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OREGON STATE QUICK FACTS

Location Corvallis, Ore.
 Founded 1868
 Enrollment..... 20,100
 Nickname..... Beavers
 Colors Orange and Black
 Affiliation..... NCAA Division I
 Conference..... Pacific-10
 President..... Dr. Edward Ray
 Athletic Director Bob De Carolis
 Campus Information (541) 737-0123
 Athletic Administration..... (541) 737-2547

WOMEN'S GOLF

Head Coach Risë Lakowske
 Experience..... 21st Year
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 E-Mail Rise.Lakowske@oregonstate.edu
 Assistant Coach Kailin Downs
 Phone..... (541) 737-3900
 E-Mail Kailin.Downs@oregonstate.edu
 Volunteer Assistant Coach Shawna Corden
 Office Address..... 111 Gill Coliseum
 Corvallis, Ore., 97331
 2008 Pacific-10 Finish 10th

CREDITS

The 2008-09 Oregon State University women's golf media guide was written, designed and edited by Michael Collins and Caleb Hawley of the Oregon State Sports Information office. Photos by Beth Buglione, Denny Wolverton, Dave Nishitani and from athletic department archives.

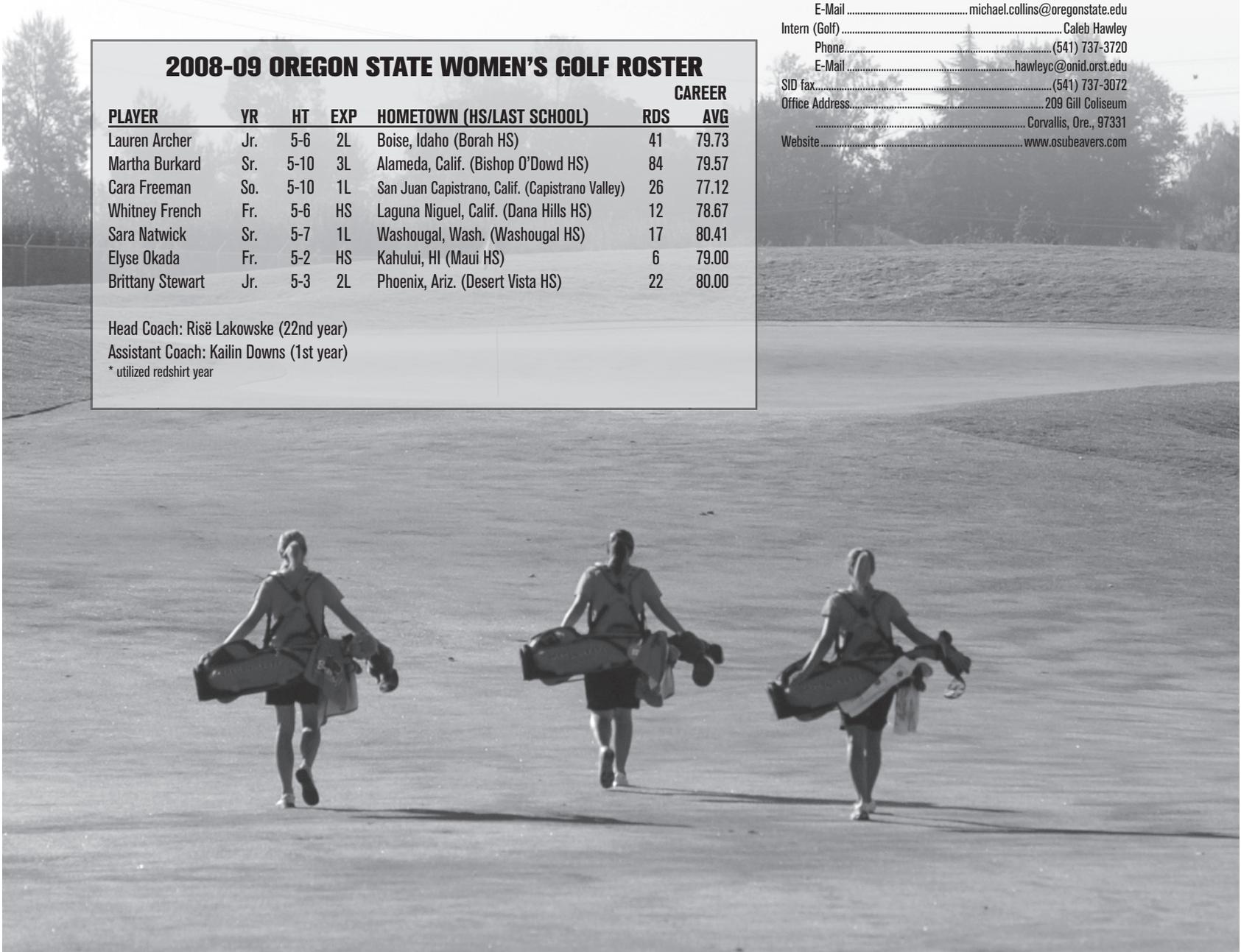
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2008-09 OREGON STATE WOMEN'S GOLF ROSTER

PLAYER	YR	HT	EXP	HOMETOWN (HS/LAST SCHOOL)	CAREER	
					RDS	AVG
Lauren Archer	Jr.	5-6	2L	Boise, Idaho (Borah HS)	41	79.73
Martha Burkard	Sr.	5-10	3L	Alameda, Calif. (Bishop O'Dowd HS)	84	79.57
Cara Freeman	So.	5-10	1L	San Juan Capistrano, Calif. (Capistrano Valley)	26	77.12
Whitney French	Fr.	5-6	HS	Laguna Niguel, Calif. (Dana Hills HS)	12	78.67
Sara Natwick	Sr.	5-7	1L	Washougal, Wash. (Washougal HS)	17	80.41
Elyse Okada	Fr.	5-2	HS	Kahului, HI (Maui HS)	6	79.00
Brittany Stewart	Jr.	5-3	2L	Phoenix, Ariz. (Desert Vista HS)	22	80.00

Head Coach: Risë Lakowske (22nd year)
 Assistant Coach: Kailin Downs (1st year)
 * utilized redshirt year





RISË LAKOWSKE

HEAD COACH
21st SEASON
OREGON STATE, 1977

The Oregon State women's golf program is in its 21st year under the guidance of coach Risë (pronounced Reesa) Lakowske. In that time, the program has been a consistent postseason contender with 10 team appearances at NCAA Regional events.

Her 1998 squad became the first OSU women's team to qualify for the NCAA Championships, and she was named Far West District Coach of the Year.

In her time at OSU, she has had players earn Pac-10 All-Academic honors 21 times and NCGA All-American Scholar status 13 times.

The current president of the National Golf Coaches Association, she has served with the organization for the past 12 years, spending eight years as a member of the Division I Awards Committee and six years as a member of the NCGA Board of Directors. In 2005, she received the NCGA Founders Award for outstanding service to the NCGA, women's collegiate golf and the local community.

An Oregon State graduate, Lakowske competed for the Beavers from 1973-77. She played in four AIAW National Championships and won two collegiate events and several non-collegiate tournaments during her career.

Lakowske, who graduated as Risë Alexander in 1977, was also a two-sport athlete, playing basketball during the winter months at OSU. Lakowske's overall talents prompted her former basketball and golf coach, Mary Covington, to comment: "Risë is demanding of herself. She enters all her tournaments and works very hard at her sport. I've noticed one thing about first-class athletes like Risë — though they ask a great deal of themselves, they are never demanding of anyone else."

She came to Oregon State to pursue a history degree. After graduating with honors from OSU in 1977, Lakowske went on to compete professionally until 1981. She also served as the volunteer head coach for OSU in 1978-79, 1982-83 and 1983-84, and was hired as the full-time head coach before the 1990-91 season.

As an amateur competitor, she was a semifinalist in the 1973 Western Junior Championship and also a semifinalist in the 1976 U.S. Women's Amateur. The U.S. Amateur finish exempted her from U.S. Open qualifiers for three consecutive years. These experiences gave her a great understanding of the demands of golf.

Born in Laurel, Miss., Lakowske grew up in Hot Springs, Ark., and began playing golf at the age of eight. She had a spectacular junior golf career that included two Arkansas Junior Championships, two Arkansas High School Championships and Oregon High School and Pacific Northwest Junior Championships.

Lakowske's coaching philosophy centers around recognizing the individual talents of each of her players.

"Every person has different talents, different interests, different swings and different self-talk," Lakowske said.

Learning to enhance those differences and developing her team into a positive and strongly competitive unit is her primary goal.

"We want every player at Oregon State to have a great college experience in every sense," she said. "The student-athlete here is recognized as an individual with exceptional talent, not just a golfer with a score to provide."

Lakowske is a believer in developing the player as a whole and teaching the mental as well as the physical side of the game. She also teaches student-athletes how to achieve goals through developing their intrinsic motivation and a belief in their strengths.

"Managing themselves emotionally and their golf game on the course is a key component to the success of this team," Lakowske said.

Risë has resided in Corvallis since 1981. She has two children: Laura, a recent graduate of Texas A&M University, and Joey, a junior at Oregon State.





OSU UNDER RISE LAKOWSKE

- 1991 — 8th at Pac-10 Championships
- 1992 — 8th at Pac-10 Championships
- 1993 — 6th at Pac-10 Championships
- 1994 — 8th at Pac-10 Championships
14th at NCAA West Regional
- 1995 — 8th at Pac-10 Championships
19th at NCAA West Regional
- 1996 — 8th at Pac-10 Championships
18th at NCAA West Regional
- 1997 — 8th at Pac-10 Championships
20th at NCAA West Regional
- 1998 — 7th at Pac-10 Championships
10th-tie at NCAA West Regional
16th at NCAA Championships
Far West District Coach of the Year
- 1999 — 9th at Pac-10 Championships
14th at NCAA West Regional
Kathleen Takaishi qualified for
NCAA Championships
- 2000 — 9th at Pac-10 Championships
24th at NCAA West Regional
- 2001 — 8th at Pac-10 Championships
10th at NCAA West Regional
- 2002 — 9th at Pac-10 Championships
- 2003 — 9th at Pac-10 Championships
13th-tie at NCAA West Regional
- 2004 — 10th at Pac-10 Championships
- 2005 — 10th at Pac-10 Championships
- 2006 — 8th at Pac-10 Championships
13th at NCAA West Regional
- 2007 — 10th at Pac-10 Championships
- 2008 — 10th at Pac-10 Championships



KAILIN DOWNS

**ASSISTANT COACH
SECOND SEASON
NEW MEXICO, 2005**

Kailin Downs, a four-time All-Mountain West Conference selection, enters her second season as an assistant coach with the Oregon State women's golf program.

Downs arrived at Oregon State after most recently spending the past two years competing on the LPGA's developmental tour (Duramed Futures Tour) and the Cactus Tour.

"Kailin brings not only her competitive spirit and experience to the team, but also a high level of energy and dedication to excellence," Lakowske said. "Course management and mental preparation are her strengths and I anticipate she will help our team immensely in both those areas."

Downs was a standout student-athlete at the University of New Mexico. She was a two-time All-American and twice the MWC Player of the Year. She also earned All-MWC academic honors four times.

"She understands the demands placed on student-athletes both in the classroom and on the golf course," Lakowske said. "We are very excited to have her join our coaching team."

In addition, Downs was twice named the Female Athlete of the Year at UNM, and in 2002 won the Oregon Women's Amateur, Oregon Women's Stroke Play and the Pacific Northwest Women's Amateur. In 2003, she won the Trans National Women's Amateur and she advanced to the round of 16 at the 2004 U.S. Women's Amateur and 2005 U.S. Women's Public Links. Downs won 24 tournaments as a prep at Bend's Mountain View High School, where she was named to the all-state first team twice.



SHAWNA CORDEN

**VOLUNTEER COACH
SECOND SEASON
OREGON STATE, 1991**

Shawna Corden is in her second season with the women's golf team as its volunteer coach. She is the founder of the Azarias practice, which is a private coaching practice, she is also a member of the International Coach Federation and a Project Management Professional.

Corden is currently the executive and personal life coach working with executives and top talent at Hewlett-Packard in Corvallis.

She graduated from Oregon State University in 1991, is married and has two, 14-year-old girls.

"I've been really excited to work with the OSU women's golf team. They are a fabulous group who are all very talented," Corden said. "It's great seeing them overcome the mental blocks that the game presents and see them grow as athletes and as individuals."





MARTHA BURKARD

5-10 • SENIOR
ALAMEDA, CALIF.
BISHOP O'DOWD HS



MARTHA BURKARD

FALL 2008: Led the team with a 75.33 scoring average ... Participated in all four fall tournaments that included two top 10 finishes ... Opened the season strong with a tie for fourth at the Giustina Memorial Classic shooting 222 ... Finished the fall season with a tie for ninth place at the Kent Youel Invitational shooting a 2-over-par 218.

2007-08: Appeared in all 11 tournaments of the season, averaging 77.09 strokes per round ... Had outstanding performance at the Heather Farr Memorial where she tied for the lowest round in school history of 4-under 68, tying her single-round career best ... had two top 10 performances, a fourth place finish at the Pinehurst Challenge, a career best finish, and an eighth place finish at the Heather Farr Memorial ... Tied for 43rd at the Pac-10 Championships ... Had the school's 10th best single-season scoring average at 77.09.

2006-07: Appeared in 10 of 11 tournaments as a sophomore ... Improved her scoring average by more than three strokes, down to 79.64 ... Turned in the best finish (tied for fourth) and round (a 3-under 68) of any OSU player in 2006-07 at the Peg Barnard Collegiate ... Shot an even-par 142 in the two-round event ... Her 3-under 68 is tied for the third-best round in school history ... Tied for 39th at the Pac-10 Championships.

2005-06: Played in nine of 12 tournaments as a true freshman ... Averaged 82.79 strokes per round ... Best finish was a tie for 24th at the Duck Invitational ... Low round was a 74 in the third round of the Duck Invitational ... Tied for 103rd at the NCAA West Regional.

HIGH SCHOOL: Graduated from Bishop O'Dowd High School in Oakland, Calif., in 2005 ... Was the school's #1 player and an all-league performer all four years ... As a senior, won the league title, placed second in the North Coast Section and took third at the Northern California Championships ... Also won the league title as a junior ... Team won four league championships and placed fourth in the state in 2005 ... Also played basketball.

JUNIOR/AMATEUR GOLF: Won the 2000 San Francisco City Women's Amateur at the age of 12 ... Won the 2004 IJGT Sandpiper ... Qualified for the 2005 Western Women's Amateur ... Qualified for the 2003 USGA Girls' Amateur.

PERSONAL: Born in Alameda, Calif. ... Daughter of Paula Kaneshiro and Michael Burkard ... Mother works in telecommunications, father works in sales ... Father played basketball at Gonzaga and UC Santa Barbara ... Has one brother, Jon, who plays golf at Cal State Hayward ... Majoring in business.

FAVORITES: Martha's nickname is Marti ... Her sports hero is Michael Jordan and her favorite golfer is Tiger Woods ... Martha's favorite golf course is Lake Merced, favorite club is a putter and her favorite shot is a punch shot ... Favorite book is *Memoirs of a Geisha*, favorite movie is "SuperBad," favorite TV show is "Heroes," and her favorite musical artist is John Mayer ... Martha enjoys eating sushi and the best thing about golf is the tournaments.

MARTHA BURKARD'S CAREER STATS

SEASON	RDS	STRK	AVG.	LOW	LOW	TOP	BEST FINISH
				18	54	10	
2005-06	24	1,987	82.79	+2	+19	0	t24th (Duck Invitational)
2006-07	28	2,230	79.64	-3	+18	1	t4th (Peg Barnard Coll.)
2007-08	32	2,467	77.09	-4	+4	2	t4th (Pinehurst Challenge)
CAREER	84	6,684	79.57	-4	+4	3	T4TH



SARA NATWICK

5-7 • SENIOR
WASHOUGAL, WASH.
WASHOUGAL HS

FALL 2008: Finished in a tie for 53rd at the Kent Youel Invitational in her only appearance of the fall ... Finished the fall season with a scoring average of 78 strokes per round.

OSU 2007-08: Did not make an appearance during the 2007-08 season due to studying abroad for the season.

OSU 2006-07: Saw action in only one tournament her sophomore year ... Tied for 62nd at the Heather Farr/CU Memorial in the fall and averaged 80.67 strokes per round.

OSU 2005-06: Appeared in five of 12 tournaments as a true freshman ... Averaged 80.36 strokes per round ... Four of her five tournaments were in the spring ... Best three-round score was a 237 at the PING/ASU Invitational.

HIGH SCHOOL: Graduated from Washougal (Wash.) High School in 2005 ... Was the school's #1 player all four years ... A two-time All-Greater St. Helens League performer ... Placed in the top 10 in the state as a junior and senior ... Scoring average was 75 as a senior ... Team won league and district titles her senior year.

JUNIOR/AMATEUR GOLF: Four-time Junior Golfer of the Year at Orchard Hills Country Club ... Won 2004 and 2005 Olympia Junior Open ... Attended the Ronn Grove Golf School.

PERSONAL: Born in Portland, Ore. ... Daughter of Marti and Neil Natwick ... mother is a pharmacy technician, father is a pharmacist ... Father and grandfather, Robert Natwick, attended Oregon State ... Majoring in biology ... Hobbies include reading and yoga... sports hero is Lance Armstrong ... Most interesting thing about Sara is "I went on a medical internship in Durban South Africa in the winter of 2008 for 10 weeks ... Chose OSU because of the "atmosphere, community and academic culture which provides a great opportunity to succeed." ... Toughest person Sara has competed against is herself because "Overcoming inward obstacles is a difficult thing."

FAVORITES: Favorite golfer is Fred Couples ... Favorite golf course is Steele Canyon ... Favorite club is the 7-iron ... Favorite shot is a knockdown 7-iron ... Her favorite book is Morning Glass; favorite movie is Lost in Translation ... Favorite TV show is The Wire ... Favorite musical artist is Dianna Krall ... Favorite food Vietnamese Pho Ga ... Favorite thing about golf is the "continual challenges it brings and the creativity you need to use." ... Most thrilling moment is sports was carding a hole-in-one on hole five of Orchard Hills Country Club in Washington in 2003.

SARA NATWICK'S CAREER STATS

SEASON	RDS	STRK	AVG.	LOW	LOW	TOP	BEST FINISH
2005-06	14	1,125	80.36	+3	+21	0	46th (Pac-10)
2006-07	3	242	80.67	+4	+26	0	t62nd (Heather Farr/CU)
CAREER	17	1,367	80.41	+3	+21	0	46TH



SARA NATWICK