

# 2007 CALIFORNIA WOMEN'S GYMNASTICS

## 2007 GOLDEN BEAR QUICK FACTS

**Location:** Berkeley, CA  
**Enrollment:** 33,000  
**Founded:** 1868  
**Nickname:** Golden Bears  
**Colors:** Blue (282) and Gold (116)  
**Conference:** Pac-10  
**Arena:** Haas Pavilion  
**Chancellor:** Robert J. Birgeneau  
**Athletic Director:** Sandy Barbour  
**Executive Associate AD/SWA:**  
 Teresa Kuehn  
**Head Coach:** Cari DuBois  
**Alma Mater/Year:** Ball/1992  
**Record at Cal:** 244-263/5th  
**Assistant Coache:** Scott Ryan  
**Office Phone:** 510-643-0282  
**Office Fax:** 510-643-5568  
**2006 Overall Record:** 8-17  
**2006 Conference Record/Finish:**  
 0-6, 7th  
**2006 National Ranking:** NR  
**Letterwinners Returning:** 13  
**Newcomers:** 3



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## CREDITS

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## 2007 CALIFORNIA WOMEN'S GYMNASTICS

Name	Event(s)	Yr.	Ht.	Hometown (High School/Club)
Joanna Bennett	AA	So.	5-7	Healdsburg, Calif. (Healdsburg HS)
Nicola Cashman	AA	Fr.	5-6	El Dorado Hills, Calif. (Oak Ridge HS/Byers)
Justine Cephus	AA	Sr.	5-0	Los Angeles, Calif. (Beverly Hills HS/ All-Olympians Gymnastics)
Nicole Day	AA	Fr.	5-6	Cerritos, Calif. (Richard Gahr HS/SCATS)
Isabel Garcia	V/BB/FX	Sr.	5-2	Fair Oaks, Calif. (St. Francis HS/Technique Gymnastics)
Bridgette Glass	AA	So.	5-0	Oakley, Calif. (Freedom HS/Golden Gate Gymnastics)
Sophia Hocini	AA	Fr.	5-2	Murrieta, Calif. (Murrieta Valley HS/SCEGA)
Jessica Kelley	AA	So.	5-3	Los Altos, Calif. (Homestead HS/Airborne Gymnastics)
Siobhan Luce	AA	Sr.	5-5	Reno, NV (Galena HS/Flips USA)
Keiko Nakamura	AA	Jr.	4-11	Chula Vista, Calif. (Bonita Vista HS/Sea Winds Gymnastics)
Vanna Rocchi	UB	So.	5-4	Oroville, Calif. (Oroville HS/Oroville Gymnastics)
Alli Szutu	AA	Jr.	5-3	Castro Valley, Calif. (Castro Valley HS/Airborne Gymnastics)
Tiffany Tam	AA	So.	5-4	San Jose, Calif. (Independence/West Valley Gymnastics)
Nicki Wells	AA	Jr.	5-4	Auckland, New Zealand (Westlake Girls School/ North Harbour Club)
Lydia Williams	AA	So.	5-7	Toronto, Canada (Northview Height/Sports Seneca Gymnastics)
Elyse Wong	AA	Sr.	5-1	Honolulu, Hawaii (Punahou HS/Kokokahi Gymnastics)
Kendall Zdvorak	AA	So.	5-4	Temecula, Calif. (Temecula Valley HS/SCEGA Club)

### PRONUNCIATION GUIDE

Justine Cephus: ..... SEE-fuss  
 Siobhan Luce: ..... SHIV-on loose  
 Keiko Nakamura: ..... KAY-ko  
 NAHK-a-muh-ra  
 Vanna Rocchi: ..... Ra-kee  
 Alli Szutu: ..... ZU-tsu  
 Cari DuBois: ..... CARE-ee  
 doo-BWAH

**Head Coach:** Cari DuBois (Ball State '92, 5th season)  
**Assistant Coaches:** Scott Ryan (West Virginia '83, 2nd season)

# 2007 SEASON OUTLOOK

There is a new vibe over the California women's gymnastics team this year. They have a new motto, we treat every day like it is the NCAA Championships and we treat the NCAA Championships like it is everyday.

Fourteen years ago, the women's gymnastics team earned an automatic bid to the NCAA Championships out of the West Regional hosted at Haas Pavilion. Flash forward to the current day – the budding team is hosting the West Regional again in Haas Pavilion. It's an opportunity for the Golden Bears to prove they again are the team to beat.

After a disappointing finish last season (seventh in the Pac-10 Conference), the team is back on track with 13 improved returnees and three newcomers.

"The energy is very positive in the gym," said head coach **Cari DuBois**, who is in her fifth season at the helm of the Cal program. "I had nine of the returning ladies train throughout the entire summer. So starting out with training we are further along then we have been in the past.

"They look good. They really look good. We are going to be at a point where we can clean things up earlier than we've ever

done in the past. I think it's because of the confidence. They look more confident. They look fit."

## SENIORS

The senior class of **Isabel Garcia**, **Justine Cephus** and **Elyse Wong**, looks more improved than they've ever been at Cal and are expected to have an outstanding year. Garcia, who earned a scholarship for her final year, posted a career-high of 9.8 on vault twice last season. She will still be one of the Bears top contenders on the vault, beam and floor this season.

"Isabel is learning a new vault," DuBois said. "I think her vault is looking the best it has ever looked in the four years she has been at Cal. As always she will be a major contributor."

Cephus, who was very consistent for the Bears last season on the beam, is back to full health and training all-around again this season. On the beam last year, Cephus posted a career-high 9.75 three times. She also earned a 9.7 (career-high) against Stanford on the floor.

Last season Wong competed twice for the Bears on the floor. This season Wong will have more opportunities in the competitions. Wong is fully back training in her three events (bars, balance beam and floor) and shows a lot of improvement. As a freshman, Wong posted a career-high 9.875 on the floor and 9.7 on the vault. During her sophomore season she recorded a career-high 9.725 on the beam.

## JUNIORS

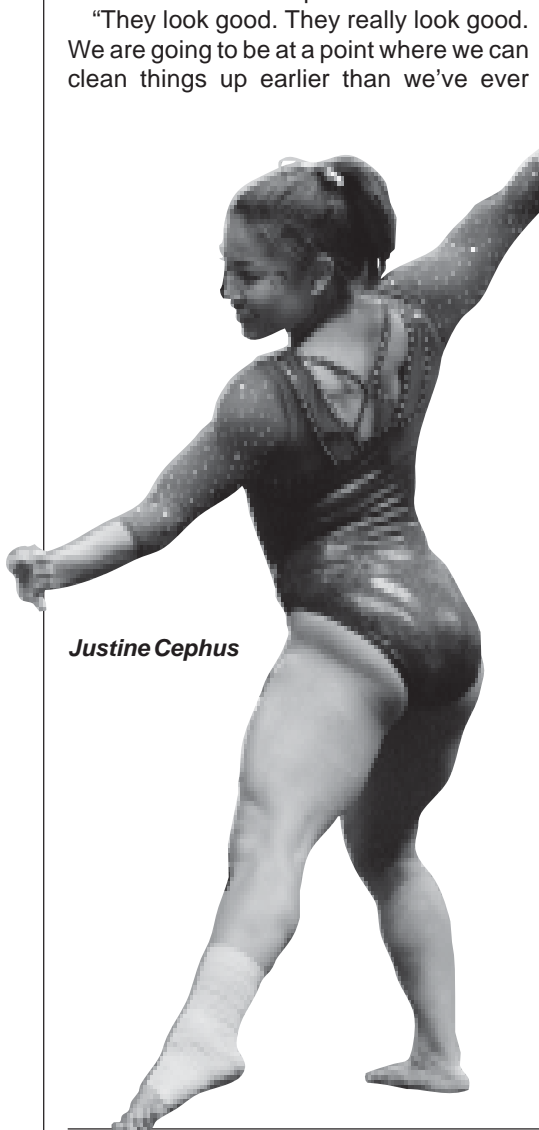
As a tight bunch of sophomores **Siobhan Luce**, **Keiko Nakamura**, **Alli Szutu** and **Nicki Wells** went into the summer with the commitment to improve. After a several months of intense training, the four juniors are more ready than ever.

A consistent all-arounder for the Bears last season, Luce recorded a career-high against San Jose State of 38.725 last season. Luce also set new career-highs on the bars (9.825) and on the floor (9.75).

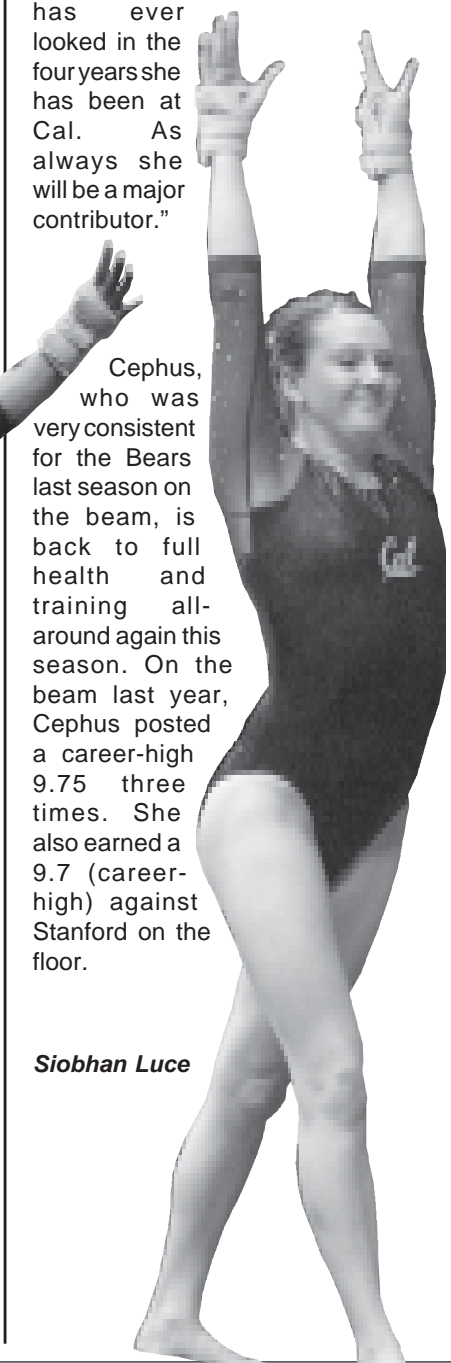
This season Nakamura has added new moves into her beam routine, which saw her post a career-high 9.725 against West Virginia and Pittsburgh last season.

Keiko added a new flight on beam and it's awesome and will be very unique," DuBois said. "From the get go she looks now like she did at the end of last season. Keiko's bars have improved too, but her beam really looks awesome."

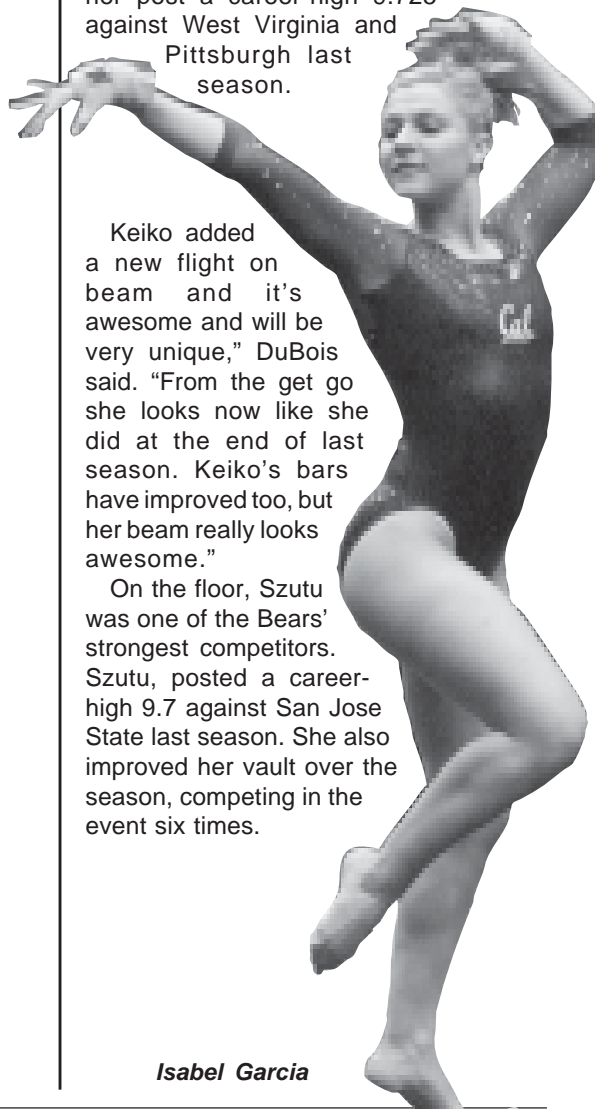
On the floor, Szutu was one of the Bears' strongest competitors. Szutu, posted a career-high 9.7 against San Jose State last season. She also improved her vault over the season, competing in the event six times.



*Justine Cephus*



*Siobhan Luce*



*Isabel Garcia*



"Alli is adding a few new skills into her routines this year," DuBois said. "I expect her to have a very successful season."

Wells continues to be the workhorse she has always been, pushing herself each day in the gym. She recorded a career-high 9.85 twice last season. Wells is aiming towards staying more consistent and working towards making her last two collegiate seasons the best.

**SOPHOMORES**

Entering last season, DuBois didn't know what to completely expect from her newcomers. But several proved to be highly critical in the emergence of the team in the latter portion of the season.

**Jessica Kelley**, an all-rounder, posted several top scores for freshmen in the all-around competition. Kelley competed in six all-around competitions before she was sidelined for the rest of the season. At CSU Fullerton, Kelley won the all-around competition with her career-best 38.95 score.

"Jess Kelley was 36/36 last year," DuBois said. "She will continue to help this team as she continues to improve."

On the bars last season, **Joanna Bennett** tied for first against U C L A , Sacramento State and UC Davis with her score of 9.875. The Healdsburg native also dabbled in

vaulting last season posting a career-high 9.575 against Arizona State.

"We should see Joanna in all four events this season," DuBois said. "I have been pleasantly surprised with how much Joanna has improved this year."

**Lydia Williams**, a Canadian native, posted a career-high 9.85 on the bars last season and on the beam was marked at a career-high 9.8 twice during the season.

"Lydia is better than she ever has looked," DuBois said. "She is sidelined for part of the season due to a fractured toe. But we hope to see her make it back in the lineup for the last half of the season."

In only four competitions last season, **Bridgette Glass** posted a career-high 9.8 against San Jose State on the bars. Sidelined most of the season last year because of an injury, Glass is back on track and expected to be one of the Bears' strongest competitors in the all-around.

On the beam last year, **Tiffany Tam** collected her career-high 9.75 against San Jose State. Tam has a unique mount on the beam that DuBois is very impressed by.

"We will depend on her consistency in the beam lineup," DuBois said. "Tiffany did not miss a single beam routine last year in competition."

**Vanna Rocchi**, who competed twice as an exhibition last season, is focusing on the bars. "Vanna has improved tremendously. I expect we will see her make the lineup this season," DuBois said.

**Kendall Zdvorak**, posted a 9.375 on the vault in the first competition of the year. A hard worker, Zdvorak is recovering from surgery and looks to break into the lineup this season.

**FRESHMEN**

The freshmen class of **Sophia Hocini**, **Nicole Day** and **Nicola Cashman** are a nice addition for Cal this season. Hocini, was the 2005 level 10 national vault and all-around champion. She also was a Junior Olympic national team member in 2005.

Day, a native of Cerritos, Calif., is a five-time level 10 state and regional champion in the all-around competition.

"Nicole has a lot of potential," DuBois said. "Her attitude and work ethic will determine her success this season."

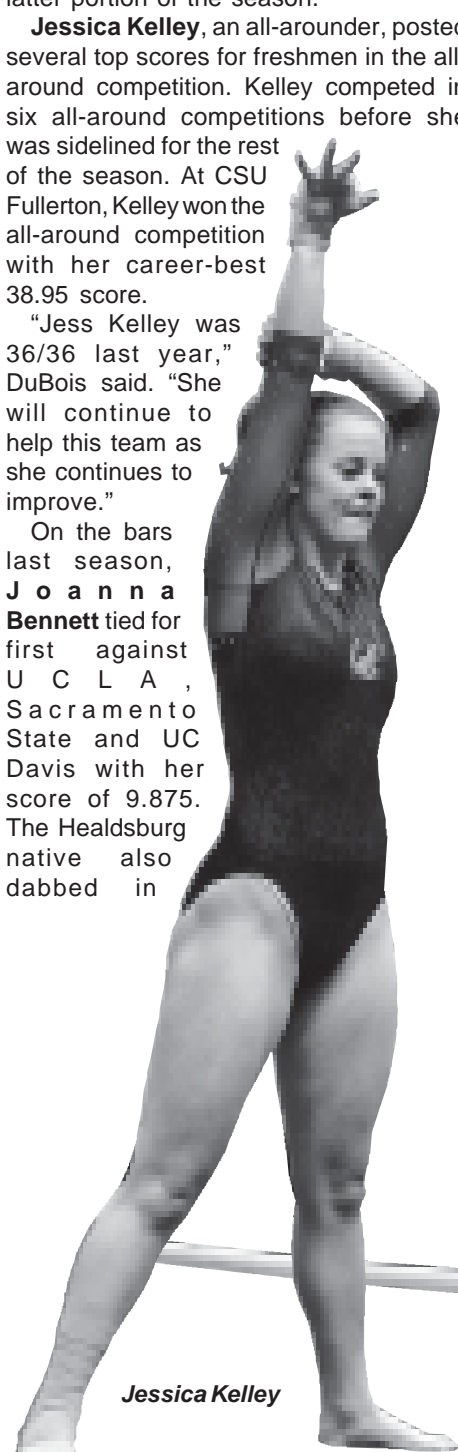
Cashman, a walk-on, was a nice surprise for the Bears this season. "I expect to see her vault come along," DuBois said. "She has a great work ethic. She is clean and if she stays healthy she has tons of potential."

**SCHEDULE**

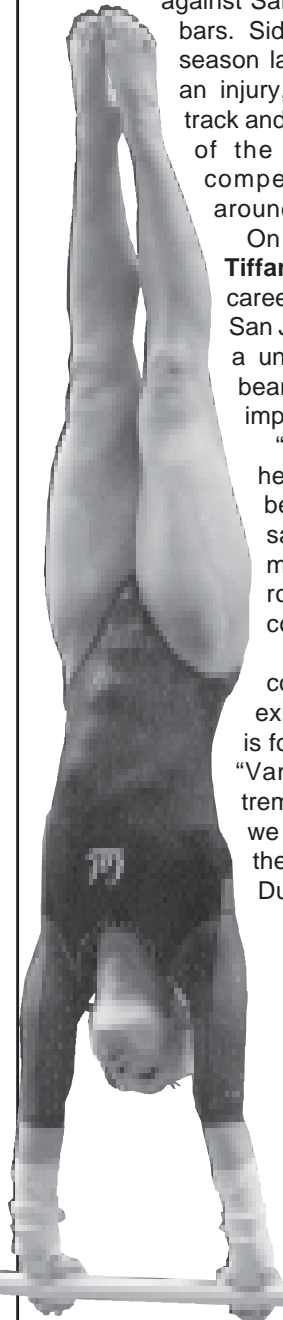
Once again, the Pac-10 gymnastics schedule will be one of the most competitive of any conference. "The Pac-10 will be competitive, as always," DuBois said. "I try not to worry about the other teams. We need to go out and do what we do on a daily basis. We are the only ones that can control our performances."

The team will make non-conference stops at Denver and Air Force. The Bears will wrap up the season with the Northern California Challenge against UC Davis, Sacramento State and San Jose State.

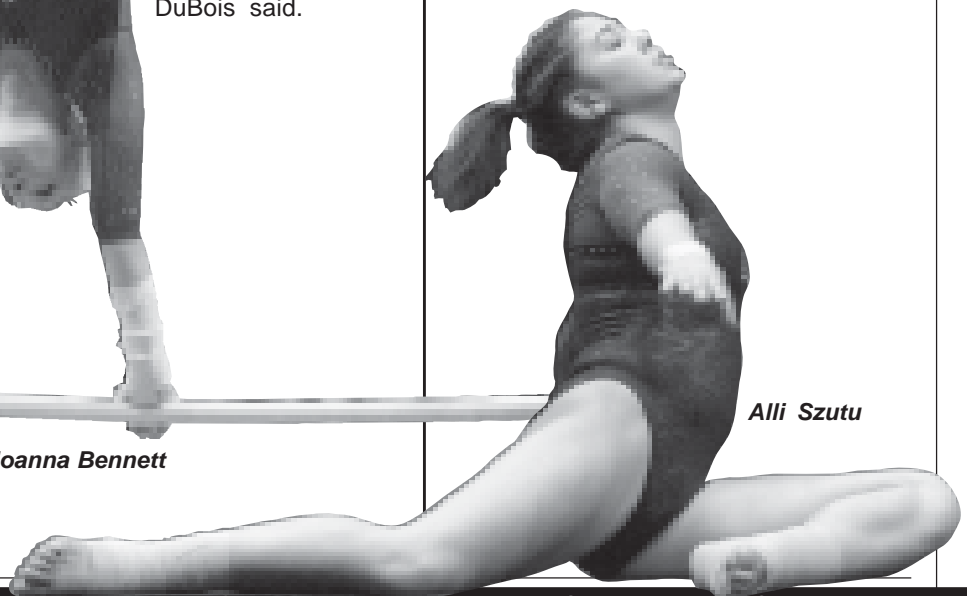
"We will be pretty pumped up for the Northern California Challenge," DuBois said. "It very well could be a cut off for regional for any of the teams and it will all be determined out on the floor."



Jessica Kelley



Joanna Bennett



Alli Szutu

# CALIFORNIA HEAD COACH

## CARI DuBOIS

**Head Coach**  
**Fifth Season at Cal**



Since arriving in Berkeley in 2003, Cari DuBois has led the California women's gymnastics program to immediate success, and helped turn Cal into an emerging Pac-10

power. In her short tenure, DuBois has guided the Golden Bears to their first back-to-back dual-meet winning seasons since 1991-92 and led the 2003 Cal team to its highest NCAA Regional Finish (fourth) in more than a decade. A year later, Cal finished fifth at NCAA Regionals, the program's best back-to-back postseason showing since 1991-92. She was named Pac-10 Co-Coach of the Year and West Regional Coach of the Year in 2003. The same season she helped My-Lan Dodd become Cal's first NCAA Championship meet representative in nearly a decade.

DuBois' presence in the Cal program was felt right away. She inherited a team that finished a disappointing 5-9 the year before her arrival and, with virtually no time to recruit for the upcoming season, guided the Bears to a 12-5 dual meet record. Cal made its first NCAA Regionals appearance since 2001, finishing fourth – the best placement since taking third in 1992. In 2004, Cal finished 9-6, fifth at the NCAA Regionals and set school records in the uneven bars (49.550), balance beam (49.300) and floor exercise (49.425). The Bears have finished nationally ranked in DuBois' first two seasons.

Prior to coming to Cal, DuBois, 37, spent six years as an assistant coach at West Virginia (1996-02) and three years with the



Head coach Cari DuBois speaks to the Bears at the 2006 Pacific-10 Championships.

### DuBOIS AT CAL

Year	Record	Pct.	Regionals	Rank
2003	12-5	.706	4th	18
2004	9-6	.600	5th	25
2005	6-12	.333	-	-
2006	8-17	.320	-	-
<b>Totals</b>	<b>35-40</b>	<b>.467</b>	-	-

**2003 Pac-10 Co-Coach of the Year**  
**2003 West Regional Coach of the Year**

Golden Bears (1993-96). At West Virginia, she helped the Mountaineers attain their highest national ranking ever (fourth, 2000) and helped lead West Virginia to a pair of 12th-place national finishes in 1999 and 2000. While she was in Morgantown, three WVU gymnasts were named conference gymnasts of the year, three others garnered conference outstanding senior gymnast of the year honors and Danielle Lilly

became the first Mountaineer freshman to win a NCAA regional title (balance beam, 1997). During DuBois' tenure, West Virginia averaged more than 20 wins per season and captured four Big East championships.

In DuBois' previous stint in Berkeley, under

then-head coach Alfie Mitchell, the Bears accumulated a 37-20 (.649) meet record and she coached the last Cal NCAA qualifier prior to Dodd, Candice Kwok in 1994. During DuBois' last season at Cal in 1996, the Bears set a record team score of 193.925.

Prior to collegiate coaching, DuBois spent time instructing and choreographing routines at several gymnastics camps and clubs nationwide, including the National Gymnastics Village in Colorado Springs, Colo. DuBois has also spent time as a camp instructor at the Universities of Alabama, Georgia and West Virginia, coaching gymnasts of all skill levels. She is a certified national judge, with experience judging levels 5-10 in California, Colorado, Indiana, Nevada, Pennsylvania and West Virginia.

As a competitor, DuBois was a four-year letterwinner and three-time Mid-American Conference selection at Ball State from 1989-92. She earned team MVP honors in 1990 and 1992, and was nominated for Most Valuable MAC Gymnast of the Year and Top Female Athlete at Ball State. DuBois won the 1989 MAC Championship meet vault crown and the 1992 MAC floor exercise title. While competing for the Cardinals, DuBois set school records in the all-around (37.75) and vault (9.80).

A native of St. Joseph, Mo., DuBois received her bachelor's degree in exercise science and wellness from Ball State in 1992 and holds a master's degree in athletic coaching education from West Virginia.

### ALL-TIME COACHING RECORDS

Year(s)	Coach	Pct.	Record
<b>2003-present</b>	<b>Cari DuBois</b>	<b>.467</b>	<b>35-40</b>
1998-2002	Trina Tinti	.423	47-64
1994-1997	Alfred Mitchell	.597	46-31
1986-1993	Pam Burgess	.541	73-62
1982-1985	Diane Dunbar	.446	25-31
1980-1981	Dale Flansaas	.190	4-17
1978-1979	Dan Millman	.333	5-10
1977	Molly Rackham	.556	5-4
1975-1976	Debbie Bailey	.000	0-3
1974	Sue Williamson	.800	4-1
<b>32 seasons</b>	<b>10 coaches</b>	<b>.481</b>	<b>244-263</b>

# CALIFORNIA COACHING STAFF

## SCOTT RYAN

**Assistant Coach  
Second Year**



Scott Ryan was named the new assistant coach for the women's program in the summer of 2005. Ryan served as the director and head coach at Aztec

Gymnastics in San Diego, Calif., prior to his hiring at Cal.

While at Aztec Gymnastics, Ryan led his teams to 33 state and regional championships in the state of California and national champions in both the United States and Mexico. Also 18 of his gymnasts earned college gymnastics scholarships.

In addition to Ryan's gymnastics teaching, he served as a lecturer at San Diego State University, where he taught undergraduate classes in the Department of Exercise and Nutritional Sciences.

Prior to his experience in San Diego, he served as the head coach and program director at Buckeye Gymnastics in Columbus, Ohio. He additionally occupied the position of event or meet director at the 1999-2000 San Diego Winter Classic, 1988-1996 Buckeye Classic, 1995 NCAA

Men's Gymnastics Championships and 1985 Atlantic 10 Gymnastics Championships.

Ryan is a graduate of West Virginia University, with an undergraduate degree in journalism and a masters of science in sports promotions.

## KEN MILLER

**Strength and Conditioning Coach  
First Year**



Ken Miller joined the Cal strength and conditioning staff in the summer of 2006. Prior to coming to Cal, he worked in corporate wellness programs and also as a personal trainer.

Miller also served as a consultant for training facilities and health clubs in the Western United States and managed personal training departments in both Southern and Northern California. In 2005 Miller earned masters in Exercise Science and Health Promotion emphasis in Performance Enhancement and Injury Prevention from the California University of Pennsylvania. He holds certification with the National Academy of Sports Medicine as a Personal Trainer, and holds specialization certificates in corrective exercise and performance enhancement. Miller graduated from Cal Poly Pomona in 1993, with a bachelor in physical education emphasis in exercise science.

## ELISE HAMMOND

**Athletic Trainer  
Second Year**

Elise Hammond is in her second year at Cal, where she will work with the women's gymnastic

**Assistant coach Scott Ryan cheers the performance of Britani Pittullo against Stanford last season.**



team and assist with football. Since 2002, Hammond worked in the Oregon State University training room. While with the Beavers, Hammond assisted with football, crew, basketball,

soccer, baseball and softball. She additionally worked in 2003 at Western Oregon University with the track and field, basketball, softball and baseball teams. In 2001, Hammond served a six-month internship with the Los Angeles Avengers where she assisted the head athletic trainer with prevention, treatment and rehabilitation of the professional arena football players. She is currently enrolled in graduate school at Cal, where she is working towards a degree in kinesiology with an emphasis in sports psychology. Hammond received her bachelor's degree in exercise and sports science with an athletic training option from Oregon State in December of 2004.

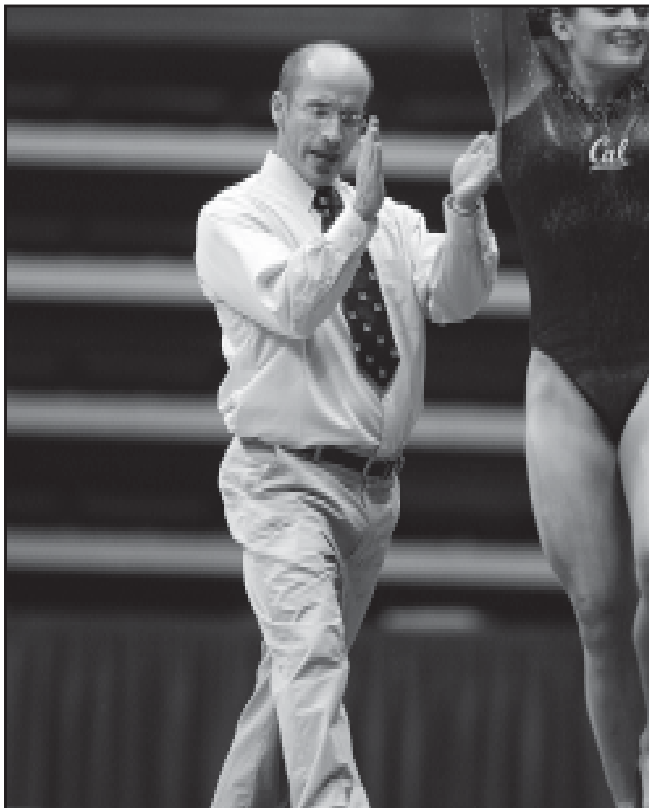
## COLLEEN MULVIHILL

**Choreographer**



Colleen Mulvihill has been involved with movement and movement education for more than forty years. She is a certified Pilates and Gyrotonic® instructor; has studied and practiced

yoga, chi gung, and gymnastics, and has been a professional dancer and choreographer. She was an international competitive gymnast on the 1968 Olympic Team, and continues her association with the gymnastics world as a choreographer for national and international gymnastic competitors. Colleen is actively involved in independent studies of many alternative medicine modalities, and brings the understanding she has gained to her movement work. "My students and clients need to create a dialog with their bodies, to understand why their bodies move as they do. My intention is to be a collaborator; to facilitate the dialog; to help them increase their movement potential and health. Moving with ease is a joyful experience. My goal is to promote this joyful well-being among people of all ages, energy levels and physical conditions."



# 2007 GYMNAST PROFILES

## JOANNA BENNETT

**All-Around • Sophomore • 5-7**  
**Healdsburg, Calif. (Healdsburg HS)**

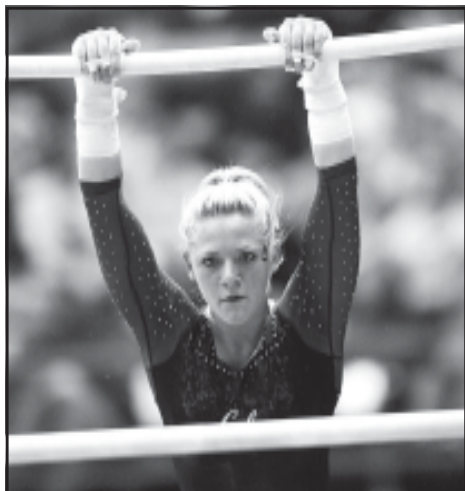


**CAL: 2006:** Posted a 9.825 at the George Washington, North Carolina State meet (3/12) ... Notched a 9.800 at West Virginia, Pittsburgh (3/10) ... In her first time competing on the floor posted a 8.750 against

Arizona State (3/3) ... Set her career-high on the bars against UCLA, Sacramento State and UC Davis (2/10) of 9.875, this was the highest score by a freshman on the bars since 2002, when My-Lan Dodd posted a 9.900 ... Posted a 9.775 on the bars against Stanford (2/3) ... Collected a 9.725 on the bars and 9.400 on the vault at Arizona (1/27) ... Posted a 6.75 for the third time this season on the bars ... In first vault competition of the season, recorded a 9.300 against Sacramento State (1/13) ... In her first collegiate meet, at the Aloha Gymfest (1/3) posted a 9.675 on the bars.

**HIGH SCHOOL/CLUB:** In 2005 placed 10th in the all-around and seventh on the bars at the Junior Olympic Nationals ... Placed 12th on the vault and 38th in the all-around at the Junior Olympic Nationals in 2004 ... 2004 floor state champion ... Placed fifth in the all-around at the Regional Championship in 2004 ... In 2005 placed fourth in the all-around at the Regional Championship ... A member of the Principal's Honor Roll ... Competed with the Cal West Gymnast.

**PERSONAL:** Joanna Marie Bennett ... Born May 2, 1987, in Santa Rosa, Calif. ... Undeclared major ... Daughter of Kelly and Donna Bennett ... Has a younger brother and sister ... Lists hobbies as water skiing, wakeboarding, snow skiing and swimming.



Joanna Bennett

### COLLEGIATE CAREER HIGHS

Vault: ..... 9.575 (Arizona State, 3/3/06)  
 Bars: ..... 9.875 (UCLA, Sacramento State, UC Davis, 2/10/06)  
 Floor: ..... 8.750 (Arizona State, 3/3/06)

## JUSTINE CEPHUS

**All-Around • Senior • 5-0**  
**Los Angeles, Calif. (Beverly Hills HS/ All-Olympians Gymnastics)**



**CAL: 2006:** Honorable mention Pac-10 All-Academic ... Tallied her career high on the vault (9.625) and matched her career high on the beam at CSU Fullerton (2/26) ... Recorded a 9.550 on the vault against UCLA,

Sacramento State and UC Davis (2/10) ... Posted a 9.525 on the vault against Stanford (2/3) ... Tied her career-high 9.750 on the beam against Stanford (2/3) ... Posted a 9.450 on the vault at Arizona (1/27) ... Set her career-record 9.750 on the beam against Oregon State (1/20) ... Tallied a 9.600 on the beam at Sacramento State (1/13) ... Competed at the Aloha Gymfest (1/3) on the beam, posting a 9.500 ... **2005:** Out for the season with an injury ... **2004:** Scored a career best 9.550 on floor, at Washington (1/16).

**HIGH SCHOOL/CLUB:** 2002 Junior Olympic national beam champion and second in 2003 ... 2003 California State floor and all-around champion ... 2003 Region 1 beam champion ... 2002-03 Region 1 national team member ... captain of her All-Olympians club team in 2003.

**PERSONAL:** ... Justine Akiko Cephus ... Born June 24, 1985, in Los Angeles ... Political science major ... Would like to attend law school after graduation ... Daughter of Jolene and Alonzo Cephus ... Has one brother, Alexander (14).



Justine Cephus

### COLLEGIATE CAREER HIGHS

Vault ..... 9.625 (at CSU Fullerton, 2/26/06)  
 Beam ..... 9.750 (Three Times 2006)  
 Floor ..... 9.700 (Stanford, 2/3/06)

## ISABEL GARCIA

**V/BB/FX • Senior • 5-2**  
**Fair Oaks, Calif. (St. Francis HS/ Technique Gymnastics)**



**CAL: 2006:** Notched her season-high 9.775 on the floor against San Jose State (3/17) ... Secured a 9.700 on the vault and a 9.650 at George Washington, North Carolina State (3/12) ... Matched her

career-high on the vault of 9.800 against Arizona State (3/3) ... Collected a career-high at CSU Fullerton (2/26) on the vault (9.800) ... Posted a 9.750 on the vault at Washington (2/17) ... Tabulated a 9.750 on the vault and season-high on the floor (9.750) against UCLA, Sacramento State and UC Davis (2/10) ... Competed on the vault (9.675) and on the floor (9.650) against Stanford (2/3) ... Collected a on the vault (9.625) and a season-high on the beam (9.500) at Arizona (1/27) ... Notched a 9.650 on the floor at Arizona (1/27, which was previously set against Oregon State (1/20)) ... Posted a 9.575 on the floor at Sacramento State (1/13) ... Recorded a 9.450 on the vault, 9.475 on the beam and 9.550 on the floor at the Aloha Gymfest (1/3). **2005:** Posted 9.471 season average on the vault, 9.315 season average on the beam and a 9.558 season average on the floor ... Record a season beat on the vault of 9.675 twice (at Utah State – 3/7 and Pac-10 Championships – 3/26) ... In the match against Utah, Stanford and Florida collected her season best 9.725 on the beam ... **2004:** Posted her career high on beam (9.625) in first collegiate meet (1/9).



Isabel Garcia

**HIGHSCHOOL/CLUB:** Was a Level 10 national qualifier in 2001 and 2002.

**PERSONAL:** Isabel Christina Garcia ... Born Nov. 11, 1985, in Redding, Calif. ... Majoring in social welfare ... Member of Alpha Delta Pi sorority ... Spent summer 2004 teaching at a gymnastics camp ... Parents are Ramon and Rajja Garcia ... Has a sister, Anja, 20, who competed on the Cal team from 2003-04 and a brother, Emilio, 13.

**COLLEGIATE CAREER HIGHS:**

Vault ..... 9.800 (Twice, 2006)  
Beam .... 9.725 (Utah/Stanford/Florida, 3/4/05)  
Floor ..... 9.850 (at Stanford, 2/20/04)

## BRIDGETTE GLASS

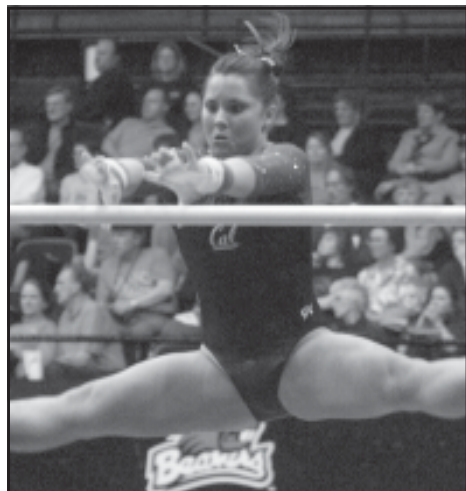
**All-Around • Sophomore • 5-0**  
**Oakley, Calif. (Freedom HS)**



**CAL: 2006:** Posted a career-high 9.800 on the bars against San Jose State (3/17) ... Notched a 9.675 on the bars at the George Washington, North Carolina State meet (3/12) ... Earned a 9.100 on the bars in an exhibition against Arizona State (3/3).

**HIGHSCHOOL/CLUB:** Attended Golden Gate Gymnastics for 11 years, coached by Mike Lynch, Tracee Talavera and Rip Talavera ... Recorded a second-place finish in the all-around at the American Challenge in 2004 ... 2001 US Championship qualifier ... A 2001 and 2002 US Classic qualifier (international elite) ... In 2001 she placed fourth in the vault in the US Classic ... In the 1999 Junior Olympic National level 10, she placed first on the vault and in the all-around ... Principal's honor roll.

**PERSONAL:** Bridgette Danielle Glass ... Born May 31, 1987, in Alameda, Calif. ... Undeclared major ... Daughter of George and Connie Glass ... Has one older sister, Brittany and a younger sister, Jordan ... The summer prior to coming to Cal she coached a gymnastics team at Antioch Leisure Center.



**Bridgette Glass**

**COLLEGIATE CAREER HIGHS:**  
Bars ..... 9.800 (San Jose State, 3/17/05)

## JESSICA KELLEY

**All-Around • Sophomore • 5-3 1/2**  
**Los Altos, Calif. (Homestead HS)**

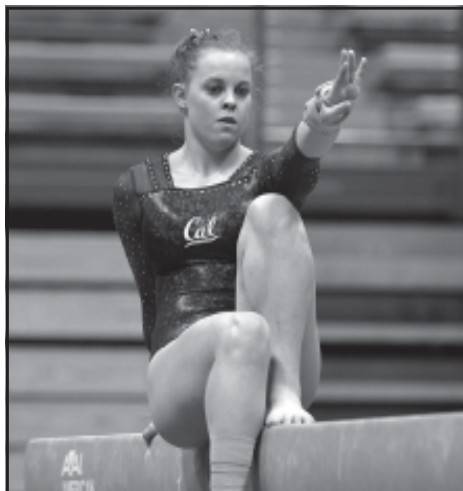


**CAL: 2006:** Earned the team's Rookie of the Year honor ... Claimed all-around honors at CSU Fullerton (2/26), with her career high score (38.950) ... Tallied her career-high on the vault (9.775) also at CSU

Fullerton (2/26) ... Won the all-around (38.500) competition at Washington (2/17) ... Set her career high on the bars (9.825) against UCLA, Sacramento State and UC Davis (2/10) ... Recorded a high on the vault (9.700) and on the floor (9.775) against Stanford (2/3) ... Posted a 9.675 on the vault, tallied on the bars a 9.700 and a season high in the all-around (38.600) at Arizona (1/27) ... Matched her team high in the all-around against Oregon State (1/20) ... Won the all-around competition at Sacramento State (1/13) by posting a 38.450 ... Her first collegiate match (1/3) recorded a 9.625 on the bars and 9.400 on the beam.

**HIGHSCHOOL/CLUB:** Five-time Level 10 National qualifier who trained at Airborne Gymnastics under coaches Melanie Ruggiero and Justin Howell ... Four top ten finishes in the all-around at the Level 10 JO Nationals ... Level 10 JO National Team member in 2003; 5th all-around at JO Nationals in 2004 (Senior B) ... In 2004, placed first in the all-around, vault, and bars at the Region 1 Championship meet ... Won numerous regional and state titles including 2005 Norcal State champion in the all-around, vault, bars and floor.

**PERSONAL:** Jessica Ann Kelley ... Born Jan. 15, 1987, in Modesto, Calif. ... Undeclared major ... Daughter of Michael and Jane Kelley ... Has an older brother, Daniel ... Lists hobbies as



**Jessica Kelley**

listening to music, swimming, hanging out with friends ... Prior to coming to Cal Kelley vacationed in Italy and Germany.

**COLLEGIATE CAREER HIGHS:**  
Vault ..... 9.775 (at CSU Fullerton, 2/26/06)  
Bars ..... 9.825 (UCLA, Sacramento State, UC Davis, 2/10/06)  
Beam .... 9.650 (at Sacramento State, 1/13/06)  
Floor ..... 9.775 (Stanford, 2/3/06)  
AA ..... 38.950 (at CSU Fullerton, 2/26/06)

## SIOBHAN LUCE

**All-Around • Junior • 5-5**  
**Reno, NV (Galena HS/Flips Gymnastics)**



**CAL: 2006:** Honorable mention Pac-10 All-Academic ... Notched her career high in the all-around competition 38.725 against San Jose State (3/17) ... Matched her then-career high in the all-around of 38.525

against Arizona State (3/3) ... Matched her career high of 9.750 on the floor at Washington (2/17) ... Posted a career best on the bars (9.825) and a season-high 9.700 against UCLA, Sacramento State and UC Davis (2/10) ... Recorded excellent marks in all four events against Stanford (2/3) on her way to a 38.500 in the all-around competition ... Collected a 9.600 on the bars at Arizona (1/27). **2005:** Posted a season best 9.850 in the vault at the 2005 Pac-10 Championships (4/26), finishing tied for seventh ... Finished second against North Carolina State (3/11) in the all-around (38.525) ... Collected a new career-high (9.650) on the beam against Stanford (3/19) ... Set her career-high on the vault (9.700) in the meet against Utah, Stanford and Florida (3/4) ... Matched her career-high on the floor (9.750) three times during the season.

**HIGHSCHOOL/CLUB:** Former Junior Olympics Level 10 national qualifier.

**PERSONAL:** Marie Siobhan Luce ... Born Jan. 1, 1986, in San Jose, Calif. ... Integrative



**Siobhan Luce**

Biology major ... Spent the summer of 2004 interning in the office of U.S. Congressman Jim Gibbons (R-Nev.) ... National Honor Society member and Nevada Silver Scholar Award recipient ... Parents are Michael and Celeste Luce.

**COLLEGIATE CAREER HIGHS:**  
 Vault . 9.850 (Pac-10 Championships, 4/26/05)  
 Bars ..... 9.825 (UCLA, Sacramento State, UC Davis, 2/10/06)  
 Beam . 9.700 (at Utah/Stanford/Florida, 3/4/05)  
 Floor ..... 9.750 (at Washington, 2/17/06)  
 AA ..... 38.725 (San Jose State, 3/17/06)

## KEIKO NAKAMURA

**All-Around • Junior • 4-11**  
**Chula Vista, CA (Bonita Vista HS/ Sea Wind Gymnastics)**



**CAL: 2006:** Collected a 9.600 on the beam against Arizona State (3/3) ... Matched her career-high 9.725 on the beam at CSU Fullerton (2/26).  
**2005:** Scored a career-high 9.625 on the beam in her first collegiate meet

... Posted a season average 9.305 on the beam before a season-ending injury.

**HIGH SCHOOL/CLUB:** 2004 Junior Olympics national qualifier ... Took sixth on beam at Junior Olympic regional competition ... 2002 YMCA National Championship beam titlist ... 2000 and 2001 YMCA National All-Star Team member.

**PERSONAL:** Keiko Laura Nakamura ... Born July 24, 1986, in Santa Monica, Calif. ... Integrative biology major ... Parents are Brian and Emiko Nakamura, both UCLA graduates ... Has two siblings: Akemi, 23, and Matthew, 22, who attends Long Beach State ... Grandfather, Frank, played football at Michigan.

**COLLEGIATE CAREER HIGHS:**  
 Beam ..... 9.725 (at George Washington, NC State, 3/12/06)



Keiko Nakamura

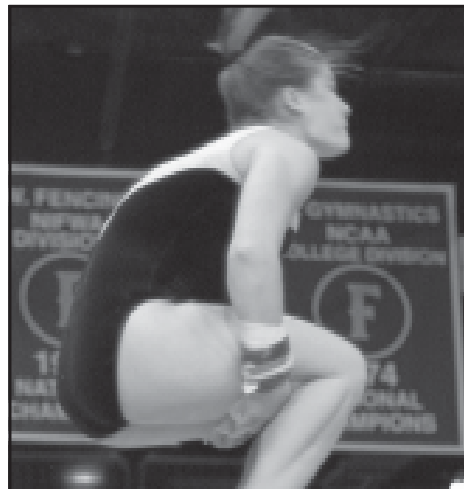
## VANNA ROCCHI

**UB • Redshirt Freshman • 5-5**  
**Oroville, Calif. (Oroville HS)**



**CAL: 2006:** Exhibition during her initial season.  
**HIGH SCHOOL/CLUB:** Competed on the Oroville Gymnastics club team, coached by Shaw Carter ... Had left ankle surgery in Feb. and April of 2005 ... Qualified for level seven state in 2003 ... Level eight state in 2003, where she placed fourth on the floor ... Qualified for level nine state in 2004 and 2005 ... Valedictorian ... Top-10 award four-years straight ... GATE member ... National Art Honor Society participant ... CSF.

**PERSONAL:** Vanna Jo Rocchi ... Born Nov. 29, 1986, in Oroville, Calif. ... Intends to major in cognitive science at Cal ... Career ambitions include ambassador or naval pilot ... Daughter of Steve and Barbara Rocchi ... Father graduated from Cal in 1981 ... Has an older sister, Marina, and brother, Ian, and a younger sister, Kyra ... Hobbies include painting, reading and shopping.



Vanna Rocchi

## ALLI SZUTU

**All-Around • Junior • 5-3**  
**Castro Valley, CA (Castro Valley HS/ Airborne Gymnastics)**



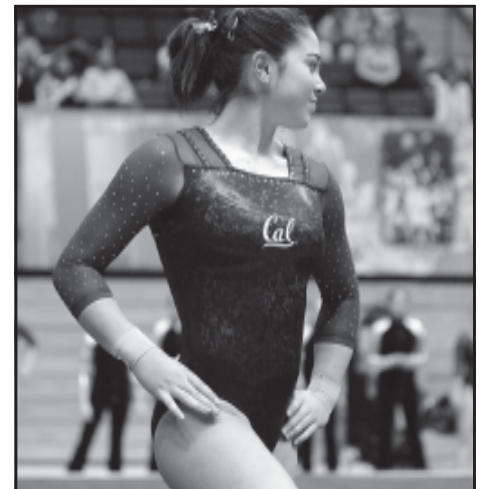
**CAL: 2006:** Honorable mention Pac-10 All-Academic ... Collected her season high on the vault 9.550 against San Jose State (3/17) ... Competed on the vault for the first time this season at CSU Fullerton (2/26), where she

notched a 9.525 ... Posted a season high 9.650 on the floor against UCLA, Sacramento State and UC Davis (2/10) ... Recorded a 9.525 in the floor exercise against Stanford (2/3) ... Posted a 9.425 on the floor at the Aloha Gymfest (1/3).  
**2005:** Posted a career-high 9.675 on the vault twice (3/7 and 3/19) ... Finished third on the floor (9.700) against Washington (2/18) ... In first collegiate meet, finished second in the all-around (38.700), tied for first on the vault (9.650), tied for third on the bars with her career-high of 9.775, finished second on the beam with her career-high 9.625 and finished second on the floor with 9.650.

**HIGH SCHOOL/CLUB:** In 2004, was a national championships qualifier, finishing 10th on vault. At regional level, fourth in all-around, second on vault and floor and at states, first on bars, second in all-around and second on vault ... In 2003, fourth on vault at national championships.

**PERSONAL:** Allison Lian Szutu ... Born Aug. 6, 1986, in Oakland, Calif. ... Social welfare major ... Possibly wants to do social work or school counseling ... Parents are Peter Szutu and Jan Eldred ... Has one brother, Michael.

**COLLEGIATE CAREER HIGHS:**  
 Vault ..... 9.675 (Two times, 2005)  
 Bars ..... 9.775 (UC Davis/Brown, 1/14/05)  
 Beam ..... 9.625 (UC Davis/Brown, 1/14/05)  
 Floor ..... 9.700 (San Jose State, 3/17/06)  
 AA ..... 38.700 (UC Davis/Brown, 1/14/05)



Alli Szutu

# TIFFANY TAM

All-Around • Sophomore • 5-4  
San Jose, Calif. (Independence HS)

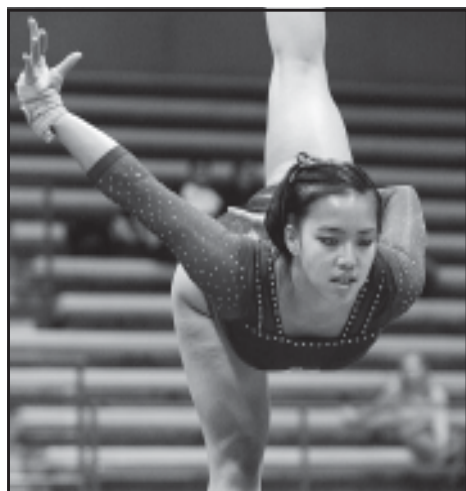


**CAL: 2006:** Notched her career high (9.750) on the beam against San Jose State (3/17) ... Recorded a 9.675 on the beam in her first collegiate meet at Arizona (1/27) ... Performed an exhibition on the beam and floor at the Aloha Gymfest (1/3).

**HIGH SCHOOL/CLUB:** Competed on the West Valley club team, coached by Diane Amos and Tiina Vilenius ... Fourth in the all-around at the Western Nationals in both 2004 and 2005 ... Regional floor champion 2004 ... State beam champion in 2004 ... Earned the Most Inspirational award in 2003 and 05 ... Lifetime CSF member ... Vice president of the independent film club ... Honors GSE.

**PERSONAL:** Born July 2, 1987, in Santa Clara, Calif. ... Daughter of Raymond and Beina Tam ... Has a younger brother and sister ... Intends on majoring in business ... Wants to own a company ... List hobbies as going on the computer, knitting and crocheting.

**COLLEGIATE CAREER HIGHS:**  
Beam ..... 9.750 (San Jose State, 3/17/06)



Tiffany Tam

# NICKI WELLS

All-Around • Junior • 5-3  
Auckland, New Zealand (Westlake Girls HS/North Harbour Gymnastics Club)



**CAL: 2006:** Honorable mention Pac-10 All-Academic ... Matched her career high on the bars (9.850) against San Jose State (3/17) ... Collected her career high (9.850) on the bars against George

Washington, North Carolina State (3/12) ... Talled a season high on the floor of 9.600 against UCLA, Sacramento State and UC Davis (2/10) ... Recorded a 9.725 on the bars against Oregon State (1/20) ... Posted a 9.600 on the floor at Sacramento State (1/13) ... Competed on the vault (9.425), bars (9.700) and floor (8.975) at the Aloha Gymfest (1/3). **2005:** Posted career high on the beam (9.725) and in all-around competition (38.625) in the meet against Utah, Stanford and Florida (3/4) ... Also posted career-highs at Utah State on the vault (9.700), bars (9.750) and floor (9.825).

**NEW ZEALAND/NATIONAL TEAM:** New Zealand 2003 All-Around National Champion ... Member of New Zealand's 1999 and 2003 World Championships Teams ... 2002 Commonwealth Games participant ... Competed at 2000, 2002 and 2004 Pacific Alliance gymnastics competitions.

**PERSONAL:** Nicola Rachel Wells ... Born Oct. 15, 1984 in Hamilton, New Zealand. Statistics major ... Interested in a career in consumer research ... Enjoys surfing in free time ... Moved away from home at age 12 to further gymnastics career ... Parents are Paul and Philippa Wells, graduates of the University of Canterbury ... Has one brother, Simon (20).

**COLLEGIATE CAREER HIGHS:**  
Vault ..... 9.700 (at Utah State, 3/7/05)  
Bars ..... 9.850 (Twice 2006)  
Beam 9.725 (at Utah/Stanford/Florida, 3/4/05)  
Floor ..... 9.825 (at Utah State, 3/7/05)  
AA ... 38.625 (at Utah/Stanford/Florida, 3/4/05)



Nicki Wells

# LYDIA WILLIAMS

All-Around • Sophomore • 5-7  
Toronto, Canada (Northview Heights)



**CAL: 2006:** Matched her career high on both the bars and beam at the Pac-10 Championships ... Notched her career high (9.850) on the bars at the George Washington, North Carolina State meet (3/12) ... Posted a 9.775

on the bars at CSU Fullerton (2/26) ... Set her career-high 9.800 on the beam against UCLA, Sacramento State and UC Davis (2/10) ... Recorded a 9.800 on the bars against Stanford (2/3) ... Talled a 9.775 on the beam against Oregon State (1/20) ... Collected a 9.725 on the beam at Sacramento State (1/13) ... Posted the best all-around score for a freshman (37.875) since 1995 at the Aloha Gymfest (1/3) ... Recorded a 9.775 on the bars at the meet.

**HIGH SCHOOL/CLUB:** Participated on the Sports Seneca Gymnastics Club team ... The team was the No. 1 elite club in Canada in 2003 and 04 ... Competed on the Canadian World team, which placed second at the PanAm Games in 2003 ... A spinal injury prevented her from competing in national competition in 2004 ... Earned the Academic and Sports achievement award in ninth and tenth grade.

**PERSONAL:** Lydia Anna Williams ... Born March 4, 1987, in Pretoria, South Africa ... Daughter of William and Emsie Williams ... Has an older brother and younger sister ... Undeclared major ... List other favorite sports as biking, swimming ... Hobbies include reading, watching movies and art ... Assist with event management in the athletic department.

**COLLEGIATE CAREER HIGHS:**  
Vault ..... 9.500 (at Aloha Gymfest, 1/3/06)  
Bars ..... 9.850 (Twice 2006)  
Beam ..... 9.800 (Twice 2006)  
Floor ..... 9.400 (at Sacramento State, 1/13/06)  
AA ..... 37.875 (at Aloha Gymfest, 1/3/06)



Lydia Williams

# ELYSE WONG

**All-Around • Senior • 5-1**  
**Honolulu, HI (Punahou HS/  
 Kokokahi Gymnastics)**



**CAL: 2006:** Posted a 9.200 on the floor against San Jose State (3/17). **2005:** Scored a season high 9.675 on the floor against North Carolina State (3/11) ... Posted a career-best 9.725 on the beam at Utah State (3/7).

**2004:** Although her scores weren't extremely high, DuBois credits her consistent marks with boosting Cal into the regional ... Floor mark of 9.875 at Boise State (2/27) was fourth-best individual Cal mark of year ... Academic All-American.

**HIGH SCHOOL/CLUB:** 2001 Hawaii State Champion in vault, beam and all-around ... Bars champion at 2001 Junior Olympic Regional and International Gymnastics Festival in Puerto Rico ... Junior Olympic Regional Vault Champion in 1997 and 2001 ... Member of team that took second at 2002 Junior Olympics ... Junior Olympic qualifier (1997-98, 2001-02) ... Participated in track and field where her championship high jump result helped Punahou HS to the Interscholastic League of Hawaii team title.

**PERSONAL:** Elyse Keam Lin Wong ... Born Nov. 7, 1984, in Honolulu, Hawaii. ... Civil engineering major, minoring in Chinese language ... Took two years off in gymnastics career (1998-2000) due to knee injury ... Learning to speak Mandarin ... Member of Cal's Hawaii Club ... Enjoys kayaking and surfing in down time ... Once practiced with the Chinese National Gymnastics Team on a trip to China ... Parents are David and Rona Wong ... Uncle, Peter Wong, played water polo for Cal.

**COLLEGIATE CAREER HIGHS**  
 Vault ..... 9.700 (at Stanford, 2/20/04)  
 Beam ..... 9.725 (at Utah State, 3/7/05)  
 Floor ..... 9.875 (at Boise State/  
 Southern Utah, 2/27/04)



**Elyse Wong**

# KENDALL ZDVORAK

**All-Around • Sophomore • 5-4**  
**Temecula, Calif. (Temecula Valley HS)**



**CAL: 2006:** In her first collegiate meet (1/3) posted a 9.375 on the vault.

**HIGHSCHOOL/CLUB:** Competed with the Southern Cal Elite Gymnastics Academy, coached by Meredith Paulicivic, Tim Garrison and Kathy Strate ... Placed second on vault at the 2005 Westerns ... The 2005 California State vault, bars, beam and all-around champion ... Club team ranked second in the nation ... Member of region one team in 2003 ... Earned the Governor's scholarship.

**PERSONAL:** Kendall Danae Zdvorak ... Born June 11, 1986, in San Diego, Calif. ... Integrative

biology major ... Daughter of Ed Zdvorak and Ruth Connolly ... Has two sisters and one brother ... Earned Big C Society award ... A member of Athletes in Action ... List hobbies as working out, shopping and reading

**COLLEGIATE CAREER HIGHS**  
 Vault ..... 9.375 (at Aloha Gymfest, 1/3/06)



**Kendall Zdvorak**

## NEWCOMERS

# NICOLA CASHMAN

**All-Around • Freshman • 5-6**  
**El Dorado Hills, Calif. (Oak Ridge HS)**



**HIGHSCHOOL/CLUB:** Competed with the club team Byers Sacramento coached by Eli and Debbie Rodriguez and Mas Watnabe ... Was the 2006 state team champions ... The 2001 state beam champion.

**PERSONAL:** Nicola Jane Cashman ... Born June 2, 1988, in San Francisco ... Undeclared major ... Daughter of Dan and Shelagh Cashman ... Has an older brother, Dan, who attends UCLA and a younger brother Ben ... Grandparents, Jane and Richard Cashman, both attended Cal.

Qualified for the senior national elite after the 2005 SCATS surf city classic ... Posted her best marks at the 2005 state – 38.325 (AA), 9.725 (vault), 9.8 (bars) ... Graduated with honors ... Made the dean's list at Cerritos Community College.

**PERSONAL:** Born May 6, 1988, in Long Beach, Calif. ... Molecular Biology major ... Daughter of Ronald Green and Elbirtha Watson ... Has a younger brother, DeWayne and a younger sister, Ashley ... Aims to attend medical school ... Lists hobbies as hip-hop dancing and shopping.

# SOPHIA HOCINI

**All-Around • Freshman • 5-2**  
**Murrieta, Calif. (Murrieta Valley HS)**



**HIGHSCHOOL/CLUB:** Competed with SCEGA, coached by Kathy Strate, Tim Garrison, Meredith Paulicivic ... In 2003 was the level-nine national beam and all-around champion ... In 2005 was level 10 national vault and

all-around champion ... A 2005 Junior Olympics national team member ... A 2006 level 10 national qualifier ... Club team was ranked second in the country ... Graduated from high school with honors, held a 4.0 or above all four years.

**PERSONAL:** Born June 9, 1988, in Fremont, Calif. ... Undeclared major ... Daughter of Maurice and Emma Hocini ... Has one sister, Dihya and one brother, Ray ... Aims to be a physical therapist or sports medicine doctor ... Hobbies include bike riding, going to the beach and watching sports.

# NICOLE DAY

**All-Around • Freshman • 5-6**  
**Cerritos, Calif. (Richard Gahr HS)**



**HIGHSCHOOL/CLUB:** Competed with SCATS in Huntington Beach, Calif., coached by Don Peters ... Five-time level-10 state and regional champion in the all-around (2001, 2002, 2003, 2005, 2006) ...