

# 2006-07 MEN'S SWIMMING & DIVING

## CALIFORNIA QUICK FACTS

**Location:** Berkeley, CA 94720  
**Enrollment:** 32,000  
**Founded:** 1868  
**Nickname:** Golden Bears  
**Colors:** Blue and Gold  
**Conference:** Pacific-10  
**Pool:** Spieker Aquatics Complex  
 (Lanes: 9 feet wide, Depth: 10 feet to 13 feet, Dimensions: 50 meters by 25 yards, Bulkhead: Moveable)  
**Chancellor:** Dr. Robert J. Birgeneau  
**Athletic Director:** Sandy Barbour  
**Head Coach:** Nort Thornton (San Jose State 1956)  
**Career Record at Cal:** 226-82 (.734) in 32 seasons  
**Co-Head Coach:** Mike Bottom  
**Volunteer Assistant Coach:** Bart Kizierowski  
**Diving Coach:** Thomas Davidson  
**Olympic Sports Operations:** Josh Flushman  
**Thornton's Office Phone:** (510) 642-5917  
**2006 Dual-Meet Record:** 4-1  
**2006 Pac-10 Finish:** 2nd  
**2006 NCAA Finish:** 6th  
**Lettermen Returning:** 23  
**Lettermen Lost:** 4  
**NCAA Team Members Returning:** 12  
**NCAA Team Members Lost:** 4  
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### MEDIA CREDENTIALS

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

### INTERVIEWS/PRESS INFORMATION

A pre-meet press release and complete set of results will be made available to members of the media covering Cal home swimming meets. These will also be available online at www.CalBears.com. All athlete and coach interviews, either in person or by telephone, must be coordinated through Kimberley Hoidal with a minimum of one day's notice. Please call 510-643-2938 for more information.

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### CREDITS

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



2006-07 California Men's Swimming & Diving Team

## BEAR BACKERS SUPPORT YOUR TEAM

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# 2006-07 OUTLOOK



Team Captain Patrick O'Neil

## THE 2006-07 SEASON: A BALANCING ACT

It is a balancing act this year for the University of California Golden Bears' men's swimming and diving team. Changes happen every year, and this year in particular they have affected both the swimming and diving sides of the program. With the addition of a large group of newcomers as well as a new diving coach, Cal finds itself balanced in each event with plenty of depth to propel the Bears to another top five finish at the NCAA Championships.

The team lost significant contributors in 100- and 200-yard breaststroke NCAA champion **Henrique Barbosa**, **Milorad Cavic** and **Miguel Molina**, last year's seniors who helped lead the Bears to a sixth-place finish at last spring's NCAA Championships in Atlanta. Besides Barbosa's titles, Cal had strong showings in the 200 freestyle (3rd, **Dominik Meichtry**), 100 butterfly (6th, Cavic), 200-medley relay (3rd, Cavic, Barbosa, **Jernej Godec**, **Jonas**

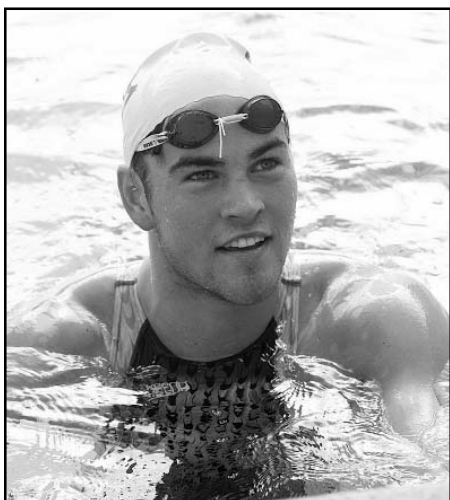
**Tilly**) and 400-freestyle relay (4th, Jonas Tilly, Cavic, **William Copeland**, **Garrett Wagner**).

Together, Cavic, Molina and Barbosa had been part of four top-five teams at the NCAA Championships, garnered several All-America honors and worked their way into the Cal All-Time Top 10 ranks in various events.

But head coach **Nort Thornton** is confident that his current squad will meet the challenge of becoming Cal's new veterans.

"In most of the events we have several athletes that are capable of emerging as leaders," Thornton said. "Even though we have graduated Henrique Barbosa, our NCAA breaststroke champion, we still have 10 NCAA swimmers returning."

With the returning All-Americans and the addition of new faces, the Bears will attack their competition head on.



Daniel Lysaught



Mark Eckert

### STROKES

Anchoring the sprinting events are **William Copeland**, **Jernej Godec** and **Joe Whittington**. Last season Copeland swam a team's best time of 42.97 in the 100-yard freestyle. He also earned All-American honors on the 200-freestyle relay, 200-medley relay and 400-freestyle relay.

Godec swam a season-best 19.58 in the 50-yard free last season. He earned honorable mention honors at the NCAA Championships with his 15th finish. Godec also swam a team-best 46.32 in the 100 butterfly. He also obtained honorable mention All-American honors with his 14th place.

Whittington swam in the prelims of the 200 freestyle relay at the NCAA Championships earning All-American honors.

"Joe Whittington can step right in to improve the time of the 200 freestyle team," Thornton said. "Also we can expect freshman **Nathan Adrian** to step up to the challenge."

Also in the butterfly is senior **Patrick O'Neil**, who was selected to the United State's 2007 Pan Am Games team recently. O'Neil garnered honorable mention All-American honors in both the 100- and 200-yard butterfly at the NCAA Championship. Last season he saw a team-best 1:45.40 in the 200 fly and a season-best 47.12 in the 100 fly. During the summer at the USA National Championships, O'Neil finished ninth in the 100-meter butterfly (54.27) and 18th in the 200 butterfly (2:01.35).

"Patrick O'Neil will be a great leader for our team," Thornton added. "He will be our captain for the season."

Replacing Barbosa will be the biggest challenge for the Bears this season. Senior **Graham Lentz** and junior **Richard Hunter** will aim to step in to replace him as the top swimmer in the breaststroke. Last season Lentz held the best time behind Barbosa in the 100 breaststroke, at 54.16. In the 200, Lentz posted a season-best of 1:59.50. Hunter swam the teams third-best time of 55.85 in the 100 breaststroke and was clocked at a season-best 2:03.01 in the 200 breaststroke.

Individually, sophomore **David Russell** has the potential to score big at the NCAA Championships, as he entered last year's NAAs with the nation's third best times in both the 100- (46.70) and 200-yard (1:41.88) backstrokes. At the USA Championships this summer, Russell finished sixth in the 100-meter backstroke (55.19) and finished 13th in the 200 backstroke (2:04.24).



**Dominic Cathey**

**Dominik Meichtry** returns for his junior season, after posting a team-best 1:33.75 in the 200 freestyle and a 4:15.89 in the 500 freestyle. He earned All-American honors for both his third-place finish in the 200 at the NCAA Championships and his eighth place finish in the 500.

**Daniel Lysaught** enters his final season in Berkeley as Cal's leading distance swimmer. Last season he swam a team best in the 1000 freestyle of 8:54.96 and a team-best 1650 freestyle of 14:58.96.

"I expect both Domimik and Daniel to be good leaders for the distance groups," Thornton said.

The Bears lost Miguel Molina who posted the team's best times in both the 200 and 400 individual medley. Juniors **Mark Eckert** and **Louis Vayo** will have to step in and pick up where Molina left off. Eckert posted a season-best 1:47.11 in the 200 IM, as Vayo was timed at 3:49.89 in the 400 IM.

Vayo, this summer, posted a 13th place finish at the USA Championships in the 400 IM with his time of 4:25.63.

**RELAYS**

At the NCAA Championships last season, the Bears finished third in both the 200-yard freestyle relay and the 200-yard medley relay. Copeland and Godec return from the 200-yard freestyle relay team and Godec returns from the 200-yard relay team, which sets the excitement up for this season's success.

The All-American teams set the season-best marks in both the finals of the 200 freestyle relay (1:16.72) and medley relay (1:25.37).

The team has added 14 new swimmers and one new diver to the squad this season. "Add in our talented freshman to our returning athletes and we will show how our squad is balanced," Thornton said.

Freshman **Nathan Adrian** will provide depth to the sprints. Adrian represented the United States in the Junior Pan Pacific Championships, where he placed fourth



**Graham Lentz**

in the 50 freestyle. Also **Aaron Casey** will be a contention in IM and bockstroke this season. Casey represented the United States in the Junior Nationals and the 2006 Nationals.

**DIVING**

The diving core is very strong this season, returning three experienced athletes and adding a new face. Another new face is diving coach **Tom Davidson** from Illinois State.

"My expectations for the team this year is to first build on the success that they had last year," the first-year coach said. "Second, I want to teach them all some new dives that will make them more competitive in the conference, which will help them all set new personal bests in all events. Lastly, to create a team that other teams are afraid of because of the depth and talent."

The Bears return juniors **Javier Rivas** and **Mark Wes** along with sophomore **Sam Helvie**. Last season, all three consistently placed in the top five in dual-meet competition. Helvie's career bests at Cal are 375.92 in the one-meter springboard (6 dives), 327.60 at three meters (6 dives), and 271.35 on the platform (10 dives).



**Mark Wes**

Rivas has improved through his years at Cal, posting career bests of 279.53 at one meter (6 dives), 329.93 at three meters (6 dives), and 342.25 on the platform (10 dives). However, Davidson wants to see Rivas back to the form he was in when he won Pac-10 Newcomer of the Year.

Wes, who has posted a 296.10 on the one-meter board (6 dives), a 259.57 on the three-meter board (6 dives) and a 211.65 on the platform (10 dives) over his career at Cal, can also improve.

The addition of **Danny Harper** will continue building depth for the Bears. Harper, whose personal best on one-meter (6 dives) is 276.25, will learn from three veteran teammates.

**COACHING STAFF**

The Bears returned a stellar coaching staff, led by Nort Thornton. In his 33rd year at the helm of the men's swimming program, Thornton has produced a stellar cast of All-Americans, and his teams have placed in the top 10 in 27 of the 32 years he's coached. Co-head coach **Mike Bottom** brings plenty of international experience to the program. In the past three Olympics, Bottom has coached nine of the sprint medalists. Bottom's recent success at the collegiate level is **Duje Draganja**, who won the 100-yard freestyle and set a new NCAA record. Volunteer assistant coach **Bart Kizierowski** adds depth to the experienced staff. This past summer Kizierowski was crowned fastest in the world with his record timing in the 50 freestyle.

"There will be a great deal of preparation to be done before the competition season rolls around," Thornton said. "But the coaching staff of Mike Bottom, Bart Kizierowski, new diving coach Tom Davidson and myself are very optimistic as the season begins. We will have to see just how far this group decides to go."

**SCHEDULE**

This season the Bears will step up against some of the nation's top contenders, starting in November against powerful Indiana and Texas squads in Austin, Texas. During the Pac-10 season, Cal will face Michigan in both their meets against Arizona in Tucson, Ariz., and Arizona State in Tempe, Ariz. Rival Stanford will make an appearance at Spieker Aquatics Center on Feb. 10 for their final dual meet before postseason begins.

"If the team comes together and we can make the appropriate replacements in the different events from our departures of last season, we will be able to stay in the Top 10," Thornton said. Our schedule will allow us to see all of the top contenders, except Auburn. We are ready for the challenge.

## 2006-07 CALIFORNIA ROSTER

## SWIMMING

<i>Name</i>	<i>Events</i>	<i>Ht.</i>	<i>Wt.</i>	<i>Yr.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Nathan Adrian	Sprinter Free/Fly	6-6	200	Fr.	HS	Bremerton, Wash. (Bremerton HS)
Guy Barnea	Back/Free/Fly	5-8	160	Fr.	HS	Omer, Israel (Hof Hasharon)
Matthew Benoit	Back/Breast	6-0	180	Fr.	HS	Kent, Wash. (John F. Kennedy HS)
Kenny Bower	Sprint Free	6-4	205	Fr.	HS	Fishers, Ind. (The Kiski School, Pa.)
Aaron Casey	Free/Back/IM	5-11	160	Fr.	HS	Santa Monica, Calif. (Irvine HS)
Dominic Cathey	Fly	6-3	186	Jr.	2V	Oakland, Calif. (Berkeley HS)
William Copeland	Sprint Free	6-4	175	Jr.	2V	Lexington, Va. (Rockbridge County HS)
Alex Cushing	Sprint Free	6-0	160	Fr.	HS	Richmond, Calif. (Saint Mary's HS)
Josh Daniels	Free	6-0	170	Fr.	HS	Fresno, Calif. (Clovis West HS)
Eric Dunipace	Free/Back	6-3	185	Jr.	2V	Castro Valley, Calif. (Bishop O'Dowd HS)
Mark Eckert	Back/IM	6-2	170	Jr.	2V	Honolulu, Hawaii (Iolani School)
Ryan Emanuel	Back	6-4	220	So.	1V	Bronxville, N.Y. (Bronxville HS)
Jernej Godec	Free/Fly/Back	6-2	190	Jr.	2V	Ljubljana, Slovenia (Gimnazija Ledina)
Brooks Haller	Breast	5-9	160	Fr.	HS	Dallas, Texas (Jesuit College Prep)
Jimmy Henson	Free	6-4	172	Fr.	HS	Mount Shasta, Calif. (Mount Shasta HS)
Paul Hernandez	Breast/IM	5-8	155	Jr.	2V	Bonita, Calif. (Bonita Vista HS)
Richard Hunter	Breast	6-2	165	Jr.	2V	Mission Viejo, Calif. (Trabuco Hills HS)
Michael Jafari	Free	5-11	170	Jr.	2V	Glendora, Calif. (Glendora HS)
Graham Lentz	Breast/IM	6-3	190	Sr.	3V	Petaluma, Calif. (Casa Grande HS)
Ian Lentz	IM	6-2	176	So.	1V	Petaluma, Calif. (Casa Grande HS)
Daniel Lysaught	Dist. Free	6-4	184	Sr.	3V	Gold Coast, Queensland, Australia (All Saints HS)
Dominik Meichtry	M. Dist. Free	6-0	150	Jr.	2V	Rorschacherberg, Switzerland (Deutsche Schule, RSA)
Troy Nissen	Breaststroke	5-11	194	Fr.	HS	Sacramento, Calif. (Rio Americano HS)
Patrick O'Neil	Fly/IM	6-1	185	Sr.	3V	Roseburg, Ore. (Roseburg HS)
Daniel Owens	Free	5-10	160	Fr.	HS	Mission Viejo, Calif. (Mission Viejo HS)
Justin Pollard	Free/Fly	6-1	185	Jr.	2V	San Jose, Calif. (Bellarmine College Prep)
Dash Rothberg	Free/Back	6-3	185	Jr.	2V	Walnut Creek, Calif. (Bentley HS)
David Russell	Back	6-3	205	So.	1V	Wellesley, Mass. (Wellesley HS)
Matt Scanlan	Fly/Back/Free	6-3	195	So.	1V	Bakersfield, Calif. (Stockdale HS)
Byron Scoggan	Free/IM	6-1	135	Fr.	HS	Carmichael, Calif. (Jesuit)
Scott Sorge	Free	6-5	200	Fr.	HS	Mission Viejo, Calif. (Mission Viejo HS)
Louis Vayo	Back/IM/Free	6-0	170	Jr.	2V	Placentia, Calif. (Troy HS)
Joe Whittington	Free	6-3	152	Jr.	2V	Bakersfield, Calif. (Garces Memorial HS)
Ford Williams	Free/Fly	6-0	185	Fr.	HS	Orinda, Calif. (Miramonte HS)

## DIVING

<i>Name</i>	<i>Events</i>	<i>Ht.</i>	<i>Wt.</i>	<i>Yr.</i>	<i>Ex.</i>	<i>Hometown (Last School)</i>
Danny Harper	Diving	5-7	150	Fr.	HS	Glencoe, Ill. (New Trier HS)
Sam Helvie	Diving	5-6	130	So.	1V	Bakersfield, Calif. (Garces Memorial HS)
Javier Rivas	Diving	5-6	155	Jr.	2V	Long Beach, Calif. (Long Beach Wilson HS)
Mark Wes	Diving	5-9	160	Jr.	2V	Atherton, Calif. (Menlo School)

**Head Coach:** Nort Thornton (32nd year)

**Co-Head Coach:** Mike Bottom (10th year)

**Volunteer Assistant Coach:** Bart Kizierowski (3rd year)

**Strength and Conditioning Coach:** Nick Folker (4th year)

**Diving Coach:** Thomas Davidson (1st year)

## PRONUNCIATION GUIDE

Jernej Godec .....	JER-negg GOH-deck
Michael Jafari .....	JUH-far-ee
Daniel Lysaught .....	LY-sart
Dominik Meichtry .....	MIKE-tree
Louis Vayo .....	LEW-is VIE-oh



Sam Helvie

# HEAD COACH NORT THORNTON

## NORT THORNTON

**Head Coach**  
**33rd Season at California**



Nort Thornton, who was inducted into the ASCA (American Swimming Coaches Association) Hall of Fame in September of 2002, enters his 33rd season as the director of the California men's swimming team.

Thornton, the dean of all Pac-10 swimming coaches, continues to combine great determination and dedication in helping his swimming team reach its potential and maximum success level.

Last season, Cal briefly held the top national ranking and wound up with a No. 3 ranking at the end of the season. The Golden Bears took second place at the Pac-10 Championships and finished sixth at the NCAA Championships. Senior Henrique Barbosa ended his outstanding Cal career by winning two NCAA crowns – the 100- and 200-yard breaststrokes. He also won the 100-yard breaststroke at the Pac-10 Championships.

A true indication of Thornton's success is the fact that Cal has finished in the Top 10 nationally 27 of the 32 years he has been at the helm of the Bears' program. In 2005, Cal completed a remarkable season with a fourth-place finish at the NCAA Championships. The Bears defeated rival Stanford, 129-114, for the first time since Feb. 23, 1991, and compiled their first undefeated dual-meet season (9-0) under Thornton. Duje Draganja, the 2004-05 Pac-10 Swimmer of the Year and 2005 Cal Most Valuable Swimmer, concluded his career by winning two individual crowns – the 100-yard butterfly and 100-yard freestyle – and helping the Bears win three relays – the 200-freestyle relay, 200-medley relay and 400-free relay – at NAAs. Cal freshman Dominik Meichtry was named the 2004-05 Pac-10 Newcomer of the Year.

In his 32 years at Cal, Thornton has led the Bears to two national championships, 27 NCAA Top-10 finishes and a stellar cast of All-Americans. He has an even more impressive collection of Olympians-including world record holder Matt Biondi, Anthony Ervin, who won the gold medal in the 50-meter free at the 2000 Sydney Olympics, and Draganja, who took silver in the 50-meter free at the 2004 Athens Olympics. The veteran coach has an impressive 226-82 (.734) career dual-meet record, has been National Coach of the Year twice and has been the Pac-10 Coach of the Year four times, most recently in 1999.

It is a credit to Thornton's recruiting and coaching ability that the Bears are consistently in a position to compete for the national crown. For more than three decades he has cultivated squads that combine some of the top local California talent with national and international blue chippers. Thornton's office is a testimony to his coaching ability with Olympic banners, photos of world record holders, NCAA championship trophies and mementos that span through his long and illustrious career. The veteran coach was honored for all of his accomplishments in May 1995 with his induction into the International Swimming Hall of Fame.

Championship performance at Cal is synonymous not only with Thornton's teams, but with the numerous individuals he has coached over the last 32 years. Since Thornton took over the Cal program, 48 Cal athletes have represented several countries in the Olympic Games, winning 29 medals, including 14 gold, 10 silver and five bronze.

During the 1992 Olympics, Thornton was selected as an assistant coach, and 13 of his Bears competed in Barcelona, Spain, six of whom swam for the United States. Cal swimmers earned a total of six medals for their respective countries, including three by Biondi and one each from Joel Thomas, Tommy Werner and Scott Jaffe. At the 1996 Atlanta Olympics, nine of Thornton's swimmers competed, including Mark Henderson (1988-91), who was a member of the United States' gold medal winning and world record-setting 400 medley relay. At the 2000 Olympics, besides Ervin's exploits, four other Bears competed with Bart Kizierowski reaching the finals of the 100-meter back and 50-meter free, and Gordan Kozulj making the finals of the 200-meter back. In 2004, 11 current or former Bears joined Draganja in Athens, including returning swimmers Cavic (Serbia & Montenegro), Meichtry (Switzerland), Henrique Barbosa (Brazil), Miguel Molina (Philippines) and Jernej Godec (Slovenia).

Thornton has been a part of Cal's swimming excellence since the 1973-

74 season when he took over the Bears program. Five years after his arrival, Thornton guided Cal to its first national championship in 1979 and successfully defended the national crown in 1980. He claimed National Coach of the Year honors in both of those seasons.

Thornton's coaching record shows a long history of success at every level of competition. When he was the head coach at Los Altos High School in the late '50s, his team won the national prep championship and his swimmers broke 13 of the 20 standing national records. Before his hiring at California, Thornton was the head swimming coach at Foothill Junior College from 1960-73, where he constructed one of top junior college programs in the nation.

On the international level, Thornton has coached numerous United States teams in world competition. In 1979, he coached the U.S. squad in the FINA Cup in Tokyo, Japan, and then in 1981 coached the U.S. team at the World University Games. In the summer of 1983, Thornton was

an assistant coach for the United States team at the Pan American Games at Caracas, Venezuela. He served in the same capacity at the 1986 World Championships in Madrid, Spain, and in Perth, Australia, in January, 1997, as well as the August '97 Pan Pacific Games in Edmonton, Alberta, Canada.

A past president of the American Swimming Coaches Association, Thornton has served on the ASCA Board of Directors and is a past member of the NCAA Rules Committee. He was also awarded the National Collegiate and Scholastic Award (which is in the International Hall of Fame) for his contributions to swimming as a healthful recreation activity for schools and colleges.

Thornton, 73, graduated from San Jose State in 1956 with a degree in education and earned his master's degree from Stanford. Thornton and his wife, Carla, have three sons, Richard (48) and twins Marc and Gregg (45).

THORNTON'S CAL COACHING RECORD		
Year	Rec	NCAA Finish
1975	4-4	14th
1976	7-4	11th
1977	5-3	8th
1978	7-2	3rd
1979	9-2	1st
1980	11-2	1st
1981	9-1	6th
1982	8-6	4th
1983	7-1	8th
1984	7-3	6th
1985	5-5	4th
1986	6-3	2nd
1987	10-3	4th
1988	10-2	4th
1989	11-1	6th
1990	8-5	7th
1991	5-5	13th
1992	6-3	4th
1993	8-3	7th
1994	6-3	5th
1995	7-2	5th
1996	6-4	13th
1997	7-2	15th
1998	5-2	8th
1999	9-2	4th
2000	6-3	5th
2001	5-1	8th
2002	6-2	6th
2003	6-1	4th
2004	5-1	7th
2005	9-0	4th
2006	6-1	6th
<b>Total ..</b>	<b>226-82 (.734) ....</b>	<b>32 yrs</b>

# ASSISTANT COACHES

## MIKE BOTTOM

**Co-Head Swim Coach**  
**10th Season at California**



California Co-head swim coach Mike Bottom has established himself as one of the world's top coaches. Since he arrived at Cal, the team has finished eighth place or better at NCAA championships and second place at the Pac-

10 Championships. Prior to his joining legendary coach Nort Thornton at Cal, Mike coached four years at USC with Olympic coach and now USA Swimming Team Head Coach & General Manager, Mark Schubert. In Mike's final season at USC, with the help of a strong women's sprint core, USC won their only Women's NCAA Championship to date.

For eleven summers Bottom has coached an international Sprint Team. In the past three Olympiads, one-half (nine) of the 18 medals awarded in the men's sprint freestyle events (50m and 100m) have been won by athletes that he has coached.

Although he is known world wide for coaching sprinters, 12 of the 18 school records at Cal are held by athletes that Bottom personally coached. He has coached an NCAA champion in every stroke. The most recent champion stepped up this past year at 2006 NCAA Championship. Senior Henrique Barbosa, won both the 100 and 200 yard breaststroke.

At the 2005 NCAA Championships, Draganja won the 100 yard freestyle with a new NCAA record of 41.49. In the past eight NCAA Championships, Bottom's swimmers have claimed six of the 100 freestyle titles. Cal capped the 2005 NCAA Championships by winning the 400 yard freestyle relay in 2:47.70, which established a new NCAA and U.S. Open record. The Bears set the previous record of 2:48.99 in 2003. Bottom's sprinters also claimed the 200 yard freestyle relay with a new NCAA Record and were victorious in the 200 yard medley relay.

At the 2004 Olympics in Athens, Bottom served as the Croatian Team Olympic Coach and personal coach to Gary Hall, Jr. In the 50-meter free, gold medalist Gary Hall, Jr. and silver medalist, former Golden Bear, Draganja, were separated by only one-hundredth of a second.

In the 2004 NCAA Championships, Draganja took second in the 100-meter free (46.64) and 100 butterfly (51.57) behind a pair of world records. He was also fourth in the 50 free (21.61). Teammate Milorad Cavic (50.81) and Draganja (51.56) finished 2-3 in the 100 butterfly. Cal's 400 freestyle relay team took second (3:10.68).

At the 2003 NCAA meet, Draganja outtouched

teammate Anthony Ervin for a 1-2 finish in the 100 freestyle to mark the fifth straight time that Cal's sprinters, coached by Bottom, had won the 100 free at the NCAA championship. The Bears' 4x100 free relay team also claimed a championship title with the then-fastest time in NCAA history (3:48.99).

At the 2000 NCAA Bottom coached Anthony Ervin to wins in both the 50 and 100-meter freestyle. Then in 2001, Ervin repeated as the NCAA champion in the 100 free, tying the legendary Matt Biondi with a time of 41.80.

At the 2000 Olympic Games in Sydney, history was made in the premier sprint swimming event the 50 meter Freestyle. Two US Athletes, Gary Hall, Jr. and Anthony Ervin finished in a first ever tie for the Gold Medal. Gary and Anthony as well as the 5th place finisher Bart Kizierowski from Poland all swam for Bottom.

Bottom also held a coaching stint at Auburn from 1991-94. He created the ultra sprint program, taking two then unheard-of athletes, Bill Pilczuk and Dean Hutchinson, to the NCAA finals. He assisted in the rise of the Auburn men's team that won the 1997 and 1999 NCAA titles.

Bottom graduated Summa Cum Laude from USC with a bachelor's degree in psychology and received the Scholar-Athlete Award for the graduating athlete with the highest GPA. He received a master's degree in counseling at Auburn. Bottom, a member of three NCAA Championship teams at USC, was an Olympic team member and was on a world record 400 free relay.

## THOMAS DAVIDSON

**Head Diving Coach**  
**1st season**



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

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

Zone diving championship. Hirt placed in the top 40 regionally with a score of 204.05 on the three-meter board, but did not advance to the final round.

Davidson also brings club coaching experience to Cal, after leading Redbird Diving (2005-06) and serving as an assistant at Twin City Diving (2003-04) and at J.P. Divers (2001-04).

Davidson also worked as a head diving coach at the prep level, at North St. Paul High School in North St. Paul, Minn., (2004), Fairfield College Preparatory School in Fairfield, Conn.,

(2002-03) and Sacred Heart Academy in Hamden, Conn., (2002).

Davidson was a three-time All-American at Indiana, including being a four-time Big Ten conference champion during his time in Bloomington, Ind. In 2001 he took third place on the one-meter springboard. He also won titles at the 2002 U.S. Senior National Championships, 2001 U.S. Indoor National Championships and 2001 U.S. Outdoor National Championships.

At the international level, Davidson competed in the 2001 World University Games and the 2001 Goodwill Games.

Davidson graduated from Indiana's Kelley School of Business with a bachelors degree in management and a minor in history. He is currently pursuing his masters in management from Illinois State.

## BART KIZIEROWSKI

**Volunteer Assistant Coach**  
**3rd Season at California**



A former Cal All-American, Bart Kizierowski still swims competitively for his native Poland. This past summer he set the world's best-time in the long course 50 freestyle (22.88) at the European Championships. He won

two NCAA titles and seven Pac-10 titles during his career as a Golden Bear (1997-2000).

## NICK FOLKER

**Strength and Conditioning Coach**  
**4th Season at California**



Nick Folker enters his fourth season as Cal's strength and conditioning coach. A graduate of Hawaii (business degree), Folker brings unique experience after swimming under and working with Rainbows coach Sam Freas. Folker,

from Pietermaritzburg, South Africa, competed for South Africa in several world-class events such as the 2000 Olympic Games, 1999 World University Games, 2001 World Championships and 2001 Goodwill Games (World All-Star Team).

At Cal, Folker's duties include overseeing the team's weight and dryland programs as well as guiding the team in its nutritional requirements.

# 2006-07 GOLDEN BEAR PROFILES

## NATHAN ADRIAN

6-6, 200, Fr., Freestyle/Butterfly



**High School:** A 2006 graduate of Bremerton high School in Bremerton, Wash. ... Set the state's record in the 200 freestyle in 2006 ... Represented the United States in the Junior Pan Pacific Championships, in which he placed fourth in the 50

freestyle.

**Personal:** Born Dec. 7, 1988, in Bremerton, Wash. ... Undeclared major ... Parents are James and Cecilia Adrian ... Has a brother, Justin and a sister, Donella ... His brother Justin, swam for Washington ... Lists hobbies as jet skiing, boating and dirt bikes.

## GUY BARNEA

5-8, 160, Fr., Back/Fly/Free



**High School:** A 2005 graduate of Hof Hasharon in Israel ... Was a member of the Israel National team ... swam for Haopel Jerusalem, who are coached by Leonid Kauffman ... High school team was national champion.

**Personal:** Born Sept. 9, 1987, in Beer Sheva, Israel ... Undeclared major ... Parents are Eitan and Rachel ... Has two siblings, Nir and Or ... Career goals are to be an All-American and make the cut for the Olympics ... Lists hobbies as readings and computers.

## MATT BENOIT

6-0, 180, Fr., Breaststroke/Backstroke



**High School:** A 2006 graduate of John F. Kennedy high school in Burien, Wash. ... Two-time 3A state champion ... High school team finished third at the state championships ... High school team also set school records in the 100

back and 200 medley relay ... Personal record include 200 breast (2:03.02), 100 breast (58.43) and 100 back (51.91) ... Was a member of the National Select Camp team in 2005 ... Swam for King Aquatic Club, who were coached by Sean Hutchison.

**Personal:** Born Sept. 20, 1987, in Seattle, Wash. ... Undeclared major ... Parents are Dan and Kalany Benoit, both of who attended Washington ... Father swam at Washington ... Has one brother, Nick and one sister, Annie ... Enjoys playing the drums and guitar ... Hobbies include reading and facebook.

## KENNY BOWER

6-4, 205, Fr., Sprint Freestyle



**High School:** A 2006 graduate of The Kiski School in Saltsberg, Pa. ... Two-time high school swimming MVP during his high school stay ... Swam for the Southeastern swim club, coached by Andy Pederson.

**Personal:** Born Jan. 23, 1988, in Fishers, Ind. ... Undeclared major ... Parents are Ralph and Linda Bower ... List hobbies as wake boarding, snowboarding, cycling.

## AARON CASEY

5-11, 160, Fr., Freestyle/Backstroke/IM



**High School:** A 2006 graduate of Irvine high school ... Swam for Nova, coached by Dave Salo ... Won the CIF (Division I) 100 backstroke ... Competed at the 2006 Nationals and Junior Nationals.

**Personal:** Born Sept. 9, 1988, in Grand Rapids, Mich. ... Undeclared major ... Parents are Patrick and Lori ... His father played golf and swam in college, while his mother was a diver ... Lists hobbies as surfing.

## DOMINIC CATHEY

6-3, 191, Jr., Butterfly



**CAL:** During the 2005-06 season swam a season-best 48.77 in the 100 butterfly and 1:49.46 in the 200 butterfly ... A freshman in 2004-05 he swam Cal's sixth-best times in 100 (49.09) and 200 (1:50.48) fly and 100 breaststroke (59.59).

**High School:** A 2004 graduate of Berkeley High School ... Was his swim team's MVP for

2002-04, also his water polo team's MVP (2003) and water polo league MVP (2003) ... Set his HS record in the 100-yard butterfly (49.88) and 100-yard backstroke (53.66) ... Swam for Oakland Undercurrent club.

**Personal:** Born Sept. 27, 1985, in Oakland, Calif. ... Landscape architecture major ... Mother is Vera Thompson.

### CAL CAREER BESTS

100 Fly .....	48.77
200 Fly .....	1:49.46

## WILLIAM COPELAND

6-4, 180, Jr., Sprint Freestyle



**CAL:** During the 2005-06 season swam Cal's best time in the 100 free (42.97) and third-best in the 50 free (19.59) ... All-American ... As a freshman in 2004-05 he took fourth place (45.72) in the 100 free vs. USC ... Second (21.00) in the 50

free vs. Arizona ... Third (51.97) in 100 back against ASU.

**National:** At U.S. World Championship Trials, was 35th (24.19) in the 50-meter free and 36th (52.22) in the 100 free.

**High School:** A 2004 graduate of Rockbridge County High School in Lexington, Va ... State record-holder in the 50 (20.70) and 100 freestyle (45.32 yards, 51.47 meters) ... Also swam for Rockbridge Swim and Triathlon Club.

**Personal:** Born April 21, 1986, in Lexington, Va. ... Undeclared major ... Parents are Dr. David Copeland and Dr. Irene Townsend.

### CAL CAREER BESTS

50 Free .....	19.59
100 Free .....	42.97

## ALEX CUSHING

6-0, 160, Fr., Sprint Freestyle

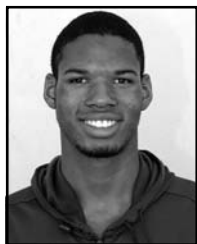


**High School:** A 2006 graduate of Saint Mary's in Berkeley, Calif. ... High school's MVP (2002-06) ... His relay team placed 16th at the North Coast Sections ... Western Zone All-Star in 2006 ... Also played basketball.

**Personal:** Born June 26, 1988, in Berkeley ... Undeclared major ... Parents are Dan and Stephanie Cushing ... Mother is a former Cal swimmer ... Has one younger brother, Blake ... Lists hobbies as basketball, video games and hanging out with friends.

# JOSH DANIELS

6-0, 170, Fr., Freestyle



**High School:** A 2004 graduate of Clovis West high school in Fresno, Calif. ... Swam with the Clovis Swim Club, coached by Steve Baxter ... Three-time most valuable swimmer honoree ... Team captain in 2006 ... High school

was Valley Champions for eight straight years (1998-06) ... He broke the Clovis Invite meet record ... Also played on the water polo team for three seasons ... Earned the coaches' award in water polo.

**Personal:** Born June 18, 1988 ... Undeclared major ... Parents are Lynn and Monica Daniels ... Has one younger brother, Jeff ... Lists hobbies as hanging out with friends and playing sports other than swimming.

# ERIC DUNIPACE

6-3, 183, Jr., Freestyle/Backstroke



**CAL:** As a redshirt freshman during the 2004-05 season earned Pac-10 All-Academic first-team honors ... Was 15th (1:48.63) in the 200 and 17th (50.34) in the 100 freestyles at UOP's Speedo Invitational. ... A redshirt during the 2003-

04 season.

**High School:** A 2003 graduate of Bishop O'Dowd High School ... Earned All-America honors as a member of the Bishop O'Dowd's 200- and 400-free relays ... Set his high school's 100-back record (54.21) ... Twice earned Scholastic All-America accolades.

**Personal:** Born Jan. 14, 1985, in Castro Valley, Calif. ... Undeclared major ... Parents are Eric and Paula Dunipace ... Mother swam at Cal State Hayward...

### CAL CAREER BESTS

50 Free .....	21.78
100 Free .....	50.34
200 Free .....	1:48.63
200 Back .....	2:06.26
200 IM .....	2:16.49

# MARK ECKERT

6-2, 170, Jr., Backstroke/IM

**CAL:** During the 2005-06 season he swam Cal's second-best time in the 200 backstroke (1:43.89) ... Also was clocked as Cal's third-best time in the 100 (49.01) ... In the 200 IM holds Cal's second-best time of 1:47.38 ... Posted his



season-best 4:02.06 in the 400 IM ... As a freshman in 2004-05 he earned honorable mention All-American honors after taking 13th (1:44.24) in the 200 backstroke at NCAA Championships ... 200 prelim time (1:44.00) is a

PR and ranks him fifth on Cal's all-time list ... Second (1:44.46) in the 200 and 10th (49.21) in the 100 backstrokes at Pac-10s.

**High School:** A 2004 graduate of the Iolani School in Honolulu, Hawaii ... Named the Hawaii High School Swimmer of the Year in 2002 and 2004; Iolani won the state championship both years ... The high school All-American won state titles in the 100 backstroke (49.79) and 200 IM (1:50.13) earlier in 2004 ... Holds school records in the 100 back (49.70), 200 free (1:39.08) and 500 free (4:28.29).

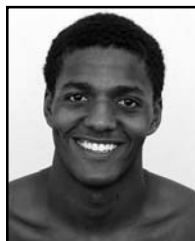
**Personal:** Born on July 24, 1986, in Seoul, South Korea ... Undeclared major ... Parents are Mark and Kyong Eckert.

### CAL CAREER BESTS

100 Back .....	49.01
200 Back .....	1:43.89
200 IM .....	1:47.38
400 IM .....	4:02.06

# RYAN EMANUEL

6-4, 220, So., Backstroke



**CAL:** During the 2005-06 season posted his season-best time of 1:48.40 in the 200 backstroke.

**High School:** A 2005 graduate of Bronxville High School ... At the 2005 U.S. World Championship Trials, 31st (58.90) in the

100-meter back while swimming for the Badger Swim Club ... At the 2005 U.S. Junior Nationals, took third (58.08) in the 100-meter back, 15th (53.29) in the 100 freestyle, 16th (2:16.37) in the 200 and 55th (24.99) in the 50 free.

**Personal:** Born Sept. 21, 1987, in New York, N.Y. ... Undeclared major ... Parents are Desmond and Mauvareen Beverly Emanuel.

# JERNEJ GODEC

6-3, 210, Jr., Free/Fly/Back



**CAL:** Swam a season-best 19.58 in the 50 freestyle during the 2005-06 season ... All-American ... Posted his season-best of 44.15 in the 100 free ... Swam a team-best 46.32 in the 100 butterfly ... His 48.59 was the team's second-best

time in the 100 backstroke ... Posted a 1:52.61

in the 200 backstroke ... A member of the 200 freestyle relay team which finished with the season-best time of 1:16.72 and also was on the 400 free relay who finished with a team best 2:51.27 ... In the 2004-05 season the Slovenian Olympian earned All-America honors after swimming in the prelims for the eventual-champion 200 medley relay and eventual fifth-place 400 medley relay at NCAA Championships ... Fourth (47.04) in the 100 fly, ninth (48.19) in the 100 back and 12th (1:48.82) in the 200 back at Pac-10s ... Set PR (1:45.53, 4th) in the 200 back vs. Stanford.

**International:** At 2005 World Championships, swam second leg of 12th-place 4x100-meter free relay, 25th (22.82) in the 50-meter free, 26th (27.45) in the 50 back, 34th (50.69) in the 100 free ... Took third (22.71) in the 50-meter free at the 2005 Mediterranean Games ... In the 2004 Athens Olympics, anchored Slovenia's 400 medley relay team (6th in its heat) ... Also swam at the 2003 World Championships and at the 2003 and 2004 European Jr. Championships.

**Personal:** Born on Jan. 16, 1986, in Ljubljana, Slovenia ... Molecular and cell biology major ... Parents are Matjaz and Valerija Godec.

### CAL CAREER BESTS

50 Free .....	19.58
100 Free .....	44.15
100 Fly .....	46.32
100 Back .....	48.19
200 Back .....	1:45.53

# BROOKS HALLER

5-9, 170, Fr., Breaststroke



**High School:** A 2004 graduate of Jesuit College Prep, in Dallas, Texas ... Swam for the ATAL, coached by Chris MacCurdy.

**Personal:** Born Feb. 13, 1987, in New York City ... Undeclared major ... Parents are Donald and

Marsha ... Has three siblings ... Lists hobbies as swimming, watching movies, hanging out with the team.

# JIMMY HENSON

6-4, 172, Fr., Freestyle



**High School:** A 2006 graduate of Mount Shasta High School in Mount Shasta, Calif. ... Was selected NSCIF Male Swimmer of the Year ... High school section champion in the 50 free and 100 free ... Junior National qualifier ... His

high school's 800 free relay team was ranked

in the top 16 nationally ... Earned NSCIF all-section academics ... Scholar athlete of the year at his high school ... R.A.D. Scholar Athlete.

**Personal:** Born Sept. 14, 1987, in Mount Shasta, Calif. ... Undeclared major ... Parents are Steven and Donna Henson ... One younger brother, Charlie ... Travels 60 miles each day to swim practice with his club team (Redding swim team) ... Hobbies include ultimate Frisbee.

## PAUL HERNANDEZ

5-8, 159, Jr., Breaststroke/IM



**CAL:** Swam a season-best 59.78 in the 100 breaststroke during the 2005-06 season ... Also was clocked at 2:09.03 in the 200 breaststroke ... Was selected Pac-10 All-Academic first-team member in 2004-05 ... 12th (1:04.84) in 100

breaststroke at UOP's Speedo Invitational ... A redshirt during the 2003-04.

**High School:** A 2003 graduate of Bonita Vista High School ... Set school records in the 100 breast and 200 IM ... Placed second in the 200m breast at the California/Nevada summer sectionals in 2003 ... Played two years varsity water polo.

**Personal:** Born March 5, 1985, in San Diego, Calif. ... Chemistry major ... Parents are Francisco and Melanie Hernandez.

### CAL CAREER BESTS

100 Breast .....	59.78
200 Breast .....	2:09.03
200 IM .....	2:06.68

## RICHARD HUNTER

6-2, 170, Jr., Breaststroke



**CAL:** Swam the Cal's third-best time of 55.85 in the 100 breaststroke during the 2005-06 season ... Was clocked at a season-best 2:03.01 in the 200 breaststroke ... Placed sixth (2:08.33) in the 200 and eighth (58.35) in the 100

breaststroke vs. USC during the 2004-05 season.

**High School:** A 2004 graduate of Trabuco Hills High School ... Team MVP 2003-04 ... Holds school record in 100-yard breaststroke (57.91) ... All-American in breaststroke 2003-04.

**Personal:** Born April 28, 1986, in Davenport, Iowa ... Undeclared major with an interest in history ... Swam for the Mission Viejo Nadadores club ... Parents are Jerry and Ruby Hunter.

### CAL CAREER BESTS

100 Breast .....	55:85
200 Breast .....	2:03.01

## MICHAEL JAFARI

5-11, 170, Jr., Distance Freestyle



**CAL:** Swam the team's second-best time of 9:14.51 in the 1000 freestyle during the 2005-06 season ... Posted a season-best 4:31.29 (500) and a 15:29.15 (1650) ... In 2004-05 swam Cal's top 1000 (9:09.92), fifth-best 500 (4:27.07) and fifth-best (15:39.71) 1650 freestyles ... His top 1650 time earned him 35th place at NAAs, where he was 47th (4:31.88) in the 500 free.

**National:** At U.S. Nationals, took 26th (8:22.89) in the 800-meter free.

**High School:** A 2004 graduate of Glendora High School ... Best times in the 1000 (9:10.05) and the 1650 (15:28.00) would have ranked third- and second-best, respectively, on Cal's 2003-04 team.

**Personal:** Born on Feb. 1, 1986, in Glendora, Calif. ... Micro cell biology major ... Career goal is to become an orthopedic surgeon in sports medicine ... Parents are Davar and Beverly Jafari.

### CAL CAREER BESTS

500 Free .....	4:27.07
1000 Free .....	9:09.92
1650 Free .....	15:39.71

## GRAHAM LENTZ

6-3, 190, Sr., Breaststroke/IM



**CAL:** Posted the team's second-best time in the 100 breaststroke (54.16) and third-best in the 200 breaststroke (1:59.50) during the 2005-06 season ... During the 2004-05 season he was selected Pac-10 All-Academic second-team

... Tied his 100 breaststroke career-high time of 55.31 with seventh-place finish and swam Cal's fourth-fastest (2:00.54) 200 breaststroke with a 10th-place finish at Pac-10s ... In 2003-04 he scored points in two events at Pac-10s, taking 11th place in the 100 and 200 breaststrokes with times of 55.75 and 1:59.92, respectively.

**High School:** A 2003 graduate of Casa Grande High School in Petaluma, Calif. ... Earned All-America honors four times in the breaststroke events ... Set three Pacific Northern California section records in the 50 (33.07 in the 11-12 age group) and 100 breast (56.57 in the 15-16 age group) and 200 IM (1:56.00 in the 13-14 age group).

**Personal:** Born May 24, 1984 in, Chicago ... American studies major ... Parents are Ted and Sue Lentz ... Brother, Ian, is also a member of the Cal swimming team.

### CAL CAREER BESTS

100 Breast .....	54.16
200 Breast .....	1:59.50

## IAN LENTZ

6-2, 176, So., Back/IM/Fly/Free



**CAL:** Posted a season-best 9:27.05 in the 1000 freestyle during his initial season in 2005-06 ... Also recorded his season-best 16:59.00 in the 1650 freestyle ... Notched the team's second-best time in the 200 butterfly (1:48.19) ... Was clocked

at a season-best 2:06.52 in the 200 breaststroke ... Was recorded at 1:48.65 in the 200 IM and 3:54.80 in the 400 IM.

**High School:** A 2005 graduate of Casa Grande High School in Petaluma, Calif. ... High school All-American three years, including 2004-05 honors in 100 backstroke ... Casa Grande team MVP (two years) ... Won (51.28) 100 backstroke and 200 IM (1:50.95) at 2005 North Coast Section Championships ... MVP of Twin Valley Aquatics club (1 year).

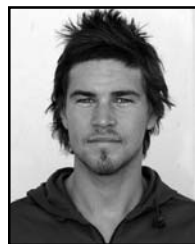
**Personal:** Born Sept. 23, 1986, in Plymouth, Minn. ... Undeclared major ... Parents are Ted and Sue Lentz ... brother, Graham, is a senior on Cal's swimming team.

### CAL CAREER BEST

1000 Free .....	9:27.05
1650 Free .....	16:59.00
200 Fly .....	1:48.19
200 Breast .....	2:06.52
200 IM .....	1:48.65
400 IM .....	4:05.23

## DANIEL LYSAUGHT

6-4, 184, Sr., Distance Freestyle



**CAL:** As a junior in 2005-06, he posted the team's top times in the 1000 freestyle (8:54.96) and the 1650 freestyle (14:58.96) ... All American ... Also he posted his season-best in the 200 freestyle of 1:37.27 and 4:18.06 in the

500 freestyle ... During the 2004-05 season he swam a 500 freestyle PR 4:22.70, Cal's third-fastest time last season, in a Pac-10 prelim; 14th (4:25.88) in the final ... Swam Cal's second-fastest times in the 1000 (9:11.91 vs. Florida State) and 1650 (15:17.68 in 5th place at Texas Invitational) frees ... Against the Arizona schools, won the 500 and 1000 frees against both of them ... As a freshman in 2003-04 had a strong first year as a Bear, placing 23rd (15:22.51) in the 1500m free and 34th (3:51.12) in the 400-meter free at NAAs ... At Pac-10s,

third (15:11.16) in the 1650-yard free, Cal's best time in the event since 1994, and ninth (4:23.31) in the 500 free ... Took both the 800 free (8:00.35) and the 400 free (3:54.02) vs. Arizona.

**High School:** A 2002 graduate of All Saints High School in Queensland, Australia ... Won a silver medal in the 1500-meter free at the 2003 Australian Short Course Championships ... Competed at the 2003 Oceania Championships ... Member of the Telstra Dolphins Australian club.

**Personal:** born March 17, 1985, in Sydney, Australia ... Undeclared major ... Parents are Robert and Kay Lysaught.

**CAREER CAL BESTS**

200 Free .....	1:37.27
500 Free .....	4:18.06
1000 Free .....	8:54.96
1650 Free .....	14:58.96

## DOMINIK MEICHTRY

**6-0, 160, Jr., Freestyle**



**CAL:** During the **2005-06** season he recorded a team-best 1:33.75 in the 200 freestyle and 4:15.89 in the 500 freestyle ... All American ... Posted a season-best of 9:19.95 in the 1000 freestyle ... Was clocked with Cal's second-best time in the

1650 freestyle (15:14.03) ... A member of the 800 freestyle relay team who set a school record of 6:21.02 ... As a freshman in **2004-05** this versatile 2004 Swiss Olympian named Pac-10 Newcomer of the Year ... Swam Cal's fastest 200 free (1:34.69) and 1650 free (15:14.11) ... All-American as part of the seventh-place 800-free relay at NCAAs ... Honorable mention All-American for 10th-place finish (1:35.44) in the 200 free ... 24th (15:14.11) in the 1650 free at NCAAs ... Took second (1:34.69) in the 200, sixth (15:19.65) in the 1650 and eighth (4:25.84) in the 500 frees at Pac-10s; swam third leg on the third-place 800-free relay ... Third (1:42.34) in the 200 and fifth (4:44.95) in the 500 frees in his Cal debut vs. Arizona.

**International:** At the 2005 Worlds, was 15th (1:49.97) in 200-meter free ... At the 2004 Athens Olympics, was seventh (1:50.02) in his semifinal of the 200-meter free ... At the 2004 World Cup stop in Durban, South Africa, took silver (1:46.57) in the 200-meter free.

**High School:** A 2003 graduate of the Deutsche Schule in Johannesburg, South Africa.

**Personal:** Born Nov. 18, 1986, in St. Gallen, Switzerland ... Undeclared major ... Parents are Richard and Yvonne Meichtry.

**CAL CAREER BESTS**

200 Free .....	1:34.69
500 Free .....	4:18.06
1000 Free .....	8:54.96
1650 Free .....	14:58.96

## TROY NISSEN

**5-11, 194, Fr., Breaststroke**



**High School:** A 2006 graduate of Rio Americano in Sacramento, Calif. ... Was a three-time high school section champion in the 100 breaststroke ... Won the 100 stroke in 2006 with his time of 56.64 ... Won the bonus final of the

200 breaststroke at the 2005 U.S. Nationals with a time of 2:19.44 ... Three-time member of the Rio Americano section winning teams ... Member of the 2005 USA Swimming silver medal club in 2006 ... Holds the high school swimming record in the 100 breast (56.64) and 200 IM (1:53.00) ... First Olympic trial qualifier for the 2004 Olympics ... Earned an academic letter and was an honor student during his high school years ... Was the president of the Nor Cal Pirate Crew ... Swam for Arden Hills, who are coached by former Golden Bear Brian Nabeta.

**Personal:** Born May 24, 1988, in Sacramento, Calif. ... Scandinavian studies major ... Parents are Chris and Karen ... Has one sister, Jessica, and one brother, Lucas ... His father swam for Wyoming ... Lists post graduate plans as recording, producing and playing music. As well as coaching swimming ... He wants to visit Denmark ... Hobbies include watching movies, going to shows, being in the water, hanging out with friends and designing clothes for his company the Nor Cal Pirate Crew.

## PATRICK O'NEIL

**6-1, 190, Sr., Butterfly/IM**



**CAL:** Posted a team-best time in the 200 butterfly (1:45.40) during the **2005-06** season ... All-American ... Was clocked at a season-best 47.21 in the 100 butterfly ... Recorded a season-best 1:48.10 in the 200 IM ... As a sophomore in

**2004-05** earned honorable mention All-American with 10th-place finish (1:44.99) in the 200 butterfly at the NCAA Championships ... Was third (1:44.51) in the 200 fly, eighth (47.71) in the 100 fly and 12th (49.61) in the 100 backstroke at the Pac-10 Championships ... Set a PR (1:44.22) and Spieker record in winning the 200 fly as part of Cal's upset of Stanford ... Bettered his PR with a 1:44.00 in a Pac-10 prelim ... Scored points for Cal during the **2003-04** season at Pac-10s, taking seventh (48.53) in the 100 fly, sixth (1:47.22) in the 200 fly and 19th (1:50.32) in the 200 IM.

**National:** Selected to represent the United States at the 2007 Pan Am Games ... Finished 33rd (2:04.76) in the preliminaries of the 200m fly at the 2004 U.S. Olympic Trials.

**High School:** A 2003 graduate of Roseburg High School in Roseburg, Ore ... Placed first in the 200 IM and 100 fly at the 2002 and 2003 state meets ... Named Oregon State High School Swimmer of the Year in 2002 and 2003 ... Set the Oregon state high school record in the 100 fly (49.41) ... Other best times include 1:48.91 in the 200 fly and 1:50.70 in the 200 IM.

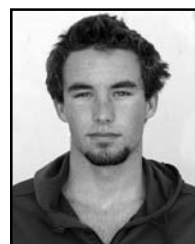
**PERSONAL:** Born May 23, 1984, in Roseburg, Ore. ... Undeclared major ... Parents are Mike and Patty O'Neil ... Brother, Michael, swam at Stanford (1998-02).

**CAL CAREER BESTS**

100 Fly .....	47.21
200 Fly .....	1:44.00
200 IM .....	1:48.10

## DANIEL OWENS

**5-10, 160, Fr., Freestyle**



**High School:** A 2006 graduate of Mission Viejo high school ... Swam for the Nadadores, coached by Bill Rose ... Placed first in the 100 butterfly CIF Division I ... Academic All-American ... Spring national qualifier ... His high school team was the

CIF champions in 2003, 05, 06 ... Team also was the Masters Champions in 2006 ... During the CIF Masters, his relay team broke the school record ... Also a member of the water polo team ... Spirit of Diablo Awardee in 2006 ... Competed in the Spring Nationals in Federal Way, Wash.

**Personal:** Born June 29, 1988, in Santa Monica, Calif. ... Undeclared major ... Hobbies include movies, music and surfing.

## JUSTIN POLLARD

**6-2, 190, Jr., Fly/Free**



**CAL:** As a freshman in **2004-05** season he swam Cal's fifth-fastest time last year in the 200 butterfly with a sixth-place finish (1:50.12) against Stanford ... Won the 200 fly against UOP (1:52.70) and in UOP's Speedo Invitational (1:53.90).

**High School:** A 2004 graduate of Bellarmine College Prep in San Jose, Calif. ... Bellarmine was unbeaten and won Central Coast Section championship each of his four years there ... Top marks: 50 free (21.28), 100 free (46.58), 200 free (1:40.79), 100 fly (50.71), 200 fly (1:51.13). also swam for Almaden Swim and Racquet Club.

**Personal:** Born May 14, 1986, in San Jose, Calif. ... Economics major ... Parents are Don and Kathy Pollard.

**CAL CAREER BESTS**

100 Fly .....	53.82
200 Fly .....	1:50.12



# DASH ROTHBERG

6-4, 176, Jr., Sprint Free/Back



**CAL:** As a freshman in 2004-05 he took fourth place (1:58.31) in the 200 backstroke over Florida State...seventh (52.55) in the 100 back against Michigan ... Seventh (22.19) in the 50 free vs. Cal State Bakersfield.

**International:** Won the gold medal (23.60) in the 50-meter free and the bronze (58.30) in the 100 back at the 2005 Maccabiah Games in Israel.

**National:** 11th (24.27) in the 50-meter free at the 2005 Junior Nationals.

**High School:** 2004 graduate of Bentley High School in Lafayette, Calif. ... Four-time All-American ... Contra Costa swimmer of the year as a senior ... Top high school marks: 100-yard back (51.67), 100-meter back (1:01.30), 50-yard free (21.25).

**Personal:** Born on Dec. 29, 1986, in Los Angeles ... Undeclared major ... Parents are Mitchell and Suzanne Rothberg.

### CAL CAREER BESTS

50 Free .....	22.19
100 Back .....	52.55
200 Back .....	1:58.31

# DAVID RUSSELL

6-5, 205, So., Backstroke



**CAL:** As a freshman in 2005-06 swam the team's best time in the 100 backstroke (46.70) and the 200 backstroke (1:41.88) ... All-American ... Was a member of the 400 medley relay team, who had the season's best time of 3:08.87.

**National:** Member of the U.S. junior national team in 2005 ... At 2005 U.S. Nationals, placed 16th (2:06.09) in the 200-meter back and 17th (56.72) in the 100 back ... 16th (2:06.88) in the 200-meter back and 23rd (58.19) in the 100 back at the 2005 U.S. World Championship Trials ... Runner-up (2:02.65) in both the 200-meter back and the 100 back (57.06) at 2004 U.S. Nationals ... Second (2:04.82) in the 200-meter back at the 2004 U.S. Open Championships.

**High School:** Blue-chip addition to Cal's roster. 2005 graduate of Wellesley High School in Wellesley, Mass ... Top times: 56.72 (100-meter back) and 2:02.62 (200-meter back).

**Personal:** Born Sept. 10, 1986, in Wellesley, Mass. ... Undeclared major ... Parents are Dave and Nanci Russell.

### CAL CAREER BEST

100 Back .....	46.70
200 Back .....	1:41.88

# MATT SCANLAN

6-3, 195, Fr., Fly/IM/Back



**CAL:** Redshirted the 2005-06 season.

**National:** At the 2005 U.S. World Championship Trials, was 31st (2:06.26) in the 200 fly, 28th (56.34) in the 100 fly and 27th (2:09.64) in the 200 back ... At 2004 U.S. Nationals, fourth (2:05.09) in the

200-meter back and fifth (54.81) in 100 fly.

**High School:** A highly touted newcomer ... All-American in freestyle, backstroke, butterfly and IM ... A 2005 graduate of Stockdale High School in Bakersfield, Calif.

**Personal:** Born June 13, 1987 ... Undeclared major ... Parents are Bill and Liz Scanlan.

# B.J. SCOGGAN

6-1, 135, Fr., Freestyle/IM



**High School:** A 2006 graduate of Jesuit in Carmichael, Calif. ... A four-time All-American ... Was in top 16 four years straight in high school ... Also a four-time Sierra Nevada Top 10 swimmer ... Swam for Arden Hills, coached by former Golden

Bear Brian Nabeta ... A member of the 2005 and 2006 USA Swimming National Junior Team ... Competed with the junior national team in Australia in January of 2006.

**Personal:** Born Aug. 24, 1988, in Sacramento, Calif. ... Cognitive science major ... Parents are Jim and Nikki Scoggan ... Has one sister, Brandy.

# SCOTT SORGE

6-5, 200, Fr., Freestyle/Butterfly



**High School:** A 2006 graduate of Mission Viejo high school ... Scholar Athlete of the Year at his high school ... High school All-American ... USA Swimming scholar athlete ... A member of the USA Swimming junior national team in 2005 ... A national

qualifier in the 100 freestyle

**Personal:** Born Nov. 20, 1987, in Marietta, Ga. ... Public health major ... Parents are Rob and Dorinne ... Has a brother, Kyle, and sister, Valerie.

# LOUIS VAYO

6-0, 175, Jr., Back/IM/Mid-Dist. Free



**CAL:** Posted a Cal second-best time in the 400 IM (3:50.69) during the 2005-06 season ... All-American ... Also notched a time of 1:47.61 in the 200 IM ... Posted season-best times of 49.77 (100 backstroke) and 1:44.81 (200

backstroke) ... In the middle-distance freestyles he recorded a season-best 1:37.07 in the 200 freestyle and 4:31.37 in the 500 free ... As a freshman in 2005-06 at the NCAA Championships, took 19th (1:45.31) in the 200 backstroke and 45th (4:30.37) in the 500 freestyle ... Fourth (3:48.54) in the 400 IM at Pac-10s ... That was Cal's best time in the event last season ... Sixth (1:45.20, Cal's second-fastest time last year) in the 200 back and 12th (4:23.71, Cal's fourth-best time) in the 500 free at Pac-10s.

**National:** At 2005 U.S. Nationals, took ninth (2:01.79) in the 200-meter back, ninth (4:25.70) in the 400 IM, 18th (2:05.87) in the 200 IM and 24th (1:51.96) in the 200 free ... Finished 35th in the 100 back (58.61), 11th in the 200 back (2:02.83), 45th in the 200 free (1:53.41) and 31st in the 200 IM (2:06.93) at the 2004 U.S. Olympic Trials.

**High School:** A 2004 graduate of Troy High School in Fullerton, Calif.

**Personal:** Born Nov. 9, 1985, in San Diego, Calif. ... Undeclared major ... Parents are Louis and Sunshine Vayo.

### CAL CAREER BESTS

200 Free .....	1:37.07
500 Free .....	4:23.71
100 Back .....	49.77
200 Back .....	1:44.81
200 IM .....	1:47.61
400 IM .....	3:48.54

# JOSEPH WHITTINGTON

6-3, 152, Jr., Freestyle



**CAL:** Posted a season-best 19.81 in the 50 freestyle during the 2005-06 season ... As a freshman in 2004-05 he anchored winning (1:20.14) 200-freestyle relay at Texas Invitational ... Fourth (20.08) in the 50 free vs. Stanford ... Won

(21.11) the 50 free at Cal State Bakersfield.

**National:** At the 2005 U.S. National Championships, placed 12th (23.48) in the 50-meter free and 24th (52.00) in the 100 free ... At the 2005 U.S. World Championship Trials, took 16th (23.76) in the 50-meter free and 43rd (52.84)

in the 100 free ... Placed 26th in the 50-meter free (23.44) at the 2004 U.S. Olympic Trials.

**High School:** A 2004 graduate of Garces Memorial High School in Bakersfield, Calif. ... Was the high school national champion in the 50 free (20.17) in 2004.

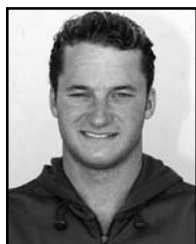
**Personal:** Born June 30, 1986, in Bakersfield, Calif. ... I.S.F. major ... Parents are Michael and Catherine Whittington ... Was a resident assistant during the 2005-06 school year.

**CAL CAREER BESTS**

50 Free .....	19.81
100 Free .....	46.19

**FORD WILLIAMS**

**6-0, 185, Fr., Freestyle/Butterfly**



**High School:** A 2004 graduate of Miramonte high school in Orinda, Calif. ... Swam for Orinda Aquatics.

**Personal:** Born Aug. 25, 1987, in San Francisco ... Undeclared major ... Parents are Randy and Maile Williams

... Father attended Cal, as did his uncle and aunt ... Has one sister, Summer ... Hobbies include reading, Frisbee and video games.

**DIVERS**

**DANNY HARPER**

**5-7, 150, Fr., Diving**

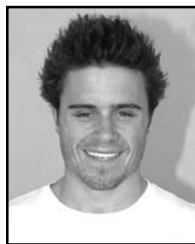


**High School:** A 2006 graduate of New Trier high school in Winnetka, Ill. ... Swam for the central suburban league ... Earned All American status in 2005 and 2006 ... Broke six school diving records and also broke a league record ... High school coach is Brue Kimball.

**Personal:** Born Nov. 8, 1988, in Chicago, Ill. ... Undeclared major ... Mother, Jeanne Harper, is a lawyer ... List hobbies as sports, friends, music, movies and traveling ... Traveled to the Athens Olympics to watch the diving competition.

**SAM HELVIE**

**5-6, 130, So., Diving**



**Cal:** In the 2005-06 season he finished ninth (517.45) in the platform diving at the NCAA Zone E regional final ... Placed fourth (271.35) on the platform final at the Pac-10 Championships ... Won the one-meter (216.00) and finished

third on the three-meter (210.70) at Stanford ... Won both the one-meter (337.72) and three-meter (332.10) at UC Irvine ... Finished third on the one-meter (323.63) and won the three-meter (310.80) at USC ... Finished first on the one-meter (332.92) and second on the three-meter (327.60) against Arizona ... Won the one-meter (375.92) and placed second on the three-meter (325.12) against ASU ... Was the first ever Cal diver to win an event at the Texas Invitational, won the platform competition (282.85).

**High School:** One of the nation's top diving recruits ... A 2005 graduate of Garces Memorial High School in Bakersfield ... Cal swimmer Joe Whittington also graduated from Garces Memorial.

**National:** Diving for his Kern River Divers club, placed fourth on the one-meter board (583.40) at the 2005 Senior Zone D regional final, missing out on the U.S. Senior Nationals by one spot ... Took third on the one-meter (467.750) and on the three-meter (455.400) springboards at the 2005 U.S. Summer Junior Region 10 Championships ... At the 2005 West National (Junior Olympic) Championships, placed 18th (406.60) on the one-meter board, 26th (403.60) on the three-meter board and 26th (304.60) on the platform.

**Personal:** Born March 11, 1987, in Bakersfield, Calif. ... Psychology/pre-med major ... Parents are Richard and Becky Helvie.

**CAL CAREER BEST**

1-meter(6 dives) .....	375.92
3-meter (6 dives) .....	327.60
Platform (10 dives) .....	271.35

**JAVIER RIVAS**

**5-7, 153, Jr., Diving**



**Cal:** During the 2005-06 season finished 10th (511.00) on the platform at NCAA Zone E regional championships ... Placed eighth at the Pac-10 Championships on the one-meter (271.85) ... Placed fourth on both the one-meter (178.00) and

three-meter (177.30) at Stanford ... Finished second on the three-meter (307.50) and third on the one-meter (314.54) at UC Irvine ... Placed

fourth on the one-meter (279.53) and three-meter (257.55) at USC ... Against Arizona he finished third on both the one-meter (277.80) and three-meter (278.62) ... As a freshman in 2004-05 he was named the Pac-10 Newcomer of the Year, the first time a Cal men's diver won a Pac-10 diving award ... Earned the honor for reaching the final (8th overall) on the platform at the conference meet ... Also 11th on the one-meter and 12th on the three-meter springboards at Pac-10s.

**High School:** A 2004 graduate of Long Beach Wilson ... Also played basketball.

**Personal:** Born Dec. 17, 1985, in Mexico ... Psychology major ... McCormick Divers National Team 1998-00 and 2002-04 ... SPA (Southern Pacific Association) Diver of the Year 1998-03 ... Parents are Javier and Maria Rivas.

**CAL CAREER BEST**

1-meter(6 dives) .....	279.53
3-meter (6 dives) .....	329.93
Platform (10 dives) .....	342.25

**MARK WES**

**5-10, 170, Jr., Diving**



**Cal:** At Stanford he placed fifth on both the one-meter (171.15) and three-meter (160.80) ... Finished second on the one-meter (315.60) at UC Irvine ... Finished fourth on the one-meter (255.59) and fifth on the three-meter (259.57) against

Arizona ... Finished third on the one-meter (296.10) against Arizona State ... As a freshman in 2004-05 he scored points on one-meter springboard (5th, 213.68) and three-meter board (4th, 227.48) in dual-meet win over Michigan.

**High School:** A 2004 graduate of Menlo School ... Took second place at the 2004 CCS Diving Finals with 378.40 points and sixth place at the 2002 CCS championships (337.45).

**Personal:** Born Dec. 22, 1985, in Berkeley, Calif. ... Undeclared major ... Competes for Stanford Diving club ... Parents, Ed and Shirley Wes, are Cal grads.

**CAL CAREER BEST**

1-meter(6 dives) .....	296.10
3-meter (6 dives) .....	259.57
Platform (10 dives) .....	211.65

