



## Cal Basketball Locker Room

*"We have a brand new renovated locker room. It's almost like a home away from home for the women. They can use the exclusive computer lab or watch TV on the big plasma screens and have their personal space in the locker room. It's nice to have a place on campus to go to instead of having to go back to your dorm room. There's something to be said for providing an environment that enables team chemistry while also nurturing life-time relationships."*

*- Cal Head Coach Joanne Boyle*

### LOCKER ROOM FEATURES:

- » Spacious finely crafted wooden lockers fill a portion of the locker room to house workout gear which is cleaned by Cal's in-house laundry service.
- » Three 42-inch plasma televisions with five oversized reclining chairs can be utilized for relaxing between classes, catching a game with teammates or napping.
- » Computer stations complete with high speed internet for getting classwork finished, checking email, etc.
- » Refrigerator stocked with hydrating fluids and energy drinks
- » Exclusive women's basketball film room accessed from inside the locker room with state-of-the-art video capabilities
- » The film room provides the necessary space to review scouting reports, conduct team meetings and film sessions, and enjoy moments, like the NCAA Selection Show, together.
- » Cal's locker room is a safe haven for the team, as access into the private space is secured via a high-tech finger print scanner.







## Journey with the Bears



*Whether in a plane, bus or hotel room, Cal travels in style. Whether in Mexico, Washington or Los Angeles, Cal brings the entertainment.*





*In Arizona, the team competed against each other in a heated game of Jeopardy. The winning group was Sarah Pool, Keanna Levy and Devanei Hampton.*



*The journey to the NCAA Tournament included a private commuter plane. The flight crew generously treated the team to a cockpit tour.*





## Strength & Conditioning

### Strength Coach Pat Dixon

Pat Dixon is in his third year as assistant strength and conditioning coach at the University of California. He is responsible for training the Golden Bears' women's basketball and men's and women's tennis teams. Prior to his arrival at Cal, Dixon served in a similar capacity from 2002-04 at Connecticut, where he oversaw the training of men's and women's track and field, men's and women's tennis and men's golf, and assisted with football and men's and women's basketball. He earned a bachelor's of science in exercise physiology with a minor in sports nutrition from UConn.





*"Pat has been so enthusiastic about us. He's been at a successful program at UConn. He knows the joy of seeing his athletes see that level of success. I consider him a staff member. He'll run through a brick wall for these kids. He never has a bad day.*

*He not only knows his skills in terms of weightlifting and conditioning, he is also just as good at motivating the kids. A lot of times you have strength coaches that can do one or the other. He does both. Whenever an athlete can work out, he's there for them. They have their own personal trainer. That's how he*

*feels about them. He's also very innovative. He doesn't do the standard boring plyometrics. He's innovative and creative with techniques to get kids into shape so that they're not bored. They're energized by it. He takes it personally if they're not where they need to be.*

*- Cal Head Coach Joanne Boyle*

### **Behind the Scenes with Strength Coach Pat Dixon**

An athlete walks into the weight room and asks, "What can you do to help me and my game?" My response is, "I am going to give you all the tools you will need to reach your goals, but it's up to you to use them."

My goal as a strength and conditioning coach is to push my athletes to the edge of their physical capabilities and get them comfortable with that edge. Over time, they learn and come to understand they are capable of so much more than they thought. It's easy to go through the motions and get through a workout. What's not easy is to bring your A-game, day-in and day-out over the course of a season. We use the summer to prepare for the season by conditioning and lifting weights. I want my workouts to be so hard and demanding that a game is easy in comparison. That's what preparation is all about.

It's my job to educate, motivate and prepare these young women for the game of basketball. I tell them, "Be greedy and want more for yourselves and for your teammates." All I ask for is 100-percent effort, because that's all there is. If they give me that effort, the rest will come.





## Sports Medicine

*"Our sports medicine staff has a wealth of experience and resources from which our players benefit. We are very fortunate to have access to some of the finest specialists in the Bay Area.*

*If you evaluate both the collegiate and professional world, the successful teams are usually the healthier teams. Therefore, to have a staff that is skilled, dedicated and committed to optimizing the player's physical performance is absolutely crucial."*

*-Cal Head Coach Joanne Boyle*

**G**olden 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.

The expert staff of team physicians is headed by Cindy Chang, M.D., a family physician and sports medicine specialist. The staff features specialists from the fields of orthopedic surgery, family medicine, internal medicine, physiatry and podiatry. The medical staff, with their diverse backgrounds and areas of expertise, has vast experience treating injured athletes on every level of competition, including Olympic and professional athletes.

Cal's athletic training staff boasts 14 certified athletic trainers,

including two physical therapists, and 30 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. Additional responsibilities are the rehabilitation of injuries with additional assistance from the staff physical therapists and coverage at home and away athletic contests, and practices are staffed on a full-time basis.





For me, it's all about expression. I have a creative side that is interwoven into every aspect of my life.

I invite you to step into my world. You'll find that I'm more than just a basketball player.

Spoken word poetry is my outlet. It's how I tell my story; it's how I speak to the world.

Fashion is my stage. It's my chance to show the world who I am. Shoes gotta match the shirt gotta match the hat gotta match the backpack.

Comedy is my heartbeat. It's natural for me to put others at ease, to put a smile on their face when tensions are high.

As a part of a team, we all work with each other and for each other. We aim towards common goals. We are a family. But within the team concept, I always find a way to be me.

**My name is Shantrell Sneed,  
and I play basketball for Cal.**



# San Francisco Bay Area

## TOP U.S. CITIES:

1. San Francisco, CA
2. Santa Fe, NM
3. Charleston, SC
4. New York, NY
5. Chicago, IL
6. Honolulu, HI
7. New Orleans, LA
8. Carmel, CA
9. Savannah, GA
10. Boston, MA

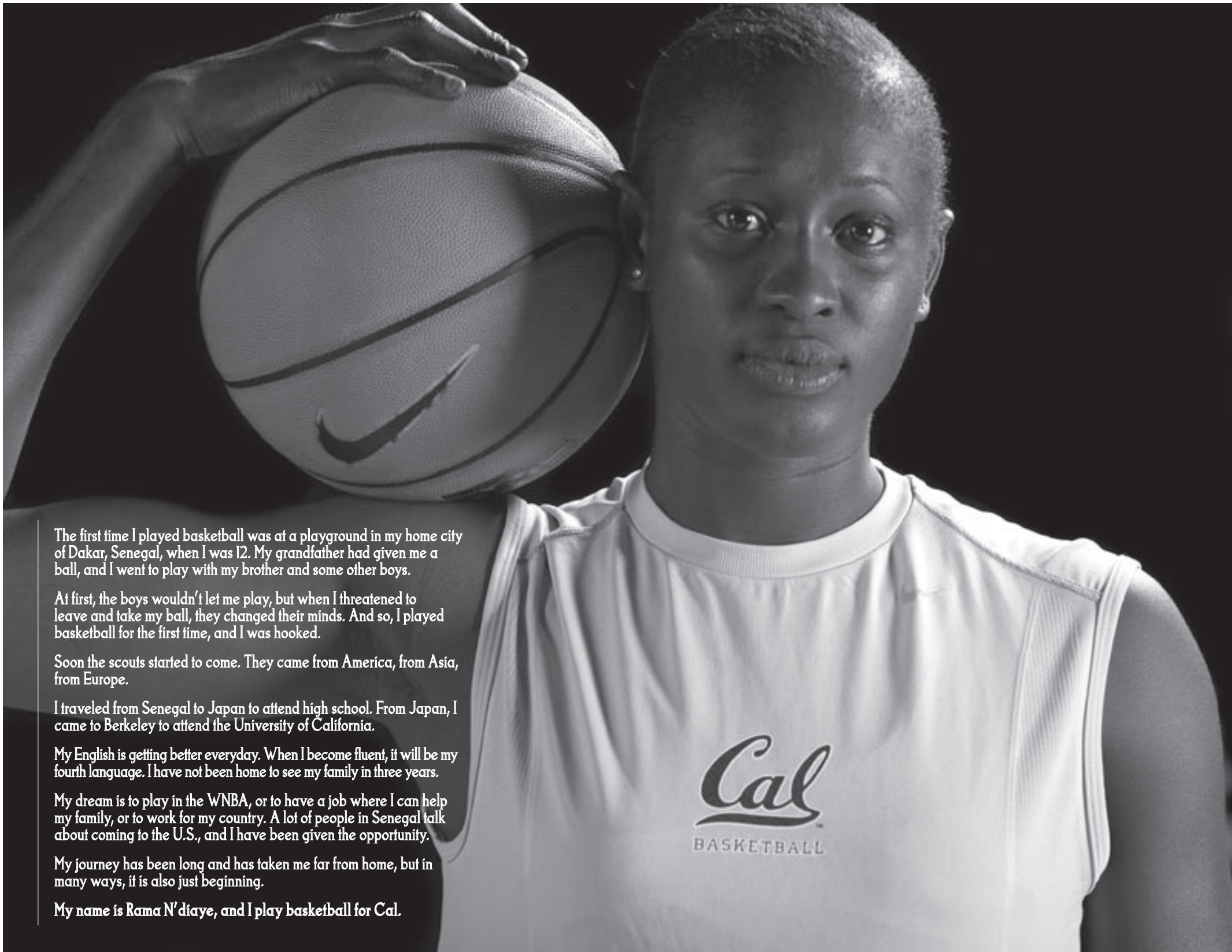
Source: Conde Nast Traveller magazine,  
2004 Readers' Choice Awards



*"When I took the job, people said to me that I couldn't be moving to a more beautiful place. Everyone wants to come visit me because you're three hours from Lake Tahoe, you're an hour from Napa Valley, you're 20 minutes from San Francisco and you're 15 or 20 minutes from a beach. Anyone can find their niche out here whatever it is. That's what's been so fun about living out here."*

*- Cal Head Coach Joanne Boyle*





The first time I played basketball was at a playground in my home city of Dakar, Senegal, when I was 12. My grandfather had given me a ball, and I went to play with my brother and some other boys.

At first, the boys wouldn't let me play, but when I threatened to leave and take my ball, they changed their minds. And so, I played basketball for the first time, and I was hooked.

Soon the scouts started to come. They came from America, from Asia, from Europe.

I traveled from Senegal to Japan to attend high school. From Japan, I came to Berkeley to attend the University of California.

My English is getting better everyday. When I become fluent, it will be my fourth language. I have not been home to see my family in three years.

My dream is to play in the WNBA, or to have a job where I can help my family, or to work for my country. A lot of people in Senegal talk about coming to the U.S., and I have been given the opportunity.

My journey has been long and has taken me far from home, but in many ways, it is also just beginning.

**My name is Rama N' diaye, and I play basketball for Cal.**



# University of California

*"It's typical of California. It's a beautiful campus in a great setting. For me, the attraction is always the academics. There's an intimate feel here with the people. The campus is diverse and the professors are committed to teaching the students in a high-profile academic environment. Then, to be able to walk off campus and have access to the Bay Area - San Francisco, the beauty, the hills, the shopping, the restaurants - what better place to come and be a college student."*

*- Cal Head Coach Joanne Boyle*

## **SIMPLY THE BEST**

**T**here is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world - especially one that also includes one of America's most successful athletic departments.

The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the leaders in the Director's Cup standings, which rates the overall success of America's athletic departments.

Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student-body population. The University of California offers 300 degree programs, and 35 of the school's 36 graduate programs are ranked among America's top 10.

The library is ranked third in the country, as judged by Association of Research Libraries with nine million volumes in 18 campus libraries.

The faculty features eight Nobel Laureates, 128 members of the National Academy of Sciences, 16 MacArthur Fellows, 83 Fulbright Scholars, three Pulitzer Prize winners and more Guggenheim Fellows (139) than any other university in America.



**#1** The University of California is the No. 1 public university in the nation.

**183** Cal student-athletes earned 2005-06 Pac-10 All-Academic honors.

**300** Cal student-athletes had a cumulative GPA of 3.0 or better for the 2005-06 academic year.







» *More students who earn undergraduate degrees at Cal complete doctorates than graduates of any other university in the country*

» *With more than nine million volumes in 18 campus libraries, Cal's libraries are ranked third nationally by the Association of Research Libraries*

#### I. A WORLD-CLASS FACULTY

3 Pulitzer Prize Winners  
9 Nobel Prize Winners  
20 MacArthur Fellows  
87 Fulbright Scholars

#### II. DIVERSITY

Cal believes that a broad diversity of student experiences, backgrounds, interests, and strengths will enhance the educational experience of all its students. **FACT:** *No single racial, ethnic, or cultural group forms a majority of its students!*

#### III. WORLD RENOWNED REPUTATION

When you graduate, Cal's reputation may take on new importance. Hundreds of recruiters visit campus each spring, hoping to employ talented new Berkeley graduates.

#### IV. DEGREE OFFERINGS

Cal offers a wide arena for academic endeavor and personal growth with more than 7,000 courses in nearly 300 degree programs.

#### V. EXCEPTIONAL SUPPORT SERVICES

To reflect Cal's strong commitment to undergraduate education, students have access to any number of support services such as the Student Learning Center, Career and Graduate School Services, the Disabled Students' Program, and campus and alumni mentor programs.

#### VI. QUALITY OF LIFE

Over 350 registered clubs; weekend concerts and performing arts; professional sporting events; all contribute to a well-rounded collegiate experience.



**D**erek Van Rheenen, a former Cal soccer player and coach, begins his sixth year as Director of the Athletic Study Center this fall. He 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.

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 inter-

### 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. 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.

### 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.

## The Athletic Study Center



*Derek Van Rheenen  
Director of Athletic Study Center*



disciplinary studies in 1997, both from Cal.

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.

### 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.

### 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.





## Academic Advisor Keiko Price



**K**eiko Price serves as the academic advisor for the Cal women's basketball team, helping the players understand and comply with the university and NCAA rules and guidelines. She assists team members in choosing courses and majors, developing time management and study skills, and making a successful transition from high school.

In addition to the Cal basketball team, Price oversees the academic progress for women's swimming, men's and women's tennis, men's and women's golf, men's and women's gymnastics and for the football wide receivers and tight ends.

Price joined the Athletic Study Center as an academic advisor before the start of the 2004-05 academic year. Prior to her current role, she served as a graduate academic advisor in the same office from September 2002-June 2004.

As a graduate advisor, Price was responsible for the academic advising and monitoring of student-athletes in football, volleyball, softball, men's and women's tennis, women's crew, lacrosse and field hockey. Price completed her master's of arts in education, with a focus on athletes and academic achievement, from Cal in May 2004.

Other roles Price has held at Cal include as a graduate student instructor/tutor in the Athletic Study Center and as a workshop leader for the Student Learning Center.

Prior to her arrival in Berkeley, Price worked at UCLA as a student-athlete academic coordinator from September 2000 to June 2002. A 22-time All-American swimmer, Price graduated cum laude from UCLA with a bachelor's of arts in African-American studies in June 2001.

