

2002-03 WOMEN'S SWIMMING

GOLDEN BEAR FACTS

Location	Berkeley, CA
Enrollment	32,000
Founded	1868
Nickname	Golden Bears
Colors	Blue and Gold
Conference	Pacific-10
Pool	Spieker Aquatics Complex (2,000)
Pool Dimensions	50 meters by 25 yards
Chancellor	Dr. Robert Berdahl
Athletic Director	Steve Gladstone
Athletics Website	www.calbears.com

SWIMMING OFFICE

Head Coach	Teri McKeever (USC '83)
Year at Cal	11th (85-37, .697)
Career Record	15th (139-59, .702)
Assistant Coach	Adam Crossen
Olympic Sports Assistant	Josh Flushman
Swimming Office Phone	510-642-9450
Swimming Office Fax	510-643-5344
Diving Coach	Phil Tonne
Diving Office Phone	510-643-7470
2001-02 Overall Record	7-2
2001-02 Pac-10 Finish	Fourth
2001-02 NCAA Finish	Eighth
Letterwinners returning/Lost	15/3
All-Americans returning/Lost	6/3

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MEDIA CREDENTIALS

Please direct all requests/questions for media credentials to Lori Haro. Requests should be made in writing by sports editors/directors on appropriate letterhead at least one week prior to the meet. Please fax (510-643-7778) or email the requests (loriharo@uclink.berkeley.edu).

INTERVIEWS/PRESS INFORMATION

A pre-game press release and complete set of results will be made available to members of the media covering Cal home swimming meets. These will also be available online at www.calbears.com. All athlete and coach interviews, either in person or by telephone, must be coordinated through Lori Haro with a minimum of one day notice. Please call 510-642-5363 for more information.

CREDITS

The 2002-03 edition of the *California Women's Swimming and Diving Media Guide* was written and edited by Lori Haro, Media Relations Assistant. Layout and graphics by John Dunbar, Publications Director and Evan Kerr, Publications Assistant. Cover design by Evan Kerr. Photos by Evan Kerr, Patrick J. Merrill, Bill Collins, Stu Corliss, Peter H. Bick, and Karen Moe Humphreys, among others.



2002-03 SEASON OUTLOOK

STARS ELEVATE CAL TO LEVEL OF 2002-03 ELITE

For a team that returns 15 letterwinners from a season ago, including six All-Americans, it's little wonder why the University of California women's swimming team is a perennial Top 10 program. The 2002-03 squad is an experienced team, losing only one senior from last year. But for a program that has finished in the Top 10 nationally for the past five seasons, it's time to move into the Top 5.

Golden Bear head coach Teri McKeever, the 2002 American Swimming Coaches Association and Pacific-10 Coach of the Year, believes this season's team has the desire, drive and capability of making that transition.

"Our definite expectations are to remain a Top 10 program, and we will have to be at our best to make that jump into becoming a Top 5 program," McKeever said. "That will take a commitment from all of us."

Junior Natalie Coughlin will lead a Golden Bears' squad primed for success. For the past two seasons, Coughlin has dominated women's swimming, winning two consecutive NCAA Swimmer of the Year awards. At the 2002 NCAA Championships, she won all three titles she competed for—100 butterfly and 100 and 200 backstroke—breaking the NCAA, American and U.S. Open records she set in those events last season. She also helped the Bears to national runner-up finishes in the 200 and 400 medley relays and swam an NCAA, American and U.S. Open best in the first leg of the 400 freestyle relay. Coughlin was also named the 2002 Pac-10 Swimmer of the Year for the second time in a row, after setting new conference records in the 200 free and 100 and 200 back and continuing her unbeaten streak of dual meet league races. During her superb sophomore season, she was honored as one of five finalists for the AAU James E. Sullivan Award as the nation's top amateur athlete.

Coughlin topped her collegiate honors by earning the USA Swimming Athlete of the Year award and the ConocoPhillips Performance of the Year award for her world record-breaking swim in the 100-meter back. At 59.58, she shattered the world record, becoming the first female to ever post a sub-minute finish. Coughlin recorded that time at the U.S. Summer National Championships, where she became the first swimmer since 1978 to win five titles. At the 2002 Pan Pacific Championships, she became the first U.S. woman and the second female in history to break 54 seconds in the 100-meter free (53.99), and won four gold medals at the meet in Japan, tying Australian Ian Thorpe for most overall medals. Coughlin now holds three world records, 27 American records and nine school records.

Coughlin is not the only Cal swimmer with experience beyond the collegiate confines. Senior Staciana Stitts has been a solid contributor for the Bears for the past three seasons and brings great skill to the pool. The school record holder in the 100 and 200 breaststroke, she was also a part of Cal's school record-setting 200 and 400 medley relays. Stitts, an Olympic gold medalist, earned a gold medal as a member of the United States' 400-meter



The 2002 NCAA Swimmer of the Year, Natalie Coughlin, broke the world record in the 100-meter backstroke (59.58) at the U.S. National Championships, becoming the first woman to swim that event in less than one minute. Photo by Al Bello, Getty Images

medley relay at the 2000 Sydney Olympics, swimming in the morning prelims. She earned All-America honors last season after placing fourth in the 100 breast. Newcomers Ashley Chandler and Flora Kong also bring top level experience with them to Cal. Chandler competed in both the 2001 World Championships and 2001 Goodwill Games, while Kong swam in the 2002 Asian Games, 2001 World Championships and 2000 Sydney Olympics.

Several others will assist in providing leadership for a seasoned Cal team. Seniors Micha Burden and Michelle Harper, junior Danielle Becks, and sophomore Lauren Medina each earned All-America recognition last season. Becks was part of the national runner-up 200 and 400 medley relay teams and also swam on the 200 and 400 free relays that turned in fourth and fifth-place national finishes respectively. Harper was also part of the 200 and 400 free relays at NAAs. Burden and Medina helped the 800 free relay team to a ninth-place showing.

McKeever is excited about this season's incoming class of seven freshmen and expects them to make significant contributions almost immediately. The newcomers—Cheryl Anne Bingaman, Ashley Chandler, Flora Kong, Gina

Merlone, Whitney Rockwell, Helen Silver and Kate Tiedeman—are a versatile bunch that will add to the depth and diversity this season’s team embodies.

“I think that for the first time in two or three years, this is one of the more seasoned teams we have had at Cal,” McKeever said. “There will be good leadership in the pool with people like Staciana, Natalie, Michelle and Danielle. And we have a lot of women that can help us in different strokes, while also able to showcase a wide range of ability from a 50-yard event to a 500-yard event.

“I think we need to continue to have each individual athlete strive to reach their potential and do all of the things that will help them excel,” McKeever said. “If we do that, this team is going to continue to succeed.”

The following is an event-by-event look at the 2002-03 California Golden Bears:

FREESTYLE

Juniors **Natalie Coughlin**, **Danielle Becks** and senior **Michelle Harper** will be the Bears’ top freestylers. Coughlin held Cal’s best times in the 50, 100, 200 and 500 free last season, setting school records in the 50 free (22.21), 100 free (47.47) and 200 free (1:43.30). Her time in the 100 free was also an NCAA, U.S. Open and American record.

Becks held Cal’s second-best times in the 50 free (23.04), 100 free (49.96) and 200 free (1:47.22). She swam the freestyle legs on the national runner-up 200 and 400 medley relay teams last season, while Harper helped the 200 and 400 free relay teams to Top 5 finishes at the 2002 NCAA Championships.

Other freestylers include sophomores **Emma Palsson** and **Keiko Amano**, and incoming freshmen **Cheryl Anne Bingaman** and **Whitney Rockwell**. Palsson finished 13th in the 50 free (23.61) at last season’s Pac-10 Championships, and Amano will provide depth in the sprint events. Bingaman was a three-time high school All-American and set records in the 50 and 100 free during high school. Rockwell went undefeated in dual meet races during her prep years and set several Maine state records, including top times in the 50 and 100 free.

McKeever believes that the Bears are improved in the middle and long distance freestyle. Returning honorable mention All-Americans, senior **Micha Burden** and junior **Lauren Medina**, and sophomore **Lisa Morelli** will provide depth in the middle distance events. Both swimmers were part of Cal’s 800 free relay team that placed ninth at the 2002 NCAA Championships. Burden held the Bears’ third-best times in the 500 free (4:51.38) and 1650 free (17:05.33), and she and Medina scored points for the Bears in the 200, 500 and 1650 free at the 2002 Pac-10 Championships. Last season, Morelli had Cal’s second-best time in the 1000 free (10:04.26).

Morelli has really stepped up in the distance events and owns Cal’s top returning time from last year in the 1650 free (16:59.77). Newcomers **Ashley Chandler** and **Kate Tiedeman** are also expected to add to the Bears’ distance corps. Chandler, who should help Cal with the middle and distance free, joins the Bears after a remarkable high school career. As a prep, she was a national champion in the 400 free and Arizona state champion in the 500 free. Chandler was a 2001 U.S. National team member and competed in the 2001 World Championships and 2001 Goodwill Games. Tiedeman was a four-time high school MVP and a school and league record holder in the 500 free.

BREASTSTROKE

In the breaststroke events, Olympic gold medallist Staciana Stitts will lead the Bears. Several swimmers will be looked upon to help Stitts in the breaststroke, including sophomores **Erin Calder**, **Marcelle Miller**, **Leah Monroe** and **Jenna Rais**, and freshman **Gina Merlone**.

Stitts is the school record holder in the 100 breast (1:00.31) and 200 breast (2:11.34), and was part of last season’s school record-setting 200 and 400 medley relays. At the NCAA Championships, she placed fourth in the 100 breast (1:00.40) and also notched fourth place finishes in the 100 and 200 breast at the Pac-10s.



The 2001-02 All-Americans pose with Cal Hall of Fame swimmer Mary T. Meagher (back middle) at Spieker Aquatics Complex.

Calder posted Cal’s third-best time in the 100 breast (1:05.60), while Miller had the Bears’ second-best time in the 100 breast (1:05.11) and third-best time in the 200 breast (2:18.70). Monroe owned Cal’s second-best time in the 200 breast (2:18.51) and Rais set a personal best time in the 200 breast (2:20.21) at the 2002 Pac-10 Championships. Merlone set her high school’s record in the 100 breast, as well as club records in the 100 and 200 breast.

BACKSTROKE

Natalie Coughlin lays claim to the title as best female backstroker in the world. Coughlin capped winning three national titles at last season’s NCAA Championships by setting her third world record this past August at the U.S. Summer Nationals. At the summer nationals, she swam the 100-meter back in 59.58 to set the world record and become the first female to ever procure a sub-minute finish in that event. At the NCAA Championships, Coughlin won the 100 back (49.97) and 200 back (1:49.52), resetting the national records she broke in those events just a year ago. She also established new Pac-10 Championships records in those events as well.

Sophomore **Amy Ng** and freshman **Helen Silver** will also compete in the backstroke events for Cal. Ng held the Bears’ fourth-best time in the 200 back (2:00.89) last season as a freshman. Silver is expected to make an immediate impact in backstroke events, as she was a four-time high school All-American and three-time Washington state champion in the 100 back.



BUTTERFLY

Natalie Coughlin is also tops among the nation's butterflyers, as she returns to defend her two-time NCAA record setting 100 fly (50.01). Junior **Natalie Griffith**, and sophomores **Lisa Morelli** and **Emma Palsson**, also contributed in the butterfly events last year. Newcomer **Flora Kong** will also provide depth in the butterfly.

Griffith is another Cal swimmer with great versatility as she can also swim freestyle and individual medley events as well. Morelli had Cal's third-fastest time in the 200 fly (2:02.72), while Palsson placed 11th in the 100 fly at the Pac-10 Championships and held the Bears' third-fastest time in that event (55.80). Kong set her high school's record in the 100 fly and has international experience, participating in the 2002 Asian Games, 2001 World Championships and 2000 Sydney Olympics.

INDIVIDUAL MEDLEY

The individual medley events will be one of Cal's strengths this season.

Natalie Coughlin, **Staciana Stitts** and **Amy Ng** will anchor a talented group of individual medley swimmers. **Natalie Griffith**, **Leah Monroe** and **Kate Tiedeman** should also provide the Bears with depth in the IM events.

Last season, Coughlin held Cal's top time in the 200 IM at 1:57.54, which also stands as the third best time in school history. Stitts also did well in the 200 IM last year, posting Cal's sixth all-time best time at 2:00.42. Ng also etched her name into Cal's best times list as her mark of 4:18.18 in the 400 IM places her eighth all-time.

Junior Danielle Becks, one of Cal's top freestylers, helped the Bears to national runner-up finishes in the 200 and 400 medley relays last season.

Sophomore Amy Ng will be a top contributor for Cal in the backstroke and individual medley events.

RELAYS

Last season, Cal was exceptional in the relay events. This year should be no different as the core of those relay teams return. Cal loses only one swimmer (Alice Henriques) from last year's national runner-up and school record setting 200 medley (1:37.88) and 400 medley (3:32.55) relay teams, comprised of **Natalie Coughlin**, **Staciana Stitts** and **Danielle Becks**. With a spot available on those teams, **Natalie Griffith** or **Flora Kong**, could possibly fill Henriques role.

The 200 free (1:30.13) and 400 free (3:17.52) relays return in tact with

Coughlin, Stitts, Becks and **Michelle Harper**, but could be bolstered by newcomers in the sprints, **Cheryl Anne Bingaman** and **Whitney Rockwell**. Last season's 800 free relay placed ninth at the NCAA Championships and returns the majority of that group in Becks, Burden and Medina. **Ashley Chandler** should be a top contender for the open spot on the 800 free relay.

DIVING

Senior **Christina Flynn** is Cal's top diving returnee, qualifying for the 2002 Zone E Championships, and turning in a Top 20 finish in the three-meter diving competition (20th, 241.95). Flynn also notched an 11th-place finish in the one-meter event (225.90) at the 2002 Pac-10 Championships. She also placed 17th in the platform (292.00) and 18th in the three-meter (403.05) competitions at the league championships.

Joining Flynn is sophomore **Alyson Borawski** and redshirt freshman **Caitlin Shreve**. Last season, Borawski provided depth to the diving squad, while Shreve was injured and redshirted. Newcomer **Lauren Smith**, a local product from the North Bay, graduated from Redwood High School in Larkspur, Calif. and competed for the North Bay Diving Club.



CALIFORNIA HEAD COACH

TERI McKEEVER

11th Year at California



In just 10 years at the helm of the University of California's women's swimming program, Teri McKeever has set the Golden Bears apart as one of the most elite programs in the nation.

Coming into her 11th year at Cal, McKeever sports an impressive 85-37 dual meet record (.697). Eight out of the 10 years she has coached

in Berkeley, the Bears have encompassed winning seasons. With 15 years experience as a head coach, McKeever boasts a 139-59 overall record, good for a .702 winning percentage.

Perhaps even more impressive than her win-loss record, is McKeever's ability to motivate her teams into reaching high goals. In each of the past six seasons she has led the Bears to Top 10 national finishes.

Under McKeever's tutelage, eight different national champions emerged, while 31 different swimmers have earned All-American honors, and 38 different swimmers have inked their names on Cal's all-time Top 10 list. Among the most prominent swimmers to blossom under McKeever's guidance are the last four Pac-10 Swimmers of the Year—current Cal swimmer Natalie Coughlin (2001-02) and former Bear standouts, Haley Cope (2000) and Marylyn Chiang (1999). McKeever also coaches 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 USA's gold medal winning 400 medley relay at the 2000 Sydney Olympics.

While swimming for McKeever at Cal, Chiang won a national title in the 100 back, becoming the first Cal swimmer to win a NCAA title since 1988. During Cope's time in Berkeley, McKeever placed her in the lead-off spot of the 200-meter medley relay and 200-meter free relay that won national titles in 2000. Cope set a short course world record for her 50-meter back leg of the medley relay. This past August, McKeever coached Cope and Coughlin to victories at the U.S. National Championships, where Coughlin became the first swimmer to win five national titles since 1978. Coughlin,



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

the 2001 and 2002 NCAA Swimmer of the Year, has racked up numerous records and awards under McKeever's guidance, posting three world records and 27 American records. She has notched six NCAA titles in her two years at Cal and holds nine school records.

McKeever's hands-on style of coaching provides the foundation on which swimmer's can build upon toward reaching their potential. McKeever's great coaching capability has been well noted by her peers as the American Swimming Coaches Association awarded her the 2002 Coach of the Year honor. She also won her second Pac-10 Coach of the Year award (2002 and

1999), and earned the George Haines Coach of the meet at the U.S. National Championships this past summer. She served as an assistant on the USA coaching staff at the 2002 Pan Pacific Games in Yokohama, Japan and was also an assistant U.S. coach at the 2001 Goodwill Games in Brisbane, Australia.

In May 2002, McKeever was awarded the National Collegiate and Scholastic Swimming Trophy for her outstanding contributions to swimming as a competitive sport and healthful recreational activity. Along with Cal's accomplishments in the pool, the Bears consistently have one of the highest team GPA's in the nation. She has coached 11 different Academic All-Americans and numerous Pac-10 All-Academic selections. McKeever strives to create a complete experience for swimmers at Cal, helping her student-athletes succeed both in and out of the water.

"For someone that comes to swim here, their Cal experience is to be part of a team and an extended family that is going to support and encourage them," McKeever said. "We are looking for athletes who are striving for a balance between excellence in the classroom and excellence in the pool."

McKeever, 40, came to Cal after spending five years at Fresno State where she also developed an outstanding program. She started at Fresno State in 1987 and spent two seasons in charge of the women's program before assuming the dual role of men's and women's head coach from 1990-92.

In 1992, she was named the Big West Conference Women's Coach of the Year after leading the women's team to a 12-3 dual meet record and finishing fourth in the conference championships, the highest conference finish in Fresno State history.

McKeever has strong ties to the Pac-10 Conference, both as an athlete and as a coach. She worked as an assistant coach at USC from 1984 to '87, helping develop several All-Americans. McKeever is a former USC All-America herself, competing 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.

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

McKeever resides in Berkeley.



Teri McKeever and Natalie Coughlin at the 2002 U.S. National Championships.

Photo by Tarrah Smith Pollaro, USA Swimming

McKEEVER'S CAL DUAL MEET RECORD

1993	6-3
1994	6-6
1995	7-7
1996	9-5
1997	13-4
1998	12-2
1999	11-3
2000	8-2
2001	6-3
2002	7-2
Total	85-37 (.697)

ASSISTANT COACHES

ADAM CROSSEN

Assistant Coach • 3rd year at California



The University of California women's swimming assistant coach, Adam Crossen, has accomplished a great deal with the Golden Bears' squad in the past two years.

Entering into his third season at Cal, Crossen has been instrumental in helping create one of the top women's swimming programs in the country.

During his two seasons at Cal, the Bears have notched consecutive Top 10 national finishes, placing seventh at the 2001 NCAA Championships and eighth at the 2002 NCAA Championships. Crossen is involved in all facets of the program, including recruiting, compliance, training design and dry land preparation for the student-athletes.

Under Crossen's guidance, 12 swimmers have qualified for the NCAA Championships, setting seven American records, six NCAA records and winning six individual NCAA titles. All 12 of those swimmers earned All-America honors and 11 different swimmers have earned Pac-10 All-Academic honors in the past two years.

Crossen, 27, came to Cal after serving as a graduate assistant for both the men's and women's swimming programs at Auburn from 1997-2000. After helping the Tiger men to a national runner-up finish at the 1998 NCAA Championships, he helped coach the Tigers to a National Championship in 1999. Crossen also was involved in helping the Tiger women to strong national performances, as the Tiger women notched a fifth-place national finish during the 1999-2000 season, placed sixth in the nation in 1998 and 11th in 1999. Crossen was the head coach of the Auburn Master Team and worked as a coach and head counselor at the Auburn Swim Camp as well.

A four-year letterwinner in swimming at USC, Crossen competed for the Trojans from 1993-97 and graduated with a degree in exercise science. While a student-athlete at USC, he was a member of the Pac-10 Conference Student Athlete Committee. Crossen earned a master's in exercise physiology from Auburn in the summer of 2000.

"Adam is a good people person with strong communication skills. He is enthusiastic, and is great for our program," said head coach Teri McKeever.

PHIL TONNE

Diving Coach • 19th year at California



Tutoring both Cal's men and women divers for the 19th consecutive year is Phil Tonne, a former All-American diver at San Diego State.

In 1991, Melissa Graviss became the first Cal diver to qualify for the NCAA meet, earning All-American honors on the three-meter board. Graviss qualified for the NAAs in both the one-meter and three-meter competition in 1992.

Prior to coming to Cal in 1984, Tonne served in the same capacity at San Diego State from 1979 to 1984. Other coaching stints included a four-year stay at Palomar Junior College and Diablo Valley College in Concord. He is currently coaching a U.S. Diving Club Team (Diablo Divers) in Walnut Creek, CA, as well as his duties at Cal.

Before enrolling at San Diego State, Tonne attended Chabot Junior College where he was a two-time All-American diver. While at Chabot, he was awarded the William A. Tunney Award for outstanding leadership in athletics. Tonne prepped at Granada High School in Livermore, CA where he was a four-year letterman in soccer and diving.

Tonne, 47, has produced nine All-Americans and one state champion during his coaching career. He and his wife, Teresa, live in Antioch with their son, Matthew, 10.



The 2002-03 California women's diving team (from left to right): Caitlin Shreve, Christina Flynn, Lauren Smith, and Alyson Borawski.



Cal swimmers with assistant coach Adam Crossen at former Cal star Haley Cope's wedding.

2002-03 GOLDEN BEAR PROFILES

KEIKO AMANO



CALIFORNIA: A sophomore freestyler...
FRESHMAN in 2001-02: Scored points for the Bears in the freestyle events at the Pac-10 Championships...**HIGH SCHOOL:**...A 2001 graduate of Villanova Prep...was a two-time team MVP in swimming...also played two years of water polo...was her school's valedictorian...
PERSONAL: Majoring in general engineering science...parents are Takahiko and Sumiko Amano of Ventura, CA...born 4/18/83 in Takarazuka, Japan.

BEST CAL TIMES

50 free	24.29	2002 Pac-10 Championships
100 free	52.12	2002 Pac-10 Championships
200 free	1:52.93	2002 Pac-10 Championships

DANIELLE BECKS

School Record Holder – 200/400 Medley Relay
2002 All-American – 200/400 Medley Relay (2nd), 200/400 Free Relay (4th/5th)
2001 All-American – 400 Medley Relay (2nd), 400 Free Relay (5th)
Cal All-Time Top 10 – 50 free (5th), 100 free (8th), 200 free (6th)



CALIFORNIA: A junior freestyler...returning All-American...**SOPHOMORE in 2001-02:** Helped the 200 and 400 medley relay teams to national runner-up finishes at the NCAA Championships...member of the Pac-10 Championship 200 free relay team...set Cal's second-best times of the season in the 50 free (23.04), 100 free (49.96) and 200 free (1:47.22)...helped set school records in the 200 and 400 medley relay, swimming the freestyle legs...honorable mention

Pac-10 All-Academic selection...**FRESHMAN IN 2000-01:** Earned All-America honors as a member of the Bears' 400 medley relay that placed second and 400 free relay that placed fifth at the NCAA Championships...placed ninth in the 100m free (56.74) and 10th in the 200m free (2:02.45) at the 2001 Summer Nationals...**HIGH SCHOOL:** A 2000 graduate of San Marin High School...was a four-time All-American, owning school records in the 50 (23.54), 100 (50.68) and 200 free (1:49.57)...also competed in water polo, earning first team all-league honors in 1998...is a member of the Marin Pirates club team...club coach is Warren Lager...**PERSONAL:** Majoring in mass communications...parents are Rudy and Cynthia Becks of Novato, CA...uncle, Chip Erickson, attended Cal...born 4/12/82 in Greenbrae, CA.

BEST CAL TIMES

50 free	23.04	2002 NCAA Championships
100 free	49.96	2002 NCAA Championships
200 free	1:47.22	2002 NCAA Championships

CHERYL ANNE BINGAMAN



CALIFORNIA: A freshman freestyler...**HIGH SCHOOL:** A 2002 graduate of Lodi High School...broke the school record in the 50 free and 100 free...was a three-time high school All-American and ranked No. 1 in the Sac-Joaquin Section in the 50 free and 100 free...also competed in water polo as a freshman...member of the Lodi City Swim Club...a four-year honor student...**PERSONAL:** Undeclared major...parents are Ken and Colleen Bingaman of Lodi, CA...born 10/5/84 in Santa Maria, CA.

MICHA BURDEN

2002 Honorable Mention All-American – 800 free relay (9th)



CALIFORNIA: A senior freestyler...returning honorable mention All-American...**JUNIOR in 2001-02:** Helped Cal's 800 freestyle relay team to a ninth-place finish at the NCAA Championships (7:16.08)...scored points for the Bears in the distance free events at the Pac-10 Championships...**Golden West College in 2000-01:** Was the national junior college record holder in the 500 free and the California junior college record holder in the 200 free and 1650 free...led her team to consecutive California state titles in both swimming and water polo...**HIGH SCHOOL:** A 2000 graduate of Polaris High School...was team MVP in 1999 in swimming...helped lead her team to three state championships...**PERSONAL:** Majoring in interdisciplinary studies with an emphasis in international relations...parents are Robert and Sharon Burden of Anchorage, AK...born 6/27/81 in Seattle, WA.

BEST CAL TIMES

200 free	1:49.87	2002 Pac-10 Championships
500 free	4:51.38	2002 Pac-10 Championships
1650 free	17:05.33	2002 Pac-10 Championship

ERIN CALDER



CALIFORNIA: A sophomore breaststroker...**FRESHMAN in 2001-02:** Scored points for the Bears in the breaststroke events at the Pac-10 Championships...posted Cal's third-best time of the season in the 100 breast (1:05.60)...**HIGH SCHOOL:** A 2001 graduate of Ayala High School...was a four-time CIF Division II champion in the 100 breast, never losing a race...was also the school record holder in the 100 breast...as a freshman helped lead her team to third place in the CIF Division II Championship...was a three-time team MVP and earned the Distinguished Athlete Award, selected by the United States Marine Corps...**PERSONAL:** Majoring in political science...parents are Blaine and Barbara Calder of Chino Hills, CA... father, Blaine, played baseball at Pepperdine...born 4/21/83 in Fullerton, CA.

BEST CAL TIMES

100 breast	1:05.60	2002 Pac-10 Championships
200 breast	2:20.45	2002 Pac-10 Championships

ASHLEY CHANDLER



CALIFORNIA: A freshman freestyler...**HIGH SCHOOL:** A 2002 graduate of Chandler High School...set school records in the 50, 100, 200 and 500 freestyle, 200 individual medley and 100 butterfly events...was the national champion in the 400m free (4:12.06) and Arizona state champion in the 500 free (4:45.16) in 2001...was the Arizona state champion in the 200 free (1:49.08sc) and 200 IM (2:04.73) in 2000 and 2001...member of the 2001 U.S. national team and also competed at the 2001 World Championships in the 400m free...competed in the 2001 Goodwill Games, where she earned a silver team medal...coached by John Pontz on the Sun Devil Aquatics club team...National Honor Society member...**PERSONAL:** Undeclared major...is interested in working in either the chemistry or veterinary fields...parents are Ken and JoAnn Chandler of Chandler, AZ...born 4/12/84 in Tucson, AZ.

NATALIE COUGHLIN

School Record Holder—50/100/200 free, 100/200 back, 100 fly, 200/400 medley relay, 200 free relay
2002 All-American—100/200 back (1st), 100 fly (1st), 200/400 medley relay (2nd), 200 free relay (4th), 400 free relay (5th)
2001 All-American—100 Back (1st), 200 Back (1st), 100 Fly (1st), 200 Medley Relay (2nd), 400 Medley Relay (2nd), 200 Free Relay (2nd), 400 Free Relay (5th)
Cal All-Time Top-10—50/100/200 free (1st), 100/200 Back (1st), 100 Fly (1st), 200 Fly (2nd), 200 IM (3rd), 500 free (4th)



CALIFORNIA: A junior butterfly/backstroke/freestyler...In 2002, was a three-time USA Swimmer of the Month honoree, culminating in earning the USA Swimming Athlete of the Year award...also won the ConocoPhillips Performance of the Year award for her world record breaking swim in the 100m back at 59.58; she shattered the record, becoming the first female to ever post a sub-minute time...won five events at the U.S. Summer National Championships and became the first swimmer since 1978 to win five

national titles at one meet...also broke the American record in the 200m back (2:08.53), the oldest U.S. mark on the books at nationals...competed at the 2002 Pan Pacific Championships in Yokohama, Japan and won six medals...set the American record in the 100m freestyle (53.99), becoming the first U.S. woman and the second female in history to break 54 seconds in the event...won four gold medals at the championships, one for each of her individual events, tying Australian Ian Thorpe with the most overall medals...now holds three world records, 27 American records and nine school records...**SOPHOMORE in 2001-02:** Was named the NCAA Swimmer of the Year for the second consecutive season and also repeated as the Pac-10 Swimmer of the Year...at the NCAA Championships, won national titles in the 100 butterfly (50.01), 100 back (49.97) and 200 back (1:49.52), setting NCAA records in all three events, breaking the old NCA, American and U.S. Open records she had set the previous year...set an American record in the first leg of the 400 free relay...helped her teammates to two national runner-up finishes in the 200 and 400 medley relays...at the Pac-10 Championships, set new conference records in the 200 free (1:43.30), 100 back (50.71) and 200 back (1:50.90)...earned second team Pac-10 All-Academic honors...in her second year at Cal, was a finalist for the AAU James E. Sullivan Award as the nation's top amateur athlete and was one of five nominees for an ESPY award as Best Female Collegiate Athlete...**FRESHMAN in 2000-01:** Named NCAA Swimmer of the Year, Pac-10 Swimmer of the Year and Pac-10 Newcomer of the Year...it was the first time in Pac-10 history someone has been named both conference Newcomer of the Year and Swimmer of the Year...was also the third consecutive Cal swimmer to earn Pac-10 Swimmer of the Year honors (Marylyn Chiang in 1999 and Haley Cope in 2000)...won the national title in the 100 fly and the 100 and 200 back, while breaking NCAA, American and U.S. Open records in the events...helped the Bears to three second-place NCAA finishes in the relays as well, swimming the butterfly leg of the Bears 400 medley relay that set an American record with a time of 3:34.83, the butterfly leg on Cal's 200 medley relay that was an American record with a time of 1:38.44 and swam the second leg of Cal's 200 free relay that set a new school record with a time of 1:30.05...was the 2001 Pac-10 champion in the 200 back...won U.S. national titles Mar. 27-Apr. 1 in Austin, Texas in both the 100m fly (59.38) and the 100m back (1:01.32)...represented the United States at the 2001 World Championships, July 22-29 in Fukuoka, Japan, winning the world title in the 100m back...**HIGH SCHOOL:** A 2000 graduate of Carondelet High School...was the No. 1 high school recruit in the country and competed in the 200 IM and 100 fly at the 2000 Olympic Trials...was the national high school record holder in the 100 back, 100 fly and 200 IM...was a member of the 1999 United States Pan Pacific Games team and the 1998 and 1999 top female point scorer for the Scholastic All-America Team...was the 1998 *Swimming World* Magazine High School Swimmer of the Year and a member of the 1997 U.S. national junior team...**PERSONAL:** Majoring in psychology...parents are Jim and Zennie Coughlin of Concord, CA...born 8/23/82 in Vallejo, CA.

BEST CAL TIMES

50 free	22.21	2002 Texas Invitational
100 free	47.47	2002 NCAA Championships
200 free	1:43.30	2002 Pac-10 Championships
500 free	4:44.61	2002 Arizona dual meet
100 back	49.97	2002 NCAA Championships
200 back	1:49.52	2002 NCAA Championships
100 fly	50.01	2002 NCAA Championships
200 fly	1:54.55	2002 USC dual meet
200 IM	1:57.54	2002 Arizona State dual meet

NATALIE GRIFFITH

2001 Honorable Mention All-American—800 free relay



CALIFORNIA: A junior butterfly...also swims individual medley events...**SOPHOMORE in 2001-02:** Helped the Bears score points at the Pac-10 Championships...swam NCAA consideration times in the 200 IM (2:03.35) and 400 IM (4:21.38)...honorable mention Pac-10 All-Academic pick...**FRESHMAN in 2000-01:** Earned honorable mention All-America recognition as a member of Cal's 800 free relay (lead-off leg) that placed 14th at the NCAA Championships...had the team's second-best time in the 400 IM (4:19.56) and the third-best times in the 200 fly (2:02.87) and 200 IM (2:02.12)...**HIGH SCHOOL:** A 2000 graduate of Hampton Roads Academy in Newport News, VA...was the 1999 Virginia Swimmer of the Year...set Virginia state records in the 200 IM and 400 IM...was a two-time MVP of the Virginia Senior Championship...a Senior National Qualifier in nine events in high school...**PERSONAL:** Majoring in interdisciplinary studies...parents are Douglas and Gisela Griffith of Newport News, VA...born 11/2/81 in Hampton, VA.

BEST CAL TIMES

200 fly	2:02.87	2000 Texas Invitational
200 IM	2:02.12	2001 Pac-10 Championships
400 IM	4:19.56	2001 Pac-10 Championships

MICHELLE HARPER

School Records—200/400 Free Relays
2002 All-American—200 Free Relay (4th), 400 Free Relay (5th)
2001 All-American—200 Medley Relay (2nd), 200 Free Relay (2nd), 400 Free Relay (5th)
Cal All-Time Top-10—50 Free (7th)



CALIFORNIA: A senior freestyler...returning All-American...**JUNIOR in 2001-02:** Was a member of Cal's 200 and 400 freestyle relay teams that finished in fourth and fifth place, respectively, at the NCAA Championships...won Pac-10 titles as part of the 200 free (1:30.47) and 200 medley (1:39.20) relay teams...turned in a third-place finish at the Pac-10s with a 23.40 time in the 50 free...one of three current Golden Bears on Cal's all-time Top 10 list in the 50 free (7th, 23.10)...**SOPHOMORE in 2000-01:** Earned All-America honors as a member of the Bears' 200 medley (freestyle leg) and 200 free relays (lead-off leg), which both placed second at the NCAA Championships...also a member of Cal's 400 free relay that grabbed fifth at the NCAA meet...a member of the Bears' 2001 Pac-10 champion 200 free relay (third leg)...had the team's second-best time in the 50 free (23.10)...was the winner of the team's Most Improved Award...**FRESHMAN IN 1999-2000:** Scored for the Bears at the Pac-10 Championships, placing 19th in the 50 free (24.15)...**HIGH SCHOOL:** A 1998 graduate of Mercer Island High School...was the Washington state champ in the 50 and 100 free, as well as a member of state record holding 200 medley and 200 free relay teams as a senior in 1998...a member of a high school team that had won seven straight state titles...was a member of the Bellevue Club national team from 1997-99...**PERSONAL:** Majoring in

psychology with a minor in art history...parents are Bob and Betty Harper of Mercer Island, WA...born 5/11/81 in Greenbrae, CA.

BEST CAL TIMES

50 free	23.10	2001 NCAA Championships
100 free	50.99	2002 NCAA Championships

FLORA KONG



CALIFORNIA: A freshman butterflyer...**HIGH SCHOOL:** A 2002 graduate of Irvine High School...set school records in the 100 fly and 200 medley relay...coached by Dave Salo as a member of the Irvine Novaquatics club team...set Hong Kong records in the 100m fly (1:02.12) and 200m fly (2:17.43)...competed in the 2002 Asian Games, 2001 World Championships and 2000 Sydney Olympics...member of Hong Kong national team...won Heritage Medallion Award in Earth

Science in 2001...**PERSONAL:** Undeclared major...career goals are to go to medical school and become a pediatrician...parents are Tai-Yuen Kong and Janny Kong-Lau of Hong Kong, China...born 12/14/84 in Hong Kong, China.

LAUREN MEDINA

2002 Honorable Mention All-American—800 free relay (9th)



CALIFORNIA: A sophomore freestyler...returning honorable mention All-American...**FRESHMAN in 2001-02:** Earned honorable mention All-America honors, helping Cal's 800 freestyle relay team to a ninth-place finish at the NCAA Championships...scored points for the Bears in the freestyle events at the Pac-10 Championships...had Cal's third-best time in the 200 free and fourth-best in the 1000 free (10:15.95)...**HIGH SCHOOL:** A 2001 graduate of St. Lucy's Priory...was a three-

time Sierra League team MVP in swimming...in 1999 and 2000, placed second in the 100 and 200 free, and in 2001 was the CIF Division II champ in the 200 IM...helped lead her team to two league titles and holds school records in the 50, 100, 200 and 500 free, the 100 fly and the 100 breast...is a member of school record setting 200 free, 200 individual medley and 400 free relays, as well...**PERSONAL:** Undeclared major...parents are Alfred and Sandra Medina of West Covina, CA...born 1/15/83 in Los Angeles, CA.

BEST CAL TIMES

200 free	1:48.83	2002 Pac-10 Championships
500 free	4:53.37	2002 Pac-10 Championship
1650 free	17:08.90	2002 Pac-10 Championships

GINA MERLONE



CALIFORNIA: A freshman breaststroker...**HIGH SCHOOL:** A 2002 graduate of the Menlo School...was the MVP all four years...team was the Girls' Private School League Champions all four years she competed...named Girls' Private School League Swimmer of the Year in 2002...swam with the Palo Alto Swim Club, coached by Tony Batis...set high school records in the 100 breaststroke and 200 medley and freestyle relays...holds club records in the 100 breast, 200 breast and several

relays...was a varsity water polo player for three years in high school and was team captain as a senior...received numerous awards in high school including, Japanese Department Award, Love of Learning Award, Scholastic All-America honors and was a National Merit Scholar finalist...also was a member of the Senior Honors Society and was her school's Amnesty International president...**PERSONAL:** Undeclared major...is a fourth-generation Cal student...parents are Steven and Angela Merlone, both Cal alumni, and grandparents, Felix and Carol Merlone, were class of 1948 graduates...great-

grandfather, Hale Luff, was a class of 1924 Cal grad...born 1/5/84 in Stanford, CA.

MARCELLE MILLER



CALIFORNIA: A sophomore breaststroker...**FRESHMAN in 2001-02:** Scored points in the 100 and 200 breast at the Pac-10 Championships...held the team's second-best time in the 100 breast (1:05.11) and the third-best time in the 200 breast (2:18.70)...**HIGH SCHOOL:** A 2001 graduate of Portsmouth High School...was the 2000 New Hampshire state champion in the 200 free, helping her team to a fourth-place state finish...set school records in the 100 breast and 200 IM...was a high

school Scholastic All-American and a member of the National Honor Society...placed first in the 100 breast and fifth in the 200 breast at the 2001 Northeast Sectionals...**PERSONAL:** Majoring in American studies...parents are Jeffrey Bott and Ginny Miller of Portsmouth, NH...born 10/12/83 in Northampton, MA.

BEST CAL TIMES

100 breast	1:05.11	2002 Arizona State dual meet
200 breast	2:18.70	2002 Pac-10 Championships

LEAH MONROE



CALIFORNIA: A sophomore breaststroker/IMer...**FRESHMAN in 2001-02:** Helped score points for Cal in the breaststroke and individual medley events at the Pac-10 Championships...owned Cal's second-best time in the 200 breast (2:18.51)...also had the Bears' third-best time in the 400 IM (4:19.60)...**HIGH SCHOOL:** A 2001 graduate of Clayton Valley High School...was a four-time swimming All-American and was the North Coast Section champion in the 100 breast in 1998

and 1999...in 1998, placed third at the U.S. Open in the 200 breast...in 1999, was a member of the national junior team that traveled to Barcelona, Spain and in 2000, competed at World Cups in Paris and Imperia, placing third in the 400 IM...competed in water polo as a high school senior...was a Scholastic All-American...**PERSONAL:** Undeclared major with an interest in sociology and political science...parents are Charles and Yoko Monroe of Alameda, CA...born 8/17/83 in Oakland, CA.

BEST CAL TIMES

200 breast	2:18.51	2002 Arizona dual meet
400 IM	4:19.60	2002 Pac-10 Championships

LISA MORELLI



CALIFORNIA: A sophomore freestyler/butterflyer...**FRESHMAN in 2001-02:** Scored points for the Bears in the 500 free and 200 fly events at the Pac-10 Championships...swam Cal's second-best time in the 1000 free (10:04.26)...also had the team's third-best time in the 200 fly (2:02.72)...**HIGH SCHOOL:** A 2001 graduate of Torrey Pines High School...was named the *San Diego Union Tribune* CIF Swimmer of the Year...was both the Torrey Pines High School and the CIF San Diego

County record holder in the 100 fly and the 100 back...**PERSONAL:** Undeclared major...parents are Arthur and Kristina Morelli of San Diego, CA...sister, Lauren, swam at Arizona State...born 5/11/83 in Park Ridge, IL.

BEST CAL TIMES

500 free	4:53.35	2002 Pac-10 Championships
1000 free	10:04.26	2002 Arizona State dual meet
1650 free	16:59.77	2002 Texas Invitational
200 fly	2:02.72	2002 Pac-10 Championships

AMY NG

Cal All-Time Top 10—400 IM (7th), 200 back (10th)



CALIFORNIA: A sophomore backstroke/IMER...**FRESHMAN in 2001-02:** Competed at the NCAA Championships in the 200 and 400 IM and 200 back...placed in the Top 10 in two events at the Pac-10 Championships—200 IM (10th, 2:02.42) and 400 IM (9th, 4:18.18)...held Cal's second-fastest time in the 400 IM (4:18.18) and fourth-best times in the 200 IM (2:02.42) and 200 back (2:00.89)...her times in the 400 IM and 200 back are good for 7th and 10th places, respectively, on Cal's all-time Top 10 list...**HIGH SCHOOL:** A 2001 graduate of California High School...was a three-time team MVP and Scholar Athlete of the Year in 2001...was also a four-time league champ in the 100 back and three-time league champ in the 200 IM, helping lead her team to a league championship and a third place North Coast Section finish in 2001...played four years of varsity water polo, earning first team all-league honors in 1999 and 2000...competed at the 2000 Olympic Trials in the 200 and 400 IM and the 200 back...was a high school Scholastic All-American...**PERSONAL:** Undeclared major with an interest in business...parents are Gerry and Cheryl Ng of San Ramon, CA...born 9/27/83 in Walnut Creek, CA.

BEST CAL TIMES

100 back	57.91	2002 Arizona dual meet
200 back	2:00.89	2002 Pac-10 Championships
200 IM	2:02.42	2002 Pac-10 Championships
400 IM	4:18.18	2002 Pac-10 Championships

EMMA PALSSON



CALIFORNIA: A sophomore butterfly/freestyler...**FRESHMAN in 2001-02:** Placed 11th in the 100 fly (55.80) and scored points for the Bears in the 50 and 100 free events at the Pac-10 Championships...turned in Cal's third-best time in the 100 fly, with a 55.80 NCAA consideration time...**HIGH SCHOOL:** A 2001 graduate of Sunds Gymnasiet...was a member of the Swedish junior national team from 1995-98...has bests of 26.20 (short course meters) and 27.00 (long course meters) in the 50m free, 57.20 (scm) and 58.50 (lcm) in the 100m free, 28.20 (scm) and 28.50 (lcm) in the 50m fly and 1:01.98 (scm) and 1:03.40 (lcm) in the 100m fly...**PERSONAL:** Majoring in political economics in industrial societies...parents are Erhng and Karin Palsson of Skanor, Sweden...born 2/24/82 in Lund, Sweden.

BEST CAL TIMES

50 free	23.61	2002 Pac-10 Championships
100 free	51.88	2002 Pac-10 Championships
100 fly	55.80	2002 Pac-10 Championships

JENNA RAIS



CALIFORNIA: A sophomore IMER/breaststroke...**FRESHMAN in 2001-02:** Scored points for the Bears in the 200 breast and 400 IM events at the Pac-10 Championships...**HIGH SCHOOL:** A 2001 graduate of Reno High School...was the 1999 Nevada state champion in the 50 free and the 2001 state champion in the 200 IM and 100 fly, helping lead her team to the 2001 state title...was also a three-time high school Scholastic All-American...**PERSONAL:** Undeclared major...parents are Arman and Carolyn Rais of Reno, NV...born 8/17/83 in Reno, NV.

CAL BEST TIMES

200 breast	2:19.21	2002 Pac-10 Championships
200 IM	2:05.47	2002 Pac-10 Championships
400 IM	4:26.68	2002 Pac-10 Championships

WHITNEY ROCKWELL



CALIFORNIA: A freshman freestyler/butterfly...**HIGH SCHOOL:** A 2002 graduate of Cape Elizabeth High School...went undefeated in dual meet races all four years...holds several Maine state records, including the 50 freestyle (23.00), 100 free (51.20), 100 butterfly (56.20) and 100 breaststroke (1:05.20)...named 2001 and 2002 Maine state MVP...was a Scholastic All-American...placed seventh in the 50m free at the 2002 Spring U.S. National Championships...**PERSONAL:** Undeclared major...parents are Scott and Lisa Rockwell of Cape Elizabeth, ME...born 5/20/84 in Portland, ME.

HELEN SILVER



CALIFORNIA: A freshman backstroke...**HIGH SCHOOL:** A 2002 graduate of Bainbridge High School...was a four-time high school All-American...was a three-time Washington state champion in the 100 backstroke...high school team won state championship twice...member of 200 medley relay team that won four straight state championships...set school records in the 100 back and 200 individual medley...placed sixth at the 2002 Spring U.S. National Championships in the 200m back and seventh in the 100m back...played on her high school varsity water polo team and earned All-America honors...**PERSONAL:** Undeclared major...career goal is to one day own an art gallery...father, Bob, swam at Indiana University and the University of Arizona...uncle, Larry Barbiere, also swam at Indiana and placed fourth in the 100m back at the 1968 Olympics...parents are Bob and Mary Sue Silver of Bainbridge Island, WA...born 3/22/84 in St. Petersburg, FL.

STACIANA STITTS

School Record Holder—100 Breast, 200 Breast, 200 Medley Relay, 400 Medley Relay

2002 All-American—100 breast (4th), 200 free relay (4th), 400 free relay (5th), 200 medley relay (2nd), 400 medley relay (2nd)

2001 All-American—200 Medley Relay (2nd), 400 Medley Relay (2nd)

2000 All-American—200m Medley Relay (1st), 100m Breast (2nd), 200m Breast (3rd), 400m Medley Relay (3rd)

Cal All-Time Top 10—100 Breast (1st), 200 Breast (1st), 200 IM (6th)



CALIFORNIA: A senior breaststroke/IMER...only the second Cal woman swimmer to earn a gold medal in the Olympic Games, swimming in the prelims for the United States' 400m medley relay team in Sydney in 2000...qualified for the Olympics after placing second in the 100m breaststroke (1:07.79) at the Olympic Trials in Indianapolis, IN...**JUNIOR in 2001-02:** Was part of the school record setting 200 (1:37.88) and 400 medley relays (3:32.55)...helped the relay teams to national runner-up finishes at the NCAA Championships...placed fourth in the 100 breast (1:00.40) and 200 freestyle relay (1:30.13) and fifth in the 400 free relay (3:17.52) at the NCAA meet...helped the 200 free relay (1:30.47) and 200 medley relay (1:39.20) teams to championships titles and meet records at the Pac-10 Championships...notched three fourth-place finishes at the conference championships in the 100 breast (1:01.21), 200 breast (2:12.03) and 400 free relay (3:20.86)...owned Cal's best times of the season in the 100 breast

(1:00.40) and 200 breast (2:11.98)...also had the Bears' second-best time in the 200 individual medley (2:02.40)...earned first team Pac-10 All-Academic honors...holds Cal records in the 100 (1:00.31) and 200 (2:11.34) breast and the Bears' all-time sixth-best time in the 200 IM (2:00.42)...earned her third consecutive Golden Bear Award for dedication, perseverance and team spirit...**SOPHOMORE in 2000-01:** Earned All-America honors as a member of the Bears' 200 and 400 medley relays that placed second at the NCAA Championships...was named Pac-10 All-Academic and was the recipient of the team's Golden Bear Award for the second year in a row...competed for the United States at the 2001 Goodwill Games in Brisbane, Australia...**FRESHMAN in 1999-2000:** Placed second in the 100m breast (1:06.79, 50m split of 31.24 was then an American record) and third in the 200m breast (2:25.02) at the NCAA Championship...was also a member of the Bears NCAA champion and world best 200 medley relay (1:49.23) and Cal's 400 medley relay which placed third at the NCAA meet...was the Pac-10 individual champion in the 100 breast (1:00.31) and was a member of Cal's Pac-10 record breaking 200 (1:39.27) and 400 medley relays (3:35.71)...placed second at the Pac-10 meet in the 200 breast (2:11.34)...**HIGH SCHOOL:** A 1999 graduate of Carlsbad High School...was a four-time All-CIF San Diego Section, as well as a four-time CIF record holder and champion in the 100 breast...had the nation's top high school time in the 100 breast (1:01.50) as a junior...won a gold medal in the 100m breast in the summer of 1999 at the Pan Am Games in Winnipeg, Manitoba, Canada...was a member of the USA national team at the 1998 Goodwill Games in New York, placing second in the 100m breast and was on the gold medal winning 400 medley relay

(breaststroke leg)...was a two-time (1997-98) high school Scholastic All-American...**PERSONAL:** Majoring in American studies with an emphasis in sports sociology...sister, Alisha, was a member of the Iowa swim team...parents are Dane and Judy Stitts of Leucadia, CA...born 9/12/81 in Columbus, OH.

BEST CAL TIMES

100 breast	1:00.31	2000 Pac-10 Championships
200 breast	2:11.34	2000 Pac-10 Championships
200 IM	2:00.42	2000 Pac-10 Championships

KATE TIEDEMAN



CALIFORNIA: A freshman distance freestyler...**HIGH SCHOOL:** A 2002 graduate of Burlingame High School...Earned team MVP honors each of her four years...also earned club MVP as a member of the Palo Alto Swim Club...set the school and league record in the 500 freestyle (4:59.68)...a USA Swimming Scholastic All-American in 2000, 2001 and 2002...member of the 1999 Western Zone All-Star team...an Advanced Placement Scholar with Distinction...**PERSONAL:** Undeclared

major...parents are Bill Tiedeman and Patricia Harding...born 6/18/84 in San Francisco, CA.

DIVERS

ALYSON BORAWSKI



CALIFORNIA: A sophomore diver...**FRESHMAN in 2001-02:** Provided depth for the 2001-02 team...**HIGH SCHOOL:** A 2001 graduate of Novato High School...was the Marin County Athletic League one-meter champion in 2000 and 2001, and was one-meter North Coast Section in 2000...**PERSONAL:** Undeclared major with an interest in architecture...parents are Terry and Barbara Borawski of Novato, CA...born 9/23/83 in San Francisco, CA.

CHRISTINA FLYNN



CALIFORNIA: A senior diver...**JUNIOR in 2001-02:** Placed 20th (241.95) in the three-meter event and 35th in the one-meter competition (195.60) at the 2002 NCAA Zone E Diving Championships...Notched an 11th-place finish in the one-meter event (225.90) at the 2002 Pac-10 Championships and placed 17th in the platform (292.00) and 18th in the three-meter (403.05) events at the league competition...**SOPHOMORE in 2000-01:** Placed 16th in the three-meter (413.15) and 29th in the one-meter competition (207.85) at the Zone E Championships...finished 13th in the platform competition (334.00), 14th in the one-meter (223.50) and 15th in the three-meter (413.05) at the Pac-10 Championships...placed eighth in the three-meter competition (393.25) at the 2000 Trojan Diving Invitational...was honorable mention Pac-10 All-Academic...**FRESHMAN in 1999-2000:** Placed 12th in the one-meter competition (341.31), 15th in the three-meter competition (391.98) and 20th in the platform competition (273.75) at the Pac-10 Diving Championship...finished 21st at the Zone E Championship in the three-meter competition (229.25)...**HIGH SCHOOL:** A 1999 graduate of El Camino Real High School...was a 1999 high school diving All-American and captured the 1999 Los Angeles City Championship with a career-best 502.93...was undefeated in all high school diving competitions in both 1998

and '99...was named the 1998 *Los Angeles Daily News* All-Area Diver of the Year...competed in the Winter Junior Olympic Nationals, placing 12th in the one-meter competition in 1996, sixth in the three-meter competition in 1997 and eighth in the one-meter competition in 1999...prior to diving career, was a gymnast for six years and became a Level 9 gymnast...was also a four-time winner of her school's scholar-athlete award and a 1999 High School Academic All-American...**PERSONAL:** Majoring in integrative biology...parents are Patrick and Gilda Flynn of West Hills, CA...born 7/14/81 in Panorama City, CA.

CAITLIN SHREVE



CALIFORNIA: A redshirt freshman diver...**FRESHMAN in 2001-02:** Redshirted the 2001-02 season...**HIGH SCHOOL:** A 2001 graduate of Rio Americano High School...was the one-meter sectional champion as a sophomore and the sectional runner-up as a junior...had a best one-meter score of 426.60 at the conference championship...competed two years on the varsity volleyball team...**PERSONAL:** Undeclared major with an interest in history and plans to attend law

school at Yale...parents are Robert Shreve and Kathleen McMahon of Laguna Niguel, CA...born 11/1/82 in Los Gatos, CA.

LAUREN SMITH



CALIFORNIA: A freshman diver...**HIGH SCHOOL:** a 2002 graduate of Redwood High School...coached by Karl Yett as a member of the North Bay Diving Club...honor roll student...also competed in rhythmic gymnastics...**PERSONAL:** Undeclared major with an interest in chemistry...mother, Karen, graduated from Cal...parents Randy Smith and Karen Haddad...born 12/17/83 in San Francisco, CA.

CAL SWIMMING/DIVING ROSTERS

2002-03 CALIFORNIA WOMEN'S SWIMMING ROSTER

<i>Name</i>	<i>Events</i>	<i>Yr.</i>	<i>Ht.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Keiko Amano	Free	So.	5-2	1V	Ventura, CA (Villanova Prep)
Danielle Becks	Free	Jr.	5-9	2V	Novato, CA (San Marin HS)
Cheryl Anne Bingaman	Free	Fr.	5-6	HS	Lodi, CA (Lodi HS)
Micha Burden	Free/IM	Sr.	5-7	1V	Anchorage, AK (Golden West College)
Erin Calder	Breast	So.	5-9	1V	Chino Hills, CA (Ayala HS)
Ashley Chandler	Free/Fly	Fr.	5-8	HS	Chandler, AZ (Chandler HS)
Natalie Coughlin	Fly/Back/Free	Jr.	5-8	2V	Concord, CA (Carondelet HS)
Natalie Griffith	IM/Fly	Jr.	5-10	2V	Newport News, VA (Hampton Roads Academy)
Michelle Harper	Free	Sr.	5-11	3V	Mercer Island, WA (Mercer Island HS)
Flora Kong	Fly	Fr.	5-5	HS	Hong Kong, China (Irvine HS)
Lauren Medina	Free	So.	5-6	1V	West Covina, CA (St. Lucy's Priory)
Gina Merlone	Breast	Fr.	5-7	HS	Menlo Park, CA (Menlo HS)
Marcelle Miller	Breast/IM	So.	5-8	1V	Portsmouth, NH (Portsmouth HS)
Leah Monroe	Breast/IM	So.	5-6	1V	Concord, CA (Clayton Valley HS)
Lisa Morelli	Fly/Free	So.	5-7	1V	San Diego, CA (Torrey Pines HS)
Amy Ng	IM/Back	So.	5-6	1V	San Ramon, CA (California HS)
Emma Palsson	Fly/Free	So.	5-8	1V	Skanor, Sweden (Sunds Gymnasiet)
Jenna Rais	IM/Breast	So.	5-10	1V	Reno, NV (Reno HS)
Whitney Rockwell	Free/Fly	Fr.	5-9	HS	Cape Elizabeth, ME (Cape Elizabeth HS)
Helen Silver	Back	Fr.	5-11	HS	Bainbridge Island, WA (Bainbridge HS)
Staciana Stitts	Breast/IM	Sr.	5-9	3V	Leucadia, CA (Carlsbad HS)
Kate Tiedeman	Free/IM	Fr.	5-7	HS	Burlingame, CA (Burlingame HS)

2002-03 CALIFORNIA WOMEN'S DIVING ROSTER

<i>Name</i>	<i>Events</i>	<i>Yr.</i>	<i>Ht.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Alyson Borawski	Diving	So.	5-2	1V	Novato, CA (Novato HS)
Christina Flynn	Diving	Sr.	5-4	3V	West Hills, CA (El Camino Real HS)
Caitlin Shreve	Diving	So.	5-7	1V	Sacramento, CA (Rio Americano HS)
Lauren Smith	Diving	Fr.	5-4	HS	Larkspur, CA (Redwood HS)

Head Coach: Teri McKeever (11th year)

Assistant Coach: Adam Crossen (3rd year)

Diving Coach: Phil Tonne (19th year)

Managers: Jessica Greenfield, Trisha Henry, Jennifer Strasburger

PRONUNCIATION GUIDE

Keiko Amano	K-Co
Micha Burden	ME-Ka
Natalie Coughlin	COG-lynn
Gina Merlone	Mur-LOAN-E
Amy Ng	ING
Jenna Rais	Rays