

# Highlander Club Blue & Gold Fund Drive Report IV- May 8, 2007



## OUR GOAL OF \$215,000

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We have achieved approximately 35.7% of our goal with gifts and pledges of **\$76,248**. We've reached 30% of our alumni involvement goal and 24% of our goal to increase the number friends to athletics.

## 2007-08 Highlander Club Donors:

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## LAST NIGHT'S HIGHLIGHTS

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**Health Educator & CHAMPS Life/Skills Coordinator Doug Everhart** told us his programs try to keep athletes in the paper for the right reasons and not for the wrong reasons. The programs work in three areas classroom, community and life. The CHAMPS/Life Skills program was developed in the 1990's by the NCAA and has five areas of emphasis: academic excellence, athletic excellence, personal development, career development and community service. Senior volleyball player, Angie Mitchell talked about her role as a co-director and emphasizing to her peers to "make responsible choices". Sophomore women's soccer player Sarah Mohammadi, cherishes her role as co-director in that it enables her to make her teammates and peers "more aware" of issues that affect them and can better their lives. Doug and the students are clearly passionate about what they do, and it is effective. Research has shown students will turn to students first for advice and peer education is the most influential way to communicate important issues.

**Head Women's Tennis Coach Mark Henry**, is very proud of the progress of his team and the two representatives he brought to the report session. Sophomore Erynne Oki was named Second Team All-Big West as a member of UCR's top doubles team and according to Coach Henry has made the most improvement over the last two years than any other player he's coached in the last 20 years. Senior Catrisha Cabanilla was a member of the starting six all four years she competed for the Highlanders. She is finishing her degree in biochemistry and will attend medical school in the fall. Mark returns all players but Catrisha to next year's squad, which he called, "young, focused and getting better every day."

**Strength & Conditioning Coach Josh Everett** has developed his program on two tenets: improving performance and reducing injury. His goal is to build better athletes by emphasizing the core of their body in the training. He stated he and assistant coach E.J. Andrews, "train movement, not muscles." Focused and disciplined, they try to eliminate the whining and train the student-athlete's attitude. He emphasized that short, intense workouts are best as he typically trains the entire team at the same time. With space limitations, organization is critical.

**Head Men's Soccer Coach Junior Gonzalez** believes in teaching life lessons outside the pitch. Since taking over as head coach from his cousin Nat in 2004, Junior has emphasized recruiting in the Inland Empire as he believes we live in a "hot bed" for youth soccer. His goal is to get the best players in the area, that have buy-in and want to play for Riverside. In 2006, This past season he fielded eight of the ten freshman on his team, of which seven were from the I.E. Many have international playing experience. The win over UCSB, the eventual national champs, was a huge stepping stone for his team. He believes he has a core group of good students who are dedicated to their future. Building a program the right way takes time, and Coach Gonzalez is putting in the time (literally). For the past four years, when not focusing on UCR, Junior is working for the U.S. Olympic Development Program (ODP). ODP has taken him across the United States and to foreign lands during competition and training. His ODP connections have had a direct impact on the players he has been able to recruit to UCR.

## ON DECK - May 15th – UCR Botanical Gardens

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Next week's speakers: Men's Basketball Coach Jim Wooldridge, Volleyball Coach Sue Gozansky and Baseball Coach Doug Smith.