



## SEVEN DAYS IN THE LIFE OF TORO STUDENT-ATHLETE ASHLEY JOHNSON



For most students, juggling a full-time class load, a part-time job and a social life is tough, but not too out of the ordinary today's multi-tasking collegians. But now imagine adding something to your plate such as college athletics, an activity that arguably takes as much, if not more time than any one of those things, and you have a glimpse into the life of the majority of CSUDH's student-athletes.

Women's basketball player Ashley Johnson is in her fourth year at CSUDH, currently holding an overall 2.90 GPA while pursuing a degree in criminal justice in hopes of becoming a probation officer to help young people get their lives back on track. With her workload of 20 units, she more than exceeds the minimum 12-unit requirement to be a full-time student-athlete, while working part-time at Kohl's and trying to maintain her social life, all while juggling her 3-hour athletic commitment, all in a single 24-hour day, seven days a week, for 6 months out of the year.

"It's stupid," she states emphatically when asked about the "dumb jock" stereotype that's associated with college athletes. "Everyone thinks that since you are an athlete you get everything handed to you, and it's definitely not like that at all. The reality is that you never have time for yourself or just time to rest. My body is always on the move."

Here is what a typical seven-day schedule looks like for Johnson, as well as many other CSUDH student-athletes:

Mon: Class: 7:00 am-7:50 am, 10:00 am-11:15 am, Practice: 4:00 pm-7:00 pm  
Tue: Class: 10:00 am-12:45 pm, Practice: 4:00 pm-7:00 pm, Class: 7:00 pm-9:45 pm  
Wed: Class: 7:00 am-7:50 am, Class: 10:00 am-12:45 pm, Practice: 4:00 pm-7:00 pm, Team Study Hall: 7:30 pm - 8:30 pm  
Thur: Class: 10:00 am-12:45 pm, Practice: 4:00 pm-7:00 pm, Class: 7:00 pm-9:45 pm  
Fri: Practice: 1:00 pm-4:00 pm, Work: 5:00 pm-11:30 pm  
Sat: Class: 9:00 am-11:45 am, Practice: 1:00 pm-4:00 pm, Work: 5:00 pm-11:30 pm  
Sun: Church: 11:00 am-1:00 pm, Work: 3:00 pm-11:30 pm

With 168 total hours in a week, Johnson spends about 16.4 hours in class, 21.5 hours at work and about 20 hours of basketball practice and games, which totals just under 58 hours. Subtracting 49 hours for sleep (7 hours / night) gives Johnson 119 hours remaining, with just 61 hours (or 8 hours and 40 minutes a day) left to eat, drive, study, do homework, shower, walk to and from class, and all the other things that encompass a normal college student's life, finding every hour of Johnson's day filled.

And now that basketball season has begun, her road travels will consist of leaving on Thursday for Friday and Saturday night games in northern California (approximately 8-12 hours one way via charter bus on average), returning home on Sunday to go straight to work, and having to study for tests, or upcoming mid-terms and final exams at 10 am Monday morning.

"So many people come into college and think that it is all about partying, but as a student-athlete, you quickly learn that time management is super important," Johnson continues, thinking about one of the many things she's gained at CSUDH. "I have really had to learn how to be responsible and become self-sufficient. When my family moved from near-by Lynwood to Fontana, I thought I might feel a little alone, but I have my teammates and coaches around me to be my family."

CSUDH Athletics would like to thank its corporate partners:

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Warren Edmonson, a college student at heart. "Seeing them down here shows that it's not just adults who are recognizing the problem, but also the students who want to make a difference for the children, who are our future."

Approximately 30 volunteers from the three schools were joined by 20-some employees of Netflix, Hatcher, and L.A. Food Bank workers who worked the three-hour shift from 10 am - 1 pm, with backpacks, crates and boxes donated by Netflix as part of their outreach campaign involving stars such as Hatcher, Morgan Freeman and Kevin Bacon.

The Toros, Golden Eagles and Broncos were then divided into sections ranging from wiping down donated backpacks to checking expiration dates on donated food items, while others sorted food in an assembly line, after which the items were categorized, placed in boxes, shrink-wrapped, and kept for future distribution.

Ranked as the 5th most efficient charity among large charities in the Los Angeles County by the Los Angeles Business Journal (1/1/07), the L.A. Foodbank's mission is to "mobilize resources to fight hunger in our community" by acquiring food and other products and distribute to needy people through charitable agencies or directly through programs, energize the community to get involved and support hunger relief, and conduct hunger education and awareness campaigns and advocate for public policies that alleviate hunger, all with the goal of no one going hungry in the Los Angeles County.

Founded in 1973, the L.A. Regional Foodbank is a private, nonprofit, charitable organization that has been serving the disadvantaged of our community for 33 years, and remains at the heart of a charitable food distribution network, which is guided by a voluntary board of directors.

Today, in its 34th year of service to the LA County, the L.A. Regional Foodbank provides food for nearly 1,000 member agency sites including abused and abandoned children homes, battered women shelters, senior centers, local food pantries, soup kitchens, AIDS hospices and more. In 2006, its volunteers, financial supporters, product donors and agency network made it possible for the organization to distribute nearly 40 million pounds of food for the hungry in Los Angeles county.

## CSUDH VOLLEYBALL TAKES HOME "TOROS TEXAS HOLD 'EM" CROWN AGAIN IN ATHLETICS FUNDRAISER



For the second-consecutive year, a Cal State Dominguez Hills volleyball coach took home the grand prize at the 2nd annual CSUDH Athletics "Toros Texas Hold 'Em" Tournament on November 17, where proceeds benefited CSUDH student-athlete scholarships.

Toro volleyball assistant coach Jordan Morris bested an initial field of approximately 60 players as he emerged from the final two tables which included a bevy of CSUDH athletics personnel in Morris, baseball head coach Murphy Su'a and athletic

trainer Ethan Kreiswirth, who all donated to the fundraiser.

The win, coming after Morris completed a flush on the river to beat the runner-up's pocket aces for the crown, followed volleyball head coach Scott Davenport's victory in last year's tournament, and gave Morris an Insignia 32" LCD Flat Screen television, the evening's grand prize.

"It was great tournament and a lot of fun to not only meet supporters of CSUDH athletics, but also to interact with them for a few hours," says Morris. "Obviously, it was fun to win, but I think the cause made us all winners in the end. I can't wait for Monte Carlo night in March 2008."



## NEWS AND NOTES

CSUDH Athletics welcomes you to the Toro Quarterly, where you can catch up with what's happening in the world of Toro Athletics.

### TOROS LEND A LOCAL HAND AT MAYOR JIM DEAR TURKEY GIVE-A-WAY

Members of Cal State Dominguez Hills baseball, volleyball and track and field teams gave Carson Mayor Jim Dear and his staff a hand before Thanksgiving weekend, helping give turkeys away to Carson residents at the 1st Annual Mayor Jim Dear Thanksgiving Turkey Give-A-Way, taking place at the SouthBay Pavillion.

The event, which lasted from 12 noon - 3 pm, was sponsored by Mayor Dear, Conoco Phillips and Waste Management, with a special recognition to Council Member Harold C. Williams.



### TOROS TALENT SHOW HELPS "MAKE-A-WISH" COME TRUE



Songbird Mariah Carey, The Dreamgirls, TLC and dancers from Michael Jackson's "Thriller" video all made appearances in Carson as Cal State Dominguez Hills student-athletes joined together for the first-ever "Toros Talent Show," with all donations from the event going towards the "Make-A-Wish" foundation.

A brainchild by CSUDH Student-Athlete Advisory Committee (SAAC) members Jamaal Barnes and Alana Bailey, along with CSUDH baseball head coach Murphy Su'a, the

"Toros Talent Show" was created after the trio attended the National SAAC Leadership Conference last fall, and envisioned this event in order to enable student-athletes from all 11 CSUDH sports to bond and help raise money for the "Make-A-Wish" foundation.

After an icebreaker mixing all sports saw two human chains passing a hula-hoop around its circle, volleyball's Tiffany Bull kicked off the festivities with a stirring rendition of Carey's "I'll Be There," after which the baseball team kicked it old school with a demonstration the '80s classic dance, "The Hustle."

Volleyball took the stage next by lip-synching a track from "The Dreamgirls," which was followed by an impromptu blues jam session led by CSUDH athletic trainer Ethan Kreiswirth on bass and Su'a on drums.

Track and field performed a sultry routine to TLC's "Creep," while men's basketball followed with their version of Shai's "If I Ever Fall in Love," with women's basketball's Brigayle Iglehart as the object of their affection.

Women's basketball capped the performances with a show-stopping dance routine taken from Michael Jackson's "Thriller," complete with appropriate attire, after which Su'a and members of the CSUDH Athletics staff helped close the evening by singing the Temptations' classic "My Girl."

## SAAC PROVES THERE'S NOTHING "DESPERATE" IN VOLUNTEERING AT L.A. REGIONAL FOOD BANK

A contingent of nine Cal State Dominguez Hills Student-Athlete Advisory Committee (SAAC) members, along with one Toro head coach, teamed with fellow SAAC members from CCAA schools CSULA and CPP and "Desperate Housewives" actress Teri Hatcher to lend a hand at the Los Angeles Regional Food Bank this morning, packaging and sorting holiday food boxes to distribute to needy families in downtown Los Angeles.



"These college students make a huge impact," says two-year LA Regional Food Bank volunteer coordinator Richard De La Cruz of SAAC President Travette Pettigrew, SAAC Vice-President Alana Bailey, TaMeshia Jefferson, Jenise Espindola, Tiffany Bull, Katie Garcia, Monique Castro, Rachel Castro, Josh Walker and head coach

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## MEN'S BASKETBALL GIVES HUGE ASSIST TO CARSON BOYS AND GIRLS CLUB

The Boys and Girls Club of Carson got a special surprise as CSUDH men's basketball head coach Damaine Powell, his staff and members of the 2007-08 men's basketball team paid the location a visit recently, spending a few hours reading, telling stories and talking with the kids about the importance of getting their education.



"The kids are really excited to have coach Powell and his team show up," said Anson Tausaga, the Boys & Girls Club of Carson's Unit Director for the past five years. "Most of these kids are from broken and single parent homes, and the fact that the team comes out on a regular basis shows them that people actually do care."

Arriving in the late afternoon, coach Powell greeted the kids before they broke out into reading groups of six. In the groups, the coaches and team, including returners Jamaal Barnes and Jonathan Toliver, took turns reading classics such as "The 3 Bears" and "The Goose That Laid the Golden Egg," as well as fables from which the students tried to uncover the story's moral.

Towards the afternoon's end, the kids were treated to a brief basketball exhibition, as well as to a "Soulja Boy" dance demonstration by junior transfer Thurman Sutton.



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## WOMEN'S SOCCER



With nine seniors on the 2007 roster, including five 4-year seniors (below), hopes were high for a CCAA Championship. However, after starting the season with a 2-1 win over No. 6 University of Nebraska Omaha that highlighted a 3-0-1 start, the Toros were winless in their next two games to kick off the CCAA schedule, before running off eight wins and a tie in their next nine contests, including a tie against then-No. 2 UC San Diego on September 19, followed by a win at the then-No. 6 Tritons on October 10.

Things then turned against the Toros as they faced red-hot Cal State L.A. and Chico State teams in a span of three games, exiting the three-game set with two losses. Although they forged a tie with Cal Poly Pomona and bested Cal State San Bernardino on "Senior Day," that lull secured an undesirable match-up with the Wildcats in a semi-final meeting, which resulted in a 2-0 CSUC win. CSUDH, however, qualified for the NCAA playoffs for the third time in four years, and took a 2-1 overtime win over UC San Diego in the first round, but fell to undefeated and host Seattle Pacific in the second round, ending the Toros' season at 14-5-4.

Individually, Corrie Hirokawa and Sandy Lloyd capped their stellar careers by picking up both Daktronics 1st-team All-Region and 1st-team All-CCAA honors to lead six Toros who received year-end accolades. Newcomer Yvonne Vasquez (above) also earned 1st-team All-CCAA honors while being named the conference's Newcomer of the Year. In the November 1 CCAA Soccer Championship Banquet, Jennifer Jimenez, Kelly Matosian and Alyssa Congdon earned 3rd-team honors to cap their stellar individual campaigns.

Although CSUDH bid a fond farewell to their nine seniors, the Toros return a potent 1-2 offensive punch in Vasquez and Matosian, as well as their starting keeper in Congdon in hopes of dethroning Chico State and advancing deeper into the NCAA postseason.



## MEN'S SOCCER

The men's soccer team captured its second-consecutive CCAA Championship with a 1-0 win over Sonoma State on November 4, riding a Jose Serpas goal in the 18th minute along with its stellar defense and stingy goalkeeping by Derby Carrillo (right), giving the program its unprecedented eighth conference title, and head coach Joe Flanagan a great birthday present. That win, coupled by losses and ties by the top three teams in the region, boosted the Toros to the top seed in the Far West, and granted CSUDH hosting duties in the NCAA Playoffs for the third-consecutive year. Sonoma State, however, would get the best of the Toros in the Far West Championship game, exacting their revenge by way of a penalty kick "win," ending the Toros' season at 18-3-2.

Despite not advancing to the NCAA quarterfinals, the 2007 campaign was filled with honors. Sophomore Carrillo was named a 1st-team Daktronics All-American, 1st-team Daktronics All-Region and 1st-team All-CCAA selection, marking the first 1st team All-America honor received by a men's soccer player in four years. Newcomer Kevin Gallagher also earned All-America honors with his Honorable Mention selection, and accrued 1st-team All-Region, 1st-team All-CCAA and the CCAA Newcomer of the Year awards as well.

All in all, the Toros placed three players on the Daktronics All-Region team, with sophomore Mario Guerrero making the 2nd-team, while eight players overall (1st-team: Carrillo, Gallagher, Serpas, Sammy Rivas; 2nd-team: Humberto Lopez; 3rd-team: Guerrero, Devin Toohey, Andrew Marinerez) were chosen to All-CCAA squads.

Although CSUDH bade farewell to seven seniors, the Toros return a bevy of experienced and talented personnel, including their three award-winning sophomores, in their attempt to three-peat and advance deeper into the NCAA postseason.



## WOMEN'S CROSS COUNTRY

Senior Kelly Corral (right) raised her game for her last season as a Toro, recording the top Toro time in every meet in which she ran.

The Long Beach native also decreased her times from the previous season, including cutting two and a half minutes off her time at the NCAA DII Cross Country Regional, checking in with a time of 24:36 vs 27:05 in 2006.

On the heels of Corral all season was her former Cerritos JC teammate Liliana Yera (bottom), who finished behind Corral in every meet in which both of them competed.

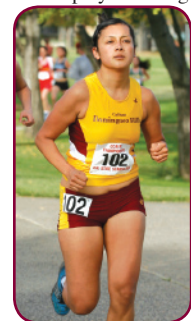
In Yera's three 5k meets on the season, the Bellflower native chipped away at her time, recording a 23:03 at Westmont in the first meet of the year, then a 21:13 at Bakersfield, and finally a 21:05 in Riverside.

Senior Janet Ramer (formerly Antunez) was a bit of a surprise for the Toros this season, making the transition from soccer player to long distance runner after multiple knee surgeries that kept her off the soccer field. Ramer made her cross country debut at the Westmont Invitational with a time of 25:44, but then cut over three minutes from that time in her next meet to turn in a time of 22:19.

Ramer's improvement continued when the distance was stretched to 6k, with consecutive times of 29:08, 27:05, and finally 26:58 at the NCAA Regionals.

### Toro Quarterly Credits

The Toro Quarterly is designed and edited by the CSUDH Sports Information Department. Photos courtesy of John Alexovich, Phil Ellsworth, Kirby Lee and Yary Photography.



## WOMEN'S BASKETBALL



With nearly every player returning from last season, including all five starters in his 20th season at the helm of the women's basketball program, head coach Van Girard and the Toros have been selected to win the 2007-08 CCAA Championship in the preseason coaches.

However, the Toros have started off a little inconsistent, dropping contests to Sonoma State and the University of South Dakota, and an exhibition game to Hope International University after leading all three games at halftime.

In the lone exhibition contest against Hope International, the Toros raced out to a 20-1 lead over the first nine minutes of play, but the Royals slowly chipped away and nearly got the deficit to single digits before the half, but a shot at the buzzer came up just short.

After intermission, momentum was clearly on the side of HIU as the CSUDH lead dwindled and the game saw its first tie at 44-44 halfway through the second half.

The teams continued to battle and trade leads, but the once-hot CSUDH offense just could not convert down the

stretch as the Toros fell 62-56.

CSUDH headed off north to start the official 2007-08 season, participating in the Cal State Stanislaus Tournament. There things got back on track as CSUDH took down the University of Tampa (54-53) on a shot at the buzzer by Brigayle Iglehart (bottom right), and Northwest Nazarene (77-68) behind a 20-point night from Jessica Liang (top left).

The Toros returned home next to take on Azusa Pacific, who was then ranked No. 16 in NAIA and handed CSUDH a 25-point loss last season.

It was not an offensive showcase in the early going as both teams struggled to find the bottom of the net, scoring a combined 17 points over the first eight minutes of play. However, the Toros mustered enough offense to come away with the 53-44 win.

Six days later CSUDH kicked off the CCAA season against the Seawolves of Sonoma State and saw a once nine-point advantage midway through the first half

shrink to just one at the break.

In the second half the Toros lost the lead on the first SSU possession and could never catch, eventually falling 61-56.

The next night against Humboldt State the 'Jacks hit five first-half three-point shots to build a slim two-point lead heading into intermission.

After the break the Toros went to work from the charity stripe, going 11-for-13 as a team to outscore the 'Jacks 35-27 came away with their first CCAA win of the season, 66-60.

CSUDH hit the road again to participate in the Concordia Holiday Classic, taking on the University of South Dakota and host Concordia University.

Against USD the Toros saw their eight-point lead disintegrate in the second half as the CSUDH offense went flat despite a 20-point night from Iglehart, keying a University of South Dakota 59-50 come-from-behind victory.

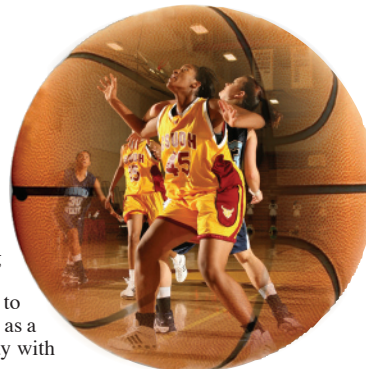
However, just as the week before, CSUDH rebounded from its loss the following night.

Against Concordia, Iglehart was again the star for the Toros with 15 points, eight rebounds, six assists and six steals to help CSUDH turn a three point halftime lead into a 60-47 win.

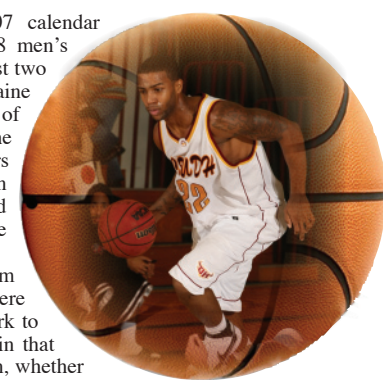
The Toros will continue their non-conference schedule when they travel to Biola on Saturday, December 15, before returning home to host Ferris State on Friday, December 28.

From there CSUDH gets back to CCAA play heading east to take on Cal Poly Pomona and Cal State San Bernardino.

CSUDH and Radio Sports America have announced a partnership to webcast 14 total men's and women's basketball games during the 2007-08 season, with veteran sportscaster David Smock calling the play-by-play. All Radio Sports America webcasts can be heard live on www.GoToros.com, beginning just a few minutes before each respective game's opening tip.



## MEN'S BASKETBALL



Nearing the end of the 2007 calendar year, hopes remain high for the 2007-08 men's basketball team. With a 4-2 record and just two games remaining in 2007, head coach Damaine Powell, now in his 4th year at the helm of the Toros program, seems to be seeing the fruits of his and his staff's recruiting labors with a team that was picked to finish 4th in a CCAA coaches' preseason poll behind perennial powers Humboldt State, Cal State San Bernardino and Cal Poly Pomona.

"It takes a lot of work to go from bad to mediocre, and that's kind of where we're at now. And it takes even more work to go from mediocre to elite, and so we're in that step," Powell begins. "It's going to happen, whether it's this year, or next year, but we're definitely taking positive steps. We've got a bunch of new guys who have talent, but in our conference, everyone has talent and it'll just depend on how tough you can be, how hard your kids work, and that's what makes the difference."

The Toros lost five seniors from last year's squad, but return a trio of seniors who between them have seven years of experience under Powell's system, and who have all played key roles in CSUDH's climb from the CCAA doormat to becoming one of the conference's numerous "on the verge" teams.

Guard Mike Steed, who will complete his fourth and final campaign in Cardinal & Gold, missed the first five games of 2006-07 with an injury, but came back strong when he returned to the line-up. Steed finished the year making 17 starts in 22 games played, and was amongst the CCAA Conference's leaders in defensive boards (7th), steals (12th) and overall rebounds (15th). Additionally, he led the team in assists eight times, in rebounds five times, and in scoring four times, tallying double-figure points in 12 games, including a season-high 20 points on 9-of-11 shooting at CS Monterey Bay (Jan. 26). A floor general for coach Powell, much more of the same will be demanded this year from the Antelope native.

One of the most athletic players in the league last season, Jamaal Barnes (left) will conclude the second and final year in Carson after transferring from Compton College in 2006-07. Last season, Barnes missed 19 of 27 games played, ranked 14th in the CCAA in offensive rebounds per game, and posted the lone double-double of 13 rebounds and 10 points amongst returning players against UC San Diego (Dec. 20). The Compton also native scored in double-figures in seven contests, including a season-best 18 at both Humboldt State (Jan. 6) and CS Stanislaus (Feb. 3), and shot a sizzling 57% from the field, with many of those coming by way of rim-rattling dunks.

The third senior, Nonso Nibo, will be making a comeback of sorts in 2007-08 after playing in just eight contests off the bench last season. In that short stretch, he scored a season-best 17 points in a rout of San Francisco State (Jan. 27), hitting 9-of-14 from the free throw line while pulling down 7 boards, including 6 on the offensive end.

Sharp-shooting junior Jonathan Toliver (below), steady sophomore Jamel Ward (top), along with Ryan Walton and James Cawthorne also return to give CSUDH much-needed experience.

"Talent" is the operative word for this year's crop of newcomers, as four junior college transfers look to make their respective marks in CSUDH's run towards the top. However, as Powell warns, it won't be an easy transition from JC competition to the D-II level, especially in a conference like the CCAA.

At 6'9", both Brooklyn native Danny Tavares and Gardena native Jerrell Smith should make quite an impact, while Rodney Yearby and Michael Hernandez will log plenty of minutes during the year.

With the 2007-08 season full steam ahead, Powell knows a long road lies ahead of his team. There's much work to be done, much sweat to be shed, and much learning to do, but the pieces are in place for Cal State Dominguez Hills to do something special, something which hasn't been done for over 20 years.

"It's a great opportunity for us," says Powell of his team's outlook. "I like the character of our team, and I think we have a good chance to do some special things," he continues. "Even though we lost our two leading scorers from last year and have to get the new guys on the same page, I think we're a very talented team."

"We have a long way to go as of right now, a long way to go, but if we can get in better shape, get a little tougher, and stay healthy, I like our chances."

