



CALIFORNIA



2009 Men's Crew

Cal Head Coach Mike Teti Coached U.S. M8+ to Bronze in 2008 Olympics • Bears Won 2009 Pac-10 Championship on Heels of V8+ Triumph

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Cal Seeks National Championships at IRA Regatta

2009 Schedule/Results

Date	Opponent	V8+ Result
March 28-29	Pac-10 Challenge	n/a
April 4	San Diego Classic	Qualifies for CC
April 5	San Diego Classic	Wins Copley Cup
April 19	Stanford Invitational	Beats OSU
April 25	at Washington *	Loses
May 2	vs. Stanford*	Wins
May 16	Pacific Coast Rowing Cha.^	--
May 17	Pac-10 Rowing Cha.^	1st (Team 1st)
June 4-6	IRA Regatta^	All Day
*Pacific-10 Conference Dual		^at Lake Natoma

Cal Head Coach Mike Teti

Mike Teti, formerly the head coach of the 2008 U.S. men's Olympic rowing team, became the head coach of men's crew at California in July 2008.

A longtime fixture on the national level, Teti served on the U.S. coaching staff at the World Championships and Olympic Games regularly since 1996. He coached the U.S. men's eight to nine world championship medals during that time period including four gold medals in 1997, 1998, 1999 and 2005.

Teti started his coaching career in 1982 at Temple University, leading his crews to six titles in seven years at the Dad Vail Regatta in Philadelphia. In 1989, he began a stint as freshman coach at Princeton, where his freshman eights won IRA titles five times.

As a rower, Teti was a 12-time national team member and three-time Olympian. From 1977-93, he won 24 national titles, a silver medal at the 1979 Pan American Games in the four, and a bronze and a gold in the eight at the World Championships (1985 and '87). He was also a bronze medal-winner in the eight at the 1988 Olympics. In 1987, Teti was named USRowing's Male Athlete of the Year after rowing bow on the world champion U.S. eight.

Born in Upper Darby, Pa., Teti rowed at St. Joseph's University, where he earned his bachelor's degree in 1978. He is a member of the St. Joseph's and USRowing Halls of Fame.

This Week

California will send five boats, including the nation's top-ranked varsity 8+, to compete in the 107th annual Intercollegiate Rowing Association (IRA) Regatta that will take place this Thursday, June 4, through Saturday, June 6, at Lake Natoma in Gold River, Calif. Along with the varsity 8+, the Golden Bears' second varsity 8+, novice 8+, varsity 4+ and open 4+ will row at the IRA Regatta. Cal's took third place in the IRA Varsity Challenge Cup, awarded to the winner of the varsity 8+ grand final, and won the freshman 8+ title in 2008. The 2009 Bears, spurred by a stirring varsity 8+ victory in the grand final, are coming off a conference team title at the Pac-10 Rowing Championships on May 17 at Lake Natoma.

The IRA Regatta represents the national championships for collegiate men's crew, typically known as men's heavyweight crew, as well as for lightweight men's and women's crew. The men's varsity 8+ champion is generally regarded as the men's overall collegiate champion, though the IRA Regatta also features an overall points winner which earns the Ten Eyck Trophy. Cal last won the varsity 8+ championship in 2006 and has won it 15 times overall.

Please find the complete three-day regatta schedule on page four of this packet. Each day's action at this year's national regatta starts at 8 a.m., with a men's varsity 8+ heat slated for an 8 a.m. start on June 4. The regatta ends with the men's varsity 8+ grand final scheduled for 12:15 p.m. on June 6.

Scouting the Golden Bears

Here are the projected lineups for the five Cal boats rowing at the IRA Regatta:

Varsity 8+: **Nick Lucey, Olivier Siegelaar, Janis Fontein, Jan Tize, Brandon Shald, Nareg Guregian, Nikola Zunic, Axel Stelter, Cox – Zachary Vlahos.**

Second Varsity 8+: **Sean Engel, Will Dean, James Long-Lerno, Calum Wright, Geoffrey Roth, Samuel Walker, Spencer Crowley, Goran Todorovic, Cox – Michael Porter.**

Novice 8+: **Jack Farthing, Barrett Hahn, Devan Donaldson, Patrick Williams, Chris Yeager, Robert English, Jimmy Henson, Vaughan Coder, Cox – Reze Wong.**

Varsity 4+: **Jovan Popovic, Benedict Tufnell, Jordan Sartor, Jarrod McClendon, Cox – Jack Zhou.**

Open 4+: **Matt McLaren, Will Kolbe, Cam Gilham, Rob Poole, Cox – Joseph Orlich.**

James Long-Lerno Named Pac-10 Newcomer of the Year

Cal junior rower James Long-Lerno was named the Pac-10 Newcomer of the Year, the conference office announced on June 3. Long-Lerno became a key member of Cal's second varsity 8+ after joining the Golden Bears program this year. The 6-6 Seal Beach, Calif., product rowed in the six seat when Cal took second place in the 2V8+ grand final in the Pac-10 Championships, and he helped the 2V8+ defeat Stanford in the Big Row. He is expected to row with the 2V8+ at the 2009 IRA Regatta. He joined former Orange Coast College teammates Dan Dahlin and Will Prioleau at Cal after a stellar career as a Pirates rower.

In 2008, he stroked the OCC varsity 8+ to the WIRA championship and a third-place finish at the ECAC National Invitational Rowing Championships. He rowed on the OCC varsity 8+ that competed in the second varsity 8+ grand final and finished fifth in the 2008 IRA Regatta. Long-Lerno was named 2008 Oarsman of the Year at the OCC team banquet.

Bears Claim All-Pac-10, All-Academic Honors

Cal placed four members of its varsity 8+ on the Pac-10 All-Conference teams and 14 members of its program on the Pac-10 All-Academic teams. Junior Nareg Guregian, sophomore Nick Lucey, senior Jan Tize and junior Nikola Zunic from Cal's varsity 8+ earned spots on the Pac-10 all-conference team. Zunic was also among 14 Bears who were awarded all-academic first team, second team or honorable mention status.

This is the second all-conference honor for Tize, who along with Guregian, Lucey and Zunic won the Pac-10 varsity 8+ title on May 17 at Lake Natoma in Gold River, Calif., the site of this week's IRA Regatta. That boat's victory in the last race of the day propelled Cal to the overall team crown at the Pac-10 Rowing Championship.

Cal put three Bears on the Pac-10 All-Academic first team – senior Janis Fontein (varsity 8+) and juniors Matt McLaren (V4+) and Jack Zhou (V4+, coxswain) – and 10 Bears on the second team – juniors Will Dean (2V8+), Sean Engel (V4+), **Kirk Halterman** (open 8+), Jimmy Henson (novice 8+), Jordan Sartor (V4+) and Zunic; and seniors Jarrod McClendon (open 8+), Michael Porter (2V8+, coxswain), Geoffrey Roth (2V8+) and Axel Stelter (V8+). Cal sophomore Will Kolbe (open 8+) earned honorable mention.

To be eligible for selection to an academic team, a student-athlete must have a minimum 3.0 overall grade-point average and be either a starter or substitute of significant contribution.

A Look at Cal's 2009 Season

Cal Triumphs at the Pac-10 Championships

Cal won the varsity 8+ Ky Ebright Challenge Cup in a photo finish over Stanford, with Washington third, to also win the team title in the last men's grand final of the day at the Pac-10 Rowing Championships in 100-plus-degree weather on May 17 at Lake Natoma. This marked Cal's first conference championship since winning back to back titles in 2005 and 2006 and Cal's first Pac-10 crown under first-year head coach Mike Teti. The 2009 Golden Bears earned 67 points to finish ahead of second-place Washington, which won the other three grand finals, but was third in the varsity 8+ to earn 64 points. Cal placed second in the second varsity 8+, varsity 4+ and novice 8+ races. Stanford was third overall with 52 points.

Last season, Washington had won all four races and Cal took second in all four races, giving the Huskies the team title and the Bears a second-place team finish. This year seemed to be going in that direction heading into the varsity 8+ grand final, but Cal still had a slight chance to win the team championship.

In the final race for the men at this year's conference regatta, Cal defeated rival Stanford, 5:41.9-5:42.2, with Washington third at 5:44.1.

The day's first race for the men ended with Washington posting a time of 5:42.6 to Cal's 5:51.4 in the novice 8+ grand final, which featured a rare eight-boat field.

The second event – the varsity 4+ grand final – turned into just a three-team race after Oregon State's boat scratched. Washington won with a time of 6:26.6, Cal was second (6:32.5) and UCLA was a distant third (7:05.8).

In the penultimate grand final – the second varsity 8+ race – Cal was second in 5:47.5 and Washington was first in 5:44.1.

On May 16, also at Lake Natoma, Cal won a pair of races - the men's open 8+ and novice 4+ - and took second in the men's open 4+ in the Pacific Coast Rowing Championships.

Bears Sweep Stanford in Big Row

Cal's fourth-ranked varsity 8+ defeated Stanford's third-ranked boat to lead a three-boat sweep of its rival in the Big Row on May 2 at Redwood Shores Lagoon in Redwood City, Calif. The Bears defeated Stanford, 5:41.54- 5:46.08, to claim the Schwabacher Cup, awarded to the winner of the annual race between the rivals' varsity 8+ boats. The Bears won the second varsity 8+ race, 5:48.8-6:00.49, and novice 8+ event, 6:00.23-6:04.63.

Cal's No. 1 V8+ Falls to UW's No. 4 V8+ for Schoch Cup

Cal's top-ranked varsity 8+ lost to Washington's fourth-ranked varsity 8+, 5:48.56-5:50.86, in the race for the Schoch Cup on April 25 at Montlake Cut. The host Huskies won all four races against the Bears. Washington has won the Schoch Cup, which is awarded to the winner of the annual varsity 8+ race between the Bears and the Huskies, three straight years. Washington's second varsity 8+ beat the Golden Bears' boat, 5:47.51-5:52.00. Cal's novice 8+ fell, 5:54.59-6:02.90 and the varsity 4+ lost, 6:41.1-6:45.38.

Cal Outpaces Oregon State, UC Davis, Santa Clara at Stanford Invitational

Cal boats won all four races the Bears competed in against Oregon State, UC Davis and Santa Clara on April 19 at Redwood Shores Lagoon. In the only appearance of Cal's top-ranked varsity 8+, the Bears clocked a time of 5:42 to best Cal's second varsity 8+ (5:48) and Oregon State's 15th-ranked varsity 8+ (5:54). Cal's novice 8+ raced to a time of 5:51 to beat the UC Davis V8+ (6:03) and the Bears' fourth V8+ (6:08).

The Bears' third V8+ defeated Santa Clara's V8+, 5:58-6:03. In the other race on the day, one Cal varsity 4+ posted a time of 6:34 to edge another Cal varsity 4+ (6:36) and OSU's V4+ (6:56).

Bears Victorious in 3 of 4 Grand Finals at San Diego Crew Classic

Cal won three of four grand finals, including the Copley Cup varsity 8+ race, on April 5 to wrap up its stay at the two-day San Diego Crew Classic at Mission Bay. In the Copley Cup victory, the third-ranked Bears rowed to a time of 5:51.8 to edge second-place and top-ranked Washington, 5:52.61. Cal's second varsity 8+ won the Sharp Cabrillo Cup grand final, again finishing ahead of second-place Washington, 6:06.92-6:11.02.

The Bears finished second to the Huskies in the Derek Guelker Memorial Cup or novice 8+ grand final, with Washington registering a time of 6:09.13 to Cal's 6:18.88. In the open 8+ or Joan Ward Memorial Trophy grand final, the Bears clocked a winning time of 6:30.7.

Cal Wins All 5 Races at Pac-10 Challenge

Cal's second varsity 8+ defeated Santa Clara's top boat by almost nine seconds on March 29 to conclude the Bears' weekend at the Pac-10

Challenge. In all, Cal won all five of its races in the two-day event at Redwood Shores Lagoon. Cal's second varsity 8+ topped the Broncos' varsity 8+, 6:01.8-6:10.2. 6:01.8-6:10.2.

On March 28, won all four of its races by wide margins. The Bears' second varsity 8+ had the widest disparity, finishing by 30.1 seconds ahead of USC's varsity 8+, 5:41.8-6:11.9 in the afternoon session of the two-day regatta.

A Look at Cal in the 2008 IRA Regatta

Cal's fifth-ranked varsity 8+ took third place in the Varsity Challenge Cup behind winner Wisconsin and runner-up Washington on June 7 at the 106th annual Intercollegiate Rowing Association (IRA) Regatta on the Cooper River in Cherry Hill, N.J. The Golden Bears, who competed in six grand finals on the last day of the IRA Regatta, also won their second straight freshman 8+ championship, placed second in the second varsity 8+ and freshman 4+ races, and took fourth in the varsity 4+ and open 4+ events. Cal collected 207 points to finish second in the team standings, while Washington compiled 214 points to repeat as the winner of the Ten Eyck Trophy as the regatta's overall points leader. Wisconsin (191) was third.

The Bears' varsity 8+, which placed fifth in the 2007 national regatta, rowed to a time of 5:39.021 in the 2008 grand final. Wisconsin posted a 5:31.173 to win the national title, while Washington, which entered the IRAs with the top-ranked varsity 8+, ended with a 5:32.894. Northeastern finished behind Cal, as it did in the San Diego Crew Classic earlier in the 2008 season, in 5:42.399.

Cal won its novice 8+ national title in one of the closest grand final finishes of the day, edging Washington by less than one second, 5:37.372-5:37.880. The Bears, under the tutelage of Cal frosh/novice coach **Geoff Bond**, have now won four of the last five freshman 8+ championships at IRAs.

The Bears' second varsity 8+ (5:41.350) finished behind the winning Washington boat (5:39.308), with Wisconsin (5:43.925) third.

In the varsity 4+ grand final, Cal was fourth in 6:24.593, with Washington winning in 6:19.964. Cal claimed a time of 6:30.322 in the freshman four grand final, with the Huskies winning in 6:25.931. In the open four, Cal was fourth in 6:38.516, with Harvard winning a championship in 6:29.779.

4 Bears Named to U.S. U23 National Team Selection Camp

Cal rowers Sean Engel, Nareg Guregian, James Long-Lerno and Nick Lucey were named to the list of 31 athletes that USRowing invited to its 2009 Men's Under 23 National Team Selection Camp this summer in Oklahoma City, Okla., the rowing organization announced on May 19. Guregian, a junior, and Lucey, a sophomore, are members of Cal's varsity 8+, which won its grand final at the Pac-10 Rowing Championships. Long-Lerno and Engel are both juniors and members of Cal's second varsity 8+.

The U.S. under 23 camp will select the men's eight, four and quadruple sculls crews that will compete at the 2009 FISA World Rowing Under 23 Championships July 23-26 in Racice, Czech Republic. In addition, the camp will select boats in the men's pair, four with coxswain and double sculls to compete at the 2009 USRowing Under 23 World Championships Trials scheduled for July 6-10 on Mercer Lake in West Windsor, N.J. The winners of these trials will also earn the right to compete in Racice.