

**NORTHERN SECTION CIF
CELEBRATING WOMEN IN SPORTS
"Success Is A Journey, Not A Destination"
January 16, 2007
Agenda**

- 7:30-8:35 REGISTRATION**
- 8:35-8:45 WELCOME (Elks Lodge/Manzanita Place)
Ryan Robison, NSCIF President**
- 8:45-9:00 CIF LEADERSHIP
Kathy Wheeler, CIF President**
- 9:00-9:30 KEYNOTE SPEAKER
Jonnalee Henderson**



**SESSION 2
10:30-11:10**

**Speaker: Physical Therapist/Officials
Stacy Lonquist and Marcee Savage
Topic: Staying In The Game
Moderator: Jeanne Utterback, Fall River High School**

**SESSION 3
11:20-12:00**

**Speaker: Elsbeth Prigmore
Topic: Athletics A Way Of Life
Moderator: Eileen Mason, Orland High School**

**SESSION 1
9:40-10:20**

**Speaker: Molly Goodenbauer, CSU Chico Womens
Basketball Coach
Topic: Successful Transition to College
Moderator: Natalie DiCicco, Butte Valley High
School**

LUNCHEON AND SPEAKER

12:00-1:00

**Guest Speaker: Nancy Lazenby Blaser
Closing Remarks: Ryan Robison, NSCIF President**

Molly Goodenbour - former Division I assistant and WNBA player.

Goodenbour was the head assistant at the University of San Francisco in the 2005 season. Prior to that she was the head coach at Santa Rosa Junior College for three seasons (2003-2005), where her teams compiled a record of 69-21. She was associate head coach at Santa Rosa before taking over the position. Goodenbour earned Coach of the Year honors in 2005 after winning the Bay Valley Conference title for the second straight year and finishing with a No. 3 ranking in the State.

Goodenbour began her coaching career during the 1994-95 season when she helped USF to their first of three consecutive NCAA tournament berths before departing for a professional playing career with the Swedish Basketball Federation. After a year abroad she returned to play for the Richmond Rage (1996-97) and Portland Power (1997-98) of the now-defunct American Basketball League. The Stanford All-American then played for the Sacramento Monarchs in the WNBA's inaugural season in 1999.

A highly decorated collegiate player, Goodenbour was a starting guard for Stanford, which made three Final Four appearances and won two NCAA Championships in 1990 and 1992. During her four-year collegiate career (1990-93), the Cardinal posted a 114-16 record, including a 62-1 mark at Maples Pavilion. As a junior, Goodenbour captured Final Four MVP honors after setting a NCAA Tournament record for most postseason 3-pointers made (18).

Goodenbour litters the Stanford career record book, ranking fifth in 3-pointers (178), sixth in assists (441), and seventh in free throw percentage (.793). As a senior Goodenbour made 74 threes, the third best single-season mark in program history and tossed in nine threes at Tennessee, the best single-game mark for the Cardinal. She was also a member of the U.S. National team, which won a gold medal at 1993 Pan-American Games.

Johnna Lee Henderson - Jonnalee was raised in the almond, walnut and peach orchards of Arbuckle, Calif. She graduated in December '05 from Cal Poly, San Luis Obispo where she majored in agricultural business and minored in agricultural communications. She now works as a policy analyst at the California Department of Food and Agriculture in Sacramento.

While attending college Jonnalee backpacked Europe, studied Spanish in Spain, and sailed half-way around the world as a shipmate aboard the U.S. Naval Vessel, the *Golden Bear*. She also spent one year traveling California as a state officer for Future Farmers of America where she was on the road 250 days out of the year teaching high school students about leadership and personal success in life. Last May Jonnalee swam 1.2 miles as part of a relay team in Jamba Juice's Wildflower triathlon.

Jonnalee tells the uplifting story of a girl with one arm and "funny hips" whose determination, positive attitude and sense of humor have helped her face seven surgeries and conquer everyday tasks with confidence, hope and laughter.

Stacy Lonquist - Stacie Lonquist, MS, ATC is a 1994 graduate of Humboldt State University with a Masters Degree in Kinesiology with an emphasis in Athletic Training and Sportsmedicine. She is Board Certified and has been a member of the National Athletic Trainers Association since 1994. She has over twelve years of experience as a practicing Certified Athletic Trainer in: outpatient physical therapy, community based athletic programs and high school and collegiate athletics. Stacie currently works for Shasta Ortho Physical Therapy/Shasta Orthopaedics and Sportsmedicine and has been the Head Athletic Trainer for the Simpson University Redhawks for the past six years. Stacie also served as the Assistant Athletic Trainer for Shasta Junior College from 1996-1998. Her expertise includes working with outpatient physical therapy patients, high school and collegiate athletes, evaluating and treating various injuries both on and off the field/court and designing and

implementing sport specific exercise and conditioning protocols. Stacie also enjoys staying active in the athletic community since ending her NCAA college softball career at Humboldt State University in 1994. She continues to play competitive adult softball and is active as a sport official for both high school and collegiate volleyball and softball. She is also one of two female officials who officiate men's, women's and coed softball at the Big League Dreams Sports Complex in Redding, CA.

Marcee Savage - Marcee Savage, MPT, is a Physical Therapist and is currently Director of ShastaOrtho Physical Therapy in Redding, CA. Marcee received her BS degree in Exercise Science and Kinesiology from Sonoma State University, where she was also an NCAA Division II All-American Softball player. She received her Masters in Physical Therapy from Samuel Merritt College in Oakland, CA and has been practicing for the past 12 years. She has had advanced training in manual therapy, and has extensive expertise in evaluation and rehabilitation of orthopedic, sports and neurological injury and disorder.

Marcee continues to play advanced level adult softball, and was a member of the USA Stars and Stripes, a 35-over fastpitch team who participated in the World Masters Games in Edmonton, Canada in 2005. She is active in a variety of outdoor sports, including whitewater kayaking, hiking, fishing, golf, skiing and snowboarding. Marcee has been a softball and baseball official for 15 years, and is one of two female umpires officiating men's, women's and co-ed softball at Big League Dreams sports park in Redding.

Elsbeth Prigmore

Competed at CSU, Sacramento
3 years volleyball, 2 years basketball, 4 years softball

Competed in several Open ASA Nationals and International Tournaments
Gold and Silver Medal Awards in World Masters Games in Fastpitch Softball
Mom of 3 Awesome Kids
Teacher, coach & administrator
Currently Principal at Pioneer High School

Nancy Lazenby Blaser

CIF/Central Coast Section San Jose, CA CCS Commissioner of Athletics
1987-1989 CCS Assistant Commissioner of Athletics
1984-1987 National Junior College Athletic Association, Assistant Executive Director
1983-1984 United States Olympic Committee Assistant Director of Operations for the US Olympic Training Center
1976-1982 Valdez High School - Valdez, AK Teacher, Athletic Director, Swimming Coach
1968-1976 Washington State
Teacher/Coach-Auburn High School

Two Daughters Alexandra 15 and Britta 12
Husband of 16 years Steve Blaser, Teacher and Coach

2004-05 GIRLS ATHLETIC PARTICIPATION*

1971-72	294,015
1975-76	1,645,039
1980-81	1,853,789
1985-86	1,807,121
1990-91	1,892,316
1995-96	2,367,936
2000-01	2,784,154
2003-04	2,865,299
2004-05	2,908,390

2004-05 GIRLS MOST POPULAR SPORTS*

(NATIONAL)

	Schools	Participants
1. BASKETBALL	17,175	456,543
2. TRACK AND FIELD	15,213	428,198
3. VOLLEYBALL	14,526	386,022
4. SOFTBALL	14,493	364,759
5. CROSS COUNTRY	12,345	170,450
6. SOCCER	9,695	316,104
7. TENNIS	9,646	169,292
8. GOLF	8,249	64,245
9. SWIMMING	6,238	148,154

* NFHS News (October 2005)

**KATHY WHEELER, SUPERINTENDENT
RED BLUFF UNION HIGH SCHOOL DISTRICT**

Kathy Wheeler is one of our many local success stories. She is a graduate of Central Valley High School, the 2005 Division II Football Section Champion. She competed in the “good old days of GAA.” She then received her AA degree from Shasta College where she played volleyball, basketball, softball, track and tennis. She then went on to Southern Oregon University where she received her Bachelor of Science degree. She was still able to participate in volleyball, basketball, tennis and softball at Southern Oregon. She received a Masters in Counseling at Oregon State University and recently was awarded her Doctorate in Educational Leadership from the University of LaVerne.

Kathy has been a teacher, coach, athletic director and counselor. She has also been an Assistant Principal, Principal, and now Superintendent. She has served the Northern Section CIF on the Board of Managers and has served as our President.

We are most proud of Kathy as she is currently the President of the State CIF. She is well respected throughout the state and will continue to promote the integrity of high school sports.

Welcome

"Within me is infinite power. Before me is endless possibility. Around me is boundless opportunity. Why should I fear?" Unknown

Welcome to the 5th Annual Celebrating Women in Sports Conference. Last year we had very positive responses from our Conference. This is our endeavor to bring women together to learn about opportunities from successful professionals in the field of women's athletics

Conference organizers have again developed an agenda and set of speakers designed to provide an opportunity for students to network with individuals from throughout our Section.

I encourage each of you to take advantage of the diverse topics our speakers will share with you today. Let's make this conference an event that we will all remember for years to come.

Thank you for attending and we hope that all or part of the information you take home today will aid in your voyage to success.

Women In Sports History

- 1895 1st American Women's Golf Championship
- 1896 1st Modern Olympics-Women banned from competing
- 1900 Women are included in the modern Olympics
- 1926 Gertrude Ederle becomes first female to swim the English Channel
- 1931 17 year old Minor League pitcher, Jackie Mitchell strikes out Babe Ruth and Lou Gehrig in a Yankee exhibition game
- 1932 Babe Didrikson wins two golds and one silver at the LA Olympics
- 1932 Amelia Earhart flies solo across the Atlantic
- 1934 Aviator Elinor Smith is first woman to appear on a Wheaties box
- 1943 The All American Girl's Professional Baseball League is formed with four teams
- 1948 Alice Coachman becomes the first black woman to win an Olympic Gold Medal
- 1950 The All American Girl's Baseball League is disbanded
- 1965 Golf Medalist swimmer, Donna de Varona, becomes the first female sportscaster on network television
- 1967 Kathrine Switzer becomes the first woman to compete in the male only Boston Marathon (she registered as K. Switzer)
- 1967 Billy Jean King defeats Bobby Riggs in the "Battle of the Sexes"
- 1968 Debbie Meyer is first swimmer to win three individual Gold medals in the Mexico City Olympics
- 1971 Title IX was passed, giving girls equal access to athletics
- 1977 Janet Guthrie is the first woman driver in the Indianapolis 500
- 1984 Mary Lou Retton wins five Olympic medals
- 1993 Julie Krone becomes the first woman to win a Triple Crown Race
- 1995 Sheryl Swoops is the first woman to have a signature Nike shoe
- 1996 Four USA women's teams win gold medals: softball, basketball, gymnastics, and soccer
- 1997 Women's professional basketball attracts an average of 10,000 spectators per game
- 1998 U.S. Olympic Women's Ice Hockey Team won the gold
- 1998 Ila Borders becomes the first female pitcher to start a minor league baseball game
- 1999 U.S. Women's National Soccer Team won the World Cup

REGISTRATION FORM
REGISTRATION DEADLINE: JAN. 9, 2007

SCHOOL: _____

Registration Information Grade Fee
(Note: There is no limit on the number of girls you can register)

1. _____ \$20.00

2. _____ \$20.00

3. _____ \$20.00

Chaperone: _____ \$ 0.00

Add'l. Chaperones: _____ @ \$20.00each

Number attending _____ @ \$20.00 = _____

Note: There will be no registration fee for one school chaperone. Please make every effort to double up on chaperones to make room for student-athletes. Additional chaperones must register at \$20. Make checks payable to NSCIF.

Please Mail Registration to NSCIF Office
P.O. Box 9330
Red Bluff, CA 96080
(530) 528-9300
(530) 528-9333 (FAX)



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