

2006-07 WOMEN'S SWIMMING & DIVING

GOLDEN BEAR FACTS

Location	Berkeley, Calif.
Enrollment	33,000
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
Athletic Director	Sandy Barbour
Athletic Web Site	CalBears.com

SWIMMING & DIVING OFFICES

Head Coach	Teri McKeever (USC '83)
Year at Cal	15th
Career Record at Cal	122-42 (14)
Career Record (overall)	176-64 (19)
Assistant Coach	Johan Steiner (1st year, Cal '87)
Director of Olympics Sports Operations	Josh Flushman
Administrative Assistant, Women's Swimming	Kristen Lewis
Swimming Office Phone	510-642-9450
Swimming Office Fax	510-643-5344
Diving Coach	Tom Davidson (Indiana '01)
Diving Office Phone	510-643-DIVE
2005-06 Dual-Meet Record	11-0
2005-06 Pac-10 Finish	5th
2005-06 NCAA Finish	4th
Letterwinners returning/lost	17/9
All-Americans returning/lost	9/2

MEDIA RELATIONS OFFICE

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Berkeley, CA 94720-4422	
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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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MEDIA
CREDENTIALS

Please direct all requests/questions for media credentials to Dean Caparaz. 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 (dcaparaz@berkeley.edu).

INTERVIEWS/PRESS
INFORMATION

A pre-meet press release and complete set of results will be made available to members of the media covering Cal home 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 Dean Caparaz with a minimum of one-day's notice. Please call 510-643-5846 for more information.

CREDITS

The 2006-07 edition of the **California Women's Swimming & Diving Media Guide** was written and edited by Dean Caparaz, Assistant Media Relations Director. Layout and graphics by John Dunbar, Publications Director, and Evan Kerr, Publications Assistant. Photos by Michael Pimentel, Michael J. Burns, John Dunbar, Evan Kerr, Nick Lammers, Bill Collins, Stu Corliss, Peter H. Bick, Karen Moe Humphreys, and Harrison Stubbs among others.

CAL SWIMMING/DIVING ROSTERS

2006-07 CALIFORNIA WOMEN'S SWIMMING ROSTER

Name	Events	Yr.	Ht.	Ex.	Hometown (Last School)
Lauren Andrews	Free/Back	Sr.	5-11	2V	Palo Cedro, Calif. (Cal State Northridge)
Annie Babicz	Breast/Fly	Sr.	5-9	2V	Sarasota, Fla. (Pine View HS)
Jessica Cotton	Dist. Free/IM	Jr.	5-11	1V	Stockton, Calif. (Lincoln HS)
Alexandra Ellis	Breast	Fr.	5-7	HS	San Diego, Calif. (Westview HS)
Courtney Eronemo	IM/Fly	Fr.	5-7	HS	Kent, Wash. (Kentwood HS)
Jessica Hardy	Breast/IM	So.	5-11	1V	Long Beach, Calif. (Long Beach Wilson)
Blake Hayter	Free	Fr.	5-7	HS	San Diego, Calif. (Cathedral Catholic HS)
Lindsey King	Back/Free	Fr.	5-8	HS	Beaverton, Ore. (Westview HS)
Natalie La Rochelle	IM	So.	5-9	1V	Napa, Calif. (Vintage HS)
Amanda Larson	Free	Fr.	6-0	HS	Davis, Calif. (Davis HS)
Erin Reilly*	Free/Fly	Sr.	5-8	2V	Sacramento, Calif. (Rio Americano HS)
Rachel Ridgeway	Free/Fly/IM	Jr.	5-6	1V	Chicago, Ill. (Loyola Academy)
Lauren Rogers	Back/IM	So.	5-7	1V	Concord, Calif. (Carondelet)
Emily Silver	Free	Jr.	5-11	1V	Bainbridge Island, Wash. (Bainbridge HS)
Nadia Staubit	Back/Fly	Sr.	5-7	2V	Mesa, Ariz. (Red Mountain HS)
Kelly Stravers	Free/Fly	Jr.	5-11	1V	Folsom, Calif. (Folsom HS)
Leann Toomey	Fly	Jr.	5-6	1V	Sammamish, Wash. (Holy Name Academy)
Sherry Tsai*	Back/Free/IM	Sr.	5-4	1V	Hong Kong, China (Orange Coast College)
Emily Verdin	Back/IM	So.	5-10	1V	Alexandria, Va. (Thomas Jefferson HS)
Dana Vollmer	Free/Fly	So.	6-0	TR	Granbury, Texas. (Florida)
Jenna Wesley	Free	Fr.	5-9	HS	San Diego, Calif. (Miramonte HS)
Heather White	Back/IM	Fr.	5-6	HS	Oakland, Calif. (Miramonte HS)

*Team Captain

COACHING STAFF

HEAD COACH

Teri McKeever (15th year)

ASSISTANT COACH

Johan Steiner (1st year)

DIVING COACH

Tom Davidson (1st year)



The 2006-07 California women's swim team.



The 2006-07 freshmen swimmers at Lake Tahoe retreat.

2006-07 CALIFORNIA WOMEN'S DIVING ROSTER

Name	Yr.	Ht.	Ex.	Hometown (Last School)
Tessa Berman	Fr.	5-6	HS	Portola Valley, Calif. (Woodside Priory School)
Kristen Duffel	Fr.	5-3	HS	Stockton, Calif. (St. Mary's HS)
Stephanie Whalen	Fr.	5-2	HS	Bainbridge Island, Wash. (Bainbridge HS)
Samantha Young	Fr.	5-5	HS	Shoreline, Wash. (Shorecrest HS)

PRONUNCIATION GUIDE

Annie Babicz	BAA-bits
Nadia Staubit	STAW-bits
Sherry Tsai	SY
Johan Steiner	YO-hawn STY-nuhr



A new crop of divers joins Cal this year.

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	Cal	22.01	Natalie Coughlin	2003
	Spieker	22.68	Emily Silver	2006
100 Freestyle	Cal	47.00	Natalie Coughlin	2003
	Spieker	48.65	Natalie Coughlin	2003
200 Freestyle	Cal	1:42.65	Natalie Coughlin	2003
	Spieker	1:46.96	Stephanie Williams (Georgia)	2001
500 freestyle	Cal	4:37.62	Natalie Coughlin	2003
	Spieker	4:41.61	Natalie Coughlin	2002
1000 Freestyle	Cal	9:45.32	Ashley Chandler	2006
	Spieker	9:46.36	Tiffany Cohen (Texas)	1986
1650 Freestyle	Cal	16:10.33	Sarah Anderson	1988
	Spieker	16:25.31	Andrea Hayes (Texas)	1990
100 Backstroke	Cal	49.97	Natalie Coughlin	2002
	Spieker	52.22	Natalie Coughlin	2003
200 Backstroke	Cal	1:49.52	Natalie Coughlin	2002
	Spieker	1:57.02	Natalie Coughlin	2001
100 Breaststroke	Cal	59.51	Jessica Hardy	2006
	Spieker	59.51	Tara Kirk (Stanford)	2001
200 Breaststroke	Cal	2:11.34	Staciana Stitts	2000
	Spieker	2:11.01	Tara Kirk (Stanford)	2003
100 Butterfly	Cal	50.01	Natalie Coughlin	2002
	Spieker	51.88	Natalie Coughlin	2003
200 Butterfly	Cal	1:51.91	Natalie Coughlin	2003
	Spieker	1:55.03	Natalie Coughlin	2003
200 I.M.	Cal	1:54.95	Natalie Coughlin	2004
	Spieker	1:57.54	Natalie Coughlin	2002
400 I.M.	Cal	4:11.52	Elli Overton	2000
	Spieker	4:15.28	Katie Yevek (Georgia)	2001
200 Medley Relay	Cal	1:37.88	Coughlin, Stitts, Becks, Henriques	2002
	Spieker	1:41.08	Tsai, Hardy, Babicz, E. Silver	2006
400 Medley Relay	Cal	3:32.55	Coughlin, Stitts, Henriques, Becks	2002
	Spieker	3:39.86	H. Silver, Stitts, Coughlin, Becks	2003
200 Free Relay	Cal	1:30.03	Coughlin, Stitts, Griffith, Harper	2003
	Spieker	1:32.39	Hardy, Reilly, Andrews, E. Silver	2006
400 Free relay	Cal	3:16.21	Coughlin, Becks, Bingaman, Harper	2003
	Spieker	3:19.75	Kolbisen, Yeo, Omphroy, Chang	1999
800 Free Relay	Cal	7:07.38	Chandler, E. Silver, Rogers, Reilly	2006
	Spieker	7:23.95	Cooper, Dutcher, Hayes, Arris (Texas)	1990

Bold denotes current Cal athlete

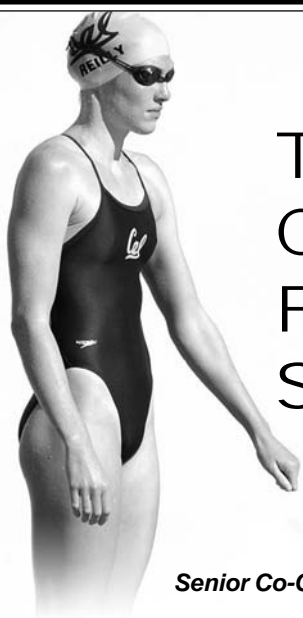
The home of the University of California women's swimming and diving team is the Spieker Aquatics Complex, one of the finest outdoor facilities in the United States.

Completed in the fall of 1982, the one million dollar 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.

2006-07 SEASON OUTLOOK



Senior Co-Captain Erin Reilly

TALENT-LADEN CAL GEARS UP FOR ANOTHER SPLASH AT NCAA

An arguably more talented team and the presence of one of the best coaches in the nation in **Teri McKeever** give the California women's swimming and diving team a great shot at another top five finish at this season's NCAA Championships.

The Golden Bears are coming off a fourth-place finish at the 2006 NCAA Championships and an unbeaten dual-meet record, at 11-0. Perhaps even more impressive as Cal's achievements last season were the accomplishments by Bears old and new this past summer at the international level. McKeever was the U.S. head coach at the Pan Pacific Championships in Victoria, B.C., where her protégés picked up six gold medals. Returning Bear **Jessica Hardy** and Florida transfer **Dana Vollmer** each won a title in Canada, while former Cal star and Olympic gold medalist Natalie Coughlin took home four gold medals from the Pan Pac Championships. Hardy also earned a bronze medal in the 50-meter breaststroke at the FINA Short Course World Championships last spring in Shanghai, China, and won the 100-meter breaststroke at the Janet Evans Invitational last July in Los Angeles.

Led by Hardy, the defending 100-yard breaststroke NCAA champion, and bolstered by Vollmer, a 2004 Olympic gold medalist, McKeever's roster is littered with talent, which will make up for the loss of 200-yard backstroke NCAA champion Helen Silver and Ashley Chandler, Cal's school record-holder in the 1000-yard freestyle. Hardy, a former world record holder in the 100-meter breaststroke, and

Vollmer, who swam with Coughlin on the 800-meter freestyle relay that won gold in Athens, are sophomores this season. That means the Bears, who also bring in new diving coach **Tom Davidson** and new assistant coach **Johan Steiner**, have a tremendous outlook for the next three years.

McKeever returns nine 2005-06 All-Americans, including Hardy, senior **Erin Reilly**, junior **Emily Silver**, senior **Sherry Tsai**, senior **Annie Babicz**, senior **Lauren Andrews**, sophomore **Lauren Rogers**, junior **Rachel Ridgeway** and junior **Leann Toomey**. Vollmer is an additional collegiate All-American, who picked up that distinction in the 800-yard free relay last season with the Gators.

"We have five seniors, with Sherry Tsai and Erin Reilly being the captains," McKeever said. "They're doing a great job of filling those leadership roles that Ashley and Helen filled and that had such a huge impact on us last year.

"We have an experienced group that knows what it takes to be a top-five program, one that could really educate, encourage and inspire the young people. For us to stay at that level, the returners are going to have to find a way to score more points and the freshman class needs to contribute on relays and individually at the national level. And we need Dana to swim like she's capable of swimming during the collegiate year."

Blake Hayter leads a quality group of freshmen. A middle-distance and distance freestyler, the product of San Diego also competed at the 2006 Janet Evans Invitational, at which she was fourth in the 400-meter free and fifth in the 800 free, and at last summer's USA National Championships, at which she was sixth in the 400-meter free.

Vollmer, Hayter and the other newcomers join a squad that had one of its best seasons in program history in 2005-06. The fourth-place finish at the NCAA Championships was Cal's best finish in six years, since the Bears were also fourth at the 2000 NCAA Championships. Between 2000 and 2006, Cal was seventh in 2001, eighth in 2002, eighth in 2003, sixth in 2004 and eighth in 2005. Helen Silver and Jessica Hardy's NCAA titles were Cal's first since 2004, when the Bears had four. The 2006 Bears also set a school record of 7:07.38 in the 800-yard free relay (Chandler, Emily Silver, Rogers and Reilly), which set that mark in a fourth-place finish at the NCAA Championships.

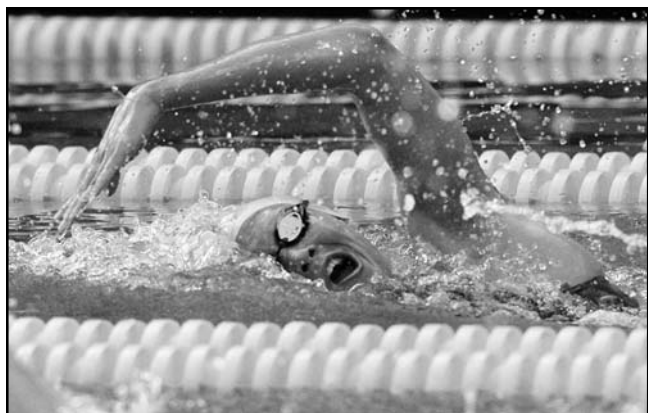
At the Pac-10 Championships, McKeever's team won two individual titles, from Reilly (1:45.70, 200-yard freestyle) and Helen Silver (1:55.12, 200 backstroke), and a relay title (7:08.31, 800-free relay of Chandler, Andrews, Rogers and Reilly). Before Pac-10s, Cal completed only its second undefeated dual-meet season and its second in three years. A 169-131 victory over Stanford on Feb. 11 at Stanford capped the regular season. A win over Stanford in 2004 likewise gave the Bears an unbeaten (9-0) dual-meet record.

With the combination of new and returning Bears and the addition of new support staff, McKeever believes that her program is on track for another great season.



2006 National Champion Jessica Hardy

"The NCAA gives out trophies to the top four, and we definitely want to get a trophy," McKeever said. "That's a possibility. There are a lot of great teams out there, with Auburn, Georgia, Arizona is going to be real tough, and USC's good, so we're going to have to do well."



Junior Emily Silver

FREESTYLE

Emily Silver, Erin Reilly and Jessica Cotton head a strong contingent of swimmers in what may be Cal's strongest stroke.

Silver, followed by Reilly, is the Bears' top returning sprinter. In the 50 and 100, **Annie Babicz, Sherry Tsai, Jessica Hardy, Lauren Andrews and Dana Vollmer** are additional threats to score at the Pac-10 and NCAA Championships. The top returning Bears in the middle-distance events (200 and 500) are Reilly, Silver, **Lauren Andrews, Rachel Ridgeway, Sherry Tsai** and senior **Natalie Staubit**. Reilly, who has Cal's top returning time in the 1000 (10:05.45) from last year, and Cotton, the only Bear to swim the 1650-yard free last season, Silver, **Rachel Ridgeway** and sophomore **Natalie La Rochelle** are Cal's top returning distance swimmers.

In the sprints, Silver took third in the 100-yard free (48.47 seconds) and sixth in the 50 free (22.39) at the NCAA Championships. She was also second in both events (22.65 in the 50 and 48.79 in the 100) at the 2006 Pac-10 Championships held last February in Long Beach, Calif. The younger sister of 2006 NCAA champion Helen Silver, Emily Silver has also etched her name in her school's record books. Entering the 2006-07 season, Emily Silver ranks second behind Coughlin in the 100-yard free (48.47) and is third, behind Coughlin and former Olympic star Haley Cope, in the 50 free (22.39).

Reilly swam Cal's fastest 200 (1:44.63) and 500 (4:41.51) frees in addition to the

second-fastest 50 (23.06), 100 (49.21) and 1000 (10:05.45) frees in 2005-06. The Sacramento product swam that 200 free time in taking second place at the NCAA Championships and set her top 500 time in the semifinal round at the NCAA Championships; she eventually took third.

A versatile swimmer who also excels in the butterfly and in relays, Reilly looks to continue her assault on the Cal record books. Entering the season, she ranks third in the 100-yard free (49.21), second in the 200 free (1:44.63), fourth in the 500 free (4:41.51), sixth in the 1000 free (9:53.75) and seventh in the 1650 free (16:25.95).

As a freshman at Florida, Vollmer swam a 22.80 in the 50 free and a 49.63 in the 100 free, which would have ranked her second behind Silver at Cal last season. The addition of Vollmer and **Blake Hayter** could also make up for the loss of Ashley Chandler, who had Cal's second-best times in the 200 and 500 last year, in the middle-distance free events. Vollmer's best 200 time (1:46.82 leading off a relay) would have placed her third in the Cal ranks for last season. Hayter's best 200 (1:46.62) and 500 (4:43.75) times would have put her third at Cal last year.

BREASTSTROKE

Jessica Hardy is one of the world's best swimmers in the 100-yard and 100-meter breaststroke and is the Bears' best chance at another NCAA title. Before she came to Berkeley, Hardy had already set the world record of 1:06.20 in the 100-meter breaststroke in the semifinals of the 2005 FINA World Championships. Though her mark has since been broken, Hardy's time still holds as the American record and as the World Championships meet record. She also set the Pan Pacific Championships meet record of 1:06.43 last summer, when she won the consolation final of the race in Victoria, B.C., Canada.

Hardy set the Cal record of 59.51 in the 100-yard breaststroke at the 2005 Georgia Invitational and swam Cal's third-fastest all-time mark in the 200 breaststroke (2:12.22) last season. She also placed second in the 100 (1:00.15) and ninth in the 200 (2:15.23) at the 2006 Pac-10 Championships.

Annie Babicz was second to Hardy on both the 100 and 200 last year. The senior also ranks third (1:01.02) and fifth (2:13.51),

respectively, in Cal's All-Time Top 10 lists in those races. She earned All-America honors in the 100 breaststroke with an 11th-place finish (1:01.72) at 2006 NAAs. Babicz also took third in the 100 (1:01.17) and fifth in the 200 (2:14.50) at the Pac-10 Championships.

"Jessica obviously has world-class speed, and Annie's been so consistent there and provides us with a pretty good 1-2 punch," McKeever said.

Alexandra Ellis and junior **Jessica Cotton** provide depth in the breaststroke. Ellis placed eighth at 2006 long course nationals in the 200.

BACKSTROKE

While Helen Silver's loss will be felt, **Lauren Rogers, Sherry Tsai** and **Lauren Andrews** have plenty of experience in this stroke. Sophomore **Emily Verdin**, returning from a redshirt year, is another athlete who brings NCAA and Pac-10 Championship experience in the backstroke. **Heather White** is an outstanding racer and will challenge Cal's top corps of returning swimmers here.

McKeever will likely lean on Rogers, Tsai and Andrews the most in the backstroke. Last year, Rogers had the fastest times in both the 100 (54.27) and 200 (1:56.74) of the returning Bears, setting her 200 time when she took ninth place at the NCAA Championships. Rogers, like upperclassman Tsai, has elite experience, having competed in the 2005 World University Games and in the 2004 Olympic Trials.

Tsai had the fourth-fastest times in both the 100 (54.78) and 200 (1:59.05) last year, while Andrews was fifth (56.73) and third (1:58.00), respectively, in the events.



Senior co-captain Sherry Tsai

Cal should be strong again in the butterfly events, as its top swimmer in the 100-yard butterfly (**Leann Toomey**, 53.71) and in the 200 fly (**Rachel Ridgeway**, 1:56.94) return and are bolstered by the addition of **Dana Vollmer**, **Erin Reilly**, **Annie Babicz**, **Sherry Tsai**, **Nadia Staubitz** and **Courtney Eronemo**, whose top time of 1:02.38 in the 100-meter fly qualifies her for the 2008 U.S. Olympic Trials, add depth.

Toomey earned All-America honors when she swam the fly leg of Cal's fourth-place 200-medley relay at the 2006 NCAA Championships. She swam her 53.71 at the 2006 Pac-10 Championships, at which she took fourth place.

In the 200 at Pac-10s, Ridgeway was fifth and Toomey was 10th. Ridgeway swam her fastest 200 time at the NCAA Championships, at which she took eighth place.

Reilly can be called upon to swim both the 100 and 200, as well as the fly legs in the medley relays. The senior garnered All-America honors when she swam the fly leg of the Bears' third-place 400-medley relay at the NCAA Championships.

INDIVIDUAL MEDLEY

Cal should be improved in the IMs, with

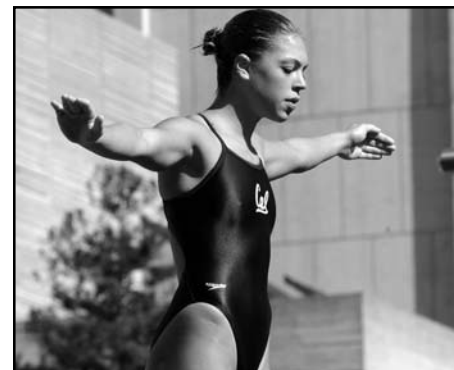
the return of most of the Bears' top IMers and the addition of some new athletes. **Rachel Ridgeway** is the only returning Bear who swam the IMs at the 2006 NCAA Championships, taking 12th in the 200 (2:00.37) and 14th in the 400 (4:18.26). Her times in the semifinals of both events – 2:00.08 in the 200 and 4:15.80 in the 400 – were Cal's top times in 2006. They put Ridgeway seventh on Cal's all-time top 10 lists for both those events. The junior also had success at the conference level, taking second in the 400 IM (4:16.34) and ninth in the 200 IM (2:01.42).

Freshmen **Courtney Eronemo**, **Alexandra Ellis** and **Heather White** will add more than depth in the IMs. White's lifetime-bests in the 200 (2:01.92) and 400 (4:19.00) would have ranked her fourth and second, respectively, on Cal's 2005-06 team. Eronemo should have success in the 400, as her lifetime-best time (4:17.77) in that race would have ranked her second at Cal last season.

Several returning Bears will likely swim the IMs, including **Emily Silver**, **Sherry Tsai**, **Jessica Hardy**, **Jessica Cotton**, **Annie Babicz** and **Natalie La Rochelle**. Hardy, who is looking to have success in a variety of events this season, was seventh in the 200 at the 2006 Pac-10s with her top time of 2:02.04.

200 frees and her Olympic relay gold medal, Vollmer could put Cal over the edge in its hunt for its first relay title since 2004. Fellow newcomers **Blake Hayter** and **Amanda Larson** will add depth in the free relays.

Tsai, Reilly, **Lauren Andrews** and **Emily Silver** formed the 400-free relay that swam a 3:17.49 at NCAAs, while Hardy, **Annie Babicz**, Helen Silver and Emily Silver swam Cal's top 200-free relay time (1:31.59) last season. Chandler led off Cal's 800-free relay, which included Emily Silver, Rogers and Reilly, at NCAAs (7:07.38).



Diver Samantha Young

The definitive word on Cal women's diving this year is young. **Tom Davidson**, who was the 1997 Big Ten Freshman of the Year when he dove at Indiana, graduated from the Bloomington campus in 2001 and is just one of the new faces. All four of his athletes – **Samantha Young**, **Stephanie Whalen**, **Tessa Berman** and **Kristen Duffel** – are freshmen.

The 5-5 Young is the most experienced of the quartet and should help Cal challenge at the conference level. A product of Shoreline, Wash., she took 15th and 16th on the one- and three-meter springboards, respectively, at the 2006 USA Diving Senior Zone D Championships. A two-time state champion in Washington, Young won the one-meter springboard (girls 16-18) in 2005 and 2006 at the Spring Region 10 Championships, where Whalen was fourth at one meter and second at three meters.

Young has also made her mark on the platform, taking 11th place (16-18 girls) at the 2005 Wendy Wyland Invitational.

"We're going to surprise a lot of people in the Pac-10 and nationally with the talent this year, based on the hard work they've done so far," Davidson said. "The youth factor will play a part here and there in some meets, when they go against some teams with seniors and a lot of experience, but the fact they are young and might not know that they shouldn't be able to compete will work in their favor."

2007 NCAA QUALIFYING STANDARDS 25-YARD COURSE

Event	A	B
50 Freestyle	22.75	23.43
100 Freestyle	49.49	50.97
200 Freestyle	1:47.09	1:50.30
500 Freestyle	4:45.46	4:54.02
1,650 Freestyle	16:23.54	16:53.04
100 Butterfly	53.75	55.36
200 Butterfly	1:58.99	2:02.55
100 Backstroke	54.47	56.10
200 Backstroke	1:57.79	2:01.32
100 Breaststroke	1:01.70	1:03.55
200 Breaststroke	2:13.65	2:17.65
200-Individual Medley	2:00.52	2:04.13
400-Individual Medley	4:15.63	4:23.29
200-Freestyle Relay	1:31.01	1:33.74
400-Freestyle Relay	3:18.95	3:24.91
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

1-Meter Diving Points – Dual 255/265*
3-Meter Diving Points – Dual 270/280*
Platform Diving Points – Dual 260/225#

*Qualifying total when using 6 optional dives with standard DD

#Qualifying total when using five optional dives with standard DD

RELAYS

The Bears placed four of their relays in the top 10 at the 2006 NCAA Championships and will again challenge to win national titles in 2006-07. Cal took third place in the 400-medley relay, fourth place in both the 200-medley and 800-free relays, and sixth place in the 400-free relay at NCAAs last spring.

With Helen Silver gone from the NCAA final foursome in the 400-medley relay (3:34.10), which included **Jessica Hardy**, **Erin Reilly** and **Emily Silver**, **Lauren Rogers** may be the Bears' top backstroke option in the 400- as well as the 200-medley relays. Another strong option for the backstroke legis **Sherry Tsai**, who along with Hardy, **Leann Toomey** and Emily Silver, swam on the 200-medley relay (1:39.09) in the 2006 NCAA final.

The freestyle relays will get a boost with the addition of **Dana Vollmer**, who could replace Helen Silver and Ashley Chandler in those events. Given her success in the 50, 100 and

CALIFORNIA HEAD COACH

TERI McKEEVER

15th Year at California



One of the best swimming coach in the United States, Teri McKeever enters her 15th season as head coach of the University of California women's swimming program after another season of accolades for her and her program.

In 2005-06, the Golden Bears amassed another undefeated dual-meet season, at 11-0, before taking fourth place at the NCAA Championships in Athens, Ga. McKeever produced two individual national champions: freshman sensation Jessica Hardy won the 100-yard breaststroke title and outgoing senior Helen Silver won the 100-yard backstroke title in Athens.

McKeever then made history as the first woman ever to be named head coach of a U.S. national team at a major international meet, after being tabbed to lead the American team that competed at the 2006 Pan Pacific Championships last August in Victoria, B.C. In Canada, McKeever protégés Hardy (1 gold medal), Natalie Coughlin (4 golds) and Dana Vollmer (1 gold) collected six titles.

The Cal coach had also made history in the summer of 2004 as the first woman ever to be named a coach of a U.S. Olympic swimming team. As an assistant coach of the U.S. swim team in Athens, Greece, McKeever helped guide Cal alumna Coughlin to five medals, including two gold, alum Haley Cope to a silver medal,

McKEEVER AS A HEAD COACH

California women's swimming (1993-present)

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

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	



and the entire U.S. swimming team to 28 medals, including 12 gold. In the summer of 2005, McKeever served as an assistant coach to the U.S. team during World Championship competition.

Under McKeever's direction, Cal's women's swimming program has become one of the most elite in the nation. McKeever's teams have finished in the Top 10 nationally for the last 10 straight years. She has amassed an impressive 122-42 dual meet record (.743) in her time at Cal, and 12 out of the 14 years she has coached in Berkeley, the Bears have notched winning records.

Under McKeever's tutelage, 13 different national champions have emerged, while

47 different swimmers have earned All-America honors, and 54 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 five Pac-10 Swimmers of the Year - Coughlin (2001-03) and former Bear standouts Cope (2000) and Marylyn Chiang (1999). 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 medal-winning 400-meter 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 an NCAA title since 1988. In 2000, Cope led off Cal's 200m medley relay and 200m free relay that won national titles. Cope set a short course world record for her 50m back leg of the medley relay. In August of 2002, 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. McKeever also saw the team win the 400 medley relay, breaking the national club record. Coughlin-the 2001, 2002 and 2003 NCAA Swimmer of the Year- finished her career at Cal under McKeever's tutelage, with 11 individual NCAA titles before going on to win five Olympic medals during the 2004 Olympics.

Prior to the Olympics, McKeever gained international experience serving as an



Teri McKeever led Cal to a fourth-place finish at the 2006 NCAA Championships.



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

assistant women's coach of the U.S. National Team at the FINA World Championships in July of 2003 and at the U.S. vs. Australia "Duel in the Pool" in April of that year. Her ability to motivate her teams into reaching high goals was shown at both those meets as the U.S. soundly defeated Australia 196-74, and the U.S. women took home 12 gold medals at the world championships. Coughlin, McKeever's pupil, led the U.S. 400-meter free and medley relays to gold and silver medals at the championship meet.

McKeever's great coaching capability has been well noted by her peers as the ASCA (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 Award at the U.S. National Championships in the summer of 2002. She served as an assistant U.S. coach at the 2002 Pan Pacific Games in Yokohama, Japan and 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 12 different Academic All-Americans and numerous Pac-10 All-Academic selections.

"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, 44, came to Cal after spending five years at Fresno State where she also developed an outstanding program. She spent two seasons in charge of the women's program (1988-89) 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.

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 1984-87, helping develop several All-Americans. McKeever is a former USC All-American 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.

The former Trojan 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, all with varied athletic backgrounds. Sisters Kristi and Kelli Gannon are both members of the U.S. National Field Hockey Team.

McKeever resides in El Cerrito.

McKEEVER'S INFLUENCE AT CALIFORNIA

BY THE NUMBERS

- Years as Cal Head Coach 14
- Wins 122
- Losses 42
- Winning Percentage744
- Olympians Coached 13
- NCAA Individual Titles 14
- NCAA Relay Titles 3
- NCAA Top-10 Team Finishes 10
- All-Americans 45
- Years on USA Coaching Staff 6
- 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 coach for U.S. at World Championships (2005)
- Assistant women's coach for US national team at FINA World Championships (2001, 2002, 2003)
- 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 US 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 10 years
- The Bears have produced winning records in 12 of her 14 seasons at Cal
- Cal has finished undefeated in dual meets for two of the past three years
- 13 different individuals have won an NCAA title under McKeever
- These 13 individuals have claimed 14 individual titles and three relay championships

ASSISTANT COACHES

JOHAN STEINER

Assistant Coach
1st year at California



Johan Steiner, 41, a California alumnus and a familiar face around the Golden Bears women's swimming program the past few years, joined Cal head coach Teri McKeever's staff

this fall.

Steiner, who served as the 2003 Pac-10 Championships Meet Director when Cal hosted the event in Federal Way, Wash., has been a swimming coach at the club level and still competes in masters swimming meets and in triathlons. He was a head coach with the Temescal Masters club in the late 1980s and was an assistant coach with the Golden Bear Swim Club from 1986-89.

The product of San Jose, Calif., has been an energetic supporter of Cal women's swimming. Steiner has assisted McKeever's program and the Cal Media Relations department by compiling statistical data of Bears swimmers in

recent seasons. Most recently a computer resource specialist at Cal, Steiner graduated from UC Berkeley with a bachelor's degree in psychology in 1987 and began working at his alma mater in 1993.

Steiner is an avid sports fan and competitive athlete. He starred in the 2005 Long Course Masters Nationals, taking second place in the 200 butterfly and second place in the 400 individual medley. Steiner also took first place in the 2.4-mile swim leg of the 2003 Ironman Lake Placid.

His family includes parents Richard and Silva, brother, Nolan, and sister, Glynnis. Steiner resides in Berkeley.

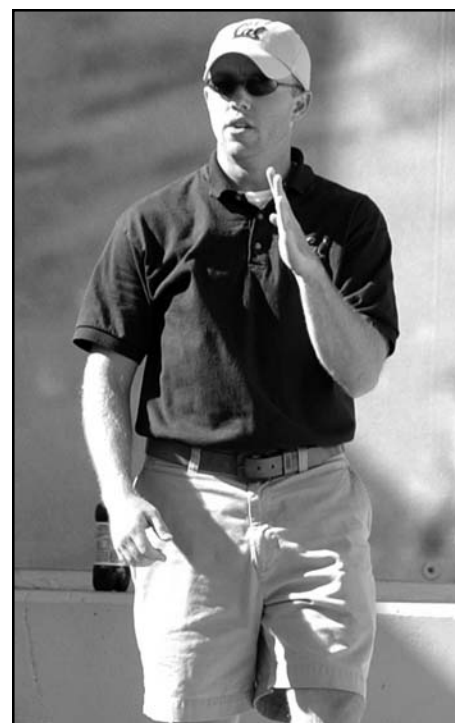
TOM DAVIDSON

Diving Coach
1st Year at California



Tom Davidson joined the California Golden Bear aquatics program in the summer of 2006. Prior to Cal he was the diving coach at Illinois State.

While at Illinois State Davidson guided Emily Hirt to her first ever NCAA Zone diving



Diving coach Tom Davidson joined Cal in 2006 after coaching at Illinois State.

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 brings club coaching experience to Cal, after leading Redbird Diving (2005-06) and serving 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, Ind. In 2001 he took third place on the one-meter springboard. 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 bachelors degree in management and a minor in history. He is currently pursuing his masters in management from Illinois State.



Assistant coach Johan Steiner with senior swimmer Erin Reilly.

SUPPORT STAFF



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

KRISTEN LEWIS

Administrative Assistant - Women's Swimming
2nd Season at California



Kristen Lewis is in her second year assisting the Cal women's swimming program, after completing her swimming career at UCLA (2000-2005).

Lewis, who graduated from Campolindo High School in nearby Moraga, is pursuing a master's degree at the UC Berkeley Graduate School of Education. She was a captain for the Bruins in the 2003-04 season, an Academic All-American and a semifinalist in the 100 and 200 fly at the 2004 Olympics Trials. Lewis majored in history at UCLA and was an NCAA post-graduate scholar.

JOSH FLUSHMAN

Director of Olympic Sports Operations
6th Season at California



Josh Flushman enters his sixth year in the California Athletic Department and his first year as the Director of Operations for Olympic Sports. His duties with the Cal women's swimming

and diving team include coordinating meet management and travel and assisting with budget and recruiting issues. A Berkeley native who graduated from Berkeley High School, Flushman went to UC Davis as an undergraduate and received his masters in sports psychology from John F. Kennedy University in 2005.



Nick Folker

NICK FOLKER

Strength and Conditioning Coach
3rd Season at California



Nick Folker enters his third 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 as well as guiding the team in its nutritional requirements.



David Walden

DAVID WALDEN

Athletic Trainer
2nd Season at California



David Walden enters his second 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 as a Bruin, 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.

DEAN CAPARAZ

Assistant Media Relations Director
4th season at California



California alumnus Dean Caparaz enters his first year working with the Golden Bears women's swimming and diving program, after working with the Cal men's program the past two seasons.

His duties include writing and editing the media guide, releases and meet recaps as well as coordinating media interviews for the Bears and updating the women's swimming and diving page on CalBears.com. He graduated from UC Berkeley with a bachelor's degree in English in 1990.

2006-07 GOLDEN BEAR PROFILES

LAUREN ANDREWS

Senior 5-11
Backstroke/Freestyle
Palo Cedro, Calif.
Cal State Northridge

CAL SUCCESS

- 2006 Pac-10s: sixth in 200-yard back (1:58.00), 19th in 200 free (1:49.36), 400-free relay (2nd), 800-free relay (1st)
- 2005 Pac-10s: 10th in 200-yard back (2:00.20), 14th in 100 back (56.04)
- Cal All-Time Top-10: 200-yard back (10th)

**NCAA CHAMPIONSHIPS SUCCESS**

- 2006 All-American: 400-yard freestyle relay (6th)
- 2005 NAAs: Qualified for the 100-, 200-yard backstroke. Earned All-American honors in the 200-free relay (9th, honorable mention), 400-free relay (6th)
- 2004 NAAs: qualified for 200-meter back while at CSUN

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Summer USA Nationals: swam on winning 800-meter free relay, sixth-place 400-medley relay
- 2006 Janet Evans Invite: two top-10 finishes: 200-meter back (7th, 2:18.07), 100 back (9th, 1:04.35)
- 2005 Summer USA Nationals: swam in 200-meter back (2:16.68 in prelims), swam on winning 400-free relay team

CAL STATE NORTHRIDGE SUCCESS

- Set CSUN records in the 100 back, 200 back, 200 free
- Named team MVP

PERSONAL

- American Studies major
- Went on a mission trip to Fiji
- Graduate of Foothill HS in Redding
- Won Scholar-Athlete Award at Foothill
- Born Nov. 23, 1984, in Glendale Heights, Ill.

WHY I CHOSE CAL

"I decided to go to Cal because of the amazing academics, athletic opportunities. It was a great place that I felt was very comfortable."

BEST CAL TIMES (IN YARDS)

- 200 back 1:58.00 (2006 Pac-10s)
- 200 free 1:48.82 (2006 vs. Stanford)
- 100 back 55.91 (2005 NAAs)
- 100 free 50.79 (2006 vs. Stanford)
- 50 free 23.70 (2006 Pac-10s)

ANNIE BABICZ

Senior 5-9
Breaststroke/Butterfly
Sarasota, Fla.
Pine View HS

CAL SUCCESS

- 2006 Pac-10s: 18th in 50-yard freestyle (23.48), third in 100 breast (1:01.17), fifth in 200 breast (2:14.50), 200-free relay (3rd), 200-medley relay (2nd)
- Earned All-Academic Pac-10 honors in 2006
- 2005 Pac-10s: first in 100-yard breast (1:01.12); ninth in 100 butterfly (55.55)
- Named Most Improved in 2004-05
- 2004 Pac-10s: fifth in the 100-yard breast (1:02.14), eighth in the 100 fly (55.25); on second-place 400-yard medley relay, fourth-place 200-yard medley relay
- Cal All-Time Top 10: 100 breast (3rd), 200 breast (4th)

**NCAA CHAMPIONSHIPS SUCCESS**

- 2006 Honorable Mention All-American: 100-yard breaststroke (11th, 1:01.72)
- 2005 All-American: 400-yard medley relay (8th), honorable mention All-American: 100-yard breast (16th, 1:01.95)
- 2004 All-American: 400-meter medley relay (7th, 4:02.49), honorable mention All-American: 100-meter breast (15th, 1:09.12), 200-medley relay (14th)

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Summer USA Nationals: on sixth-place 400-meter medley relay
- 2006 Janet Evans Invite: 21st in 100-meter free (58.68), 12th in 200 breast (2:38.24), 17th in 100 fly (1:02.65), 10th in 100 breast (1:11.84)
- 2005 Summer Nationals: on second-place 400-meter medley relay
- 2004 U.S. Olympic Trials: 37th in 100m breast (1:13.43)
- Competed at the 2000 Olympic trials

PERSONAL

- Ranked No. 1 nationally in the 100 breast during her 2001 high school season
- Member of the 2002 U.S. National Junior team
- Four-time Florida state champion in the 100 breast, three-time champion in the 100 fly
- Set the Florida high school record in the 100 breast (1:01.98).
- American studies major
- Parents are Sue, Jim Babicz
- Born on Aug. 18., 1985, in Schaumburg, Ill.

WHY I CHOSE CAL

"The people, location, level of excellence in academics, athletics made Cal the best choice for me."

BEST CAL TIMES (IN YARDS)

- 100 breast 1:01.02 (2006 vs. Stanford)
- 200 breast 2:13.51 (2006 vs. Stanford)
- 100 fly 54.74 (2005 Pac-10s)
- 200 fly 2:02:06 (2006 vs. Pacific)
- 50 free 23.48 (2006 Pac-10s)
- 100 free 51.03 (2005 Georgia Invite)

JESSICA COTTON

Junior 5-11
Distance Freestyle/IM
Stockton, Calif.
Lincoln HS

CAL SUCCESS

- 2006 Pac-10s: 23rd in 1650-yard free (17:34.06), 10th in 400 IM (4:23.28)
- Earned All-Academic Pac-10 honors in 2006
- 2005 Pac-10s: 21st in 1650-yard free (17:29.52)

**NATIONAL/INTERNATIONAL SUCCESS**

- 2006 Janet Evans Invite: 17th in 200-meter individual medley (2:23.10)
- 2004 U.S. Olympic Trials: 47th in 800-yard freestyle (9:10.19)

PERSONAL

- Undeclared major
- Parents are Amy, Dan Cotton
- Has two uncles, an aunt who attended Cal
- Born on Oct. 26, 1986, in Stockton, Calif.

WHY I CHOSE CAL

"I grew up in a family full of Cal grads, and from a young age it was always my dream to attend Cal. Once I visited, realized what a great fit Berkeley was for me, the decision was easy."

BEST CAL TIMES (IN YARDS)

- 1000 free 10:17.31 (2005 vs. USC)
- 1650 free 17:07.61 (2004 Georgia Invite)
- 200 IM 2:10.42 (2006 vs. USC)
- 400 IM 4:23.28 (2006 Pac-10s)
- 500 free 4:58.02 (2005 Georgia Invite)

JESSICA HARDY

Sophomore 5-11
Breaststroke
Long Beach, Calif.
Long Beach Wilson HS

CAL SUCCESS

- Cal All-Time Top-10: 100 breast (1st), 200 breast (3rd)
- 2006 Pac-10s: second in 100 breast (1:00.15); ninth in 200 breast (2:15.23), seventh in 200 IM (2:02.04); 200 medley relay (2nd); 400 medley relay (2nd)

NCAA CHAMPIONSHIPS SUCCESS

- 2006: 100 breaststroke champion (1:00.02), 200-medley relay (fourth), 400-medley relay (third)



NATIONAL/INTERNATIONAL SUCCESS

- 2006 Pan Pacific Championships: gold with U.S. 400-meter medley relay, ninth in 100 breast (meet-record 1:06.43)
- 2006 Janet Evans Invite: first in 100 breast (1:07.32), ninth in 100 free (57.18), 10th in 200 breast (2:34.90), 18th in 50 free (26.74)
- 2006 S.C. Worlds: third in 50 breast (30.48), fourth in 100 breast (1:06.13), 400-medley relay participant
- 2005 L.C. Worlds: won silvers in 50 (American record 30.85) and 100 (then-world record 1:06.20) breasts, 400-medley relay
- Holds Worlds meet and American record in 100-meter breast (1:06.20)
- *Swimming World Magazine's* High School Swimmer of the Year (2004, 2005)
- 2004 Olympic Trial qualifier in the 100, 200 breasts, 200 IM
- Two-time *Los Angeles Times* High School Swimmer of the Year

WHY I CHOSE CAL

"Berkeley is an amazing location, an amazing university, an amazing university, and provides many opportunities that you can't find anywhere else. I really felt like the team atmosphere was 'right' for me."

BEST CAL TIMES (IN YARDS)

- 100 breast 59.51(2005 Georgia Invite)
- 200 breast 2:12.22(2006 vs. USC)
- 200 IM 2:02.04(2006 Pac-10s)

NATALIE LAROCHELLE

Sophomore 5-9
Individual Medley
Napa, Calif.
Vintage HS

CAL SUCCESS

- 2006 Pac-10s: 19th in 400 IM (4:27.16)

NATIONAL/INTERNATIONAL SUCCESS

- Competed at the 2004 Olympic Trials



PERSONAL

- Parents are Peggy, Dave LaRochelle
- Father played football at Army
- Valedictorian of high school class
- Born on May, 8, 1987, in San Francisco

WHY I CHOSE CAL

"For its reputable combination of academic excellence, 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."

BEST CAL TIMES (IN YARDS)

- 1000 free 10:25.78 (2006 vs. ASU)
- 200 back 2:05.45 (2005 Georgia Invite)
- 400 IM 4:27.16 (2006 Pac-10s)
- 100 fly 57.96 (2006 vs. UCLA)

ERIN REILLY

Senior 5-8
Freestyle/Butterfly
Sacramento, Calif.
Rio Americano HS

CAL SUCCESS

- 2006 Pac-10s: first in 200 free (1:45.70), second in 500 free (4:42.31), sixth in 100 free (49.52), 200 free relay (3rd), 400 free relay (2nd), 800 free relay (1st), 400 medley relay (2nd)
- 2006 CSCAA Academic All-American, 2005-06 All-Academic Pac-10 honors
- 2005-06 team MVP
- Two-time Pac-10 Swimmer of the Month in 2006
- 2005-06 team Scholastic Award for highest GPA
- 2005 Pac-10s: seventh in 500 free (4:51.96), 11th in 100 fly (55.44), 800 free relay (1st)
- 2004 Pac-10s: first in 800-yard free relay, third in 500 free (4:43.28), sixth in 1650 free (16:26.16), seventh in 200 fly (1:58.11)
- Cal All-Time Top Ten: 800 free relay (1st), 500 free (4th), 200 free (2nd), 1000 free (6th), 1650 free (7th), 200 fly (7th), 50 free (9th), 100 free (3rd)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 200 free (2nd), 500 free (3rd), 400 free Relay (6th), 800 free Relay (4th), 400-medley Relay (3rd)
- 2006 Honorable Mention All-American: 100 free (13th)
- 2005 All-American: 800 free Relay (5th)
- 2005 Honorable Mention All-American: 200 free (12th)
- 2004 All-American: 800m Free Relay (1st)
- 2004 Honorable Mention All-American: 200m Fly (12th), 1500m Free (14th)

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Janet Evans Invite: first in 100 fly (1:00.10), second in 200 free (2:00.46), 17th in 100 free (56.92)
- 2005 Summer Nationals: seventh in 200 free, consolation finalist in 100 free, 100 fly, 800 free relay (1st), 400 free relay

- (1st), 400 medley relay (2nd)
- 2004 U.S. Olympic Trials: 40th in 400 free (4:21.04), 50th in 200 free (2:05.55), 52nd in 100 fly (1:03.24)
- 2004 Summer Nationals: fourth in 200 free (2:02.29)

PERSONAL

- Mass Communications major
- Parents are Mary Jane, John Reilly
- 11-time high school All-American
- Sister Brenda swam at Notre Dame, uncle Jim played rugby for the Irish
- Born on May 2, 1985, in Danbury, Conn.

WHY I CHOSE CAL

"Berkeley was never a place that I considered coming to until after I met Teri, the team. The team dynamic, combined with Teri's coaching philosophy is what immediately drew me into Cal."

BEST CAL TIMES (IN YARDS)

- 50 free 23.06 (2006 Pac-10s)
- 100 free 49.21 (2006 Pac-10s)
- 200 free 1:44.63 (2006 NCAAAs)
- 500 free 4:41.51 (2006 NCAAAs)
- 100 fly 54.52 (2005 Georgia Invite)
- 200 fly 1:58.11 (2004 Pac-10s)

RACHEL RIDGEWAY

Junior 5-6
Butterfly/IM
Chicago, Ill.
Loyola Academy

CAL SUCCESS

- 2006 Pac-10s: second in 400-yard IM (4:16.34), fifth in 200 fly (2:00.31), ninth in 200 IM (2:01.42)
- 2005 Pac-10s: eighth in 200-yard fly (2:00.75), 19th in 500 free (4:53.99), 12th in 100 fly (55.68)
- Team's Most Improved award winner in 2005-06
- Cal All-Time Top-10: 200 Butterfly (3rd), 200 IM (7th), 400 IM (7th)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 200-yard butterfly (8th, 1:59.79)
- 2006 Honorable Mention All-American: 200 IM (12th, 2:00.37), 400 IM (14th, 4:18.26)
- 2005 Participant: 200 fly, 500 freestyle

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Summer Nationals: on sixth-place 400-meter free relay
- 2006 Janet Evans Invite: 18th in 200-meter fly (2:18.62), 19th in 100 fly (1:03.36), 22nd in 400 individual medley (5:02.68)
- 2005 Summer Nationals: participant in 200 fly

PERSONAL

- Undeclared major
- Parents are Jean, Michael Ridgeway
- Older brother, Paul, swam for Texas
- On 2000 HS water polo national champion
- Born on March 1, 1986, in Chicago, Ill.

WHY I CHOSE CAL

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

BEST CAL TIMES (IN YARDS)

- 500 free 4:50.71 (2005 NCAAAs)
- 200 free 1:50.30 (2006 Pac-10s)
- 100 fly 54.88 (2005 Georgia Invite)
- 200 fly 1:56.94 (2006 NCAAAs)
- 200 IM 2:00.08 (2006 NCAAAs)
- 400 IM 4:15.80 (2006 NCAAAs)

LAUREN ROGERS

Sophomore 5-7
Backstroke/IM
Concord, Calif.
Carondelet HS

CAL SUCCESS

- 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: 800 free Relay
- Cal All-Time Top-10: 100 back (6th), 200 back (6th)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 800-yard freestyle relay (4th), honorable mention All-American: 200-yard back (9th 1:56.74)

NATIONAL/INTERNATIONAL SUCCESS

- 2005 World University Games: member of U.S. team
- 2004 U.S. Olympic Trials: Placed fifth in the 100-meter back (1:02.38)
- 2003 High School Nationals: winner in 100-meter back
- Member of the 2003 National Junior Team in Sydney, Australia

PERSONAL

- Undeclared major
- Parents are Liz, Mike Rogers
- Born on June 20, 1987, in Phoenix, Ariz.

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."

BEST CAL TIMES (IN YARDS)

- 100 back 54.27 (2006 Pac-10s)
- 200 back 1:56.74 (2006 NCAAAs)
- 200 IM 2:03.85 (2006 Pac-10s)
- 50 free 24.25 (2005 Georgia Invite)

EMILY SILVER

Junior 5-11
Freestyle
Bainbridge Island, Wash.
Bainbridge HS

CAL SUCCESS

- 2006 Pac-10s: second in 50-yard free (22.65), second in 100 free (48.79), fourth in 200 free (1:47.19), 200 free relay (3rd), 400 free relay (2nd), 200 medley relay (2nd), 400 medley relay (2nd)
- Earned team's Golden Bear award for dedication, perseverance, team spirit (2006)
- Team MVP as a freshman (2005)
- School Record Holder: member of 800-free relay
- Cal All-Time Top-10: 50-yard free (3rd, 22:39), 100 free (2nd, 48:47), 200 free (8th, 1:46:71)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 50-yard 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-yard free (4th, 48.73), 800-free relay (5th), 400-free relay (6th), 400-medley relay (8th); honorable mention All-American: 200-yard free relay (9th)

NATIONAL/INTERNATIONAL SUCCESS

- 2005 FINA Worlds: 400-meter free relay (bronze)
- 2005 Summer USA Nationals: 100-meter free (5th, 56.56) 800-free relay (1st), 400-free relay (1st), 400-medley relay (2nd)
- 2004 U.S. Olympic Trials: 15th in 50-meter free (26.09), 30th in 100 free (57.28)

PERSONAL

- American studies major
- Won 50 free, 100 free at Washington state championships four straight years, the first person to do so
- Sister, Helen, completed her Cal career last season
- Parents are Mary Sue, Bob Silver
- Bob Silver swam two years at Indiana, two years at Arizona
- Uncle, Larry Berbiere, swam at Indiana, took fourth place in the 100-meter backstroke at the 1968 Olympics
- Born on Oct. 9, 1985, in St. Petersburg, Fla.

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."

BEST CAL TIMES (IN YARDS)

- 50 free 22.39 (2006 NCAAAs)
- 100 free 48.47 (2006 NCAAAs)
- 200 free 1:46.71 (2005 Pac-10s)
- 200 IM 2:01.23 (2006 Pac-10s)

NADIASTAUBITZ

Senior 5-7
Backstroke/Freestyle
Mesa, Ariz.
Red Mountain HS

CAL SUCCESS

- Earned All-Academic Pac-10 honors in 2006
- 2005 Pac-10s: 22nd in 200 back (2:06.15), added depth in the 400-medley, 400-free, 200-free relays
- 2004 Pac-10s: 18th in 100 back (57.89), 19th in 100 fly (56.26), 23rd in 200 back (2:06.58)



PERSONAL

- Mass communications major
- Parents are Laura, Andrew Staubit
- 2002 Arizona state high school champion in the 100, 200 back
- Born on Nov. 5, 1984, in Mesa, Ariz.

WHY I CHOSE CAL

"It offers student-athletes everything they could want in a University: excellent academics as well as competitive, successful athletics. I know that my Cal spirit will live on far beyond the years I have spent here."

BEST CAL TIMES

- 100 back 57.42 (2004 Georgia Invite)
- 200 back 2:04.37 (2004 Georgia Invite)
- 100 fly 56.26 (2004 Pac-10s)
- 50 free 26.00 (2006 vs. ASU)

KELLY STRAVERS

Junior 5-11
Freestyle/Butterfly
Folsom, Calif.
Folsom HS

CAL SUCCESS

- Earned All-Academic Pac-10 honors in 2006
- 2005 Pac-10s: Set personal bests in the 50 free, 100 free



PERSONAL

- Political science major
- Parents are Kathleen, Matt Garry
- Valedictorian of high school class
- Born on Feb. 11, 1986, in Mountain View, Calif.

WHY I CHOSE CAL

"I chose Cal because it offers the best of all worlds. At Cal I know I will be receiving a first-

rate education while competing for one of the best swim teams in the country."

BEST CAL TIMES (IN YARDS)

- 50 free 23.95 (2006 vs. Stanford)
- 100 free 52.21 (2006 vs. Stanford)
- 100 fly 58.31 (2005 Georgia Invite)
- 100 back 59.04 (2005 Georgia Invite)

LEANN TOOMEY

Junior 5-6
Butterfly / Freestyle
Sammamish, Wash.
Holy Names Academy

CAL SUCCESS

- 2006 Pac-10s: fourth in 100-yard butterfly (53.85), 10th in 200 fly (2:00.99)
- 2005 Pac-10s: seventh in 100-yard fly (54.57), 12th in 200 fly (2:02.55), 400 medley relay (third)
- Cal All-Time Top-10: 100 fly (6th, 53.71)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 200-medley Relay (4th)
- 2005 All-American: 400-medley Relay (8th)

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Summer USA Nationals: 17th in 100-meter fly (1:00.93)
- 2006 Janet Evans Invite: eighth in 100-meter fly (1:03.59)
- 2004 U.S. Olympic Trials: 70th in 100-meter fly (1:04.31)
- Member of 2003-04 National Team, 1999-00 Jr. National Team

PERSONAL

- Undeclared major
- Parents are Lisa, Robert Toomey
- Born on Sept. 11, 1985, in Newton, Mass.

WHY I CHOSE CAL

"The reason I decided to come to Cal was for the amazing opportunities. In the two years I have been at Cal, I have been introduced to many new, exciting experiences that can only come from being connected to a world renowned university. No matter what you may be interested in, there will always be a professor or faculty member who has extensive knowledge of their fields. To be able to learn from some of the best in the world is a huge opportunity."

BEST CAL TIMES (IN YARDS)

- 100 fly 53.71 (2006 Pac-10s)
- 200 fly 2:00.99 (2006 Pac-10s)
- 50 free 24.07 (2006 Pac-10s)
- 100 free 53.47 (2006 Pac-10s)

SHERRY TSAI

Senior 5-4
Backstroke/Freestyle
Hong Kong
Orange Coast College

CAL SUCCESS

- 2006 Pac-10s: 20th in 100 back (57.35),
- 2005 Pac-10s: eighth in 100 back (55.56), eighth in 200 back (2:00.68), 15th in 200 IM (2:02.69)
- Earned team's Golden Bear award for dedication, perseverance, team spirit (2005)
- Cal All-Time Top-10: 100 back (8th, 54.75)



NCAA CHAMPIONSHIPS SUCCESS

- 2006 All-American: 400-yard freestyle relay (6th), 200-medley relay (4th)
- 2005 All-American: 400-yard free relay (6th), 200-free relay (9th)

NATIONAL/INTERNATIONAL SUCCESS

- 2006 Pan Pacific Championships: sixth in 100-meter back consolation final (1:03.12), on sixth-place 400-medley relay, sixth-place 800-free relay, seventh-place 400-free relay
- Her 1:02.99 to lead off Hong Kong's 400 medley relay at 2006 Pan Pacs is a personal record
- 2006 Janet Evans Invite: fifth in 50-meter free (26.26), sixth in 100 back (1:04.30), seventh in 200 IM (2:20.84), 18th in 100 free (57.78)
- 2006 FINA Short Course Worlds: 15th in 50-meter back (28.58), 15th in 100 back (1:00.84), 17th in 200 back (2:17.06), 13th in 100 IM (1:02.64)
- Competed at the 1998, 2003 Worlds
- 2005 World University Games: first in B final of both 100, 50 back, breaking two Hong Kong records
- Competed in the 2003 World University Games
- 2000, 2004 Olympics: on Hong Kong team
- Named Hong Kong's student athlete of the year in 2002
- Named Hong Kong's best female swimmer 1996-2002
- Holds 15 Hong Kong records
- Swam in the 1998, 2002 Asian Games

PERSONAL

- Interdisciplinary studies major, geography minor
- Counts her best sports moment as bearing the Hong Kong team flag at the 2004 Olympic Games
- Parents are Elena, Ge Wah Tsai
- Born on Sept. 4, 1983, in Hong Kong

WHY I CHOSE CAL

"I decided to come to Cal because it provides the world's best coaching staff, training atmosphere that allow me to find fun in swimming, to perform my best."

BEST CAL TIMES

- 50 free 23.82 (2006 vs. USC)
- 100 free 49.88 (2005 Georgia Invite)
- 200 free 1:50.37 (2006 vs. USC)
- 100 back 54.75 (2005 NCAAAs)
- 200 back 1:59.05 (2005 Georgia Invite)
- 200 IM 2:01.41 (2005 NCAAAs)
- 400 IM 4:22.21 (2005 vs. UCLA)

EMILY VERDIN

Sophomore 5-10
Backstroke/IM
Alexandria, Va.
Thomas Jefferson HS

CAL SUCCESS

- 2005 Pac-10s: seventh in 200 back (2:00.17), seventh in 200 IM (2:02.30), 11th in 400 IM (4:20.37)
- Cal All-Time Top 10: 100 back (9th), 200 back (9th)



NCAA CHAMPIONSHIPS SUCCESS

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

PERSONAL

- Virginia state champion in the 200 IM (2002-04), 100 back (2004)
- Sister, Erica, played lacrosse for Cal (2003-06)
- Parents are Patty and Peter Verdin
- Born on Oct. 25, 1985, in Cleveland, Ohio

WHY I CHOSE CAL

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

BEST CAL TIMES

- 100 back 55.13 (2005 NCAAAs)
- 200 back 1:57.25 (2005 NCAAAs)

NEWCOMERS

ALEXANDRA ELLIS

Freshman 5-7
Breaststroke/IM
San Diego, Calif.
Westview HS

NATIONAL SUCCESS

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



- meter breaststroke
- 2006 Spring Long Course USA Nationals: fifth in 200-meter breast (2:33.28), seventh in 100 breast (1:12.69), 12th in 400 IM (4:56.49)

HIGH SCHOOL

- MVP of high school team

PERSONAL

- Undeclared major
- Grandpa, aunt, uncle all attended Cal.
- Grandpa, Edward Mickens, played on the Cal football team
- Sister, Corinne, swam for the University of New Mexico
- Born Sept. 9, 1988 in Berkeley, Calif.

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

Freshman 5-7
IM/Butterfly
Kent, Wash.
Kentwood HS

HIGH SCHOOL

- Four-time high school MVP
- Five individual state titles
- National/Olympic trial qualifier
- Four-time Ironwoman
- Club team, King Aquatic club, placed in the top five at the 2005 US Nationals



PERSONAL

- Undeclared major
- Parents are Tracy, Erin
- Born on 11/2/87 in Seattle, Wash.

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

Freshman 5-7
Freestyle
San Diego, Calif.
Cathedral Catholic HS

HIGH SCHOOL

- 2006 Janet Evans Invite: fourth in 400 free (4:16.65), fifth in 800 free (8:48.43)
- 2004 National Junior Team Member: Brisbane, Australia
- CIF-San Diego Section Record Holder: 200,



- 500 free since 2005
- High School record holder: 200, 500 free 2003
- Team won CIF title 2003, 2004, 2006
- High school's Female Athlete of the Year 2006
- 2003 & 2005: CIF Champion 200 & 500 free
- 2004 CIF Champion 100 & 200 free
- 2006 CIF Champion 500 free, 200 free runner-up
- 10-time high school All-American
- 2005 Female Swimmer of the Meet Spring Junior Nationals

PERSONAL

- Nutrition science major
- Parents are Jody O'Donnell-Hayter and Martin Hayter
- Born on July 15, 1988, in San Diego, Calif.

WHY I CHOSE CAL

"I decided to come to Berkeley because the coaches, 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."

LINDSEY KING

Freshman 5-8
Backstroke/Free
Beaverton, Ore.
Westview HS

HIGH SCHOOL

- Two-time MVP for Westview, which was state champion twice in the last four years
- State champion in the 100 backstroke
- Set state records in the 100, 200 back



PERSONAL

- Undeclared major
- Parents are Cyndi, Greg King
- Born on June 22, 1988, in Renton, Wash.

WHY I CHOSE CAL

"Cal is my dream school, and I fell in love with the coaching dynamic and group of girls. The school itself is also extremely beautiful and so diverse it never gets boring."

AMANDA LARSON

Freshman 6-0
Sprint Freestyle
Davis, Calif.
Davis Senior HS

HIGH SCHOOL

- MVP 2003-06 (varsity)
- Named HS Athlete of the Year 2006
- SCF section record



PERSONAL

- Undeclared major
- Has coached in Summer youth swimming programs

- Parents are Stacey, Bill Larson
- Born on Feb. 24, 1988, in Sacramento, Calif.

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."

DANA VOLLMER

Sophomore 6-0
Free/Fly
Granbury, Texas
University of Florida

FLORIDA SUCCESS

- 2006: four All-American honors in the 200 FR, 400 FR, 800 FR, 20 MR
- 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

- 2006 All-America honors in 800-yard freestyle relay (8th); honorable mention in 200-medley relay (11th), 200-free relay (16th), 400-free relay (16th)

NATIONAL/INTERNATIONAL SUCCESS

- 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

- Parents are Cathy, Les Vollmer
- Has one brother, Nick
- Born on Nov. 13, 1987, in Syracuse, N.Y.
- Has a Web site, www.DanaVollmer.com

WHY I CHOSE CAL

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

BEST TIMES (IN YARDS)

- 50 freestyle 22.88
- 100 freestyle 49.63
- 200 freestyle 1:46.82

JENNA WESLEY

Freshman 5-9
Freestyle
San Diego, Calif.
Rancho Bernardo HS

HIGH SCHOOL

- CIF champion in 200 IM in 2004, CIF champion in 100 free champion in 2005, 2006
- HS team MVP in 2005, 2006
- Rancho Bernardo All-Academic Team
- Team won CIF title in 2003, 2004.



PERSONAL

- Undeclared major
- Parents are V. Ann, Mark Wesley
- Born on Dec. 26, 1987, in Burnsville, Minn.

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

Freshman 5-6
Back/IM
Orinda, Calif.
Miramonte HS

HIGH SCHOOL

- Miramonte took second place at the 2006 NCS Championships
- Swam for the Orinda Aquatics club



PERSONAL

- Undeclared major
- Parents are Kathy, Art White
- Father, Art, attended Cal
- Attended Granbury HS
- Born on Jan. 26, 1988, in Oakland, Calif.

WHY I CHOSE CAL

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

DIVERS

TESSA BERMAN

Sophomore 5-6
Diving
Portola Valley, Calif.
Woodside Priory School

HIGH SCHOOL

- Also competes for Neptune Divers
- Played soccer for three and a half years

PERSONAL

- Undeclared major
- Parents are Kristin and Phil Berman
- Phil Berman attended Cal
- Born on Oct. 2, 1987, in San Mateo, Calif.



KRISTEN DUFFEL

Freshman 5-3
Diving
Stockton, Calif.
St. Mary's (Stockton) HS

HIGH SCHOOL

- Most Valuable Diver (2003-06)
- Varsity Athletic Award
- Academic All-CIF Award
- Also played field hockey (2002)



PERSONAL

- Undeclared major, wants to become a lawyer
- Parents are Kathi and Dave Duffel
- Her grandparents, a great uncle and three cousins attended Cal
- Born on June 10, 1988, in Stockton, Calif.

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."

STEPHANIE WHALEN

Freshman 5-2
Diving
Bainbridge Island, Wash.
Bainbridge HS

NATIONAL/REGIONAL

- Was 4th on one-meter board and 2nd on three-meter board at '06 Spring Region 10 Championships
- Was 24th at 1 meter (279.20) and 28th at 3 meters (293.35) at '06 West Jr. National Championships

PERSONAL

- Undeclared major
- Parents Leslie and Michael both attended Cal
- Worked as a lifeguard and swim instructor last summer
- Born on 9/14/87 in Mt. Vernon, Wash.



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."

SAMANTHA YOUNG

Freshman
Diving
Shoreline, Wash.
Shorecrest High

HIGH SCHOOL

- Held the Shorecrest High diving record from 2002 to 2006
- Broke 30-year-old high school state record in 2005
- Won the women's regional light weight Olympic lifting contest in 2006
- Won state title two years.



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

- Undeclared major
- Grandmother, Elaine, ran in the 1948 Olympics
- Coached little league diving at local pool
- Parents are Carol and Patrick Young
- Born on Oct. 19, 1987

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."

CAL LEGEND: NATALIE COUGHLIN

CAL CAREER: 2001-04

- Won 12 NCAA titles – the second-most career titles for a women's swimmer in NCAA history.
- Went undefeated in dual meets over four years, going 61-0
- Holds 16 American, six NCAA and five current world records
- Has broken 35 individual American records and three American relay records
- Honored as a three-time NCAA Swimmer of the Year (2001, 2002, 2003) and three-time Pac-10 Swimmer of the Year (2001, 2002, 2003)
- Named 2004 Female Collegiate Athlete of the Year by *Sports Illustrated On Campus* and 2003 athlete of the Year by the Bay Area Sports Hall of Fame, alongside Cal football player Geoff McArthur and Giants baseball player Barry Bonds
- Chosen as the 2002 Female World Swimmer of the Year by *Swimming World* magazine
- One of five finalists for the AAU James E. Sullivan Award given to the nation's best amateur athlete for two consecutive seasons
- Two-time winner of the Honda Award for Swimming and Diving
- At the 2004 Olympics, Coughlin won five Olympic medals, tying for the most medals ever by a U.S. female athlete in one Games
- Olympic medals include: gold medals in the 100-meter backstroke and the 4x200-meter relay, silver medals in the 4x100-meter freestyle and medley relays and a bronze in the 100-meter freestyle
- In 2003, became the NCAA's first three-time title-winner in the 100-yard butterfly and 100 and 200-yard backstrokes. Coughlin owns the American and NCAA records in each of those events.
- Cal school record holder in the 50, 100, 200 and 500 free, 100 and 200 back, 100 and 200 fly and 200 IM. Also a member of school record-setting 200 and 400 medley 200 free and 400 free relays.

