

2007-08 WOMEN'S SWIMMING & DIVING

GOLDEN BEAR FACTS

Location	Berkeley, Calif.
Enrollment	33,933
Founded	1868
Nickname	Golden Bears
Colors	Blue and Gold
Conference	Pacific-10
Pool	Spieker Aquatics Complex
Pool Dimensions	50 meters by 25 yards
Chancellor	Dr. Robert Birgeneau
Director of Athletics	Sandy Barbour
Athletic Web Site	CalBears.com

SWIMMING & DIVING OFFICES

Head Coach	Teri McKeever (USC '83)
Year at Cal	16th
Career Record at Cal	132-43 (15)
Career Record (overall)	186-65 (19)
Assistant Coach	Kristen Lewis-Cunnane (1st year)
Swimming Office Phone	510-642-9450
Swimming Office Fax	510-643-5344
Diving Coach	Tom Davidson (2nd year)
Diving Office Phone	510-643-DIVE
2006-07 Dual-Meet Record	10-1
2006-07 Pac-10 Finish	3rd
2006-07 NCAA Finish	3rd
Letterwinners Returning/Lost	14/9
All-Americans Returning/Lost	6/4

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Chris DeConna

BEAR BACKERS SUPPORT YOUR TEAM

Bear Backers are loyal Cal alumni and friends who provide financial support to Cal Athletics with their donations. Every student-athlete benefits from their contributions which underwrite scholarships, operational needs and academic tutoring programs. Bear Backers also build athletic facilities, including Haas Pavilion. The best way to support a Cal team is to join Bear Backers. For more information, call (510) 642-2427.



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INTERVIEWS/ PRESS INFORMATION

A pre-meet press release and set of results will be made available to members of the media covering home Cal swimming & diving meets. These will also be available online at CalBears.com. All athlete and coach interviews, either in person or by telephone, must be coordinated through Chris DeConna with a minimum of one-day's notice. Please call 510-643-4724 for more information.

CREDITS

The 2007-08 edition of the **California Women's Swimming & Diving Media Guide** was edited by the Cal Media Relations Department. Layout and graphics by John Dunbar, Publications Director, and Evan Kerr, Publications Assistant. Photos by Michael Pimentel, Michael J. Burns, Natalie Coughlin, John Dunbar, Evan Kerr, Nick Lammers, Bill Collins, Stu Corliss, Peter H. Bick and Harrison Stubbs, among others.

CAL SWIMMING/DIVING ROSTERS

2007-08 CALIFORNIA SWIMMING ROSTER

Name	Events	Yr.	Ht.	Ex.	Hometown (Last School)
Lauren Boyle	Freestyle	So.	6-0	1V	Auckland, New Zealand (ACG Senior College of New Zealand)
Erica Dagg	Backstroke	Fr.	6-0	HS	New Orleans, La. (Isidore Newman HS)
Alexandra Ellis	Breaststroke	So.	5-7	1V	San Diego, Calif. (Westview HS)
Courtney Eronemo	IM/Fly	So.	5-7	1V	Kent, Wash. (Kentwood HS)
Elise Etem	Butterfly	Fr.	5-10	HS	Long Beach, Calif. (Wilson HS)
Blake Hayter	Freestyle	So.	5-7	1V	San Diego, Calif. (Cathedral Catholic HS)
Kelsey Hoff	IM	Fr.	5-6	HS	Sacramento, Calif. (Horizon HS)
Madison Kennedy	Freestyle	Jr.	6-0	TR	Avon, Conn. (Avon HS/Rutgers)
Natalie LaRoche	IM	Jr.	5-9	2V	Napa, Calif. (Vintage HS)
Amanda Larson	Freestyle	So.	6-0	1V	Davis, Calif. (Davis HS)
Ellie Monobe	Breaststroke	Fr.	5-6	HS	Fremont, Calif. (Mission San Jose HS)
Rachel Ridgeway	Free/Fly/IM	Sr.	5-6	3V	Chicago, Ill. (Loyola Academy)
Lauren Rogers	Back/IM	Jr.	5-7	2V	Concord, Calif. (Carondelet)
Emily Silver	Freestyle	Sr.	5-11	3V	Bainbridge Island, Wash. (Bainbridge HS)
Amanda Sims	Fly/Back/Free	Fr.	5-8	HS	Santa Rosa, Calif. (Montgomery HS)
Kelly Stravers	Free/Fly	Sr.	5-11	3V	Folsom, Calif. (Folsom HS)
Sara Sun	Freestyle	Fr.	5-6	HS	La Crescenta, Calif. (Crescenta Valley HS)
Tara Thomas	Free/Fly	Fr.	5-9	HS	Tustin, Calif. (Arnold O. Beckman HS)
Emily Verdin	Back/IM	Jr.	5-10	2V	Alexandria, Va. (Thomas Jefferson HS)
Dana Vollmer	Free/Fly	Jr.	6-0	1V	Granbury, Texas (Florida)
Jenna Wesley	Freestyle	So.	5-9	1V	San Diego, Calif. (Rancho Bernardo HS)
Heather White	Back/IM	So.	5-6	1V	Oakland, Calif. (Miramonte HS)
Hannah Wilson	Fly/Free	Fr.	5-6	HS	Hong Kong, China (Island School)

COACHING STAFF

HEAD COACH

Teri McKeever (16th year)

ASSISTANT COACH

Kristen Lewis-Cunnane
(1st year)

DIVING COACH

Tom Davidson (2nd year)

PRONUNCIATION GUIDE

Courtney
Eronemo Eh-ron-eh-mow
Ellie
Monobe Mon-KNOW-bee
Tara Thomas TAR-uh

2007-08 CALIFORNIA DIVING ROSTER

Name	Yr.	Ht.	Ex.	Hometown (Last School)
Kristen Duffel	So.	5-3	1V	Stockton, Calif. (St. Mary's HS)
Aimee O'Rourke	Fr.	5-7	HS	Kensington, Md. (Stone Ridge HS)
Laura Sanford	Fr.	5-5	HS	San Diego, Calif. (Torrey Pines HS)
Stephanie Whalen	So.	5-2	1V	Bainbridge Island, Wash. (Bainbridge HS)
Samantha Young	So.	5-5	1V	Shoreline, Wash. (Shorecrest HS)



2007-08 WOMEN'S DIVING

BACK ROW (l-r): Samantha Young, Kristen Duffel and Stephanie Whalen.
FRONT ROW: Aimee O'Rourke and Laura Sanford.



SPIEKER AQUATICS COMPLEX

THE HOME OF CHAMPIONS



Spieker Aquatics Complex has played host to some of the world's best swimmers, including Olympic and Cal swimmer Haley Cope (below).



SPIEKER AQUATICS COMPLEX RECORDS

50 Freestyle	Spieker	22.41	Brooke Bishop (Stanford)	2007
100 Freestyle	Spieker	48.65	Natalie Coughlin	2003
200 Freestyle	Spieker	1:45.91	Julia Smith (Stanford)	2007
500 freestyle	Spieker	4:41.61	Natalie Coughlin	2002
1000 Freestyle	Spieker	9:45.16	Elizabeth Durot (Stanford)	2007
1650 Freestyle	Spieker	16:25.31	Andrea Hayes (Texas)	1990
100 Backstroke	Spieker	52.22	Natalie Coughlin	2003
200 Backstroke	Spieker	1:56.20	Julia Smith (Stanford)	2007
100 Breaststroke	Spieker	59.51	Tara Kirk (Stanford)	2001
200 Breaststroke	Spieker	2:11.01	Tara Kirk (Stanford)	2003
100 Butterfly	Spieker	51.70	Elaine Breeden (Stanford)	2007
200 Butterfly	Spieker	1:53.26	Elaine Breeden (Stanford)	2007
200 I.M.	Spieker	1:57.54	Natalie Coughlin	2002
400 I.M.	Spieker	4:15.28	Katie Yevek (Georgia)	2001
200 Medley Relay	Spieker	1:38.36	Tsai, Hardy, Vollmer, E. Silver	2007
400 Medley Relay	Spieker	3:39.86	H. Silver, Stitts, Coughlin, Becks	2003
200 Free Relay	Spieker	1:32.39	Hardy, Reilly, Andrews, E. Silver	2006
400 Free relay	Spieker	3:18.33	Boyle , Andrews, Babicz, Vollmer	2007
800 Free Relay	Spieker	7:23.95	Cooper, Dutcher, Hayes, Arris (Texas)	1990

Bold denotes current Cal athlete

The home of the University of California women's swimming and diving team is the Spieker Aquatics Complex, one of the finest outdoor facilities in the United States.

Completed in the fall of 1982, the \$1 million facility was made possible through the Cal Sports '80s project and was dedicated to the former California water polo letterman Warren "Ned" Spieker Jr., who provided the major portion of the funding for the project.

The facility replaced the old Harmon pool, which had stood on the same site since the early '30s. Included in the extensive remodeling project was the joining of the two existing tanks into one 50-meter by 25-yard pool of deep water, suitable for national and international swimming and water polo competition. Also included in the reconstruction was the installation of new piping and filtration systems, lighting modifications and increased spectator seating.

The Spieker Aquatics Complex is located adjacent to Haas Pavilion at the corner of Bancroft and Dana streets on the Berkeley campus.

EXCITEMENT IS BREWING AT CAL



Lauren Rogers



Rachel Ridgeway



Emily Silver



Dana Vollmer

There is a look on **Teri McKeever's** face that reveals an exuberant and optimistic outlook for the 2007-08 season. The 16th-year head coach has directed the California women's swimming and diving program to new heights and is often regarded in the coaching circle as the sports' influential innovator. Because of McKeever's unique training methods, Cal women's swimming has produced five Pac-10 Swimmers of the Year, including three-time winner Natalie Coughlin and 11 consecutive Top 10 NCAA finishes, including a program-best third-place finish in 2007.

What makes McKeever so unique is her ability to teach and train raw and undeveloped athletes into world champions and leaders in the community. With a roster that features nine newcomers, eight of whom are freshman, McKeever once again has a new challenge of assembling a team that can compete for a Pac-10 and national championship, as well as prepare individuals to battle for spots in the 2008 Summer Olympics. Judging by her demeanor, McKeever welcomes that test with open arms.



Blake Hayter

Alexandra Ellis

"What excites me about this year is that it's a really nice mix of very experienced returnees with **Emily Silver** (Free), **Dana Vollmer** (Free/Fly) and **Rachel Ridgeway** (Free/Fly), as well as significant contributors, with a real strong influx of a lot of potential," said McKeever. "We have that potential with **Amada Sims** (Fly/Back), **Tara Thomas** (Fly/Free) and **Madison Kennedy** (Free). **Erica Dagg** (Back) is going to surprise a lot of people in her career here

making an impact are **Courtney Eronemo** (IM/Fly), **Natalie La Rochelle** (IM), **Amanda Larson** (Free), **Kelly Stravers** (Free/Fly) and **Jenna Wesley** (Free). Rounding out the talented freshman class are **Elise Etem** (Fly), **Kelsey Hoff** (IM), **Ellie Monobe** (Breast) and **Sara Sun** (Free).

Under the direction of second-year diving coach Tom Davidson, Cal returns three solid divers—**Samantha Young**, **Stephanie Whalen** and **Kristen Duffel** — mixed in

excellence – in the pool, in the classroom, the way you conduct yourself and interact with teammates. It's about being the best Teri McKeever, being the best Dana Vollmer, the best Emily Silver. If you are really engaged in that process, then you have achieved success."

For a coach who persistently strives to find new ways of having her team reach ultimate success, McKeever also continues to attract women that are



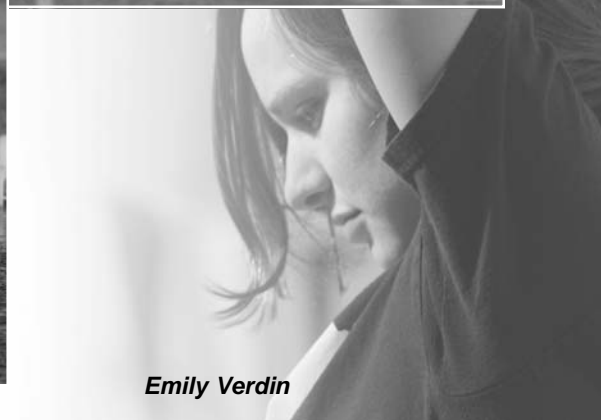
Jenna Wesley



Courtney Eronemo



Heather White



Emily Verdin

at Cal, and **Hannah Wilson** (Fly/Free), who is a little unknown in the States, will bring some international experience to the team.

McKeever, however, is quick to point out that the keys to a successful season will be a middle group, which will need to be ready to take that next step. "**Alexandra Ellis** (Breast) will step in as the lead breaststroker," said McKeever. "Her competition in the World University Games this summer was real significant. **Heather White** (Back/IM) had a great summer, while **Emily Verdin** (Back/IM) continues to heal and progress. **Lauren Rogers** (Back/IM) had a great year which culminated in a Pac-10 title, and **Blake Hayter** (Free) stepped in as a freshman and made significant contributions. **Lauren Boyle** (Free) was a late arrival to the American college system, which took some time getting used to, but now she has her feet on the ground and is familiar with the NAAs."

Other key individuals that should be

with two newcomers – **Aimee O'Rourke** and **Laura Sanford**.

With lofty goals set for the Cal program, McKeever also faces the task of preparing her swimmers for the opportunity to reach for their international dreams, such as the 2008 Olympics in Beijing. "This Olympic year will bring a lot of focus and attention and notoriety to the sport," said McKeever. "We have women that are going to make the Olympics and have women that are going to win medals in Beijing. It gives us (as coaches) kind of a two-fold focus."

The 2007 campaign was one of Cal's finest under McKeever's tutelage. The Golden Bears claimed five national titles, set three new American Records at the NCAA Championships and boasted 10 All-Americans.

"We are moving closer to a national title possibility," McKeever added. "It's exciting to be legitimately talking about that possibility. I'm proud of this group of women that is focused on personal

interested in contributing to that type of environment. "Whether you're an NCAA qualifier, Olympic qualifier or a world champion, you have a responsibility to contribute to that environment of personal excellence," said McKeever. "That works different for all of the women on this team. One of our challenges is to keep motivating each of those women to bring that to the table day in and day out."

McKeever is no stranger to displaying leadership in and out of the pool. In 2004 she became the first woman to be named to a U.S. Olympic swimming staff, and in 2006, McKeever also became the first woman to be named a head U.S. swimming coach of an international major competition at the Pan Pacific Championships. "Leadership has to come from all directions," said McKeever. "There is a time for the head coach to step up and lead there is other times as a head coach to take a step back and see who is going to lead, who the team is going to follow. One



Lauren Boyle

of the important life skills we teach is that a great leader knows how to lead and how to follow in a way that supports and encourages. There is a fairly extensive leadership structure within the program. For any organization to reach its maximum potential, it can't be just from the deck. It's got to be from the locker room, from the weight room, in the training room, in the dorm rooms."

McKeever's vision for the program is based on the idea of getting better every day, and being engaged in a process of learning. "There is a real difference as a coach being a teacher



Natalie LaRochelle

rather than a trainer," said McKeever. "I hope I am creating and managing and facilitating an environment where there is teaching going on. As an athlete, it's about being a master of your craft. It's not about athletes doing the same thing over and over expecting to get different results. It's really important to do new things and suggest new ideas and listen. I think a good coach listens to their athletes. It's more of a partnership — their role in the program is to coach me to be the best coach for them. My teaching responsibilities are twofold — to coach the group and to coach 23 individuals. I think we have a coaching staff that acknowledges that those are different tasks and are willing to take both on."

The pieces are in place for this team to achieve ultimate success this season: a possible conference crown, a national championship, and sending a select few to the Olympics. The bar is certainly raised high, but the excitement level is even higher.

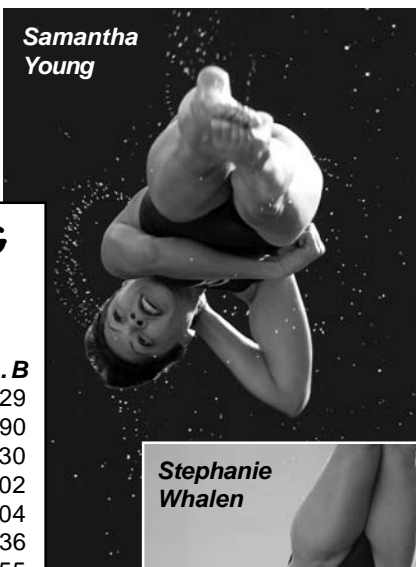


Amanda Larson



Kelly Stravers

Samantha Young



Stephanie Whalen



Stephanie Whalen

2008 NCAA QUALIFYING STANDARDS 25-YARD COURSE

Event	A	B
50 Freestyle	22.62	23.29
100 Freestyle	49.42	50.90
200 Freestyle	1:47.09	1:50.30
500 Freestyle	4:45.46	4:54.02
1650 Freestyle	16:23.54	16:53.04
100 Butterfly	53.75	55.36
200 Butterfly	1:58.99	2:02.55
100 Backstroke	54.38	56.01
200 Backstroke	1:57.32	2:00.83
100 Breaststroke	1:01.85	1:03.70
200 Breaststroke	2:14.19	2:18.21
200 IM	2:00.34	2:03.95
400 IM	4:15.63	4:23.29
200 Freestyle Relay	1:31.01	1:33.74
400 Freestyle Relay	3:18.39	3:24.34
800 Freestyle Relay	7:10.49	7:23.40
200 Medley Relay	1:39.49	1:42.47
400 Medley Relay	3:38.02	3:44.56

CALIFORNIA HEAD COACH

Teri McKEEVER

16th Year at California



"McKeever also is known as a coach who turns previously unnoticed swimmers into major talents, and talented-but-burned-out swimmers into Olympians and world champions. Current

and former pupils include Olympians Dana Vollmer, Haley Cope, Staciana Stitts—and Natalie Coughlin, who credits McKeever with resurrecting Coughlin's swimming career and helping her to win five medals, including two Golds, at the 2004 Athens Olympics

Tall, lean, and tanned, 45-year-old Teri McKeever strides the pool deck imperiously, ash-blond curls tucked into a faded Cal baseball cap, stopwatch cords dangling from the pockets of her blue sweatpants. One hand clutches the first of her three breakfast Diet Pepsi's. ("It's like coffee," she says. "Just cold.") It's a fairly typical 6 a.m. practice at Spieker Aquatics Complex, except there's no fog, so the rising sun is

McKEEVER AS A HEAD COACH

California women's swimming (1993-present)

2007: 10-1	1999: 11-3
2006: 11-0	1998: 12-2
2005: 9-2	1997: 13-4
2004: 9-0	1996: 9-5
2003: 8-3	1995: 7-7
2002: 7-2	1994: 6-6
2001: 6-3	1993: 6-3
2000: 8-2	

Fresno State men's swimming (1990-1992)

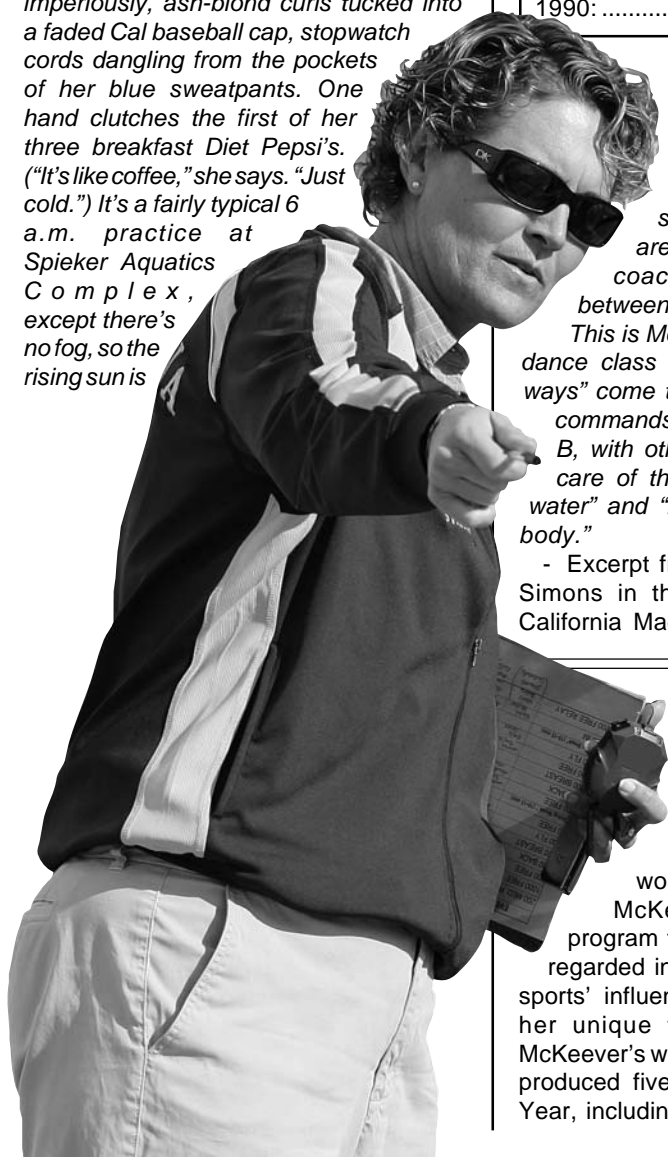
1992: 8-4	1990: 4-7
1991: 7-7	

Fresno State women's swimming (1987-1992)

1992: 12-3	1989: 11-6
1991: 15-2	1988: 3-8
1990: 13-3	



Courtesy of Oakland Tribune



lighting up the church across the street and the top of the eight-story Unit 3 dorms. Fifteen swim-capped heads lining the shaded north edge of the pool are turned in the direction of the coach as the swimmers rest between sets.

This is McKeever's laboratory, where dance class meets praxis. Here "Teri's ways" come to life in a blend of specific commands to move body part A to spot B, with other general orders to "take care of the water" and "wait for the water" and "breathe more life into your body."

- Excerpt from "Water Dance" by Eric Simons in the October ('07) issue of California Magazine

Regarded as one of the best swimming mentors in the United States, Teri McKeever begins her 16th year as head coach of the University of California's women's swimming program.

McKeever has taken the Cal program to new heights and is often regarded in the coaching circle as the sports' influential innovator, because of her unique training methods. Under McKeever's watch, the Golden Bears have produced five Pac-10 Swimmers of the Year, including three-time winner Natalie

Coughlin and 11 consecutive Top 10 NCAA finishes, including a program-best third place finish in 2007. She has amassed an impressive 132-43 dual meet record in her tenure with Cal.

Last season alone Cal claimed five national titles, set three new American Records at the NCAA Championships and boasted 10 All-Americans.

Records and Cal success aside, what makes McKeever so widely renowned is her impact on the international scene. She is the first woman coach on the U.S. Olympic Swimming team, and the first woman to be named head coach of the national team at a major international meet (the 2006 Pan Pacific meet in British Columbia). She also served as an assistant coach for the U.S. team during World Championship competition in 2003, 2005 and 2007. Other international coaching duties included assistant roles with the 2001 Goodwill Games and the 2002 Pan Pacific Championships.

In addition to those historical milestones, McKeever is above all proud to have trained the best of the best on the International scene. McKeever helped guide Cal alumna Natalie Coughlin to five Olympic medals, including two Gold, alum Haley Cope to a silver medal and the entire U.S. swimming team to 28 medals, including 12 gold. McKeever also coached Staciana Stitts, who became the first Cal woman swimmer to earn an Olympic gold medal since Mary T. Meagher in 1984, when Stitts was a member of the U.S.' gold



Teri McKeever's innovative coaching style and international experience has led to 16 NCAA individual champions, six NCAA relay winners and 50 NCAA All-Americans. With McKeever, Natalie Coughlin won five Olympic medals and was three times each NCAA Swimmer of the Year and Pac-10 Swimmer of the Year.

medal-winning 400-meter medley relay at the 2000 Sydney Olympics.

Prior to making her mark on Cal women's swimming, McKeever had strong ties to the Pac-10 Conference, both as an athlete and as a coach. A former USC All-American herself, she competed in the NCAA Championship meet all four years while at USC and helping the Trojans to four consecutive NCAA Top-10 finishes. She earned All-America honors in both 1980 and '81. As a senior in 1983, McKeever was named USC's Outstanding Student-Athlete. She worked as an assistant coach at USC from 1984-87, helping develop several All-Americans.

The Southern California product graduated from USC in 1983 with a B.S. in education with two teaching credentials (multiple subject, secondary life science) and also earned a Masters Degree in athletic administration in 1987. McKeever's father, Mike, was an All-American lineman for the Trojans' football team in 1959. McKeever comes from a family of 10 children (she is the oldest), all with varied athletic backgrounds. Sisters Kristi and Kelli Gannon were members of the U.S. National Field Hockey Team.

McKeever found greater happiness away from the pool when she married Jerry Romani in the spring of '07.



Teri McKeever was an All-American at USC, helping the Trojans to four consecutive NCAA Top 10 finishes.

McKEEVER'S INFLUENCE AT CALIFORNIA BY THE NUMBERS

- Years as Cal Head Coach 15
- Wins 132
- Losses 43
- Olympians Coached 14
- NCAA Individual Titles 16
- NCAA Relay Titles 6
- NCAA Top-10 Team Finishes 11
- All-Americans 50
- Years on USA Coaching Staff 7
- NCAA Swimmer of the Year 1
- Pac-10 Swimmers of the Year 5

McKEEVER IS RECOGNIZED BY HER PEERS

- First woman to be named a U.S. swimming head coach (2006 Pan Pacific Championships)
- First woman to be named to a U.S. Olympic swimming staff (2004)
- Assistant women's coach for U.S. National team at FINA World Championships (2001, 2002, 2003, 2005, 2007)
- ASCA Coach of the Year (2002)
- Pac-10 Coach of the Year (1999 and 2002)
- George Haines Coach of the Meet at U.S. National Championships (2002)
- Assistant U.S. coach at Pan Pacific Games (2002, 2006)
- Assistant U.S. coach at Goodwill Games (2001)
- Earned National Collegiate and Scholastic Swimming Trophy (2002)

McKEEVER PRODUCES CHAMPIONSHIP RESULTS

- Cal has finished in the top 10 nationally for the past 11 years
- The Bears have produced winning records in 13 of her 15 seasons at Cal
- Cal has finished undefeated in dual meets for two of the past four years
- 16 different individuals have combined to claim 16 individual titles and six relay championships

ASSISTANT COACHES

Kristen LEWIS-CUNNANE

*Assistant Coach
1st Season at California*



After serving as a graduate assistant coach and administrative assistant for two years, Kristen Lewis — more recently Kristen Lewis Cunnane — was hired as the assistant coach

for the California women's swimming program in May of 2007. Lewis-Cunnane is a former UCLA All-American who earned a master's degree from the UC Berkeley Graduate School of Education in the spring of 2006. She also served as Cal's camp director in the summer of 2007.

Lewis-Cunnane, who graduated from Campolindo High School in nearby Moraga, Calif., was a Bruin letterwinner from 2000-04 and was an All-American from 2002-04. A team captain as a senior, Lewis ranked third-fastest in the 200-yard butterfly (1:56.77) and fifth-fastest in the 100-yard butterfly (53.41) in UCLA's all-time top eight lists entering the 2006-07 season. During her career at UCLA, she served on the team mentor council and was named Most Improved Bruin for three of her four years. She also received the Bruin Braun award for her strength and passion in the weight room.

Also an Academic All-American, Lewis majored in history and was an NCAA postgraduate scholar. A 2005 graduate of UCLA, Lewis-Cunnane was an undergraduate assistant coach for her alma mater during the 2004-05 season.



Lewis-Cunnane ended her swimming career at the 2004 U.S. Olympic Trials in Long Beach, Calif., where she was a semifinalist in the 100 and 200-meter butterflies.

This past summer, Lewis-Cunnane married her high school sweetheart, Scott Cunnane.

Tom DAVIDSON

*Diving Coach
2nd Year at California*



Tom Davidson returns for his second year of service as Cal's diving coach, after joining the Golden Bear aquatics program in the summer of 2006. Prior to Cal, he was the diving coach at Illinois State.

Under the direction of Davidson, Cal has shown strong success on the boards in 2006-07.

Individually, Samantha Young, recorded team-bests on the 1-meter, 3-meter and platform.

While at Illinois State, Davidson guided Emily Hirt to an NCAA Zone diving championship. Hirt placed in the top 40 regionally with a score of 204.05 on the three-meter board, but did not advance to the final round.

Davidson also adds club coaching experience to his resume. He guided the Redbird Diving club team (2005-06) and served as an assistant at Twin City Diving (2003-04) and at J.P. Divers (2001-04).

Davidson also worked as a head diving coach at the prep level, at North St. Paul High School in North St. Paul, Minn. (2004), Fairfield College Preparatory School in Fairfield, Conn. (2002-03) and Sacred Heart Academy in Hamden, Conn., (2002).

Davidson was a three-time All-American at Indiana, including being a four-time Big Ten conference champion during his time in Bloomington. He also won titles at the 2002 U.S. Senior National Championships, 2001 U.S. Indoor National Championships and 2001 U.S. Outdoor National Championships.

At the international level, Davidson competed in the 2001 World University Games and the 2001 Goodwill Games.

Davidson graduated from Indiana's Kelley School of Business with a bachelor's degree in management and a minor in history. He is currently pursuing his master's in management from Illinois State.



Diving coach Tom Davidson guided the Cal diving squad to a successful 2007



Kristen Lewis was the team captain for UCLA in 2003-04.

SUPPORT STAFF

Nick FOLKER

*Strength and Conditioning Coach
4th Season at California*

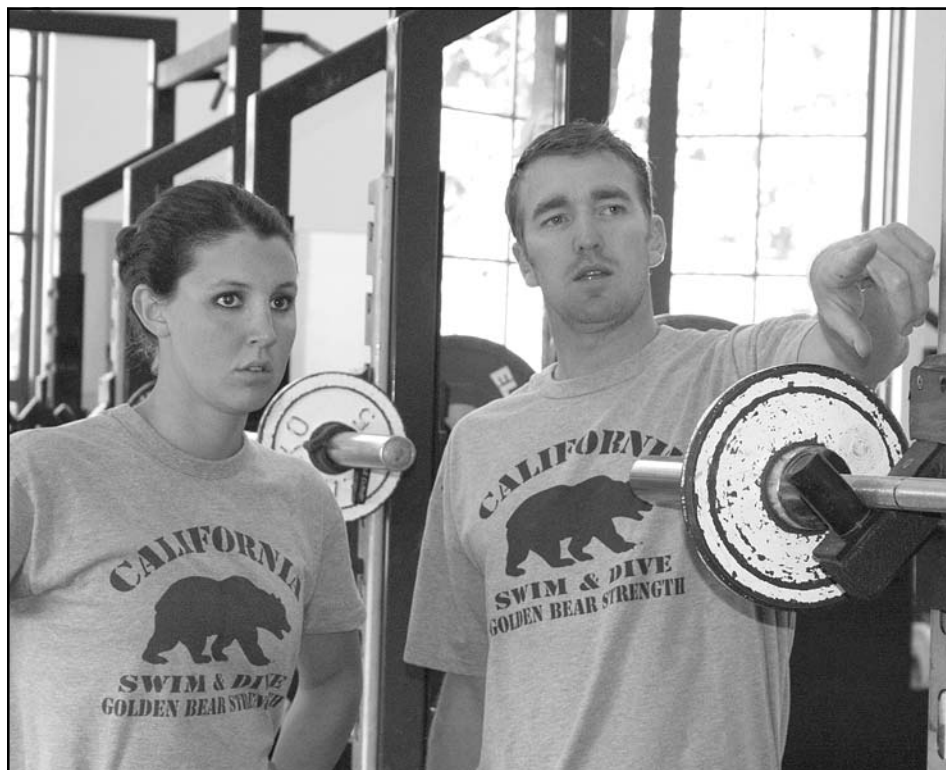


Nick Folker is in his fourth season as Cal's strength and conditioning coach.

A graduate from the University of Hawaii (business degree), Folker brings unique strength and conditioning experience after swimming under and working with the Rainbows' head coach Sam Freas.

Folker, from Pietermaritzburg, South Africa, competed for South Africa's national team in several world-class events, such as the 2000 Olympic Games, 1999 World University Games, 2001 World Championships and 2001 Goodwill Games (World All-Star Team).

With the Golden Bears, Folker's duties include overseeing the team's weight and dryland programs.



Nick Folker



David Walden

David WALDEN

*Athletic Trainer
3rd Season at California*



David Walden is in his third year of working with the California women's swimming and diving team. His duties include coordinating medical care for the Golden Bears.

A 2003 graduate of UCLA, who earned a bachelor's degree in history, Walden is currently studying to obtain a master's degree in kinesiology at Cal State East Bay.

Walden, whose first year with Teri McKeever's program was 2004-05, has coached men's and women's swimming at the high school and club levels.

Cal

2007-08 GOLDEN BEAR PROFILES

Lauren BOYLE

Sophomore • Freestyle • Auckland, NZ

PRIOR TO CAL

- Represented New Zealand at 2005 World Swimming Championships in Montreal, Canada and placed 8th in the 4x200 freestyle relay



CAL SUCCESS

- Joined the Golden Bears in January 2007
- Competed at the NAAs in the 1000 free (9:55.21) & 1650 free (16:24.11)
- 1000 free time was second-best on team last year

PERSONAL

- Undeclared major

BEST CAL TIMES (IN YARDS)

1000 free 9:55.21 (2007 NAAs)
 1650 free 16:24.11 (2007 NAAs)
 100 free 50.15 (2007 vs. Stanford)

WHY I CHOSE CAL

"Cal has a unique way of combining world class swimming and world class academics that other schools could not compete with."

Alexandra ELLIS

Sophomore • Breaststroke • San Diego, CA

CAL SUCCESS

2007 Pac-10s:
 200 Breast (2:12.48)
 2007 NAAs:
 100 Breast (1:01.72)



NATIONAL SUCCESS

- 2006 Summer USA Nationals: eighth in 200 breast (2:32.80), 21st in 100 breast (1:12.42)
- Qualified for the 2008 U.S. Olympic trials in both the 100 and 200 breast

PERSONAL

- Grandfather, aunt, uncle all attended Cal
- Undeclared major



Alexandra Ellis

WHY I CHOSE CAL

"I chose to go to Berkeley because of the girls, the campus and the wonderful tour given by the coaches."



Courtney Eronemo

Courtney ERONEMO

Sophomore • IM/Freestyle • Kent, WA

CAL SUCCESS

- 2007 Pac-10s:
 200 IM (2:01.73),
 400 IM (4:16.45),
 200 fly (2:00.93)
- 2007 NCAA Qualifier



PERSONAL

- Undeclared major

BEST CAL TIMES (IN YARDS)

100 free 53.33 (2006 vs. Washington St.)
 500 free 4:59.06 (2007 vs. UCLA)
 100 fly 57.22 (2006 vs. Washington St.)

WHY I CHOSE CAL

"I chose to go to Cal because while I was there on my recruiting trip I felt at home. Teri is creating a program that is fun, positive and successful. Along with the amazing swimming program, the school fits in perfectly."

Blake HAYTER

Sophomore • Freestyle • San Diego, CA

CAL SUCCESS

- 2007 NAAs: 500 free (4:42.05) – seventh-best time in school history, 1000 free (9:48.47) – third-best time in school history, 1650 free (16:15.43) – fourth-best time in school history
- 2007 Pac-10s: fifth in the 500 free (4:45.87), 200 free (1:49.53), 1650 free (16:23.38)



NCAA CHAMPIONSHIPS SUCCESS

- 2007 All-American: 500 free (6th), 800-free relay (National Champion, American record holder)

PERSONAL

- Nutrition science major

BEST CAL TIMES (IN YARDS)

500 free 4:42.05 (2007 NAAs)
 1000 free 9:48.47 (2007 NAAs)
 1650 free 16:15.43 (2007 NAAs)

WHY I CHOSE CAL

"I decided to come to Cal because the coaches and the rest of the girls on the team seemed like they would be the perfect match for me! I couldn't be happier with my decision."



Blake Hayter

Natalie LaROCHELLE

Junior • Individual Medley • Napa, CA

CAL SUCCESS

- 2007 Pac-10s: 21st in 400 IM (4:25.21)
- 2006 Pac-10s: 19th in 400 IM (4:27.16)
- Earned Pac-10 All-Academic honors in 2007



NATIONAL/INTERNATIONAL SUCCESS

- Competed at the 2004 Olympic trials

PERSONAL

- Father played football at Army
- Molecular cell biology major

BEST CAL TIMES (IN YARDS)

• 1000 free 10:25.78 (2006 vs. ASU)
 • 200 back 2:05.45 (2005 Georgia Invite)
 • 400 IM 4:25.21 (2007 Pac-10s)
 • 100 fly 57.96 (2006 vs. UCLA)

WHY I CHOSE CAL

"For its reputable combination of academic excellence and athletic prowess, Cal was immediately one of my primary choices to attend school. But I realized that it was the perfect fit when I visited campus on a recruiting trip."

Amanda LARSON

Sophomore • Freestyle • Davis, CA

CAL SUCCESS

- 2007: 50 free (23.35), 100 free (50.27) vs. Stanford, 200 free (1:50.02) at Georgia Invitational



PERSONAL

- Likes to paint and draw
- Undeclared major

BEST CAL TIMES (IN YARDS)

50 free 23.35 (2007 vs. Stanford)
100 free 50.27 (2007 vs. Stanford)
200 free 1:50.02 (2006 Georgia Invite)

WHY I CHOSE CAL

"It was simple. Out of all the schools I was considering, I felt like I fit in best at Cal. The team is great, the coaches are great, and the atmosphere here is amazing. I wanted to become part of it."



Rachel Ridgeway

Rachel RIDGEWAY

Senior • Freestyle/Butterfly/IM • Chicago, IL

CAL SUCCESS

- 2007 NCAAAs 200 IM (1:59.93), 400 IM (4:12.82 - prelims), 200 fly (1:55.87)
- 2006 Pac-10s: 400 IM (4:16.34), 200 fly (2:00.31), 200 IM (2:01.42)
- Team's Most Improved award winner in 2005-06
- Cal All-Time Top 10: 200 fly (5th-1:55.87), 200 IM (7th-1:59.93), 400 IM (3rd-4:12.82)



NCAA CHAMPIONSHIPS SUCCESS

- 2007 All-American: 400 IM (8th, 4:16.27), 200 fly (8th, 1:57.97)
- 2006 All-American: 200 fly (8th, 1:59.79)
- 2006 Honorable Mention All-American: 200 IM (12th, 2:00.37), 400 IM (14th, 4:18.26)

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Summer Nationals: on sixth-place 400 free relay team

PERSONAL

- Likes to clean and organize her apartment
- American studies major

BEST CAL TIMES (IN YARDS)

• 500 free 4:50.71 (2005 NCAAAs)
• 200 free 1:47.93 (2006 Georgia Invite)
• 100 fly 54.07 (2006 Georgia Invite)
• 200 fly 1:55.87 (2007 Pac-10s)
• 200 IM 1:59.93 (2007 NCAAAs)
• 400 IM 4:12.82 (2007 NCAAAs)

WHY I CHOSE CAL

"Cal was the only place for me. The balance of academics, athletics and community, made it exciting to come to Cal."

Lauren ROGERS

Junior • Backstroke/IM • Concord, CA

CAL SUCCESS

- 2007 Pac-10s: first place - 100 back (53.48), 50 free (23.25), 200 back (1:58.70), 400-medley relay
- Earned Pac-10 All-Academic Honorable Mention in 2007
- 2006 Pac-10s: seventh in 100 back (54.27), fifth in 200 back (1:57.86), 18th in 200 IM (2:03.85), 800-free relay (1st)
- School Record Holder: 200 medley relay
- Cal All-Time Top 10: 100 back (5th-53.40), 200 back (6th-1:56.74)



NCAA CHAMPIONSHIPS SUCCESS

- 2007 All-American: 200 medley relay (2nd), 400 medley relay (1st)
- 2007 Honorable Mention: 100 back (9th)
- 2006 All-American: 800 free relay (4th), honorable mention All-American: 200 back (9th 1:56.74)



Lauren Rogers

NATIONAL/INTERNATIONAL SUCCESS

- 2005 World University Games: member of U.S. team
- 2004 U.S. Olympic Trials: placed fifth in the 100 back (1:02.38)

PERSONAL

- Likes to watch romantic comedies
- History of art major

BEST CAL TIMES (IN YARDS)

• 100 back 53.40 (2007 NCAAAs)
• 200 back 1:56.74 (2006 NCAAAs)
• 200 IM 2:03.85 (2006 Pac-10s)
• 50 free 23.25 (2007 Pac-10s)

WHY I CHOSE CAL

"I chose Cal because I loved the team atmosphere, unity that I felt here. The team is like my family away from home, and I feel so lucky to have all of them care about me the way I cared about them."



Emily Silver

Emily SILVER

Senior • Freestyle • Bainbridge Island, WA

CAL SUCCESS

- Set school record in 50 free (21.99) at 2007 NCAAAs (broke Natalie Coughlin's record of 22.01 in 2003)
- 2007 Pac-10s: first in 100 free (48.16), 200 free (1:44.37), 400-medley relay, 400-free relay, fifth in 50 free (22.32), third in 200-free relay, and second in 200-medley relay
- Named Pac-10 Swimmer of the Month for January
- Team MVP as a freshman (2005)
- School Record Holder: member of 800-free relay
- Cal All-Time Top 10: 50 free (1st, 21.99), 100 free (2nd, 47.45), 200 free (3rd, 1:44.37)





Kelly Stravers

NCAA CHAMPIONSHIPS SUCCESS

- National Champion, American record holder (400-free relay, 800-free relay, 400-medley relay)
- 2007 All-American: 100 free (3rd), 200-medley relay (2nd), 800-free relay (1st), 400-free relay (1st)
- 2007 Honorable Mention: 200 free (10th)
- 2006 All-American: 50 free (6th, 22:39), 100 free (3rd, 48:47), 400-free relay (6th), 800-free relay (4th), 200-medley relay (4th), 400-medley relay (3rd)
- 2005 All-American: 100 free (4th, 48.73), 800-free relay (5th), 400-free relay (6th), 400-medley relay (8th); honorable mention All-American: 200-free relay (9th)

NATIONAL/INTERNATIONAL SUCCESS

- 2005 FINA Worlds: 400-free relay (bronze)
- 2005 Summer USA Nationals: 100 free (5th, 56.56) 800-free relay (1st), 400-free relay (1st), 400-medley relay (2nd)

PERSONAL

- American studies major
- Won 50 free and 100 free at Washington state championships four straight years, the first person to do so
- Uncle, Larry Berbiere, swam at Indiana, took fourth place in the 100 back at the 1968 Olympics

BEST CAL TIMES (IN YARDS)

- 50 free 21.99 (2007 NCAAAs)
- 100 free 47.45 (2007 NCAAAs)
- 200 free 1:44.37 (2007 Pac-10s)
- 200 IM 2:00.17 (2007 Pac-10s)

WHY I CHOSE CAL

"I felt that Berkeley was the right fit for me. It has the feel of a small college town, but San Francisco is only a 15-minute BART ride away. You can't beat that."

Kelly STRAVERS

Senior • Freestyle/Butterfly • Folsom, CA

CAL SUCCESS

- 2007 dual meets:
23.95 in the 50 free vs. Stanford, 1:00.67 in the 100 fly vs. Minnesota
- Earned All-Academic Pac-10 honors in 2007, 2006



PERSONAL

- Political science major

BEST CAL TIMES (IN YARDS)

- 50 free 23.95 (2006 vs. Stanford)
- 100 free 51.64 (2007 Pac-10s)
- 100 fly 58.31 (2005 Georgia Invite)
- 100 back 59.04 (2005 Georgia Invite)

WHY I CHOSE CAL

"I chose Cal because it offers the best of both worlds. I know I will be receiving a first-rate education while competing for one of the best swim teams in the country."

Emily VERDIN

Junior • Backstroke/IM • Alexandria, VA

CAL SUCCESS

- 2007 Pac-10s: 200 back (2:00.65), 100 back (56.16)
- Earned Pac-10 All-Academic Honors in 2007
- Cal All-Time Top 10:
100 back (9th-55.13),
200 back (10th-1:57.25)



NCAA CHAMPIONSHIPS SUCCESS

- 2005 Honorable Mention All-American: 200-yard back (15th, 55:13)

PERSONAL

- Sister, Erica, played lacrosse for Cal (2003-06)
- Undeclared major

BEST TIMES (IN YARDS)

- 100 breast ... 1:09.70 (2006 vs. San Jose St.)
- 100 free 55.46 (2006 vs. Washington St.)
- 400 IM 4:36.24 (2007 vs. Arizona St.)

WHY I CHOSE CAL

"No other place could offer me as high a caliber swim program and academic program than Cal. I also came to Cal for the team because the girls and coaching staff are all committed to one another, and to being the best."



Emily Verdin

Dana VOLLMER

Junior • Freestyle/Butterfly • Granbury, TX

CAL SUCCESS

- 2007 NCAAAs: first-place 100 fly (50.69)
- 2007 Pac-10s: tied for first in the 50 free (22.05), first in the 100 fly (50.80), second in the 200 fly (1:54.02), 400-free relay (1st), 400 relay (1st), 200-free relay (3rd), 800-free relay (1st)
- Named Pac-10 Swimmer of the Month for December and February
- Nominee for the 2006-07 Honda Award for Women's Swimming and Diving



FLORIDA SUCCESS

- 2006: four All-American honors in the 200-free relay, 400-free relay, 800-free relay, 200-medley relay
- Compiled seven All-SEC honors in the 50 free, 100 free, 100 fly, 200 FR, 400 FR, 200 MR, 800 FR
- Moved into Florida record books, adding three times to Florida's all-time Top 10 lists including the 50 free, 100 fly, 200 MR

NCAA CHAMPIONSHIPS SUCCESS

- National Champion, American record holder (400-free relay, 800-free relay, 400-medley relay)
- 2007 All American: 100 fly (1st), 200 fly (3rd), 400-free relay (1st), 400-medley relay (1st), 200-medley relay (2nd), 800-free relay (1st)
- 2007 Honorable Mention: 50 free (9th)
- 2006 All-America honors in 800-yard free relay (8th); honorable mention in 200-medley relay (11th), 200-free relay (16th), 400-free relay (16th)

NATIONAL/INTERNATIONAL SUCCESS

- Won a gold medal and set a new world record at the 2007 FINA World Championships as part of the 4x200 relay, earned a silver medal as part of the 4x100 relay, finished sixth in the 200 free (1:58.30)
- 2006 Pan Pacific Championships: gold as part of U.S. 800-meter free relay; fifth in 200 free (1:59.76)
- Won Olympic gold in 2004 and set a world record as part of the 800-free relay
- Earned champion honors in the 200 free at the Olympic trials for the 2004 Games
- 2003 Pan American Games: record holder in the 100 fly (59.35), 800-free relay, 400-medley relay; posted gold-medal finishes in the 200-free and 800-free relays and 400-medley relay
- 2001 Goodwill Games: youngest U.S. competitor at age 13
- 2000 U.S. Olympic Trials: youngest competitor at age 12

PERSONAL

- Has a website, www.DanaVollmer.com
- Anthropology major

BEST CAL TIMES (IN YARDS)

50 free 22.05 (2007 Pac-10s)
 100 free 49.23 (2006 Georgia Invite)
 200 free 1:43.95 (2007 Pac-10s)

WHY I CHOSE CAL

"I chose Cal because of the passion and love displayed by the coach and every athlete in our sport. This team drives each other to perfection in a manner that creates a positive team atmosphere to make us all become better individuals."



Dana Vollmer



Jenna Wesley

Jenna WESLEY

Sophomore • Freestyle • San Diego, CA

CAL SUCCESS

- 2007 Pac-10s: 1650 free (17:02.94)

PERSONAL

- Likes arts & crafts
- Undeclared major

BEST CAL TIMES (IN YARDS)

50 free 24.91 (2006 vs. Northwestern)
 100 free 52.88 (2006 Georgia Invite)
 500 free 4:55.93 (2006 Georgia Invite)

WHY I CHOSE CAL

"The team's drive to succeed to reach its full potential not only as an athlete but as a human being inspired me the most, and I sincerely wanted to be a part of that."



Heather WHITE

Sophomore • Butterfly/Freestyle • Oakland, CA

CAL SUCCESS

- 2007 NCAAAs: 200 IM (2:01.79)
- 2007 Pac-10s: 400 IM (4:16.47), 200 IM (2:02.90), 200 back (1:59.62)

PERSONAL

- Father, Art, attended Cal
- Undeclared major

BEST CAL TIMES (IN YARDS)

100 breast 1:07.14 (2006 vs. Minnesota)
 200 breast 2:17.08 (2007 vs. Stanford)
 200 IM 2:01.79 (2007 NCAAAs)

WHY I CHOSE CAL

"I chose to go to Berkeley because I realized what an amazing opportunity it was to swim under such a great coaching staff, and to be able to swim alongside such a wonderful group of girls."



Heather White

NEWCOMERS

Erica DAGG

Freshman • Backstroke • New Orleans, LA

HIGH SCHOOL SUCCESS

- A four-time All-American, all-state and all-metro performer at Isidore Newman HS

PERSONAL

- Wants to major in integrative biology and has future aspirations of becoming a physical therapist

WHY I CHOSE CAL

"All of the other schools had one amazing aspect, Wisconsin, the team aspect, Virginia, the help the athletes got, Texas the coaches. Cal had all of these things and more. The team aspect, the superior academics, the amazing coaches -- it had it all."



Elise ETEM

Freshman • Butterfly • Long Beach, CA

HIGH SCHOOL SUCCESS

- CIF Division I champion in the 100 fly her junior year; also was Wilson High School's Most Valuable Swimmer
- Set a Wilson record in the 100 fly
- Was a part of the CIF Division I championship team her sophomore year

PERSONAL

- Mother, Patricia, was a member of the Cal and U.S. Olympic rowing team (1980, 1984)
- Undeclared major

WHY I CHOSE CAL

"My dream school since I was born. I absolutely loved the girls on the team, the coaching staff, and the unique surrounding area. The academics are also hard to beat."



Kelsey HOFF

Freshman • Individual Medley • Sacramento, CA

HIGH SCHOOL SUCCESS

- Reached the finals in the 100 fly at NCSA Junior Nationals as a freshman
- Reached the finals in six events at NCSA Junior Nationals



PERSONAL

- Is considering a possible venture with the Peace Corps after college
- Undeclared major

WHY I CHOSE CAL

"I chose Cal because I felt at home on my recruiting trip. I knew right away that I wanted to be apart of the awesome program Teri has continued to build. Plus, Cal is one of the few places where you challenge yourself not only in the water, but in the classroom as well."

Madison KENNEDY

Junior • Freestyle • Avon, CT (Rutgers)

PRIOR TO CAL (RUTGERS)

- In 2005-06, had one of the most notable seasons by a Rutgers swimmer, finishing 15th in the 100 free at the NAAs (49.43) and earning five All-America honorable mentions in five events as a freshman (200, 400, and 800 free relays, 50 and 100 free).
- Set a Rutgers record in the 50 free (22.56) and was on the 400 free relay that set a season-best and conference-top time of 3:20.48 at the Big East championships.



PERSONAL

- Hopes to train marine mammals and do research at coastal laboratories.
- Undeclared major

WHY I CHOSE CAL

"I transferred to California from Rutgers University as a junior. California is the best team in the country, with the best coaching staff. Each member of the team is motivated toward one goal and does so with determination and heart. To swim for Cal is to become part of something bigger than you."

Ellie MONOBE

Freshman • Breaststroke • Freemont, CA

HIGH SCHOOL SUCCESS

- Was a high school All-American her senior year at Mission San Jose HS and placed third and sixth at the NCS and MVAL Championships, respectively

PERSONAL

- Wants to major in integrative biology and has future aspirations of becoming a physical therapist or a swimming coach
- Undeclared major



WHY I CHOSE CAL

"I love living in California, and because of the academic and athletic superiority."

Amanda SIMS

Freshman • Butterfly/Backstroke/Freestyle • Santa Rosa, CA

HIGH SCHOOL SUCCESS

- Four-time high school All-American at Montgomery HS
- An NCS record holder in the 100 fly and a US Open National Champion in the 100 fly in 2004
- An Olympic national qualifier and participant in 2004



PERSONAL

- Father, Paul, swam at Berkeley and was a member of the 1979 NCAA championships

WHY I CHOSE CAL

"I chose Cal because of its academic prestige and reputation, as well as the unique team environment Berkeley provides."

Sara SUN

Freshman • Freestyle • La Crescenta, CA

HIGH SCHOOL SUCCESS

- Four-time All-American, a three-time all-area Swimmer of the Year and a two-time all-area Female Athlete of the Year at Crescenta Valley HS
- Junior Pan Pac team member, national qualifier in three events (200 free, 800 free, 1500 free) ... junior national qualifier in six events (50,100,200,400,800,1500 free) ... Olympic trials qualifier ... was a part of the CIF Division I championship team her sophomore year
- 2006 CIF Masters double champion



PERSONAL

- Intends to major in molecular cell biology and one day become a pediatrician.

WHY I CHOSE CAL

"Aside from the excellence in academics and athletics, the devotion and pride of the Cal women's swim team was so apparent that it was contagious. The individual character of

everyone attending this school but the bonds created through them made me feel at home — the bright smiles and assurance that I felt that I would succeed. The culture and diversity of this school that I wouldn't find anywhere else in the world made cal for me."

Tara THOMAS

Freshman • Freestyle/Butterfly • Tustin, CA

HIGH SCHOOL SUCCESS

- CIF champion and broke the 100 fly and 50 free state and county records ... was the O.C. Register's Female Swimmer of the Year and the L.A. Times' Female Swimmer of the Year her senior year at Arnold O. Beckman HS
- CIF Div. II champion in the 100 fly, 50 free; C.I.F and a Master's champion: 100 fly, and was the O.C. Register's Female Swimmer of the Year her junior year
- Two-time high school athlete of the year



PERSONAL

- Has aspirations of competing in the Olympic Games
- Undeclared major

WHY I CHOSE CAL

"I chose California because of its unique balance of excellence in athletics and academics. I feel that I will be able to reach my highest potential at Cal in both of these aspects."

Hannah WILSON

Freshman • Butterfly/Freestyle • Hong Kong, China

HIGH SCHOOL SUCCESS

- Participated in the World Championships in Melbourne (2007) — made the Olympic 'B' qualifying time in the 100m freestyle Division 1 local, and made the Olympic 'B' time in the 50m freestyle.
- Went to the Olympic Games in Athens, representing Hong Kong ... swam the 100 free and set a Hong Kong record.
- Holds Hong Kong records for the 200 free; 2:03.24, 100 free; 56.51, 50 free; 26.14 and the 100 fly; 1:00.81



PERSONAL

- Hopes to make the 2008 Beijing Olympics
- Undeclared major

WHY I CHOSE CAL

"I chose California because the team was amazing, and felt that I would fit in. I thought Teri would be an amazing coach for me and I thought it was the only place where I could get better at swimming and achieve academic success."

DIVERS

Kristen DUFFEL

Sophomore • Stockton, CA

CAL SUCCESS

- Set personal records on the 1-meter board (196.35) and the 3-meter board (226.10) at Arizona



PERSONAL

- Her grandparents, a great uncle and three cousins attended Cal
- Undeclared major

WHY I CHOSE CAL

"I've always loved Cal for its exceptional academics, awe-inspiring athletics, and coveted school spirit. But it is also the vast diversity of people and culture that offer inspiration and truly make Cal the extraordinary place that it is."

Aimee O'ROURKE

Freshman • Kensington, MD

HIGH SCHOOL SUCCESS

- A two-time Independent School League Champion
- Was a high school All-American and set 1m Diving Record at her school her junior year at Stone Ridge HS
- Earned a 3rd place finish at the Washington Metropolitan Prep School Swim and Dive League Championships



PERSONAL

- Was invited to participate in the 2006 Congressional Student Leadership Conference for academic excellence, extracurricular involvement and leadership potential ... also a Maxima Cum Laude: Awarded in the National Latin Exam from the American Classical League and the National Junior Classical League
- Undeclared major

WHY I CHOSE CAL

"I wanted to train with driven and talented athletes under Coach Tom Davidson, and to reach the goal of winning the NCAA championships."

Laura SANFORD

Freshman • San Diego, CA

HIGH SCHOOL SUCCESS

- CIF Division 1 Champions and Palomar League Champions her senior year (team went undefeated)

- Four-time NISCA first-team All-American and a Four-time Torrey Pines HS Most Valuable Diver



PERSONAL

- Brother, David, was a varsity swimmer at Harvard
- Undeclared major

WHY I CHOSE CAL

"I chose Cal for its inviting atmosphere and ability to provide the top resources in both athletics and academics."

Stephanie WHALEN

Sophomore • Bainbridge Island, WA

CAL SUCCESS

- Set personal records on the 1-meter board (247.15) and the 3-meter board (274.80) at Arizona ... had a career-best 170.80 on the platform at the 2007 Pac-10s



PERSONAL

- Undeclared major

WHY I CHOSE CAL

"For the many people I have met that attended Cal, not one commented negatively on their experience. Everyone has a place at Cal, which is what makes it so unique and why I decided that this was the best decision for me."



Stephanie Whalen



Samantha Young

Samantha YOUNG

Sophomore • Shoreline, WA

CAL SUCCESS

- Set personal records on the 1-meter board (278.55) and the 3-meter board (306.83) at Arizona State ... had a career-best 219.95 on the platform at the 2007 Pac-10s



NATIONAL/REGIONAL

- Won multiple regional championships for Pacific Northwest Club
- Was 15th at 1 meter and 16th at 3 meters at '06 USA Senior Zone D Championships
- Won 1-meter board at '05 and '06 Spring Region 10 Championships
- Won 1-meter board (337.60) and 3rd at 3 meters (356.95) at '06 West Jr. National Championships
- Was 11th on platform at 2005 Wendy Wyland Invitational

PERSONAL

- Grandmother, Elaine, ran in the 1948 Olympics
- Undeclared major

WHY I CHOSE CAL

"I chose Berkeley because it is a once in a lifetime opportunity to find a place to excel in my athletics and at the same time being able to achieve my academic goals. I am proud to be attending one of the leading universities in the nation."