

University of San Diego

Digital USD

Rowing (Women)

University of San Diego Athletics Media Guides

Spring 2006

University of San Diego Women's Rowing Media Guide 2005-2006

University of San Diego Athletics Department

Follow this and additional works at: <https://digital.sandiego.edu/amg-rowing-women>

Digital USD Citation

University of San Diego Athletics Department, "University of San Diego Women's Rowing Media Guide 2005-2006" (2006). *Rowing (Women)*. 5.

<https://digital.sandiego.edu/amg-rowing-women/5>

This Catalog is brought to you for free and open access by the University of San Diego Athletics Media Guides at Digital USD. It has been accepted for inclusion in Rowing (Women) by an authorized administrator of Digital USD. For more information, please contact digital@sandiego.edu.

2005-06 MEDIA GUIDE



UNIVERSITY OF SAN DIEGO ROWING

OREEROS™



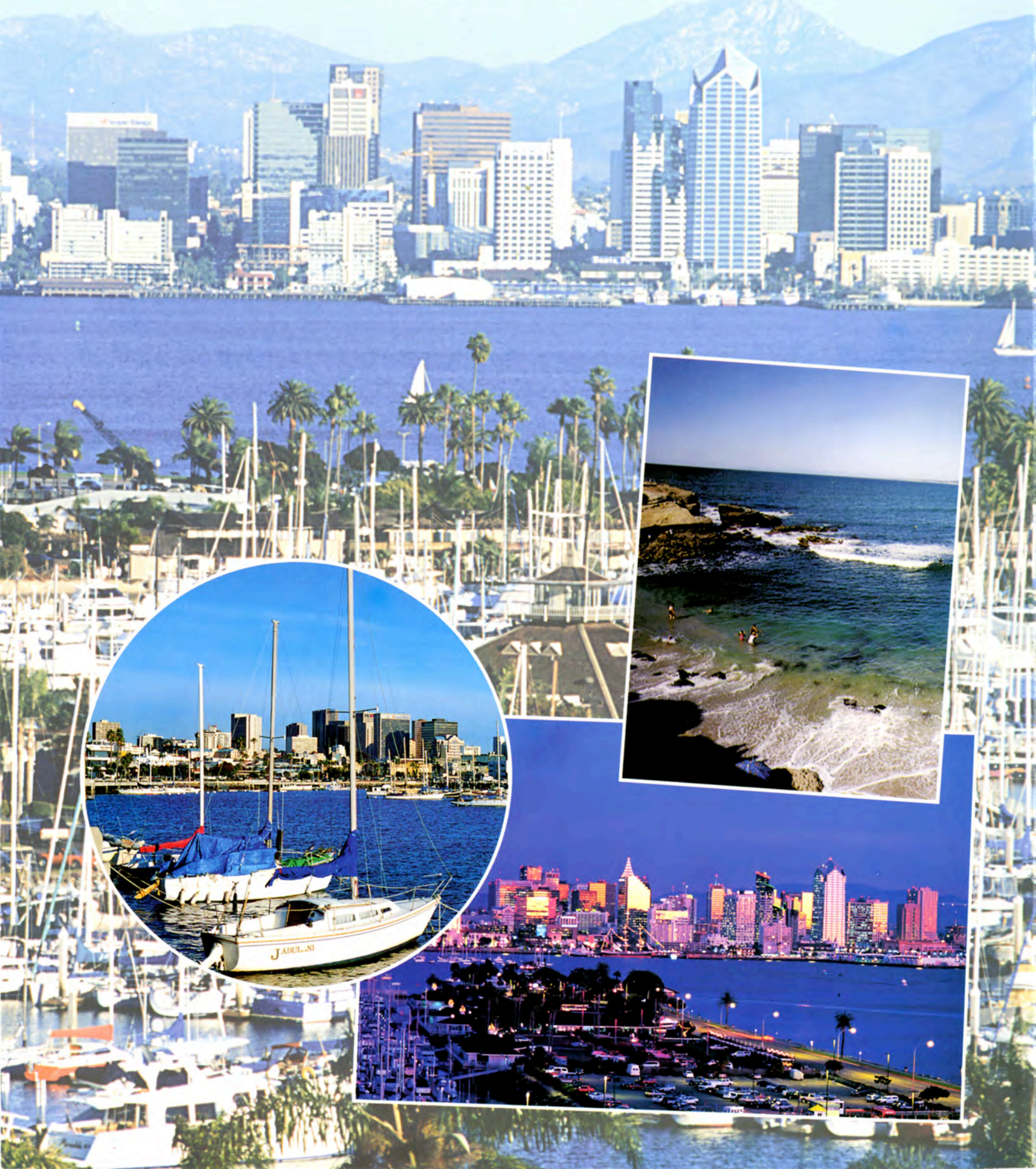
USD Women's Rowing...

*2005 WCC Coach of The Year - Joan O'Hara
Five 2005 CRCA National Scholar-Athletes
Three WCC All-Conference Athletes
2nd Place in WCC Conference Championship*



San Diego, California

America's Finest City





The 2005-06 USD Women's Rowing Team



UNIVERSITY OF SAN DIEGO ATHLETIC ADMINISTRATION

President:.....Dr. Mary E. Lyons
 NCAA Faculty Representative:..... Mitch Malachowski
 Executive Director of Athletics: Ky Snyder
 Senior Associate Athletics Director: Mike Matoso
 Assoc. AD/Business Affairs:..... Dan Yourg
 Assoc. AD/Compliance & Student Services/SWA: ... Shaney Fink
 Associate AD/Athletic Development: Brian Fogarty
 Associate AD/Facilities & Operations:.....John Martin
 Associate AD/Sports Medicine:.....Carolyn Greer, M.A., A.T., C.
 Associate AD/Media Relations:..... Ted Gosen
 Asst. AD/Facilities & Operations: Andy Fee
 Asst. AD/Marketing:Briana Ruff
 Asst. Director of Athletic Development..... Kari Logan
 Promotions Coordinator:.....Chris Morales
 Asst. Director of Media Relations:Nick Mirkovich
 Media Relations Intern:..... Ryan McCann
 Coor. of Athletic Academic Support: Sarabeth Pollock
 Coor. of Student Athlete Services:..... Robyn Fortney
 Director, Jenny Craig Pavilion:.....Josh Lawrence
 Asst. Dir of JCP/Events Manager: Derek Hillestad
 Athletic Ticket Manager:Mark Kueppers
 Strength & Conditioning Coach: Dean Aresco
 Dir. of Fitness Center/Asst. Strength & Cond.:.....Hans Straub
 Assoc. Athletic Trainers:Suzi Higgins, Paul Signorelli
 Asst. Athletic Trainer: Wil Filamor
 Head Team Physician:Paul C. Murphy, M.D.
 Associate Team Physicians: .. Jerry Hizon, MD; Rich Uhler, DO;
 Calvin Wong, MD; Ken Anderson, DO.



INSIDE...

- 1 General Information
- 2 Schedule/Ali Cox
- 3 Season Outlook
- 4-5 Coaching Staff
- 6-7 Varsity Rowers
- 8 Team Roster
- 9 Boathouse/USD Facilities
- 10 Academic Support
11. President Mary E. Lyons
12. adidas



USD General Information

School Name
 University of San Diego
Location
 5998 Alcala Park
 San Diego, CA
 92110-2492
President
 Mary E. Lyons, Ph.D.
Year Founded
 1949
Enrollment
 7,400
Colors
 Torero Blue, Navy & White
Affiliation
 NCAA Division I
Conference
 West Coast Conference
Head Coach
 Joan O'Hara (2nd-year)
 (619) 260-5923
Boat House
 Coggeshall Rowing Center
 1220 LeI Carmel Point
 San Diego, CA 92109
 (858) 488-6242

2005-06 USD RACE SCHEDULE

FALL - 2005

Day	Date	Event/Opponent	Location	Time/Result
Sun.	Oct. 23	Head of the Charles Regatta	Boston, MA	7th (51 boats)
Sun.	Oct. 30	Row for the Cure	San Diego, CA*	1st & 2nd place
Sun.	Nov. 6	Newport Autumn Rowing Festival	Newport Beach, CA	4th (24 teams)
Sun.	Nov. 13	San Diego Fall Classic	San Diego, CA*	cancelled
Sun.	Dec. 4	Long Beach Christmas Regatta	Long Beach, CA	1st place

SPRING - 2006

Day	Date	Event/Opponent	Location	Time/Result
Sun	Feb. 5	San Diego Indoor Classic	San Diego, CA	All Day
Sat.	Feb. 18	vs. SDSU & OCC	San Diego, CA*	All Day
Sat.	Mar. 4	Yergler Cup vs. Saint Mary's	San Diego, CA*	All Day
Sat.	Mar. 18	WCC Challenge	Lake Natoma, CA	All Day
Sun.	Mar. 19	WCC Challenge	Lake Natoma, CA	All Day
Sat.	Mar. 25	The Berg Cup (@ Orange Coast College)	Newport Beach, CA	All Day
Sat.	Apr. 1	San Diego Crew Classic	San Diego, CA*	All Day
Sat.	Apr. 8	San Diego City Championships	San Diego, CA*	All Day
Sun.	Apr. 23	Miller Cup (@ UCLA)	Los Angeles, CA	All Day
Fri.	Apr. 28	WCC Championships	Lake Natoma, CA	All Day
Sat.	Apr. 29	WIRA Championships	Lake Natoma, CA	All Day
Sun.	Apr. 30	WIRA Championships	Lake Natoma, CA	All Day
Sat.-Sun.	May 13-14	Dad Vails	Philadelphia, PA	All Day
or				
Sat.-Sun.	May 13-14	Pac-10 Championships	Lake Natoma, CA	All Day
Fri.-Sun.	May 26-28	NCAA Championships	Eagle Creek, IN	All Day

* denotes Mission Bay



Ali Cox as a USD Torero in 2001

USD OLYMPIAN ALI COX WINS A SILVER MEDAL IN ATHENS...

Rowing Olympian and University of San Diego alumnae Ali Cox (2001) helped the U.S. women's eight claim a silver medal at the Athens 2004 Olympic Games. Cox and the Americans held a quarter second advantage at 1,000 meters before being overtaken by Romania. The U.S. team, previously undefeated in 2004, edged Romania by .3 seconds in the heats. The 14 Olympic Rowing events were held at the Schinias Olympic Rowing and Canoeing Centre over a period of nine competition days, from August 14-22, 2004.

Cox (Turlock, CA) began her rowing career at USD and upon graduation she had become one of the most successful athletes in USD history, earning three WCC All-Conference awards and three Most Valuable Oarswoman awards. As a senior in 2001, Cox was selected to the CRCA Division I All-Region First Team and received 2nd team All-America honors.



Celebrating With Olympic 8 Team Members

SAN DIEGO



WOMEN'S



ROWING



2005 First Team All-WCC (l-r): Christy Baker, Alicia Cresap, Joan O'Hara (WCC Coach of the Year), former AD Jo-Ann Nester. Lower Front: Jacquelyn Harris.

USD Women's Rowing opened the 2005-06 season with unprecedented racing success this fall. The season began with a 7th place finish out of 51 national competitors in the Women's Eight at the 2005 Head of the Charles regatta in Boston. The team then went on to defeat local and regional competition at the San Diego Row for the Cure, where the Toreros took 1st and 2nd place in the Women's Open Eight. In November, the Women's Varsity Eight once again made their mark with a best-ever finish at the prestigious Newport Autumn Rowing Festival in Newport Beach, CA. Taking on competition from all over the West Coast, the Toreros finished 4th against UCLA, Stanford, SDSU, Sacramento State, UC Davis and dozens of other teams. The Toreros wrapped up the fall with even more wins at the Long Beach Christmas Regatta in December, where they won 1st in the Women's Open Eight, 1st, 3rd and 4th in the Women's Open Pairs, and, teaming-up with the Men's squad, first in the Mixed Open Eight.

"This Fall has been tremendous," comments second-year Head Coach Joan O'Hara. "Not only has the team had unprecedented racing success, but our athletes continue to get better every day. They have incredible energy, enthusiasm and discipline. They are 100% focused on the very high standards we have set; while at the same time, they have fun. This group approaches athletics in the best possible way: they work very, very hard - and they enjoy not only the success that that brings them, but the process itself. They train and compete with confidence and passion. To my way of thinking, they are a model of collegiate athletic excellence."

Gauging from their fall success, the spring racing season promises to be the best ever for Torero Rowing. "This is a very young team, primarily Freshmen and Sophomores," notes Coach O'Hara, "so the learning curve is still very steep. Many of our athletes are new to the sport and thoroughly absorbing everything we strive to instill in them: effective and efficient technique; confidence and composure; as well as the value of hard work and the courage to break through perceived physical boundaries. They are truly a pleasure to work with and I am very much looking forward to leading them through the spring racing season. They are fully upholding the tradition of excellence in Torero Athletics"



JOAN O'HARA - Head Coach (2nd Year)
2005 WCC Coach of the Year

Joan O'Hara begins her second season as Head Coach of USD Women's Rowing. Off to an outstanding start, Coach O'Hara earned recognition last season when she was named West Coast Conference (WCC) Coach of the Year, 2005, in just her first year at the helm of the program. In 2004-2005 USD Women's Rowing fielded the largest team in the program's history, racing 7 Women's Eights, and boasting a roster of 70 athletes. The team also enjoyed unprecedented successes including a 7th Place finish against nationally-ranked Division I crews at the PAC 10 Conference Championships, and a 4th Place finish at the ECAC/Metro Championships in May.

A veteran of the U.S. National Team training system, Coach O'Hara brings extensive experience in both coaching and competition. A U.S. National Champion in numerous events, including the Lightweight Single, O'Hara came to USD from Wellesley College in Boston where she was the Head Coach from 2000-2004. During her tenure at Wellesley, Coach O'Hara elevated the rowing program to its first and only #1 National Ranking in

NCAA Division III, and the teams first qualifications for post-season competition. Under Coach O'Hara, Wellesley Rowing had three consecutive ECAC Championship appearances, earning the Bronze in 2003, won the NEWMAC and Seven Sisters Conference Championships for the first time, and was invited to the NCAA Championship in 2003 where they placed 4th.

O'Hara, a Long Island native, is no stranger to San Diego. In 1997-98, she was a Resident Athlete at the United States Olympic Training Center in Chula Vista, where she trained as a lightweight sculler under Head Coach Hartmut Buschbacher. Although she no longer competes at the Elite level, O'Hara rows with the San Diego Rowing Club, and most recently placed 6th in the Women's Open Eight at the 2005 San Diego Crew Classic. O'Hara holds a BA in Art History from Loyola College in Baltimore, and an MA in Liberal Arts from San Diego State University. When she isn't coaching, O'Hara is perfecting her surfing skills on the waves of the beautiful Pacific Ocean!



phone: 619.260.5923 / email: johara@sandiego.edu



AMELIA WHITE - Head Novice Coach (1st Year)

Amelia White begins her first year as Novice Women's Rowing Head Coach, coming to at USD from Marist College in Poughkeepsie, NY where she was the Head Coach of Women's Rowing. Under Coach White's leadership in 2004-2005, Marist Rowing, an NCAA Division I program, won the 2005 New York State Championship and made history, winning the overall NYS points trophy for the first time. The successful Women's Varsity also won the 2005 MAAC Championship, and the Varsity Lightweights placed second behind Ohio State in the ECAC Championship. Coach White's women also lead the Metro Atlantic Athletic Conference (MAAC) in All-Academic Team selections, with an unprecedented 13 honorees.

As an undergraduate athlete, Amelia White competed as a scholarship athlete for the University of Southern California (USC). In only her second year of rowing, Amelia made USC's top Varsity Eight and raced at the NCAA Championships for three consecutive years. Amelia's Eight ranked as high as 2nd in NCAA DI in 2001.

While competing for USC, Amelia, a two-year Team Captain, also helped USC win the prestigious Jessop Whittier Cup at the San Diego Crew Classic, and a second-place finish at the PAC 10 Championship. Amelia is a three-time Scholar-Athlete, an All-American nominee, and the two-time winner of the Trojan Spirit Award.

Amelia White graduated from The University of Southern California in 2001 with a Bachelor of Arts in Psychology and Philosophy. In addition to rowing, she has coached Precision Skating and Strength Training, and is a USFSA certified Strength Training Coach. Amelia also enjoys acting and holds a professional certificate in Art Performance.



phone: 619.260.2912 / email: whitea@sandiego.edu



ANGELA CHIARENZA - Assistant (1st Year)

Angela Chiarenza begins her first season as First Assistant for Women's Rowing. As a graduate of USD and a three-year Varsity Torero, Angela brings a first-hand knowledge of student-athlete life at The University of San Diego. Angela was a member of many successful USD Rowing Teams, including those that placed 3rd in the prestigious Cal Cup at the San Diego Crew Classic, and 5th against national, Division I competition in the Grand Final at the Dad Vail Regatta in Philadelphia.

A successful student-athlete, Angela earned honors on the Dean's List throughout all four years of her college career, and was named a CRCA National Scholar-Athlete in 2005. While a student at USD, Coach Chiarenza worked for the School of Education as an administrator for the department's Graduate Leadership Program, and earned a minor in Leadership Studies and an American Humanics Certification, along with her BS in Urban Studies. In 2005, Angela was named

Women's Rowing All-Team MVP, and was a finalist, among athletes from all of Varsity teams, for USD Athletics' highest honor, Torero of the Year.

Angela is a California native, born and raised in Long Beach where her mother, father, sister and brother-in-law still reside. In addition to rowing, Angela is an avid cyclist, and plans to pursue an advanced degree in Leadership Studies.



phone: 619.260.7637 / email: angela2@sandiego.edu



MARY OBIDINSKI - Assistant (2nd Year)

Mary Obidinski begins her second season as an Assistant Coach with USD Women's Rowing. A native of New York, Mary graduated from Ithaca College, where she began her rowing career. Coach Obidinski excelled very quickly as an athlete, making her first US National Team in 1997, and racing for the United States all the way until her retirement from rowing in 2004. Along the way, Mary won the Bronze in the Lightweight Quad at the World Championships in Banyoles, Spain in 2004, the Bronze in the Lightweight Single and Silver in the Lightweight Double at the 1999 Pan American Games in Winnipeg, Canada, and the Gold in the Lightweight Double at the Rowing World Cup in 2001. Nationally, Coach Obidinski has won numerous U.S. National Championship titles including the Lightweight Quad, Lightweight Double and the Lightweight Four.

A seven-year member of the U.S. National Team, Mary brings to her athletes at USD the highest level of understanding of rowing technique. She is also an expert in training for sport with a BS in Exercise Science, a Masters in Exercise Physiology, and National

Certification in Strength and Conditioning.

In addition to coaching USD's Varsity Women, Obidinski is the Head Coach of Master's Rowing at ZLAC Rowing Club, also in San Diego, and a finance executive with a real estate firm in Carlsbad, California. When she isn't coaching, Mary pursues her other passion, surfing, to which she was introduced during her winters spent training in Australia.



phone: 619.260.7637 / email: mobidinski@hotmail.com



**5-10
Senior**

**Middletown,
Rhode Island**

CHRISTY BAKER



**5-8
Junior**

**Cardiff,
California**

JESSI CAVANAGH



**5-5
Sophomore**

**Las Vegas,
Nevada**

JAMIE CRAIG



**5-5
Senior**

**San Diego,
California**

ALICIA CRESAP



**5-2
Junior**

**San Diego,
California**

RACHEL GARCIA-SERMENO



**5-8
Sophomore**

**Park City,
Utah**

JACQUELYN HARRIS



**5-7
Senior**

**Encinitas,
California**

KATIE KERR



**5-6
Sophomore**

**Reno,
Nevada**

AUBREY KLAICH



**5-6
Sophomore**

**Weston,
Connecticut**

JESSICA KRANE



**5-10
Sophomore**

**Overland Park,
Kansas**

ALLISON MATTHEWS



**5-8
Freshman**

**Chicago,
Illinois**

CORY MILLER



**5-10
Sophomore**

**Nipomo,
California**

RACHEL OURIEFF



5-3
Freshman

Lowell,
Massachusetts

BETH REGAN



5-6
Senior

Coeur d'Alene,
Idaho

ELIZABETH SIBULSKY



5-3
Sophomore

San Diego,
California

ROBIN SMITH



5-6
Senior

Soquel,
California

NICOLE THOMPSON



5-10
Sophomore

R. Santa Fe,
California

CHRISTY THURSTON



5-8
Sophomore

Cary,
Illinois

CHRISTINA VALADEZ



5-10
Junior

Arlington,
Virginia

LINDSEY VON KAENEL



5-10
Sophomore

Nevada City,
California

CHLOE WIEGMAN



5-8
Sophomore

Coto de Caza,
California

ASHLEY YERGLER



NAME	SQUAD	HT	YEAR	HOMETOWN/HIGH SCHOOL
Adams, Alex	Novice	5-10	FR	Petaluma, CA (Casa Grande HS)
Autorino, Jennifer Jamie	Novice	5-6	FR	Alameda, CA (St. Joseph Notre Dame HS)
Baker, Christy	Varsity	5-9	SR	Middletown, RI (Middletown HS)
Cavanagh, Jessi	Varsity	5-8	JR	Cardiff, CA (San Dieguito Academy)
Craig, Jamie	Varsity	5-5	SO	Las Vegas, NV (Foothill HS)
Cresap, Alicia	Varsity	5-5	SR	San Diego, CA (Scripps Ranch HS)
Davis, Hannah	Novice	5-1	FR	Petersham, MA (Stoneleigh Burnham)
Fontes, Danielle	Novice	5-7	FR	Glendora, CA (Glendora HS)
Garcia-Sermeno, Rachel	Varsity	5-2	JR	San Diego, CA (Marian Catholic HS)
Gonzales, Janelle	Novice	5-3	FR	Bakersfield, CA (Garces Memorial HS)
Govani, Safiya	Novice	5-4	FR	Mukilteo, WA (Kamiak HS)
Haggatt, Caroline	Novice	5-8	FR	Conifer, CO (Conifer HS)
Harkins, Cecilia	Novice	5-8	SO	San Juan Capistrano, CA (Istituto Santa Marta)
Harris, Jacquelyn	Varsity	5-8	SO	Park City, UT (Park City HS)
Kerr, Katie	Varsity	5-7	SR	Encinitas, CA (La Costa Canyon HS)
Klaich, Aubrey	Novice	5-6	SO	Reno, NV (Galena HS)
Krane, Jessica	Varsity	5-6	SO	Weston, CT (Weston HS)
Little, Brittany	Novice	5-9	FR	Shelton, CT (Shelton HS)
Matthews, Allison	Varsity	5-10	SO	Overland Park, KS (St. Thomas Aquinas)
Miller, Cory	Varsity	5-8	FR	Chicago, IL (St. Ignatius HS)
Nudelman, Amanda	Novice	5-3	FR	Lake Havasu City, AZ (Lake Havasu HS)
Ornelas, Josefina	Novice	5-5	FR	San Jose, CA (Andrew P. Hill HS)
Ourieff, Rachel	Varsity	5-10	SO	Nipomo, CA (Arroyo Grande HS)
Regan, Beth	Varsity	5-3	FR	Lowell, MA (Lowell HS)
Reigle, Diana	Novice	5-9	FR	Irvine, CA (Northwood HS)
Russo, Catherine	Novice	5-2	JR	El Cajon, CA (Valhalla HS)
Shorey, Samantha	Novice	5-6	FR	Eugene, OR (North Eugene HS)
Sibulsky, Elizabeth	Varsity	5-6	SR	Coeurd' Alene, ID (Coeurd' Alene HS)
Smith, Robin	Novice	5-3	SO	San Diego, CA (USD HS)
Spangeberg, Elizabeth	Novice	5-5	FR	New Orleans, LA (Maria Carillo HS)
Straub, Carolyn	Novice	5-7	FR	Santa Rosa, CA (Campolindo HS)
Tang, Laura	Novice	5-4	FR	Moraga, CA (Academy of the Sacret Heart)
Thompson, Nicole	Varsity	5-6	SR	Soquel, CA (Soquel HS)
Thurston, Christy	Varsity	5-10	SO	Rancho Santa Fe, CA (USD HS)
Valadez, Christina	Varsity	5-8	SO	Cary, IL (Cary-Grove HS)
Von Kaenel, Lindsey	Varsity	5-10	JR	Arlington, VA (Washington-Lee HS)
Vrontikis, Alaina	Novice	5-3	FR	Salt Lake City, UT (Skyline HS)
White, Brittany	Novice	4-11	FR	Dallas, TX (Creekview HS)
Wiegman, Chloe	Varsity	5-10	SO	Nevada City, CA (Nevada Union HS)
Yergler, Ashley	Varsity	5-8	SO	Coto de Caza, CA (Santa Margarita HS)

**TORERO
COACHING STAFF:**

**Head Coach
Joan O'Hara, 2nd Yr.**

**Novice Head Coach
Amelia White**

**Assistant Coaches
Angela Chiarenza
Mary Obidinski**





Coggeshall Rowing Center



Mission Bay at sunrise

USD rows out of the Coggeshall Rowing Center, which is located at El Carmel Point on Mission Bay. The boathouse was built in 1991 with a bequest from A. Wharton Coggeshall. Mission Bay, which was once a vast tidal marsh, was dredged in 1944 to create a recreational aquatic facility for the city of San Diego. Today, Mission Bay is used by motorboaters, sailboaters, rowers, waterskiers, picnickers, joggers, and swimmers. It is also the home to many species of birds, fish and other wildlife, and has a nature reserve at its northern end near Crown Point. An ideal setting for the sport of rowing, Mission Bay is the site of the San Diego Crew Classic, which draws hundreds of crews and spectators from around the country each spring.

Torero Strength and Conditioning



Varsity Weight Room

The University of San Diego Athletic Department recognizes the need for all athletes to engage in a comprehensive strength and conditioning program. The USD strength and conditioning program has been designed to develop functional strength, speed, power and endurance. Adhering to a properly designed program of strength training, conditioning and nutrition, enables our athletes to become the best possible athletes they can be, while simultaneously reducing the incidence of injury.

The heart of the strength and conditioning program is the USD Sports Center varsity weight room (5,000 square feet). The weight room contains the Olympic platforms, free weights, selectorized machines, dumbbells, and cardiovascular equipment. Student-athletes also have the luxury of utilizing the Jenny Craig Pavilion Fitness Center.



USD Erg Room

USD student athletes receive intensive instruction on power weight training technique; speed, power, and agility development; and sport specific conditioning. Their strength and conditioning programs are specific to the nature of their sport or position. Each athlete is carefully monitored throughout their program to ensure the greatest opportunity for athletic success.

USD Academic Support Program & Student Services



Sarabeth Pollock

The USD Athletic Academic Support program is designed to promote the academic development of student-athletes. The primary objective is to offer the necessary resources for the academic success of student-athletes as they work to earn their degree. Academic Support services are designed to enhance the student-athlete's overall collegiate experience and encourage development and attainment of academic and career goals.

Sarabeth Pollock is in her first year as the Coordinator of Athletic Academic Support for USD Athletics. She has worked as a tutor in the Athletic Department since the fall of 2001. Pollock earned her B.A. degree in Political Science and History, with a minor in Spanish. A 5th generation San Diegan, she resides in Point Loma.

All USD student athletes have access to advising, tutoring and mentoring services. The mentoring program, Torero Blue and Men Torero, were developed in 2005 and team a graduate student in the Counseling program with an athlete who would like to enhance study skills, learn about campus resources and receive guidance on goal development and attainment. Student-athletes also have access to a quiet area where they can study or work in the computer center. In addition, student-athletes are encouraged to utilize the campus learning centers including the Writing, Math and Logic Centers as well as to take advantage of the resources available to them in the Career Center, Counseling Center and Computer Labs.

Robyn Fortney is in her first year as the Coordinator of Athletic Student Services for USD. She coordinates the CHAMPS/Life Skills program which promotes the personal development of student-athletes. Also, she is an Academic Counselor to Women's Rowing, Men's Rowing and Football.

From nearby Rancho Bernardo, Fortney earned her B.A. degree in Communications, with a minor in Leadership, from USD in 2002. She was a four-year member of the USD women's basketball team between 1998-2002, including the 2000 squad that advanced to the NCAA Tournament. In 2004, she received her Master's Degree in Sport Management from the University of San Francisco.



The CHAMPS/ Life Skills program emphasizes five core commitment areas:

- * Commitment to Academic Development
- * Commitment to Athletic Development
- * Commitment to Personal Development
- * Commitment to Career Development
- * Commitment to Service



Robyn Fortney

San Diego Sports Medicine

The main responsibilities of the University of San Diego Sports Medicine Staff is injury prevention, treatment and rehabilitation of all USD student-athletes. The Sports Medicine staff oversees sixteen intercollegiate teams and approximately 400 USD student-athletes.

Carolyn Greer, Associate Athletic Director for Sports Medicine, is in her 27th year as USD's Head Certified Athletic Trainer.

A 1975 graduate of San Diego State University with a Bachelor of Arts Degree in Physical Education, Carolyn went on to earn her Master's in Sports Medicine in 1978. Over the years she has taught classes in Sports Medicine and had numerous articles published in a variety of journals. Carolyn is assisted by Suzi Higgins, Paul Signorelli and Wil Filamor.

The USD Sports Medicine team also consists of two orthopedic surgeons, one dentist, one internist and eight student interns. The USD training room is located on the first floor of the Jenny Craig Pavilion. The training room features a treatment area, a hydro-therapy room and taping stations. The training room is also equipped with cardiovascular and rehabilitation equipment.



Carolyn Greer



Department of Intercollegiate Athletics Mission Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is committed to advancing academic and athletic excellence and enhancing students' lives while promoting the University of San Diego.

Department of Intercollegiate Athletics Vision Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is educating its student-athletes while building leadership and teamwork and a reputation as winners on and off the field of play.



Dr. Mary E. Lyons

A MESSAGE FROM PRESIDENT MARY LYONS...

The University of San Diego is very proud of the student-athletes that represent our institution on 16 men's and women's NCAA Division-I athletic teams. These are proud and serious competitors, honored to represent the University. The dedication you witness on the playing fields, on the court, on the course, or in the water is greatly matched in the classrooms, the laboratories, on stage, or in the community. Last year forty percent of our student-athletes carried a grade-point average above 3.2, and nine of our teams had a cumulative grade-point average above 3.0.

Athletics is vital to the University of San Diego, a way students, faculty, staff and alumni come together as one community. I am both a university president and a Torero fan; I look forward to sharing the excitement of Torero athletics with our many fans.

University of San Diego Mission Statement

The University of San Diego is a Roman Catholic institution committed to advancing academic excellence, expanding liberal and professional knowledge, creating a diverse and inclusive community, and preparing leaders dedicated to ethical conduct and compassionate service.

University of San Diego Vision Statement

The University of San Diego is becoming a nationally preeminent Catholic university known for educating students who are globally competent, ethical leaders working and serving in our complex and changing world.



Ky Snyder
Executive Director of Athletics

KY SNYDER Executive Director of Athletics

Ky Snyder was named Executive Director of Athletics at the University of San Diego on December 10th, 2003. Dr. Mary E. Lyons, USD President, introduced Snyder who returns to USD where he was Director of Athletic Development between 1990-1996. He came back to USD from the San Diego International Sports Council where he held the position of President.

With the San Diego International Sports Council, the 43-year-old Snyder's primary responsibility was to promote San Diego/Tijuana as the preferred region for sporting events and activities that benefit the community both economically and socially. Recent accomplishments of the Sports Council bid efforts include securing for San Diego the 1997 and 1998 ESPN Summer X Games, the Suzuki Rock 'n' Roll Marathon, the 1999 Major League Soccer All-Star Game, the inaugural Bank of America/U.S. Olympic Cup, NCAA Division I Men's Basketball First & Second Round (2001) contests, the NCAA Division I Women's Volleyball Championships (2001) and Super Bowl XXXVII.

In the spring of 2001, Snyder was named the President of the San Diego Super Bowl XXXVII Host Committee. He is a member of the Board of Directors of the San Diego NFL Youth Education Town and the San Diego Super Bowl Task Force. He is a member of the San Diego Downtown Rotary Club. Snyder was also the Executive Director of the San Diego International Sports Foundation.

Prior to joining the SDISC, Snyder was the Director of Athletic Development at the University of San Diego for six years. At USD he was responsible for establishing the Torero Athletic Association, fund-raising efforts for athletics, managing athletic special events and generating corporate sponsorship of athletics.

At USD he oversees an athletic department with sixteen NCAA Division I intercollegiate teams and approximately 400 student-athletes. He is responsible for all administrative, management and supervisory aspects of the Department of Athletics. Additionally, he oversees the strategic long-range planning and monitoring of budgets, personnel, programs, facilities, fundraising, promotions and marketing, and public relations for an NCAA Division I program consisting of eight sports for men and eight sports for women. He serves on the West Coast Conference TV Committee, Marketing Committee and Women's Basketball Committee.

Snyder played football at San Diego State University. He holds a Bachelor's Degree in Marketing from San Diego State University and has studied in the Master's Leadership Program at the University of San Diego. He is a guest lecturer at the University of San Diego's MBA Sports Management program and the SDSU Hospitality Management program.

Snyder, who has been a San Diego resident for 23 years, has a very athletic family. His wife, Sue, was a former standout member of the United States women's national volleyball team who played at San Diego State and also coached the Aztecs and University of San Diego's women's volleyball teams. In addition, Snyder's father, Lester, held the position as President of the United States Tennis Association. The Snyder's reside in Poway with their son Riley (age 12), daughter Sydney (age 9) and daughter Cammy (age 6).

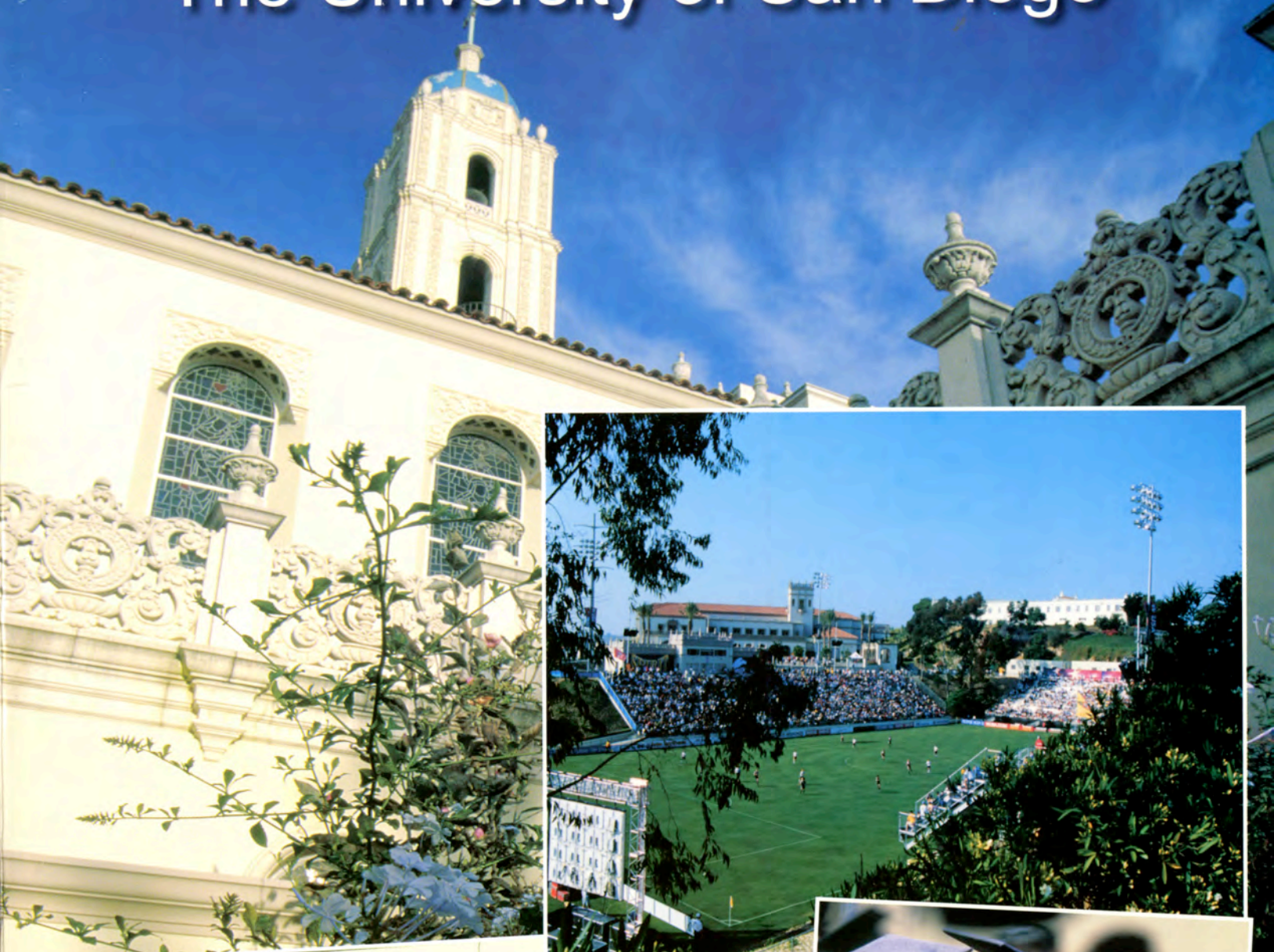
Muhammad Ali

IMPOSSIBLE IS NOTHING.

FOREVER SPORT



The University of San Diego



USD COPLEY LIBRARY
3 5074 00027 2116



JOAN O'HARA
2005 WCC COACH OF THE YEAR

Follow USD Women's Rowing
via the internet at

www.usdtoreros.com

