

# SANTA ROSA JUNIOR COLLEGE WOMEN'S WATER POLO 2011

## Water Polo Coaches

**JILL McCORMICK** Head Coach



Coach McCormick begins her twelfth year as Head Women's Water Polo Coach, Head Swim & Dive Coach, and PE instructor at Santa Rosa Junior College, after coaching for over 20 years. McCormick has been named Conference Coach of the Year twice in water polo and State Coach of the Year five times in swimming. She strongly believes that her teams and players reflect the spirit of excellence associated with Santa Rosa Junior College and the athletic program. She holds a Master's degree in Athletes and Academic Achievement from the University of California, Berkeley, a Bachelor's degree in English from the University of California, Davis, and an Associates degree from SRJC. Coach McCormick was an All American swimmer for the Bear Cubs, and she is proud to be a part of this distinguished program.

As a graduate of Santa Rosa Junior College and the women's water polo program, Coach Hennis returns for her second season as the Associate Head Coach for the Bear Cubs after assisting with the program for the previous six years. As a SRJC player, Hennis was named to both the All Conference and All Northern California teams in 2002 and 2003, was a two time team captain, and was a member of the All American team in 2003. She is currently working on her Master's Degree in Kinesiology at Sonoma State University, where she was an All American center for the Seawolves.

**CHELSEA HENNAN** Associate Head Coach



Lund begins her first season with the Bear Cubs as the dryland & strength training coach, after successfully working with the men's and women's swim teams last season. She graduated from Loma Linda University in 1995 with an A.S. in Physical Therapy. In 1996, Lund received a Physical Therapist Assistant License. Since 1999 she has been training athletes of all ages. In 2000 she was certified through ACSM as a Health/Fitness Specialist. Lund has developed triathlons for children and personal/group fitness for health/weight loss clinics. In her career she has been a swim instructor for 18 years. Since 2009 she has been an Assistant Swim Coach/Strength Coach for Neptune Swimming and is presently developing strength programs for the Swim/Dive teams at SRJC. Lund is currently pursuing B.S. in Sports Management: Health and Wellness.

**CASSANDRA LUND** Dryland & Strength Training Coach



FOR MORE INFORMATION CONTACT:

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 Athletic Department.....707-527-4237  
 Athletic Department Fax.....707-524-1752

## 2011 Women's Water Polo Schedule

Day	Date	Opponent	Location	Time
FRI	9/9	American River Tournament	Sacramento	All Day
WED	9/14	Diablo Valley*^	Pleasant Hill	5:00pm
F/S	9/16-17	Chaffey Tournament	Rancho Cucamonga	All Day
<b>WED</b>	<b>9/21</b>	<b>Modesto*^</b>	<b>SANTA ROSA</b>	<b>5:00pm</b>
FRI	9/23	San Mateo	San Mateo	2:00pm
FRI	9/23	Foothill	Palo Alto	7:00pm
<b>WED</b>	<b>9/28</b>	<b>Fresno City*</b>	<b>SANTA ROSA</b>	<b>3:30pm</b>
F/S	9/30-10/1	Cuesta Tournament	San Luis Obispo	All Day
WED	10/5	Sac City*^	Sacramento	3:30pm
WED	10/12	Delta*^	Stockton	5:00pm
F/S	10/14-15	Cross-Over Tournament	Rocklin	All Day
<b>WED</b>	<b>10/19</b>	<b>American River*^</b>	<b>SANTA ROSA</b>	<b>5:00pm</b>
WED	10/26	Sierra*^	Rocklin	5:00pm
<b>SAT</b>	<b>10/29</b>	<b>College of San Mateo</b>	<b>SANTA ROSA</b>	<b>12:00pm</b>
<b>SAT</b>	<b>10/29</b>	<b>Alumni</b>	<b>SANTA ROSA</b>	<b>3:00pm</b>
F/S	11/4-5	Big 8 Conference Champs*	Stockton	All Day
F/S	11/11-12	Norcal Championships	San Mateo	All Day
F/S	11/18-19	State Championships	Norwalk	All Day

\*Denotes Conference Games

^Denotes Double Header Games



# Women's Water Polo

# 2011



## BIG-EIGHT CONFERENCE

American River

Diablo Valley

Fresno City

Modesto

Sacramento City

San Joaquin Delta

Santa Rosa

Sierra



SANTA ROSA  
JUNIOR COLLEGE



## TEAM WEB SITE

For up to the minute stats, highlights, and program information, check out our official team web site at:  
[http://www.santarosa.edu/for\\_students/athletics/womens-water-polo](http://www.santarosa.edu/for_students/athletics/womens-water-polo)

# SRJC WOMEN'S WATER POLO ROSTER

# 2011



**Becca Woodruff #1**  
Sophomore  
Position: Goalie  
Major: Biology  
Davis HS, Davis  
**Big 8 Conference All  
Tournament Team 2010**



**Michaela Thomas #8**  
Frosh  
Position: Field  
Major: Economics  
Santa Rosa HS, Santa Rosa



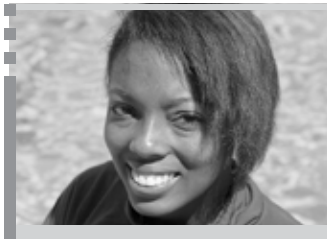
**Chelsea Segalas #16**  
Freshman  
Position: Field  
Major: History  
Lincoln HS, Stockton



**Jessica Crawford #2**  
Sophomore  
Position: Attacker  
Major: University Transfer  
Heritage HS, Brentwood



**Jill Vickers #9**  
Sophomore  
Position: Field  
Major: Business  
Ukiah HS, Ukiah



**Kayla Parker #3**  
Freshman  
Position: Center  
Major: Nursing  
Farfield HS, Fairfield



**Katherine Pella #10**  
Freshman  
Position: Field  
Major: Nursing  
Vintage HS, Napa



**Brooke Wolford #5**  
Freshman  
Position: Field  
Major: Biology  
Terra Linda HS, San Rafael



**Brianna McFadden #11**  
Freshman  
Position: Field  
Major: Computer Science  
Vintage HS, Napa



**Kristen Rydberg #6**  
Sophomore  
Position: Center  
Major: Pre-Med  
Arroyo Grande HS, Arroyo Grande



**Becky Bennigson #13**  
**TEAM CAPTAIN**  
Sophomore  
Position: Utility  
Major: Nursing  
Benicia HS, Benicia



**Gabi Slavid #7**  
Freshman  
Position: Field  
Major: University Transfer  
Terra Linda HS, San Rafael



**Victoria Alvarado #15**  
Frosh  
Position: Field  
Major: Kinesiology  
Casa Grande HS, San Rafael

## TEAM RECORDS

### SINGLE SEASON RECORDS

<b>GOALS</b>	Jamie Del Zompo	109	2005
<b>ASSISTS</b>	Melissa Loper	55	2008
<b>STEALS</b>	Allison King	100	2008
<b>EJECTIONS DRAWN</b>	Mandy King	82	2008
<b>FIELD SAVES</b>	Jessica Loper	19	2008
<b>SAVES*</b>	Ariel Lockshaw	278	2009

*\*241 Saves and 37 Steals*

### CAREER RECORDS

<b>GOALS</b>	Jamie Del Zompo	194	04-05
<b>ASSISTS</b>	Melissa Loper	97	07-08
<b>STEALS</b>	Allison King	193	07-08
<b>EJECTIONS DRAWN</b>	Mandy King	138	07-08
<b>FIELD SAVES</b>	Caitlin Ridsen	19	09-10
<b>SAVES</b>	Ariel Lockshaw	485*	09-10

*\*424 Saves, 61 Steals*



### BEAR CUB POLO

This is the 15th season for the SRJC women's water polo program. SRJC competes in the Big Eight Conference, which includes some of the strongest teams in the state. The Cubs finished strong in 2010 after entering the Big 8 Championship Tournament as the number 3 seed, pulling another key upset over No. 2 seeded Fresno 9-7 to advance to the Big 8 title game for the third year in a row. That victory advanced them to the NorCal Championship Playoffs as the No. 4 seed, where they went on to beat No. 5 Diablo Valley, leading them into a re-match against Fresno again for a battle for the NorCal Regional bronze medal, which SRJC won, in a defensive "chess match" of a game, 5-3. The Cubs finished 2010 3rd in the north, 6th overall in California, and they look to take that momentum into the 2011 season this year. SRJC returns six of their strongest players from last season including Big 8 All Tournament Team Member, Becca Woodruff, and attacker Jessica Crawford. SRJC also looks to new leadership in the pool with a strong incoming freshmen class. SRJC has advanced to the NorCal Playoff Tournament nine times in the last 10 years. We have produced more than 30 All Conference players, 27 All Northern California players, two conference MVP's, 21 All Americans, and over 45 All-Academic student athletes. The Cubs also had back-to-back history-making seasons in 2008 and 2007 claiming the 2008 Northern California Championship Title, and had two consecutive final four appearances at the California Community College State Championship Tournament, culminating in a two year overall record of 47-15.

### TEAM MISSION STATEMENT

"Coming together is the beginning. Keeping together is progress. Working together is success."

### ATHLETIC FACILITIES

Santa Rosa Junior College is home to one of the finest athletic facilities in the state. Such facilities include: both an indoor and outdoor pool, an all-weather track, several athletic fields, state of the art weight room, team locker rooms, film and classrooms, and a nationally renowned athletic training room and staff. SRJC ATHLETICS is recognized in California and nationwide for its winning traditions and its academic concern for each and every athlete. The Bear Cub Aquatics Program encourages academic success and works closely with academic support programs on campus to help players reach their educational goals.

### TEAM PHILOSOPHY

The Women's Water Polo Team at Santa Rosa Junior College is comprised of athletes who understand the meaning of commitment and effort. Coach McCormick and Coach Hennen recruit athletes who not only demonstrate a high level of team work, focus, and discipline in the pool and in the classroom, but who also like to have fun with their team and enjoy competition.

*Photography by Debi Pettit*