

## 2008 SEASON OUTLOOK

## CAL LOOKS TO RECLAIM NORPAC TITLE, NCAA TOURNAMENT BERTH

A veteran California squad is aiming to regain its top spot atop the NorPac Conference and a berth in the NCAA Tournament in 2008. The Golden Bears claimed the best record (5-1, 12-6 overall) in the NorPac during the 2007 regular season but ended the year with a second-place finish in the conference tournament. In addition to winning the last three regular-season NorPac titles, Cal had won the conference tournament and NCAA play-in games in both 2005 and 2006.

Cal head coach **Shellie Onstead**, a six-time NorPac Coach of the Year, will use 10 seniors, led by midfielders **Ashley Glosz** and **Andrea Lo** and defender **Rachel Moffitt**, to bolster a team that suffered just two losses – forward **Jennifer Crane** and goalkeeper **Liz Braasch** – from the 2007 squad.

“I’m really excited about this year,” Onstead said. “It’s only natural when players are facing their final season they have a little more resolve and enthusiasm to make it the best ever.”

Glosz is Cal’s returning scorer with 21 points (8 goals, 5 assists) in 2007. She also led the Bears with four defensive saves while posting two game-winning goals. Lo, who like Glosz was a member of the 2007 All-NorPac first team, tallied 16 points and tied Crane and senior defender **Christina McGrath** for the team lead in game-winning goals (3).

“Ashley’s an exciting player because she is extremely smart about the game, sees it well, is explosive with the ball, can score, can create plays,” Onstead said. “She’s one of those people for whom the term playmaker really comes to mind.

“A-Lo is a really good left-sided player and provides some defensive support that way along with her own ability to provide a change of pace and take off with the ball.”

Moffitt, nicknamed “Rocky” as a child, is a solid, steady influence in the backfield. She tied Lo for the team lead in assists (6 each) last year and claimed a spot on the all-conference second team.

Cal’s forward line is expected to include some combination of **Kellie**

**York**, sophomore **Natalie Nurnberg**, senior **Katie Knoche** and **Caitlin Byrne**. Byrne and York, both redshirt juniors athletically, are academic seniors who are scheduled to graduate this year.

“With another year under Kellie York’s belt and more experience for everyone else, we’re better up front,” Onstead said.

York (4 goals, 2 assists), Nurnberg (4, 3), Knoche (4, 1) and Byrne (4, 1) posted similar stats last year and could do more damage in expanded roles in 2008. In 2007, York, who started the last 10 games of the season, worked well off the ball and improved her overall game throughout the campaign.

Nurnberg, who also came on late, starting the final nine games of 2007, is a fast and deceptive player who could surprise teams in the middle of the field. Byrne brings a good game awareness and passing ability to the frontline. Knoche, who returned to the Bears after not playing in 2006, is an aggressive player who tallied 24 shots in her return to the Cal fold in 2007.

Glosz and Lo will be joined in midfield by senior **Gwen Belomy** and sophomores **Kaitlin Duncan** and **Megan Psyllos** to give Onstead plenty of options.

“A-Lo and Ashley have had a lot of success at the inner positions, and they’re both players I like to

push up into the frontline occasionally,” Onstead said. “If Duncan and Psyllos are on the field, that gives me some freedom to change things up.”

All four starters are returning in the backfield in seniors Moffitt, McGrath and **Carolina Bistue** and sophomore **Sophie Sproats**.

“That’s one of the best things for a team when the backfield doesn’t turnover,” Onstead said. “Those four, plus our center half in there, Gwen Belomy, are a real unit, and experience makes a real difference. Other players, like **Erin Magill**, **Katherine Kamenski** and **Lisa Lohre**, are going to be pushing, and that’s going to create depth.”

Cal’s defenders were also key contributors on the offensive side of the field, as Bistue led Cal with eight assists and Moffitt tied Lo for second on the team with six assists. McGrath tied Lo as the Bears’ third-leading scorer with 16 points.

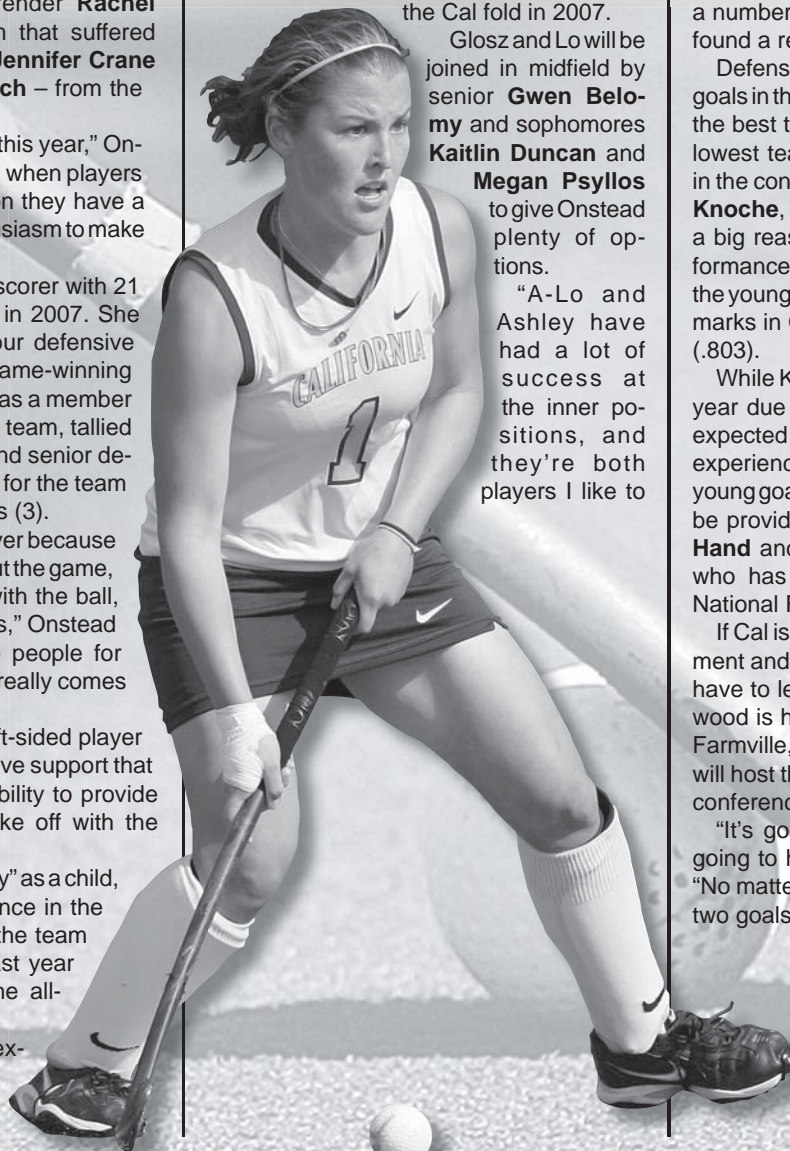
“I expect Caro will be a big factor this year,” Onstead said of Bistue. “There are a number of places I can play her, but she found a really good home at right half.”

Defensively, the Bears allowed the fewest goals in the NorPac with 25 and also claimed the best team save percentage (.762) and lowest team goals-against average (1.38) in the conference. Senior goalkeeper **Kelly Knoche**, the younger sister of Katie, was a big reason for the stellar defensive performance. In 15 games including six starts, the younger Knoche posted NorPac-leading marks in GAA (1.42) and save percentage (.803).

While Knoche split time with Braasch last year due to a lingering back injury, she is expected to be at full strength for 2008. Her experience gives her the edge over a pair of young goalies, but competition and depth will be provided by redshirt freshman **Maddie Hand** and true freshman **Haleh Nourani**, who has played in USA Field Hockey’s National Futures Program.

If Cal is to succeed in the NorPac Tournament and possibly in the postseason, it will have to learn to win on the road, as Longwood is hosting the conference tourney in Farmville, Va., and the Ivy League champion will host the NCAA play-in between the two conferences.

“It’s going to be difficult, but we’re just going to have to handle it,” Onstead said. “No matter where we go, it’s a turf field and two goals. We’ll be ready.”



Senior midfielder **Ashley Glosz** is Cal’s top returning scorer.

## CALIFORNIA HEAD COACH

**Shellie ONSTEAD***California Field Hockey Head Coach  
14th Season at Cal*

Shellie Onstead, a 2008 Olympian and California Hall of Fame inductee, has put Cal field hockey on the map as a player and a head coach.

Onstead is a pioneer in the sport of field hockey, particularly at the collegiate level, aiding in the West Coast development of a traditionally East Coast game. The San Jose, Calif., product has also made an impact in the game at the national and international levels through her work with USA Field Hockey. In her most recent international stint, Onstead served as an assistant coach to the U.S. women's team in the Beijing Olympics.

The first All-American player for the Golden Bears, Onstead is now in her 14th year at the helm of her alma mater, which she has built into a West Coast powerhouse. Onstead has compiled a 156-82 career record and has led Cal to nine conference titles. The six-time NorPac Coach of the Year has guided the Bears to five NCAA Tournament appearances.

Cal has posted some impressive firsts over the past two seasons. In 2007, the Bears upset then-No. 4 Michigan, 1-0, for their first victory against a top-five team in Onstead's tenure. During 2006, the Bears had one of their most successful seasons, earning their highest ranking ever at No. 12 and an appearance in the first round of the postseason.

Onstead, who earned her latest NorPac Coach of the Year honor in 2006, also coached two-time NorPac Player of the Year Valentina Godfrid to her 200th career point and oversaw the Cal star as Godfrid topped the nation in goals (33) in 2006.

Aside from Cal, Onstead has served in numerous coaching capacities at the national and international levels. She is one of the few females on the U.S. men's national team coaching staff and was the first woman ever to be named head coach of the men's under-16 national team.

In 2005, she served as an assistant coach for the U.S. under-21 men's national team. The U.S. team competed in the Junior Pan American tournament held in Havana, Cuba, where it finished fifth.

In April 2004, she was an assistant coach for the U.S. men's national team on a tour of Malaysia. In May, she served in the same capacity at the Pan American Cup in Ontario,

Canada, where she also attended the Pan American Federation Coaching Clinic.

In May 2002, Onstead coached the men's under-21 and men's senior national teams at the California Cup, an international tournament contested in Moorpark, Calif. Also in 2002, Onstead was a video analyst for the U.S. Women's World Cup team that competed in Perth, Australia.

Onstead was the head coach of the U.S. men's under-16 national team from 1999-2001, earning the 1999 U.S. Field Hockey Association's National Coach of the Year. Onstead served as an assistant coach on the men's senior national team in 2000 at the America's Cup Tournament in Cuba and a 2001 World Cup Qualifier in Scotland.

A member of the U.S. national team in 1985 and 1986, Onstead also competed at the Veteran National Team World Cup in the Netherlands in the spring of 1998. She played for Jailbreak in 2006 and for the Rush in the 2008 Cal Cup and in the 2007 Super Division.

Onstead has coached at numerous USFHA development and elite camps during the offseason. In May 2007, she served as an assistant coach for the U.S. women's national team that competed in a tournament in Chile as it prepared for the Pan Am Games. Also in the spring of 2007, she took the U.S. under-19 Olympic Development Select team for a slate of games in Buenos Aires, Argentina. In the spring of 2006, she coached the Elite under-16 team, which toured the Netherlands and took fourth at the International Easter Hockey Tournament in Valkenswaard.

As the head coach of the USFHA Western Region women's high performance training

site, Onstead coached the California team at the USA Women's National Championships in Virginia Beach, Va., in the summer of 2006. In addition, she coached the men's Western Region Team at the 2006 USA Men's National Championship in Chula Vista, Calif., where it took second place. Locally, she is the director of California Field Hockey Camp at San Jose State and the Cal Elite Camp during the summer.

Onstead participated in an FIH coaching course that ran concurrently with the Champions Challenge in Virginia Beach, Va. in July 2005. In addition, she served a four-year term on the NCAA West Region Advisory Committee and was a member of the Division I Field Hockey Officiating Subcommittee.

Prior to taking over the reins at Cal from long-time head coach Donna Fong in 1995, Onstead was a first-team All-American for the Bears in 1982. She served as an assistant coach to Fong for 11 seasons. As a player, Onstead still ranks among Cal's all-time leaders in scoring. She is tied for seventh in career goals (26) and ranks seventh in career assists (18) and seventh in points (70).

Onstead came to Cal in the fall of 1980 as a transfer from UC Davis. In her first season, she led the Bears to a runner-up finish in the 1980 AIAW national tournament, the program's best postseason showing. Onstead propelled Cal to a pair of fifth-place postseason finishes, first in 1981, in the AIAW Tournament, and in 1982, in the NCAA Tournament. She was a two-time all-conference selection.

Onstead graduated from Cal in 1983 with a degree in physical education.



**Cal's 2008 Staff (left to right): athletic trainer Carol Rogers, assistant coach Kelly Knapp, head coach Shellie Onstead, assistant coach Niall Murphy. Not pictured: volunteer coach Peter Milkovich.**

# ASSISTANT COACHES

## Niall MURPHY

*Assistant Coach  
First Year at Cal*



Niall Murphy, a member of the U.S. national squad, joined the California field hockey coaching staff as an assistant coach in February of 2008.

Murphy previously worked for four years as a volunteer assistant coach with the women's team at Connecticut, his alma mater. The Huskies reached the NCAA Tournament in each of those four years (2003-06), getting as far as the semifinals in 2006. In 2007, he served a six-month internship at Princeton that completed his education undergraduate degree. He was also a volunteer coach

at USA Field Hockey's New England High Performance Training Center in 2005-06.

The Simsbury, Conn., product began training with the national team as a forward/midfielder in 2002 in Southern California. He has played in the USA Field Hockey Men's National Championships for the San Francisco Bay Area team and for Cal head coach Shellie Onstead, who is also the regional team's head coach.

## Kelly KNAPP

*Assistant Coach  
Third Year at Cal*

Kelly Knapp returns for her third year as a California field hockey assistant coach after a successful era as a goalkeeper for the Golden Bears from 2001 to 2004. A 2005 Cal graduate who majored in sociology with a minor in education, Knapp spent the



2005 season as head coach of Westview High School in San Diego before making her return to Berkeley.

Knapp's career as a student-athlete was replete with honors, including the NorPac

Defensive Player of the Year award in 2004, when she led all Division I goalkeepers with 1591:51 minutes played. Her goals-against average led the NorPac conference for three straight seasons (2002-04). She played every minute of every game for three consecutive seasons (2002-04).

Born in San Diego and raised in Escondido, Calif., Knapp was a four-year letterwinner in soccer and a three-year letterwinner in softball at San Pasqual High School, where she also lettered in field hockey as her team won four consecutive North County league titles.

## YEAR-BY-YEAR RECORDS

Year	Head Coach	Overall Record	Conf. Record/Place	Nat'l Finish
1976	Donna Fong	2-11-1	1-5-1/na	—
1977		9-11-3	3-2-1/na	—
1978		16-6-5	3-1-2/3rd	—
1979		6-9-4	3-1-2/3rd	—
1980		10-8-1	4-1-1/3rd	2nd
1981		11-5-2	3-2-0/3rd	5th
1982		12-4-0	3-3-0/4th	T5th
1983		12-6-1	6-2-0/2nd	T9th
1984		7-5-2	3-4-1/4th	—
1985		4-8-1	3-4-1/T2nd	—
1986		7-4-3	3-2-3/3rd	—
1987		8-2-3	5-1-2/2nd	—
1988		4-7-2	1-4-1/4th	—
1989		5-7-1	3-2-1/2nd	—
1990		6-7-1	3-3-0/T2nd	—
1991		3-8-0	1-3-0/3rd	—
1992		11-4-0	3-1-0/1st	T9th
1993		7-8-0	4-2-0/1st	T9th
1994		7-6-1	5-1-0/1st	T9th

**Fong's Totals**..... 147-126-35.....60-44-16

1995	Shellie Onstead	5-8	4-2/1st	—
1996		7-7	3-3/2nd	—
1997		12-9	3-2/2nd	—
1998		9-8	3-2/3rd	—
1999		12-5	5-0/1st	Play-in
2000		11-5	5-0/1st	—
2001		14-5	5-1/1st	T9th
2002		15-7	6-0/1st	T9th
2003		13-4	6-0/1st	T9th
2004		17-5	6-1/1st	—
2005		12-8	5-1/1st	20th
2006		17-5	6-0/1st	12th
2007		12-6	5-1/t1st	—

**Onstead's Totals**..... 156-82.....62-13

**OVERALL TOTALS**..... 303-208-35..... 122-57-16

## Peter MILKOVICH

*Volunteer Assistant Coach  
Eighth Year at Cal*



Peter Milkovich, an assistant coach for the Canada men's team in the 2008 Beijing Olympics, came to Cal in 2001 after an accomplished playing career with Canada.

Milkovich appeared in two Olympics for Canada (Seoul 1988 and Sydney 2000) and played in every international game for Canada from the 1988 Olympics up to 2000, when he retired. He helped Canada to silver medals at the 1991 and 1995 Pan American Games while scoring nine goals in Canada's gold-medal run at the 1999 Pan American Games.

Milkovich has an extensive coaching background, serving as an instructor for the British Columbia Hockey Association since 1987 and the West Vancouver Field Hockey Club from 1988-97. While with the BCHA, he designed and implemented the first-ever hockey camp for boys in Canada. Milkovich also served on the California Cup staff with Shellie Onstead in May of 2002.

Milkovich doubles as an analyst for Headwaters Capital, LLC.

A 1992 graduate of the University of British Columbia, Milkovich received a bachelor's degree in human kinetics and psychology. In 1994, he received his MBA at the British Columbia Institute of Technology.

Milkovich lives in San Francisco with his wife, Suzanne Mercier.

# 2008 ATHLETE PROFILES

## Gwen BELOMY 13

**Sr. M 5-5**  
Saratoga, Calif. (Saratoga HS)



**Cal:** 2007 Scored vs. VCU (10/6) and in the NorPac tournament vs. Davidson (11/2)...scored both goals in wins over VCU (10/5) and Davidson (11/2)...picked to third NFHCA Division I National Academic Squad. 2006 Tallied her first collegiate goal against Miami (Ohio) (9/29)...named

to NFHCA Division I National Academic Squad. 2005 Played in 10 games, starting one...recorded one assist against Miami (Ohio) (8/30)...selected to NFHCA Division I National Academic Squad.

**High School:** Earned first-team and second-team All-CCS honors...her 2004 team won the CCS championship.

**Personal:** Born on Sept. 22, 1987, in San Jose, Calif....daughter of Stephen Belomy and Jennifer Small...has one brother and three sisters...mass communications major.

Year	Games	Goals	Assists	Points
2005	10	0	1	1
2006	22	3	0	6
2007	18	2	0	4
<b>TOTAL</b>	<b>50</b>	<b>5</b>	<b>1</b>	<b>11</b>

## Carolina BISTUE 8

**Sr. D 5-7**  
Davis, Calif. (Davis HS)



**Cal:** 2007 Posted career highs in goals (2), assists (team-high 8) and points (12)...scored her points in 10 different games...selected to NFHCA Division I National Academic Squad...winner of the 2007 All-Cal Award for excellence in academics, athletics and leadership. 2006 Played in 20 games,

starting 19...collected an assist at Louisville (10/2)...tallied her second defensive save of the season against Connecticut (10/1)...recorded an assist at Pacific (9/16)...collected her first collegiate defensive save against Wake Forest (9/4)...named to NFHCA Division I National Academic Squad. 2005 Played in 15 games, starting four...picked to NFHCA Division I National Academic Squad.

**High School:** Earned all-league honors during her junior and senior years...selected MVP in 2003...was her team's top scorer her last two years...team was league co-champion in 2004...earned offensive MVP honors and All-Diablo Valley league honors in lacrosse her senior year...finished in the top 10 percent of her class academically...participated in the 2003 U-16 National Futures Tournament and selected for the 2005 U-19 NFT.

**Personal:** Born on May 3, 1987, in Mendoza, Argentina...daughter of Cesar and Eliana Bistue...moved to Davis, Calif., from Argentina when she was a sophomore in high school...has three siblings...Spanish major.

Year	Games	Goals	Assists	Points
2005	15	0	0	0
2006	20	0	2	2
2007	18	2	8	12
<b>TOTAL</b>	<b>53</b>	<b>2</b>	<b>10</b>	<b>14</b>

## Sarah BRAND 2

**RFr. M 5-5**  
Escondido, Calif. (San Pasqual HS)



**Cal:** 2007 Redshirted. **High School:** Played for Team Black in the 2005 Junior Olympic Games in New Orleans, La....competed in varsity field hockey, soccer and track (400-800-meter runs)...won league titles in all three sports in 2005-06...in field hockey, named to CIF first team and to

Avocado League first team in 2006-07.

**Personal:** Born on Aug. 29, 1989, in San Diego, Calif....parents are Betty and Ed Brand...father wrestled at Cal Western University...undeclared major.

## Caitlin BYRNE 4

**Sr. M 5-6**  
Apple Valley, Calif. (Granite Hills HS/ Rutland HS)



**Cal:** 2007 Posted career highs in games played (14), goals (4), assists (1) and points (9)...Cal's 2007 12th Man award winner, Byrne came off the bench 11 times...scored four goals on five shots for a .800 shooting percentage...picked to NFHCA Division I National Academic Squad. 2006

Named to NFHCA Division I National Academic Squad. 2005 Redshirted.

**High School:** Four-year letterwinner...Marble Valley League Champion in 2004...fourth-leading scorer at Rutland High School...leading scorer during her sophomore and junior years...also participated in three years of softball and one year of ice hockey...National Futures Tournament representative from 2003-05.

**Personal:** Born on Oct. 22, 1987, in Okinawa, Japan...parents are Bryan and Debbie Byrne...has younger brother, Sean (19)...political science major.

Year	Games	Goals	Assists	Points
2006	8	0	0	0
2007	14	4	1	9
<b>TOTAL</b>	<b>22</b>	<b>4</b>	<b>1</b>	<b>9</b>

## Kaitlin DUNCAN 18

**So. M 5-5**  
San Diego, Calif. (Serra HS)



**Cal:** 2007 Started eight of 14 games played...collected one goal and one assist against Longwood (10/30) and notched another assist against VCU (10/6)...named to NFHCA Division I National Academic Squad. 2006 Redshirted...named to NFHCA Division I National Academic Squad.

**High School:** First-team All-CIF selection...2006 team MVP...Division II CIF champion in 2005...run-

ner-up in 2006...participated in the Virginia Beach tournament and the Future Elites in 2006...played soccer two years and softball four years.

**Personal:** Born on Jan. 3, 1988, in San Diego, Calif....daughter of Peter and Sheri Duncan...has two sisters and one brother...political science major.

Year	Games	Goals	Assists	Points
2007	14	1	2	4

## Ashley GLOSZ 1

**Sr. M/F 5-2**  
San Diego, Calif. (Scripps Ranch HS)



**Cal:** 2007 Named a third-team All-American by WomensFieldHockey.com, Glosz was the Bears' second-leading scorer (21 points)...selected a member of the second-team All-West Region (NFHCA), NorPac All-Conference first team and NorPac All-Tournament team...led Cal with

four defensive saves and posted game-winning goals against Davidson (9/13) and No. 20 Stanford (9/23)...named the NorPac Offensive Player of the Week after scoring twice in that upset of Stanford and collecting an assist in a 6-2 win over Pacific (9/21).

2006 Started 21 games for the Bears...named to the NFHCA All-West Region second-team, NorPac All-Conference first team and NorPac All-Tournament team...collected four game-winning goals to rank second...tallied a defensive save against Ohio (11/7)...recorded the game-winning goal against Stanford in the NorPac Championship game...scored a goal against Radford in the NorPac Conference semifinals...earned NorPac Offensive Player of the Week honors (9/6-9)...scored her first collegiate goal in an upset of No. 6 American (8/26). 2005 Played in 13 games for the Bears, starting three...notched first career assist at Appalachian State (10/2).

**High School:** Earned first-team All-Division I and first-team Western league honors her senior season...three-time CIF champion, three-time Cal Cup champion and three-time Western League champion...graduated with over a 4.0 GPA...participated in the 2003 National Futures Tournament and the Junior Olympics.

**Personal:** Born Nov. 4, 1987, in Los Angeles, Calif....daughter of Joe and Sherri Glosz...has one younger sister, Cami (18)...conservation and resource studies major.

Year	Games	Goals	Assists	Points
2005	13	0	1	1
2006	22	13	7	33
2007	18	8	5	21
<b>TOTAL</b>	<b>53</b>	<b>21</b>	<b>13</b>	<b>55</b>

## Maddie HAND 80

**RFr. G 5-7**  
Englewood, Colo. (Cherry Creek HS)



**Cal:** 2007 Redshirted. **High School:** Joined varsity as freshman, helping Cherry Creek advance from state semifinal to final...letterwinner in 2005-06...competed on the varsity soccer team for two years...also played club tennis.

**Personal:** Born on March 8, 1989, in Colorado...par-

ents are Jill Kaplan and Marc Hand...brothers are Ben (23) and Joe (21)... undeclared major.

**Kaitlin JONES 22**

RFr. D 5-3  
San Diego, Calif. (Scripps Ranch HS)



**Cal:** 2007 Redshirted.  
**High School:** Member of Western League champion Scripps Ranch teams in 2005 and 2006...captain of 2006 team...selected to San Diego Senior All-Star Team 2006...named to 2006 All-Western League first team...second-team All-CIF in 2006.

**Personal:** Born on May 15, 1989, in Laguna Hills, Calif....parents are Don and Liane Jones...has a brother, Zachary (16), and sister, Kendra (12)...great-grandmother, Amy Jones, graduated in Cal's class of 1900...grandfather, Rodney Jones, matriculated in Cal's class of 1954...aunt, Sydney Jones, competed as a gymnast at San Diego State...dances competitively...undeclared major.

**Kathryn KAMENSKI 14**

So. D 5-5  
Mountain View, Calif. (Saint Francis HS)



**Cal:** 2007 Played three games. 2006 Redshirted... named to NFHCA Division I National Academic Squad.

**High School:** Was the Co-Player of the Year for CCS during her senior year...league's co-senior of the year...first-team all-San Jose Mercury News... team MVP... earned second-team all-league honors her junior year and was honorable mention in the San Jose Mercury News...Saint Francis was CCS co-champion in 2003 and 2005.

**Personal:** Born on April 14, 1988, in Mountain View, Calif....daughter of Bob and Sylvia Kamenski...has one brother Matt, and one sister, Sarah; both attend Georgetown...Sarah is a pitcher and outfielder for the Hoyas' softball team...political science major.

Year	G	Goals	Assists	Points
2007	3	0	0	0

**Katie KNOCHE 24**

Sr. F 5-6  
San Diego, Calif. (University of San Diego HS)



**Cal:** 2007 Rejoined team after not playing in 2006, starting two of 18 games... provided attacking spark off the bench...scored all her points in two games, with two goals vs. Appalachian State (9/15) and two goals and one assist vs. Longwood (10/30). 2005 Recorded one assist in the

Miami (Ohio) (8/30) game. 2004 Redshirted.

**High School:** Four-year varsity starter...team captain senior year...team MVP in junior and sophomore years...selected to the San Diego Union-Tribune first team in senior, junior and sophomore seasons...team offensive MVP as a freshman.

**Personal:** Born on Nov. 12, 1986, in San Diego, Calif....parents are Jim and Mary Jo Griswold...younger sister, Kelly, is a Cal goalie...double major in political science and film.

Year	G	Goals	Assists	Points
2005	5	0	0	0
2007	18	4	1	9
<b>TOTAL</b>	<b>23</b>	<b>4</b>	<b>1</b>	<b>9</b>

**Kelly KNOCHE 91**

Sr. G 5-10  
San Diego, Calif. (Harvard / Univ. HS)



**Cal:** 2007 Posted a 6-3 record, two shutouts and a 1.42 goals-against average in six starts and 15 overall games...one of those shutouts was arguably Cal's biggest win of the season, as she made 12 saves in a 1-0 upset of No. 4 Michigan (10/27), to earn NorPac Defensive Player of the Week

honors...made 14 saves in a 4-3 loss to No. 3 Wake Forest (10/12) and made two saves in a 2-1 win over Northwestern (10/14) to earn the NorPac Defensive Player of the Week honor that week...picked to NFHCA Division I National Academic Squad.

**Harvard:** 2006 Named to the All-Ivy League second team in each of her two years on the Crimson squad...posted a 1.95 goals-against average in 14 starts...ranked 20th nationally with a .761 save percentage. 2005 Registered a 1.50 GAA, starting 13 of 14 games played.

**High School:** Four-year letterwinner in field hockey and water polo...one-year letterwinner in softball...captained field hockey team as a senior... four-time first-team all-league and first-team CIF San Diego selection...four-time USFHA Futures Elite selection and three-time participant in the USFHA National Tournament...two-time selection for the USFHA Junior Olympics and B Camp...selected for 2004 USFHA Camp and USA/Canada Cup...member of the 2003 U16 National Field Hockey team.

**Personal:** Born on Dec. 24, 1987, in San Diego, Calif....parents are Jim and Mary Jo Griswold...older sister, Katie, is a Cal forward...psychology major.

Year	Games	GA	GAA	SHO	Minutes
2005	14	21	1.50	4	978:15 (Harvard)
2006	14	27	1.95	2	966:47 (Harvard)
2007	15	14	1.42	2	691:38 (Cal)
<b>TOTAL</b>	<b>43</b>	<b>62</b>	<b>1.41</b>	<b>8</b>	<b>2,636:40(Combined)</b>

**Andrea LO 30**

Sr. M/F 5-2  
West Vancouver, Canada  
(West Vancouver Secondary)



**Cal:** 2007 Selected to NorPac All-Conference first team...started 17 of 18 games played...tied for Cal lead in assists (6)...tied with Christina McGrath as Cal's third-leading scorer (16 points)...tied for team lead in game-winning goals (9/3 vs. Missouri State, 9/15 vs. Appalachian State, 9/16

vs. Radford)...named NorPac Offensive Player of the Week after the ASU and Radford games. 2006 Started all 22 games...tallied the Bears' lone goal in NCAA Tournament first-round loss to Ohio State (11/11)...scored the Bears' winning goal in 1-0 NCAA play-in with Ohio (11/7)...snagged an assist against Stanford in the NorPac Tournament final.

2005 Recorded 19 points in 19 starts...named to NFHCA Division I National Academic Squad...named NorPac Rookie of the Week twice (8/29 and 9/12)... claimed NorPac Offensive Player of the Week honors (9/19)...named to the NorPac Championship all-tournament team...tapped in her first collegiate goal and notched an assist against Miami (Ohio) (8/30).

**High School:** Named a three-time Northshore All-Star...selected most inspirational senior athlete in 2003 and 2004...high school team was the 2004 and 2005 Provincial champions; the team was twice named the most sportsmanlike team...club team, West Vancouver Lightning, finished second at the 2002 Cal Cup...academically, earned honors with distinction for three consecutive years...member of the U-18 BC Provincial team...participated in the 2004 and 2005 Can/Am Challenge.

**Personal:** Born on May 12, 1987, in Vancouver, British Columbia, Canada... daughter of Ambrose Lo and Stella Chang...legal studies major.

Year	Games	Goals	Assists	Points
2005	19	7	5	19
2006	22	8	9	25
2007	18	5	6	16
<b>TOTAL</b>	<b>59</b>	<b>20</b>	<b>20</b>	<b>60</b>

**Lisa LOHRE 10**

So. M 5-6  
Frankfurt, Germany (Max-Beckmann-Schule)



**Cal:** 2007 One of two Cal freshmen to play, seeing action in 10 games with one start (10/20 at Pacific).

**High School:** Played for Eintracht Frankfurt in the women's Bundesliga, the top club league in Germany...completed her junior year of high school in New Zealand, where she played

for a club team.

**Personal:** Born on Oct. 25, 1989, in Friedberg, Germany...parents are Hanna von Loewenstein and Karl Werner Lohre...undeclared major.

Year	Games	Goals	Assists	Points
2007	10	0	0	0

**Erin MAGILL 27**

RFr. D 5-10  
Gilroy, Calif. (Gilroy HS)



**Cal:** 2007 Redshirted.  
**High School:** Named first-team All-CCS in 2006 and second-team All-CCS in 2005...selected the Mission Trail Athletic League MVP in 2006...MTAL Junior of the Year in 2005...played in 2007 National Futures Championship...a three-year Futures participant and

two-year National Futures Championship participant...also played two years of varsity softball and one year of varsity basketball.

**Personal:** Born on Jan. 27, 1989, in San Jose, Calif....parents are Mala and Patrick Magill...sister, Melanie (31), is a captain in the U.S. Army...cousin, Sheila, attended Cal...undeclared major.

**Christina McGRATH 5**

**Sr. D 5-2**  
**San Jose, Calif. (Saint Francis HS)**



**Cal:** 2007 Tied with Andrea Lo as Cal's third-leading scorer (16 points), McGrath started in 16 of 18 games...tied with Lo and Jennifer Crane for the Cal lead in game-winning goals, with winners against Stanford (9/28), Northwestern (10/14) and Davidson (9/2)...Bears' third-leading goalscorer (6) also collected four assists...named to NorPac All-Tournament team. **2006** Started all 22 games...had an assist against Radford in the NorPac Conference Championship semifinal...scored first collegiate goal against Columbia (9/1). **2005** Started five of 12 games. **2004** Redshirted.

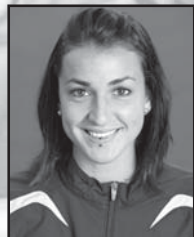
**High School:** First-team All-Central Coast Section and Saint Francis Best Defensive Player as a senior and junior...second-team All-CCS as a sophomore...Saint Francis won CCS crowns during her sophomore and senior seasons.

**Personal:** Born on Dec. 25, 1985, in San Jose, Calif....daughter of Robert and Theresa McGrath... Robert competed in the 2007 PGA Championship... brother, Matt, and sister, Jennifer, both graduated from Santa Clara...legal studies major.

Year	Games	Goals	Assists	Points
2005	12	0	0	0
2006	22	4	6	14
2007	18	6	4	16
<b>Total</b>	<b>52</b>	<b>10</b>	<b>10</b>	<b>30</b>

**Rachel MOFFITT 9**

**Sr. D 5-5**  
**San Diego, Calif. (Serra HS)**



**Cal:** 2007 Bears' Defensive MVP was selected to the NorPac All-Tournament team, NorPac All-Conference second team and NFHCA Division I National Academic Squad...started all 18 games, tallying six assists. **2006** Started all 22 games...a team captain...ranked ninth nationally with

0.68 assists per game with a career-high 15 assists in 22 games...tallied a defensive save against Ohio (11/7)...selected to the NorPac All-Tournament team and NFHCA Division I National Academic Squad...collected an assist in the NorPac Championship game against Stanford. **2005** Played in three games. **2004** Redshirted.

**High School:** Three-time MVP of Serra team...captain for three years...participated in four years of soccer and softball...earned Golden Glove for softball in 2004...accumulated 12 varsity letters in high school...softball team won CSF Championship in 2002...graduated with a GPA over 4.0...ASB President.

**Personal:** Born on Sept. 28, 1986, in San Diego, Calif....daughter of David and Stacey Moffitt...has four sisters and one brother...trained with Israeli national softball team in winter of 2006...political science major.

Year	Games	Goals	Assists	Points
2005	3	0	0	0
2006	22	0	15	15
2007	18	0	6	6
<b>Total</b>	<b>43</b>	<b>0</b>	<b>21</b>	<b>21</b>

**Natalie NURNBERG 15**

**Sr. F 5-7**  
**San Jose, Calif. (Leigh HS)**



**Cal:** 2007 Played in all 18 games, starting 10...came off the bench to score all of her four goals and two of three assists...named NorPac Rookie of the Week after tallying one goal and one assist vs. Appalachian State (9/15) and one goal vs. Radford (9/16). **2006** Redshirted...playing

guard, she joined the short-handed Cal women's basketball team during its 2006-07 season, collecting one point and one rebound in five minutes of action over two games.

**High School:** A three-time first-team All-CCS selection...garnered team MVP honors...played four years of varsity basketball, earning second-team league honors her sophomore season and first-team league honors her senior year.

**Personal:** Born on Oct. 10, 1988, in San Jose, Calif....mother is Huguette Nurnberg...has one sister and two brothers...sister-in-law Kelli Nurnberg is a 2000 Cal graduate and Cal field hockey alumna...undeclared major.

Year	Games	Goals	Assist	Points
2007	18	4	3	11

**Megan PSYLLOS 19**

**So. M 5-7**  
**San Diego, Calif. (Torrey Pines HS)**



**Cal:** 2007 Played in 11 games, starting two (9/28 at Stanford, 10/20 at Pacific)...scored first career goal vs. Longwood (10/30).

**High School:** Varsity captain in 2006...named second-team All-CIF in 2004 and 2005...selected first team All-Palomar League in 2005 and to second team in 2004...Torrey Pines took second in 2004 CIF Division I Championship...participated in the National Futures Tournament at the under-19 level in 2006 and at the U-16 level in 2005...played lacrosse for two years and was twice named defensive MVP.

**Personal:** Born on May 29, 1989, in La Jolla, Calif....competed in club soccer for seven years...parents are Adele and Nick Psyllos...has one brother, Matthew (16)...cousin, Kristen, played tennis at Washington...grandfather, Joe, played football at Stanford...uncle, Jim, played baseball at UCLA...undeclared major.

Year	Games	Goals	Assist	Points
2007	11	1	0	2

**Tracy SPRAGUE 6**

**RFr. D 5-2**  
**San Diego, Calif. (Scripps Ranch HS)**

**Cal:** Redshirted 2007.

**High School:** Helped team to the 2004 CIF Division I championship, 2005 CIF Division I runner-up spot and 2004-06 Western League championships...named to Western League first team in 2005...selected for USFHA Futures Elite in 2006...participated in National Futures Tournament...played soccer for two years.



**Personal:** Born on June 2, 1989, in San Diego, Calif....parents are Nancy and Russ Sprague...has one brother, Shane (15)...grandfather, Richard Wunderlich, and uncle, Rick Wunderlich, attended Cal...undeclared major.

**Sophie SPROATS 20**

**So. D 5-8**  
**Sydney, Australia (Ascham School)**



**Cal:** 2007 One of five players to start all 18 games...made a defensive save vs. Stanford (9/23). **2006** Redshirted.

**High School:** Opens Hockey co-captain in 2005...selected for the Vi Et Animo Cup, which honors outstanding all-around achievement, for over six years...runner-up for the under-18 Australian National Snowboarder title in 2004...in 2005 represented the U-18 hockey team...selected as the school captain for sports in her final year...set the school's 800-meter run record in 2001.

**Personal:** Born on June 21, 1987, in Sydney, Australia...parents are Ray and Carol Sproats...has three brothers...brother, Tom, was a member of Cal men's crew...social welfare major.

Year	Games	Goals	Assist	Points
2007	18	0	0	0

**Kellie YORK 12**

**Sr. F 5-2**  
**Saratoga, Calif. (Saratoga HS)**



**Cal:** 2007 Started in 13 of 18 games played...scored her one game-winning goal against VCU (10/6)...added one goal in each game against Pacific (9/21 and 10/20) and one goal against Davidson (9/20)...picked to NFHCA Division I National Academic Squad. **2006** Came off the bench in 19

games...tallied her first collegiate goal and first assist against Columbia (9/1)...named to NFHCA Division I National Academic Squad. **2005** Redshirted.

**High School:** Earned team most valuable forward honors in 2005...selected first-team all-league in 2003 and 2004...named to the *San Jose Mercury News* CCS first team in 2004...high school team was CCS champion in 2004...participated in two years of soccer and one year of softball.

**Personal:** Born on Jan. 13, 1987, in San Jose, Calif....daughter of Jesse and Donna York...political science major.

Year	Games	Goals	Assists	Points
2006	19	2	3	7
2007	18	4	2	10
<b>Total</b>	<b>37</b>	<b>6</b>	<b>5</b>	<b>17</b>



NEWCOMERS

Claire DOUGHERTY 3

Fr. F/M 5-11  
Santa Clara, Calif. (Archbishop Mitty)



**High School:** A participant in the USA Field Hockey Futures Program for three years...high school teammate of fellow Cal freshman Jessica Kreck... both were All-CCS selections in 2007 for the Monarchs, who tied Saint Francis High School and fellow Cal freshman Kristen

Goodman for the 2005 and 2006 Central Coast Section (CCS) Championships...Dougherty claimed first-team honors from the CCS, Blossom Valley Athletic League and *San Jose Mercury News* in 2007...also played basketball at Mitty.

**Personal:** Born on Dec. 31, 1989...father is Timothy Dougherty...undeclared major.

Kristen GOODMAN 16

Fr. D 5-5  
Atherton, Calif. (Saint Francis)



**High School:** Participant in the USA Field Hockey Futures Program...competed in the 2007 USA Field Hockey's Futures Championship on the same team as fellow Cal freshmen Jessica Kreck, Haleh Nourani and Megan Shimojima and Bears redshirt freshman Erin Magill...All-CCS

second-team pick...teams won three straight CCS titles (2005-07)...Saint Francis shared the 2005-06 CCS titles with the Archbishop Mitty teams of fellow Cal freshmen Kreck and Claire Dougherty.

**Personal:** Born on Jan. 27, 1990...parents are Dewell and Karen Goodman...undeclared major.

Jessica KRECK 21

Fr. M 5-9  
San Jose, Calif. (Archbishop Mitty)



**High School:** Competed in the 2007 USA Field Hockey's Futures Championship on the same team as Cal classmates Kristen Goodman, Haleh Nourani and Megan Shimojima and Bears redshirt freshman Erin Magill...won a Junior Olympics bronze medal in 2006...member of Futures

Elite program in 2007-08...Mitty teammate of fellow Cal freshman Claire Dougherty...her Mitty team was the Central Coast Section co-champion in 2005 and 2006 with Kristen Goodman's Saint Francis team.

**Personal:** Born on Nov. 9, 1990, in Mountain View, Calif....parents are Andrew and Karen Kreck...siblings are Lea (11), Matthew (9) and James (8)...undeclared major.

Haleh NOURANI 45

Fr. G 5-6  
Carlsbad, Calif. (La Costa Canyon)



**High School:** Played in three straight USA Field Hockey National Futures Championships (2005-07), claiming a bronze medal in 2006...competed in the 2007 USA Field Hockey's Futures Championship on the same team as fellow Cal freshmen Kristen Goodman, Jessica Kreck and

Megan Shimojima and Bears redshirt freshman Erin Magill...collected a silver medal with her team in the 2006 Junior Olympics and played in the 2005 Junior Olympics...won the California Interscholastic Federation (CIF) San Diego Division I title with La Costa Canyon three straight times (2005-07)...played on the same high school field hockey team as Cal lacrosse freshman Tara Arolla.

**Personal:** Born on July 21, 1990...parents are Farshad and Neda Nourani...undeclared major.

Jessica PIZAREK 77

RFr. G 5-7  
Costa Mesa, Calif. (Newport Harbor)



**Cal:** 2007 Redshirted.  
**High School:** Named the top Sunset League Goalie in 2006 after helping her team claim the league title... competed in varsity lacrosse, soccer and track and field for two years each...earned U.S. Marine Corps Distinguished Athlete Award (2007).

**Personal:** Born on June 6, 1989, in Costa Mesa, Calif....parents are Roy Pizarek and Susan Emerson...in summer of 2008, traveled to Kenya on a mission trip...undeclared major.

Megan SHIMOJIMA 11

Fr. M 5-7  
San Jose, Calif. (Lynbrook)



**High School:** Competed in the 2007 USA Field Hockey's National Futures Championship on the same team as fellow Cal freshmen Kristen Goodman, Jessica Kreck and Haleh Nourani and Bears redshirt freshman Erin Magill...a 2007 All-CCS selection who was named BVAL MVP as

a senior...her 2007 Lynbrook team placed fourth in the Central Coast Section (CSS)...also played basketball for Lynbrook.

**Personal:** Born on Jan. 7, 1990...father is Edward Shimojima...undeclared major.



# 2007 RESULTS & STATISTICS

OVERALL RECORD: 12-6 NORPAC: 5-1 HOME: 6-2 AWAY: 2-4 NEUTRAL: 4-0

Date	Opponent	Location	Result	Record/NorPac	Cal Goals (Assists) (Goalie of Record)
Aug. 26	#15 Indiana	Berkeley	L 2-0	0-1/0-0	- (Braasch)
Sept. 3	Missouri State	Berkeley	W 1-0	1-1/0-0	Lo (Ke. Knoche)
Sept. 13	Davidson*	Davidson, N.C.	W 2-0	2-1/1-0	Glosz, Crane (Bistue) (Braasch)
Sept. 15	Appalachian State*	Davidson, N.C.	W 8-0	3-1/2-0	Lo (Bistue), Glosz (Nurnberg), Nurnberg (Lo), Ka. Knoche (Moffitt, Lo), Glosz (McGrath, Crane), Crane, Byrne, Ka. Knoche (Crane) (Ke. Knoche)
Sept. 16	Radford*	Davidson, N.C.	W 3-2	4-1/3-0	Bistue (pen.), Nurnberg (Lo), Lo (Glosz) (Ke. Knoche)
Sept. 21	Pacific	Berkeley	W 6-2	5-1/3-0	Crane, York (Crane), Crane (McGrath), Nurnberg (Glosz), McGrath (Bistue), Byrne (Moffitt) (Braasch)
Sept. 23	#20 Stanford*	Berkeley	W 2-1	6-1/4-0	Glosz (McGrath, Moffitt), Glosz (York) (Braasch)
Sept. 28	#20 Stanford	Stanford, Calif.	W 4-1	7-1/4-0	McGrath (pen.), Bistue (pen.), Crane (Glosz), Nurnberg (Braasch)
Oct. 4	at #19 Virginia	Charlottesville, Va.	L 3-0	7-2/4-0	- (Braasch)
Oct. 6	vs. VCU	Harrisonburg, Va.	W 4-1	8-2/4-0	York (Crane), Belomy (Lo), Lo (Bistue), Byrne (Duncan) (Braasch)
Oct. 7	#8 James Madison	Harrisonburg, Va.	L 2-1	8-3/4-0	McGrath (Moffitt, Lo) (Braasch)
Oct. 12	#3 Wake Forest	Berkeley	L 4-3	8-4/4-0	Lo, Crane (Glosz), Glosz (Ke. Knoche)
Oct. 14	Northwestern	Berkeley	W 2-1	9-4/4-0	Crane, McGrath (Bistue) (Ke. Knoche)
Oct. 20	Pacific*	Stockton, Calif.	L 3-2	9-5/4-1	Crane, York (Nurnberg) (Ke. Knoche)
Oct. 27	#4 Michigan	Berkeley	W 1-0	10- 5/4-1	Crane (Lo) (Ke. Knoche)
Oct. 30	Longwood*	Berkeley	W 8-0	11-5/5-1	Crane (McGrath), Glosz, Byrne (Glosz), Psyllos (Ka. Knoche), McGrath (Bistue), Duncan, Ka. Knoche (Moffitt, Duncan), Ka. Knoche (Moffitt, York) (Braasch)
Nov. 2	vs. Davidson^	Stanford, Calif.	W 5-0	12-5/5-1	McGrath (Bistue), York (Nurnberg), Crane, Belomy (Byrne), Crane (Ke. Knoche)
Nov. 3	at Stanford+	Stanford, Calif.	L 3-1	12-6/5-1	Glosz (Bistue) (Ke. Knoche)

\*NorPac Conference Game    ^NorPac Tournament Semifinal    +NorPac Tournament Final

## INDIVIDUAL STATISTICS

Player	GP-GS	Min	G	A	Pts	Sh	Shot%	SOG	SOG%	GW	PS-ATT	DSv
3 Jennifer Crane	18-18	1058	12	4	28	53	.226	28	.528	3	0-0	0
1 Ashley Glosz	18-17	1046	8	5	21	43	.186	31	.721	2	0-0	4
5 Christina McGrath	18-16	1159	6	4	16	44	.136	26	.591	3	1-1	1
30 Andrea Lo	18-17	1103	5	6	16	23	.217	10	.435	3	0-0	0
8 Carolina Bistue	18-18	1151	2	8	12	30	.067	23	.767	0	2-2	0
15 Natalie Nurnberg	18-10	680	4	3	11	15	.267	10	.667	0	0-0	0
12 Kellie York	18-13	805	4	2	10	26	.154	15	.577	1	0-0	0
24 Katie Knoche	18-2	428	4	1	9	24	.167	15	.625	0	0-0	0
4 Caitlin Byrne	14-3	299	4	1	9	5	.800	5	1.000	0	0-0	0
9 Rachel Moffitt	18-18	1226	0	6	6	3	.000	2	.667	0	0-0	0
25 Gwen Belomy	18-18	1161	2	0	4	18	.111	11	.611	0	0-0	0
18 Kaitlin Duncan	14-8	566	1	2	4	4	.250	2	.500	0	0-0	0
19 Megan Psyllos	11-2	250	1	0	2	2	.500	2	1.000	0	0-0	0
91 Kelly Knoche	15-6	691	0	0	0	0	.000	0	.000	0	0-0	0
77 Liz Braasch	13-12	573	0	0	0	0	.000	0	.000	0	0-0	0
20 Sophie Sproats	18-18	1260	0	0	0	0	.000	0	.000	0	0-0	1
16 Halley Crosthwaite	3-1	32	0	0	0	0	.000	0	.000	0	0-0	0
14 Kathryn Kamenski	3-0	43	0	0	0	0	.000	0	.000	0	0-0	0
10 Lisa Lohre	10-1	216	0	0	0	0	.000	0	.000	0	0-0	0
<b>Total</b>	<b>18</b>	<b>53</b>	<b>42</b>	<b>148</b>	<b>290</b>	<b>.183</b>	<b>180</b>	<b>.621</b>	<b>12</b>	<b>3-3</b>	<b>6</b>	
<b>Opponents</b>	<b>18</b>	<b>25</b>	<b>16</b>	<b>66</b>	<b>165</b>	<b>.152</b>	<b>105</b>	<b>.636</b>	<b>6</b>	<b>0-3</b>	<b>2</b>	

Goaltenders	GP-GS	Minutes	GA	GAA	Saves	Save%	W	L	T	SHO
77 Liz Braasch	13-11	572:29	11	1.35	21	.656	6	3	0	1
91 Kelly Knoche	15-6	691:38	14	1.42	57	.803	6	3	0	2
<b>Total</b>	<b>18</b>	<b>1264:07</b>	<b>25</b>	<b>1.38</b>	<b>80</b>	<b>.762</b>	<b>12</b>	<b>6</b>	<b>0</b>	<b>6</b>
<b>Opponents</b>	<b>18</b>	<b>1264:07</b>	<b>53</b>	<b>2.93</b>	<b>125</b>	<b>.702</b>	<b>5</b>	<b>12</b>	<b>0</b>	<b>2</b>

Team saves: 2



Andrea Lo



Carolina Bistue

GOALS BY PERIOD	1st	2nd	OT	Total	SAVES BY PERIOD	1st	2nd	OT	Total
California	27	25	1	53	California	34	46	0	80
Opponents	13	12	0	25	Opponents	68	56	1	125

SHOTS BY PERIOD	1st	2nd	OT	Total	PENALTY CORNERS	1st	2nd	OT	Total
California	150	137	3	290	California	71	73	0	144
Opponents	69	96	0	165	Opponents	37	43	0	80

# HONORS & RECORDS

## OLYMPIANS

- 1980 Sheryl Johnson
- 1984 Sheryl Johnson, Marcy Place
- 1988 Sheryl Johnson, Marcy Place
- 1992 Renee Chatas (official)
- 1996 Renee Chatas (official)
- 2008 **Shellie Onstead** (U.S. women's assistant coach)
- 2008 **Peter Milkovich** (Canada men's assistant coach)

## ALL-AMERICANS/ ALL-REGION

- 1982 Shellie Onstead
- 1983 Renee Chatas
- 1986 Kiki Brown
- 1987 Ligaya Yrastorza, Kiki Brown (2nd team)
- 1993 Ilse Akkermans (3rd team)
- 1994 Ilse Akkermans (2nd team)
- 1996 Elke Popp (2nd team)
- 1997 Elke Popp (2nd team)
- 1998 Megan Sainsbury (2nd team regional)
- 1999 Megan Sainsbury (2nd team regional)
- 2000 Sarah Hoehn (2nd team regional)
- 2001 Nora Feddersen (1st team regional)  
Elizabeth Harkins (2nd team regional)
- 2002 Nora Feddersen (3rd team) (1st team regional)
- 2003 Nora Feddersen (2nd team), Erin Booth (1st team regional)
- 2004 Valentina Godfrid (1st team regional)
- 2005 Valentina Godfrid (3rd team) (1st team regional)  
Chilly Banuelos (1st team regional)
- 2006 Valentina Godfrid (1st team regional)  
**Ashley Glosz** (2nd team regional)
- 2007 Jennifer Crane (2nd team regional)  
**Ashley Glosz** (3rd team All-American WomensFieldHockey.com; 2nd team regional)

## U.S. NATIONAL TEAM

- 1978-91 Sheryl Johnson
- 1980-88 Marcy Place
- 1985 Renee Chatas
- 1985-86 Shellie Onstead

## U.S.

### UNDER-21 TEAM

- 1985 Cheryl Swanson
- 1987 Annabella Stagner

## CAL HALL OF FAME

- 1983 Sheryl Johnson
- 1989 Marcy Place

## NFHCA NATIONAL ACADEMIC SQUAD

- 1987 Stacey Wharton, Valerie Wharton
- 1988 Kristi Holmes
- 1990 Tori Graff
- 1991 Annaliese Lodge
- 1993 Kasandra Cronin, Kathleen Lavelle, Annaliese Lodge, Carol Weaver

- 1994 Carol Weaver, Courtney Wolf, Cyndi Lee
- 1995 Carrie Lee, Cyndi Lee, Peggy Mannen
- 1996 Becky Bewley, Cynthia Lee, Elke Popp
- 1997 Elke Popp
- 2000 Lisa D'Anjou, Nora Feddersen, Sara Hunt, Pooja Mehta, Danya Sawyer, Alyssa Sprenger, Michelle Wald
- 2001 Lisa D'Anjou, Nora Feddersen, Sharan Kalla, Pooja Mehta, Danya Sawyer, Alyssa Sprenger, Michelle Wald
- 2002 Lisa D'Anjou, Nora Feddersen, Briana Harney, Lisa Hauck, Pooja Mehta, Jessica Morison, Danya Sawyer, Michelle Wald
- 2003 Lisa Clark, Nora Feddersen, Samantha Gallop, Briana Harney, Lisa Hauck, Jessica Morison, Emily Rapp
- 2004 Jessica Bird, Briana Harney, Lisa Hauck, Verena Kuhk, Emma Rapp
- 2005 **Gwen Belomy**, Jessica Bird  
**Carolina Bistue**, **Caitlin Byrne**  
Briana Harney, Lisa Hauck  
**Andrea Lo**
- 2006 **Gwen Belomy**, **Carolina Bistue**, **Caitlin Byrne**, Katie Cummings, **Kaitlin Duncan**, Lisa Hauck, **Kathryn Kamenski**, Molly Lyford, **Rachel Moffitt**, **Kellie York**
- 2007 **Gwen Belomy**, **Carolina Bistue**, **Caitlyn Byrne**, **Kaitlin Duncan**, **Kelly Knoche**, Jessica Kolte, **Lisa Lohre**, **Rachel Moffitt**, **Kellie York**

## COSIDA ACADEMIC ALL-AMERICANS

- 2003 Nora Feddersen

## HONDA SPORTS AWARD NOMINEE

- 1978 Sheryl Johnson

## ALL-CONFERENCE

### NorCal

- 1980 Sandi Chamberlain
- 1981 Shellie Onstead, Megan Porter, Maureen Robbins

### NorPac

- 1982 Renee Chatas, Melissa Nerone, Shellie Onstead, Megan Porter
- 1983 Renee Chatas\*, Kathy Forbey, Bunny Freud, Megan Porter, Sheri Watts
- 1984 Kathy Forbey, Bunny Freud, Sheri Watts, Ligaya Yrastorza
- 1985 Kiki Brown, Kathy Forbey
- 1986 Kiki Brown#, Gretchen Scheel, Ligaya Yrastorza
- 1987 Ligaya Yrastorza\*, Kiki Brown, Annabella Stagner
- 1988 Patti Caswell, Karyn Hillman, Michelle Ohye
- 1989 Sharon Lee, Michelle McCliman, Michelle Ohye, Lynn Stepovich

- 1990 Sandy Shimmoka, Amy Lawhead, Tori Graff, Lynn Stepovich
- 1991 Amy Lawhead, Theresa Korte, Ashli Carpi
- 1992 Ilse Akkermans, Ashli Carpi, Kasandra Cronin, Jenni Grider, Theresa Korte
- 1993 Ilse Akkermans, Ashli Carpi, Kasandra Cronin, Min Ta
- 1994 Ilse Akkermans\*, Naomi Kagan, Theresa Korte, Kathleen Lavelle
- 1995 Jennifer Grossman, Valerie Haas, Annie Lavelle, Kathleen Lavelle, Elke Popp
- 1996 Kathy Fouts, Karen Hagan, Cyndi Lee, Elke Popp
- 1997 Sara Baron, Katherine Garofalo, Karen Hagan, Elke Popp#, Megan Sainsbury
- 1998 Kathy Fouts, Robin Reschke, Megan Sainsbury
- 1999 Sara Baron, Robin Reschke, Megan Sainsbury\*, Lieke Zoete^
- 2000 Nora Feddersen^, Leticia Gaylean, Elizabeth Harkins, Sarah Hoehn!
- 2001 Nora Feddersen, Elizabeth Harkins%, Erin Robinson
- 2002 Nora Feddersen\*%, Lisa D'Anjou
- 2003 Nora Feddersen\*, Erin Booth, Kelly Knapp, Valentina Godfrid
- 2004 Valentina Godfrid\*, Kelly Knapp!, Chilly Banuelos, Maggie Grimes
- 2005 Valentina Godfrid\*%, Jessica Bird!, Chilly Banuelos, Teela Crosthwaite, Alana Smith, Jenna Long
- 2006 Valentina Godfrid\*, **Ashley Glosz**, **Andrea Lo**, Veronica Sykes, Lisa Hauck, Jamie Nance
- 2007 Jennifer Crane, **Ashley Glosz**, **Andrea Lo**, **Rachel Moffitt**

## NORPAC COACH OF THE YEAR

- 1992 Donna Fong
- 1993 Donna Fong
- 1994 Donna Fong
- 1999 **Shellie Onstead**
- 2001 **Shellie Onstead**
- 2002 **Shellie Onstead**
- 2003 **Shellie Onstead**
- 2005 **Shellie Onstead**
- 2006 **Shellie Onstead**

## GOLDEN BEAR TEAM AWARD

- 1993-94 3.194 team GPA

- \* *Player of the Year*
- # *Co-Player of the Year*
- ^ *Rookie of the Year*
- ! *Defensive Players of the Year*
- % *Offensive Players of the Year*

## SINGLE-SEASON RECORDS

### GOALS

1. Valentina Godfrid..... 33.....2006
2. Valentina Godfrid..... 28.....2005
3. Valentina Godfrid ..... 21.....2004
4. Renee Chatas ..... 19..... 1983
5. Ilse Akkermans..... 17..... 1994
6. Megan Sainsbury ..... 15..... 1999  
Nora Feddersen ..... 15.....2003
8. Shellie Onstead..... 14..... 1981  
Nora Feddersen ..... 14.....2002
10. **Ashley Glosz**..... 13..... 2006

### ASSISTS

1. Megan Sainsbury ..... 17..... 1999
2. **Rachel Moffitt** ..... 14..... 2006  
Cheryl Swanson ..... 14..... 1983  
Teela Crosthwaite..... 14.....2005
5. Valentina Godfrid..... 12.....2004
6. Shellie Onstead.....11..... 1982  
Valentina Godfrid.....11.....2005
8. Courtney Wolf ..... 10..... 1994  
Samantha Gallop ..... 10.....2004  
Jenna Long ..... 10.....2005
11. Catlin Braucht..... 9..... 1999  
Elizabeth Harkins ..... 9.....2000  
**Andrea Lo** ..... 9..... 2006

### POINTS

1. Valentina Godfrid..... 73.....2006
2. Valentina Godfrid..... 67.....2005
3. Valentina Godfrid..... 54.....2004
4. Megan Sainsbury ..... 47..... 1999
5. Renee Chatas ..... 39..... 1983
6. Ilse Akkermans..... 36..... 1994
7. Shellie Onstead..... 35..... 1981
8. Nora Feddersen ..... 34.....2002
9. **Ashley Glosz**..... 33..... 2006
10. Nora Feddersen ..... 32..... 2003

## CAREER RECORDS

### GOALS

1. Valentina Godfrid..... 93.....2003-06
2. Nora Feddersen ..... 45.....2000-04
3. Ilse Akkermans..... 36..... 1992-94
4. Renee Chatas ..... 34.....1980-83
5. Jennifer Crane..... 33.....2004-07
6. Megan Sainsbury ..... 28..... 1996-99
7. Melissa Nerone ..... 26..... 1979-82  
Shellie Onstead..... 26..... 1980-82
9. **Ashley Glosz**..... 21..... 2005-
10. Sara Baron ..... 20..... 1996-99  
**Andrea Lo** ..... 20..... 2005-

### ASSISTS

1. Megan Sainsbury ..... 34..... 1996-99  
Valentina Godfrid..... 34.....2003-06
3. Jenna Long ..... 28.....2002-05
4. Elizabeth Harkins ..... 21..... 1998-01  
**Rachel Moffitt** ..... 21..... 2005-
6. **Andrea Lo** ..... 20..... 2005-
7. Shellie Onstead..... 18..... 1980-82
8. Teela Crosthwaite..... 17.....2002-05
9. Cheryl Swanson ..... 15..... 1982-83  
Catlin Braucht..... 15..... 1996-99

### POINTS

1. Valentina Godfrid..... 220.....2003-06
2. Nora Feddersen ..... 103.....2000-03
3. Megan Sainsbury ..... 90..... 1996-99
4. Ilse Akkermans..... 81..... 1992-94
5. Renee Chatas ..... 79..... 1980-83
6. Jennifer Crane..... 74.....2004-07
7. Shellie Onstead..... 70..... 1981-82
8. Melissa Nerone ..... 66..... 1979-82
9. **Andrea Lo** ..... 60..... 2005-
10. Elizabeth Harkins ..... 59..... 1998-01

## ACADEMIC SUPPORT

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 and in the classroom.

The Athletic Study Center, which is housed within the Division of Undergraduate Education, is the tutorial and academic support program for the nearly 1,000 student-athletes at Cal. Centrally-located in the Cesar E. Chavez Student Center, the program provides a spacious and comfortable arboretum for quiet study, separate classrooms for individual and group tutorials and a computer lab for word processing and required course work.

Geared around the understanding of the amount of time student-athletes must devote

to practice, training, physical therapy and team travel, the program creates an environment where students can cultivate good study habits, receive individual or group tutoring and obtain counseling from academic advisors.

The tutorial component promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The program focuses mainly on freshmen and sophomores, and the center uses between 50-60 tutors per semester to guarantee that as many courses as possible are covered.

The advising component offers a broad range of services and programs to meet the unique needs and bipolar demands of student-athletes, including assistance in understanding and complying with University, college and NCAA rules, development of time management skills and resolution of 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 and refer-



**Courtney Dolder**  
Academic Advisor

ring juniors and seniors to areas on campus that can help with internships, graduate school applications and career planning.

In addition, the Athletic Study Center offers a six-week Summer Bridge program to 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.

Two special areas offered are Peer Advising and the Exiting and Re-Entry Program. Peer advisors provide academic and campus life guidance for new intercollegiate athletes. They are selected from junior and senior student-athletes and assist in developing programs to further address the needs of student-athletes.

As a result of the overall success of its advising and tutorial programs, the academic performance and graduation rates of Cal's student-athletes have improved significantly, a source of pride for the University.

## DIRECTOR OF ATHLETICS

## Sandy BARBOUR

Director of Athletics



Sandy Barbour oversees an Athletic Department that ranks as one of the most successful in the country with a mission that seeks to match its level of excellence with that attained by the University.

Named one of the "100 Most Influential Women in Business" in the Bay Area by the *San Francisco Business Times*, Barbour was chosen a 2006 Woman of Distinction by the *East Bay Business Times* and the 2006 National Association of Collegiate Women Athletics Administrators (NACWAA) Division I-A National Administrator of the Year.

Barbour is an active member of several committees on both the national and conference levels. Chair of the Pac-10 Finance Committee, she is also a member of the Pac-10 Executive Committee and the Pac-10 Television Committee and served as vice president of the conference for 2007-08. In addition, Barbour is on the NACDA Executive Committee, the NCAA Diversity Leadership Strategic Planning Committee, the NCAA Women's Basketball Discussion

Group and the WBCA Defensive Player of the Year Selection Committee.

Prior to moving to Berkeley, Barbour was the deputy director of athletics at Notre Dame, serving as the university's senior athletic administrator from July 2003 to September 2005. She previously held an associate athletic director position there starting in 2000.

Barbour's career in intercollegiate athletic administration spans 26 years, beginning as a field hockey assistant coach and lacrosse administrative assistant at the University of Massachusetts in 1981. She has since served as assistant athletic director at Northwestern and in 1991 was recruited to Tulane as an associate athletic director.

In 1996, Barbour was appointed Tulane's director of athletics at age 36, and during her three years overseeing the program, Green Wave teams won 12 conference championships. In her first year in the position, the school captured four conference titles, a feat never before accomplished in Tulane history. She also hired Tommy Bowden as head football coach. Bowden proceeded in 1997 to post the Green Wave's first winning season (7-4) in 16 years.

In her position at Notre Dame, Barbour oversaw facilities and event operations for the school's 26-sport program, including football game management and the

department's two golf courses. She was also responsible for developing, maintaining and implementing Notre Dame's \$127 million athletics facilities master plan.

Additionally, her role at Notre Dame included responsibilities for women's lacrosse, men's and women's cross country, indoor and outdoor track, men's and women's swimming, men's golf and women's basketball.

Born Dec. 2, 1959, in Annapolis, Md., Barbour grew up in a military family. Her father was an aviator in the U.S. Navy, and her family lived in various U.S. locations, as well as in Western Europe.

Barbour graduated cum laude in 1981 with a B.S. degree in physical education from Wake Forest, where she was a four-year letterwinner and served as captain of the field hockey team. She also played two varsity seasons of women's basketball.

Barbour earned advanced degrees at both Massachusetts (an M.S. in sports management in 1983) and Northwestern's Kellogg School of Management (an MBA in 1991).

Between master's programs, Barbour served as assistant field hockey and lacrosse coach at Northwestern from 1982-84. She also held the position of director of recruiting services during that period, before being promoted to assistant athletic director for intercollegiate programs in 1984, a position she held until 1989.

# THE UNIVERSITY

The University of California is one of the world's leading academic institutions. The school, known throughout the world as "Cal," is truly a prototype of a contemporary university. It attracts what many consider the finest applicant pool in the country, generates an ethnically and culturally diverse student population on campus, and provides one of the finest learning experiences in the world today.

## WORLD-CLASS FACULTY AND STUDENTS

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. Cal's 35 programs among the top 10 is No. 1 among all universities in the country, as is its 32 "distinguished" programs, as rated by the National Research Council.

The library is ranked third in the country, as judged by Association of Research Libraries with 9 million volumes in 18 campus libraries.

The faculty features seven 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.

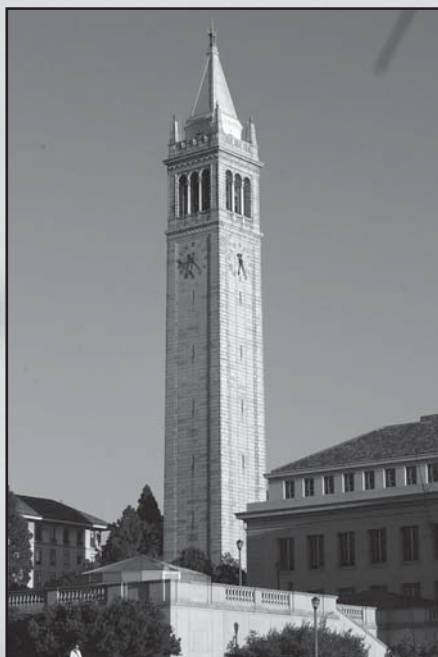
2007-08

### DIRECTORS' CUP

Led by a men's water polo national championship and a best-ever second-place finish by its women's tennis squad, California earned seventh place in the annual U.S. Sports Academy Directors' Cup standings for 2007-08, matching its best-ever standing from 2005-06. This year marks the fifth time in the last six years that Cal has posted a top-10 finish as well as the eighth time in the last nine years that the Golden Bears have been ranked in the Top 15.

The Directors' Cup measures the best overall collegiate athletics programs in the country and awards points based on final national standings in a maximum of 10 NCAA-sponsored sports for both men and women.

Rugby captured its 24th national title but because it is not an NCAA-sponsored sport, the Bears did not receive points for that accomplishment.



The quality of Cal's diverse and independent student body complements the stature of the faculty. Almost 35,000 students annually enroll at Cal. Of these, about 23,000 are undergraduates. Students come to Berkeley from all over California, in addition to every state in the union and more than 2,000 students from more than 75 countries around the world.

## THE BAY AREA

Overlooking San Francisco Bay, the campus is a lush and tranquil 1,232-acre oasis in an urban setting. The grounds have retained much of the beauty of their rural beginnings. Spacious lawns, hiking and running trails, as well as groves of oak, redwood and eucalyptus blend with the Neo-classical architecture of John Galen Howard. The University is bordered by the wooded rolling hills of Tilden Regional Park and the City of Berkeley, one of America's most lively and culturally diverse municipalities.

## ACADEMIC SUCCESS

By any standard, Cal offers its students one of the best educations available. Since its birth it has earned a reputation unmatched by any public university in America.

Although Cal is well known for its stellar graduate programs, undergraduate teaching is a campus priority. Nearly half of all courses offered at the undergraduate level have 25 students or fewer, and many lecture courses include smaller laboratory or study group sections which allow close interaction with professors and other instructors.

Cal offers a wide arena for academic endeavor and personal growth with more than 7,000 courses in nearly 300 degree programs. Support services such as the Student Learning Center, Career and Graduate School Services, the Disabled Students' Program, and campus and alumni mentor programs reflect Cal's commitment to undergraduate education. Study abroad is available to undergraduate students through the Education Abroad Program, which maintains more than 90 study centers in countries such as Australia, Costa Rica, Hong Kong, Italy, New Zealand and Thailand.

## ATHLETIC EXCELLENCE

The excellence of the University's intercollegiate athletic program rivals the school's academic reputation as Cal boasts one of the finest all-around programs in the nation. Twenty-seven sports - men's and women's basketball, crew, cross country, golf, gymnastics, soccer, swimming and diving, tennis, track & field and water polo; men's baseball, football and rugby; along with women's softball, volleyball, field hockey and lacrosse - are sponsored by the University.

Over the years, Cal has captured more than 60 national team championships - most recently repeat titles by rugby and men's water polo - while claiming over 130 NCAA individual championships in a variety of sports. In 2007-08, Tim McNeill increased his individual titles to five in men's gymnastics, while Katie Morgan won the women's pole vault crown. More than 30 current and former Cal athletes also qualified for the 2008 Olympics in Beijing, China.

## OUTSIDE THE CLASSROOM

A myriad of activities also goes on outside the classroom. There are more than 350 registered student organizations, such as the Marching Band, Hang Gliding Club, radio station KALX, ethnic associations, humor and literary magazines, debate team, Cal Corps (volunteer programs), Cal in the Capitol/Sacramento, and political organizations.

In addition, Cal has a host of other features, including public lectures and concerts, campus-sponsored forums and seminars, clubs and workshops, international festivals, art, photographic, design, architectural, anthropological and archaeological exhibits and displays, and dozens of bookstores near campus - all of this making Berkeley one of the most intellectually stimulating communities in the country.

# SAN FRANCISCO BAY AREA

The San Francisco Bay Area is a major metropolitan area of approximately six million people and one of the most scenic regions in the United States. The Bay Area includes the major cities of San Francisco and Oakland, as well as Berkeley, home of the world-renowned University of California. Just south is the city of San Jose and the Silicon Valley, home to many of the world's high-tech companies. The Bay Area also lies within easy driving distance of the high Sierra resorts of Lake Tahoe and Yosemite, the Monterey/Carmel peninsula, the world famous Napa wine country, and the spectacular Mendocino Coast.

Everyone knows "The City" - San Francisco - from countless photographs, movies and television shows that capture its magic. It is a city built on a series of more than 40 hills, offering panoramic views of every kind. The hub of a nine-county complex and the financial and insurance capital of the world, San Francisco has a resident population of about 740,000. San Francisco is situated on a 46.6 square-mile peninsula bounded on the west by the Pacific Ocean, on the north by the Golden Gate strait, and from north to east by the San Francisco Bay. The City has been named the world's top city twice and the top city in the U.S. in 17 of the last 18 years by *Condé Nast Traveler*.

## TOP CITIES IN THE WORLD

1. Sydney, Australia
2. **San Francisco, CA**
3. Florence, Italy
4. Cape Town, S. Africa
5. Rome, Italy
6. Bangkok, Thailand
7. New York City, NY
8. Buenos Aires, Argentina
9. Damascus, Syria

Source: *Condé Nast Traveler*, 2007 Readers' Choice Awards

The San Francisco Bay is spanned by two landmarks, the Golden Gate and San Francisco-Oakland Bay bridges, and graced by four islands: Alcatraz, Angel, Yerba Buena and Treasure. The area is easily navigated by car, BART (Bay Area Rapid Transit), bus or ferry, making it easily accessible to all.

Located across the Bay Bridge from San Francisco, Oakland is a city of 400,000, jam-packed with exciting attractions, stimulating arts, and an ideal climate. Oakland's charm exceeds its man-made wonders, as its tumbling hills, vast forests, hiking and riding trails, beautiful lakes and numerous parks

### WE'RE NO. 1!

- *Money* magazine (2007) chose San Francisco as "the best place to live" among the 300 biggest U.S. metropolitan areas.
- A special report posted on Forbes.com (May 2008) ranked San Francisco as America's "best city for the outdoors."
- San Francisco bested Seattle as the fittest of America's most populous cities according to a report by the American College of Sports Medicine (May 2008).
- Readers of *Travel & Leisure* magazine (2006) selected San Francisco as their favorite city in the world thanks to its "red-hot restaurant scene and booming economy."
- San Francisco is rated the No. 1 city in the U.S. by *Condé Nast Traveler* (October 2007)

provide a natural escape for those who prefer nature over an urban environment.

Berkeley, just a 12-mile drive from San Francisco, is situated on 18.8 square miles with a population of 103,000 people. A study in contrasts, Berkeley is a small town with a big-city character. With its world-renowned university, global population and rich diversity of cultural arts, Berkeley reflects and affects the rest of the country.

Sports fans can see it all in the Bay Area - professional football (San Francisco 49ers, Oakland Raiders), professional basketball (Golden State Warriors), professional baseball (San Francisco Giants, Oakland Athletics), professional hockey (San Jose Sharks), and outstanding collegiate competition.

Sources: S.F. Convention and Visitors Bureaus, Oakland Convention & Visitors Authority, Berkeley Convention and Visitors Bureau, and the California Trade and Commerce Agency.

