

2017 CALIFORNIA WOMEN'S CREW

QUICK FACTS

Location: Berkeley, Calif.
 Founded: 1868
 Enrollment: 38,204
 Nickname: Golden Bears
 Mascot: Oski
 Colors: Blue (282) and Gold (123)
 Affiliation: NCAA Division 1
 Conference: Pac-12
 Chancellor: Nicholas Dirks
 Athletic Director: Michael Williams
 Official Cal Athletics Web Site: www.CalBears.com



TABLE OF CONTENTS

Quick Facts/2017 Schedule..... 1
 Roster 2
 History 4
 Cal Honors..... 5
 Cal Cup Results/Championships..... 6
 International Bears 7

TEAM INFORMATION

2016 NCAA Champions
2016 Pac-12 Champions

COACHING STAFF

Head Coach: Al Acosta (3rd year, UC Berkeley '93)
Email: alacosta@berkeley.edu
Office: Simpson Center for Student-Athlete High Performance,
 University of California, Berkeley, CA 94720

Assistant Coach: Vanessa Tavalero (6th year, Washington '00)
Office Phone: (510) 664-4633; **Email:** vtavalero@berkeley.edu

Assistant Coach: Lou Kinder (3rd season, California '09)
Office Phone: (510) 664-4633; **Email:** lkinder@berkeley.edu

ATHLETIC COMMUNICATIONS

Women's Crew Contact: MC Barrett
Email: mc.barrett@berkeley.edu
Cell: (510) 697-9153
Office: (510) 643-1261
Fax: 510-643-7778
Mailing: University of California, 343 Haas Pavilion, Berkeley, CA 94720
Website: CalBears.com

COACHING SUMMARY

Year	Varsity Coaches
1975-79	Daig O'Connell, Cal '72
1980-86	Pat Sweeney,
1987	Ted Swinford, Cal '83
1988-93	John Squadroni, Washington '84
1994-97	Anna Considine, Warsaw Physical Academy '80
1998	Marisa Hurtado, UCLA '89
1999-2013	Dave O'Neill, Boston College '91
2014-Present	Al Acosta, Cal '93

Year	Novice Coaches
1975	Peter Lippett, Cal '58
1976	Jim Scardino, Cal '75
1977	Dean Wright, Cal '76
1978	Kelly Moore, Cal '72
1979-80	Brad Kaderabek, Cal '78
1981-84	John Murphy, Columbia '65
1985-88	Ann Dethloff, Cal '84
1989-92	Jenny Hale, Harvard '85
1993	Katie Burke, Victoria '89
1994-97	Marisa Hurtado, UCLA '89
1998	Fred Honebein, Cal '91
1999	Georgia Crowley, Yale '95
2000-01	Ellen Minzner, Villanova '88
2002-10	Sara Nevin, Washington '85
2011-12	Lincoln LaRoe, Northwestern '94
2013-16	Sarah Puddicombe, UC Davis '02
2016-	Vanessa Tavalero, Washington '00

2017 WOMEN'S CREW SCHEDULE

Date	Day	Opponent / Event	Location
April			
1	Sat.	Pac-12 Challenge (Virginia, Ohio State, Stanford)	Redwood Shores, Calif.
2	Sun.	Pac-12 Challenge (Michigan, Washington)	Redwood Shores, Calif.
8	Sat.	Lake Natoma Invitational (Notre Dame, Boston University, Sacramento State, Central Florida, Clemson)	Lake Natoma, Calif.
9	Sun.	Lake Natoma Invitational (Brown, Stanford)	Lake Natoma, Calif.
22	Sat.	Washington	Seattle, Wash.
29	Sat.	Big Row (Stanford)	Redwood Shores, Calif.
May			
14	Sun.	Pac-12 Championships	Lake Natoma, Calif.
26	Fri.	NCAA Championships	West Windsor, N.J.
27	Sat.	NCAA Championships	West Windsor, N.J.
28	Sun.	NCAA Championships	West Windsor, N.J.

2017 WOMEN'S CREW ROSTER

<i>Name</i>	<i>Class</i>	<i>Hometown</i>
Katherine Armstrong	Jr.	Los Angeles, Calif
Sophia Bagshaw	So.	Larkspur, Calif.
Dorothee Beckendorff	Jr.	Essen, Germany
Lena Bertozzi	Fr.	Berkeley, Calif.
Chloe Betts	Fr.	Melbourne, Victoria, Australia
Zoe Bhargava	So.	Palo Alto, Calif.
Bea Bliemel	Fr.	Minden, Germany
Colette Borsodi	Fr.	Santa Cruz, Calif.
Maddison Brown	Fr.	Ocean grove, Victoria, Australia
Riley Brown	So.	Sacramento, Calif.
Hannah Christopher	Jr.	Orinda, Calif.
Mia Croonquist	Jr.	Vashon, Wash.
Katie De Haas	Jr.	Darien, Ct.
Hunter Deuel	Jr.	Alamo, Calif.
Hailey Drangsholt	Sr.	Lakewood, Wash.
Roisin Duffy	Jr.	Mill Valley, Calif.
Juliane Faralisch	Fr.	Heidelberg, Germany
Zoe Feist	So.	Sutter Creek, Calif.
Caileigh Filmer	Jr.	Victoria, Canada
Alex Floyd	So.	Kleinmachnow, Germany
Katarina Floyd	Jr.	Kleinmachnow, Germany
Elisa Forbes	Fr.	Berkeley, Calif.
Bella Green	Fr.	Seattle, Wash.
Molly Hart	So.	Shrewsbury, MA
Ellen Heile	Jr.	Seattle, Wash.
Elizabeth Hofinga	Fr.	Orinda, Calif.
Jacqueline Holben	Jr.	Sacramento, Calif.
Sydney Holgado	Fr.	Robbinsville, NJ
Ellie Howe	So.	Melbourne, Australia
Inger Kavlie	Sr.	Oslo, Norway
Katie Kelly	Jr.	Menlo Park, Calif.
Natasha Kinmont	Fr.	Sebastopol, Calif.
Bridget Konttinen	Sr.	Tiburon, Calif.
Samantha Lamos	So.	Petaluma, Calif.
Rachel Lether	Sr.	Seattle, Wash.
Delaney Lindsay	Fr.	Encinitas, Calif.
Emily Long	So.	Mill Valley, Calif.
Kailani Marchak	Fr.	Long Beach, Calif
Sydney McIntyre	Fr.	San Jose, Calif.
Rowan McKellar	Sr.	Glasgow, Scotland
Dana Moffat	So.	Manlius, NY.
Monica Murray	Sr.	San Rafael, Calif.
Isabelle Myers	Fr.	Greenwich, CT
Katherine O'Donnell	Fr.	Huntington Beach, Calif.
Tara O'Reilly	Fr.	Sydney, Australia
Alex Oser	Fr.	Encino, CA
Sydney Payne	So.	Toronto, Canada
Lisa Perrine	Jr.	La Jolla, Calif.
Julianna Qvistgaard	Fr.	Davis, Calif.
Kendall Ritter	Sr.	Seattle, Wash.
Juliet Ruhe	Jr.	Darien, Ct.
Amelia Sadler	So.	Ann Arbor, MI
June Schellescheidt	Fr.	Princeton, NJ
E.J. Smith-Gardiner	Fr.	Seattle, Wash.
Sarah Stoker	Sr.	Honolulu, Hawaii
Danielle Struck	Sr.	Burlingame, Calif.
Julia Vander Hoeven	Jr.	Ontario, Canada
Karsen Welle	Fr.	Watsonville, CA
Charlotte Wesselmann	So.	Flensburg, Germany
Franny Wood	Sr.	Seattle, Wash.
Elizabeth Woods	Fr.	Annapolis, MD

2016 RACE RESULTS

PAC-12 INVITATIONAL

MARCH 26
REDWOOD SHORES, CALIF.
VS STANFORD

Varsity Eight

- 1. California 6:15.6
- 2. Stanford 6:18.0

Second Varsity Eight

- 1. California 6:22.9
- 2. Stanford 6:28.9

Varsity Four

- 1. Stanford 7:18.5
- 2. California 7:19.3

VS UCLA

Varsity Eight

- 1. California 6:33.8
- 2. UCLA 6:38.4

Second Varsity Eight

- 1. California 6:48.6
- 2. UCLA 7:05.9

Varsity Four

- 1. California 7:55.4
- 2. Virginia 8:21.9

LAKE NATOMA INVITATIONAL

APRIL 16
GOLD RIVER, CALIF.

Varsity Eight

- 1. California 6:13.1
- 2. Stanford 6:16.3
- 3. Brown 6:18.3

Second Varsity Eight

- 1. Brown 6:18.9
- 2. California 6:19.9
- 3. Stanford 6:32.8

Varsity Four

- 1. California 7:04.4
- 2. Brown 7:08.4
- 3. Stanford 7:12.8

WASHINGTON

APRIL 23
REDWOOD SHORES, CALIF.
Varsity Eight

- 1. California 6:09.3
- 2. Washington 6:13.2

Second Varsity Eight

- 1. Washington 6:19.3
- 2. California 6:22.8

Third Varsity Eight

- 1. Washington 6:31.6
- 2. California 6:43.1

Varsity Four

- 1. Washington 7:01.8
- 2. California 7:05.1

STANFORD

APRIL 30
REDWOOD SHORES, CALIF.
Varsity Eight

- 1. Stanford 6:12.8
- 2. California 6:16.6

Second Varsity Eight

- 1. California 6:24.8
- 2. Stanford 6:31.4

Varsity Four

- 1. California 7:21.9
- 2. Stanford 7:25.6

PAC-12 CHAMPIONSHIPS

MAY 15
GOLD RIVER, CALIF.

Final Team Standings

- 1. California 45 points
- 2. Stanford 35
- 3. Washington 33.5
- 4. Washington State 22.5
- 5. USC 22
- 6. UCLA 15.5
- 7. Oregon State 7

Varsity Eight Grand Final

- 1. California 6:22.0
- 2. Stanford 6:22.9
- 3. USC 6:29.8

Second Varsity Eight Grand Final

- 1. California 6:26.8
- 2. Washington 6:30.7
- 3. Stanford 6:38.5

Third Varsity Eight

- 1. Washington 6:30.6
- 2. California 6:37.2
- 3. Washington State 6:45.4

Varsity Four Grand Final

- 1. California 7:04.7
- 2. Washington 7:08.8
- 3. Stanford 7:08.8

NCAA CHAMPIONSHIPS

MAY 27-29
GOLD RIVER, CALIF.

Final Team Standings

- 1. California 129
- 2. Ohio State 126
- 3. Virginia 112
- 4. Stanford 107
- 5. Washington 106
- 6. Brown 102
- 7. Princeton 100
- 8. Texas 98
- 9. Wisconsin 80
- 10. Michigan 75

Varsity Eight Grand Final

- 1. Ohio State 6:19.0
- 2. California 6:21.1
- 3. Stanford 6:22.1

Second Varsity Eight Final

- 1. California 6:28.0
- 2. Ohio State 6:28.9
- 3. Washington 6:30.5

Varsity Four Final

- 1. California 7:08.4
- 2. Washington 7:09.2
- 3. Virginia 7:12.0

CALIFORNIA HONORS

COLLEGIATE ROWING COACHES ASSOCIATION AWARDS

ALL-AMERICANS

- 2000 Second Team: Megan Dirkmaat.
- 2001 First Team: Megan Cooke.
- 2002 First Team: Megan Cooke.
- 2003 Second Team: Kaylan Vander Schilden.
- 2004 First Team: Martha Helgeland, Kaylan Vander Schilden. Second Team: Laura Terheyden.
- 2005 First Team: Jelena Djukic, Iva Obradovic, Kaylan Vander Schilden, Remy Hitomi.
- 2006 First Team: Kaylan Vander Schilden, Erin Cafaro. Second Team: Jelena Djukic, Krista Ellis.
- 2007 First Team: Megan Smith. Second Team: Mara Allen.
- 2008 First Team: Mara Allen, Taryn O'Connell. Second Team: Krista Ellis, Candice Rediger.
- 2009 First Team: Lou Kinder, Iva Obradovic. Second Team: Elena Humphrey, Lauren Nowinski, Katy Milton
- 2010 First Team: Iva Obradovic, Mary Jeghers. Second Team: Kara Kohler, Taryn O'Connell
- 2011 First Team: Mary Jeghers, Kara Kohler. Second Team: Elise Etem, Kristina Lofman
- 2012 First Team: Elise Etem, Paparangi Hipango
- 2013 First Team: Kara Kohler, Agatha Nowinski, Rachel Ersted. Second Team: Paparangi Hipango.
- 2014 First Team: Kara Kohler, Paparangi Hipango. Second Team: Agatha Nowinski
- 2015 First Team: Kendall Chase, Inger Kavlie, Lindsay Meltz, Ingvild Roenningen Second Team: Jacinta Edmunds
- 2016 First Team: Kendall Chase, Inger Kavlie, Charlotte Seiring Second Team: Jacinta Edmunds

ALL-REGION

- 2000 Megan Dirkmaat, Caroline Ingham, Whitney Webber
- 2001 First Team: Megan Cooke. Second Team: Anne Beaulaurier, Khobi Brooklyn, Ariana Canova.
- 2002 First Team: Ariana Canova, Megan Cooke. Second Team: Shelle Orem.
- 2003 First Team: Kaylan Vander Schilden. Second Team: Ariana Canova, Shaina Kennedy.
- 2004 First Team: Kaylan Vander Schilden, Martha Helgeland, Remy Hitomi, Laura Terheyden. Second Team: Jessica Patak.
- 2005 First Team: Jelena Djukic, Iva Obradovic, Kaylan Vander Schilden, Remy Hitomi. Second Team: Laura Terheyden.
- 2006 First Team: Kaylan Vander Schilden, Erin Cafaro, Jelena Djukic, Krista Ellis. Second Team: Erin Reinhardt.
- 2007 First Team: Mara Allen, Megan Smith. Second Team: Taryn O'Connell.
- 2008 First Team: Mara Allen, Krista Ellis, Taryn O'Connell, Candice Rediger. Second Team: Lou Kinder.
- 2009 First Team: Lou Kinder, Iva Obradovic. Second Team: : Elena Humphrey, Lauren Nowinski, Katy Milton
- 2010 First Team: Iva Obradovic, Mary Jeghers, Kara Kohler. Second Team: Taryn O'Connell, Chelsea Lucas
- 2011 First Team: Mary Jeghers, Kara Kohler, Kristina Lofman. Second Team: Elise Etem
- 2012 First Team: Elise Etem, Paparangi Hipango, Michelle Leason, Rachel Ersted. Second Team: Agatha Nowinski
- 2013 First Team: Kara Kohler, Agatha Nowinski. Second Team: Rachel Ersted, Paparangi Hipango
- 2014 First Team: Kara Kohler, Paparangi Hipango. Second Team: Agatha Nowinski
- 2015 First Team: Kendall Chase, Inger Kavlie, Lindsay Meltz, Ingvild Roenningen Second Team: Jacinta Edmunds
- 2016 First Team: Kendall Chase, Inger Kavlie, Charlotte Seiring Second Team: Jacinta Edmunds

NCAA INSPIRATION AWARD

- 2012 Jill Costello

HALL OF FAME SERVICE AWARD

- 2011 Jill Costello

NATIONAL SCHOLAR-ATHLETE

- 2003 Shelle Orem, Hilarie Martin, Erin Sanford
- 2008 Elena Humphreys, Lou Kinder
- 2009 Lou Kinder, Vanna Rocchi, Shay Seager
- 2011 Bridget Moran, Maggie Simpson

NATIONAL COACH OF THE YEAR

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

- 2016 Al Acosta

ASSISTANT COACH OF THE YEAR

- 2008 Sara Nevin

WEST REGION COACH OF THE YEAR

- 2004 Dave O'Neill
- 2005 Dave O'Neill
- 2008 Dave O'Neill
- 2010 Dave O'Neill
- 2011 Dave O'Neill
- 2012 Dave O'Neill

WEST REGION ASSISTANT COACH OF THE YEAR

- 2004 Sara Nevin
- 2008 Sara Nevin
- 2010 Sara Puddicombe
- 2012 Lincoln LaRoe

PACIFIC-12 CONFERENCE AWARDS

ALL-CONFERENCE

- 1987 Beth Rhine
- 1988 Julia Lee, Ruth Baptist, Tatiana Tilley
- 1989 Julia Lee
- 1990 Liz Behrens, Jenny Bagnell
- 1991 Julita Liauw, Shannon Day, Vanessa Wakil
- 1992 Chelsea Dwyer, Laurel Korholz
- 1993 Christine Hensleigh, Laurel Korholz
- 1994 Chelsea Dwyer, Becky McKain, Janet White
- 1995 Candace Carpenter, Keely Commins, Julie Herrera
- 1996 Keely Commins
- 1997 Victoria Cloud, Caroline Ingham, Cory Bosworth
- 1998 Whitney Webber, Marlowe Penfold, Cory Bosworth
- 1999 Megan Dirkmaat, Caroline Ingham, Mercy Ringelmann
- 2000 Megan Dirkmaat, Whitney Webber, Caroline Ingham
- 2001 Ariana Canova, Megan Cooke
- 2002 Ariana Canova, Megan Cooke, Shelle Orem
- 2003 Ariana Canova
- 2004 Martha Helgeland, Jessica Patak, Laura Terheyden, Kalan Vander Schilden
- 2005 Jelena Djukic, Laura Terheyden
- 2006 Mara Allen, Erin Cafaro, Jelena Djukic
- 2007 Mara Allen, Megan Smith
- 2008 Mara Allen, Lou Kinder, Taryn O'Connell, Candice Rediger
- 2009 Lou Kinder, Lauren Nowinski, Iva Obradovic
- 2010 Iva Obradovic, Taryn O'Connell, Mary Jeghers, Kristina Lofman
- 2011 Mary Jeghers, Kristina Lofman, Elise Etem, Kara Kohler
- 2012 Elise Etem, Paparangi Hipango, Michelle Leason, Agatha Nowinski
- 2013 Kara Kohler, Agatha Nowinski
- 2014 Papa Hipango, Kara Kohler
- 2015 Kendall Chase, Jacinta Edmunds, Lindsay Meltz, Ingvild Rownningen
- 2016 Kendall Chase, Inger Kavlie, Charlotte Seiring, Jacinta Edmunds

NEWCOMER OF THE YEAR

- 2004 Neela Bushnell
- 2005 Mara Allen
- 2006 Krista Ellis
- 2008 Mary Jeghers
- 2009 Kirstina Lofman
- 2010 Kara Kohler
- 2011 Paparangi Hipango
- 2015 Mia Croonquist
- 2016 Charlotte Wessleman

ALL-ACADEMIC

- 1993 Christine Hensleigh
- 1994 Chelsea Dwyer
- 1995 Keely Commins
- 1997 Cory Bosworth
- 1998 Cory Bosworth
- 1999 Cory Bosworth
- 2000 First Team: Megan Cooke, Megan Dirkmaat, Caroline Ingham, Blake Likins, Elizabeth Powell, Kelly Reed, Whitney Webber. Second Team: Anna Beaulaurier, Lorraine Coke, Meghan Coleman, Robin Dean.

- 2001 First Team: Megan Cooke, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Elyse Lerum, Patsy McGuire, Katie Waller.
- 2002 First Team: Ariana Canova, Kate Goodman, Hilarie Martin, Erin Sanford. Honorable Mention: Khobi Brooklyn, Lorraine Coke, Molly Denning, Emily Getchel, Martha Helgeland, Ona Johnson, Elyse Lerum, Andrea McDermott, Patsy McGuire, Anita Sarrett, Katie Waller.
- 2003 First Team: Kate Goodman, Hilarie Martin, Andrea McDermott, Shelle Orem, Erin Sanford. Second Team: Khobi Brooklyn, Ariana Canova, Karin Clifton, Martha Helgeland, Ashley Peterson.
- 2004 First Team: Martha Helgeland, Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Kimberly Atkinson, Karin Clifton, Naomi Markle, Ursela Nicholson, Erin Overweg, Kaylan Vander Schilden, Sabine Zimmerman.
- 2005 First Team: Natasha LaBelle, Liz Lee, Ashley Smith. Second Team: Gina Antonini, Kimberly Atkinson, Karin Clifton, Kirsten Hextrum, Naomi Markle, Erin Overweg, Jessica Smith, Roberta Tonelli, Lindsey Wall, Sabine Zimmermann.
- 2006 First Team: Gina Antonini, Robin Grossman, Kirsten Hextrum, Natasha LaBelle, Liz Lee, Sabine Zimmermann. Second Team: Mara Allen, Naomi Markle, Erin Reinhardt, Jessica Smith, Kaylan Vander Schilden. Honorable Mention: Laura Browne, Justine Chen, Rebecca Meissner, Megan O'Connor, Mariah Reddick, Candice Rediger, Jessica Smith, Megan Smith, Erica Van Steenis.
- 2007 First Team: Kirsten Hextrum, Elena Humphreys, Leigh Whelpton. Second Team: Mara Allen, Krista Ellis, Gracy Huntley, Lou Kinder, Rebecca Meissner, Katy Milton, Megan O'Connor, Summer Ohlendorf, Onna Poeter, Tiffany Pransky, Kaiti Seders, Astrid Sky, Jessica Smith, Megan Smith. Honorable Mention: Erika Blecha, Laura Browne, Melissa Herman, Lauren Nowinski, Mariah Reddick, Candice Rediger, Molly Denning.
- 2008 First Team: Krista Ellis, Elena Humphreys, Lou Kinder, Vanna Rocchi. Second Team: Mara Allen, Adrienne Keller, Katie Luke, Katy Milton, Taryn O'Connell, Summer Ohlendorf, Onna Poeter, Ali Seders. Honorable Mention: Kirsten Campbell, Jill Costello, Melissa Herman, Lauren Nowinski, Candice Rediger, Kaiti Seders, Sam Silvia.
- 2009 First Team: Vanna Rocchi, Shay Seager, Elena Humphreys, Lou Kinder. Second Team: Bridget Moran, Avalon Radys, Jenny Rusher, Claudia Walterspiel, Kirsten Campbell, Jill Costello, Adrienne Keller, Laurel Kuhn, Katie Luke, Taryn O'Connell, Melissa Herman, Katy Milton, Kaiti Seders, Sam Silvia. Honorable Mention: Danielle Detloff, Elise Etem, Mary Jeghers, Lauren Nowinski.
- 2010 First Team: Taylor Christensen, Laurel Kuhn, Bridget Moran, Taryn O'Connell and Shay Seager. Second Team: Kirsten Campbell, Jill Costello, Elise Etem, Iva Obradovic, Avalon Radys. Honorable Mention: Nora Franzen, Kristina Lofman.
- 2011 First Team: Elise Etem, Catherine Shannon, Bridget Moran and Maggie Simpson. Second Team: Lynn Anderson, Kristina Lofman, Avalon Radys and Claudia Walterspiel. Honorable Mention: Kyndal Mancho and Tanya Wolfram.
- 2012 First Team: Elise Etem, Rachel Ersted and Maggie Simpson. Second Team: Lynn Anderson, Kristina Lofman and Stephanie Ding. Kyndal Mancho
- 2013 First Team: Camilla Gardiner, Maggie Simpson. Second Team: Lynn Anderson, Moraya Cleary, Stephanie Ding, Rachel Ersted, Vanessa Gerber, Darinka Lipovac. Honorable Mention: Christine Bernatz, Ellie Byrd, Stephanie Kraemer, Kyndal Mancho, Lindsay Meltz, Maddie Wolf.
- 2014 First Team: Cara Bohmann, Camilla Gardiner, Vanessa Gerber. Second Team: Charlotte Passot, Sarah Schwartz, Maddie Wolf. Honorable Mention: Ellie Byrd, Kendall Chase, Lindsay Meltz, Greer Uu.
- 2015 First Team: Cara Bohmann, Kendall Chase, Camilla Gardiner, Vanessa Gerber, Charlotte Passot Second Team: Sarah Schwartz, Danielle Struck, Madeleine Wolf, Frances Wood. Honorable Mention: Sarah Stoker, Lindsay Meltz, Rowan McKellar, Sydney Clark, Kendall Ritter, Victoria Jorgensen, Charlotte Siering, Joanna Roth, Hailey Drangsholt.
- 2016 First Team: Cara Bohmann, Kendall Chase, Danielle Struck, Frances Wood Second Team: Hannah Christopher, Roisin Duffy Rowan McKellar, Charlotte Passot, Sarah Schwartz Honorable Mention: Katie De Haas, Hailey Drangsholt, Jacqueline Holben, Inger Kavlie, Katherine Kelly, Charlotte Siering

PAC-12 ATHLETE OF THE YEAR

- 2010 Jill Costello
2012 Elise Etem
2015 Kendall Chase
2016 Kendall Chase

COACH OF THE YEAR

- 1999 Dave O'Neill
2004 Dave O'Neill
2005 Dave O'Neill
2008 Dave O'Neill
2010 Dave O'Neill
2011 Dave O'Neill
2012 Dave O'Neill

- 2015 Al Acosta
2016 Al Acosta

CAL AWARDS

MOST PROMISING FROSH (LIZ MILES AWARD)

- 1994 Julie Herrera
1995 Kathleen Sims
1996 1996 Novice Crew
1997 n/a
1998 Meghan Wallace
1999 Megan Cooke
2000 Khobi Brooklyn
2001 Ariana Canova
2002 Laura Terheyden
2003 Kaylan Vander Schilden
2004 Jelena Djukic
2005 Mara Allen
2006 Lauren Nowinski
2007 Taryn O'Connell
2008 Mary Jeghers
2009 Elise Etem
2010 Kara Kohler
2011 Paparangi Hipango

SCHOLARSHIP AWARD (TOP GPA)

- 1994 Ute Gawlick
1995 Francesca Romeo
1996 Janet White, Candace Carpenter
1997 n/a
1998 Cory Bosworth
1999 Jessica Thomas
2000 Meghan Coleman
2001 Kate Goodman
2002 Shelle Orem
2003 Shelle Orem
2004 Natasha LaBelle
2005 Natasha LaBelle
2006 Natasha LaBelle
2007 Tricia Davitt
2008 Lou Kinder
2009 Lou Kinder
2010 Taylor Christensen
2011 Alyssa Machida

MOST IMPROVED ROWER

- 1994 Michelle Arzubi
1995 Candace Carpenter
1996 Noreen Downey
1997 n/a
1998 Marie Haddock
1999 Julie Nichols
2000 Whitney Webber
2001 Kate Waller
2002 Andrea McDermott
2003 Remy Hitomi
2004 Jessica Patak
2005 Becky Owens, Megan Smith
2006 Onna Poeter
2007 Ali Seders
2008 Summer Ohlendorf
2009 Melissa Herman
2010 Avalon Radys
2011 Greer Uu

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

- 1995 Kelly Commins
1996 Kelly Commins, Candace Carpenter
1997 n/a
1998 Liz Powell
1999 Cory Bosworth
2000 Megan Dirkmaat
2001 Anne Beaulaurier
2002 Megan Cooke

2003 Hilarie Martin, Elyse Lerum
2004 Remy Hitomi, Martha Hegeland
2005 Remy Hitomi, Laura Terheyden
2006 Kaylan Vander Schilden, Erin Cafaro
2007 Mara Allen
2008 Mara Allen, Candice Rediger
2009 Lou Kinder, Lauren Nowinski
2010 Iva Obradovic, Jill Costello
2011 Mary Jeghers

**OUTSTANDING FEMALE
ATHLETE**

(LOWENA HAMILTON AWARD)

2007 Onna Poeter

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

2000 Liz Powell

**JOSEPH MCDONNELL KAVANAGH
AWARD**

**(MOST INSPIRATIONAL
STUDENT ATHLETE)**

2010 Jill Costello

CAL CUP RESULTS/CHAMPIONSHIPS

NCAA CHAMPIONSHIPS

OVERALL FINISH

1997.....	n/a
1998.....	n/a
1999.....	6th
2000.....	4th
2001.....	6th
2002.....	3rd
2003.....	5th
2004.....	4th
2005.....	1st
2006.....	1st
2007.....	7th
2008.....	3rd
2009.....	2nd
2010.....	2nd
2011.....	3rd
2012.....	3rd
2013.....	2nd
2014.....	2nd
2015.....	2nd
2016.....	1st

NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.) TOP 3 FINISHES

Varsity 8+

1979.....	2nd
1980.....	1st
1999.....	3rd
2002.....	3rd
2005.....	1st
2006.....	2nd
2009.....	3rd
2013.....	1st
2014.....	3rd
2015.....	2rd
2016.....	1st

NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.) TOP 3 FINISHES

Varsity 4+

1980.....	1st
1981.....	1st
2003.....	2nd
2006.....	2nd
2007.....	3rd
2010.....	2nd
2011.....	1st
2012.....	3rd
2014.....	1st
2015.....	2nd
2016.....	1st

NATIONAL CHAMPIONSHIPS

(NCAA, AIAW, ETC.) TOP 3 FINISHES

Junior Varsity 8+

1980.....	2nd
1981.....	3rd
2003.....	3rd
2004.....	2nd
2005.....	2nd
2006.....	2nd
2007.....	2nd
2009.....	2nd
2010.....	3rd
2011.....	3rd
2012.....	3rd
2013.....	2nd
2016.....	1st

PAC-12 CHAMPIONSHIPS

OVERALL FINISH

1987.....	4th
1988.....	2nd
1989.....	4th
1990.....	3rd
1991.....	2nd
1992.....	3rd
1993.....	2nd
1994.....	1st (combined men's and women's competition)
1995.....	2nd (combined men's and women's competition)
1996.....	2nd (combined men's and women's competition)
1997.....	3rd
1998.....	2nd
1999.....	2nd
2000.....	2nd
2001.....	2nd
2002.....	2nd
2003.....	2nd
2004.....	1st
2005.....	1st
2006.....	1st
2007.....	2nd
2008.....	1st
2009.....	1st
2010.....	1st
2011.....	1st
2012.....	1st
2013.....	1st
2014.....	3rd
2015.....	1st
2016.....	1st

PACIFIC COAST/ PAC-12 CONFERENCE CHAMPIONS

Varsity 8+

1975
1976
1978
1979
2004
2005
2006
2007
2008
2010
2011
2012
2015
2016

Junior Varsity 8+

1978
1979
1980
2003
2004
2005
2006
2007
2008
2009
2012
2013
2016

Varsity 4+

2002
2003
2006
2009
2011
2012
2013
2016

Freshman 8+

1981
1984
1989
2004
2012
2008
2011
2012

CAL vs. WASHINGTON

*Simpson Cup, Since 1975:
Bears 18, Huskies 23*

1975.....	California
1976.....	California
1977.....	California
1978.....	California
1979.....	California
1980.....	California
1981.....	Washington
1982.....	Washington
1983.....	Washington
1984.....	Washington
1985.....	Washington
1986.....	Washington
1987.....	Washington
1988.....	Washington
1989.....	Washington
1990.....	California
1991.....	Washington
1992.....	Washington
1993.....	Washington
1994.....	Washington
1995.....	Washington
1996.....	Washington
1997.....	Washington
1998.....	Washington
1999.....	Washington
2000.....	Washington
2001.....	Washington
2002.....	Washington
2003.....	Washington
2004.....	California
2005.....	California
2006.....	California
2007.....	California
2008.....	California
2009.....	California
2010.....	California
2011.....	California
2012.....	California
2013.....	Washington
2014.....	California
2015.....	California
2016.....	California

CAL vs. STANFORD

*Lambert Cup, Since 1976:
Bears 27, Cardinal 13*

1976.....	California
1977.....	California
1978.....	Stanford
1979.....	California
1980.....	California
1981.....	California
1982.....	Stanford
1983.....	Stanford
1984.....	Stanford
1985.....	California
1986.....	California
1987.....	Stanford
1988.....	California
1989.....	Stanford
1990.....	Stanford
1991.....	California
1992.....	California
1993.....	California
1994.....	California
1995.....	Stanford
1996.....	Stanford
1997.....	California
1998.....	California
1999.....	California
2000.....	California
2001.....	California
2002.....	Stanford
2003.....	California
2004.....	California
2005.....	California
2006.....	California
2007.....	California
2008.....	California
2009.....	Stanford
2010.....	California
2011.....	California
2012.....	California
2013.....	California
2014.....	Stanford
2015.....	California
2016.....	Stanford

INTERNATIONAL BEARS

1979 WORLD CHAMPIONSHIPS YUGOSLAVIA

Pat Spratlen Etem '79..... Bronze, USA 8+

1980 OLYMPIC GAMES RUSSIA

Valerie McClain '82 USA..... Boycott

Pat Spratlen Etem '79 USA..... Boycott

1981 WORLD CHAMPIONSHIPS GERMANY

Valerie McClain '82..... Silver, USA 8+

Pat Spratlen Etem '79..... Silver, USA 8+

Liz Miles '77..... Silver, USA 8+

Nanette Bernadou '81..... 4th, USA 4+

1982 WORLD CHAMPIONSHIPS SWITZERLAND

Nanette Bernadou '81..... Silver, USA 8+

Liz Miles '77..... Silver, USA 8+

Valerie McClain '82..... Silver, USA 4+

1983 WORLD CHAMPIONSHIPS GERMANY

Valerie McClain '82..... Silver, USA 8+

Pat Spratlen Etem '79..... Silver, USA 8+

1984 OLYMPIC GAMES LOS ANGELES, USA

Pat Spratlen Etem '79..... 4th, USA 4+

Liz Miles '77..... 4th, USA 4+

Valerie McClain '82..... 4th, USA 4+

Sheila Conover '91..... USA Kayaking

Connie Carpenter Phinney '81..... Gold, USA Cycling Road Race

1985 WORLD CHAMPIONSHIPS BELGIUM

Jennifer Scott..... 4th, USA 8+

Liz Miles..... 4th, USA 8+

1988 OLYMPIC GAMES KOREA

Sheila Conover '91..... USA Kayaking

1990 WORLD CHAMPIONSHIPS AUSTRALIA

Martha Plessas '83..... 7th, USA Lw 4-

1991 WORLD CHAMPIONSHIPS AUSTRIA

Shannon Day '93..... USA Alternate

1992 WORLD CHAMPIONSHIPS CANADA

Molly Brock..... 5th, USA Lw 4-

1992 OLYMPIC GAMES SPAIN

Shannon Day '93..... 6th, USA 8+

Liz Behrens '89..... USA Alternate

Betsy Kimmel '89..... USA Alternate

Sheila Conover '91..... USA Kayaking

1993 WORLD CHAMPIONSHIPS CZECH REPUBLIC

Laurel Korholz '93..... USA Alternate

1994 WORLD CHAMPIONSHIPS INDIANAPOLIS, USA

Laurel Korholz '93..... Silver, USA 8+

Molly Brock '91..... 8th, USA Lw 1X

1995 WORLD CHAMPIONSHIPS FINLAND

Laurel Korholz '93..... Gold, USA 8+

Molly Brock '91..... 11th, USA Lw 1X

1996 OLYMPIC GAMES ATLANTA, USA

Laurel Korholz '93..... 4th, USA 8+

1997 WORLD CHAMPIONSHIPS FRANCE

Laurel Korholz '93..... 9th, USA 4X

1998 WORLD CHAMPIONSHIPS GERMANY

Laurel Korholz '93..... 4th, USA 2X

1999 WORLD CHAMPIONSHIPS CANADA

Laurel Korholz '93..... 4th, USA 4X

Molly Brock '91..... Gold, USA Lw 4X

2000 OLYMPIC GAMES AUSTRALIA

Laurel Korholz '93..... 5th, USA 4X

2001 WORLD CHAMPIONSHIPS SWITZERLAND

Caroline Ingham '00..... 4th place, USA 8+

Megan Dirkmaat '00..... 4th, USA 8+

2002 WORLD CHAMPIONSHIPS SPAIN

Megan Dirkmaat '00..... 4th, USA 2-

Whitney Webber '00..... 5th, USA 4-

Laurel Korholz '93..... 8th, USA 2X

2002 WORLD U23 REGATTA/NATIONS CUP ITALY

Ariana Canova '04..... 4th, USA 4-

Shelle Orem '03..... 4th, USA 4-

Martha Helgeland '04..... 9th, Norway 2X

Dave O'Neill..... USA Coach

2003 WORLD CHAMPIONSHIPS ITALY

Megan Dirkmaat '00..... 5th, USA 8+

Whitney Webber '00..... Gold, USA 4-

Julie Nichols '00..... 13th, USA Lt 1X

Laurel Korholz '93..... 6th, USA 4X

2003 WORLD U23 REGATTA/NATIONS CUP SERBIA

Jelena Djukic '07..... 7th, Serbia 4X

Iva Obradovic..... 7th, Serbia 4X

Martha Helgeland '04..... 10th, Norway 1X

2004 WORLD CHAMPIONSHIPS SPAIN

Megan Cooke '02..... 7th, USA 4-

Julie Nichols '00..... Bronze, USA LW 4X

**2004 WORLD U23 REGATTA/NATIONS CUP
POLAND**

Iva Obradovic Bronze, Serbia 1X

**2004 OLYMPIC GAMES
GREECE**

Megan Dirkmaat '00 Silver, USA 8+
Laurel Korholz '93 Silver, USA 8+

**2005 WORLD CHAMPIONSHIPS
JAPAN**

Megan Cooke '02 8th, USA 2X
Julie Nichols '00 Silver, USA Lt 2X
Iva Obradovic 10th, Serbia 1X

**2005 U23 WORLD CHAMPIONSHIPS
THE NETHERLANDS**

Erin Cafaro '06 Gold, USA 4-
Iva Obradovic Gold, Serbia 1X

**2006 WORLD CHAMPIONSHIPS
ENGLAND**

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

**2006 U23 WORLD CHAMPIONSHIPS
BELGIUM**

Megan Smith '07 Gold, USA 8+
Dave O'Neill USA Coach

**2007 WORLD CHAMPIONSHIPS
GERMANY**

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

**2007 U23 WORLD CHAMPIONSHIPS
SCOTLAND**

Mara Allen '08 Bronze, USA 8+
Megan Smith '07 Bronze, USA 8+
Taryn O'Connell '10 6th, USA 2-
Dave O'Neill USA Coach

**2007 PAN-AMERICAN GAMES
BRAZIL**

Julie Nichols '00 Silver, USA 4

**2008 WORLD CHAMPIONSHIPS
AUSTRIA**

Julie Nichols '00 4th, USA LW1X

**2008 OLYMPIC GAMES
CHINA**

Erin Cafaro '06 Gold, USA 8+
Iva Obradovic '10 Serbia 1X
Laurel Korholz '93 USA Women's Assistant Coach

**2009 U23 WORLD CHAMPIONSHIPS
CZECH REPUBLIC**

Mary Jeghers Silver, USA 2X

**2009 WORLD CHAMPIONSHIPS
POLAND**

Mara Allen '08 Gold, USA 8+
Erin Cafaro '06 Gold, USA 8+

Erin Cafaro '06 Gold, USA 2X
Dave O'Neill USA Asst. Coach, 4-

**2010 U23 WORLD CHAMPIONSHIPS
BELARUS**

Kara Kohler Gold, USA 8+
Mary Jeghers Gold, USA 8+

**2010 WORLD CHAMPIONSHIPS
NEW ZEALAND**

Mara Allen '08 Bronze, USA 4+
Erin Cafaro '06 Bronze, USA 2X
Julie Nichols '00 6th, USA LW1X
Iva Obradovic '10 6th, Serbia 1X
Dave O'Neill USA Support Staff

**2011 U23 WORLD CHAMPIONSHIPS
THE NETHERLANDS**

Kristina Lofman 5th, NOR 2X
Rosie Popa 1st (Final B), USA 4X

**2011 WORLD CHAMPIONSHIPS
SLOVENIA**

Kara Kohler Gold, USA 4+
Julie Nichols '00 4th, USA LW2X
Iva Obradovic '10 11th, Serbia 2X
Dave O'Neill USA Asst. Coach, LW2x

**2012 OLYMPIC GAMES
LONDON**

Erin Cafaro Gold, USA 8+
Kara Kohler Bronze, USA 4+
Julie Nichols 5th, USA LW2X
Dave O'Neill USA Assistant Coach, LW2x
Laurel Korholz USA Assistant Coach

**2013 WORLD CHAMPIONSHIPS
CHUNGJU, SOUTH KOREA**

Kara Kohler USA 4x
Laurel Korholz (Head Coach) USA Quadruple Sculls
Iva Obradovic SER 2-

**2014 U23 WORLD CHAMPIONSHIPS
ITALY**

Agatha Nowinski Gold, USA 8+
Kendall Chase Gold, USA 8+
Lindsay Meltz Gold, USA 8+
Jacinta Edmunds 7th, Australia 8+
Inger Kavlie Silver, Norway (Double Skulls)
Katarina Floyd 5th, USA 5th C Single Skulls
Ingvild Roenningen Gold, Norway B Final
Charlotte Siering 6th, USA B Final
Dorothee Beckendorff 6th, USA B Final

**2015 U23 WORLD CHAMPIONSHIPS
PLOVDIV, BULGARIA**

Kendall Chase Gold, USA 4+ 8+
Mia Croonquist Gold, USA 4+ 8+
Jacinta Edmunds 4th, Australia 8+
Caileigh Filmer Silver, Canada 4+
Bridget Konittinen USA LW 4X
Rowan McKellar Silver, Great Britain 8+

**2016 U23 WORLD CHAMPIONSHIPS
ROTTERDAM, THE NETHERLANDS**

Kendall Chase Gold, USA 8+
..... 4th, USA 4+