

2004 STATISTICS & RESULTS

2004 RECORD (17-12 OVERALL, 11-7 PAC-10)

<i>Player</i>	<i>M</i>	<i>G</i>	<i>K</i>	<i>E</i>	<i>TA</i>	<i>Pct</i>	<i>K/avg</i>	<i>Ast</i>	<i>A/avg</i>	<i>SA</i>	<i>SE</i>	<i>RE</i>	<i>D</i>	<i>D/avg</i>	<i>BS</i>	<i>BA</i>	<i>TB</i>	<i>B/avg</i>	<i>BE</i>	<i>BHE</i>	<i>PTS</i>
Angie Pressey	27	88	329	166	875	.186	3.74	13	0.15	7	21	12	257	2.92	10	40	50	0.57	7	5	366.0
Gabrielle Abernathy	29	103	359	188	940	.182	3.49	15	0.15	33	60	9	163	1.58	7	40	47	0.46	3	2	419.0
Camille Leffall	29	99	300	63	617	.384	3.03	5	0.05	0	0	0	18	0.18	16	102	118	1.19	7	0	367.0
Alicia Powers	29	104	288	125	694	.235	2.77	17	0.16	9	27	12	156	1.50	14	95	109	1.05	13	3	358.5
Jenna Brown	29	102	225	97	565	.227	2.21	64	0.63	13	29	14	252	2.47	3	78	81	0.79	8	5	280.0
Amanda Fox	10	20	42	31	149	.074	2.10	2	0.10	5	5	1	28	1.40	3	6	9	0.45	0	2	53.0
Ellen Orchard	13	25	47	17	114	.263	1.88	3	0.12	4	4	1	17	0.68	2	13	15	0.60	3	2	59.5
Natalie Smart	10	15	18	10	51	.157	1.20	0	0.00	0	2	0	4	0.27	0	13	13	0.87	2	0	24.5
Samantha Carter	28	99	80	20	195	.308	0.81	1349	13.63	29	29	0	202	2.04	9	42	51	0.52	7	20	139.0
Meredith Hasson	6	10	5	1	10	.400	0.50	75	7.50	0	3	0	8	0.80	0	1	1	0.10	0	3	5.5
Natasha Nguyen	14	37	13	7	37	.162	0.35	4	0.11	5	12	3	20	0.54	1	1	2	0.05	0	0	19.5
Jillian Davis	18	60	4	0	4	1.000	0.07	23	0.38	6	15	16	326	5.43	0	0	0	0.00	0	0	10.0
Alexis Kollias	29	102	6	4	21	.095	0.06	25	0.25	8	14	19	287	2.81	0	0	0	0.00	0	0	14.0
Vivian Cheung	7	7	0	0	0	.000	0.00	0	0.00	0	0	0	1	0.14	0	0	0	0.00	0	0	0.0
Julie Fouts	3	5	0	0	0	.000	0.00	0	0.00	0	1	0	3	0.60	0	0	0	0.00	0	0	0.0
Team													5								
CALIFORNIA	29	104	1716	729	4272	.231	16.50	1595	15.34	119	222	92	1742	16.75	65	431	280.5	2.70	50	42	2115.5
OPPONENTS	29	104	1535	641	4167	.215	14.76	1442	13.87	92	246	119	1499	14.41	71	427	284.5	2.74	58	48	1911.5

2004 MATCH RESULTS

<i>Date</i>	<i>W/L</i>	<i>Opponent & Site</i>	<i>Score</i>	<i>Kill Leader</i>	<i>Overall/Pac-10</i>	<i>Attend.</i>
Sept. 1	W	UC DAVIS	30-28, 30-22, 30-18	Pressey-13	1-0	415
Sept. 3-5		at Houston Tournament				
Sept. 3	W	vs. Kansas State	30-21, 31-29, 30-23	Abernathy-15	2-0	200
Sept. 4	W	vs. Maryland	30-23, 30-22, 30-24	Abernathy-12	3-0	250
Sept. 5	W	at Houston	30-22, 30-27, 30-26	Fox, Powers-12	4-0	312
Sept. 9-11		GOLDEN BEAR INVITATIONAL				
Sept. 10	L	UC SANTA BARBARA	30-24, 30-27, 30-22	Abernathy-12	4-1	672
Sept. 11	L	TEXAS A&M	30-27, 30-24, 30-20	Leffall-9	4-2	1065
Sept. 17-19		at Waikiki Beach Marriott Volleyball Invitational				
Sept. 17	L	at Hawaii	30-20, 34-32, 30-26	Abernathy, Pressey-15	4-3	6840
Sept. 19	W	vs. UC Irvine	30-24, 30-23, 30-27	Pressey-18	5-3	275
Sept. 23	W	ARIZONA STATE*	26-30, 30-28, 30-16, 30-12	Abernathy-18	6-3/1-0	406
Sept. 24	W	ARIZONA*	20-30, 30-22, 30-16, 22-30, 15-13	Pressey-22	7-3/2-0	555
Sept. 28	L	at Santa Clara	30-28, 30-22, 30-25	Leffall-12	7-4	638
Oct. 1	L	at Stanford*	30-28, 28-30, 30-27, 28-30, 15-13	Pressey-18	7-5/2-1	1441
Oct. 8	L	at UCLA*	30-20, 30-27, 30-28	Leffall-15	7-6/2-2	983
Oct. 9	W	at USC*	30-26, 30-27, 30-26	Abernathy-18	8-6/3-2	1004
Oct. 15	W	OREGON*	26-30, 30-23, 30-17, 30-23	Leffall-15	9-6/4-2	744
Oct. 16	W	OREGON STATE*	30-20, 30-27, 30-24	Pressey-15	10-6/5-2	833
Oct. 22	L	at Washington*	30-22, 31-29, 30-20	Pressey-13	10-7/5-3	1922
Oct. 23	W	at Washington State*	30-23, 30-21, 30-23	Pressey-14	11-7/6-3	535
Oct. 31	W	STANFORD*	30-21, 30-25, 28-30, 24-30, 15-9	Pressey-25	12-7/7-3	1315
Nov. 4	L	USC*	30-24, 31-33, 30-25, 30-24	Pressey-14	12-8/7-4	620
Nov. 5	L	UCLA*	22-30, 30-24, 32-30, 24-30, 15-10	Abernathy-17	12-9/7-5	966
Nov. 11	W	at Oregon State*	30-24, 28-30, 30-28, 30-23	Pressey-21	13-9/8-5	527
Nov. 12	W	at Oregon*	30-23, 30-24, 30-14	Pressey-14	14-9/9-5	869
Nov. 18	W	WASHINGTON STATE*	30-23, 30-21, 30-18	Abernathy-11	15-9/10-5	222
Nov. 19	L	WASHINGTON*	30-21, 26-30, 30-23, 30-20	Leffall-13	15-10/10-6	755
Nov. 26	L	at Arizona*	30-27, 30-25, 30-20	Powers-13	15-11/10-7	723
Nov. 27	W	at Arizona State*	30-20, 30-21, 31-29	Pressey-10	16-11/11-7	431
Dec. 2	W	PACIFIC#	26-30, 30-24, 20-30, 30-27, 15-11	Abernathy-18	17-11	755
Dec. 3	L	SAINT MARY'S#	30-28, 26-30, 30-28, 24-30, 15-13	Abernathy-21	17-12	804

HOME MATCHES (IN CAPS) AT HAAS PAVILION

*Pacific-10 Conference match

#NCAA Tournament match, Berkeley, CA

2004 PACIFIC-10 STANDINGS

2004 PACIFIC-10 STANDINGS

	CONFERENCE			OVERALL		
	W	L	PCT	W	L	PCT
Washington	16	2	.889	28	3	.903
Stanford	15	3	.833	30	6	.833
USC	14	4	.778	23	6	.793
UCLA	11	7	.611	21	11	.656
California	11	7	.611	17	12	.586
Arizona	10	8	.556	19	11	.633
Oregon State	5	13	.278	12	16	.429
Arizona State	5	13	.278	10	17	.373
Washington State	2	16	.111	5	26	.161
Oregon	1	17	.056	10	19	.345

PAC-10 HONORS

(CAL ONLY)

Pac-10 All-Conference Team

Camille Leffall, Sr.; Angie Pressey, Fr.

Pac-10 Honorable Mention

Gabrielle Abernathy, Sr.;
Samantha Carter, So.; Alicia Powers, Jr.

Pac-10 All-Freshman Team

Angie Pressey

Pac-10 All-Academic Honorable Mention

Samantha Carter, So.; Jillian Davis, So.;
Amanda Fox, So.; Alexis Kollias, Jr.;
Alicia Powers, Jr.; Natalie Smart, So.

2005 PACIFIC-10 COMPOSITE SCHEDULE

Fri., Sept. 23

Oregon at Arizona State, 7 p.m.
Oregon State at Arizona, 7 p.m.
UCLA at California, 7 p.m.
USC at Stanford, 7 p.m. (FSN)
Washington at Washington State, 7 p.m.

Sat., Sept. 24

Oregon at Arizona, 7 p.m.
Oregon State at Arizona State, 7 p.m.
USC at California, 7 p.m.
UCLA at Stanford, 7 p.m. (CSTV)
Gonzaga at Washington State, 7 p.m.

Thur., Sept. 29

California at Oregon, 7 p.m. (FSN)
Stanford at Oregon State, 7 p.m.

Fri., Sept. 30

Arizona State at Washington, 7 p.m.
Arizona at Washington State, 7 p.m.
USC at UCLA, 7 p.m.
California at Oregon State, 7 p.m.
Stanford at Oregon, 7 p.m.

Sat., Oct. 1

Arizona at Washington, 7 p.m.
Arizona State at Washington State, 7 p.m.

Fri., Oct. 7

Arizona at Arizona State, 7 p.m. (FSN)
Oregon State at USC, 7 p.m.
Oregon at UCLA, 7 p.m.
Washington at California, 7 p.m.
Washington State at Stanford, 7 p.m.

Sat., Oct. 8

Oregon State at UCLA, 7 p.m.
Oregon at USC, 6 p.m.
Washington State at California, 7 p.m.
Washington at Stanford, 7 p.m.

Thur., Oct. 13

Stanford at Arizona, 7 p.m.
California at Arizona State, 7 p.m.
UCLA at Washington, 7 p.m. (FSN)
USC at Washington State

Fri., Oct. 14

Oregon at Oregon State, 7 p.m.
California at Arizona, 7 p.m.
Stanford at Arizona State, 7 p.m.
USC at Washington, 7 p.m.
UCLA at Washington State, 7 p.m.

Fri., Oct. 21

Stanford at California, 7 p.m.
Arizona at UCLA, 7 p.m.
Arizona State at USC, 7 p.m.
Washington at Oregon, 7 p.m.
Washington State at Oregon State, 7 p.m. (FSN)

Sat., Oct. 22

Arizona at USC, 6 p.m.
Washington State at Oregon, 7 p.m.
Washington at Oregon State, 7 p.m.
Arizona State at UCLA, 7 p.m.

Thur., Oct. 27

Oregon at Stanford, 7 p.m.
Oregon State at California, 7 p.m.
Washington at Arizona, 7 p.m.
Washington State at Arizona State, 7 p.m.

Fri., Oct. 28

UCLA at USC, 7 p.m. (FSN)
Oregon State at Stanford, 7 p.m.
Oregon at California, 7 p.m.
Washington State at Arizona, 7 p.m.
Washington at Arizona State, 7 p.m.

Thur., Nov. 3

Stanford at Washington, 7 p.m. (FSN)
California at Washington State, 7 p.m.
USC at Oregon, 7 p.m.
UCLA at Oregon State, 7 p.m.

Fri., Nov. 4

Arizona State at Arizona, 7 p.m.
California at Washington, 7 p.m.
Stanford at Washington State, 7 p.m.
UCLA at Oregon, 7 p.m.
USC at Oregon State, 7 p.m.

Thur., Nov. 10

Arizona at California, 7 p.m.
Arizona State at Stanford, 7 p.m.
Oregon State at Oregon, 7 p.m.

Fri., Nov. 11

Washington State at UCLA, 7 p.m.
Washington at USC, 7 p.m.
Arizona at Stanford, 7 p.m.
Arizona State at California, 7 p.m. (FSN)

Sat., Nov. 12

Washington at UCLA, 7 p.m.
Washington State at USC, 6 p.m.

Thur., Nov. 17

Oregon at Washington State, 7 p.m.
Oregon State at Washington, 7 p.m.

Fri., Nov. 18

California at Stanford, 7 p.m.
USC at Arizona, 5 p.m. (FSN)
UCLA at Arizona State, 7 p.m.
Oregon State at Washington State, 7 p.m.
Oregon at Washington, 7 p.m.

Sat., Nov. 19

UCLA at Arizona, 7 p.m.
USC at Arizona State, 7 p.m.

Fri., Nov. 25

California at USC, 7 p.m.
Stanford at UCLA, 7 p.m. (FSN)
Arizona at Oregon, 7 p.m.
Arizona State at Oregon State, 7 p.m.
Washington State at Washington, 7 p.m.

Sat., Nov. 26

Stanford at USC, 7 p.m.
California at UCLA, 7 p.m.
Arizona State at Oregon, 7 p.m.
Arizona at Oregon State, 7 p.m.



THE UNIVERSITY

THE BAY AREA

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

ACADEMIC SUCCESS

By any standard, Cal offers its students one of the best educations available. Since its birth it has earned a reputation unmatched by any public university in America. According to a recent study by the National Research Council, Cal ranks first nationally in both the number of graduate programs in the Top 10 in their fields (97 percent) and the number of "distinguished" programs for the scholarship of the faculty (32 programs).

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

Cal offers a wide arena for academic endeavor and personal growth with



CAL STUDENT POPULATION

Fall 2004

No. of Students	32,814
Undergraduates	22,880
Graduate Students	9,934
Gender Distribution	
Male	15,920
Female	16,894

STUDENT COMPOSITION

Fall 2004

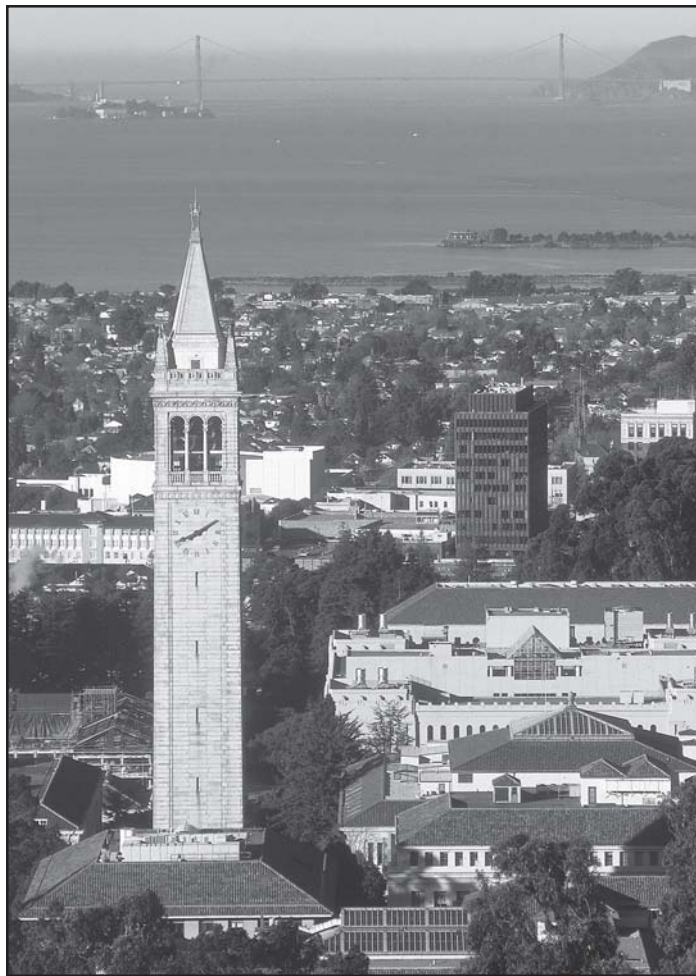
A multi-cultural and multi-ethnic campus. No ethnic group forms a majority.

Native American	219
Asian/Asian American	11,107
African American	1,149
Hispanic	3,008
Caucasian	11,551
Other	686
No Ethnic Data	2,557

CAL RANKED AS NO. 1 PUBLIC UNIVERSITY IN UNITED STATES

The top public universities, as ranked by *U.S. News and World Report*:

1. California
2. Virginia
3. Michigan
UCLA
5. North Carolina



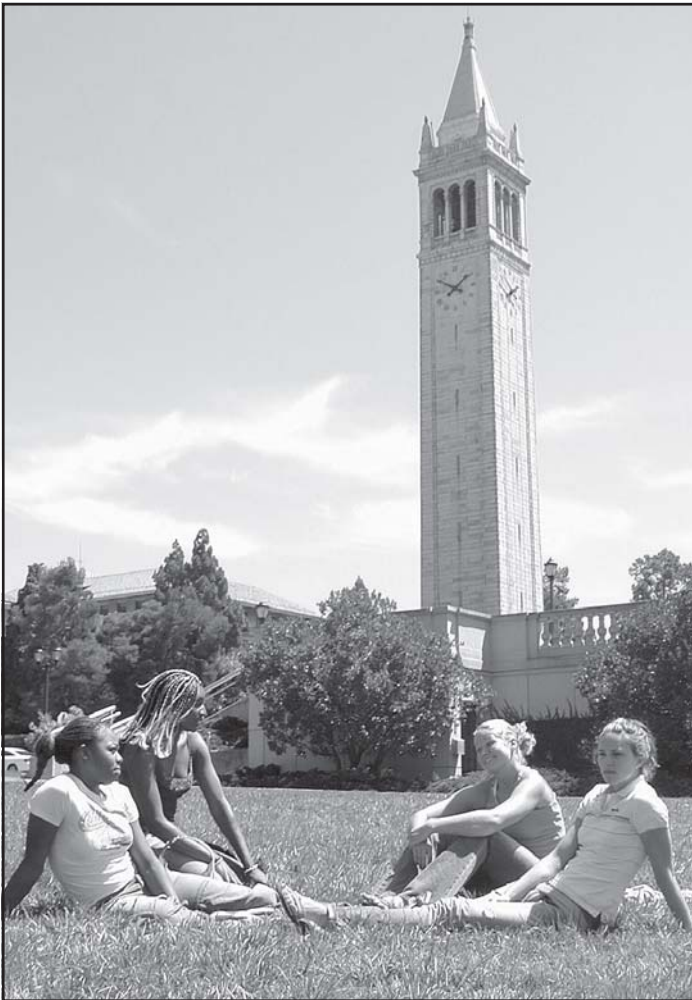
The University of California is one of the world's leading academic institutions. The school, known throughout the world as "Cal," is truly a prototype of a contemporary university. It attracts what many consider the finest applicant pool in the country, generates an ethnically and culturally diverse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

WORLD-CLASS FACULTY AND STUDENTS

The Berkeley campus is renowned for the size and quality of its libraries and laboratories, the scope of its research and publications, and the distinction of its faculty and students. National rankings consistently place Cal's undergraduate and graduate programs among the very best. The faculty includes seven Nobel Laureates, 128 members of the National Academy of Sciences, 16 MacArthur Fellows, 83 Fulbright Scholars, three Pulitzer Prize winners and more Guggenheim Fellows (139) than any other university in the country.

The quality of Cal's diverse and independent student body complements the stature of the faculty. Almost 33,000 students annually enroll at Cal. Of these, about 23,000 are undergraduates. Students come to Berkeley from all over California, in addition to every state in the union and more than 2,000 students from more than 75 countries around the world.

The undergraduate student body can best be characterized by its diversity; there is no one racial or ethnic majority. Students reflect all age groups, and economic, cultural and geographic backgrounds. This dynamic mix produces the wide range of opinion and perspective essential to a great university.



Cal displays a beautiful combination of lawn and garden areas, as well as a variety of architectural styles present among the many buildings that make up the 1,232-acre campus.

more than 7,000 courses in nearly 300 degree programs. Exceptional support services such as the Student Learning Center, Career and Graduate School Services, the Disabled Students' Program, and campus and alumni mentor programs reflect Cal's strong commitment to undergraduate education.

14 COLLEGES AND SCHOOLS

- * Haas School of Business Administration
- * College of Chemistry
- * School of Education
- * College of Engineering
- * College of Environmental Design
- * School of Information Management & Systems
- * School of Journalism
- * School of Law
- * College of Letters & Sciences
- * College of Natural Resources
- * School of Optometry
- * School of Public Health
- * Goldman School of Public Policy
- * School of Social Welfare

Study abroad is available to undergraduate students through the Education Abroad Program, which maintains more than 90 study centers in countries such as Australia, Costa Rica, Hong Kong, Italy, New Zealand and Thailand.

Each year, more than 8,500 students receive degrees from the University – about 5,500 bachelor's degrees, 2,000 master's degrees, 900 doctorates and 200 law degrees.

ATHLETIC EXCELLENCE

The excellence of the University's intercollegiate athletic program rivals the school's academic reputation as Cal boasts one of the finest all-around programs in the nation. Twenty-seven sports – men's and women's

basketball, crew, cross country, golf, gymnastics, soccer, swimming and diving, tennis, track & field and water polo; men's baseball, football and rugby; along with women's softball, volleyball, field hockey and lacrosse – are sponsored by the University. Over the years, Cal has captured more than 60 national team championships – most recently rugby and women's crew in 2005 – while claiming over 130 NCAA individual championships in a variety of sports. This past season, Dave O'Neill was named the national women's rowing Coach of the Year, while Duje Draganja was chosen the Pac-10 men's Swimming of the Year.

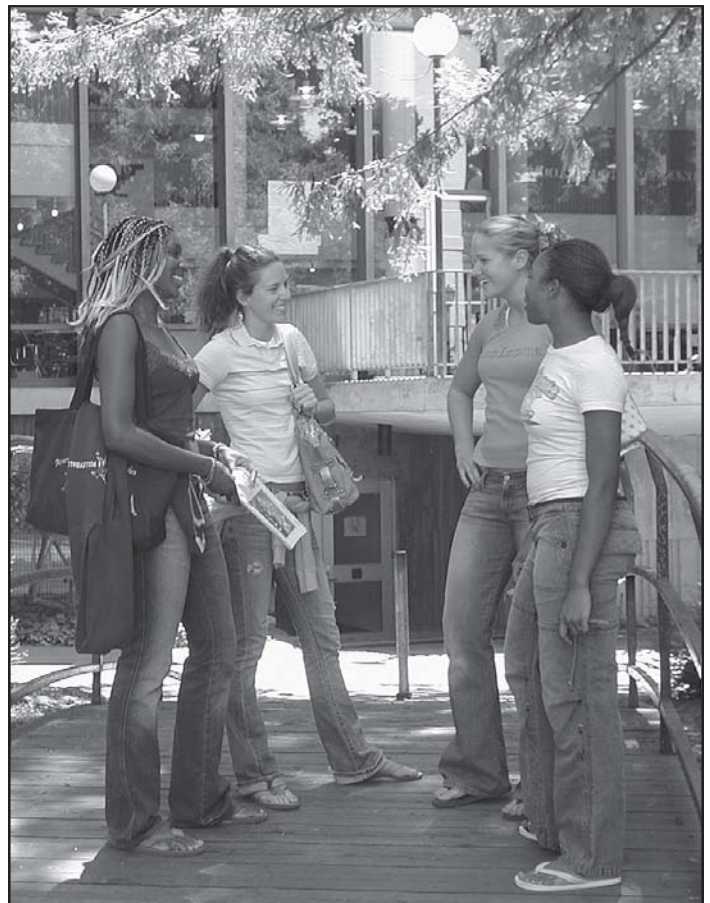
OUTSIDE THE CLASSROOM

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

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

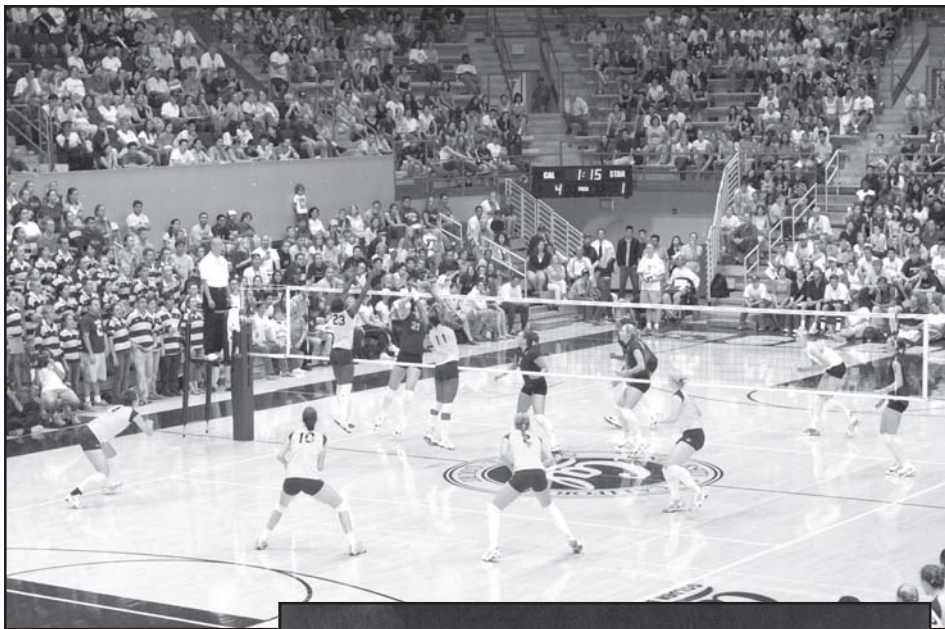
CAL FACTS

- * More students who earn undergraduate degrees at Cal complete doctorates than graduates of any other university in the country
- * With more than 9 million volumes in 18 campus libraries, Cal's libraries are ranked third nationally by the Association of Research Libraries





HAAS PAVILION



The Walter A. Haas Jr. Pavilion has made a powerful statement about the stature of athletics at Cal. Along with its most important function - a state-of-the-art volleyball and basketball arena with capacity doubled to 11,877 - it adds space for many men's and women's intercollegiate programs, recreational and community activities, and athletic administration.

An innovative plan had been developed to build a shell around the original Harmon Gym structure. The new exterior complements the former Harmon Gym's



distinctive architecture. The roof of the Haas Pavilion was raised to make room for a bowl-shaped arena, a novel design that increases capacity on all four sides, yet creates good views of the court from every seat.

The Pavilion's in-the-round seating gives every visitor a direct sight line to the action on the court. The 11,877-seat arena includes up to 1,500 chairback seats at premium locations and 3,000 seats for students. The court will continue to be named in honor of Pete Newell, legendary coach of Cal's 1959 NCAA championship team.

The Pavilion will be the focal point for Cal's many athletic, recreational and cultural activities. Inside the Pavilion's east entrance, a large lobby will lead visitors to a new team store. Added

concession areas and concourses will accommodate larger crowds.

On the concourse level, a Spectator Club provides a spacious yet intimate meeting spot for special friends of Cal. A new plaza at the Pavilion's east entrance will reach from Bancroft Way to Strawberry Creek, creating a new campus gateway and an ideal location for outdoor gatherings.

Construction began on the project in June 1997. Harmon Gym, which opened in 1933 and had a capacity of 6,578 seats, was home to Cal volleyball and basketball for 65 seasons.

Cal volleyball had the distinction of being the first-ever athletic event in the new Haas Pavilion when the Bears hosted Arizona State Oct. 15, 1999 (attendance: 3,125). The volleyball match

HAAS PAVILION

STATE OF THE ART
11,877-SEAT
VOLLEYBALL AND
BASKETBALL
ARENA

- * *Double old Harmon Gym's seating capacity*
- * *New weight room, athletic training and sports medicine areas*
- * *Modernized men's and women's locker rooms*
- * *Larger concourses with spectacular views*
- * *Better access and seating for the disabled*
- * *Expanded office and conference areas*
- * *Spectator Club with views overlooking the Bay Area*
- * *Improved lobby and concession areas, including a team store*

was prior to the men's and women's basketball team's Midnight Madness, which celebrates the opening of the basketball season. Cal volleyball also had the honor of hosting the first-ever NCAA championship event at Haas Pavilion, as the Bears hosted the 2003 NCAA first and second rounds, defeating both Saint Mary's and Michigan, 3-0, to advance to the round of 16 in Honolulu, HI. Cal again hosted the NCAA first and second rounds in 2004, defeating Pacific, 3-2, before falling to Saint Mary's, 3-2.

ATHLETIC ADMINISTRATION



SCOTT BALL
Media Relations
15th Year



GORDON BAYNE
Event Manager
13th Year



JOSH FLUSHMAN
Olympic Sports
Operations Manager
Fifth Year



TERESA KUEHN
Executive Associate
Athletic Director
Fifth Year



JESSE CHOPER
Faculty Athletics
Representative
Second Year



LUCAS MOOSMAN
Academic Advisor
Fifth Year



MOHAMED MUQTAR
Assistant Director,
Student Services
14th Year



SUE WOODWARD
Marketing & Promotions
Seventh Year



LINDA SMITH
Athletic Trainer
29th Year



LAURA WONG
Equipment Manager
19th Year





ACADEMIC SUPPORT

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

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

PROGRAM FOR STUDENT-ATHLETES

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

Geared around the understanding of the amount of time student-athletes must devote to practice, training, physical therapy and team travel, the program creates an environment where students can cultivate good study habits, receive individual or group tutoring and obtain counseling from academic advisors.

TUTORIAL PROGRAM

The Tutorial Program promotes and enhances students' academic skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The Athletic Study Center has between 50-60 tutors on staff per semester to guarantee that



Academic advisor Lucas Moosman with senior Alicia Powers.

students receive the best possible support. Tutorial sessions are also offered at night enabling student-athletes to receive help after practices when they have more time to devote to studying.

ADVISING PROGRAM

The Advising Program offers a broad range of services to meet the unique needs of student-athletes, including assistance in understanding and complying with University, college and NCAA requirements, developing time management skills and resolving personal issues unique to student-athletes. During the freshman year, advisors typically try to help student-athletes make a successful academic transition from high school, while during the sophomore year, they assist student-athletes in making decisions on appropriate majors and fields of study. For the final two years, advisors take more of an exiting approach, ensuring that proper academic progress is being made towards graduation while referring juniors and seniors to areas on campus that can help with internships, graduate school applications and career planning.

SPECIAL PROGRAMS

In addition, the Athletic Study Center offers a Summer Bridge adjunct program designed to help ease the transition from high school to college. The primary components for the program include writing and math workshops, an advising workshop, study skills seminars and an evening tutorial program.

Another special program offered is Peer Advising. Peer advisors provide academic and campus life guidance for new intercollegiate student-athletes. They are selected from junior and senior student-athletes who assist in developing programs to further address the needs of student-athletes.



The Athletic Study Center staff (from left): Christine Lane, Keiko Price, Courtney Dolder, Derek Van Rheenen, Melanie Moonsamy, Joe Morello, Lucas Moosman, Richard DeShong and Laura Neustedter.

STRENGTH & CONDITIONING

An integral part of Cal volleyball is the strength and conditioning program under the direction of Kelly Clark, who uses a comprehensive approach to coaching the team. The program's philosophy is geared towards helping each student-athlete achieve the highest level of athletic development, by teaching how the components, strength, speed, and flexibility fit together. The enhancement of these components results in maximizing their force production thus improving their power on the court. Motivating, educating and helping to reach maximum athletic development is the primary focus of the Cal program.

The training regimen at Cal is a year-round process that emphasizes speed, strength and flexibility. With closely monitored workouts that involve a great deal of individual instruction and attention, student-athletes are taught the correct techniques and progressed to increase their ability perform at their peak during competition. Out of all the components flexibility is key. It is essential for proper lifting, improving running mechanics needed for acceleration and deceleration, and developing greater explosiveness, all which are essential for playing volleyball.

Athlete workouts are closely monitored by the conditioning staff, who work in collaboration with the entire sports medicine team (doctors, athletic trainers, physical therapists, nutritionists, etc.) to ensure the health and safety of all of student-athletes. In this way, Cal's strength and conditioning program is a vital component linking the "full circle" of a student-athlete's physical development from conditioning through rehabilitation and re-conditioning.

The Mary and Frank J. Schlessinger Weight Training Complex in Haas Pavilion includes six Olympic platforms, more than 4,000 pounds of



Samantha Carter get individual instruction from Hank Behrens during workouts in the Mary and Frank J. Schlessinger Weight Training Complex in Haas Pavilion.

Olympic bars and bumper plates, and an array of aerobic and anaerobic equipment. The picturesque facility overlooks Evans Diamond baseball field and Edwards Track Stadium and is adjacent to the Paul F. White Sports Medicine Center.

SPORTS MEDICINE

Golden Bear student-athletes are privileged to be supported by one of the top medical staffs in college athletics, along with some of the most modern training and rehabilitation equipment in the country. The comprehensive program features state-of-the-art facilities as well as a staff of acclaimed practitioners of all areas of sports medicine.

In addition to facilities within Haas Pavilion, Cal athletes also use University Health Services, which oversees and supervises sports medicine services to all injured or ailing Golden Bear athletes. The University Health Services is recognized as one of the most comprehensive ambulatory health centers in the country. It is housed in the Tang Center, which provides access to physician clinics, laboratory services, X-ray and other ancillary services such as sports nutrition and counseling.

In the Haas Pavilion, Cal volleyball enjoys a new training facility, the Paul F. White Sports Medicine Center.

The athletic medicine area is supervised by Bill Coysh, Ph.D., who is involved in the day-to-day management of the program as well as being actively engaged in sports psychology.

The expert staff of team physicians is headed by Dr. Cindy Chang,



Athletic trainer Linda Smith tapes the ankle of former setter Astrid Gonzalez in Haas Pavilion's Paul F. White Sports Medicine Center.

M.D., a family physician and primary care sports medicine specialist. The staff features specialists from the fields of orthopedic surgery, family medicine, internal medicine, psychiatry and podiatry. The medical staff, with their diverse backgrounds and areas of expertise, has vast experience treating injured athletes on every level of competition, including Olympic and professional athletes.

Cal's athletic training staff boasts 13 certified athletic trainers and 30 student athletic trainers. The staff tends to the day-to-day health care needs of Cal athletes in 27 different sports, including the evaluation, treatment and rehabilitation of injuries and illnesses. The trainers also provide coverage at home and away athletic contests, and practices are staffed on a full-time basis.

Cal's comprehensive health care program is designed to meet the every need of today's student-athlete competing for the school.

NOTABLE CAL ALUMNI

Shareef Abdur-Rahim - NBA All-Star, 2000 U.S. Olympian

Scott Adams - creator of Dilbert comic strip

Horace Albright - Awarded 1980 Medal of Freedom

Lisa Arce - Professional Beach Volleyball player

Roger Baccigaluppi - President, Blue Diamond Growers

Steve Bartkowski - No. 1 overall NFL draft pick in 1975

Tom Bates - Mayor of Berkeley

Stephen Bechtel - Founder of world's largest constructional engineering firm

Matt Biondi - Three-time Olympic swimmer, winner of eight gold medals

Rose Bird - Chief Justice, California Supreme Court

Bill Bixby - Actor, "The Incredible Hulk"

W. Michael Blumenthal - U.S. Secretary of the Treasury

Allen Broussard - Assoc. Justice, California Supreme Court

Jerry Brown - Governor of California, Mayor of Oakland

Thomas Cech - Chemist, Nobel Prize winner

Peter Chernin - Chairman, 20th Century Fox

Leroy Chiao - First Chinese-American astronaut

Choon Kun Cho - President, Korean Airlines

Rachelle Chong - Member, Federal Communications Commission

Beverly Cleary - Author, "Ramona the Pest"

Natalie Coughlin - Winner of five Olympic medals in swimming

Shirley Dean - Mayor of Berkeley

Joan Didion - Author, "Play It as It Lays"

Brig. Gen. James H. Doolittle - World War II hero, Medal of Honor winner

Newton Drury - Director, National Park Service

Adam Duritz - Lead singer, Counting Crows

Maria Echaveste - Deputy Chief of Staff, Clinton Administration

Joseph Erlanger - Winner of 1944 Nobel Prize for medicine

Joy (Biefeld) Fawcett - Member of three U.S. Olympic soccer teams

Don Fisher - Founder and Chairman of the Board, The Gap

David Flinn - President, University of Wisconsin

John Kenneth Galbraith - Economist

John W. Gardner - U.S. Secretary of Health, Education & Welfare

Tony Gonzalez - NFL All-Pro tight end

Mark Goodson - TV producer, "Family Feud", "The Price is Right"

Walter A. Gordon - Governor of Virgin Islands, U.S. District Court Judge

Michele Granger - Olympic gold medalist, softball pitcher

Jennifer Granholm - Governor of Michigan

Andrew Grove - CEO, Intel Corporation

Walter Haas Jr. - President, Levi Strauss & Co.; former owner of Oakland Athletics

Philip Habib - U.S. Special Envoy to Middle East

William R. Hearst Jr. - Newspaper publisher

Thelton E. Henderson - Chief judge, U.S. District Court of Northern California

Judith Heumann - Asst. U.S. Secretary of Education

Marguerite Higgins - Journalist, Pulitzer Prize winner

Susanna Hoffs - Lead singer of "The Bangles"

Lance Ito - Superior Court Judge, presided over O.J. Simpson trial

Ida Jackson - United Nations observer, founder local chapter of National Council of Negro Women

Jackie Jensen - 1958 American League MVP

Kevin Johnson - NBA All-Star



Lisa Arce



Don Fisher

Edgar F. Kaiser - Founder, Kaiser Permanente

Jeff Kent - 2000 National League MVP

Clark Kerr - Chancellor, UC Berkeley

Jason Kidd - NBA All-Star, U.S. Olympian

Maxine Hong Kingston - Author, 1997 National Humanities Medal

Timothy Leary - Psychologist and cult figure

Yuan T. Lee - Chemist, Nobel Prize winner

Barbara Lee - U.S. Congresswoman (D-Oakland)

Jean Lemmon - Editor, "Better Homes and Gardens"

Willard Libby - Scientist, discovered Carbon 14, Nobel Prize winner

Tung Yen Lin - World-renown civic engineer

Jack London - Author, "The Call of the Wild"

Wiley Manuel - First African-American

California State Supreme Court Justice

Jerry Mathers - Actor, "Leave it to Beaver"

Brian Maxwell - Founder, PowerBar

John A. McCone - Director of CIA, Atomic Energy Commission

Terry McMillan - Author, "Waiting To Exhale," "How Stella Got Her Groove Back"

Robert McNamara - U.S. Secretary of Defense

Mary T. Meagher - U.S. Olympic swimmer, winner of three gold medals

Norman Mineta - U.S. Secretary of Transportation

Gordon Moore - Co-founder, Intel Corp.

Julia Morgan - Architect

Dan Mote - President, University of Maryland

Emil M. Mrak - Chancellor, UC Davis

Hardy Nickerson - NFL All-Pro linebacker

Gregory Peck - Actor, Academy Award winner, "To Kill a Mockingbird"

Kenneth Pitzer - Chemist, president of Stanford University

Helen Wills Moody Roark - Winner of eight Wimbledon championships

James Schamus - Producer, "In the Bedroom"

Eric Schmidt - CEO, Google

Glenn Seaborg - Nuclear physicist, Nobel Prize winner, co-founder of Element 106

Margaret Rhea Seddon - Astronaut

Mimi Silbert - Co-founder, Delancey Street Foundation

Michael Silver - Senior writer, *Sports Illustrated*

William G. Simon - Director, FBI

Samuel Smith - President, Washington State University

Robert Gordon Sproul - President, University of California

Leigh Steinberg - Lawyer, sports agent

Irving Stone - Chairman, American Greetings Co.

Michelle Tafoya - TV Sports Personality, Monday Night Football sideline reporter

George Takei - Actor, Mr. Sulu on "Star Trek"

Roger Traynor - Chief Justice, California Supreme Court

Eugene Trefethen Jr. - President, Kaiser Industries

Rex Walheim - Space Shuttle astronaut

Earl Warren - Chief Justice, U.S. Supreme Court

Alice Waters - Chef, restaurateur, "Chez Panisse"

Jann Wenner - Founder, "Rolling Stone" magazine

Frederick Weyand - U.S. Army Chief of Staff

Lionel Wilson - First African-American mayor of Oakland

Pete Wilson - Governor of California

Dean Witter - Founder, Dean Witter Financial Services

Steve Wozniak - Co-founder, Apple Computer Systems

James D. Zellerbach - U.S. Ambassador to Italy



Norman Mineta



Rex Walheim

CAL ATHLETIC HIGHLIGHTS

On the strength of an NCAA championship in women's crew and Top 5 finishes by men's gymnastics, women's golf and men's swimming, California placed 15th in the annual Directors' Cup standings for 2004-05 – the fifth time in the past six years the Golden Bears have finished in the Top 15.

In addition to women's crew, Cal placed fourth in men's swimming, and fifth in both women's golf and men's gymnastics. Other Top 10 standings came in softball (7th), women's swimming (8th), football (9th) and women's tennis (9th).

The Directors' Cup measures the best overall sports programs in the country and awards points based on final national standings in a maximum of 10 NCAA-sponsored sports for both men and women. Under those guidelines, Cal's national title in rugby and bronze medal in men's rowing – which do not compete under the NCAA umbrella – did not figure into the rankings.

Individually, 45 different athletes earned All-America honors in their respective sports, while women's crew coach Dave O'Neill was selected National Coach of the Year and O'Neill and men's crew coach Steve Gladstone was selected Pac-10 Coach of the Year.



2005 Women's Crew National Champions

NATIONAL TEAM CHAMPIONS

RUGBY

21st national title in program's history, 14th title in last 15 years

WOMEN'S CREW

First NCAA title in program's history

INDIVIDUAL NCAA CHAMPIONS

MEN'S GYMNASTICS

Graham Ackerman Floor Exercise

MEN'S SWIMMING

Duje Draganja 100 Butterfly, 100 Freestyle
Team 200 Free Relay, 200 Medley Relay, 400 Free Relay

CONFERENCE ATHLETE OF THE YEAR

Duje Draganja Men's Swimming
Valentina Godfrid Field Hockey

NATIONAL COACH OF THE YEAR

Dave O'Neill Women's Crew

CONFERENCE COACH OF THE YEAR

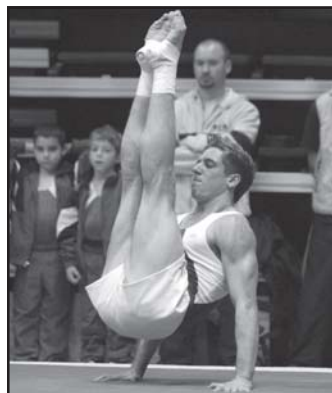
Steve Gladstone Men's Crew
Dave O'Neill Women's Crew

TOP 10 TEAM FINISHES

- Rugby (National champions)
- Women's Crew (NCAA champions)
- Men's Crew (IRA Third)
- Men's Swimming (NCAA Fourth)
- Women's Golf (NCAA Fifth)
- Men's Gymnastics (NCAA Fifth)
- Softball (NCAA Sixth)
- Men's Water Polo (Sixth)
- Women's Water Polo (Sixth)
- Women's Swimming (NCAA Eighth)
- Football (Ninth)

OTHER POSTSEASON PARTICIPANTS

Men's Cross Country NCAA Regionals
Women's Cross Country NCAA Regional Individuals
Football Holiday Bowl
Men's Golf Individual NCAA Regional
Men's Soccer NCAA Second Round
Women's Soccer NCAA First Round
Men's Tennis NCAA First Round
Women's Tennis NCAA First Round
Men's Track & Field NCAA Nationals
Women's Track & Field NCAA Nationals
Volleyball NCAA Second Round



Graham Ackerman



Duje Draganja

CAL ATHLETIC EXCELLENCE

BASEBALL

- 33 All-America selections
- 1 National Freshman of the Year
- 9 NCAA regional appearances
- 2 College World Series championships (1947, '57)
- 5 College World Series appearances

MEN'S BASKETBALL

- 33 All-America selections
- 1 NCAA championship (1959)
- 1 NIT championship (1999)
- 13 NCAA Tournament appearances
- 3 Final Four appearances
- 5 National Invitation Tournaments
- 2 World Championship team members
- 6 Olympic team members
- 4 Pac-10 Players of the Year

WOMEN'S BASKETBALL

- 19 All-America selections
- 3 NCAA Tournament appearances (1990, '92-93)
- 3 AIAW Tournament appearances (1980-82)
- 4 Nat'l Women's Invitation Tournament appearances (1979, '81, '84, '87)

MEN'S CREW

- 14 national championships (1928, '32, '34-35, '39, '49, '60-61, '64, '76, '99-02)
- 54 Olympians since 1928
- 3 Olympic championships (1928, '32, '48)

WOMEN'S CREW

- 2 national championships (1980, 2005)
- 10 rowing Olympians

MEN'S CROSS COUNTRY

- 3 All-America selections
- 9 Individual NCAA appearances

WOMEN'S CROSS COUNTRY

- 10 All-America selections
- 2 NCAA appearances
- 19 Individual NCAA appearances

FIELD HOCKEY

- 11 All-America selections
- 8 NCAA Tournament appearances
- 3 AIAW championship appearances
- 3 Olympians

FOOTBALL

- 65 first team All-America selections
- 2 national championships (1920, '37)
- 15 bowl appearances (8 Rose Bowls)
- 21 National Foundation Hall of Fame members

MEN'S GOLF

- 4 All-America selections
- 1 NCAA championship (2004)
- 11 NCAA regional appearances
- 7 NCAA Tournament appearances

WOMEN'S GOLF

- 6 All-America selections
- 6 NCAA regional appearances
- 5 NCAA championship appearances
- 1 Individual NCAA champion

MEN'S GYMNASTICS

- 143 All-America selections
- 45 NCAA appearances
- 4 team NCAA championships (1968, '75, '97-98)
- 22 Individual NCAA champions
- 9 Olympians

WOMEN'S GYMNASTICS

- 3 All-America selections
- 12 NCAA appearances

WOMEN'S LACROSSE

- 1 conference championship

RUGBY

- 21 national championships (1980-83, '85-86, '88, '91-02, '04-05)
- 14 Olympians

MEN'S SOCCER

- 20 All-America selections
- 10 NCAA Tournament appearances

WOMEN'S SOCCER

- 23 All-America selections
- 12 NCAA Tournament appearances

SOFTBALL

- 1 NCAA championship (2002)
- 30 All-America selections
- 21 NCAA Tournament appearances
- 12 College World Series appearances
- 7 Olympians

MEN'S SWIMMING

- 359 All-America selections
- 2 NCAA team championships (1979, '80)
- 40 Individual NCAA champions
- 12 NCAA relay championships
- 17 World records
- 30 NCAA records
- 30 Olympic medallists

WOMEN'S SWIMMING

- 223 All-America selections
- 21 Individual NCAA champions
- 3 NCAA relay championships
- 20 Olympians
- 16 NCAA records
- 6 World records

MEN'S TENNIS

- 40 All-America selections
- 40 NCAA Tournament appearances
- 1 NCAA championship (1925)
- 2 NCAA singles championships (1925, '26)
- 9 NCAA doubles championships (1925, '26, '30, '35, '37, '39, '52, '90, '91)

WOMEN'S TENNIS

- 56 All-America selections
- 24 NCAA Tournament appearances
- 4 NCAA doubles championships (1998-00, '03)

MEN'S TRACK & FIELD

- 164 All-America selections
- 1 NCAA team championship (1922)
- 30 Individual NCAA champions
- 26 world records
- 12 Olympic medallists

WOMEN'S TRACK & FIELD

- 63 All-America selections
- 4 Individual NCAA champions
- 3 Olympians

VOLLEYBALL

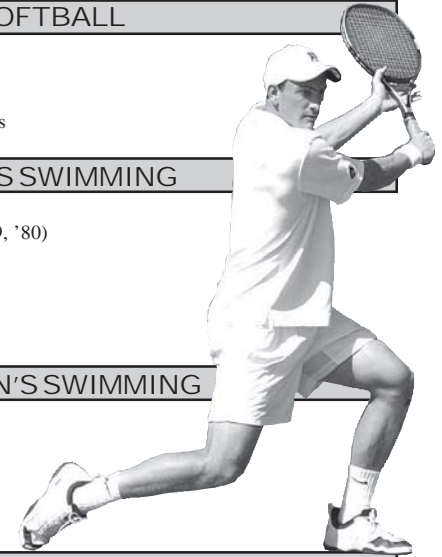
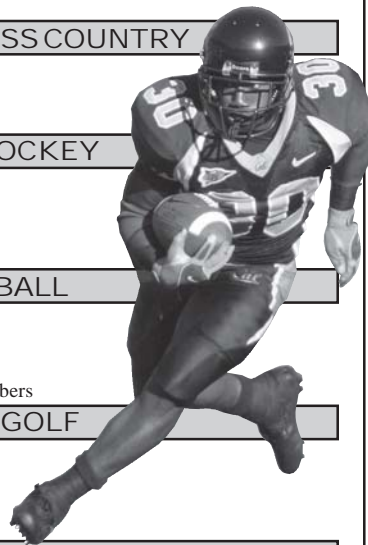
- 6 All-America selections
- 8 NCAA Tournament appearances
- 1 NIVC Tournament appearance
- 1 AIAW Tournament appearance
- 2 Olympians

MEN'S WATER POLO

- 154 All-America selections
- 11 NCAA championships (1973-75, '77, '83-84, '87-88, '90-92)
- 17 Olympians

WOMEN'S WATER POLO

- 34 All-America selections
- 3 NCAA runner-up finishes (1996-98)
- 6 Olympians



SAN FRANCISCO BAY AREA

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

Everyone knows "The City" - San Francisco - from countless photographs, movies and television shows that capture its magic. It is a city built on a series of more than 40 hills, offering panoramic views of every kind. The hub of a nine-county complex and the financial and insurance capital of the world, San Francisco has a resident population of about 740,000. San Francisco is situated on a 46.6 square-mile peninsula bounded on the west by the Pacific Ocean, on the north by the Golden Gate strait, and from north to east by the San Francisco Bay. The City has been named the world's top city twice by readers of Cond, Nast Traveler and the top U.S. city seven times since 1988.

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

Located across the Bay Bridge from San Francisco, Oakland is a city of 400,000, jam-packed with exciting attractions, stimulating arts, and an ideal climate. Oakland's charm



exceeds its man-made wonders, as its tumbling hills, vast forests, hiking and riding trails, beautiful lakes and numerous parks provide a natural escape for those who prefer nature over an urban environment.

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

In the Berkeley hills, Tilden Regional Park offers more than 30 miles of hiking trails, a public golf course, swimming at Lake Anza and plenty of places to picnic. As part of its wealth of cultural life, Berkeley boasts the award-winning Berkeley Repertory Theatre, an opera company, a nationally celebrated symphony and a ballet company.

Just north of San Francisco, across the shining jewel of the Bay Area - the Golden Gate Bridge - lies Marin County and the North Bay. Stunning views of hills and mountains cascading into the bay and the ocean at every turn, Marin County boasts

some of the most beautiful scenery in the world.

The Golden Gate National Recreation Area, the only U.S. national park in a major metropolitan area, is the largest urban park in the world. Muir Woods National Monument offers peaceful walks and hikes through majestic groves of towering redwoods, while Point Reyes National Seashore offers spectacular bird and whale watching.

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

TOP U.S. CITIES

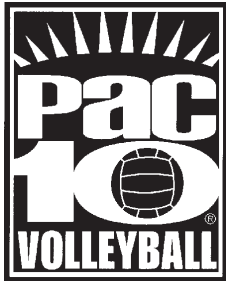
1. San Francisco, CA
2. Santa Fe, NM
3. New York, NY
4. Charleston, SC
5. Chicago, IL
6. New Orleans, LA
7. Honolulu, HI
8. Boston, MA
9. Carmel, CA
10. San Diego, CA

Source: Conde Nast Traveler magazine, 2004 Readers' Choice Awards



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

PACIFIC-10 CONFERENCE



PACIFIC-10 CONFERENCE

800 South Broadway, Suite 200
Walnut Creek, CA 94596
Phone: (925) 932-4411
Fax: (925) 932-4601
www.Pac-10.org

Commissioner: Thomas C. Hansen
Assistant Commissioner, Championships and Administration: Christine Hoyles
Assistant Commissioner, Public Relations: Jim Muldoon
Assistant Commissioner, Electronic Communications: Duane Lindberg
Assistant Commissioner, Compliance and Enforcement: Mike Matthews
Assistant Commissioner, Business and Finance: Ben Jay
Assistant Commissioner, Enforcement: Ron Barker
Assistant Commissioner, Olympic Sports: Chris Dawson
Assistant Public Relations Director: Dave Hirsch
Assistant Public Relations Director: TBD
Assistant Championships Director: Kevin D. Anderson
Assistant Compliance Director: Erik Price
Financial Assistant: Lina Diaz
Coordinator of NCAA Governance Communications: Tammy Newman
Championships Programs Manager: Bri Niemi
Coordinator of Women's Volleyball Officiating: Charlie Brown
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Administrative Fellow: Nicole Strange
Historian: Wiles Hallock
Administrative Assistant to the Commissioner: Sandra Safford
Administrative Assistants: Wendy Heredia (Public Relations), Yvonne Halvorson (Administration), Michelle Zumalt (Electronic Communications)
Receptionist: Erin Heiney

Entering the 2005-06 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions."® Pac-10 members have claimed an incredible 90 NCAA team titles over the past 11 seasons, for an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 90 team titles have come in 21 different men's and women's sports. The Pac-10 has led the nation in NCAA Championships 39 of the last 45 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 342 NCAA titles (248 men's, 94 women's), far outdistancing the runner-up Big Ten Conference's 201 titles.

The Conference's reputation is further proven in the annual United States Sports Academy Directors' Cup competition, the prestigious award that honors the best overall collegiate athletics programs in the country. Stanford continued its remarkable run in the 2004-05 season, winning its 11th consecutive Directors' Cup. In the 2004-05 competition, seven of the top-20 Division I programs were Pac-10 members: No. 1 Stanford, No. 3 UCLA, No. 10 USC, No. 11 Arizona State, No. 14 Washington, No. 15 Cal and No. 18 Arizona.

The Pac-10 captured six NCAA titles in 2004-05. And it should be noted that the Pac-10 total does not include USC's national championship in football or Cal's in rugby, as they are not counted as NCAA titles. The Pac-10 tied the Big 12 for the most NCAA titles in women's sports with four.

NCAA team champions from the Pac-10 in 2004-05 came from UCLA (men's tennis, men's water polo and women's water polo), Stanford (women's volleyball and women's tennis) and Cal (women's rowing). The Pac-10 also had

NCAA WOMEN'S TITLES WON BY CONFERENCE

1. Pacific-10	94
2. Southeastern	63
3. Atlantic Coast	47
4. Big 12	37
5. Big East	17

NCAA WOMEN'S TITLES WON BY PAC-10 TEAMS

Softball	16
Tennis	16
Golf	12
Volleyball	12
Swimming/Diving	9
Gymnastics	5
Outdoor Track & Field	5
Water Polo	5
Basketball	4
Cross Country	4
Rowing	4
Indoor Track & Field	2
Total	94

runners-up in eight NCAA Championship events: women's golf (UCLA), soccer (UCLA) softball (UCLA), track and field (UCLA) and water polo (Stanford) and men's water polo (Stanford), swimming (Stanford) and men's volleyball (UCLA). Overall, the Conference had 20 teams finish in the top three at NCAA Championship events.

Since the NCAA began conducting women's championships 23 years ago, Pac-10 members have claimed at least four national titles in a single season on 16 occasions. Pac-10 members have dominated a number of sports, winning 16 softball titles, 16 tennis crowns, 10 of the last 15 volleyball titles, 11 of the last 16 trophies in golf and eight in swimming and diving.

PAC-10 WOMEN'S VOLLEYBALL

There is little argument that the Pacific-10 Conference is the nation's strongest in the sport of women's volleyball. Since the beginning of the NCAA Volleyball Championships in 1981, a Pac-10 institution has won the national title 12 times, and finished as runner-up on an additional 10 occasions.

Only one conference in the nation has sent each of its members to at least one NCAA Tournament - the Pac-10. The conference has routinely sent four or more representatives each season to the NCAA Tournament, topped by eight participants in 2002. To further prove the point, five NCAA Championship matches have featured Pac-10 teams battling each other for the national crown.

Pac-10 volleyball history dates back to 1986, when the Conference began sponsoring women's athletics. Over the past 17 years, 68 Pac-10 athletes have garnered All-America honors from the American Volleyball Coaches Association (AVCA). Those individuals have collected an astounding 111 All-America certificates, including seven AVCA National Player of the Year winners.

Cal has made eight NCAA Tournament appearances (1982, '83, '87, '88, '89, '02, '03, '04), making the round of 16 for the first time in school history in 2003. The Bears also finished fifth in the 1991 National Invitational Volleyball Championship (NIVC), and were 10th at the 1981 AIAW National Championship.