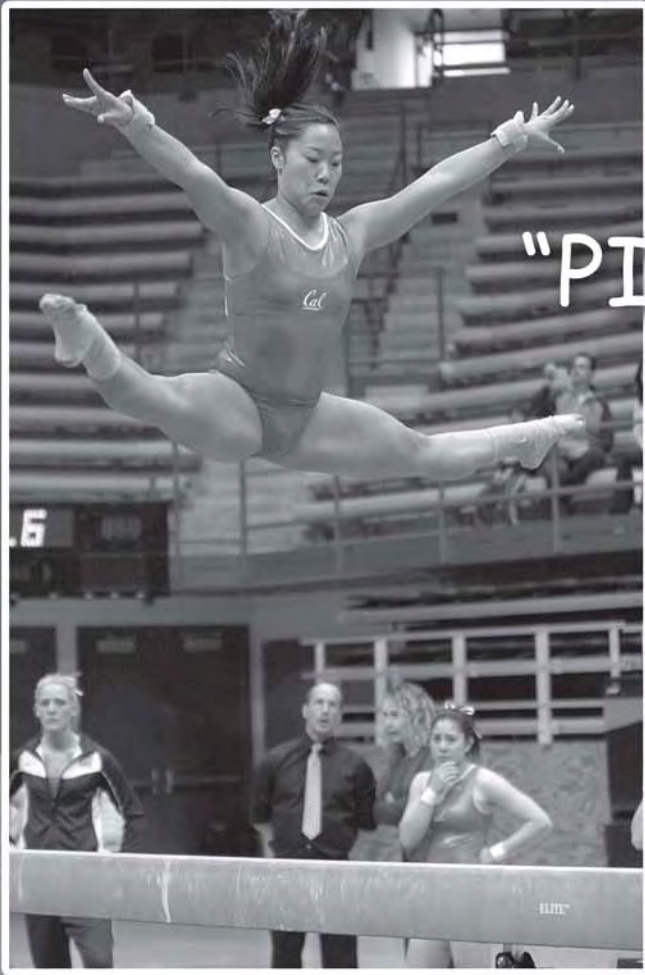


# FLIP FOR A CURE

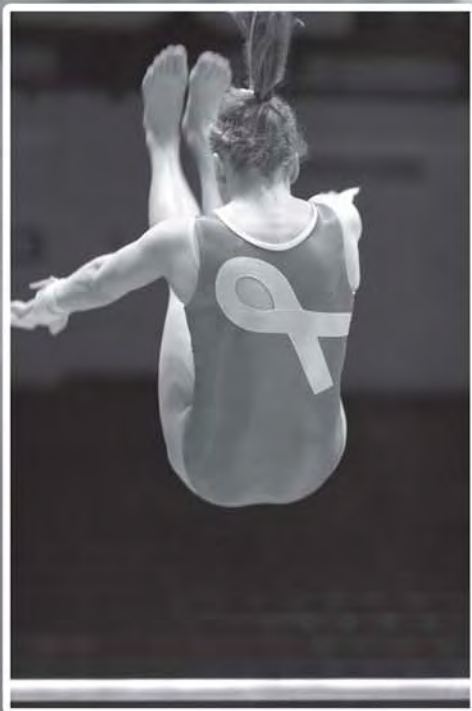


## CAL'S "PINK MEET"

2:00 p.m.  
February 10  
vs Oregon State



This season, one Cal home meet will once again be designated as the women's gymnastics' breast cancer awareness meet. The Golden Bear gymnasts will solicit flat donations or pledges for every Cal score of 9.5 and above. Cal will donate all money earned to the Susan G. Komen Breast Cancer Foundation Bay Area affiliate in the hopes of raising funds to eradicate breast cancer as a life-threatening disease through research, education, screening and treatment. Fans are encouraged to wear pink and "pink-out" Haas Pavilion, while the Bears don pink leotards for the event.



# ACADEMIC ACHIEVEMENT

One of the real success stories for the University of California is the development and growth of a comprehensive academic support program for its student-athletes - the Athletic Study Center.

In 1984, campus officials and Athletic Department administrators decided that a greater emphasis needed to be placed on helping Cal student-athletes with their academic pursuits. The Athletic Study Center was thus born and charged with developing an academic support program geared to the needs of NCAA Division I student-athletes. It was a significant development for an academically oriented institution such as Cal to recognize the special needs required for a modern student-athlete's success both as an athletic competitor on the field of play and in the classroom.

## PROGRAM FOR STUDENT-ATHLETES

The Athletic Study Center, which is housed within the Division of Undergraduate Education, is the tutorial and academic support program for the nearly 1,000 student-athletes at Cal. Centrally located in the Cesar Chavez Student Center, the program provides a



### ATHLETIC STUDY CENTER STAFF

*(From left): Michael Thompson, Chris Lane, Derek Van Rhennen, Tony Mirabelli, Stephen Johnson, Richard Deshong, Melanie Moonsamy, Quame Patton, and Cassidy Raher.*

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.

## TUTORIAL PROGRAM

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

## ADVISING PROGRAM

The Advising Program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with University, college and NCAA requirements, developing time management skills and resolving personal issues unique to student-athletes.

During the freshman year, advisors typically try to help student-athletes make a successful academic transition from high school, while during the sophomore year, they assist student-athletes in making decisions on appropriate majors and fields of study. For the final two years, advisors take more of an exiting approach, ensuring that proper academic progress is being made towards graduation while referring juniors and seniors to areas on campus that can help with career planning.

## 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.

*Photo by Steve McConnell*

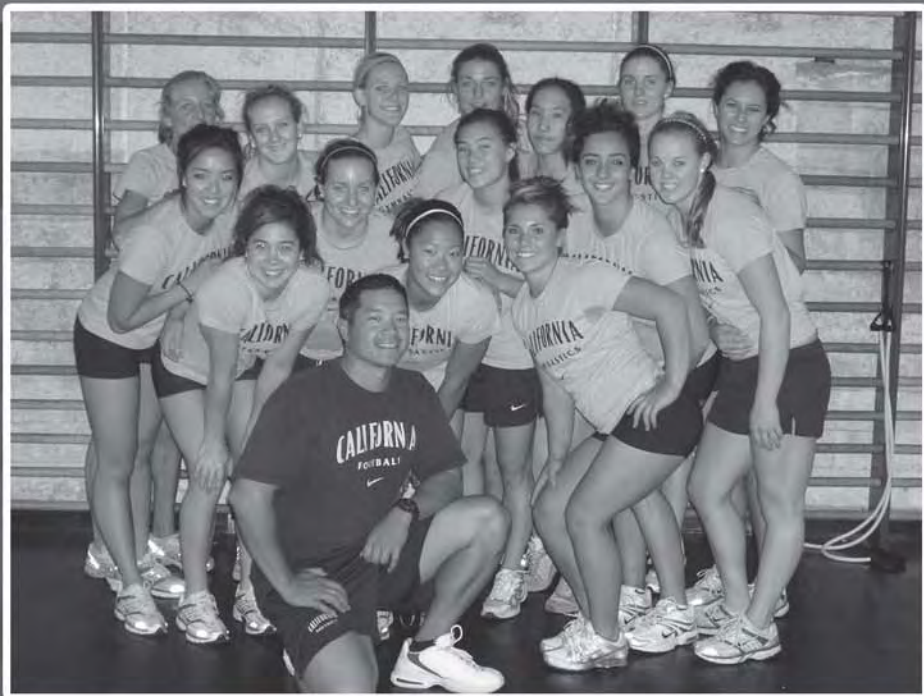
# STRENGTH & CONDITIONING



An integral part of California Women's Gymnastics program and its success is the strength and conditioning program, led by Ken Miller and assistants, who supervise the comprehensive operation for the Golden Bear team. The program's philosophy is geared towards helping each student-athlete achieve the highest level of athletic development.

By teaching how all the components of strength and conditioning fit together, student-athletes understand how to maximize force production. This includes enhancement of speed, strength and flexibility, which results in improved power. Motivating, educating and helping to reach maximum athletic development is the primary focus of the Cal program.

The Cal weight room includes eight Olympic platforms and an array of aerobic and anaerobic equipment. The picturesque facility offers panoramic views of the entire region, including San Francisco and the Bay. The training regimen at Cal is a year-round process that emphasizes the speed, strength and flexibility. With closely monitored workouts that involve a great deal of individual instruction and attention, student-athletes are taught the correct techniques to increase their ability to perform at their peak during competition.



*Above, Ken Miller poses with the women's gymnastics squad during a workout this past fall. The strength and conditioning program for Cal Gymnastics is a comprehensive process which combines modern Olympic platform, aerobic and anaerobic workouts in the Haas Pavilion fitness facility with personalized training to maximize strength, speed, flexibility and overall health.*

Cal's program stresses comprehensive training in order to improve both strength and speed. Flexibility is a key component because it is essential for proper lifting.

Athlete workouts are closely monitored by the conditioning staff who work in collaboration with the entire sports medicine team (doctors, athletic trainers, physical therapists, nutritionists, etc.) to ensure the health and safety of all of student-athletes.

In this way, Cal's strength and conditioning program is a vital component linking the "full circle" of a student-athlete's physical development from conditioning through rehabilitation and reconditioning.



# THE UNIVERSITY OF CALIFORNIA

## SIMPLY THE BEST

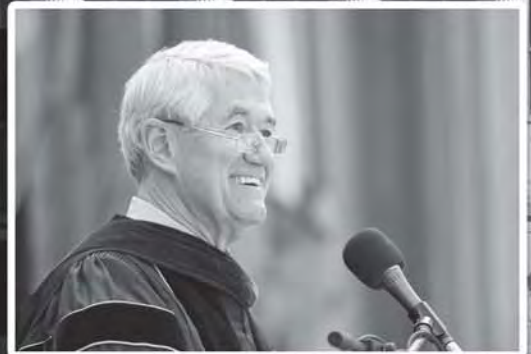
There is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

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 Directors' Cup standings, which rates the overall success of America's athletic departments.

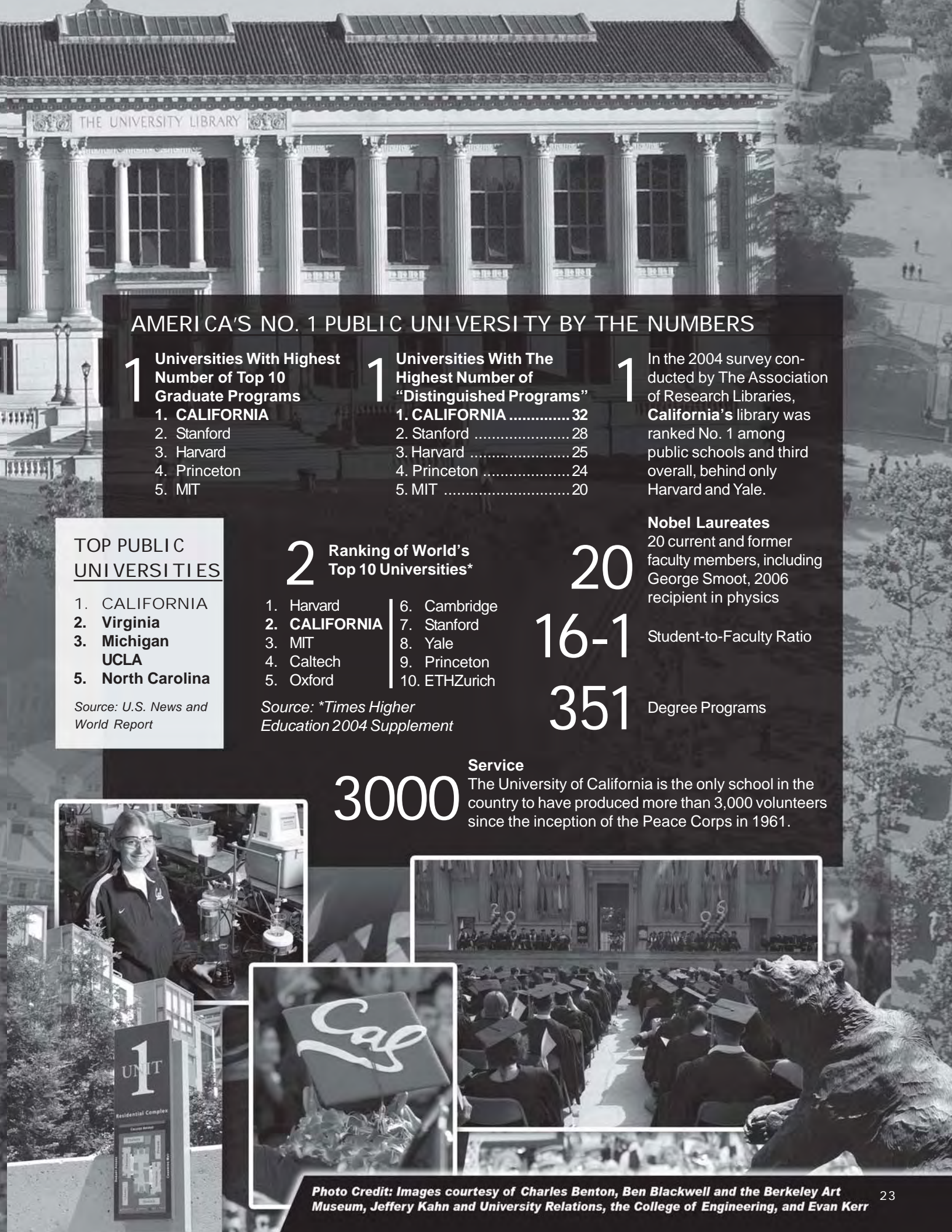
Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student-body population. The University of California offers 300 degree programs, and 35 of the school's 36 graduate programs are ranked among America's top 10. Cal's 35 programs among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



Nobel Laureate George Smoot



## AMERICA'S NO. 1 PUBLIC UNIVERSITY BY THE NUMBERS

**1 Universities With Highest Number of Top 10 Graduate Programs**

1. CALIFORNIA
2. Stanford
3. Harvard
4. Princeton
5. MIT

**1 Universities With The Highest Number of "Distinguished Programs"**

1. CALIFORNIA ..... 32
2. Stanford ..... 28
3. Harvard ..... 25
4. Princeton ..... 24
5. MIT ..... 20

**1** In the 2004 survey conducted by The Association of Research Libraries, California's library was ranked No. 1 among public schools and third overall, behind only Harvard and Yale.

### Nobel Laureates

20 current and former faculty members, including George Smoot, 2006 recipient in physics

Student-to-Faculty Ratio

Degree Programs

### TOP PUBLIC UNIVERSITIES

1. CALIFORNIA
2. Virginia
3. Michigan
4. UCLA
5. North Carolina

Source: U.S. News and World Report

### 2 Ranking of World's Top 10 Universities\*

- |               |                |
|---------------|----------------|
| 1. Harvard    | 6. Cambridge   |
| 2. CALIFORNIA | 7. Stanford    |
| 3. MIT        | 8. Yale        |
| 4. Caltech    | 9. Princeton   |
| 5. Oxford     | 10. ETH Zurich |

Source: \*Times Higher Education 2004 Supplement

20  
16-1  
351

3000

### Service

The University of California is the only school in the country to have produced more than 3,000 volunteers since the inception of the Peace Corps in 1961.



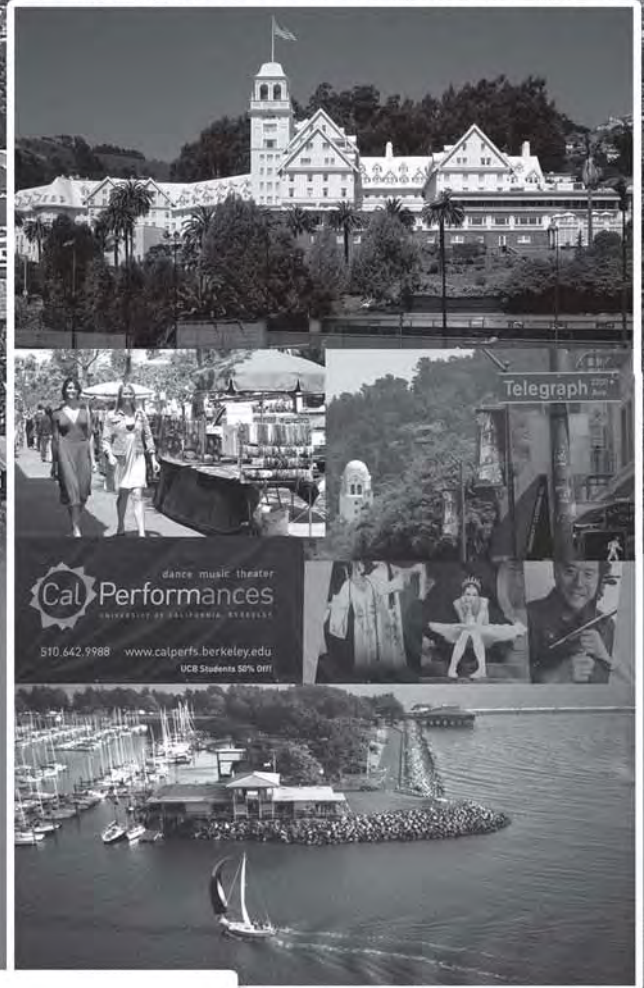
# BERKELEY AND THE BAY AREA

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 by readers of *Conde Nast Traveller* and the top U.S. city seven times since 1988.

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.

## BERKELEY



## OAKLAND



OAKLAND - ALAMEDA COUNTY ARENA & McFEE COUSEUM

# SAN FRANCISCO



## Golden Gate Bridge

### 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

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 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.



## California Beaches

## LAKE TAHOE



## Yosemite National Park

# CALIFORNIA ATHLETICS

# Winning...



**Duje Draganja**  
Men's Swimming & Diving  
2004 Olympic Silver Medalist



**Natalie Coughlin**  
Women's Swimming & Diving  
Five-Time 2004 Olympic Medalist

## RECENT TEAM NATIONAL CHAMPIONS



**2002 SOFTBALL**



**2004 MEN'S GOLF**



**2006 MEN'S CREW**

## CURRENT CONFERENCE CHAMPIONS



**2006 FIELD HOCKEY**  
NorPac Champions



**2006 FOOTBALL**  
Pac-10 Co-Champions



**2006 MEN'S SOCCER**  
Pac-10 Champions



**Patrick O'Neil**  
Men's Swimming & Diving  
2007 NCAA Champion  
200 Butterfly

**Jessica Hardy**  
Women's Swimming & Diving  
2007 NCAA Champion  
100 Breaststroke

**Kelechi Anyanwu**  
Women's Outdoor Track & Field  
2007 NCAA Champion  
Discus

**Dana Vollmer**  
Women's Swimming & Diving  
2007 NCAA Champion  
100 Butterfly

**Tim McNeill**  
Men's Gymnastics  
2007 NCAA Champion  
Parallel Bars  
Pommel Horse

**Alysia Johnson**  
Women's Indoor and Outdoor  
Track & Field  
2007 NCAA Champion  
800 m

# ...is a Cal tradition!



**2006 WOMEN'S CREW**



**2007 RUGBY**



**2007 MEN'S WATER POLO**

**Valentina Godfrid**  
Women's Field Hockey  
2006 NorPac Conference  
Player of the Year

**Marshawn Lynch**  
Football  
2006 Pac-10 Conference  
Offensive Player of the Year

**Daymeion Hughes**  
Football  
2006 Pac-10 Conference  
Defensive Player of the Year

**Susie Babos & Zsuzsanna Fodor**  
Women's Tennis  
2007 Pac-10 Conference  
Doubles Team of the Year



# HAAS PAVILION



*Left: After each home meet, Cal gymnasts sign autographs and meet with fans at Haas Pavilion. Right: Britani Pittullo (2003-06) holds numerous California top all-time marks.*



The home of California women's gymnastics is Walter A. Haas Jr. Pavilion - an 11,877-seat, state-of-the-art arena that stands on the same site as beloved Harmon Gymnasium. Renovated from the original structure that was erected in 1933, Haas Pavilion also serves as the home floor of the Golden Bear men's and women's basketball, volleyball and men's gymnastics teams.

The \$57.5 million facility opened in the fall of 1999 and seats twice the capacity of its predecessor. The structure is 37 feet taller and 28 feet wider than Harmon, but continues to keep fans near the floor and close to the action.

Haas Pavilion is very much an assertion of Cal's commitment to athletics - from the administration and faculty, down through the alumni who made the entire project possible.

The arena became a reality when Walter A Haas Jr. '37, and his wife, Evelyn, generously donated \$11 million to get the project underway. Cal alumni supported the renovation in an unprecedented manner, as \$41 million of the final price came from private gifts. The other \$16.5 million came from a combination of revenues from the Athletic Department, a campus seismic safety fund and miscellaneous income funds.

## GOLDEN BEAR RECREATION CENTER

Situated in the hills above the California campus and overlooking the Bay Area, is the Golden Bear Recreation Center, the training facility of the Cal women's and men's gymnastics teams. The building houses ample amenities, resources and equipment to accommodate the progress of Golden Bear gymnasts. The GBRC is also the home to Golden Bear Gymnastics, a recreational and instructional training program for aspiring gymnasts.