

OREGON STATE
BASKETBALL 08
09



**WE ARE
OREGON STATE**



Strength & Conditioning



Oregon State student-athletes pride themselves on being among the best-conditioned in the country, as can be evidenced by the Beavers' recent successes in a number of sports. Strength and Conditioning coach Brendon Ziegler oversees the program and works directly with women's basketball. He is certified through the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association.

OSU student-athletes have the luxury of improving their strength and conditioning in the new Sports Performance Center, which opened May 1, 2008 to rave reviews from the entire roster of student-athletes on campus. There is more than 46,000 pounds of new equipment in the facility and a 60-yard four-lane sprint track to build speed. There are 24 lifting programs with 24 self-contained power racks and adjustable benches, nutritional and body composition areas, state-of-the-art video and sound systems and a cardiovascular areas.

Training table, which is served in the Valley Football Center, provides a balanced and delicious variety of meals to fuel the active student-athlete.

WE ARE OREGON STATE





Sports Performance Center



The newest facility in the Athletics family is the spacious Sports Performance Center, located immediately next to the Tommy Prothro Football Complex.

The \$16 million dollar facility opened May 1, 2008, to rave reviews from the entire roster of student-athletes on campus. There is over 46,000 pounds of new equipment in the facility and a 60-yard four-lane sprint track to build speed.

"It's as good a facility as you will see on any campus," according to veteran strength and conditioning coach Bryan Miller. "Efficiency was a goal when we designed the facility."

The Sports Performance Center has a state-of-the-art video and sound system, including individual portals at its conditioning stations.

THE NEW FACILITY INCLUDES:

- 24 lifting platforms with 24 self-contained power racks and adjustable benches with a total of over 45,000 pounds of free weights and dumbbells.
- Four-lane, 60-yard indoor rubber sprinting track.
- Nutritional and body composition areas led by nutritionist Ingrid Skoog.
- State-of-the-art video and sound systems.
- Cardiovascular area.

"The goal of our strength and conditioning program is to provide athlete-specific functional training to prepare each student-athlete the opportunity to develop and succeed in their sport. As student-athletes continue to evolve, their training must continue to utilize progressively demanding exercises to maximize performance enhancement and injury reduction."

- Bryan Miller

One of the most important aspects of any successful athlete is proper nutrition. OSU is fortunate to have popular Culinary Director Raul Vera and his staff coordinate nutritional meals on a daily basis.

WE ARE OREGON STATE





Sports Medicine & Athletic Training



Part of the success of any athletic team is its sports medicine program, particularly in college athletics. Oregon State is blessed to have a committed and stable staff to ensure that its student-athletes' needs are being met.

Each Oregon State team is assigned a certified athletic trainer to oversee a program of injury prevention, treatment and rehabilitation throughout its season. This allows a trainer to become familiar with each athlete and their particular year-round sports medicine needs.

Oregon State is committed to its sports medicine program and the facilities located in the Valley Football Center and Gill Coliseum. The facilities have specially designed offices for both physicians and dentists to provide care. There is also on-site radiology equipment, enabling student-athletes to stay on campus for diagnostic testing. OSU student-athletes also have on-site access to the latest in aqua-therapy in a state-of-the-art SwimEx rehabilitation pool, and in a Cybex isokinetic testing machine.



WE ARE OREGON STATE



Student-Athlete Academics

The mission of Oregon State's Student-Athlete Academic Services office is to provide the university's student-athletes with the opportunity to achieve their potential for intellectual, social, and personal development. The office strives to create a collaborative environment with all campus departments to enhance a seamless integration of Beaver student-athletes with the full OSU community.

The Student-Athlete Academic Services Office provides a variety of services to aid students in their academic endeavors. Services include general academic guidance, tutoring, mentoring, study tables, career development, and community outreach opportunities. The staff assists student-athletes with orientation, registration, eligibility information, and referrals to other campus support services that may be relevant.

Academic support services are delivered on a one-on-one, team, class or workshop basis. Subject tutors are also available and highly recommended. Tutors are available for drop-in sessions and individual appointments. Tutoring labs are offered four nights per week in a variety of subjects.

In addition, the Student-Athlete Academic Services Office provides students with the opportunity to check out a laptop computer for travel associated with team competition. While traveling for competition, an academic counselor assigned to the team may accompany the squad to administer quizzes and exams, thus allowing student-athletes to both compete and complete necessary coursework in a timely fashion.

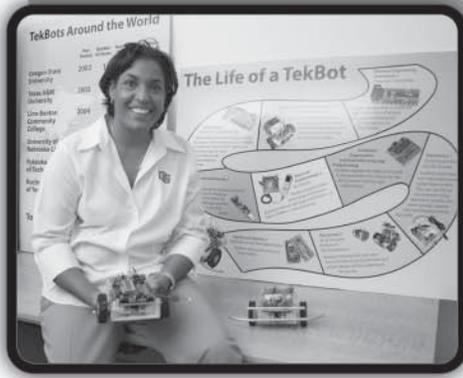
The Hewlett-Packard Learning Zone is equipped with computers and LaserJet Printers for the needs of student-athletes. Additional study table areas are set up for quiet studying and are staffed by qualified individuals.



OREGON STATE UNIVERSITY
2004-2007

**Highest
Team GPA on
Record**

**3.21
Winter 2007**



WE ARE OREGON STATE





**Educational
Excellence**



Creativity



**Brittney
Davis**

STUDENT • COLLEGE OF LIBERAL ARTS

**Bobette
Bushnell**

COLLEGE OF LIBERAL ARTS



Distinction



Potential

WE ARE OREGON STATE



Lindy Brown Academic Counselor - Third Year

Since coming to Oregon State, Brown has seen a multitude of athletic successes with the women's basketball team. In the 2007-08 season, three players – Mercedes Fox-Griffin, Julie Futch and Stacey Nichols – earned All Pac-10 Academic Honorable Mention honors. The Beavers posted a team grade point average of 3.10 in the spring of 2008, which was followed by a 3.05 mark in the summer enabling OSU to finish with a team GPA of just less than 3.0 for the year.

In the Winter of 2007, the team earned a cumulative grade point average of 3.21, which was the highest since team GPAs began to be counted in 1995. The 3.21 mark was followed a 3.16 team GPA in the spring.

Brown spent three years working full time with the Gators' women's basketball team, overseeing registration, grade reporting and monitoring eligibility. She also worked in the same capacity with members of the volleyball and gymnastics teams. Among her many other responsibilities with the OSL, she coordinated the new student-athlete orientation that is mandatory for all incoming athletes.

Brown joined Florida's OSL staff as an academic counselor full time in July of 2001, after receiving her master's degree in Student Personnel in Higher Education. While working toward that degree, she gained experience as an intern with the OSL's Life Skills and Academic Services programs, assisting with Goodwill Gators community service events involving student-athletes. Brown also worked closely with the full-time academic counselor for women's basketball, swimming, track and volleyball teams during that span, helping develop comprehensive advising programs for those student-athletes. She also mentored first year and transfer student-athletes, providing counseling and guidance in time management, study skills and other personal concerns.

Upon completion of her graduate internship, Brown split time between the University of Florida's College of Liberal Arts & Sciences (CLAS) and the OSL, assisting in the coordination the two office's advising programs. During that time she also counseled student-athletes pursuing Liberal Arts & Sciences degrees and guided all walk-ons in the sports of football, men's and women's swimming, men's and women's track, baseball and women's golf.

A native of Tualatin, Ore., Brown, received her undergraduate degree in sociology in 1999 from Oregon State. She was one of the top offensive threats in OSU soccer history, graduating from the program ranking tied for fourth all-time in scoring, sixth all-time in goals and tied for fifth all-time in assists. Aside from her success on the soccer field, Brown was an excellent student, being named to the Pacific-10 Conference Academic teams each of her final three years.

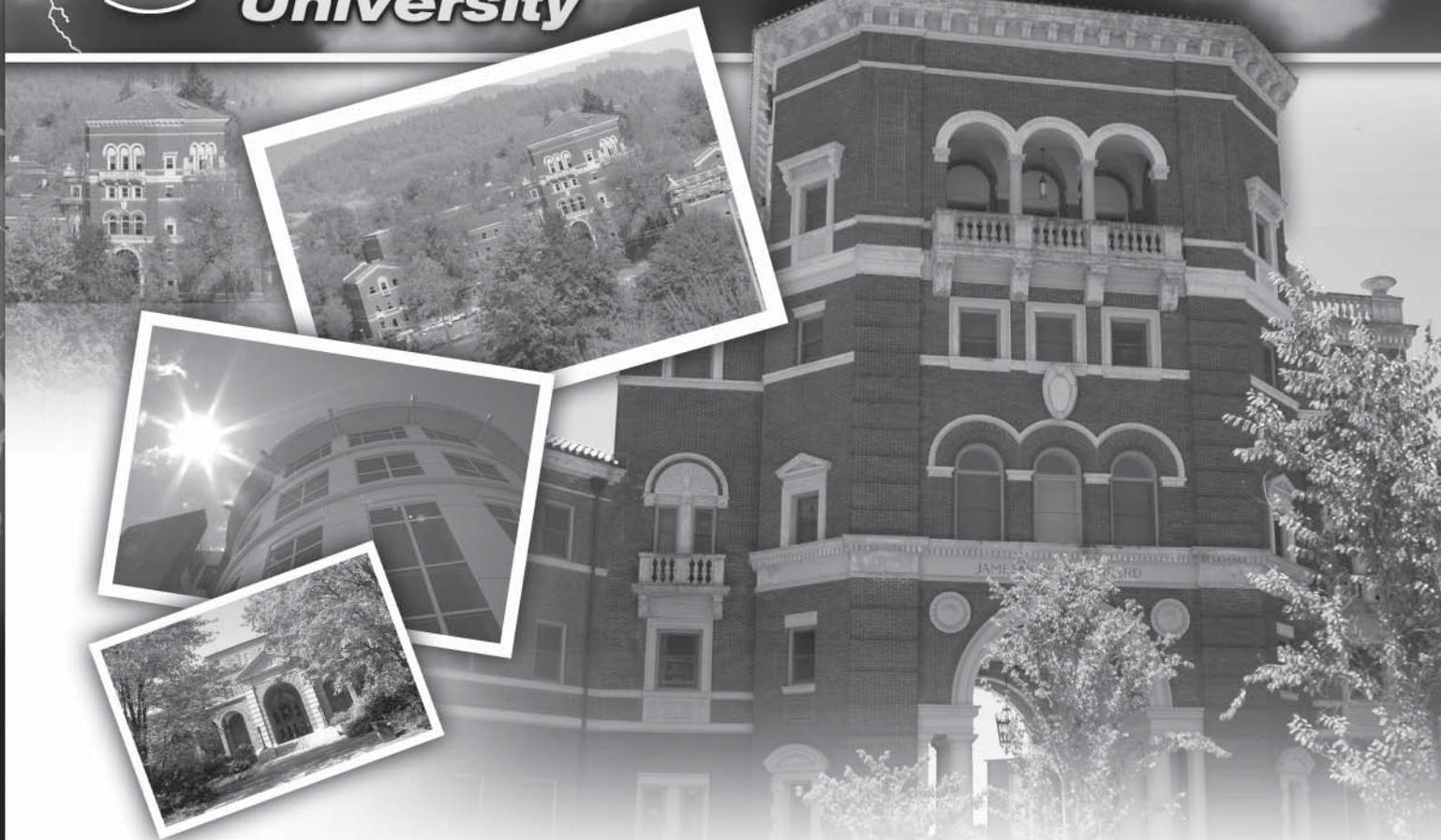
Lindy Brown is in her third year as an academic counselor at Oregon State.

The former OSU student-athlete returned to Corvallis prior to the 2006-07 academic year after working with the Office of Student Life (OSL) and University of Florida student-athletes since the summer of 1999.





Oregon State University



EXPLORE A PLACE. WHERE AMAZING THINGS HAPPEN.

At Oregon State University, you'll discover a place where faculty and students are working together to address the world's greatest challenges through research and creative innovation. Explore our campus, and you'll see why OSU is known throughout the state, the nation and the world for the excellence of its programs and the quality of its people.

True to its designation as Oregon's land-grant university, OSU is investing in the state's economic and cultural future, with a focus in five multidisciplinary areas: advancing the arts and sciences; understanding the earth and its resources; optimizing economic development; advancing the health and well-being of the public; and managing natural resources and assisting natural-resource based industries.

As Oregon's premier research university, and with more than \$206 million in annual research funding, the depth and breadth of OSU's impact spans 26 countries and dozens of world-class institutions. What's more, a recent study shows OSU's economic footprint in the state exceeds \$1.5 billion.

More than 19,700 students attend OSU from every state and more than 80 foreign countries. They can choose from 200+ academic programs at campuses in Corvallis and Bend, along with online programs through Ecampus. In addition, OSU is one of the only West Coast universities to have four cultural centers and minority education offices, contributing to the cultural diversity of Corvallis. The 420-acre OSU campus is located in the heart of Corvallis; its landmark buildings and lush landscaping contribute to the city's beautiful setting.

Visitors can join in with students, faculty, staff and community members by attending a musical performance, cultural event or play, listening to a notable writer or scientist, seeing a foreign film, participating in a natural resource symposium or attending a college open house. Many lectures and performances are free and open to the public. For a listing of the latest information on what's happening at OSU, go to oregonstate.edu/enews.

Visitors and prospective students can arrange a campus tour and even witness some of the extraordinary research work of faculty and students. Call the OSU Tour Office at 541-737-2626 or pick up an OSU Visitor's Guide and Self-Guided Tour brochure at the OSU Jefferson Street information booth.

OREGON STATE POINTS OF PRIDE

- Oregon State ranks among the nation's best 30 universities for the combination of outstanding academics and premiere Division I athletics programs, according to a Dec. 2007 STACK Magazine feature.
- Oregon State is ranked in the Top 25 for 2008 in the second-annual "College Sustainability Report Card," an assessment of sustainability in higher education.
- The Department of Athletics ranked seventh out of 115 Division I-A programs in the country for gender equity, according to a political science study at Pennsylvania State University-York. OSU was one of 11 programs to receive an "A" grade.
- With four minority education offices and six cultural centers, more than any other university in the Pacific Northwest, OSU is committed to helping students learn about all backgrounds while building a larger community that embraces our diversity.

NOTEWORTHY FACTS ABOUT OREGON STATE UNIVERSITY

- OSU has one of the world's largest, most sophisticated supercomputing facilities for marine sciences.

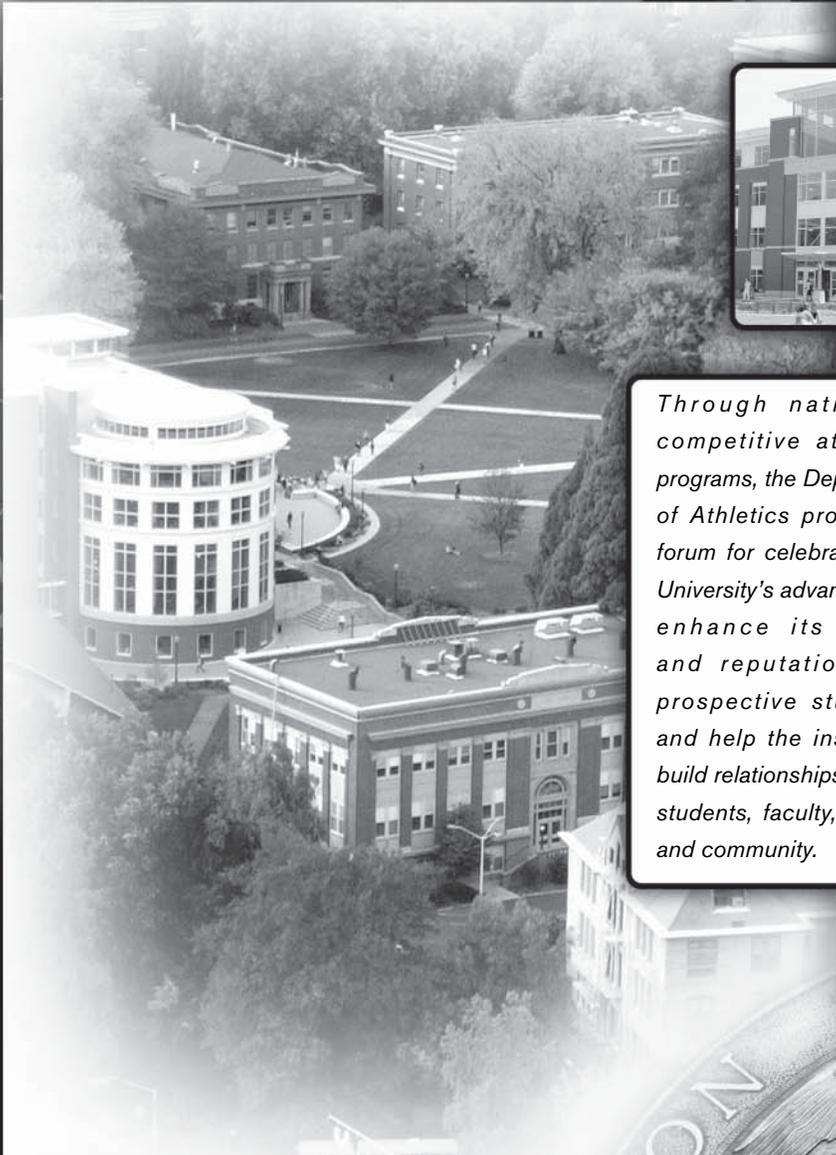




- Forestry, agriculture, and other resource-based disciplines work to improve conditions in areas such as the economy, tourism, streams and marine systems.
- OSU is developing new technologies, such as transparent transistors and alternative fuels, while preparing world-class, work-ready engineers.
- The university is recognized for its leadership in biosciences research, promotion of healthy lifestyles, and nutrition and food safety.
- OSU emphasizes community partnerships and faculty research and scholarship that provide information to citizens and leaders involved in public policy decisions.
- Oregon State receives more research grant funds annually than the rest of the Oregon University System schools combined.
- OSU has a 340,000-square-foot state-of-the-art Valley Library that was named national Library of the Year in 1999.
- More employers recruit at Oregon State than any other college or university in Oregon.
- International Studies degree and Study Abroad programs allow undergraduate students in any field to add an international component to their education.

- Internships allow students to gain on-the-job experience, college credit, and often a paycheck while working for employers in their fields of career interest.
 - Students have access to more than 2,000 computers in labs around campus, and all residence hall rooms are online for students who have their own computers.
- In addition, high tech facilities, such as our 3-D stereographic classroom and a multimedia classroom, allow students to experience the latest technology. OSU has been selected by Yahoo as one of the nation's most "wired" campuses.
- The University Exploratory Studies Program allows students to explore a variety of disciplines before deciding on an academic major.
 - OSU offers a full range of scholarships, grants, work-study, and loans from federal, state, and university sources. We help students get the best possible financial aid package.
 - Oregon State is the only college or university in the state that offers ROTC programs for all four services — Army, Navy, Air Force, and Marines.
 - With more than 300 student organizations, plus club, intramural, and Pac-10 Conference sports, students have no trouble keeping busy at OSU.

- OSU Extended Campus offers a wide range of distance education services and on-site bachelor's degree programs throughout Oregon and the world.
- Through the OSU Extension Service, the university has a presence in all 36 Oregon counties.
- Each year more than 2,000 OSU undergraduates gain hands-on experience by working on actual research projects with professors and graduate students.
- OSU's University Honors College has a student profile comparable to the nation's best colleges and universities.
- Oregon State is one of only two schools in the U.S. to hold the respected land, sea, space and sun grant designations.
- Through OSU's Austin Entrepreneurship Program, students create and nurture new businesses right out of their residence halls.
- Oregon State recently was named one of the five friendliest schools in the country by CampusDirt.com.
- OSU is a safe university in a safe community. Oregon State regularly has the lowest crime rate among Pac-10 universities, according to FBI statistics.



ORANGE COUNTY REGISTER

You got your cats (Cougars and Wildcats), your ursines (Golden Bears and Bruins), your wetland critters (Ducks and Beavers), a dog (Huskies), an ecclesiastical color (the Cardinal - no "s" please), a nasty cartoon creature (Sun Devil) and the losing side in an ancient war (Trojans).

From the griddle-hot pathways of the University of Arizona in Tucson to the rain-pounded streets of Seattle's University of Washington, I've seen them all. Ten Pacific-10 Conference campuses in eight months.

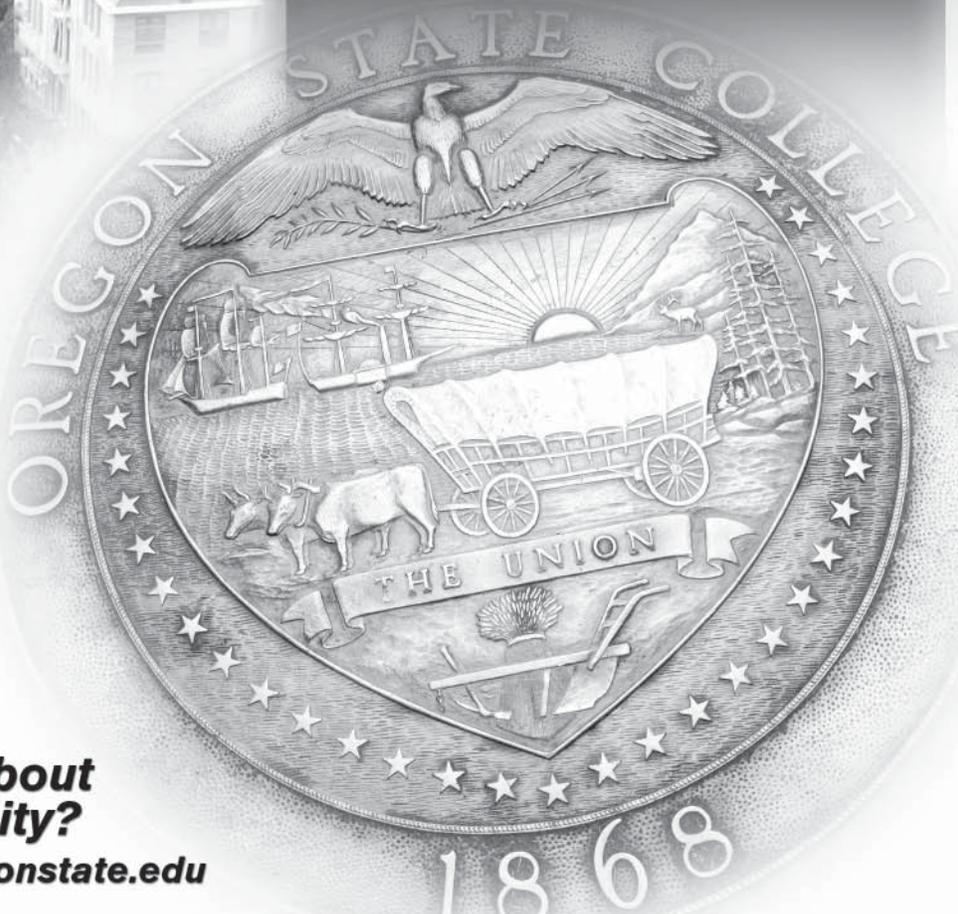
Now that I've reached the end of the road, it's time to dole out some slaps and kisses - my picks and pinpricks from a trip around "the conference of champions."

Best overall Campus: Corvallis, Ore. My expectations were low when I pulled into the former farm town that's home to Oregon State University. I fell in love with the leafy parks, friendly locals, casual campus, the Andy Hardy-esque downtown and the lazy bend in the Willamette River. Corvallis is a charming place to spend a few days or the rest of your life.

Gary Warner,
The Orange County (Cal.) Register

Through nationally competitive athletics programs, the Department of Athletics provides a forum for celebrating the University's advancement, enhance its image and reputation with prospective students, and help the institution build relationships with its students, faculty, alumni, and community.

WE ARE OREGON STATE



Want to learn more about Oregon State University?
Visit us online at www.oregonstate.edu





Student Life & Alumni



Student life at Oregon State offers an incredible variety of activities covering a wide range of interests.

Radio and television programs are broadcast by KBVR, allowing students a hands-on experience in developing programs. The Daily Barometer — recently named the nation's best student newspaper — gives aspiring journalists the chance to cover campus life. The university's student government system provides a number of outlets for developing skills in leadership, organization, and planning and staging events.

Students can take advantage of the opportunity to see the nationally known speakers and entertainers who visit campus on a regular basis, including politicians, social critics, authors, Nobel Prize winners, comedians and musicians.

OSU has a strong Greek system, with more than 30 fraternities and sororities on campus. There are also literally dozens of student clubs for persons with interests ranging from snowboarding to political activism and religion to martial arts.

In addition to its intercollegiate athletic programs, Oregon State also fields club teams in a number of sports from men's volleyball to rodeo. The university intramural program also attracts participants in many sports.

FAMOUS ALUMNI

LINUS PAULING, 1922: The only person in history to have won two unshared Nobel Prizes. The first, in 1954, was for chemistry, and the second, in 1962, was awarded for peace. A remarkable man who insistently addressed certain crucial human problems while pursuing an amazing array of scientific interests, Dr. Pauling was almost as well known to the American public as he was to the world's scientific community as a much respected and beloved defender of civil liberties and health.

CHRIS ANDERSON, 1972: Became editor of the Orange County Register newspaper in 1980 at age 29 and won two Pulitzer Prizes.

RAY ARCHIBALD, 1919: One of the nation's leading bridge engineers, building the Chesapeake Bay Bridge, the Coos Bay Bridge and most of the bridges on the Alaska Highway.

KEN AUSTIN, 1953: Along with his wife, Joan, he has made A-dec the largest manufacturer of dental equipment in the United States. He was the first student to don the "Benny Beaver" mascot costume.

TERRY BAKER, 1963: In 1962, he became the first football player on the West Coast to win the Heisman Trophy. He went on to a career as an attorney.

MERCEDES BATES, 1936: Known to Oregon Staters as "Betty Crocker" because she became head of Betty Crocker Kitchens at General Mills in 1964 and was later the company's first female corporate officer.

GEORGE BRUNS, 1936: The music director for Walt Disney Productions for more than 25 years, and wrote "The Ballad of Davy Crockett" and directed the music for "Sleeping Beauty," "Robin Hood" and the Mickey Mouse Club television show.

HOLLY CORNELL, 1938; BURKE HAYES, 1938; JIM HOWLAND, 1938; FRED MERRYFIELD, 1923: Founded CH2M engineering consulting firm in 1946; now known as CH2M-Hill and is one of the nation's top companies in that field.

MARION CARL, 1938: One of America's greatest World War II fighter aces, earning two Navy Crosses, five Distinguished Flying Crosses, four Legion of Merit medals and 14 Air Medals.

VANCE "PINTO" COLVIG, 1911: One of the most gifted voice-over and sound-effects artists in motion picture history, including the voice of cartoon character Goofy for more than two decades.

DR. DAVID CUTSFORTH, 1969: From his family practice in Philomath, Oregon, Dr. Cutsforth was named Doctor of the Year for the United States by the American Academy of Family Physicians in 1994.

M. LOWELL EDWARDS, 1924: Credited by the American Medical Association with developing the artificial heart valve, opening up an entire new era in heart surgery.

DOUG ENGELBART, 1948: Invented the computer mouse. Among his other inventions are two-dimensional editing, multiple-window screens, cross-file indexing, e-mail and shared-screen teleconferencing.

DICK FOSBURY, 1968: Invented the "Fosbury Flop," a technique for going over the bar backward that revolutionized the sport of high jumping and which he used to win the gold medal in the 1968 Mexico City Olympics.

LEE HARMAN, 1959: One of Hollywood's most renowned make-up artists. Film credits include "Paint Your Wagon," "Planet of the Apes," "Mommie Dearest," "Murphy's Romance" and "Nuts."

HARLEY JESSUP, 1976: Won an Oscar for Best Visual Effects for the 1987 thriller "Innerspace" while working with Lucasfilm and Industrial Light and Magic.

CHRIS JOHNS, 1974: Named editor of *National Geographic Magazine* on Nov. 1, 2004.

WILLIAM KITTREDGE, 1954: The critically acclaimed author of 21 books, numerous essays, short stories and screen plays.

CAROL MENKEN-SCHAUDT, 1984: One of the greatest names in women's basketball at OSU and the winner of an Olympic gold medal in 1984.

BERNIE NEWCOMB, 1965: Co-founder of E*Trade, one of the nation's first internet stock trading companies, which revolutionized the way in which millions buy and sell securities.

GARY PAYTON, 1990: An All-American basketball player at OSU and the *Sports Illustrated* Player of the Year in 1990. He won an Olympic gold in 1996 and 2000.

JOE RUNYAN, 1970: Won the Iditarod in 1989, thus giving him claim to the first "unofficial" triple crown of dog sled racing.

WILLI UNSOELD, 1951: A member of the first American team in history to scale Mt. Everest in 1954.

WAYNE VALLEY, 1936: One of America's most successful housing contractors. The founder and principal owner of the NFL's Oakland Raiders, and President of the old American Football League.

WARREN WASHINGTON, 1958: The first African-American president of the American Meteorological Society. Founded the Black Environmental Science Trust, a program to increase African American participation in environmental science.

ROGER WERTH, 1980: Won a Pulitzer Prize for his photography of the eruption of Mt. St. Helens on May 18, 1980.

JOHN YOUNG, 1953: Joined electronics giant Hewlett-Packard in 1958 and 20 years later became only the second CEO in the company's history, taking over from founder Bill Hewlett.



WE ARE OREGON STATE





Athletic Traditions



THE BEAVER NICKNAME:

Oregon State University, like many other universities in the United States, takes its nickname from its home state's official animal.

In the school's early days as Oregon Agricultural College, the athletic teams were known as the Aggies. When orange uniforms replaced the drab sweatshirt-gray and tan jerseys, the teams were often referred to as the Orangemen.

In 1916, when the school yearbook was renamed the Beaver, the name Beaver became associated with the school. It is believed the press also had some influence in changing the name. Whatever its origin, the name Beavers gained instant popularity.

THE COLORS ORANGE AND BLACK:

Oregon State played its first football game in 1893 and orange was adopted as the school color. The school's yearbook, in fact, was originally known as the Orange.

Oregon State teams have generally worn uniforms using orange, black and white as the base colors. However, orange is still the school's official color. Former men's basketball coach Slat's Gill and former football coach Tommy Prothro both popularized all-black uniforms during their careers at Oregon State, though, and some teams still wear black jerseys.

THE MASCOT, BENNY BEAVER:

Oregon State's mascot is Benny Beaver, who can be found at most OSU athletic events. He's especially adored by Oregon State's youngest fans, and Benny is usually surrounded by kids.

Benny was introduced to the student body Sept. 18, 1952, in an effort to pick up sagging school spirit.

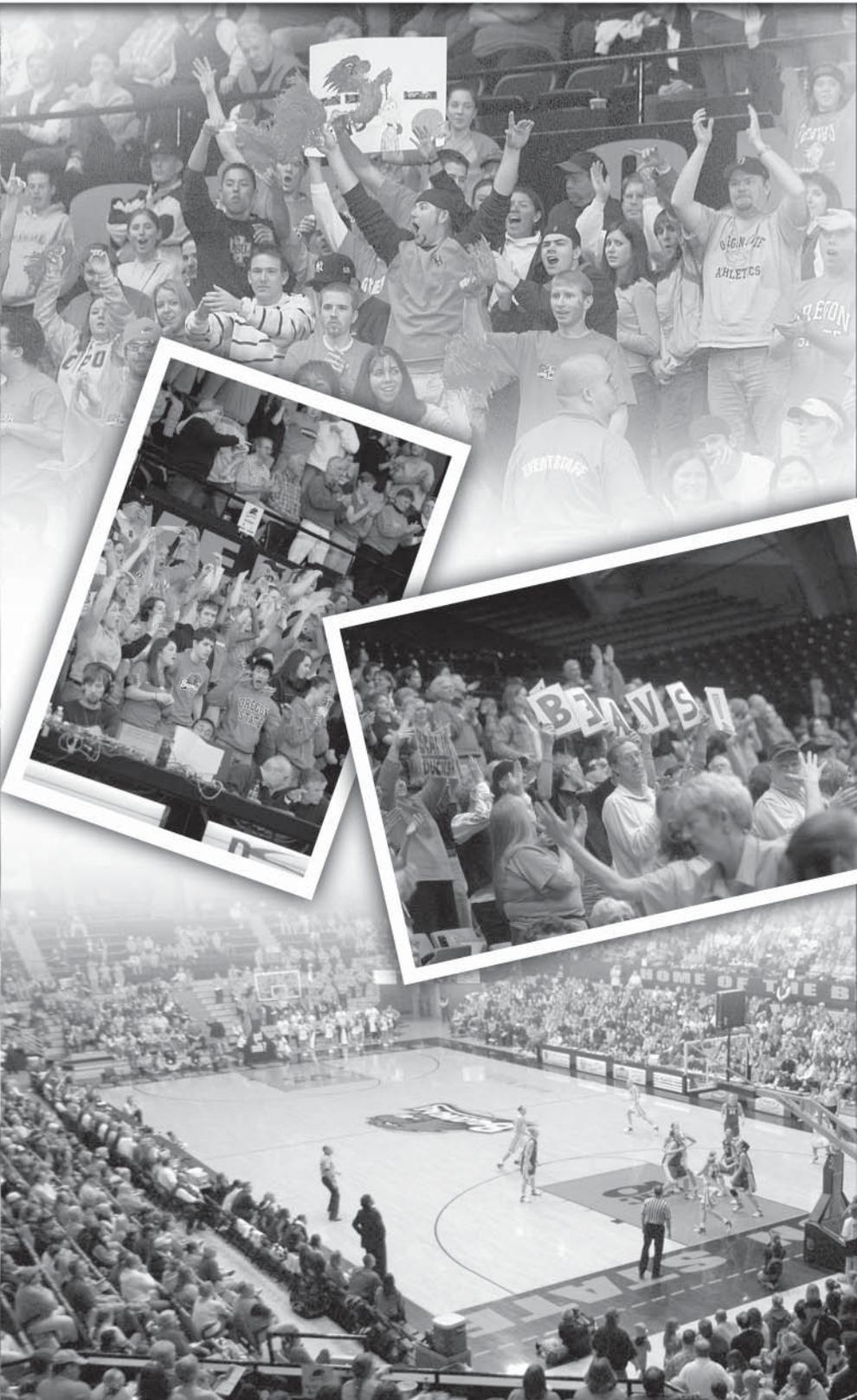


WE ARE OREGON STATE





Legendary Gil Coliseum



Legendary Gill Coliseum is the home of the Oregon State men's basketball, women's basketball, women's gymnastics, wrestling and volleyball. The arena can handle crowds of 10,400 for competitions on Ralph Miller Court, and the building also includes a weight room, equipment center, locker rooms and offices for the athletic department and its teams.

Named after the late Slat's Gill, who was Oregon State's head basketball coach for 36 years, the Coliseum is an excellent facility spanning one and one-third acres.

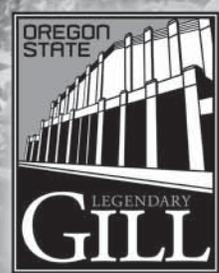
Plans are in the works for the building, which opened in the winter of 1949-50, to receive a major facelift. Improvements, which total \$3.5 million, will directly dress up the outside of Gill. Renovation plans call for sandblasting, sealing and painting the exterior shell and exterior window and door replacements. Additionally, an elevator will be installed to increase access for students and fans with disabilities.

By the start of the 2009-10 school year, Gill Coliseum will have a state-of-the art sports medicine center, located on the lower level of Gill, that will provide leading-edge injury prevention and rehabilitation services. This center will include cardiovascular equipment and improved training facilities.

The renovation project also upgrades Gill's locker rooms. While a new men's basketball locker room already has been completed, a new women's basketball locker room is now on the docket with improvements to the volleyball and soccer locker rooms in the works.

With the improvements, Gill Coliseum will continue to be an integral part of the heritage of Oregon State athletics. Since its opening, Gill Coliseum has seen:

- 3,000 victories
- Over 150 Oregon State All-Americans
- More than 25 individual and team titles



WE ARE OREGON STATE



New Student-Athlete Bridge Program

Oregon State University developed and offered the inaugural "bridge" program to incoming student-athletes during the summer of 2006. The BEST (Bridge Encouraging Successful Transition) program is geared toward making the transition easier for incoming freshmen and transfers to OSU through a comprehensive array of programs and services for incoming student-athletes.

The program includes the following:

Orientation: All student-athletes participate in an intensive orientation to the campus, community, and college life. In addition, student-athletes participate in a START session to meet academic advisors and register for fall classes as well as receive orientation to academic procedures, study loads, resources, student services and campus buildings.

Assessment: OSU offers a variety of assessments so we can design a program of support appropriate for each student. Assessment may include academic evaluation of math, writing, and reading levels; learning styles inventory; and an inventory that measures wellness, life planning, leadership, and physical, social and emotional well-being. These early and comprehensive assessments will allow advisors and athletic counselors to guide students into appropriate programs and classes.

Enriched Learning Experiences: Because the entire BEST program is highly structured and covers day and evening hours, OSU offers unique learning experiences that may include some of the following: confidence and team building at the OSU Challenge Ropes Course, training at the OSU Climbing Wall and a visit to the Hatfield Marine Science Center.

Academic Course Work: Student-athletes earn credits in required courses such as math, writing and sociology from engaging instructors. They also earn credits in a course designed to enhance academic/athletic leadership, retention and success. Students are supported from residence hall assistants, learning assistants and tutors, and instructors.

Some student comments from last year:

"It has helped me get a head start – get a feel for college, how the teachers teach, what the resources are, and getting to know the campus."

"I was concerned to adjusting to being on a time schedule ... we get six credits that will give us a jump, a head start."



STUDENT SUCCESS CENTER

Oregon State students will soon have the benefit of new academic building adjacent to Gill Coliseum and near Reser Stadium. The \$10 million-plus Student Success Center is in the planning stages with over half the necessary construction funds secured. The new facility is a collaboration between athletic and campus academic services and will also provide opportunities for interaction and shared learning between student-athletes and other campus students in a state-of-the-art tutoring center.

WE ARE OREGON STATE





Everyday Champions Program

Speaking her mind



Mercedes Fox-Griffin

Liberal Arts | Academic focus: Philosophy

"I endeavor to change one heart, one mind, one word at a time."

Hobbies: "My parents — the most ambitious, dedicated, hardworking, loving, supportive, beautiful people I know!"
 Most unforgettable moment: "A creative writing course in high school ('I have been writing ever since')"
 Inspiring quote: "My grandfather's death after years of battling Alzheimer's disease."
 Favorite quote: "I get ideas from interacting with my friends."
 Career goal: "I want to be a philosopher."
 Favorite class: "Academic achievement, Honor Roll."
 Favorite activity: "Reading and listening to music."

A nourished life



Casey Nash

Health & Human Sciences | Academic focus: Health

everyday
Mercedes points her
future the right way.



everyday
Stacey positions
herself to learn.

everyday CHAMPIONS



COMPETITION | CLASSROOM | COMMUNITY | LIFE

The mission of the Everyday Champion Program (ECP) is to develop student-athletes into individuals ready to excel in today's competitive environment. It is the goal of this program that upon graduation our student-athletes will leave Oregon State University educated, confident, connected, and well prepared for the personal and professional challenges that they will face throughout their lives.

The Everyday Champion Program is designed to instill in each student-athlete the four core values of the OSU Department of Athletics.

Stewardship, Teamwork, Achievement, Respect

ECP is comprised of four main components: Academic Support, Personal Development, Leadership and Service, and Career Planning and Placement. As student-athletes progress through these programs they will develop into good citizens and future leaders.

The Academic Support Program motivates and guides the student-athlete's academic progress, provides a positive and supportive environment for skill development and learning, and helps each student-athlete develop an individual success strategy. The Personal Development Program helps the student-athlete grow into a well-rounded, articulate, and compassionate individual through a series of educational, cultural, and outreach experiences. The Leadership and Service Program exposes the student-athlete to leadership concepts through a series of workshops, seminars, and programs. These programs give student-athletes the opportunity to apply these concepts in leadership roles as members of SAAC, the Captains Table, and Leadership Institute. The Career Development Program prepares the student-athlete for successful entry into the career of their choice.

ECP strives to be a model in academic preparation, personal development, leadership development, and career education as we develop the leaders of the future ready to compete in the highly competitive global economy.

everyday CHAMPIONS



WE ARE OREGON STATE



New Oregon State Locker Room

Head Coach LaVonda Wagner has built the foundation to a successful program at Oregon State, and now figuratively, will be helping to redo some of legendary Gill Coliseum's foundation to further enhance the women's basketball program.

The Beavers will soon begin work on improving the OSU Women's Basketball Locker Room. The suite will be remodeled to honor the achievements of past athletes and inspire current student-athletes.

The women's basketball suite will provide areas for continued educational success while acting as a retreat for the players to bond and prepare for games.

The new suite will tell the success story of Oregon State women's basketball as the Beavers prepare to move up in the Pacific-10 Conference. It will house a tiered classroom for instruction, an individual conference room, a player's lounge, game room and snack bar, the player's locker room as well as locker rooms for the women's coaches and managers.



WE ARE OREGON STATE





WBCA Pink Zone



WBCA *PinkZone*

2009 Oregon State Pink Zone Event Saturday, February 14 vs. Washington State

On Feb. 9, 2008, the Oregon State Beavers hosted Stanford in a Pacific-10 Conference matchup. Only, it was more than just a basketball game.

It was a chance for Oregon State and its fans to recognize the growing issue of breast cancer and with help from the Women's Basketball Coaches Association, the Beavers were able to do just that.

The Beavers and Cardinal participated in a "Think Pink" game that night and helped raise awareness. And it was a huge success. A crowd of 3,477 attended the game, which was one of the highest attended Think Pink games in the Pacific-10 Conference in 2008, surpassing Arizona, Oregon, California, UCLA and USC's events. Arizona State, meanwhile, narrowly outdrew Oregon State, seeing 300 more fans when taking on rival Arizona at Wells Fargo Arena.

Oregon State is one of the many schools nationally that held a special night in conjunction with the Kay Yow/WBCA Cancer Fund, which was launched Dec. 3, 2007 to raise money for the fight against cancer. Yow, the head coach at North Carolina State, was first diagnosed with breast cancer in 1987, and is currently battling the disease for the third time. Oregon State head coach LaVonda Wagner is on the Women's Basketball Coaches Association Executive Board, serving on the board of directors as a Division I/At-Large representative.

In 2009, the event will be held February 14 when the Beavers host Washington State at legendary Gill Coliseum. Now called the WBCA Pink Zone, Wagner and the Beavers expect another great night of success when taking on the Cougars.

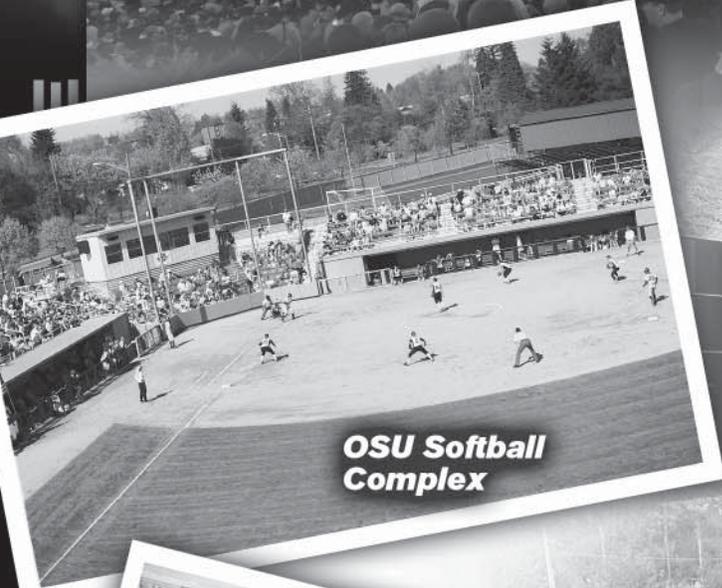
WE ARE OREGON STATE



Athletic Facilities



**Reser
Stadium**



**OSU Softball
Complex**



**Valley
Football Center**



**Gladys Valley
Gymnastics Center**



**Lorenz Field
at Valley Stadium**

WE ARE OR

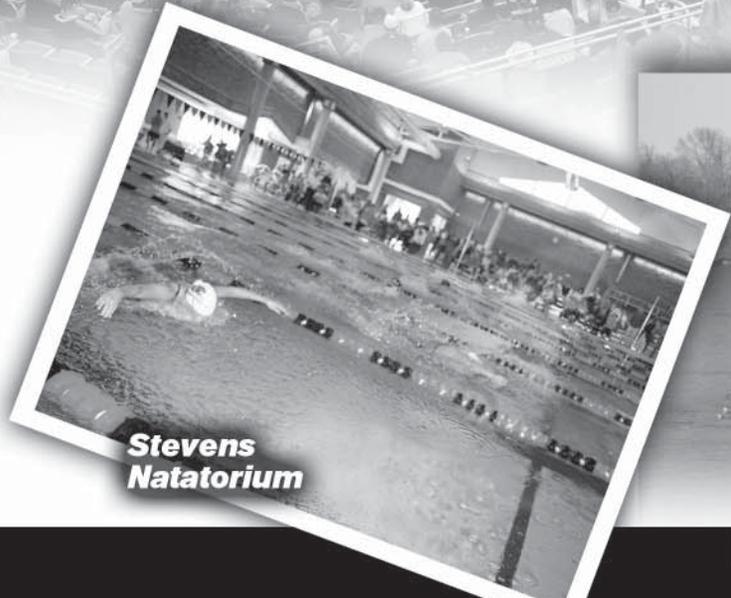




**Merritt Truax
Indoor Center**

**Trysting Tree
Golf Club**

**Goss Stadium
at Coleman Field**



**Stevens
Natatorium**



**Oregon State
Crew Facilities**

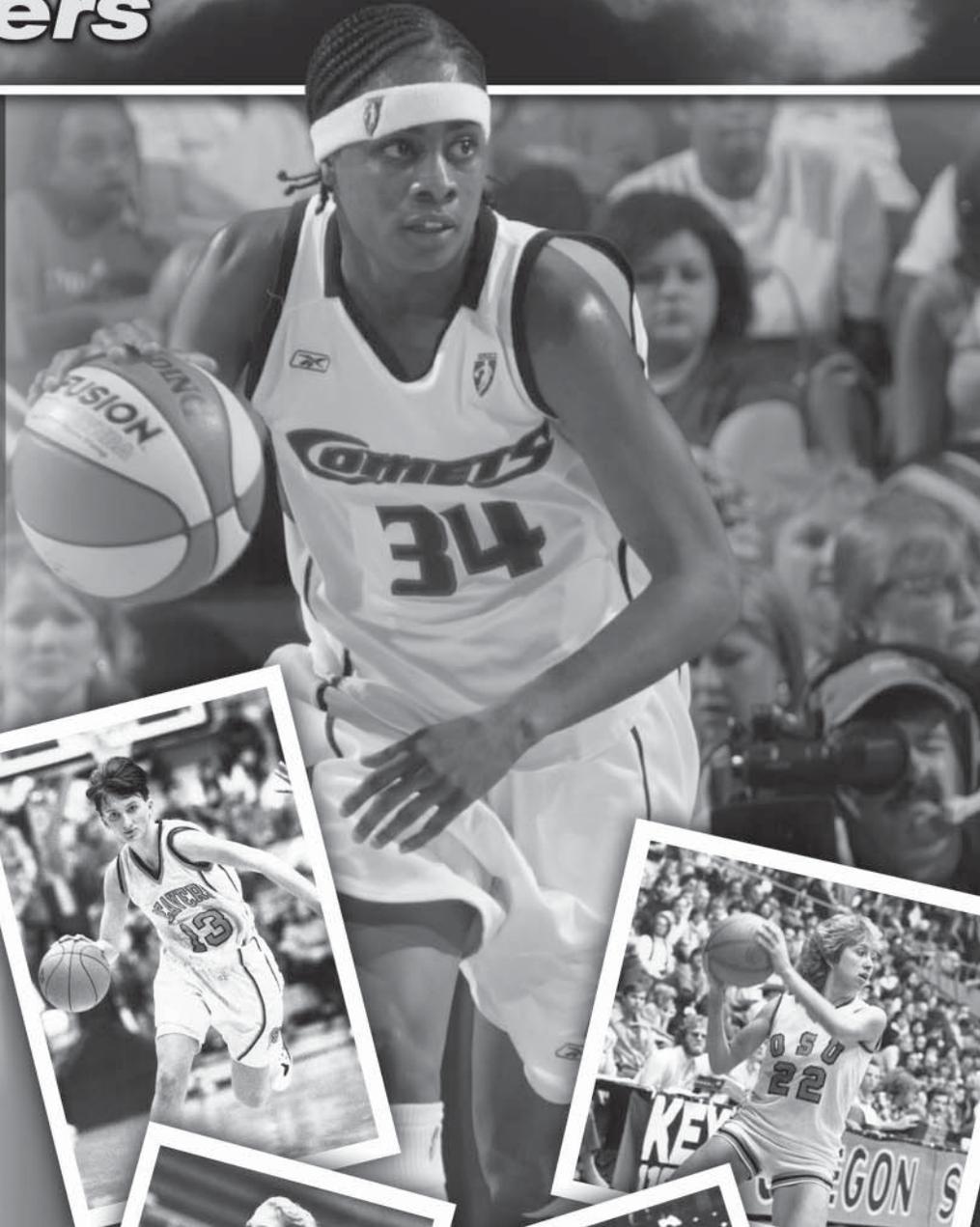
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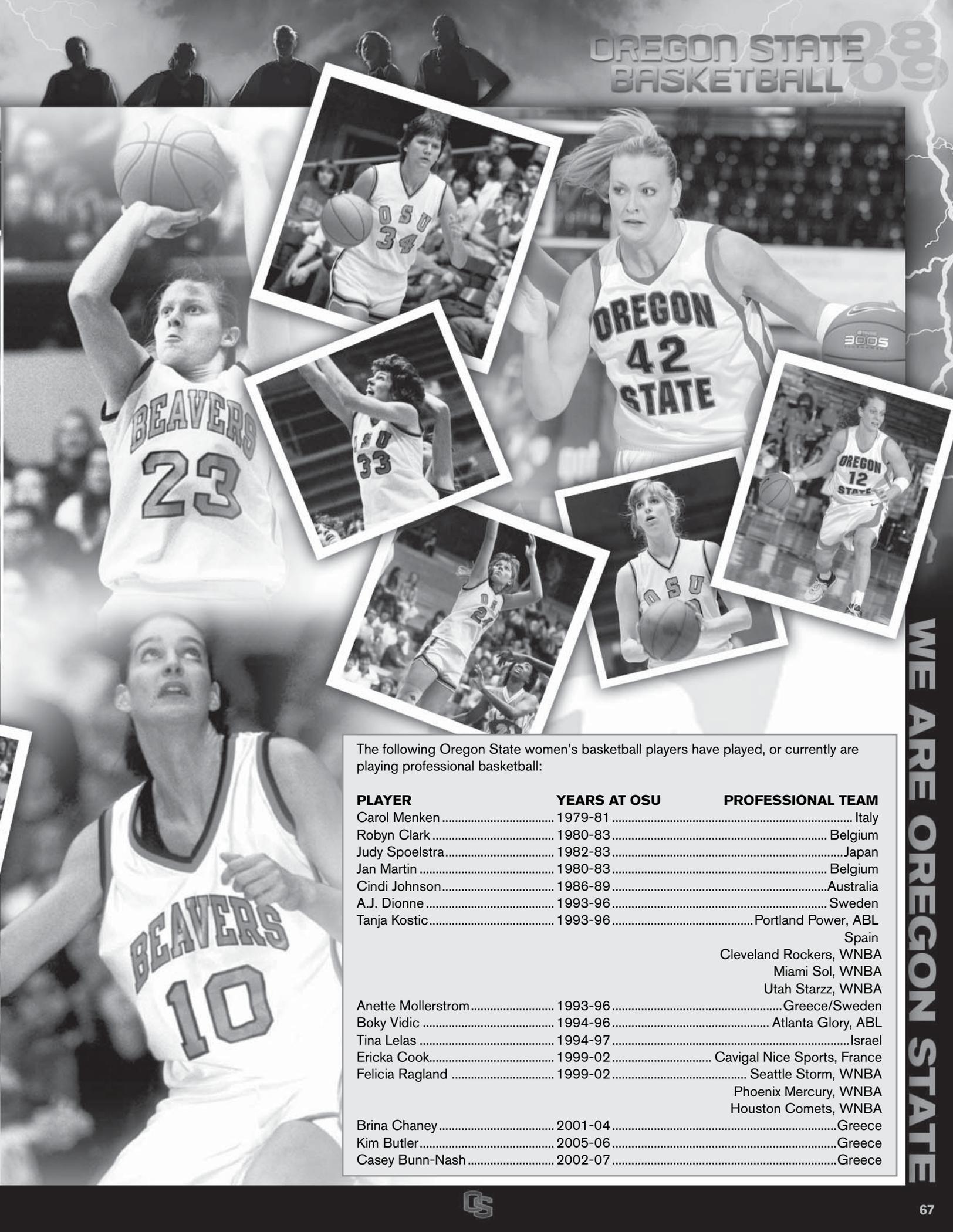
Professional Players

Felicia Ragland (right) became the first Oregon State player selected in the WNBA draft when she was chosen (April 2001) in the second round by the Seattle Storm. Ragland played for three different WNBA teams during her professional career and starred on the NWBL's Dallas Fury squad.



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WE ARE OREGON STATE

The following Oregon State women's basketball players have played, or currently are playing professional basketball:

PLAYER	YEARS AT OSU	PROFESSIONAL TEAM
Carol Menken	1979-81	Italy
Robyn Clark	1980-83	Belgium
Judy Spoelstra	1982-83	Japan
Jan Martin	1980-83	Belgium
Cindi Johnson	1986-89	Australia
A.J. Dionne	1993-96	Sweden
Tanja Kostic	1993-96	Portland Power, ABL Spain Cleveland Rockers, WNBA Miami Sol, WNBA Utah Starzz, WNBA
Anette Mollerstrom	1993-96	Greece/Sweden
Boky Vidic	1994-96	Atlanta Glory, ABL
Tina Lelas	1994-97	Israel
Erica Cook	1999-02	Cavigal Nice Sports, France
Felicia Ragland	1999-02	Seattle Storm, WNBA Phoenix Mercury, WNBA Houston Comets, WNBA
Brina Chaney	2001-04	Greece
Kim Butler	2005-06	Greece
Casey Bunn-Nash	2002-07	Greece

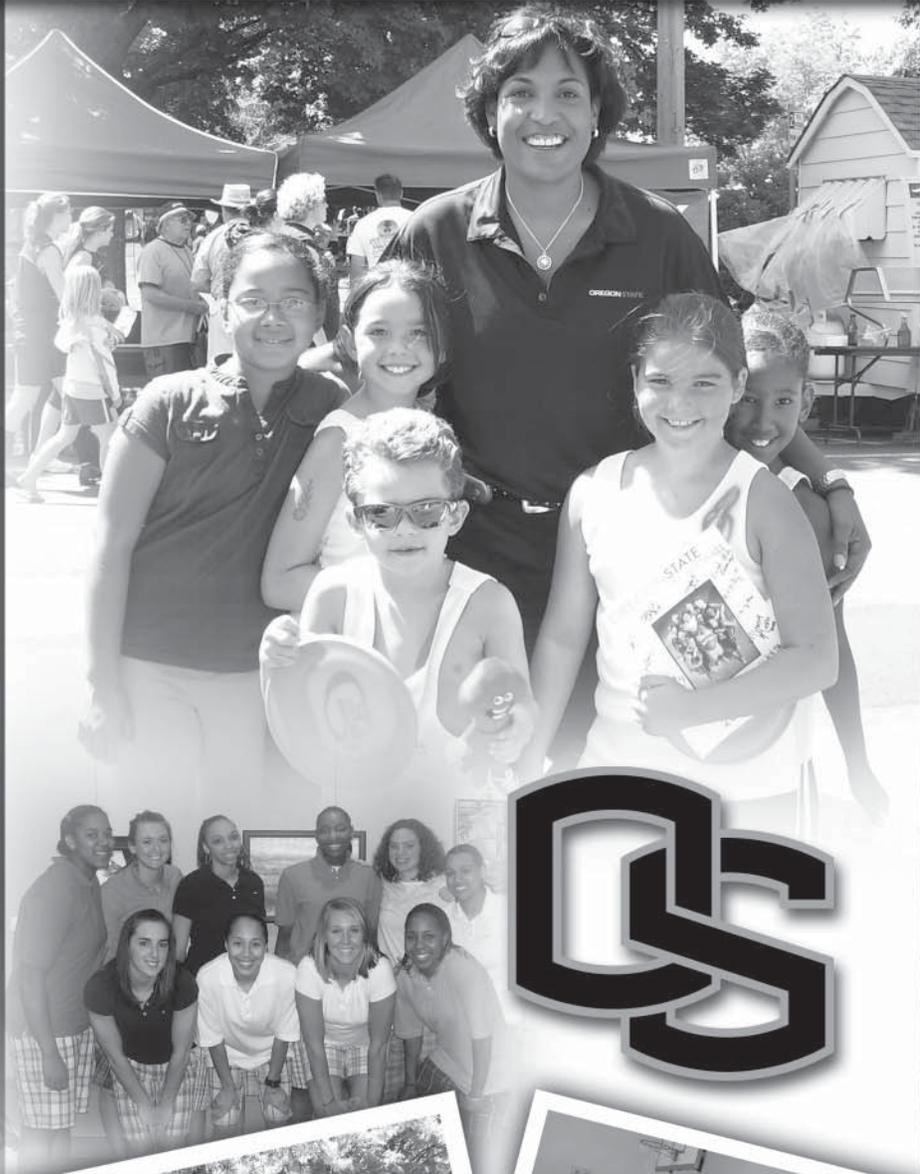


Student-Athlete Community Involvement

A primary goal of the Oregon State athletic department is to develop student-athletes as well-rounded individuals. A key component of that is being part of a community, and all 16 Beaver teams spent time last year providing volunteer service to organizations and projects in the mid-Willamette Valley.

"The Other Side" is one of the more visible aspects of the Oregon State Student-Athlete Advisory Committee. The SAAC includes athletes from each of OSU's varsity teams and acts as the communication link between the teams and the athletic administration, meeting monthly to discuss issues of interest to student-athletes. OSU athletes have represented the school at the Pacific-10 Student Board and the NCAA Leadership Conference.

Along with "The Other Side," community service work by OSU student-athletes in recent years has included reading programs at elementary schools, helping put on the annual Fall Festival Run, working with Habitat for Humanity, assisting with school carnivals, participating in the Race for the Cure run to raise money and awareness for breast cancer, helping put on Special Olympics events and the Relay For Life, aiding in the United Way's Day of Caring, and coaching youth athletics.



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Media Exposure



Playing in the Pacific-10 Conference affords numerous national media exposure opportunities. Oregon State's women's basketball program is routinely showcased nationally via Fox Sports Net and regionally on Fox Sports Net Northwest. The Civil War is annually broadcast on local affiliates throughout the state of Oregon. Local television adds to the experience by regularly attending games and practices.

In addition, Oregon State basketball is featured in numerous newspapers throughout the country, including The Oregonian, Seattle Times, San Francisco Chronicle, Los Angeles Times, Arizona Republic, Eugene Register-Guard, Corvallis Gazette-Times, and Salem Statesman Journal.



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LaVonda Wagner **WNBA Announcer**

Oregon State head coach LaVonda Wagner joined the FSN NW broadcast team by serving as a television analyst during four 2006 WNBA regular season contests and for the Seattle Storm-Los Angeles Sparks playoff game in Seattle. Wagner continued behind the mic in 2007 and 2008, working Seattle games for FSN Northwest.



WE ARE OREGON STATE





CS **Corvallis,**
Oregon



Corvallis is in the heart of the beautiful Willamette Valley. Home to Oregon State University, the city of just over 50,000 is the quintessential college town.

The wide streets are sheltered by ancient trees and lined by red brick or white masonry buildings. The city's location along the Willamette River make Corvallis an attractive place to live, work and study. This central location makes Corvallis an ideal place to stay while exploring nearby areas such as the Coast Range, Pacific Ocean beaches and wildlife areas.

The 500-acre OSU campus houses the state's oldest institution of higher education, and is the center of much of the town's activities. A wide variety of shops lines Monroe Avenue, which borders the Oregon State campus.

You can fish, boat, or water ski less than a block from downtown Corvallis. You can walk the Pacific Ocean coastline an hour away, or you can snow ski in the Cascade Mountains just over two hours to the east.

You can experience a delightful lunch overlooking the river or dine before a warm fire. Corvallis offers a wide variety of restaurants, featuring cuisine ranging from traditional American fare to Japanese, English, Thai, Irish, Vietnamese and many others.

Da Vinci Days is a three-day festival held each summer to celebrate arts, science and technology. Activities include kinetic sculpture races, interactive exhibits, and great musical performers.

Running and biking are favorite pastimes in Corvallis. Bike lanes are included on most streets, and there are routes along the Willamette River and Marys River. Trails for hiking or biking are available in Avery Park, which is located close to the OSU campus, or in OSU's Peavy Arboretum, a few miles north.

Corvallis is also close to the Siuslaw National Forest, a 630,000-acre forest that includes the Oregon Dunes National Recreation Area. Areas for hiking, picnicking, fishing, hunting, and many more activities are available.

Not only is Corvallis the home of OSU, it is also a business community that includes several industrial parks with an emphasis on research and computer technology.

The leading quality of Corvallis is its people: athletic-minded, friendly, and proud of their city and its top resource - Oregon State University.



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State of Oregon



Oregon is known as the Beaver State, and the Beavers of the Oregon State University community enjoy living in one of the most beautiful and geographically diverse areas in the world.

The legendary liveability of the Pacific Northwest has long been known to natives, but the secret is getting out. From Pacific Ocean beaches to the Cascade Mountains, from the Columbia River Gorge to the Eastern Oregon desert, from downtown Portland to the resorts of Central Oregon, the Beaver State offers environments for every taste.

Of Oregon's approximately 3 million residents, just over half live in the Portland metropolitan area. Only a 90-minute drive from Corvallis, Portland offers entertainment choices for every interest - major concerts, touring stage shows, the Oregon Symphony, museums, art exhibits and many others. The Portland Trail Blazers of the National Basketball Association head a professional sports lineup that also includes hockey, baseball and soccer.

Outside the metropolitan area, Oregon's natural assets and recreational opportunities take center stage.

The Oregon Coast offers the chance for beachcombing, wading, surfing and seaside walks. The Oregon Coast Aquarium, located only an hour's drive from Corvallis, opens a window into the life of the Pacific Ocean.

Just 90 minutes east of the OSU campus, the Cascade Mountains contain a number of alternatives for both downhill and cross country skiing. The Cascades and the Coast Range, located between Corvallis and the Pacific Ocean, are ideal for picnicking, hiking, camping, fishing and hunting.

Oregon's hundreds of lakes and rivers give water sports enthusiasts ample room for boating, waterskiing, swimming and jetskiing. The Columbia River Gorge has gained international renown as one of the world's top spots for boardsailing.

Other famous Oregon landmarks include Crater Lake, the ancient volcanic formation filled with crystal-clear water; Multnomah Falls, a spectacular waterfall nestled into the Cascades; and the Oregon Shakespearean Festival in Ashland, which draws talent and theatergoers from around the world.



Here are the top places to live in the United States, as presented in the 2005 edition of "Cities Ranked and Rated" by Bert Sperling and Peter Sander:

1. Charlottesville, VA
2. Santa Fe, NM
3. San Luis Obispo-Atascadero-Paso Robles, CA
4. Santa Barbara-Santa Maria-Lompoc, CA
5. Honolulu, HI
6. Ann Arbor, MI
7. Atlanta, GA
8. Asheville, NC
9. Reno, NV
10. **Corvallis, OR**

Corvallis is home to Oregon State University and hence many young singles. Technology stalwart Hewlett-Packard has a major presence here, which helps explain the city's low unemployment rate and impressive recent job growth. The presence of OSU and HP has created something of an intellectual center—over 20% of its residents have earned a graduate or professional degree.

The fertile Willamette Valley was the destination of 19th-century settlers from the Midwest, and since then has retained a peaceful agrarian feel. Summers are sublime and the winters are mild, if a bit wet. For recreation, the rugged Oregon coast is 90 minutes to the west, the nearby Cascade range offers great skiing, and Portland is about 100 miles to the north. Considering its affordability (\$194,800 median home price), Corvallis presents an attractive mix of youth, intellectualism and natural beauty.





Beaver Basketball Camp



Oregon State University women's basketball is offering three camps this summer to teach basketball players development skills and provide them with the opportunity to practice and improve on what they will learn. Areas of concentration will include offense, defense, team skills, and physical and mental aspects of the game. Campers will receive personal instruction and attention from members of the Beaver Basketball Camp Staff. This is also a great opportunity to meet other athletes who share in your love of basketball!! Each camp is structured to meet the needs of our different participants.

Individual Day Camp (Session 1 and Session 2)

Individual Day Camp will be offered twice this summer. Day Camp emphasizes the basic fundamentals of basketball. Individual player development is accomplished through clinic and station work with the Beaver Basketball Camp Staff. Groups are divided by age and skill level, so each participant will be challenged and have an opportunity to work on skills that pertain to their level of play. This camp is open to all girls ages 9-17.

Team Camp

Team Camp has been structured to assist in the development of team skills in game situations. It is geared towards high school teams that are looking for an opportunity to play together in a competitive environment. Leagues will be divided according to level of play.

For more information on Beaver Basketball Camps:

- Visit www.osubeavers.com
- Call 1-888-WBB-GAME
- Email womensbasketball@oregonstate.edu



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Writing an injured teammate's number on your shoes.
A quick huddle before a free throw.
Wristbands.

Running suicides together for every missed free throw.
Setting a pick you'll feel for a week.
Acknowledging a great pass.

The stale smell of bad road food.
Pre-game chants in the tunnel.
Nicknames that your fans don't even know.

Senior night.
Carpooling to practice.
Hanging out after the game.

Summer league.
Cards on the bus.
Backside help on defense.

An encouraging word during a timeout.
A taunt from the bench.
A victory dance.

JUST DO IT.

