

# 2009 CALIFORNIA WOMEN'S CREW



## GENERAL INFORMATION

Location: Berkeley, Calif.  
 Founded: 1868  
 Enrollment: 33,000  
 Nickname: Golden Bears  
 Mascot: Oski  
 Colors: Blue (282) and Gold (116)  
 Affiliation: NCAA Division 1  
 Conference: Pacific-10  
 Chancellor: Dr. Robert J Birgeneau  
 Athletic Director: Sandy Barbour  
 Assistant Athletic Director/Sport Supervisor: Liz Miles  
 Official Cal Athletics Web Site: [www.CalBears.com](http://www.CalBears.com)  
 Cal Crew Web Site: [www.CalCrew.com](http://www.CalCrew.com)



## TEAM INFORMATION

2008 NCAA Championships Finish: 3rd  
 2008 Pac-10 Championships Finish: 1st  
 Letterwinners Returning/Lost: 16/7  
 Newcomers: 20

## COACHING STAFF

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Dean Caparaz

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## CREDITS

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## 2009 SEASON OUTLOOK

### CAL IN HUNT FOR PAC-10, NCAA TITLES



Cal's 2009 varsity eight

California should have a more powerful, more explosive team this year than last, and even with some key losses, the Golden Bears' should again vie for national championships in 2009. Head coach Dave O'Neill, who led his 2008 Bears to a Pac-10 title and a third-place finish in the NCAA Rowing Championships, has assembled another superb roster that includes experienced veterans, a 2008 Olympian, a talented transfer and a strong freshman class.



Iva Obradovic

"It's like the more things change the more things stay the same," said O'Neil, the 2008 Pac-10 Coach of the Year. "We've had some success in the past few years, and we know what to do. We have a good system going. Kids change, but a lot of the standards and a lot of the things that we do stay the same, and we're in a position now that we could continue to build on that success."

Cal's top boat – the varsity 8+ – had it share of turnover, as it lost five members of the 2008 lineup that placed fourth in the NCAA Rowing Championships. The four returning members are seniors Lou Kinder and Elena Humphreys, junior Taryn O'Connell and sophomore Mary Jeghers.

Kinder is back as a co-captain and is joined by senior teammate Lauren Nowinski, who is in her first year in the role. Nowinski,

a veteran of Cal's second varsity 8+, has a good shot at moving to the varsity 8+.

"For Lauren, she's really stepped up into that role and has really stepped up during her senior year as far as reaching her potential," O'Neill said. "It's been really cool to see her progress. At this point, I'd say Lauren is one of the staples of the varsity 8+, and she's proven herself to be really effective this year."

"Mary Jeghers, who was a bit of a surprise last year in how well she did, has progressed. She's stronger and rowing better and fitter this year as a sophomore."

"Lou Kinder is probably one of the hardest workers maybe in collegiate women's rowing. Lou recently switched from starboard side over to port side, which can be a difficult transition. But in all my years, it was the most seamless I've ever seen anyone do it."

Important newcomers include Ohio State junior transfer Nora Franzen and Norwegian freshman Kristina Löfman. Perhaps the biggest addition is actually a returner: Iva Obradovic, a 2008 Olympian for her native Serbia, is back in the fold after not competing for Cal over the past three seasons. As a freshman in 2005, Obradovic was a member of the Bears' NCAA championship team, earning first-team All-America and All-Pac-10 honors after rowing on Cal's varsity 8+.

Now a 24-year-old senior, Obradovic returns to Berkeley after competing in the single scull in Beijing, where she placed fifth in the B final last summer.

"Obviously, she's very good," O'Neill said,



"but the thing that's been terrific about her is, she really has become the consummate team leader in terms of collaborating with everyone and working with everyone in the team. She's been absolutely fantastic."

One big spot to fill heading into the season was the stroke role for the varsity 8+. Last year's stroke, Candice Rediger, graduated after an All-American 2008 season and is now O'Neill's director of student-athlete development. O'Neill put Obradovic into the stroke seat in early March, and "it's shown to be a very good decision," the 14-year coach said.

He added that junior Adrienne Keller, who stroked the second varsity 8+ last year, "sets a really good rhythm, and she's a very, very good technical rower. Pound for pound, she's one of the most efficient rowers on the team."

Franzen rowed in the four seat in Ohio State's second varsity 8+, which finished four spots higher than Cal's sixth-place boat in last year's NCAA Rowing Championships. Previously a member of Germany's national team, Franzen led the Buckeyes to a seventh-place overall finish at NCAAs in 2008.

Löfman brings her share of international experience, as she took fourth place in doubles sculling in the 2007 Junior World Championships in Beijing and also took 16th place in doubles sculling in the 2006 junior worlds in Amsterdam.

"Every year since I've been here except one, there's been at least one transfer and one freshman in our varsity 8+," O'Neill said. "Looking at this year's crew, it seems the same could easily be true, in that there could be a transfer in there in Nora Franzen and then one or two freshmen in Kristina Löfman or Elise Etem. We lost some really good kids, but with Nora coming and Elise showing up and Kristina coming and Iva Obradovic returning, we should be good, very good."

The top candidate to replace Ellis as coxswain is senior Katy Milton, who coxed the Bears' second varsity 8+ to the Pac-10 crown and to a sixth-place finish at NCAAs last season. The San Francisco native is the most consistent and reliable coxswain on Cal's roster.

Senior Kaiti Seders is another solid rower who could work her way into Cal's top boat.

"She can row from either side equally well," O'Neill said. "She's rowed in some very fast second varsity 8+s. She's won the Pac-10 championships three times now in the second varsity 8+, and she can step into the varsity 8+ without any dropoff in boat speed whatsoever."

Along with Etem, a former Cal swimmer, fellow freshman Shay Seager has impressed

O'Neill this year and has an outside shot at making the varsity 8+.

"In terms of someone that has recently picked up the sport, it's really impressive that Elise Etem is being considered for our varsity 8+ in her first year of rowing," O'Neill said. "Shay Seager is another kid that has started rowing within the past year. She is really strong and is rowing really well. She's someone who's going to be a really good boat mover. Both those kids are really pleasant surprises."

The coaching community likes what Cal's varsity 8+ has to offer this year, as the preseason USRowing/Collegiate Rowing Coaches Association poll ranked the Bears No. 5.



**Lou Kinder**

## OTHER BOATS SHARE ABUNDANCE OF TALENT

If they don't break into the top boat, Keller, Etem and Seager could find a home in Cal's second varsity 8+. That boat likewise has a high standard of excellence, as it has won the Pac-10 championship every year since 2003. Before last year's sixth-place NCAA finish, the Bears' second varsity 8+ posted five straight top three finishes (3rd in 2003, 2nd from 2004-07) at the national regatta.

Sixteen to 20 Bears could step into that lineup, which could change throughout the year, from week to week, depending on who is moving the boat the fastest. Junior Katie Caves, who did not row on a Cal boat at Pac-10s or NCAAs last season, is one of the Bears' most improved rowers and could earn a spot on the second varsity 8+.

"She's one of those kids who's really taken the initiative and turned herself into quite a good rower," O'Neill said.

Bridget Moran, who rowed on Cal's sixth-place second-varsity 8+ at last year's NCAAs, and fellow sophomores Sam Sartor and Kelsey Bates, who rowed on the Bears' fourth-place varsity 4+ at the national regatta, continue to improve and are options for the second varsity 8+. Seniors Melissa Herman, also a member of that varsity 4+, and Emmie Koenig, who had to drop out of the varsity

4+ at last year's NCAAs due to illness, could move to the second varsity 8+ in their final year at Cal.

"Kirsten Campbell, a kid on the second varsity 8+ last year, is a good technical rower and looks to be getting stronger and stronger," O'Neill said. "Jill Costello, who coxed our varsity 4+ last year, is a super positive influence on the team and has really improved her skill."

Sophomores Avalon Radys, Jenny Rusher, Danielle Detloff and Vanna Rocchi, and coxswain Erica Bellis return from the 2008 Cal freshman/novice 8+ that won a Pac-10 title. All five are in contention to be part of a crew that races at NCAAs.

The freshman 8+ should have a good shot at defending Cal's 2008 Pac-10 title with its newcomers, most of whom have U.S. Youth National Championship experience under their belts. That group includes coxswain Ariel Soares, a 2007 winner with the Long Beach Junior Crew's varsity 8+, and rower Charlotte Palmer, a 2008 champ with the Marin Rowing Association's varsity 8+.

"Sara Nevin's done a really great job," O'Neill said of his assistant coach. "She always does a great job developing the freshmen to prepare them for the immediate future but also long range. There are quite a few kids within the freshman squad who are going to have really good careers at Cal."

## BEARS RACE CHALLENGING FIELD

Cal competes in the always challenging Pac-10 Conference, which had six teams' varsity 8+ boats – No. 3 Washington, No. 4 Stanford, No. 5 Cal, No. 10 USC, No. 11 Washington State and No. 18 Oregon State – ranked in the USRowing/CRCA preseason poll.

The Bears will also row against a competitive group of nonconference teams, including Virginia, with its No. 6-ranked varsity 8+, Ohio State (No. 12 varsity 8+) and Clemson (No. 13 varsity 8+) in the Pac-10 Challenge and Wisconsin (No. 14 varsity 8+), Tennessee (No. 6 varsity 8+) and Minnesota (No. 19 varsity 8+) in the first Lake Natoma Invitational. Cal is co-hosting the latter regatta with Sacramento State in Gold River, Calif.

"I know the talent level at the other Pac-10 programs is very high, but I know if we go a certain speed, we will be in contention," O'Neill said. "You don't just row against a stopwatch, but with that said, I know there's going to be some really good competition within the Pac-10 and nationally. The field gets tougher and tougher all the time. We've had to raise our standards from year to year, and I'm pleased with what we've done thus far this year."

## CAL CREW COACHING STAFF



**DAVE O'NEILL**  
Head Coach

Dave O'Neill will begin his 11th year as head coach of the California program in 2008-09. The list of accomplishments over his 10 years is long and impressive by any measure. The program has been invited to the NCAA Championship each year, won four Pac-10 championships and two NCAA championships. The program has taken home six trophies from NCAAs by finishing among the top four nationally, including the 2005 and 2006 NCAA champions trophies.

Under O'Neill, Cal's varsity eight has placed among the top three at NCAAs four times (1999, 2002, 2005 and 2006). The varsity eight was undefeated in regular-season competition from 2004-06 and in 2008; that includes the 2005 crew which completed its perfect season by setting an NCAA record (6:20.7) to win the varsity eight national championship. In addition to the success of the varsity eight, the second varsity eight has

won six straight Pac-10 titles and finished among the top three at NCAAs from 2003 to 2007.

In O'Neill's 10 years at the helm of Cal women's crew, he has garnered numerous awards, including the Collegiate Rowing Coaches Association's (CRCA) national Coach of the Year (in 1999 and 2005), and has been named Pac-10 Coach of the Year four times (1999, 2004, 2005 and 2008.) The CRCA named him Coach of the Year for the West Region those same years. O'Neill was named the 2006 Development Coach of the Year for Rowing by the U.S. Olympic Committee. He was also named collegiate Coach of the Year by *Independent Rowing News* in 1999 and was awarded a similar honor by the Joy of Sculling conference in 2002. O'Neill's 2005 varsity eight was named Crew of the Year by *Independent Rowing News*.

Throughout his coaching career O'Neill has been involved with international rowing. O'Neill coached various boats for the U.S. women's under-23 national team in 2006 and 2007. In July of 2007, he helped the U.S. quadruple sculls take gold and the varsity eight collect bronze at the World Rowing Under 23 Championships in Strathclyde, Scotland. He led the women's eight to a gold medal at the 2006 World Rowing Under 23 Championships in Hazewinkel, Belgium, and the crew established a world-best time in the process (6:06.7). In 2002 he helped coach the U.S. squad that raced at the World U23 Regatta in Genoa, Italy, where he was responsible for the women's pair that finished second. Eight of the women O'Neill has coached at Cal have gone on to race for

their respective senior national teams, and there have been eight Golden Bears racing on U23 national teams. Most recently, O'Neill protégé and former Bear Erin Cafaro won a gold medal with the U.S. women's 8+ at the 2008 Summer Olympics in Beijing.

Before coming to Cal, O'Neill headed the women's program at Boston College for seven years. Under O'Neill, the BC women were the only club program in the country to compete against Division I varsity competition, and they did so with tremendous success. His crews won numerous championships at the Big East Regatta, New England Championships, Champion International Regatta and the IRA.

As an athlete, O'Neill became one of the country's top lightweight oarsmen. During his freshman year at Boston College, O'Neill was a founding member of the rowing program. Soon after, O'Neill was invited to pre-elite camps, as well as elite training programs at the Riverside Boat Club and Boston Rowing Center. After medaling at the USRowing Nationals, Olympic Festival, CRASH-B Sprints, and the Canadian Henley, O'Neill decided to focus on his coaching but continues to train for and compete in the country's most prestigious cycling races.

A '91 graduate of Boston College with a B.A. in history, O'Neill is a firm believer that the best way to succeed is to provide the athletes with an environment conducive to learning and achievement: "If we make the everyday experience of Cal crew a worthwhile and meaningful one, results will follow."

O'Neill and his wife, Nicole Younts, reside in Lafayette, Calif.



Dave O'Neill hoisted the NCAA championship trophy in 2005 and again in 2006 after Cal won back-to-back national titles.



## ASSISTANT COACHES/SUPPORT STAFF



**SARA NEVIN**  
*Assistant Coach*

Currently in her eighth season at Cal, Sara Nevin has led the novice crew to the top of the Pac-10. In 2004, the Golden Bears' novice eight captured the Pac-10 crown for the first time since 1989. Cal's 2008 novice eight capped off an undefeated season with an open-water victory at the Pac-10 Championships. The Collegiate Rowing Coaches Association acknowledged her ability and success by naming her the 2008 CRCA Assistant Coach of the Year as well as the 2008 CRCA West Region Assistant Coach of the Year.

Nevin has shown the ability to cultivate novice rowers into competitive oarswomen. Many of her rowers have moved up the ranks to contribute to the varsity's success. The class of 2005 was Nevin's first crew at Cal, and this group of seniors provided the leadership for the 2005 NCAA Championship team.

Nevin joined the Bears in 2002 after serving as the executive director and head coach at the Lake Lanier Rowing Club in Gainesville, Ga. During her five years in Georgia, Nevin coached all levels of rowers from beginners to U.S. national team members. In addition to her coaching, Nevin acted as the full-time boathouse and rowing club director, as well as Regatta Director for the NCAA Women's Rowing Championships in 1998 and 2001.

Before arriving at Lake Lanier, Nevin spent seven years coaching in Seattle, Wash. Between 1989 and 1992, Nevin coached at the Seattle Training Center, coaching a group of elite and pre-elite rowers. Her stint culminated with all eight women earning spots on the 1992 Olympic team. From 1990-96, Nevin also coached the varsity boys rowing team at the Mount Baker Rowing Club. There, Nevin grew a program of 16 athletes to over 50 and won four USRowing Junior National Championships, including the school-boys' eight in 1991 and 1993.

Nevin earned a B.A. in political science with a minor in pre-medicine from the University of Washington in 1985. During her rowing career at UW, Nevin won three varsity eight national championships from 1983 to 1985 and was undefeated in U.S. collegiate competition. She was a member of the U.S. national team in 1985 and '86.



**SARAH PUDDICOMBE**  
*Assistant Coach*

Former three-time All-American and Division II NCAA champion Sarah Puddicombe joined the California staff as an assistant coach in July 2008. Puddicombe spent the previous season as an assistant coach at UC Davis, her alma mater. A coxswain, Puddicombe won the Division II championship with the Aggies in 2002 under her maiden name of Sarah Whipple.

Her duties at Cal include working with Bears head coach Dave O'Neill and the varsity squad as well as coordinating Cal's recruiting efforts.

Prior to returning to Davis, Puddicombe worked for two years as an assistant coach at Sacramento State, guiding Sacramento State's novice eight crew to a perfect 7-0 dual-meet record and a bronze medal at the 2006 Western Intercollegiate Rowing Association (WIRA) Championships.

Before that, Puddicombe was the novice women's coach for Capital Crew, the noted Sacramento-area rowing club, and was a junior pre-elite rowing coach at the Sacramento State Pre-Elite Junior Development Camp. While at the latter camp, she led the women's pair to back-to-back gold medals at the 2004 and 2005 USRowing National Championships. She also coached the junior women's varsity four to a bronze medal in 2004.

Puddicombe coached Capital Crew to a gold (novice four) and silver medal (novice eight) at the 2004 Southwest Junior Regional Championships. In 2005, her Capital Crew's novice four won a gold medal at the same championships.

The Orangevale, Calif., native earned her undergraduate degree in wildlife, fish and conservation biology from UC Davis after participating on the Aggies' rowing team from 1999-2002. She was a team captain and All-America honoree while helping the Aggies win varsity eight and overall team championships at the national regatta in 2002, the first year the NCAA sponsored a Division II title.

Sarah's twin sister, Mary, coxed the gold-medal winning U.S. women's eight at the 2008 Beijing Olympics.



**CANDICE REDIGER**  
*Director of Student-Athlete Development*

The former California All-American, who completed her collegiate career in June 2008, returned to Berkeley to join head coach Dave O'Neill's staff as the Director of Student-Athlete Development for women's crew.

Rediger graduated with a psychology major and an English minor after a stellar senior season in which she earned second-team All-America and honorable mention Pac-10 All-Academic honors. She stroked Cal's varsity eight to a fourth-place finish in the 2008 NCAA Championships and the Bears' varsity eight to the 2008 Pac-10 title at Lake Natoma in her hometown of Gold River, Calif. Rediger also earned honorable mention Pac-10 All-Academic honors as senior.

In her first two years on the team, Rediger stroked the Cal second varsity eight to two Pac-10 titles and two national runner-up finishes.



## 2009 ATHLETE PROFILES

### KELSEY BATES

**Class:** Junior  
**Hometown:** Fair Oaks, Calif.  
**High School:** Bella Vista HS  
**Height/Weight:** 5-7/150



**California:** 2008 (Sophomore) Rowed on the varsity 4+ that placed fourth at the NCAA Championships and second at the Pac-10 Championships. **2007 (Freshman)** Rowed in the novice 4+ that placed first at the PCRC Cham-

pionships.

**Personal:** History of art major...rowed for Capital Crew in high school...member of a swimming team since age four...participated in three years of diving and one year of water polo...parents are Niki and Brian Bates...born April 17, 1988, in Sacramento, Calif.

**The best part about being on Cal crew is:** *The team. It's awesome to be doing something with people you truly want to be around.*

**The best part of the University is:** *That we get to be a part of something so much bigger - you can go so many places.*

**My greatest achievement/finest moment was:** *In the PCRC frosh 4+ event, when we won by 17 seconds. There was amazing teamwork and friendship in that boat, and it was a ton of fun.*

**I chose Cal because:** *When I visited here, it just felt right. Also, I really liked the philosophies that Dave and Sara have when it comes to both school and rowing.*

### ERICA BELLIS

**Class:** Sophomore  
**Hometown:** Folsom, Calif.  
**High School:** Folsom HS  
**Height/Weight:** 5-2/110



**California:** 2008 (Freshman) Coxed the winning novice 8+ at the Pac-10 Championships.

**Personal:** Undeclared major...mother is Lynn Bellis...born on July 25, 1989.

**The best part about being on Cal crew is:**

*The team and the constant drive to improve. Everyone works extremely hard for the team and to better themselves as athletes.*

**The best part of the University is:** *The fact that in every class we are surrounded by academic excellence in both professors and classmates.*

**My greatest achievement/finest moment was:** *Making the grand final in the junior women's 8+ at USRowing Club Nationals.*

**I chose Cal because:** *The program and the team are the epitome of everything that I wanted to be a part of.*

**What sets Cal apart:** *The fact that we are surrounded by excellence and people that strive for the best in every aspect of the University.*

### KIRSTEN CAMPBELL

**Class:** Junior  
**Hometown:** Saint Louis, Mo.  
**High School:** University City HS  
**Height/Weight:** 5-10/165



**California:** 2008 (Sophomore) Member of the second varsity 8+ that finished sixth in the NCAA Championships and won the Pac-10 title...an honorable mention selection to the Pac-10 All-Academic team. **2007 (Freshman)**

Stroked the freshman 8+ at the Pac-10 Championships and was an alternate for the NCAA travel squad.

**Personal:** Comparative literature major...rowed for Saint Louis Rowing Club in high school...salutatorian of University City High School in 2006...parents are Mary Ellen and Tom Campbell...born Sept. 28, 1987, in Saint Louis, Mo.

**The best part about being on Cal crew is:** *The team. Working together for a common goal physically creates such a strong bond between us that I can't imagine being without it.*

**The best part about the University is:** *Having so many opportunities. The possibilities are endless! Everything is at your fingertips and help is always available.*

**My greatest achievement/finest moment was:** *It hasn't happened yet. It's on the way, but thus far my best moments are when I feel that I'm a part of something bigger being here at Berkeley.*

**I chose Cal because:** *I wanted to have a broader, worldier education. Being from the Midwest, California and the Bay Area seem like another world sometimes. At the best public school in the country, I'm surrounded by greatness: professors, people, places and possibilities.*

**What sets Cal apart:** *Its attitude and approach. Everyone appears to be laid back, but the University is filled with the most ambitious people I know. These individuals define newer, higher, better standards every day, and that forges an environment like no other.*

### KATIE CAVES

**Class:** Junior  
**Hometown:** San Carlos, Calif.  
**High School:** Carlmont HS  
**Height/Weight:** 5-9/160



**California:** 2008 (Sophomore) Rowed in the varsity 4+ that beat Stanford, 7:39.66-7:56.78.

**Personal:** Music major...rowed for NorCal Crew in high school...won Pacific Indoor Rowing Championships in

2006...member of the novice 4+ that won the 2006 Southwest Regional Junior Championships in 2006...participated in track, cross country and soccer in high school...parents are Annette and Robert Caves...born on Dec. 26, 1987.

**The best part about being on Cal crew is:** *Absolutely the people. It is incredible to work with so many world-class rowers, coxswains and coaches. Everyone on the team is a role model; if I want to do something better, I only have to look within the team to find someone who is doing it right.*

**The best part of the University is:** *That I can always find support, whether it be in the form of a study group, an advisor or just somewhere quiet to study.*

**My greatest achievement/finest moment was:** *On Cal crew was when we climbed Half Dome this year and I made it to the top in 2 hours and 30 minutes. When we were running up the last part, all the people going down were cheering for us because we were doing something hard and having fun.*

**I chose Cal because:** *I wanted to be a part of the best team and the best school.*  
**What sets Cal apart:** *Being able to be both a great athlete and a great student.*

### JILL COSTELLO

**Class:** Junior  
**Hometown:** San Francisco, Calif.  
**High School:** Saint Ignatius College Prep  
**Height/Weight:** 5-4/110



**California:** 2008 (Sophomore) Coxed the varsity 4+ that placed fourth at the NCAA Championships and second at the Pac-10 Championships...named a Pac-10 All-Academic team honorable mention. **2007 (Freshman)** Coxed the novice 8+ at the Pac-10 Championships.

**Personal:** Political economy of industrial societies major...rowed for Saint Ignatius in high school...won a bronze medal at the Southwest



Rowing Championships in both 2005 and 2006... participated in cross country, field hockey and soccer in high school...parents are Mary and James Costello...born on Dec. 1, 1987.

**I chose Cal because:** *I knew its athletic and academic departments would push me beyond my limits, and they have.*

## DANIELLE DETLOFF

**Class:** *Sophomore*

**Hometown:** *Palos Verdes Estates, Calif.*

**High School:** *Chadwick HS*

**Height/Weight:** *5-9/155*



**California: 2008 (Freshman)** Rowed on the novice varsity 8+ that won the Pac-10 title.

**Personal:** Undeclared major...parents are Bryn and Craig Detloff...born on Aug. 9, 1988.

**The best part about being on Cal crew is:**

*Knowing that you're working with some of the best coaches and athletes in the sport.*

**The best part about the University is:** *The city of Berkeley. It has everything you could ever need right here.*

**My greatest achievement/finest moment was:** *Getting third place at the Head of the Charles in 2006.*  
**I chose Cal because:** *Of the people. The level of diversity here is unlike anywhere else.*

**What sets Cal apart:** *Cal is different from a lot of other schools because it has a really good combination of academic and athletic excellence.*

## ELISE ETEM

**Class:** *Freshman*

**Hometown:** *Long Beach, Calif.*

**High School:** *Wilson HS*

**Height/Weight:** *5-10/175*



**California: 2008** Red-shirted. **Personal:** Undeclared major...swam for Cal in the 2007-08 season...CIF Division I champion in the 100-yard butterfly her junior year... Wilson High School's Most Valuable Swimmer...set a Wilson record

in the 100 fly...was a member of the CIF Division I championship team her sophomore year... parents are Patricia and Richard Etem...mother, Patricia, was a member of the Cal and U.S. Olympic rowing teams (1980, 1984)...brother, Martin, is a senior rower at Syracuse...born on April 5, 1989, in Long Beach, Calif.

**I chose Cal because:** *(It's been) My dream school since I was born. I absolutely loved the girls on the team, the coaching staff, and the unique surrounding area. The academics are also hard to beat.*

## NORA FRANZEN

**Class:** *Junior*

**Hometown:** *Bad Honnef, Germany*

**Last School:** *Ohio State*

**High School:** *Wassersportverein Bad Honnef*

**Height/Weight:** *6-1/175*



**International:** Member of German national team in 2004 and 2005... won a gold medal at 2005 Junior World Championships.

**Ohio State: 2008 (Sophomore)** Rowed primarily in four seat of second varsity 8+ and

was instrumental in helping boat record a runner-up finish in the NCAA Championships... second-place standing is best finish by 2V8 crew in Ohio State history and is a tie for best finish by an OSU boat all-time...OSU's 2V8 went 10-0 during regular season, including dominant performances in Windermere Real Estate Collegiate Classic (March 29-30), where crew was victorious over Stanford, Cal and UCLA...helped Buckeyes record their ninth-consecutive top-3 finish as a team in the Big Ten Championships (May 3) following third-place standing in grand final...an Academic All-Big Ten and Ohio State Scholar-Athlete. **2007 (Freshman)** Rowed for the 2V8...boat finished fifth in NCAA Championships to help propel Buckeyes to a third-place team finish, best in program history...finished second in Big Ten Championships...had 30-15 overall mark and 4-4 record in dual action... named an Ohio State Scholar-Athlete.

**Personal:** Undeclared major...won gold in 2006 CRASH-B and bronze at 2005 CRASH-B... also competed for five years with Wassersportverein Honnef...parents are Marlene and Hubert Franzen...born on Aug. 9, 1987.

## MELISSA HERMAN

**Class:** *Senior*

**Hometown:** *Rocklin, Calif.*

**High School:** *Saint Francis HS*

**Height/Weight:** *5-7/150*



**California: 2008 (Junior)** Rowed on the fourth-place varsity 4+ at the NCAA Championships and the second-place varsity 4+ at the Pac-10 Championships...switched to port from starboard at NAAs...an honorable

mention selection to the Pac-10 All-Academic team. **2007 (Sophomore)** Stoked the varsity 4+ that placed third at the NCAA Championships. **2006 (Freshman)** Stoked the novice 8+ that placed third at the Pac-10 Championships...was alternate for NCAA Championships squad.

**Personal:** Sociology major...rowed for Capital Crew in high school...varsity team

captain junior and senior year at Capital Crew... won freshman 8+ gold (2002), varsity 4 silver (2003), varsity quad silver (2004) and varsity 8+ bronze (2004) at the Southwest Junior Rowing Championships...parents are Mary Jo and Paul Herman...brother, Paul, was previously a member of Cal men's crew...born July 4, 1987, in Las Vegas, Nev.

**The best part about being on Cal crew is:** *The atmosphere surrounding you on a day-to-day basis. Everyone shows up with a great attitude. Everyone is committed to the team goal, and it's really exciting to be a part of a team that cares so much.*

**The best part of the University is:** *The people. Every day I am surrounded by the brightest professors and students in the nation.*

**My greatest achievement/finest moment was:** *Winning the 2006 San Diego Crew Classic, because we were down with 500 meters to go, and we came back to win. We all really pulled together.*

**I chose Cal because:** *The first thing that attracted me to Cal was the fact that it is an excellent school; I knew that a degree from Cal would set me apart later on in my future. But the biggest factor was the crew team. When I came on my visit everyone on the team was so welcoming, and I liked the fact that every day was going to be a challenge at Cal both on and off the water.*

**What sets Cal apart:** *Every day I am faced with the task of bettering myself by attending such a phenomenal school and training with great teammates. It's challenging but also fun and exciting, and you are constantly surrounded by people who make you want to learn more and better yourself.*

## ELENA HUMPHREYS

**Class:** *Senior*

**Hometown:** *Carmichael, Calif.*

**High School:** *Rio Americano HS*

**Height/Weight:** *6-0/155*



**California: 2008 (Junior)** Rowed on the varsity 8+ that took fourth place at the NCAA Championships and won the Pac-10 crown...named a Collegiate Rowing Coaches Association (CRCA) Scholar Athlete...earned a first-team

spot on the Pac-10 All-Academic team. **2007 (Sophomore)** Rowed in the varsity 8+ that placed third at the Pac-10 Championships and took seventh at the NCAA Championships... was on the Pac-10 All-Academic first team and was a CRCAScholar-Athlete. **2006 (Freshman)** Rowed in the novice 8+ that placed third at the Pac-10 Championships.

**Personal:** Peace and conflict studies major... rowed for Capital Crew in high school...parents are Elizabeth Haven and Richard Humphreys... born April 24, 1987, in Sacramento, Calif.

**The best part about being on Cal crew is:** *The team is dedicated to the sport and still has a lot of fun.*

**The best part of the University is:** *The classes are fun and insightful.*

**My greatest achievement/finest moment was:** *Winning the San Diego Crew Classic.*

**I chose Cal because:** *Of its excellence in both academics and athletics.*

**What sets Cal apart:** *A world-renowned education surrounded by athletes and coaches committed to excellence.*

## MARY JEGHERS

**Class:** *Sophomore*  
**Hometown:** *San Diego, Calif.*  
**High School:** *Poway HS*  
**Height/Weight:** *5-10/150*



**California:** *2008 (Freshman)* Rowed on the varsity 8+ that took fourth place at the NCAA Championships and won the Pac-10 championship...named the Pac-10 Newcomer of the Year.

**Personal:** Undeclared major...rowed for two years with San Diego Rowing Club...also played soccer in high school...parents are Sandy Jeghers and Kathleen Guiney...born Oct. 28, 1988, in San Diego, Calif.

**The best part about being on Cal crew is:** *The Cal crew team is very supportive and encouraging of everyone.*

**The best part about the University is:** *Cal is an amazing school, full of excellence and prestige.*

**I chose Cal because:** *I love the school, and the rowing team is phenomenal.*

**What sets Cal apart:** *Cal is set apart because of the wonderful atmosphere, academics and sports.*

## EEVA KARPPINEN

**Class:** *Junior*  
**Hometown:** *Raisio, Finland*  
**High School:** *Raisio Vaisaari School*  
**Height/Weight:** *6-0/165*



**California:** *2008 (Sophomore)* Provided depth on a veteran Cal team. **2007 (Freshman)** Rowed in the varsity 8+ that placed third at the Pac-10 Championships and that placed seventh at the NCAA Championships

**Personal:** Undeclared major...rowed for Nesteen Soutajat in high school...won the Finnish national championships in the single (2005, 2006), double (2004, 2006, 2007), and quad (2005, 2007)...parents are Pertti and Heli Karppinen...father, Pertti, rowed for the Finnish national team and won gold medals in

multiple Olympic Games...born March 4, 1987, in Raisio, Finland.

**The best part about being on Cal crew is:** *Being challenged every day by my teammates and myself. I love that every practice is about going hard and pushing the limits.*

**The best part of the University is:** *Receiving a world-class education.*

**My greatest achievement/finest moment was:** *My first regatta as a Cal athlete when I realized what it meant to "Be Cal."*

**I chose Cal because:** *I came to Cal because it has a world-known reputation, and the crew team is one of the top programs in the world.*

## ADRIENNE KELLER

**Class:** *Junior*  
**Hometown:** *Greenbrae, Calif.*  
**High School:** *Redwood HS*  
**Height/Weight:** *5-8/150*



**California:** *2008 (Sophomore)* Rowed on the second varsity 8+ that took sixth place in the NCAA Championships and won the Pac-10 title...picked to the Pac-10 All-Academic second team. **2007 (Freshman)** Stroked the

second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships.

**Personal:** Anthropology major...rowing for the Marin Rowing Association, won the women's junior 8+ grand final at the 2004 San Diego Crew Classic and took second place in the junior women's 8+ in the 2004 USRowing Youth Invitational...parents are Allison Griffin and Bill Keller...born March 29, 1988, in Greenbrae, Calif.

**I chose Cal because:** *It has an amazing atmosphere with great academics and athletics. Everywhere you go you are surrounded by people who are highly motivated and want to achieve great things.*

**What sets Cal apart:** *Everyone's positive and hardworking attitude.*

## LOU KINDER

**Class:** *Senior*  
**Hometown:** *Shaker Heights, Ohio*  
**High School:** *Deerfield Academy*  
**Height/Weight:** *5-7/150*



**California:** *2008 (Junior)* Rowed on the varsity 8+ that placed fourth at the NCAA Championships and won the Pac-10 crown... named to the CRCA West Region second team, Pac-10 All-Conference team and Pac-10 All-Academic

first team. **2007 (Sophomore)** Raced in the varsity 8+ that placed third at the Pac-10

Championships and took seventh at the NCAA Championships.

**2006 (Freshman)** Rowed in the varsity 4+ that placed first at the Pac-10 Championships and second at the NCAA Championships.

**Personal:** English major...rowed for Deerfield Academy...participated in track, cross country and ice hockey in high school...in track, was 2002 state champion in 4x4 and 4x2 for Hawken School in Ohio...hobbies include, playing catch, reading and singing...parents are Ann Rowland and Gordon Kinder...born Nov. 24, 1986, in Cleveland, Ohio.

**The best part about being on Cal crew is:** *That it's a chance to be a part of something great. We all work and strive together to make it happen.*

**The best part of the University is:** *That the students have so many resources and opportunities; you can make your experience whatever you want it to be.*

**My finest moment was:** *Doing pause drills on Mission Bay at dusk the evening before winning at the San Diego Crew Classic.*

**I chose Cal because:** *Cal was the only school that excited me. On my recruiting trip, Dave asked my teammate Mara Allen what the team goal was during a team meeting. She responded without hesitation, "Win NCAAs!" My response: "That's cool!"*

**What sets Cal apart:** *Cal has so much to offer: top-ranked academics and athletics plus the excitement of Berkeley. Success here requires a certain level of maturity and independence; the student is responsible for reaping Cal's benefits. I enjoy feeling like my Cal experience is mine to create.*

## EMMIE KOENIG

**Class:** *Senior*  
**Hometown:** *San Francisco, Calif.*  
**High School:** *Lowell HS*  
**Height/Weight:** *5-10/165*



**California:** *2008 (Junior)* Rowed on the second-place varsity 4+ at the Pac-10 Championships...missed the NCAA Championships with an illness. **2007 (Sophomore)** Rowed in varsity 4+ that placed third at the NCAA Championships.

**Personal:** Geography major...rowed for Pacific Rowing Club for four years...parents are Beverly and Peter Koenig...born Nov. 18, 1986, in San Francisco, Calif.

**The best part about being on Cal crew is:** *Being able to work with a group of extremely talented individuals to make one very fast team.*

**The best part about the University is:** *You get as much out of the University as you put in. There are lots of opportunities for study, but you must go find them. They will not come to you.*

**My greatest achievement/finest moment was:** *Getting into Berkeley for rowing and taking third at NCAAs in the four.*



**I chose Cal because:** *Berkeley would challenge me in ways I could only imagine but leave me with a great sense of achievement when finished.*

**What sets Cal apart:** *Rowing for Cal is unlike any other sport because everyone is focused on the goal at hand and there are no excuses. You either do it or you don't; there is no try, which is more like real life. Going to school here is different in the same way - no excuses for your defeats and your triumphs are all on you.*

## LAUREL KUHN

**Class:** Junior

**Hometown:** Sierra Madre, Calif.

**High School:** La Salle HS

**Height/Weight:** 5-9/140



**California: 2008 (Sophomore)** Filled in for an ill Emmie Koenig on the fourth-place varsity 4+ at the NCAA Championships. **2007 (Freshman)** Rowed in the freshman 8+ at the Pac-10 Championships.

**Personal:** History major...participated in track and field, cross country and basketball in high school...enjoys running and baking...parents are Barbara (deceased), Francis and Nadiene...born on Aug. 4, 1988.

**I chose Cal because:** *It provided me with the best opportunities to succeed in whatever I choose to do, academically and athletically.*

**What sets Cal apart:** *Is the vibe you get from everyone around here; everyone's working hard, but having fun doing it.*

## KRISTINA LÖFMAN

**Class:** Freshman

**Hometown:** Oslo, Norway

**High School:** Berg

**Height/Weight:** 5-11/163



**Personal:** Undeclared major...her best sports moment was taking fourth place in doubles sculling in the 2007 Junior World Championships in Beijing...also took 16th place in doubles sculling in the 2006 junior worlds in Amsterdam...

she has also been the Norwegian champion in 2X, 4X, 8+ and senior 4+...parents are Kari and Bo Löfman...born on March 13, 1989, in Oslo, Norway.

## KATIE LUKE

**Class:** Junior

**Hometown:** Folsom, Calif.

**High School:** Folsom HS

**Height/Weight:** 5-5/110

**California: 2008 (Sophomore)** Coxed the varsity 4+ in Cal's win over Texas, 7:25.2-7-



:52.8, and in Cal's loss to Washington, 7:27.69-7:38.31...named to Pac-10 All-Academic second team.

**Personal:** Mass communications major...coxed for Capital Crew in high school...team captain for three years...

coxed the lightweight 4+ to gold at the US Rowing Junior National Championships in 2005 and bronze in 2006...parents are Barbara and Chris Luke...born on Aug. 26, 1988.

**I chose Cal because:** *After going to one practice and seeing such a great team dynamic as well as understanding what a great education I could be receiving, I knew Cal was the school for me. Without hesitation, I made my decision, and it couldn't have been a better one.*

**What sets Cal apart:** *It is an amazing feeling going to school with the best of the best! As if it is not enough surrounding myself with talented teammates, experienced coaches and smart students, I have also encountered Nobel Peace Prize- and Pulitzer Prize-winning professors and unbelievable counselors and administrators.*

## KATY MILTON

**Class:** Senior

**Hometown:** San Francisco, Calif.

**High School:** Saint Ignatius College Prep

**Height/Weight:** 5-6/110



**California: 2008 (Junior)** Coxed the second varsity 8+ that placed sixth at the NCAA Championships and won the Pac-10 title...selected to the Pac-10 All-Academic second team. **2007 (Sophomore)** Coxed the varsity 4+ that placed

third at the NCAA Championships. **2006 (Freshman)** Coxed the novice 8+ that placed third at the Pac-10 Championships.

**Personal:** History major...intends to attend law school after graduating...coxed for Saint Ignatius...team captain in 2005...hobbies include baking, scrapbooking, traveling, sewing, cross-stitch and Hapkido...parents are Milly and Peter Milton...born Aug. 31, 1987, in San Francisco, Calif.

**The best part about being on Cal crew is:** *Each team member's drive for excellence, love of competition, and love for her team members who help her achieve.*

**The best part of the University is:** *The diversity of classes, professors and majors.*

**My greatest achievement/finest moment was:** *Winning the 2006 San Diego Crew Classic. The last 500 meters were amazing.*

**I chose Cal because:** *I was sure that through the University and California crew, I would leave Berkeley in four years having obtained the best education possible.*

**What sets Cal apart:** *The pride that students and student athletes take in their everyday*

*endeavors, from academic goals to daily workouts, sets Cal apart from any other university in the world.*

## BRIDGET MORAN

**Class:** Sophomore

**Hometown:** London, Ont., Canada

**High School:** Mother Teresa

**Catholic Secondary**

**Height/Weight:** 5-11/155



**California: 2008 (Freshman)** Member of the second varsity 8+ that took sixth at the NCAA Championships and won the Pac-10 title.

**Personal:** Undeclared major...rowed for two years in high school; also played volleyball, track and field, cross country...rowed for the London Rowing Club...went to Junior Worlds 2007 in the 2-....parents are Brian and Pierrette Moran...born July 30, 1989, in Ontario, Canada.

**National Team:** Moran and Cal teammate Sam Sartor competed in the pair for Canada at the 2007 World Junior Championships in Beijing. Moran and Sartor defeated Australia to win the B final and finish seventh overall.

**The best part about being on Cal crew is:** *The positive attitude of all the rowers.*

**The best part of the University is:** *The high caliber of all the staff and students.*

**I chose Cal because:** *I think it's the best school with the best rowing program.*

**What sets Cal apart:** *Everyone loves working hard.*

## LAUREN NOWINSKI

**Class:** Senior

**Hometown:** San Pedro, Calif.

**High School:** Montgomery HS

**Height/Weight:** 6-1/160



**California: 2008 (Junior)** Rowed on the second varsity 8+ that was sixth at the NCAA Championships and won the Pac-10 title...a Pac-10 All-Academic team honorable mention selection. **2007 (Sophomore)** Rowed in the

second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships. **2006 (Freshman)** Rowed in the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships...awarded the Liz Miles Most Promising Freshman award.

**Personal:** American studies major...rowed for Long Beach Junior Crew in high school...parents are Deborah and Stephen Nowinski...mother rowed for the U.S. national team and father rowed for Loyola Marymount...born Nov. 11, 1986, in Torrance, Calif.

**The best part about being on Cal crew is:** *The opportunity to be a part of such a dedicated and devoted team.*

**The best part about the University is:** *The opportunities available to you and the quality of the education offered.*

**My greatest achievement/finest moment was:** *Winning NCAAAs as a team my freshman year.*

**I chose Cal because:** *I knew it would be a challenge that would prepare me for the rest of my life.*

**What sets Cal apart:** *Cal stands apart from other universities because of its liberal approach to education and its high levels of excellence, both academically and athletically.*

## IVA OBRADOVIC

**Class:** Senior

**Hometown:** Novi Sad, Serbia and Montenegro

**High School:** Svetozar Markovic HS

**Height/Weight:** 6-2/170



**2006-08:** Competed internationally for Serbia and prepared for the 2008 Olympics (see below). **California: 2005 (Freshman)** A first-team All-American at Cal in 2005, Obradovic was a member of the Bears' 2005 NCAA champion-

ship team.

**International:** Competing for Serbia, took fifth in the B final of the single scull at the 2008 Olympics...placed fifth in the 2008 Munich World Cup regatta in the single scull...took fourth in the 2007 European Championships in single scull...won the 2005 Under-23 World Championship in the single scull...in her first foray into the senior World Championships in 2005, Obradovic placed 10th in the single scull B final.

**Personal:** Undeclared major...rowed for VK Danubius in high school...took third at the Under-23 Nations Cup in 2004...has rowed for the Serbian national team since 2001...played volleyball in high school...enjoys swimming...parents are Ljiljana and Dragan Obradovic...has four siblings, Dunja, Zoran, Sasa and Vanja.

**The best part about being on Cal crew is:** *The team. We work hard, we make no excuses and we go fast.*

**The best part of the University is:** *The countless number of opportunities it offers.*

**My finest moment:** *Lasted six minutes and 20 seconds; that is the time it took us to win NCAAAs in 2005.*

**I chose Cal because:** *I couldn't imagine my self anywhere else.*

**What sets Cal apart:** *I don't know anything about other schools, but everywhere I turn here, I see happy, satisfied people; for me, this is enough to be sure that I am in the right place.*

## TARYN O'CONNELL

**Class:** Junior

**Hometown:** Orinda, Calif.

**High School:** Carondelet HS

**Height/Weight:** 5-10/165



**California: 2008 (Sophomore)** Rowed on the varsity 8+ that finished fourth at the NCAA Championships and won the Pac-10 crown...named to the CRCA West Region first team and to the Pac-10 All-Conference team.

**2007 (Freshman)** Rowed in the varsity 8+ in the Pac-10 Championships that placed third and raced at the NCAA Championships...was awarded Most Promising Freshman.

**Personal:** Psychology major...rowed for the Oakland Strokes...awarded most improved athlete in 2004...won the 2004 and 2005 Junior National Championships and finished second in the 2006 Junior National Championship rowing in the varsity eight...parents are Moyra and Cal's first women's head coach Daig O'Connell...has a brother, Dan...father and brother both rowed for Cal men's crew...born April 4, 1988, in Oakland, Calif.

**National Team:** Took sixth place with the U.S. pair at the 2007 World Rowing U23 Championships in Strathclyde, Scotland.

**The best part about being on Cal crew is:** *Being on a team where everyone is willing to work until they drop, and all the girls are extremely close and trusting of each other.*

**The best part of the University is:** *Always being able to talk with experienced and hard-working students, athletes and professors. Being surrounded by excellence, I can't help but learn something new every day.*

**My greatest achievement/finest moment was:** *When I first joined varsity and learned how to push myself past my breaking point.*

**I chose Cal because:** *It has excellent academics taught by top-notch professors, and it has extremely supportive and successful athletic teams.*

**What sets Cal apart:** *Cal's athletic department staff. While we are out on the water giving it our all, the staff members are inside figuring out ways to help us be the best athletes we can be. They give 100 percent to the athletes they care so much about.*

## AVALON RADYS

**Class:** Sophomore

**Hometown:** Portland, Ore.

**High School:** Lincoln HS

**Height/Weight:** 6-0/170

**California: 2008 (Freshman)** Rowed on the novice 8+ that won the Pac-10 title.

**Personal:** Undeclared major...rowed for Rose City Rowing Club...played basketball and volleyball...parents are Lucy and Eric Radys...born on Oct. 19, 1988.



**The best part about being on Cal crew is:** *I get to push myself with steady persistence and grow daily.*

**The best part of the University is:** *It provides an atmosphere of possibility and the means for success.*

**What sets Cal apart:** *The diversity of interests, opinions, people and life that models the world at large and contributes to a sense of global awareness.*

## VANNA ROCCHI

**Class:** Junior

**Hometown:** Oroville, Calif.

**High School:** Oroville HS

**Height/Weight:** 5-6/150



**California: 2008 (Sophomore)** Rowed on the novice 8+ that won the Pac-10 title...member of the Pac-10 All-Academic first team.

**Personal:** Integrative biology major...formerly a two-year member of the Cal women's gymnastics

team...parents are Barbara and Steven Rocchi...father graduated from Cal in 1981...born on Nov. 29, 1986.

**The best part about being on Cal crew is:** *The awesome team. Everyone is so motivated to make the team great. We build off each other.*

**The best part of the University is:** *The students are here to learn and the professors are amazing, plus the campus is gorgeous. No where else has so much diversity.*

**My greatest achievement/finest moment was:** *Getting academic All-American while on the Cal gymnastics team.*

**I chose Cal because:** *Of the academic reputation and location.*

**What sets Cal apart:** *Not only do the smartest people from around the world hope to get in, but the best athletes choose to come here, too.*

## JENNY RUSHER

**Class:** Sophomore

**Hometown:** San Francisco, Calif.

**High School:** Mercy HS

**Height/Weight:** 5-11/168



**California: 2008 (Freshman)** Rowed on the novice 8+ that won the Pac-10 title.

**Personal:** Undeclared major...rowed for three years at Pacific Rowing Club...before crew, played basketball, tennis and swam...parents are

Jackie and Bill...born on July 10, 1989.

**The best part about being on Cal crew**



is: *Being part of a team that works hard, has a good attitude and goes fast.*

**The best part of the University is:** *The school spirit and how everyone involved in the school takes great pride in it.*

**My greatest achievement/finest moment was:** *Winning the bronze medal at Southwest Regionals in the novice 8A.*

**I chose Cal because:** *I want to reach my potential as a rower and as a student, and I know that the coaches and professors at Cal can help me get there.*

**What sets Cal apart:** *It's the No. 1 public school in the country and it has an NCAA-winning rowing program. From a student-athlete perspective, going to Cal is an opportunity for excellence.*

## SAM SARTOR

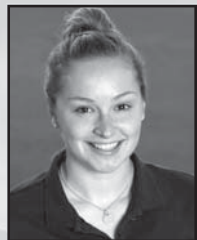
**Class:** *Sophomore*

**Hometown:** *Toronto, Ont., Canada*

**High School:** *E.L. Crossley*

**Secondary School**

**Height/Weight:** *5-10/150*



**California: 2008 (Freshman)** Rowed on the varsity 4+ that placed fourth at the NCAA Championships and second at the Pac-10 Championships.

**Personal:** Undeclared major...rowed for E.L. Crossley S.S. and the Don RC...won Canadian School Boys (CSSRA) in women's 8+ ('07)...Pea Body Cup Champion at the Henley Women's Regatta 2007 in women's 8+ (all for E.L. Crossley)...her brother, Jordan, is a member of Cal men's crew... parents are Bonnie and Larry...hobbies include snowboarding, shopping and spending time with friends... born in Toronto, Canada, on Nov. 13, 1989.

**National Team:** Sartor and Cal teammate Bridget Moran competed in the pair for Canada at the 2007 World Junior Championships last summer in Beijing. Moran and Sartor defeated Australia to win the B final and finish seventh overall.

**The best part about being on Cal crew is:** *The opportunity to spend quality time training for the sport I love and rowing with a team that wants to win.*

**The best part of University is:** *Knowing I am attending one of the best universities in the world.*

**My greatest/finest achievement was:** *Representing Canada at the Junior World Rowing Championships in Beijing.*

**I chose Cal because:** *Of the winning spirit and quality of education.*

**What sets Cal apart:** *It's got the whole package: education, rowing and location.*

## KAITI SEDERS

**Class:** *Senior*

**Hometown:** *Los Gatos, Calif.*

**High School:** *Los Gatos HS*

**Height/Weight:** *5-9/155*



**California: 2008 (Junior)** Competed on the second varsity 8+ that was sixth at the NCAA Championships and won the Pac-10 title...a Pac-10 All-Academic team honorable mention selection. **2007 (Sophomore)** Rowed

in the second varsity 8+ that placed first at the Pac-10 Championships and second at the NCAA Championships... second team Pac-10 all-academic. **2006 (Freshman)** Rowed in the junior varsity 8+ that took second place at the NCAA Championships.

**Personal:** Mass communications major... rowed for Los Gatos Rowing Club in high school...hobbies include cooking and photography...parents are Shelley and Jeff Seders... older sister, Ali, completed her Cal career last season...born March 3, 1987, in San Jose, Calif.

**My greatest achievement/finest moment was:** *Finishing second in the second varsity 8+ at the 2006 NCAA Championships.*

**I chose Cal because:** *It offered the best academic and athletic combination.*

**What sets Cal apart:** *Its great community of athletic support and athletes. It is great to be at a place with so many great people.*

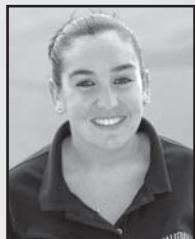
## SAM SILVIA

**Class:** *Senior*

**Hometown:** *San Francisco, Calif.*

**High School:** *Saint Ignatius College Prep*

**Height/Weight:** *5-9/165*



**California: 2008 (Junior)** Rowed on the second varsity 8+ that placed sixth at the NCAA Championships and won the Pac-10 title...earned a Pac-10 all-academic honorable mention. **2007 (Sophomore)** Rowed in the second varsity 8+

that placed first at the Pac-10 Championships and second at the NCAA Championships. **2006 (Freshman)** Rowed in the novice 8+ that placed third at the Pac-10 Championships.

**Personal:** History major...rowed for Saint Ignatius...participated in cross country and basketball while in high school...hobbies include reading, going to the ocean and hiking...parents are Alicia and Edward Silvia...has two siblings, Georgia and Edward...born Sept. 17, 1987, in San Francisco, Calif.

**The best part about being on Cal crew is:** *My teammates are so inspirational and I get to spend time with them every day.*

**The best part of the University is:** *The amazing range of classes you can take.*

**My greatest achievement/finest moment was:** *Not any one particular moment. Once Pac-10s and NAAs were over, I felt so accomplished and that I was a part of something bigger than myself. It is very humbling.*

**I chose Cal because:** *It is set apart by its eclectic course catalogue, diverse faculty and student body, and general aesthetic beauty of the campus. Plus, I love the Bay Area and couldn't picture myself anywhere else.*

## LAUREN TYBURSKI

**Class:** *Redshirt Freshman*

**Hometown:** *Lafayette, Calif.*

**High School:** *Acalanes HS*

**Height/Weight:** *5-11/150*

**California: 2008 Red-shirted.**



**Personal:** Undeclared major...played soccer and lacrosse in high school... parents are Janet and Mike Tyburski...born on March 16, 1989.

**The best part about being on Cal crew**

**is:** *Getting in shape and making friends and strong bonds with the team while keeping a motivational attitude.*

**The best part of the University is:** *The diversity and ability to succeed in so many different aspects of your life.*

**My greatest achievement/finest moment was:** *Obtaining this opportunity to attend an amazing school and be part of a wonderful and successful team.*

**I chose Cal because:** *Of its impressive and appropriate reputation as a wonderful institution.*

## CLAUDIA WALTERSPIEL

**Class:** *Sophomore*

**Hometown:** *Atlanta, Ga.*

**High School:** *Chattahoochee HS*

**Height/Weight:** *5-9/170*



**California: 2008 (Freshman)** Rowed on the unbeaten novice 8+.

**Personal:** French major...swam, played lacrosse and ran track in high school...parents are Diane and Juan Walterspiel...sister, Bianca, rowed for UC Santa Barbara's club team...born on Sept. 1, 1989.

**The best part about being on Cal crew is:** *Being surrounded by amazing talent and drive.*

**The best part about the University is:** *The awesome people.*

**I chose Cal because:** *It is a great school.*

**What sets Cal apart:** *The hard work and ambition of its rowers!*

## GOLDEN BEARS TO WATCH

### SARA BANILOHI



5-3 110  
Freshman  
Marietta, Ga.  
Pope HS

### ALI NEWTON



5-7 135  
Freshman  
San Diego, Calif.  
Francis Parker School

### SHAY SEAGER



5-10 175  
Junior  
Incline Village, Nev.  
Incline HS

### TAYLOR CHRISTENSEN



5-11 170  
Freshman  
El Dorado Hills, Calif.  
Saint Francis HS

### KELLIE NOLAN



5-11 170  
Freshman  
Torrance, Calif.  
Bishop Montgomery HS

### STEPHANIE STONE



5-11 195  
Freshman  
Newport Beach, Calif.  
Newport Harbor HS

### TYLER CHRISTOVALE



5-7 130  
Freshman  
Long Beach, Calif.  
Long Beach Polytechnic

### CHARLOTTE PALMER



5-6 135  
Freshman  
Mill Valley, Calif.  
Tamalpais HS

### ARIEL SUARES



5-2 110  
Freshman  
Long Beach, Calif.  
Wilson Classical HS

### JACQUIE HORTON



5-10 155  
Freshman  
Los Gatos, Calif.  
Los Gatos HS

### LISA PASCUZZI



5-7 150  
Freshman  
Los Gatos, Calif.  
Archbishop Mitty HS

### JOYCE TSE



5-3 97  
Freshman  
Weston, Mass.  
Noble and Greenough  
School

### KIRA JEPSON



5-8 165  
Freshman  
Campbell, Calif.  
Leigh HS

### KARINA RIVERA



5-6 150  
Freshman  
Richmond, Calif.  
Mills HS

### ABBY WOLF



5-11 170  
Freshman  
Alamo, Calif.  
Monte Vista HS

### LILLIAN MEAGHER



6-0 175  
Freshman  
Piedmont, Calif.  
Piedmont HS

### BRITTANY SANTUCCI



6-1 170  
Freshman  
Beaverton, Ore.  
Southridge HS

### TANYA WOLFRAM



5-11 160  
Freshman  
El Dorado Hills, Calif.  
Oak Ridge HS



# 2009 WOMEN'S CREW ROSTER

<i>Name</i>	<i>Height</i>	<i>Weight</i>	<i>Class</i>	<i>Hometown</i>	<i>Last School</i>
Sara Banilohi	5-3	110	Freshman	Marietta, Ga.	Pope HS
Kelsey Bates	5-7	150	Junior	Fair Oaks, Calif.	Bella Vista HS
Erica Bellis	5-2	110	Sophomore	Folsom, Calif.	Folsom HS
Kirsten Campbell	5-10	165	Junior	St. Louis, Mo.	University City HS
Katie Caves	5-9	160	Junior	San Carlos, Calif.	Carlmont HS
Taylor Christensen	5-11	170	Freshman	El Dorado Hills, Calif.	St. Francis HS
Tyler Christovale	5-7	130	Freshman	Long Beach, Calif.	Long Beach Polytechnic
Jill Costello	5-4	110	Junior	San Francisco, Calif.	Saint Ignatius College Prep
Danielle Detloff	5-9	155	Sophomore	Palos Verdes Estates, Calif.	Chadwick HS
Elise Etem	5-10	175	Freshman*	Long Beach, Calif.	Wilson HS
Nora Franzen	6-1	175	Junior	Bad Honnef, Germany	Ohio State
Melissa Herman	5-7	150	Senior	Rocklin, Calif.	Saint Francis HS
Jacquie Horton	5-10	155	Freshman	Los Gatos, Calif.	Los Gatos HS
Elena Humphreys	6-0	155	Senior	Carmichael, Calif.	Rio Americano HS
Mary Jeghers	5-10	150	Sophomore	San Diego, Calif.	Poway HS
Kira Jepson	5-8	150	Freshman	Campbell, Calif.	Leigh HS
Eeva Karppinen	6-0	165	Junior	Raisio, Finland	Raisio Vaisaari School
Adrienne Keller	5-8	150	Junior	Greenbrae, Calif.	Redwood HS
Lou Kinder	5-7	150	Senior	Shaker Heights, Ohio	Deerfield Academy
Emmie Koenig	5-10	165	Senior	San Francisco, Calif.	Lowell HS
Laurel Kuhn	5-9	140	Junior	Sierra Madre, Calif.	La Salle HS
Kristina Löfman	5-11	163	Freshman	Oslo, Norway	Berg
Katie Luke	5-5	110	Junior	Folsom, Calif.	Folsom HS
Lillian Meagher	6-0	175	Freshman	Piedmont, Calif.	Piedmont HS
Katy Milton	5-6	110	Senior	San Francisco, Calif.	Saint Ignatius College Prep
Bridget Moran	5-11	155	Sophomore	London, Ont., Canada	Mother Teresa Catholic Secondary
Ali Newton	5-7	135	Freshman	San Diego, Calif.	Francis Parker School
Kellie Nolan	5-11	170	Sophomore	Torrance, Calif.	Bishop Montgomery HS
Lauren Nowinski	6-1	160	Senior	San Pedro, Calif.	Bishop Montgomery HS
Iva Obradovic	6-2	170	Senior	Novi Sad, Serbia & Montenegro	Svetozar Markovic HS
Taryn O'Connell	5-10	165	Junior	Orinda, Calif.	Carondelet HS
Charlotte Palmer	5-6	135	Freshman	Mill Valley, Calif.	Tamapais HS
Lisa Pascuzzi	5-7	150	Freshman	Los Gatos, Calif.	Archbishop Mitty HS
Avalon Radys	6-0	170	Sophomore	Portland, Ore.	Lincoln HS
Karina Rivera	5-6	150	Freshman	Millbrae, Calif.	Mills HS
Vanna Rocchi	5-6	150	Senior	Oroville, Calif.	Oroville HS
Jenny Rusher	5-11	168	Sophomore	San Francisco, Calif.	Mercy HS
Brittany Santucci	6-1	170	Freshman	Beaverton, Ore.	Southridge HS
Sam Sartor	5-10	150	Sophomore	Toronto, Ont., Canada	E.L.Crossley Secondary School
Shay Seager	5-10	175	Junior	Livermore, Calif.	Incline HS
Kaiti Seders	5-9	155	Senior	Los Gatos, Calif.	Los Gatos HS
Sam Silvia	5-9	165	Senior	San Francisco, Calif.	Saint Ignatius College Prep
Stephanie Stone	5-11	195	Freshman	Newport Beach, Calif.	Newport Harbor HS
Ariel Suares	5-2	110	Freshman	Long Beach, Calif.	Wilson Classical HS
Joyce Tse	5-3	97	Freshman	Weston, Mass.	Noble and Greenough School
Lauren Tyburski	5-11	150	Freshman*	Lafayette, Calif.	Acalanes HS
Claudia Walterspiel	5-9	170	Sophomore	Alpharetta, Ga.	Chattahoochee HS
Abby Wolf	5-11	170	Freshman*	Alamo, Calif.	Monte Vista HS
Tanya Wolfram	5-11	160	Freshman	El Dorado Hills, Calif.	Oak Ridge HS

\*Utilized redshirt year

## COACHING STAFF

Head Coach: .....Dave O'Neill  
 Assistant Coach: .....Sara Nevin  
 Assistant Coach: .....Sarah Puddicombe  
 Director of Student-Athlete Development: .....Candice Rediger

# WHAT IT MEANS TO BE...



## ELENA HUMPHREYS

*"Being a member of Cal Crew means that you are surrounded by a group of hard-working, highly motivated student-athletes. The energy that comes from being in this environment inspires you to challenge yourself physically and mentally at a level which might have seemed unattainable without the support or kick in the butt by your teammates. It is hard work, but you know that everyone around you is pushing themselves as hard as possible, and on race day every drop of sweat will be worth it. This atmosphere allows you to succeed, prepares you for your future, and it is what makes Cal so great."*



## IVA OBRADOVIC

*"It is hard to be a Cal rower. It means to work hard every day for each second we improve. It means to go faster when everybody else slows down, push ourselves further when it gets painful, go as fast as we can, and hopefully it will be fast enough to win."*

## LOU KINDER

*"Rowing at Cal means constant daily effort. It means eating vegetables, getting homework done early and going to bed at 8:30. It means sweat puddles under ergs and run under boats. Rowing at Cal means teamwork, responsibility and succeeding together. It means lifelong friendships with people who also think of in crew metaphors. Rowing at Cal means fun, pride and loving what I do."*



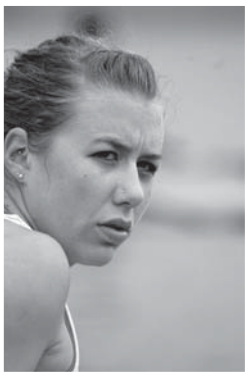
## LAUREN NOWINSKI

*"Being a Cal rower means being willing to go hard. When people ask me why I stick with a sport that requires so much time and energy I say, 'Because I like it.' Call me crazy, but becoming fit and seeing the results come race day, representing the University of California, and making lifelong friends are reasons enough to pull myself out of bed in the morning at 5:17."*



*"To be a Cal rower means that every day when I go to practice, I go with a purpose – I know I am working towards the goal of an NCAA championship. The best thing about Cal crew is that this goal can be a reality. Our team is made up of individuals who know how to work hard and work hard together as a team."*





### KELSEY BATES

"Being a rower at Cal means that as a team, we work hard towards being the best and fastest rowers we can be. We work to make our best better than everyone else's best."



### SAM SARTOR

"To be a Cal rower means to excel in an environment where athletes are given the opportunity to work hard. However, what sets us apart from other teams is that Cal rowers don't work hard because we have to; we work hard because we want to. Cal rowing isn't just a team but a lifestyle that is reflected in my day-to-day actions. It is the most amazing feeling to know I am part of Cal women's crew."

## ...A CAL ROWER



### EMMIE KOENIG

"Being a Cal rower means striving for success with a team of 60 athletes who share the same unrivaled passion for rowing. A Cal rower is given the opportunity to excel with outstanding coaches and hardworking and reliable teammates."

### KAITI SEDERS

"For me being part of Cal crew means pushing myself harder than I ever thought possible. It means dedicating and committing myself to the sport. It means being a part of something special. It has been a great learning and character building experience these past four years."



### KRISTINA LÖFMAN

"Cal women's crew is a place where I kill myself to beat the teammate sitting next to me, and what keeps me going is knowing that she is thinking the same thing. This internal competitiveness on a daily basis here at Cal is what gives this team the edge over other teams on race day."



### TARYN O'CONNELL

"Being a Cal rower means I always have a group of friends that share my interests and goals. It's a great resource, especially when school gets tough."

Photos by Liz Lee

# 2008 RECAP

## PAC-10 CHALLENGE

Cal won its varsity 8+ race against Notre Dame at the Pac-10 Challenge hosted by Stanford on March 30, the last day of the regatta, at the Redwood Shores Lagoon in Redwood Shores, Calif. The Golden Bears' ninth-ranked varsity 8+ boat, stroked by senior Candice Rediger, defeated No. 14 Notre Dame by almost 20 seconds in the morning race, 6:45.84-7:05.78. Cal won all five of its races on the day.

The Bears also defeated Notre Dame in the second varsity 8+ race by about five seconds, 6:40.82-6:45.89, and in the varsity 4+ by more than 20 seconds, 7:39.10-7:59.90.

Cal's third varsity 8+ beat Princeton's second varsity 8+, 7:10.96-7:29.59. The Bears claimed the novice 8+ event, its last race of the Pac-10 Challenge, by more than 15 seconds against UCLA, 7:20.24-7:35.84.

The Bears' varsity 8+ defeated three nationally ranked teams at the regatta, including No. 2 Virginia and No. 5 Ohio State on March 29. Cal recorded a time of 6:51.36 to Virginia's 6:54.86. They came back to defeat the Buckeyes by more than 13 seconds, 7:16.34-7:29.72.

Also on March 29, the Cavaliers beat the Bears' second varsity 8+, 7:04.81-7:07.73. Cal rebounded to defeat UVa in the varsity 4+ race, 8:02.26-8:08.41.

In the afternoon, Cal concluded its match-up with the Cavs, beating them, 7:37.32-7:48.61, in the novice 8+ event.

Cal crushed Ohio State in the varsity 4+ by almost 25 seconds, 8:35.40-9:00.20, but fell to Ohio State in the second varsity 8+, 7:25.24-7:31.93.

## TEXAS DUAL

Cal won all three varsity races as well as the novice 8+ race in its dual with Texas on April 12 at Lady Bird Lake in Austin, Texas. The Bears, making their first trip to the Lone Star State, claimed the varsity 8+ race, as the top-ranked Bears' boat rowed to a time of 6:20.2 to the Longhorns' 6:38.2. Overall, Cal won all four races against Texas.

The Texas varsity 8+ was unbeaten before facing Cal.

The Bears' varsity 4+ won the day's first race, with a time of 7:25.2 to Texas' 7:52.8. Next up, Cal's novice 8+ beat Texas, 6:49.1-6:53.9, in what was a close contest. The Bears did not establish a clear lead until past the halfway point of the race.

In the second varsity 8+ race, Cal triumphed, 6:33.5-6:51.9.



*Cal's varsity 8+ was unbeaten heading into NCAA's last year.*

## WASHINGTON DUAL

Cal's top-ranked varsity 8+ defeated 15th-ranked Washington by more than four seconds on April 26 at Redwood Shores Lagoon to win its fifth-straight Simpson Cup, the trophy awarded the winner of the annual Cal-Washington varsity 8+ race. The Bears' varsity 8+ posted a time of 6:33.51 to Washington's 6:37.55.

Cal also defeated Washington in the novice 8+ race, 7:00.44-7:03.13. The Huskies claimed the second varsity 8+, 6:44.81-6:47.92, and varsity 4+, 7:27.69-7:38.31, events.

The Bears had an additional race on April 26, with their third varsity 8+ falling to the Saint Mary's varsity 8+, 6:56.26-7:00.41.

## STANFORD DUAL

Cal swept Stanford in three races at the Big Row on Saturday at Redwood Shores Lagoon. The Golden Bears' second-ranked varsity 8+ claimed the top race with a time of 6:25.77 to the ninth-ranked Cardinal's 6:29.87. Cal's varsity 8+, which had a 6-0 record up to that point in the season, won despite being down by two seats at the 500-meter mark.

Cal was also victorious in the second varsity 8+, 6:47.27-6:58.08, and in the varsity 4+, 7:39.66-7:56.78, races. The Bears' displayed a brand new lineup in the varsity 4+ in sophomores Jill Costello (coxswain), Arielle Fersht, Katie Caves, Alexis Campbell-Craven and Laurel Kuhn.

## PACIFIC COAST ROWING CHAMPIONSHIPS

Cal took third place in the Pacific Coast Rowing Championships open 4+ race in a time of 8:24.1 at Lake Natoma in Gold River, Calif., on May 17, the day before the Pac-10 Championships were held at Lake Natoma.

## PAC-10 CHAMPIONSHIPS

Cal's No. 1-ranked varsity 8+ won its grand final over rival Stanford and the Golden Bears won three of four grand finals overall to capture the team title at the Pac-10 Rowing Championships on May 18 at Lake Natoma. Cal compiled 79 points, while Stanford (61) was second and Washington (59) was third.

The Bears improved on their 2007 performance by one spot.

Cal has now won four of the last five Pac-10 titles, including three straight from 2004 to 2006.

Cal's varsity 8+ competed in the last grand final of the day, leading from early on and posting a time of 6:38.8 to Stanford's 6:42.7. Washington was third in 6:44.7.

The Bears edged Oregon State in the second varsity 8+, 6:50.9-6:52.3, and easily surpassed second-place Washington in the novice 8+, 7:14.2-7:21.9. Cal was behind early to Washington in the novice 8+ race but caught and passed the Huskies at about the 1,250-meter mark.

The Bears took second in the varsity 4+ to Washington, 7:39.6-7:43.0.

## NCAA CHAMPIONSHIPS

Cal's varsity 8+ took fourth place and the host Bears took third place overall with 53 points at the NCAA Division I Women's Rowing Championships on June 1 on Lake Natoma. Defending NCAA champion Brown won the national regatta with 67 points, with Washington taking second with 59. Cal took fourth in both the varsity 8+ and varsity 4+ grand finals and sixth in the second varsity 8+ event.

The Bears improved on their seventh-place team finish in 2007.

Cal's varsity 4+ took fourth place with a time of 7:33.10 in the grand final.

The Bears' next result was a sixth-place finish in the second varsity 8+ grand final, in a time of 6:52.15, which put Cal in a difficult spot heading into the last race of the day — the varsity 8+ grand final. The Bears stood in fifth place after this race with 23 points.

Cal's varsity 8+, which was ranked No. 1 at the end of the regular season, won its May 30 NCAA heat and then lost for the first time in 2008 when it took second to Yale in its semifinal. The Bears placed fourth in the grand final in a time of 6:36.21. The winner was defending champion Yale (6:34.05), which was followed by Stanford (6:34.95) and third-place Brown (6:35.25).



# 2008 RACE RESULTS

## PAC-10 CHALLENGE

**MARCH 29-30 IN  
REDWOOD CITY, CALIF.**

### Varsity Eight

1. California ..... 6:51.36
2. Virginia ..... 6:54.86

1. California ..... 7:16.34
2. Ohio State ..... 7:29.72

1. California ..... 6:45.84
2. Notre Dame ..... 7:05.78

### Second Varsity Eight

1. Virginia ..... 7:04.81
2. California ..... 7:07.73

1. Ohio State ..... 7:25.24
2. California ..... 7:31.93

1. California ..... 6:40.82
2. Notre Dame ..... 6:45.89

### Varsity Four

1. California ..... 8:02.26
2. Virginia ..... 8:08.41

1. California ..... 8:35.40
2. Ohio State ..... 9:00.20

1. California ..... 7:39.10
2. Notre Dame ..... 7:59.90

### Novice Eight

1. California ..... 7:37.32
2. Virginia ..... 7:48.61

1. California ..... 7:20.24
2. UCLA ..... 7:35.84

### Third Varsity Eight

1. California ..... 7:28.66
2. Saint Mary's ..... 7:36.86

## TEXAS

**APRIL 12  
AUSTIN, TEXAS**

### Varsity Eight

1. California ..... 6:20.2
2. Texas ..... 6:38.2

### Second Varsity Eight

1. California ..... 6:33.5
2. Texas ..... 6:51.9

### Varsity Four

1. California ..... 7:25.2
2. Texas ..... 7:52.8

### Novice Eight

1. California ..... 6:49.1
2. Texas ..... 6:51.9

## WASHINGTON

**APRIL 26  
REDWOOD CITY, CALIF.**

### Varsity Eight

1. California ..... 6:33.51
2. Washington ..... 6:37.55

### Second Varsity Eight

1. Washington ..... 6:44.81
2. California ..... 6:47.92

### Varsity Four

1. Washington ..... 7:27.69
2. California ..... 7:38.31

### Novice Eight

1. California ..... 7:00.44
2. Washington ..... 7:03.13

### Varsity Eight/Third Varsity Eight

1. Saint Mary's ..... 6:56.26
2. California 3V8 ..... 7:00.41

## STANFORD

**MAY 3  
REDWOOD CITY, CALIF.**

### Varsity Eight

1. California ..... 6:25.77
2. Stanford ..... 6:29.87

### Second Varsity Eight

1. California ..... 6:47.27
2. Stanford ..... 6:58.08

### Varsity Four

1. California ..... 7:39.66
2. Stanford ..... 7:56.78

## PACIFIC COAST ROWING CHAMPIONSHIPS

**MAY 17  
GOLD RIVER, CALIF.**

### Open Four Grand Final

1. Loyola Marymount ..... 8:16.7
2. Sacramento State ..... 8:20.3
3. California ..... 8:24.1

## PAC-10 CHAMPIONSHIPS

**MAY 18  
GOLD RIVER, CALIF.**

### Final Team Standings

1. California ..... 79 points
2. Stanford ..... 61.0
3. Washington State ..... 59.0
4. Washington ..... 57.5
5. Oregon State ..... 51.0
6. USC ..... 60.0
7. UCLA ..... 35.0

### Varsity Eight Grand Final

1. California ..... 6:38.8
2. Stanford ..... 6:42.7
3. Washington State ..... 6:44.7
4. USC ..... 6:46.3
5. Washington ..... 6:49.6
6. Oregon State ..... 6:52.0
7. UCLA ..... 6:53.3
8. Gonzaga ..... 6:55.7
9. Western Washington ..... 6:58.2
10. UC Davis ..... 7:00.6
11. Sacramento State ..... 7:10.9

### Second Varsity Eight Grand Final

1. California ..... 6:50.9
2. Oregon State ..... 6:52.3
3. Stanford ..... 6:54.6
4. Washington ..... 6:55.5
5. Washington State ..... 6:58.5
6. USC ..... 6:59.8
7. UCLA ..... 7:03.9
8. Gonzaga ..... 7:09.1
9. UC Davis ..... 7:14.6
10. Sacramento State ..... 7:19.2
11. Western Washington ..... 7:33.8

### Novice Eight Grand Final

1. California ..... 7:14.2
2. Washington ..... 7:21.9
3. Washington State ..... 7:23.2
4. Oregon State ..... 7:23.6
5. Gonzaga ..... 7:34.3
6. UC Davis ..... 7:44.9
7. UCLA ..... 7:31.3
8. Sacramento State ..... 7:33.8
9. Stanford ..... 7:40.2
10. USC ..... 7:47.8

### Varsity Four Grand Final

1. Washington ..... 7:39.6
2. California ..... 7:43.0
3. USC ..... 7:51.0
4. Washington State ..... 7:53.2
5. Oregon State ..... 7:55.5
6. Gonzaga ..... 7:59.3
7. UCLA ..... 7:58.3
8. Stanford ..... 8:04.7

## NCAA CHAMPIONSHIPS

**MAY 30-JUNE 1  
GOLD RIVER, CALIF.**

### Final Team Standings

1. Brown ..... 67 points
2. Washington ..... 59.0
3. California ..... 53.0
4. Yale ..... 51.0
5. Virginia ..... 47.0
6. Michigan State ..... 38.0
7. Ohio State ..... 34.0
8. Washington State ..... 30.0
9. Harvard ..... 26.0
10. Wisconsin ..... 25.0
11. Tennessee ..... 21.0
12. Princeton ..... 17.0

### Varsity Eight Grand Final

1. Yale ..... 6:34.0
2. Stanford ..... 6:34.9
3. Brown ..... 6:35.2
4. California ..... 6:36.2
5. Washington ..... 6:38.2
6. Michigan State ..... 6:40.2

### Varsity Four Grand Final

1. Yale ..... 7:24.75
2. Virginia ..... 7:26.09
3. Brown ..... 7:29.77
4. California ..... 7:33.10
5. Michigan State ..... 7:33.99
6. Yale ..... 7:41.82

### Second Varsity Eight Grand Final

1. Brown ..... 6:42.42
2. Ohio State ..... 6:44.87
3. Washington ..... 6:48.41
4. Virginia ..... 6:49.88
5. Tennessee ..... 6:51.60
6. California ..... 6:52.15

# HISTORY OF CAL CREW

After 29 years as a varsity sport, the history of California women's crew is impressive. One of the top women's intercollegiate sports at Cal, women's rowing started several times earlier in the century as a club and intramural program, but women's crew began as an intercollegiate sport with a flourish in the fall of 1974.

Daig O'Connell (Cal '72), the program's first coach, immediately led the Golden Bears to early dominance of women's West Coast rowing. The Bears won the Pacific Coast intercollegiate title their first year of competition in 1975. In fact, they went on to win the Pacific Coast championship in four of their five years under O'Connell's tutelage. During O'Connell's years, Cal owned the women's events at the San Diego Crew Classic and in 1979 finished second in the National Women's Rowing National Championships.

In 1980, O'Connell turned the program over to Pat Sweeney, a 1976 Olympic silver medalist coxswain from Great Britain. In Sweeney's first year, Cal women's crew dominated the NWRA national championships. The Bears won the varsity eight, Cal's first ever varsity national championship in any women's sport, and also captured the varsity four and finished second in the junior varsity eight. Although Washington moved to the forefront of women's rowing from 1981-88, winning seven of eight national championships, the Bears captured national titles in



**Cal's 1980 NCAA champion varsity eight brought the school its first-ever women's national title in any sport.**

the novice eight in 1984 and the varsity four in 1981. During the 1980s, the Bears continued with many successes, including adding to an impressive list of 14 current or former rowers on the U.S. national team.

From 1988-93 the Bears were led by John Squadroni, who twice took successful varsity crews to the National Collegiate Rowing Championships, finishing seventh in 1991 and fourth in 1993. In addition, Cal defeated Washington in both the varsity and junior varsity eights in 1990.

Anna Considine spent four seasons guiding the Bears from 1994-97. Although Cal experienced mixed results during Considine's tenure, her 1997 varsity eight advanced to the final before finishing sixth at the inaugural NCAA Women's Rowing Championship. Upon Considine's departure, former Cal

novice coach Marisa Hurtado assumed the varsity head coaching duties on an interim basis and led the varsity back to the NCAAs in 1998.

In 1999, Dave O'Neill moved to the forefront of Cal women's crew when he took charge of the program. In O'Neill's first season as head coach, the Bears earned their first team berth to the NCAA Championships and the bronze-winning varsity eight returned to Berkeley with Cal's first NCAA medal. The Cal women's team has competed at the NCAA Championships each year under O'Neill's tutelage, garnering rankings of No. 4 and No. 6 in 2000 and '01, respectively.

During the 2002 campaign, O'Neill's varsity eight again took bronze while the Bears finished No. 3 overall at the NCAA Championships. The 2004 crew began the year by winning its second straight

Jessop-Whittier Cup at the San Diego Crew Classic. A few weeks later the Bears triumphed again, beating Washington in a dual race for the first time in 13 years. In 2005 the Bears won a second consecutive Pac-10 title and won the Bears' first ever NCAA championship.

In 2006 the Bears entered the NCAA Championships undefeated on the varsity level and with a third consecutive Pac-10 Championship. The Bears finished second in all three levels of competition, enough to edge out Brown for Cal's second consecutive NCAA Championship. In 2007, Cal won the junior varsity eight title and took second place overall at the Pac-10 Championships. The Bears later claimed third place in the varsity four race and took second in the second varsity eight grand final on the way to a seventh-place overall showing at the NCAA Championships. Cal improved on its 2007 performance with a conference title and a third-place NCAA finish in 2008 (see page 16).



**Cal's first women's varsity crew in 1975.**

## CAL COACHING SUMMARY

Year	Varsity Coaches
1975-79	Daig O'Connell, Cal '72
1980-86	Pat Sweeney, Thames Tradesmen
1987	Ted Swinford, Cal '83
1988-93	John Squadroni, Washington '84
1994-97	Anna Considine, Warsaw Physical Academy '80
1998	Marisa Hurtado, UCLA '89
1999-Present	Dave O'Neill, Boston College '91

Year	Novice Coaches
1975	Peter Lippett, Cal '58
1976	Jim Scardino, Cal '75
1977	Dean Wright, Cal '76
1978	Kelly Moore, Cal '72
1979-80	Brad Kaderabek, Cal '78
1981-84	John Murphy, Columbia '65
1985-88	Ann Dethloff, Cal '84
1989-92	Jenny Hale, Harvard '85
1993	Katie Burke, Victoria '89
1994-97	Marisa Hurtado, UCLA '89
1998	Fred Honebein, Cal '91
1999	Georgia Crowley, Yale '95
2000-01	Ellen Minzner, Villanova '88
2002-Present	Sara Nevin, Washington '85



# CALIFORNIA HONORS

## COLLEGIATE ROWING COACHES ASSOCIATION AWARDS

### ALL-AMERICANS

- 2000 Second Team: Megan Dirkmaat.  
2001 First Team: Megan Cooke.  
2002 First Team: Megan Cooke.  
2003 Second Team: Kaylan Vander Schilden.  
2004 First Team: Martha Helgeland, Kaylan Vander Schilden. Second Team: Laura Terheyden.  
2005 First Team: Jelena Djukic, **Iva Obradovic**, Kaylan Vander Schilden, Remy Hitomi.  
2006 First Team: Kaylan Vander Schilden, Erin Cafaro. Second Team: Jelena Djukic, Krista Ellis.  
2007 First Team: Megan Smith. Second Team: Mara Allen.  
2008 First Team: Mara Allen, **Taryn O'Connell**. Second Team: Krista Ellis, Candice Rediger.

### ALL-REGION

- 2000 Megan Dirkmaat, Caroline Ingham, Whitney Webber  
2001 First Team: Megan Cooke. Second Team: Anne Beaulaurier, Khobi Brooklyn, Ariana Canova.  
2002 First Team: Ariana Canova, Megan Cooke. Second Team: Shelle Orem.  
2003 First Team: Kaylan Vander Schilden. Second Team: Ariana Canova, Shaina Kennedy.  
2004 First Team: Kaylan Vander Schilden, Martha Helgeland, Remy Hitomi, Laura Terheyden. Second Team: Jessica Patak.  
2005 First Team: Jelena Djukic, **Iva Obradovic**, Kaylan Vander Schilden, Remy Hitomi. Second Team: Laura Terheyden.  
2006 First Team: Kaylan Vander Schilden, Erin Cafaro, Jelena Djukic, Krista Ellis. Second Team: Erin Reinhardt.  
2007 First Team: Mara Allen, Megan Smith. Second Team: **Taryn O'Connell**.  
2008 First Team: Mara Allen, Krista Ellis, **Taryn O'Connell**, Candice Rediger. Second Team: **Lou Kinder**.

### NATIONAL SCHOLAR-ATHLETE

- 2003 Shelle Orem, Hilarie Martin, Erin Sanford  
2008 **Elena Humphreys**, **Lou Kinder**

### COACH OF THE YEAR

- 1999 **Dave O'Neill**  
2005 **Dave O'Neill**

### ASSISTANT COACH OF THE YEAR

- 2008 **Sara Nevin**

### WEST REGION COACH OF THE YEAR

- 2004 **Dave O'Neill**  
2005 **Dave O'Neill**  
2008 **Dave O'Neill**

## WEST REGION ASSISTANT COACH OF THE YEAR

- 2004 **Sara Nevin**  
2008 **Sara Nevin**

## PACIFIC-10 CONFERENCE AWARDS

### ALL-CONFERENCE

- 1987 Beth Rhine  
1988 Julia Lee, Ruth Baptist, Tatiana Tilley  
1989 Julia Lee  
1990 Liz Behrens, Jenny Bagnell  
1991 Julita Liauw, Shannon Day, Vanessa Wakil  
1992 Chelsea Dwyer, Laurel Korholz  
1993 Christine Hensleigh, Laurel Korholz  
1994 Chelsea Dwyer, Becky McKain, Janet White  
1995 Candace Carpenter, Keely Commings, Julie Herrera  
1996 Keely Commings  
1997 Victoria Cloud, Caroline Ingham, Cory Bosworth  
1998 Whitney Webber, Marlowe Penfold, Cory Bosworth  
1999 Megan Dirkmaat, Caroline Ingham, Mercy Ringelmann  
2000 Megan Dirkmaat, Whitney Webber, Caroline Ingham  
2001 Ariana Canova, Megan Cooke  
2002 Ariana Canova, Megan Cooke, Shelle Orem  
2003 Ariana Canova  
2004 Martha Helgeland, Jessica Patak, Laura Terheyden, Kalan Vander Schilden  
2005 Jelena Djukic, Laura Terheyden  
2006 Mara Allen, Erin Cafaro, Jelena Djukic  
2007 Mara Allen, Megan Smith  
2008 Mara Allen, **Lou Kinder**, **Taryn O'Connell**, Candice Rediger.

### NEWCOMER OF THE YEAR

- 2004 Neela Bushnell  
2005 Mara Allen  
2006 Krista Ellis  
2008 **Mary Jeghers**

### ALL-ACADEMIC

- 1993 Christine Hensleigh  
1994 Chelsea Dwyer  
1995 Keely Commings  
1997 Cory Bosworth  
1998 Cory Bosworth  
1999 Cory Bosworth  
2000 First Team: Megan Cooke, Megan Dirkmaat, Caroline Ingham, Blake Likins, Elizabeth Powell, Kelly Reed, Whitney Webber. Second Team: Anna Beaulaurier, Lorraine Coke, Meghan Coleman, Robin Dean.  
2001 First Team: Megan Cooke, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Elyse Lerum, Patsy McGuire, Katie Waller.  
2002 First Team: Ariana Canova, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Emily Getchel, Martha Helgeland, Ona Johnson, Elyse Lerum, Andrea McDermott, Patsy McGuire, Anita

- Sarrett, Katie Waller.  
2003 First Team: Kate Goodman, Hilarie Martin, Andrea McDermott, Shelle Orem, Erin Sanford. Second Team: Khobi Brooklyn, Ariana Canova, Karin Clifton, Martha Helgeland, Ashley Peterson.  
2004 First Team: Martha Helgeland, Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Kimberly Atkinson, Karin Clifton, Naomi Markle, Ursela Nicholson, Erin Overweg, Kaylan Vander Schilden, Sabine Zimmerman.  
2005 First Team: Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Gina Antonini, Kimberly Atkinson, Karin Clifton, Kirsten Hextrum, Naomi Markle, Erin Overweg, Jessica Smith, Roberta Tonelli, Lindsey Wall, Sabine Zimmermann.  
2006 First Team: Gina Antonini, Robin Grossman, Kirsten Hextrum, Natasha LaBelle, Liz Lee, Sabine Zimmermann. Second Team: Mara Allen, Naomi Markle, Erin Reinhardt, Jessica Smith, Kaylan Vander Schilden. Honorable Mention: Laura Browne, Justine Chen, Rebecca Meissner, Megan O'Connor, Mariah Reddick, Candice Rediger, Jessica Smith, Megan Smith, Erica Van Steenis.  
2007 First Team: Kirsten Hextrum, **Elena Humphreys**, Leigh Whelpton. Second Team: Mara Allen, Krista Ellis, Gracy Huntley, **Lou Kinder**, Rebecca Meissner, **Katy Milton**, Megan O'Connor, Summer Ohlendorf, Onna Poeter, Tiffany Pransky, **Kaiti Seders**, Astrid Sky, Jessica Smith, Megan Smith. Honorable Mention: Erika Blecha, Laura Browne, **Melissa Herman**, **Lauren Nowinski**, Mariah Reddick, Candice Rediger, Molly Denning.  
2008 First Team: Krista Ellis, **Elena Humphreys**, **Lou Kinder**, **Vanna Rocchi**. Second Team: Mara Allen, **Adrienne Keller**, **Katie Luke**, **Katy Milton**, **Taryn O'Connell**, Summer Ohlendorf, Onna Poeter, Ali Seders. Honorable Mention: **Kirsten Campbell**, **Jill Costello**, **Melissa Herman**, **Lauren Nowinski**, Candice Rediger, **Kaiti Seders**, Sam Silvia.

### COACH OF THE YEAR

- 1999 **Dave O'Neill**  
2004 **Dave O'Neill**  
2005 **Dave O'Neill**  
2008 **Dave O'Neill**

### CAL AWARDS

### MOST PROMISING FROSH (LIZ MILES AWARD)

- 1994 Julie Herrera  
1995 Kathleen Sims  
1996 1996 Novice Crew  
1997 n/a  
1998 Meghan Wallace  
1999 Megan Cooke  
2000 Khobi Brooklyn  
2001 Ariana Canova

- 2002 Laura Terheyden  
2003 Kaylan Vander Schilden  
2004 Jelena Djukic  
2005 Mara Allen  
2006 **Lauren Nowinski**  
2007 **Taryn O'Connell**  
2008 **Mary Jeghers**

### SCHOLARSHIP AWARD (TOP GPA)

- 1994 Ute Gawlick  
1995 Francesca Romeo  
1996 Janet White, Candace Carpenter  
1997 n/a  
1998 Cory Bosworth  
1999 Jessica Thomas  
2000 Meghan Coleman  
2001 Kate Goodman  
2002 Shelle Orem  
2003 Shelle Orem  
2004 Natasha LaBelle  
2005 Natasha LaBelle  
2006 Natasha LaBelle  
2007 Tricia Davitt  
2008 **Lou Kinder**

### MOST IMPROVED ROWER

- 1994 Michelle Arzubi  
1995 Candace Carpenter  
1996 Noreen Downey  
1997 n/a  
1998 Marie Haddock  
1999 Julie Nichols  
2000 Whitney Webber  
2001 Kate Waller  
2002 Andrea McDermott  
2003 Remy Hitomi  
2004 Jessica Patak  
2005 Becky Owens, Megan Smith  
2006 Onna Poeter  
2007 Ali Seders  
2008 Summer Ohlendorf

### ATHLETE BEST EXEMPLIFYING LOYALTY, PROFICIENCY AND SPIRIT (BETTINA BENTS AWARD)

- 1995 Kelly Commings  
1996 Kelly Commings, Candace Carpenter  
1997 n/a  
1998 Liz Powell  
1999 Cory Bosworth  
2000 Megan Dirkmaat  
2001 Anne Beaulaurier  
2002 Megan Cooke  
2003 Hilarie Martin, Elyse Lerum  
2004 Remy Hitomi, Martha Helgeland  
2005 Remy Hitomi, Laura Terheyden  
2006 Kaylan Vander Schilden, Erin Cafaro  
2007 Mara Allen  
2008 Mara Allen, Candice Rediger

### OUTSTANDING FEMALE ATHLETE (LOWENA HAMILTON AWARD)

- 2007 Onna Poeter

### WALTER A. HAAS, JR., COMMUNITY SERVICE AWARD

- 2000 Liz Powell

# CAL CUP RESULTS/CHAMPIONSHIPS

## NCAA CHAMPIONSHIPS

### OVERALL FINISH

1997.....	n/a
1998.....	n/a
1999.....	6th
2000.....	4th
2001.....	6th
2002.....	3rd
2003.....	5th
2004.....	4th
2005.....	1st
2006.....	1st
2007.....	7th
2008.....	3rd

## NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.)

### TOP 3 FINISHES

Varsity 8+

1979.....	2nd
1980.....	1st
1999.....	3rd
2002.....	3rd
2005.....	1st
2006.....	2nd

## NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.)

### TOP 3 FINISHES

Varsity 4+

1980.....	1st
1981.....	1st
2003.....	2nd
2006.....	2nd
2007.....	3rd

## NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.)

### TOP 3 FINISHES

Junior Varsity 8+

1980.....	2nd
1981.....	3rd
2003.....	3rd
2004.....	2nd
2005.....	2nd
2006.....	2nd
2007.....	2nd

## PAC-10 CHAMPIONSHIPS

### OVERALL FINISH

1987.....	4th
1988.....	2nd
1989.....	4th
1990.....	3rd
1991.....	2nd
1992.....	3rd
1993.....	2nd
1994.....	1st (combined men's and women's competition)
1995.....	2nd (combined men's and women's competition)
1996.....	2nd (combined men's and women's competition)
1997.....	3rd
1998.....	2nd
1999.....	2nd
2000.....	2nd
2001.....	2nd
2002.....	2nd
2003.....	2nd
2004.....	1st
2005.....	1st
2006.....	1st
2007.....	2nd
2008.....	1st

## PACIFIC COAST/ PAC-10 CONFERENCE CHAMPIONS

Varsity 8+	Junior Varsity 8+	Varsity 4+
1975		2002
1976	1978	2003
1978	1979	2006
1979	1980	
2004	2003	Novice 8+
2005	2004	1981
2006	2005	1984
2007	2006	1989
2008	2007	2003
	2008	2004
		2008

## CAL vs. WASHINGTON

Simpson Cup, Since 1975:  
Bears 12, Huskies 22

1975.....	California
1976.....	California
1977.....	California
1978.....	California
1979.....	California
1980.....	California
1981.....	Washington
1982.....	Washington
1983.....	Washington

1984.....	Washington
1985.....	Washington
1986.....	Washington
1987.....	Washington
1988.....	Washington
1989.....	Washington
1990.....	California
1991.....	Washington
1992.....	Washington
1993.....	Washington
1994.....	Washington
1995.....	Washington
1996.....	Washington
1997.....	Washington
1998.....	Washington
1999.....	Washington
2000.....	Washington
2001.....	Washington
2002.....	Washington
2003.....	Washington
2004.....	California
2005.....	California
2006.....	California
2007.....	California
2008.....	California

## CAL vs. STANFORD

Since 1976: Bears 23, Cardinal 10

1976.....	California
1977.....	California
1978.....	Stanford
1979.....	California
1980.....	California
1981.....	California
1982.....	Stanford
1983.....	Stanford
1984.....	Stanford
1985.....	California
1986.....	California
1987.....	Stanford
1988.....	California
1989.....	Stanford
1990.....	Stanford
1991.....	California
1992.....	California
1993.....	California
1994.....	California
1995.....	Stanford
1996.....	Stanford
1997.....	California
1998.....	California
1999.....	California
2000.....	California
2001.....	California
2002.....	Stanford
2003.....	California
2004.....	California
2005.....	California
2006.....	California
2007.....	California
2008.....	California



# INTERNATIONAL BEARS

**1979 World Championships.... Yugoslavia**  
Pat Spratlen Etem '79..... Bronze, USA 8+

**1980 Olympic Games ..... Russia**  
Valerie McClain '82 USA..... Boycott  
Pat Spratlen Etem '79 USA..... Boycott

**1981 World Championships..... Germany**  
Valerie McClain '82..... Silver, USA 8+  
Pat Spratlen Etem '79..... Silver, USA 8+  
Liz Miles '77..... Silver, USA 8+  
Nanette Bernadou '81..... 4th, USA 4+

**1982 World Championships.. Switzerland**  
Nanette Bernadou '81..... Silver, USA 8+  
Liz Miles '77..... Silver, USA 8+  
Valerie McClain '82..... Silver, USA 4+

**1983 World Championships..... Germany**  
Valerie McClain '82..... Silver, USA 8+  
Pat Spratlen Etem '79..... Silver, USA 8+

**1984 Olympic Games ..... Los Angeles, USA**  
Pat Spratlen Etem '79..... 4th, USA 4+  
Liz Miles '77..... 4th, USA 4+  
Valerie McClain '82..... 4th, USA 4+  
Sheila Conover '91..... USA Kayaking  
Connie Carpenter Phinney '81 ... Gold, USA Cycling  
Road Race



*Liz Miles, Pat Spratlen Etem and Val McClain finished fourth in the U.S. coxed four at the 1984 Los Angeles Olympic Games.*

**1985 World Championships..... Belgium**  
Jennifer Scott..... 4th, USA 8+  
Liz Miles..... 4th, USA 8+

**1988 Olympic Games ..... Korea**  
Sheila Conover '91..... USA Kayaking

**1990 World Championships..... Australia**  
Martha Plessas '83..... 7th, USA Lw 4-

**1991 World Championships..... Austria**  
Shannon Day '93..... USA Alternate

**1992 World Championships..... Canada**  
Molly Brock..... 5th, USA Lw 4-

**1992 Olympic Games ..... Spain**  
Shannon Day '93..... 6th, USA 8+  
Liz Behrens '89..... USA Alternate  
Betsy Kimmel '89..... USA Alternate  
Sheila Conover '91..... USA Kayaking

**1993 World Championships..... Czech Republic**  
Laurel Korholz '93..... USA Alternate

**1994 World Championships..... Indianapolis, USA**  
Laurel Korholz '93..... Silver, USA 8+  
Molly Brock '91..... 8th, USA Lw 1X

**1995 World Championships..... Finland**  
Laurel Korholz '93..... Gold, USA 8+  
Molly Brock '91..... 11th, USA Lw 1X

**1996 Olympic Games ..... Atlanta, USA**  
Laurel Korholz '93..... 4th, USA 8+

**1997 World Championships..... France**  
Laurel Korholz '93..... 9th, USA 4X

**1998 World Championships..... Germany**  
Laurel Korholz '93..... 4th, USA 2X

**1999 World Championships..... Canada**  
Laurel Korholz '93..... 4th, USA 4X  
Molly Brock '91..... Gold, USA Lw 4X

**2000 Olympic Games ..... Australia**  
Laurel Korholz '93..... 5th, USA 4X

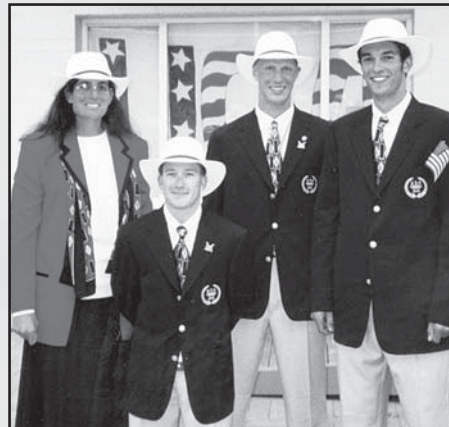
**2001 World Championships.. Switzerland**  
Caroline Ingham '00..... 4th place, USA 8+  
Megan Dirkmaat '00..... 4th, USA 8+

**2002 World Championships..... Spain**  
Megan Dirkmaat '00..... 4th, USA 2-  
Whitney Webber '00..... 5th, USA 4-  
Laurel Korholz '93..... 8th, USA 2X

**2002 World U23 Regatta/Nations Cup Italy**  
Ariana Canova '04..... 4th, USA 4-  
Shelle Orem '03..... 4th, USA 4-  
Martha Helgeland '04..... 9th, Norway 2X  
Dave O'Neill..... USA Coach

**2003 World Championships..... Italy**  
Megan Dirkmaat '00..... 5th, USA 8+  
Whitney Webber '00..... Gold, USA 4-  
Julie Nichols '00..... 13th, USA Lt 1X  
Laurel Korholz '93..... 6th, USA 4X

**2003 World U23 Regatta/Nations Cup..... Serbia**  
Jelena Djukic '07..... 7th, Serbia 4X  
Iva Obradovic '09..... 7th, Serbia 4X  
Martha Helgeland '04..... 10th, Norway 1X



*2000 U.S. Golden Bear Olympians. (left to right) Laurel Korholz, Pete Cipollone, Jake Wetzel and Sebastian Bea.*



*Megan Dirkmaat (left) and Caroline Ingham competed in the 2001 World Championships in Switzerland.*

**2004 World Championships..... Spain**  
Megan Cooke '02..... 7th, USA 4-  
Julie Nichols '00..... Bronze, USA Lt 4X

**2004 World U23 Regatta/Nations Cup..... Poland**  
Iva Obradovic '09..... Bronze, Serbia 1X

**2004 Olympic Games ..... Greece**  
Megan Dirkmaat '00..... Silver, USA 8+  
Laurel Korholz '93..... Silver, USA 8+

**2005 World Championships..... Japan**  
Megan Cooke '02..... 8th, USA 2X  
Julie Nichols '00..... Silver, USA Lt 2X  
Iva Obradovic '09..... 10th, Serbia 1X

**2005 U23 World Championships..... The Netherlands**  
Erin Cafaro '06..... Gold, USA 4-  
Iva Obradovic '09..... Gold, Serbia 1X

**2006 World Championships..... England**  
Megan Cooke '02..... Gold, USA 8+, 2-  
Julie Nichols '00..... 9th, USA 2-  
Kaylan Vander Schilden..... 5th, Can 8+  
Erin Cafaro '06..... Bronze, USA 4  
Iva Obradovic '09..... Bronze, SCG 1X

**2006 U23 World Championships. Belgium**  
Megan Smith '07..... Gold, USA 8+  
Dave O'Neill..... USA Coach

**2007 World Championships..... Germany**  
Megan Dirkmaat '00..... Gold Medal, USA 4  
Erin Cafaro '06..... Gold, USA 4  
Kaylan Vander Schilden '06..... 6th, Canada 8+  
Iva Obradovic '09..... 2nd in C final, Serbia 1X  
Martha Helgeland '04..... 7th, Norway 2X

**2007 U23 World Championships. Scotland**  
Mara Allen '08..... Bronze, USA 8+  
Megan Smith '07..... Bronze, USA 8+  
Taryn O'Connell '10..... 6th, USA 2-  
Dave O'Neill..... USA Coach

**2007 Pan-American Games ..... Brazil**  
Julie Nichols '00..... Silver, USA 4

**2008 World Championships..... Austria**  
Julie Nichols '00..... 4th, USA Lw 1X

**2008 Olympic Games ..... China**  
Erin Cafaro '06..... Gold Medal, USA 8+  
Iva Obradovic '09..... Serbia 1X  
Laurel Korholz '93... USA Women's Assistant Coach

## T. GARY ROGERS ROWING CENTER

With a generous donation from Cal alumnus Gary Rogers, and the hard work of Friends of Cal Crew, the Bears opened their brand new boathouse in 2004.

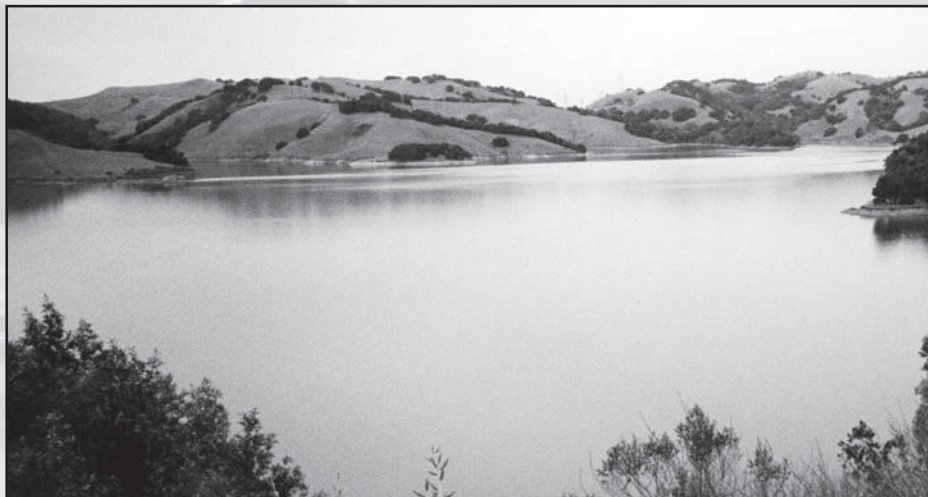
The facility is a three building campus on a property that is three times the size of the former site. The boathouse offers five boat bays and a training space that can accommodate Cal women's crew.

The T. Gary Rogers boathouse replaces the storied Ky Ebright boathouse, which was built more than a century ago. The preserved and restored front half of the Ky Ebright boathouse will serve as the inspirational link to the past and a museum of sorts. Many Olympic gold medalist, world champion and national champion crews have trained at



the Ky Ebright boathouse at one time. It is believed that the boathouse is home to more Olympic gold medalists than any other facility in the world.

## BRIONES RESERVOIR



Located over the Berkeley Hills in Orinda, the Briones Reservoir serves as the home of Cal women's crew. With its crystal clear water and limited boat traffic, Briones offers a beautiful escape while providing excellent training conditions year-round.

The topography of the surrounding hills combined with the L-shaped body of water result in flat water conditions regardless of wind direction. In 2002, a new two-bay facility was completed, which has added to the allure of Briones for the Cal women.

"I have coached and trained throughout the country, and, for me, Briones is the finest body of water in North America," said Cal head coach Dave O'Neill.

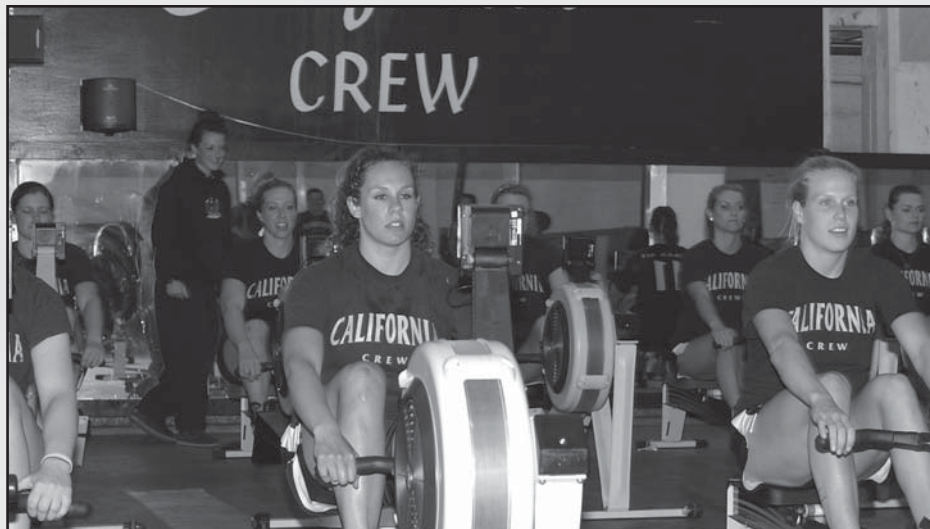
## ERGOMETER FACILITY

Located underneath the west grandstand at the Edwards Track Stadium, the women's on-campus ergometer facility hums with the spinning of the flywheel and the beat of a boom box.

Although the Draconian concrete structure seems a bit foreboding at first, it provides the perfect atmosphere to concentrate on pulling hard.

With the music blaring, the coxswains yelling and 40 rowers chasing personal bests, the energy in the ergroom reaches a fever pitch on a regular basis.

Whether it is a scheduled team workout or a solitary training piece, the convenient location of the facility allows the student-athletes to get on and off the erg quickly and get back to life outside of rowing as soon as possible.





## SUPPORT STAFF



**LIZ MILES**  
*Assistant Athletic Director*

One of the top alumnae in the history of California women's crew, Liz Miles oversees the Golden Bears program from her position of Assistant Athletic Director. Miles, who competed for Cal from 1976 to 1977, was part of the U.S. 4+ (with fellow Cal alums Val McClain '82 and Pat Spratlen Etem '79) that took fourth place at the Los Angeles Olympic Games in 1984. She also claimed silver medals with the U.S. 8+ at the 1981 and 1982 World Championships. The Cal program honored its decorated alumna with the creation of the Liz Miles Award, given annually to the "Most Promising Frosh" on the roster. Miles graduated from Cal in 1977 with a bachelor's degree in conservation of natural resources and earned an MBA from San Diego State in 1985.



**LINDA SMITH**  
*Athletic Trainer*

Linda Smith came to Cal in October 1977 after a graduate assistant position at her alma mater, the University of Nevada. Over the course of her career, "Smitty" has served as the staff trainer for nearly every intercollegiate sport at Cal and currently is the staff trainer for volleyball, men's tennis and women's crew. There have been many memorable moments in a career that spans over three decades, but one of her favorites occurred during Big Game Week of her first year at Cal. As she was walking up Bancroft Avenue on her way to Hearst Gym, she suddenly found herself surrounded by the Stanford band streaking down the street from the stadium. Despite that encounter with the Stanford band, Smitty continues to enjoy her career at Cal and the challenges each day brings. Smitty and her two golden retrievers, Abbie and Tucker, live in Concord.



**MELANIE MOONSAMY**  
*Academic Advisor*

Melanie Moonsamy is one of two advisors who help to coordinate the Advising Program. She reviews and assists the advisors for all sports, except football, basketball and volleyball. She provides academic guidance to student athletes from Cal women's crew, cross country, lacrosse, and track and field. She assists students in understanding and complying with University, college and NCAA rules, choosing courses and majors, developing time-management skills, and resolving personal and academic issues. Moonsamy was born and raised in South Africa. She graduated from Cal in 1993 with a double major in Political Science and Mass Communications. Moonsamy lives in the East Bay with her husband and two children.



*Liz Miles, far left, participated in the 1984 Olympic Games.*



**DEAN CAPARAZ**  
*Assistant Media Relations Director*

California alumnus Dean Caparaz enters his second season working with the Golden Bears women's crew program. His duties include writing and editing the women's crew media guide, releases and meet recaps as well as coordinating media interviews for the Bears. Caparaz graduated from Cal with a bachelor's degree in English in 1990. He lives with his wife, Debbie, and their two children in the East Bay.



### SIMPLY THE BEST

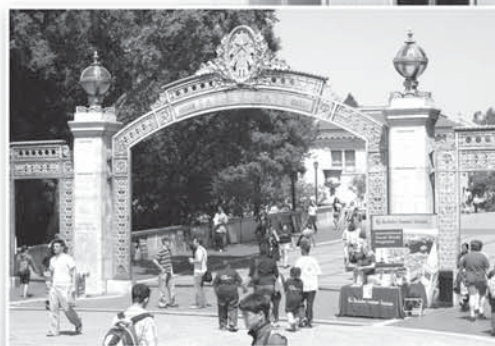
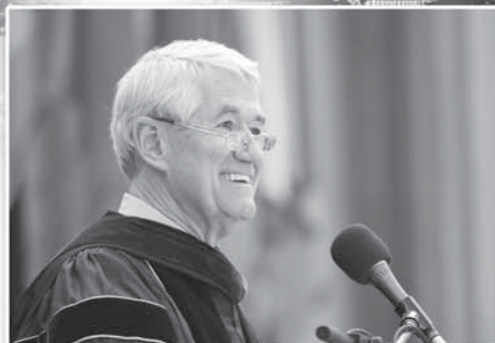
**T**here is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the leaders in the Directors' Cup standings, which rates the overall success of America's athletic departments.

Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student-body population. The University of California offers 300 degree programs, and 35 of the school's 36 graduate programs are ranked among America's top 10. Cal's 35 programs among the top 10 is No. 1 among all universities in the country, as is its 32 "distinguished" programs, as rated by the National Research Council.

The library is ranked third in the country, as judged by the Association of Research Libraries with 10 million volumes in 32 campus libraries.

The faculty features seven Nobel Laureates, 130 members of the National Academy of Sciences, 28 MacArthur Fellows, 76 Fulbright Scholars, four Pulitzer Prize winners and more Guggenheim Fellows (357) than any other university in America.



Nobel Laureate George Smoot

