to complete a late comeback.

But Cal (6-5) did not let this happen again in its last regular-season contest. A late push by the Bears ensured that the final score would not reflect their slow start, as Cal won 360.400-351.300.

"Starting poorly on two events generally leads to a poor performance overall, but no one gave up the entire time," senior Tim McNeill said.

After having trouble on the floor and pommel horse, the next two events were the rings and vault-usual highlights for the Nittany Lions lineup, as the defending NCAA champions were ranked first on the vault and second on the rings.

In the third rotation, the Bears controlled the rings, with Tyler Block, Evan Roth, Kyle Brady and McNeill taking the first four places.

Then came time for the vault.

Cal had struggled on the event throughout the season, but it tied the top-ranked vault team in the nation-highlighted by a second-place performance by senior Aaron Moy.

"We definitely held our cool and didn't get overexcited or too bogged down," junior Kyson Bunthuwong said. "We were pretty calm and held a steady attitude the whole meet."

Bunthuwong demonstrated his own personal consistency, competing in every event and earning a first-place finish in the all-around

with a score of 90.200.

Throughout the season, the Bears spent time simply trying to get healthy. Now, with three weeks of rest before the MPSF championships, the team can focus on the finer elements.

"Now that we have a couple weeks off, it's time to refine, refine, refine," Bunthuwong said. "We've got our routines pretty much down, so now it's just about perfecting them."

And it's an added bonus for Cal to head into the postseason coming off a decisive win-highlighted by the team's performance on the high bar and parallel bars.

The Bears took the top five spots on the parallel bars and the top four on the high bar-paced by Bunthuwong in both events.

"I'm feeling really good after this-we beat the second-place team by 10 points, and we got one of the best all around scores in the nation," Block said.

The Bears won four of the six events on the night, defeating Penn State (6-2) and ending the season how they started it.

In the first competition of the season, Cal knocked off top-ranked Stanford and asserted itself as a power on the national stage. With the decisive win over Penn State, the Bears' feelings are much the same heading into the postseason.

"Cal has definitely stepped up its game, and we have a lot more confidence," Bunthuwong said. "This is what you can expect from us for the rest of the year."

Tim McNeill Blog Entries

January 8, 2008

Last year, the Cal men's gymnastics team was filled with talent and motivation. We entered the season with high hopes of winning a national championship. But as the season progressed, all of us, including myself, dealt with injuries. We still tried to push through, but by the end of the season, the amount of injuries on our team overwhelmed us. We were missing some of our key competitors on several events, which greatly hurt our chances at winning the championship. However, the team never gave up, and I was proud to see us fight the whole way through.

Even with all of the injuries we had a very successful NCAA championship meet on all of the events, except for pommel horse - the event we struggled with all season. I'm not sure if our problems on the horse were because our pommel horse team wasn't experienced enough or if we did not practice hard enough. Whatever the issue was, our poor pommel horse performance ultimately kept us from achieving our championship goal. There is no doubt that pommel horse and injuries were our downfall last season. Since our last competition in April, there have been seven surgeries on our team of 17. Some of us are still recovering, myself included, but we all should be completely healed by the time we really need to be. In general, we are recovered and in the process of recovering from last season's injuries. We are all looking forward to a strong and healthy 2008 season.

The summer practices went very well, and all of us have increased the difficulty of our routines. At the beginning of the summer, our coaches instructed all of us to learn at least two difficult skills per event before season starts in January. I'm happy to say that we have already met and exceeded this goal, and it is only December! When summer ended and school started up again, practice didn't slow down. Everyone is continuing to work hard every day, and our team just keeps getting stronger and better. This year, for the first time, we started a night practice to complement our regular afternoon practice. Working out in the evening enables us to focus on skill learning and sequence building during the afternoon. At night, we work on strength and conditioning. Night practice has been incredibly helpful. It's helping us to get a lot stronger, which will help with our endurance, skill learning, and injury prevention.

While the results from last season were disappointing, I think the whole team took a lot out of it. We are doing everything we can to care for our injuries before they become unmanageable. Also, we as a team are using last year's frustration as motivation for this season. I have never been a part of a team that has the incredible work ethic of this year's team. That, combined with the unlimited talent we have makes me believe that nothing can stop us from winning a championship this year. I remember the crushing disappointment I felt after last year's championship, and I know that I never want to experience that again. I know that my team feels the same way, and I am fully confident that they will do whatever it takes to achieve our goal. Until the final meet in April, my team and I have one thing always on our mind: coming home with a championship ring!

January 15, 2008

Lately practices have been really exciting. We are all working hard and becoming more and more ready for the competitive season. As always however, we have had a few setbacks due to injuries. Senior Mark Freeman, one of our key competitors on rings, high bar, floor, and vault, injured his shoulder. He recently had surgery and is healing well so far.

But as for the rest of the team, we are looking pretty impressive. We have had a few practice meets since I last wrote to prepare for the real competitions which start Friday, January 18th at Haas Pavilion. The first of the practice meets was a learning experience, and we just wanted to evaluate where we were at physically and mentally. We did just that and we showed great improvement by the time the second practice meet came around. After the second practice meet is when we really started to look good. Currently we are in much better shape and are much more confident with our routines than when we started out earlier this year. We certainly have a long way to go, but in my opinion, we look very good for the beginning of the competitive season.

Our first meet of the year is against the No. 1 team in the country - Stanford. We know exactly what it is going to take for us to beat them: hit routines. Of course, sticking our routines is easier said than done, but we have the talent to beat them. One of the most important things is that we need to be consistent. I admit they are a very good team, but there is no reason that we shouldn't be better. I haven't been on a team that has beaten Stanford since my freshman year, and frankly I'm sick of losing to them. If there was ever a team that could and should beat them, it's this year's team. I'm asking everyone to come support us on Friday night and watch us take Stanford down!

January 23, 2008

As I said earlier, our team has only one goal this season, and that's to win a NCAA team championship. We are coming closer and closer to making that a reality. Last weekend we beat the No. 1 team in the country in our rival Stanford. It was the first time since 2005 that we had beaten Stanford in a meet, and this gave the team and I a huge confidence boost. Since I've been here at Cal we have always had a rough start of the competitive season. But this year we came out strong and it feels good to know that all our hard work has paid off so far.

I would definitely say that the MVP of the night was junior Kyson Bunthuwong. He was very impressive and contributed a great deal to our team score. I was also very impressed with his younger brother, Kyle Bunthuwong. It was Kyle's first NCAA competition and he had nearly a perfect meet. Their and also the entire team's efforts allowed us to defeat the nation's No. 1 team and our rival.

But we didn't get back to the gym and relax after our victory. We still have a lot of work to do. While we were successful, there are many improvements to be made. On Saturday we will travel across the Bay to once again face Stanford along with Nebraska and Washington in the Stanford Open. After evaluating our first competition against the Cardinal, we got a clear picture on what the team needs to improve on. First off, we have to be more consistent on floor and pommel horse. We started the meet off a little rocky on those events, but we were strong enough on all the other events to overcome the rough start.

This weekend, we know that Stanford will be more prepared than they were last weekend, so we need to be even better. Our goal is to be consistent on all the events, not just the last four. In practice this week we have been getting better on those events so it should all come together on Saturday's competition. I look forward to another Cal victory!

January 30, 2008

While we did not win the Stanford Open last Saturday, we still felt pretty good about our performance. We have known all along that Stanford is an excellent team and the Cardinal showed it on Saturday night with a near-perfect meet. As for the Bears, we had an excellent meet, it was far from perfect. While we made mistakes on every event, there were very few mistakes that another team member couldn't make up for. In other words, we hit enough good routines that if someone made a mistake, it wasn't devastating.

After last weekend we have moved up in the national ranking system. Cal is currently ranked 3rd in the country behind Stanford and Penn State (last year's championship team). As a team we scored 357.9, which is the second highest score that any team has gotten this year. The only score higher was Stanford's against us at the Stanford Open. On the individual apparatus, Cal is ranked first on the pommel horse and parallel bars. This is very encouraging for us. We are doing so well already and we still have improvements to make and injuries to get better. We are undoubtedly on the right path to winning a championship!

Our current focus is the Winter Cup Challenge in Las Vegas on February 7-9th. This is solely an individual competition and it is where the U.S. Senior National Team is selected. We are sending seven guys this year to the meet, all with hopes of making the U.S. National Team. Last year, the only people that went to the meet were Tyler Block and I, so I am really excited to have such a big group going this year. We are well prepared and I look forward to a successful competition. Go Bears!

February 13, 2008

The Winter Cup Challenge last weekend in Las Vegas didn't go exactly as I had hoped. It was very disappointing for me personally and I know a bunch of my teammates feel the same way. I only competed in two events, and, with the exception of pommel horse in the first day of competition, I did not perform at my best. However, I am looking at the whole competition as a learning experience, and I am trying to take the most out of it that I can. More than ever, I now see the importance of competing in more events, and I am doing everything that I possibly can to make sure this happens. My goal is to compete on all six events by NCAA championships.

However, there certainly were some positive parts of Winter Cup. Junior Evan Roth and senior Colin Christ competed very well. Both of them earned points towards making the National Team which is a very impressive feat. Unfortunately after doing an exceptional vault Evan injured his knee a little bit. We think that Evan will recover in full very soon though and look forward to more great things from him.

I'm really looking forward to this weekend's competition at Ohio State. It will be nice getting back into the NCAA scene where the each team member has each other's back. Winter Cup is purely an individual competition which can make it harder to compete so this weekend should be a lot more fun. Also, I will be competing on rings for the first time this year, which is encouraging for me. Last time Cal traveled to Ohio State was my sophomore year and they beat us pretty bad. I can't wait to face them again and show them how strong this year's team is. The only thing I'm not excited for is our 6:55 a.m. flight on Friday! Go Bears!

February 22, 2008

Last weekend we competed in Columbus, Ohio in a dual meet against No. 7 Ohio State. Some routines went well, but many did not. It is safe to say that we could have competed better, but we still came out with a win against the defending Big Ten champions. With the exception of the team members who competed in the Winter Cup on February 7 and 9, the team hadn't competed in three weeks so it was good to get out there and practice competing again. I think the team as a whole took a lot out of the meet. It was an eye opener for us because we realized that even though we are a great team, we still have to perform at our best if we want to win a NCAA championship.

This weekend we will compete at the annual Pacific Coast Collegiate Classic. This meet serves as a fundraiser for NCAA men's gymnastics so the more people that come support us by attending the meet, the better. It is a competition in Oakland against several of the top teams in the country including Stanford, Illinois, Oklahoma and Michigan. This meet is essentially a preview of the NCAA championships with the exception of a few teams.

Practices this week have been very challenging and the coaches are pushing us very hard. We have gone through a lot of routines to make sure we won't have an unsuccessful meet. The team is significantly more prepared for the upcoming meet this weekend than we were last weekend. I certainly know that I am more confident in my routines, and I think that the rest of the team feels the same way. Our goal is to win this meet to not only build our own confidence, but to show the rest of the country that Cal is the team to beat this year. I think with all the preparation we have done that we have a really good chance of being successful. Go Bears!

March 4, 2008

The Pacific Coast Classic on Feb. 23 had some ups and downs for us. On the plus side, we competed significantly better than we did the previous week at Ohio State. We started the meet off very strong on rings. Everyone hit their routines well and we were all pumped up. However, next was vault - an event we have struggled with in the past - and once again we did poorly on it. Despite our poor performance on vault, we focused on the remaining events and had successes coupled with disappointments throughout the rest of the evening.

We did pretty well on parallel bars and did very well on the high bar. However, key routine misses on floor and pommel horse kept us from winning the competition. A highlight for me was that I competing all around for the first time in two years! I look forward to continuing to work every event throughout the rest of the year.

We are undoubtedly a great team. However, no team can fail on three events and win a big meet like that. As a result of unsuccessful events, we placed third behind Stanford and Oklahoma. While our third place finish was disappointing, we certainly haven't given up and are still as determined as ever. Now in practice, we are keeping a tally of how many good and bad routines we do in a day. This new strategy will give us a better outlook on our progress, and I think it will really help us as we approach the end of the competitive season.

This weekend we will once again face number one ranked Stanford in the Cardinal's house. I think everyone is eager and motivated to beat them. To accomplish this, we all have to perform consistent routines. We are fully capable of doing this, it's just a matter of putting it all together on the day of the competition. Go Bears!

March 12, 2008

Overall I was happy with how the team did against Stanford last weekend. They held the advantage during most of the meet but we came back strong towards the end of the meet. Unfortunately they ended up with the win but we came very close and we only lost by 0.500.

The Stanford dual meet was not the best estimate of what our teams are capable of scoring. Neither team used its full line-up of gymnasts and the judges had a higher standard than normal. We rested one of our key contributors on all the events, Kyle Bunthuwong, so that he will be able to push hard the rest of the season when we need him most.

On the plus side, we did do a lot of things better than we have all season. In particular, we competed much better on pommel horse than we have in the past. While we did have some difficulty on the event, we drastically improved our hit percentage.

We only had four Bears compete on floor and vault, which meant we had to use all four scores no matter what they were. Only putting up four people on an event puts a lot of pressure on us, and in the past it has negatively affected our scores. But we are a much stronger team now, and we actually did well on those events.

This weekend will be much easier because we will have our full line-up. We are competing at Haas Pavilion against the reigning NCAA champions, No. 2 Penn State. They are a great team again, and I'm looking forward to seeing how we compare to them. I think that if we are consistent throughout the meet then we should beat them with no problem. This weekend is our senior meet, and I will return once again to doing the all around. This meet will be the last time the seniors compete at Haas - I can't believe how fast it has gone by! I'm really excited that I'll get to do the all around at my last home meet. Hope to see you there, go Bears!

April 3, 2008

After beating Penn State by 10 points a couple of weeks ago, the team has been really pumped. Since that meet, our motivation has been higher than ever. But of course winning a championship takes more than just motivation - it takes a lot of hard work, too. Last week while we were on spring break from school, we had a week of insanely intense practices. We did an incredibly high number of routines, and they have become more and more consistent. I can honestly say without hesitation that last week was the hardest week of training I have ever had in my 17 years of gymnastics.

I think pressing through hard practices is going to pay off when it comes time to compete again. Personally, I know I feel more prepared than I have all season because I have done so many routines over and over again. I think that the rest of the team feels the same way and that we will show our new level of preparedness at the MPSF Championships this weekend at the University of Nebraska.

At the MPSF Championships, Cal will face several great teams including the No. 1 Stanford and No. 2 Oklahoma. The meet this weekend will be a great chance for us to compete against them before the NCAA Championships on April 17-19. MPSFs will give us a better indication of how Cal compares to the teams we'll see at NAAs, and it will also give us a better understanding of their strengths and weaknesses. But most importantly, I want the Bears to perform at our best and leave Nebraska with a win. I have never been on a team that has won the conference championship and I think it's about time!

I think as a team, we are in a really good position coming into the end of the season. We are in great physical shape and all our injuries are finally healed or in the process of healing. Our confidence is high and we are motivated to keep working hard until the very end of the season. I know that we are all doing everything that we possibly can to earn an NCAA championship title. Go Bears!

April 12, 2008

Overall, the team did well at the Mountain Pacific Sports Federation Championships at Nebraska last weekend. We placed third, which certainly was not what we were hoping for, but we competed well and that's all anyone can ask for. Oklahoma and Stanford just competed slightly better than we did, and that is why they beat us. But on the individual level, Cal was very successful, and half of the meet's event winners came from our team. I won pommel horse and parallel bars and Kyson Bunthuwong won high bar. There are still improvements to be made before going into the NCAA Championships, and all of us are working hard every day to make everything as perfect as possible.

Last week we had two intrasquad meets to simulate the two days of competition we will have at NCAA Championships. Although the first day was better than the second, both days went very well, and the team is looking very prepared. We are continuing to be more consistent, even on our weaker events. The goal still remains the same – we want to win a team championship. We are as ready as ever to go into NCAAs confidently, and I think that we will come out successful.

The NCAA championships will be hosted at Stanford starting on April 17. For good number of guys on the team, the NCAA championships will be their last gymnastics meet ever! The first day of competition is the qualifying round and then the top six teams advance to the team competition held the next day. From there, individuals can qualify to the event finals on the Saturday, April 19. The team competition is the main event that we have been training for all year. In no way will winning be easy. We will have to be perfect on every event, and I think with all the preparation we have done that is definitely possible. Come watch if you can – we need a big Cal cheering squad!