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ASIAN AMERICANS GOING FOR THE GOLD



TEAM USA ★ BEIJING 2008

The Voice of Asian America
AsianWeek





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MESSAGE FROM ASIANWEEK’S PRESIDENT

Welcome to our third publication celebrating the efforts and achievements of the United States Olympic athletes of Asian Pacific Islander heritage. The 26 athletes featured in this special issue will be walking amongst the hundreds of Americans who will represent and honor the United States at the 2008 Beijing Olympics. These Americans are truly modern day heroes for our nation and the Asian Pacific Islander American community. They embody the goal of the Olympic Movement, which is to contribute to the building of a better and more peaceful world through sport and education. The Olympic principles of mutual understanding with a spirit of friendship, solidarity and fair play guide these athletes as they represent our country and community on the world stage.

Their journey for “gold” mirrors our quest as Asian Pacific Islander Americans to become equal and contributing members of American society.

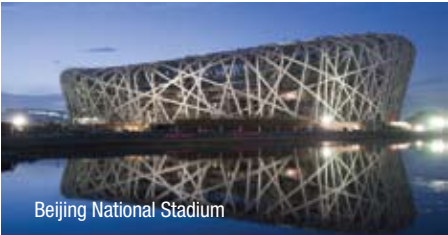
We at *AsianWeek* hope that you, your family and friends enjoy reading this special and historic issue. *AsianWeek* would also like to acknowledge and thank **Pacific Gas & Electric** for their generous efforts in making the publication of this magazine possible.

James Fang
AsianWeek President



BEIJING WELCOMES YOU!

This phrase is made when the first syllables of the names of the *Fuwa*, the mascots for this summer’s Olympics, are put together: *Bei Jing Huan Ying Ni* (Beijing welcomes you). Literally translating as “good luck dolls,” each of the five *Fuwa* resembles a fish, a giant panda, fire, a Tibetan antelope and a swallow. Their colors come from the Olympic rings that represent the five continents. They roughly parallel the five elements of Chinese philosophy: water, metal, fire, wood and earth. The slogan for the Olympics is “One World, One Dream,” signifying a call toward world unity. Yet, Beijing does not ignore its own culture. The emblem name is “Dancing Beijing,” consisting of the Chinese character “jing” (of Beijing) in a stylized dancing form. Its open arms welcome the world to partake in Chinese culture while in Beijing. For the centerpiece, the Beijing Olympics officials chose the Beijing National Stadium, also known as “the bird nest” because of its skeletal structure resembling a nest. Designed by Ai Weiwei, it has been widely acclaimed for its modern and unique style.



Beijing has also improved its transportation system. Its subway system has been expanded to twice its previous capacity. In addition to the four existing subway lines and 64 stations, seven lines and more than 80 stations were built, including a line directly connected to Beijing Capital International Airport. Beijing worked hard to prepare for these Olympic games. From improving the air quality to designing the architecture of the stadium to composing the music, Beijing strives to make these games the best the world has ever seen.

Fore more athlete interviews and the TV viewing guide of when to watch the Asian American Olympians, go online to asianweek.com

AsianWeek is published weekly by AsianWeek, LLC. National editorial and business offices are located at 809 Sacramento St., San Francisco, CA 94108. Phone: 415-397-0220. Fax: 415-397-7258. E-mail: asianweek@asianweek.com. Visit our website at www.asianweek.com.

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Special thanks to those who helped make this publication possible: Amanda Burch, U.S. Olympic Committee | Peggy Manter, U.S. Olympic Committee | Cecil Bleiker, USA Badminton | Leslie King, USA Gymnastics | Nicole Jomantas, USA Judo | Mary Beth Vonwerk, USA Shooting | Julie Bartel, USA Softball | Taylor Payne, USA Synchronized Swimming | Gary Abbot, USA Wrestling | Dave Somers, USOC

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BADMINTON



VOANEWS.COM

BORN:

August 7, 1986
in Hong Kong

CURRENT RESIDENCE:

Orange, Calif.

ETHNICITY:

Chinese

HEIGHT:

5'5"

WEIGHT:

135 lbs.

EVENT:

Women's singles, women's doubles

DOUBLES PARTNER:

Mesinee "May" Mangkalakiri

DID YOU KNOW?

Lee and her women's doubles partner, Mangkalakiri, were briefly high school teammates at Villa Park High School, where their future Olympic teammate, Khan Malaythong, served as coach.



RAQUET.ABOUT.COM

EVA LEE

Eva Lee began playing badminton when she was only 11 years old. After winning several junior championships in the United States and Canada, she began to compete in national and international events at the adult level. Lee also played college badminton at Irvine Valley College in Irvine, Calif., helping lead her team to consecutive championships. Lee won an unprecedented three badminton gold medals at the 2007 Pan American Games. No U.S. competitor had ever accomplished this before.

Career Highlights

2007

Irish International Championships, Mixed Doubles (Howard Bach), Gold

Irish International Championships, Women's Doubles (May Mangkalakiri), Silver

U.S. Open, Mixed Doubles (Howard Bach), Silver

Pan American Games in Rio de Janeiro, Brazil, Mixed Doubles (Howard Bach), Gold

Pan American Games in Rio de Janeiro, Brazil, Women's Doubles (May Mangkalakiri), Gold

Pan American Games in Rio de Janeiro, Brazil, Women's Singles, Gold

Pan American Badminton Championships in Calgary, Alberta, Canada, Mixed Doubles (Howard Bach), Gold Medal

Pan American Badminton Championships in Calgary, Alberta, Canada, Women's Doubles (May Mangkalakiri), Silver Medal

Pan American Badminton Championships in Calgary, Alberta, Canada, Team Event, Silver Medal

U.S. Adult National Championships, Women's Doubles (May Mangkalakiri), Runner-up

U.S. Adult National Championships, Mixed Doubles (Howard Bach), Champion

U.S. Adult National Championships, Women's Singles, Fourth Place

2006

U.S. Open, Mixed Doubles (Howard Bach), Bronze

U.S. Open Women's Singles, Bronze

U.S. Adult National Championships, Mixed Doubles Champion

U.S. Adult National Championships, Women's Singles Champion

U.S. Adult National Championships, Women's Doubles Runner-Up

U.S. Uber Cup Team Member

2005

World Championships, Participant

U.S. Adult National Championships, Women's Doubles Champion

U.S. Adult National Championships, Women's Singles Champion

U.S. Sudirman Cup Team Member

U.S. Pan American Team Member



COURTESY OF USA BADMINTON

HOWARD BACH

Howard Bach was born in Vietnam and immigrated to San Francisco at the age of two. At the age of five, his father brought him to the Golden Gate YMCA in San Francisco, where he trained in badminton. When he was sixteen, he was invited to train at the Olympic training facility in Colorado Springs, Colorado. Bach is very grateful for his family and fiancée's unending support throughout his career. A charismatic individual, he hopes to be badminton's ambassador and to change people's perspective in order to show that it is a serious sport. "It's not what as easy as it looks like on TV," he said.

INTERVIEW BY BELEZA CHAN

How did you start playing badminton?

My dad used to play in the YMCA. At age 5, I started playing in tournaments. At age 16, I was invited to the go the Olympics training site in Colorado.

Did your dad play internationally as well?

My dad played in the Vietnamese National team. His goal was to make the Olympics, but at that time badminton was not in the Olympics. I am here fulfilling his dreams.

BADMINTON



OCCBADMINTON.COM

BORN:

February 22, 1979
in Ho Chi Minh City, Vietnam

CURRENT RESIDENCE:

Orange, Calif.

ETHNICITY:

Vietnam-born Chinese

HEIGHT:

5'10"

WEIGHT:

154 lbs.

EVENT:

Men's Doubles

DOUBLES PARTNER:

Khan Malaythong

DID YOU KNOW?

Bach and Tony Gunawan were the first U.S. badminton athletes ever to medal (gold) at a 2005 World Badminton Championship in men's doubles.

BADMINTON

Career Highlights

2008	Yonex Japan Open
Olympic Games, Men's Doubles (Bob Malaythong)	Korea Open, Men's Doubles
2007	2002
Pan American Games, Rio de Janeiro, Brazil, Mixed Doubles (Eva Lee), Gold; Men's Doubles (Bob Malaythong), Silver Medal	IBF World Ranked #12 in Men's Doubles, highest ranking ever for a U.S. team member
2005	U.S. Nationals Men's Doubles 1st Place; Singles 2nd Place
World Championships, Anaheim, Calif., Men's Doubles (Tony Gunawan), Gold	Realkredit Denmark Open, Men's Doubles, Round of 16
2004	OCBC/YONEX U.S. Open, Men's Doubles Finalist
Athens Olympics, Men's Doubles (Kevin Han), Round of 16	2001
2003	Brazil International, Pan American Champs, Men's Doubles, 1st Place
Pan American Games, Santo Domingo, Dominican Republic, Men's Doubles (Kevin Han), Gold	Pan Am Southern Classic, Men's Doubles, Champion,
U.S. Adult Nationals, Singles Champion; Doubles Finalist	World Championship, Men's Doubles, Quarterfinalist
Siam Cement Thailand Open, Doubles Champion	U.S. Nationals, Men's Doubles, Quarterfinalist
Swiss Open, Men's Doubles	2001 & 2001
	USA Badminton Doubles Team of the Year

What is a typical day like for you?

I train five hours a day everyday: from 7-9 and 4-7. I do weights, run tracks, do footwork, and other drills. When I have doubles training, we play four players against two. I also work part-time at Home Depot because they sponsor me. I work from 9-1, then take a couple-hour nap, and go back to training. It is hard to combine both work and training. It is not like in Europe and Asia where people can play badminton all the time, because in America we don't have big corporate sponsorships for badminton.

Having been in the Olympics in 2004, does it make you feel more prepared this time around?

Yes, I already know what to expect, and where I want to place in. The first time around, I had lots of energy; I was too focused. It was great to make the Olympics, but I didn't enjoy it. After winning the 2005 World Championship, I worked more on my confidence.

How would you feel taking the gold in Badminton from the Chinese team on their home turf?

They are the favorites; their women are strong. The U.S. are the underdogs, so there is no pressure. There is more pressure on the Chinese, though, and that might work on our favor. We have more to gain, and they have more to lose. We'll just have fun.

What are you going to do if you win the gold?

I am going to bite it first to leave my mark. (laughs)

What are your plans after Beijing?

I am not sure about retiring or not. I want to start a career in financing; maybe I will network with Bank of America since they sponsor me and work for them after the Olympics. If I can renew my sponsorship, I might play for another two years.

What obstacles have you overcome to get where you are?

Sometimes when I wake up, I don't want to go to training. It also took me eight years to finish college. I have been with my girlfriend, now fiancée, for over ten years! I had to move a lot; last year, I was in twenty different countries. Traveling really puts a toll on us — I feel like I live in the airport. Also, in terms of badminton, sometimes I feel that I don't improve fast enough. It takes a lot of perseverance, hard work, patience and family support.

Do you ever think of quitting?

I want to enjoy other aspects of life like my career. Most of my life has been badminton, and it might be time to move on. I don't know what's on the other side of the field. But I will come back, maybe have my own club, coach a high school. Also, my fiancée does not want me to travel so much.

What do you think is the common perception of badminton?

Since the majority of badminton players are Asian, Caucasians think it is an Asian sport. It is popular in Europe though. In America, people have a backyard mentality about badminton; they think it is a silly sport. Actually, badminton is indoors, never outdoors. When people ask me, "How do you play when it rains," I am like, "Are you kidding me?" Badminton is the second most popular sport in the world, and I want to be the ambassador of the sport.

Do people think you have an advantage in badminton just because you are Asian?

I think that it is more a self-fulfilling prophecy. If you believe you are good because you are Asian, it happens. But I want to show that even though I am American, I can be good too. But even in Europe, clubs hire Asian coaches. It is part of the culture.



KHAN “BOB” MALAYTHONG

Khan “Bob” Malaythong came to the U.S. at the age of eight from a small village in Laos. Soon after he moved here, he began training with his brother-in-law, a badminton fanatic, at a nearby recreation center. From the beginning, Malaythong showed talent in the sport, but it was not a smooth ride to get to where he is now. He went through self-doubting phases, but now he is even more persistent individual. Malaythong is also a coach at Villa Park High School, which has won six consecutive California Interscholastic Federation (CIF)-Southern Section championships under his direction. Malaythong said that it took him and doubles partner Howard Bach time to build chemistry and combine their styles into a successful partnership.

INTERVIEW BY BELEZA CHAN

What was it like growing up in Laos?

It was rough. We didn't have much; I didn't even have shoes. I only had one piece of underwear. I used to eat sticky rice and salt for a meal. We had one piece of meat and that was it. I was malnourished, really skinny but had a big belly. But I was happy. As a little kid you don't think that there is a better place.

What was the biggest culture shock when you moved to the U.S.?

I thought I knew English, but I didn't. Laos was colonized by the French, so I was taught French in school. When I took the placement test in America, someone pointed to a garbage can, and I said garbage can in French, so then I realized I did not know English. (laughs) I also threw up when I had pizza for the first time because it had cheese in it, but now I love cheese!

How did you start in badminton?

When I moved to the U.S., I started playing at the club with my brother-in-law. Everything came naturally. I had good hand-eye coordination.

What is it like to play for America and for Laos at the same time?

I have pride in both countries, and I will represent both, but most of all America for giving me the opportunity to be in the Olympics. At Laos, I would never be playing badminton at the professional level because kids in Laos don't have this kind of opportunity. But if they had, badminton would be natural to children over there.

How is it trying to have a normal life and training for the Olympics?

The process was simpler before when there were only tournaments and trainings. Now, there is media, running errands and training. Things come fast, and you need to manage your time wisely. Also, get rest for sure. I need a nap every time before training.

BADMINTON



USA BADMINTON

BORN:

April 10, 1981
in Vientiane, Laos

CURRENT RESIDENCE:

Rockville, MD

ETHNICITY:

Laotian

HEIGHT:

5'10"

WEIGHT:

150 lbs

EVENT:

Men's Doubles

DOUBLES PARTNER:

Howard Bach

DID YOU KNOW?

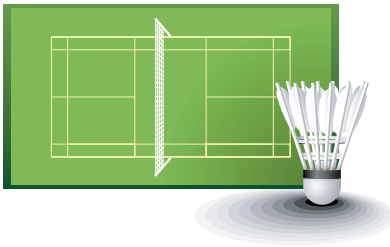
Malaythong appeared in a Vitamin Water commercial with partner Howard Bach, Chicago Bears' Brian Urlacher and Boston Red Sox's David Ortiz.

BADMINTON

» THE FIRST YEAR OF OLYMPIC BADMINTON COMPETITION WAS IN 1992 AT THE BARCELONA SUMMER GAMES. IT HAD PREVIOUSLY BEEN CONSIDERED A DEMONSTRATION EVENT AT THE 1972 GAMES IN MUNICH. THE SPORT THEN BECAME AN EXHIBITION SPORT AT THE 1988 SEOUL GAMES. THERE WERE ONLY MEN'S AND WOMEN'S DOUBLES.

» AT BARCELONA, THE KOREAN AND CHINESE TEAMS TOOK THE MAJORITY OF THE MEDALS, WITH THE KOREAN PLAYERS SWEEPING THE MEN'S AND WOMEN'S GOLDS.

» BADMINTON HAS MANY INCARNATIONS AROUND THE WORLD. THE EARLIEST KNOWN FORM GOES BACK TO ANCIENT GREECE. IN 16TH CENTURY JAPAN, THE SPORT WAS PLAYED MAINLY BY GIRLS AND DIDN'T USE A NET. THE BRITISH ARMY OFFICERS ADAPTED THE GAME FROM INDIA IN THE 19TH CENTURY, TRANSFORMING IT INTO A SPORT OF THE UPPER CLASSES.



What will you do if you win the gold?
Go to Disneyland. (laughs) I would love to share it with so many people because I didn't do it alone.

What are your plans after Beijing?
I am moving to Marvelhead, Mass., to pursue a coaching career. I will be retiring my international career, and I will be coaching the youth team at the badminton club over there.

Why are you retiring?
I am retiring because I want to make a living with my passion in badminton. I love coaching kids and seeing them improve because I have been there. And I will be able to get paid for doing what I love.

What obstacles have you overcome before you got to where you are now?
One of them is self-doubt and wanting to quit sometimes, especially when I didn't perform well. I couldn't make a living playing badminton, had no college degree, no work. It was lots of stress. At 25, two years ago, I didn't have anything. But I feel that you need to face obstacles in order to grow. I put a lot of pressure on myself: I feel that it is either I will make it or I quit it. But I am glad that I found supporters at Orange County Badminton Club. I have been blessed, and to show my appreciation, I will want to share the gold medal with them.

What would you tell people who think that badminton is not a serious sport?
I would tell them that it is the hardest sport. If they would be in the court against me, they would not catch any. After retiring, I want to show the U.S. that badminton is a fun and fast sport to play, and to see that, they have to play against a professional.

- Career Highlights**
- 2007**
- Irish International Championships, Men's Doubles (Howard Bach), Gold
 - U.S. Open, Men's Doubles (Howard Bach), Silver
 - Pan American Games in Rio de Janeiro, Brazil, Men's Doubles (Howard Bach), Silver
 - Pan American Games in Rio de Janeiro, Brazil, Mixed Doubles (May Mangkalakiri), Gold
 - Pan American Badminton Championships in Calgary, Alberta, Canada, Men's Doubles (Howard Bach), Silver
 - Pan American Badminton Championships in Calgary, Alberta, Canada, Team Event, Silver
 - U.S. Adult National Championships, Men Doubles (Howard Bach), Champion
 - U.S. Adult National Championships, Mixed Doubles (May Mangkalakiri), Runner-up
 - U.S. Adult National Championships, Men Singles, 4th Place
- 2006**
- U.S. Adult National Championships, Men Doubles (Howard Bach), Champion
 - U.S. Adult National Championships, Mixed Doubles (May Mangkalakiri), Runner-up
- 2005**
- World Championships, Participant
 - Pan American Championships, Men's Doubles, Champion
 - SCBA International, Men's Doubles Runner-Up, Mixed Doubles Quarterfinalist
 - U.S. Nationals, Men's Doubles and Mixed Doubles Champion
- 2004**
- Trinidad & Tobago International, Men's Doubles Champion, Mixed Doubles Quarterfinalist
 - Canadian Open, Men's Doubles Semifinalist, Mixed Doubles Quarterfinalist
 - New Zealand International, Men's Doubles Finalist, Mixed Doubles Semifinalist
 - Boston Open, Men's Doubles, Champion
- 2003**
- U.S. Open, Men's Doubles (Tony Gunawan), Champion
 - Thailand Open, Men's Doubles, Quarterfinalist
 - U.S. Nationals, Men's Doubles, Champion



MESINEE "MAY" MANGKALAKIRI

Mesinee "May" Mangkalakiri's love for badminton began when a close family friend opened a badminton facility in 1996 and invited her to play. She was named the U.S. Olympic Committee's Female Badminton Athlete of the Year in 2001, 2003 and 2005.

Mangkalakiri earned a Bachelor of Arts degree in Social Ecology at the University of California, Irvine, in June 2006. She works part-time as a badminton coach at the Orange County Badminton Club in Orange, Calif.

She is proudest of passing on what she has learned to the many kids in the U.S. Badminton Development Foundation/Orange County Badminton Club youth badminton group program.

- Career Highlights**
- 2007**
- Irish International Championships, Women's Doubles (Eva Lee), Silver
 - Pan American Games in Rio de Janeiro, Brazil, Women's Doubles (Eva Lee), Gold
 - Pan American Games in Rio de Janeiro, Brazil, Mixed Doubles (Bob Malaythong), Bronze
 - Sudirman Cup in Scotland, U.S. Team Member
 - Pan American Badminton Championships in Calgary, Alberta, Canada, Women's Doubles (Eva Lee), Silver
 - Pan American Badminton Championships in Calgary, Alberta, Canada, Team Event, Silver
 - U.S. Adult National Championships, Women's Doubles (Eva Lee), Runner-up
 - U.S. Adult National Championships, Mixed Doubles (Bob Malaythong), Runner-up
- 2006**
- Canadian International, Women's Doubles Champion
 - Canadian International, Mixed Doubles, semifinalist
 - Boston Open, Women's Doubles Champion
- 2005**
- U.S. Adult National Championships, Women's Doubles and Mixed Doubles Runner-up
 - World Championships, Qualified in Women's Doubles and Mixed Doubles
 - Uber Cup Final team member in Sendai, Japan
 - World Championships, Participant
 - OCBC/Yonex International, Mixed Doubles Champion
 - World Championships, Qualified in Women's Doubles and Mixed Doubles
 - U.S. Adult National Championships, Women's Doubles and Mixed Doubles Champion
 - Region 5 SCBA Classic, Orange, Calif., Mixed Doubles Quarterfinalist
 - Pan Am Team Championships, Barbados, Silver in team event
 - Sudirman Cup team member in Beijing, China
- 2004**
- U.S. Adult National Championships, Mixed Doubles Runner-Up
 - Region 4 Classic, Spokane, Wash., Women's Doubles and Mixed Doubles Champion

BADMINTON



USA BADMINTON

BORN:
April 21, 1983
in Los Alamitos, Calif.

CURRENT RESIDENCE:
Garden Grove, Calif.

ETHNICITY:
Thai

HEIGHT:
5'7"

EVENT:
Women's doubles

DID YOU KNOW?
Mangkalakiri enjoys visiting Disneyland.

BADMINTON



BORN:
February 3, 1983
in Atlanta, Georgia

CURRENT RESIDENCE:
Anaheim, Calif.

ETHNICITY:
Indian

HEIGHT:
5'11"

WEIGHT:
152 lbs

EVENT:
Men's singles

DID YOU KNOW?
Rai likes to impersonate
Indian Canadian comedian
Russell Peters.



RAJU RAI

Ranked 68th in the world as of May 2008, Rai would not have qualified for the Olympics in previous years, when only the top 48 players were allowed to compete.

Rai said in 2005 that if he made it to the Olympic Games, he would be satisfied with his accomplishment. He currently studies biology at Santiago Canyon College and has plans to pursue a degree in optometry after the Olympics and eventually become an optometrist.

Career Highlights

2007

U.S. Open, Men's
Doubles, Bronze

2006

Boston Open,
Men's Singles, Gold

U.S. National
Championships,
Men's Singles, Gold

2005

SCBA Open, Men's
Singles Semi Finalist,
Men's Doubles Silver

Pan American
Championships,
Men's Doubles Gold,
Men's Singles Bronze

Pan American Team
Championships, Silver

U.S. National
Championships,
Men's Singles, Gold

2004

U.S. National
Championships,
Men's Singles and Mixed
Doubles, Men's Doubles

Trinidad Open,
Men's Singles Silver,
Men's Doubles Gold

New Zealand
International,
Men's Doubles, Silver

U.S. Open, Men's Singles
Quarterfinalist

2003

Pan American Games,
Santo Domingo,
Dominican Republic,
Mixed Doubles,
Bronze

Siam Cement Thailand
Open, Men's Doubles

Siam Cement Thailand
Open, Men's Singles

2000

U.S. Junior National
Championships, Under 19
Boy's Singles Finalist

U.S. Junior National
Championships, Under 19
Boy's Doubles Finalist

U.S. Junior National
Championships, Under 21
Boy's Singles Finalist

U.S. Adult National
Championships,
Men's Singles

U.S. Adult National
Championships,
Men's Doubles

U.S. Open, Men's Doubles

U.S. Open, Men's Singles



BRYAN CLAY

Bryan Clay is one of the world's great athletes and among the favorites to win the decathlon at the Beijing Olympics. His event spans two days of 10 events of running, jumping and throwing. As the silver medalist in the 2004 Athens Olympics, Clay completed the 2008 Olympic trials with a stunning finish: 10.39 s in the 100 m; 13.75 s in the 110m hurdles; 6-9¼ ft. high-jump; and 173-foot discus throw (nearly 11 feet beyond everybody else in the field), all this despite being one of the smallest decathlon athletes.

Olympic fame and esteem are a long way from his days of teenage rebellion. The challenge, self-reliance and discipline required in track and field appealed to Clay, who got the idea of trying the decathlon when he met former Olympic decathlon bronze medalist Chris Huffins during his sophomore year in high school.

Career Highlights:

2008

Olympic Trials champion

IAAF World Indoor
Championships, gold

2006

World Indoor
Championships, gold

2005

World Championships in
Athletics, gold

2004

Olympic Games, silver

World Indoor
Championships, silver

Two-time NAIA LJ
champion

DECATHLON



BORN:
January 3, 1980
in Austin, Texas

CURRENT RESIDENCE:
Glendora, Calif.

ETHNICITY:
Japanese, African American

HEIGHT:
5'11"

WEIGHT:
174 lbs

DID YOU KNOW:
Clay says on New Year's Eve,
he drinks ozoni, a traditional
Japanese rice soup.

DIVING



USA DIVING

BORN:

Sept. 10, 1992
in Bellflower, Calif.

CURRENT RESIDENCE:

Indianapolis, Ind.

ETHNICITY:

Japanese

HEIGHT:

4'10"

EVENTS:

10m platform, 10m synchronized diving

DID YOU KNOW?

Despite the fact that she jumps off 10 meter platforms, Ishimatsu is afraid of heights.



USA DIVING

HALEY ISHIMATSU

Fifteen-year-old Haley Ishimatsu began diving just four years ago and has already reached star status. Since ascending to senior elite level in 2006, Ishimatsu has placed in the top 10 of almost every national and international competition she has entered. Ishimatsu made the switch to diving when she fractured her elbow in gymnastics, following in the footsteps of her older sister Tory who did the same after injuring her own elbow in gymnastics. It soon became clear that she had Olympic potential, and in 2006, she, her dad, and her sister moved from California to Indianapolis, Ind., in order to train at the national USA Diving training center. The move did not come without sacrifices, as her mom has had to remain in California. Ishimatsu trains four and a half hours everyday and takes online classes instead of attending high school. However, the grueling training schedule has paid off — Ishimatsu will be one of the few women in Olympics diving to be performing a back 3 ½ somersault pike, which has a difficulty level of 3.6.

Career Highlights

NATIONAL

2007

Kaiser Permanente National Diving Championships 10m platform, Bronze

Speedo USA Diving Spring National Championships 10m platform and synchronized 10m, Silver

2006

Speedo U.S. Open 10m platform, Silver

Kaiser Permanente National Championships 10m platform, Silver

Speedo USA Diving Spring National Championships 10m platform and synchronized 10m, Gold

2005

Speedo Junior National Championships 1m platform, Bronze

INTERNATIONAL

2008

FINA Diving World Cup 10m, 8th; and synchronized 10m, 8th

2007

World Championships synchronized 5th on 10m, 29th on 10m platform

Canada Cup synchronized 10m, Bronze

Comunidad de Madrid synchronized 10m, Silver

Italian Grand Prix synchronized 10m, Bronze

Pan American Games 10m platform, Silver; synchronized 10m, Bronze

2006

International debut at age 13 and represented the U.S. in five Grand Prix events as well as the FINA Diving World Cup; appeared in the finals in two Grand Prix events and placed 14th on 10m platform at the World Cup



CRIMSON/ALEXANDRA

EMILY CROSS

Top-ranked female foil fencer Emily Cross began fencing with her dad as a father-daughter activity when she was nine years old. She stayed with it, deciding that it offered a good middle ground between the lightning-quick pace of sabre and the more methodical pace of épée.

As the 2005 and 2006 junior world champion, Cross has made significant strides at the senior level, recently reaching the final eight at the World Cup event in Las Vegas. Cross, who is coached by Michael Petin, is currently ranked #11 in the world and will be making her first Olympic appearance in Beijing. After the Olympics, Cross will return to Harvard to finish her degree.

Career Highlights

2008

Pan American Championships, Gold

2006

Junior Championships, Individual Foil, Gold

National Collegiate Athletics Association, Bronze

2005

Trofeo Federico II, Women's Foil World Cup, Gold

Junior Championships, Individual Foil, Gold

First Team All-American, Harvard University,

Harvard University, Rookie of the Year

2001

World Fencing Championships, Bronze

FENCING



NBC OLYMPICS

BORN:

October 15, 1986
in Seattle, Wash.

CURRENT RESIDENCE:

New York, NY

ETHNICITY:

Hapa Korean

HEIGHT:

5'5"

WEIGHT:

120 lbs

EVENT:

Individual foil, team foil

DID YOU KNOW?

Emily Cross is known to make screaming sounds as a way of releasing tension during matches.

FIELD HOCKEY



USOC

BORN:

October 2, 1980
in Harrisburg, Penn.

CURRENT RESIDENCE:

Chula Vista, Calif.

ETHNICITY:

Hapa Vietnamese

HEIGHT:

5'3"

WEIGHT:

130 lbs.

POSITION:

Goalkeeper

DID YOU KNOW?

Her favorite food is
chocolate ice cream.



AMY TRAN

Goalie Amy Tran, 27, began playing field hockey because it was the only sport offered for girls at her school in Fredericksburg, Penn. She was the only American to make the World Hockey All-Star Teams in 2006 and 2007. Tran has been named goalkeeper of the tournament five times in her international career, including the 2006 World Cup. She has been a member of the U.S. National Team since 2001 and is also the assistant field hockey coach at Lafayette College. She graduated from the University of North Carolina in 2002 with a Bachelor of Arts in communication studies/speech and hearing sciences. Her favorite movie is *Amélie*, and her favorite actors include Johnny Depp and Jackie Chan.

This will be her first time at the Olympics as well as the U.S. Field Hockey Team's first Olympic appearance since 1996. Their first match is on August 10th against Argentina.

INTERVIEW BY NANCY WENG

What made you interested in field hockey?

I played soccer when I was younger, but in seventh grade our school didn't offer girls soccer, so I switched to field hockey. Goalkeeper was the most similar to soccer.

What were some of the obstacles you had to overcome in becoming a professional field hockey player?

We aren't necessarily professional athletes. We receive a stipend from our association and the Olympic committee, and we have sponsors, such as Home Depot who allow us to work part-time for the company. A big challenge for us all is to find balance in our lives with sport, careers, friends and family.

Do you ever consider any other professions?

I won't be able to be an athlete forever, so I'm trying to enjoy being an athlete right now. I really love playing hockey and consider myself lucky to do what I love for a career right now.

What are the best and worst parts of being a professional field hockey player?

The best part of what I do is representing our country. It's an emotional experience each time our anthem is played before we take the field for a match. The worst part of being an athlete is also one of the most positive parts of it. I am not a huge fan of running, but doing our running workouts as a team actually becomes a very powerful team-building tool. We complete each workout because our teammates are doing it beside us. It builds team unity and strength while improving fitness.

What are your strengths and weaknesses?

I believe my strengths are my quickness and reflexes. I have too many things to improve on to list them all.

What is your daily routine like?

I wake up at about 6 a.m. I have a slow, relaxing morning with a big breakfast. We then train from 8 to 10:30 a.m. on the field. After that we

eat lunch and have a short break. Then we will either go to weights or do a conditioning workout with another practice. We eat dinner right after and then are free for the rest of the night. Sometimes I'll go to yoga to take care of my body; other times I'll relax and just watch a little television with my roommates. Each day I make time to talk to family and friends back on the east coast.

How do you feel knowing that the Olympics are coming up soon?

I'm very excited and anxious. Everything has a different feel because of pressures to perform, but at the same time we are doing the same thing that we've been doing for years.

What are your plans after the Olympics?

We have a couple of months off directly after the Olympics to relax and recover. The end of the year is fairly light with the goal of maintenance; then we'll begin again next January.

Where do you see yourself 20 years from now?

Given our schedule, it's sometimes difficult to know where I'll be 3 months from now, so seeing where I'll be in 20 years seems impossible.

Who is your role model?

My parents. My mother is a selfless person who puts other's needs and wants before her own. My father came to the U.S. with nothing but the shirt on his back, and with hard work and smart decisions he has made a comfortable, happy life.

Do you have any advice for aspiring athletes?

It's very simple: enjoy it. Whatever you chose to do make sure you enjoy it.

Career Highlights

NATIONAL TEAM

2007-08

USA National Squad

2006-07

USA National Squad

2005

USA National Squad

2004

USA National Squad

2003

USA National Squad

2002

USA Under-23 Squad/
U.S. National Squad

2001

USA National Squad/
Under 21 Squad

2000

USA Under-21 Squad

1999

USA Under-20 Squad

NATIONAL CAREER

2007

Chile 4 Nation
"Goalkeeper of the
Tournament"

2006

Named 2006 World
Hockey All-Star

World Cup Qualifying
Tournament, Rome, 4th

Named Goalkeeper of
the tournament by
participating teams at
World Cup Qualifier

Named Goalkeeper of
the Tournament at the
AstroTurf March on
Madrid tournament

Named World Cup
Goalkeeper of the
Tournament

2005

Rabobank Champions
Challenge, Virginia Beach,
5th

Named Goalkeeper of
the Tournament at the
Rabobank Champions
Challenge Nominated
for FIH Female Player of
the Year...

2004

Olympic Qualifying
Tournament Team
Starting goalkeeper in all
five USA Pan American
Cup games going 4-1
with two shutout victories

2003

Champions Challenge,
Catania, Italy

Pan American Games,
Santo Domingo, Domini-
can Republic, Silver

FIELD HOCKEY

» FIELD HOCKEY DEBUTED AT THE
1908 LONDON SUMMER GAMES.

THE TEAMS THAT COMPETED

WERE MAINLY FROM EUROPE,

INCLUDING FOUR TEAMS FROM

ENGLAND AND IRELAND. THE

SPORT WAS REMOVED FROM THE

1924 PARIS GAMES BECAUSE OF

THE LACK OF INTERNATIONAL

STRUCTURE. IN THE BEGINNING,

TEAMS FROM INDIA AND PAKISTAN

DOMINATED THE MEDAL

STANDINGS. INDIA WON GOLD

IN EACH SUMMER GAMES FROM

1928-1956. THE WOMEN'S FIELD

HOCKEY COMPETITION TOOK

PLACE AT THE 1980 MOSCOW

GAMES. TEAM U.S.A. HAS ONLY

MANAGED TO WIN THE BRONZE

IN 1932 AND 1984.



FIELD HOCKEY



USFIELDHOCKEY.COM

BORN:

February 20, 1983
in Daegu, South Korea

CURRENT RESIDENCE:

Virginia Beach, VA

ETHNICITY:

Korean

HEIGHT:

5'2"

EVENT:

Field Hockey

POSITION

Midfield/Back



TOWNNEWS.COM

KAYLA BASHORE

Kayla Bashore was born in South Korea but grew up in Soemakersville, Pa. She began playing field hockey at age 15 when the field hockey coach approached and asked her to try the fall sport. Because soccer was her first love, she was hesitant in joining the field hockey team; she joined, however, because the soccer team at the time lacked depth and skill on the field.

She played for the Hoosiers from 2001 to 2003 and in 2005. Bashore was an All-American twice and currently sits in second place on the list of most career goals scored with 23. In her senior season, she was named Big Ten Player of the Year after scoring 12 goals and recording 29 points, both the second-best single-season totals in Indiana University field hockey history.

Career Highlights

2007-08

USA National Team

2006-07

USA National Team

2006

World Cup
Madrid, Spain, 6th

World Cup Qualifier,
Rome, Italy, 4th

2004

USA Under-21 Team

International Games: 54
International Goals: 3



USA GYMNASTICS

KEVIN TAN

Kevin Tan, a 27-year-old Bay Area native, began gymnastics in 1988 at the age of seven. Growing up as a hyper active child, Tan used gymnastics as a way to get out of the house and into something productive. Tan attended Pennsylvania State Univ., where he was a member of the school's 2004 NCAA championship team, contributing as a six-time All-American and the team's first back-to-back NCAA champion on still rings. Tan represented the United States at the World Artistic Gymnastics Championships in November 2005, and he was captain of the men's team for the 2006 World Championships. Tan's parents moved from China to Hong Kong in the late 1940s and then to California, where his father attended Stanford University. His Chinese name is Kai Wen.

INTERVIEW BY IVAN NATIVIDAD

You have been consistently successful in gymnastics. What do you attribute your success to?

I was a very hyperactive child. My parents felt it would be good to channel that energy into gymnastics. At first it was one of many sports that I played, along with golf, baseball and tennis. As I got older, I stuck with it because I loved it so much. My success comes from my love of the sport. I really enjoy the still rings event; it has always been something I have been able to do naturally.

On past gymnastics teams, you have been nominated as team captain. Why have your teammates considered you to be such a leader?

The team captain is voted on by the team, which is a great honor. I think I am considered a leader because of my demeanor. To be a good leader, you need to have confidence and calmness. You should be able to lead by example

GYMNASTICS



USA GYMNASTICS

BORN:

September 24, 1981
in Fremont, Calif.

CURRENT RESIDENCE:

Fremont, Calif.

ETHNICITY:

Chinese

FAVORITE EVENT:

Rings

DID YOU KNOW?

Tan hates pizza.

GYMNASTICS

» SINCE THE DEBUT OF MEN'S AND WOMEN'S GYMNASTICS, THE RUSSIAN TEAM (FORMALLY KNOWN AS THE SOVIET TEAM) HAS DOMINATED THE MEDAL COUNT. BUT IN 1996 AT THE ATLANTA GAMES, TEAM U.S.A. NARROWLY EDGED THE RUSSIANS IN THE TEAM COMPETITION WINNING THE GOLD MEDAL ON KERRI STRUG'S NEAR-PERFECT THIRD VAULT. THAT TEAM U.S.A. WAS COMPRISED OF THE MAGNIFICENT SEVEN THAT INCLUDED AMY CHOW, A CHINESE AMERICAN FROM SAN JOSE. SHE WENT ON TO WIN THE SILVER MEDAL IN THE UNEVEN BARS COMPETITION IN ATLANTA.



Amy Chow

and speak up when you know something needs to be addressed.

As the only Asian Pacific American on the team, do you feel a sense of pride representing the community?

Being part of the Asian American community is something that I am very proud of, and going to the Olympics to represent America as an Asian American is very rewarding. To be able to represent that community is a great thing.

With the Olympics being held in Beijing, is there any added pressure you feel as a Chinese American going back to your parent's homeland of China?

Not at all; I think it makes it that much better. To be able to go back to the country where my father grew up and lived, and experience the tradition and culture that he lived through is something special.

Going into the Olympic competition, what are your greatest goals and challenges?

We want to obtain a team medal, preferably the gold medal, and for me I hope to make it to the still ring final and to the podium for a medal. Our greatest challenges are going to be realizing that we are in the Olympics, and that it is a great opportunity for all of us. Another challenge for us is being able to give consistent, sharp and clean routines.

If you could give any advice to APA athletes looking to compete at the Olympic level, what would you tell them?

I would tell them that nothing is impossible, and if you really want success you need to give it all you have in the gym. You need to do everything you can to reach your goals.



USA GYMNASTICS

Career Highlights

2008	2005
U.S. Olympic Team Trials, Philadelphia, 1st in Still Rings	Visa Championships, Indianapolis, 2nd in Still Rings
USA vs. Canada, Calgary, Alberta, 1st Team in Pommel Horse and Still Rings.	Winter Cup Challenge, Las Vegas, 2nd in Still Rings
Visa Championships, Houston, 1st in Still Rings	Visa Championships, Nashville, 2nd in Still Rings
2007	2004
Winter Cup Challenge, Las Vegas, 1st in Still Rings	NCAA Men's Gymnastics Championships, Champaign, 1st
Internationaux de France, World Cup, Paris, 1st in Still Rings	Winter Cup, Las Vegas, 1st in Still Rings
2006	2003
Visa Championships, St. Paul, 1st in Still Rings	NCAA Men's Gymnastics Championships, Philadelphia, 1st in Still Rings, 3rd in team competition.
Winter Cup Challenge, Las Vegas, 1st in Still Rings	Winter Cup Challenge, Las Vegas, 1st in Still Rings



USA JUDO

SAYAKA MATSUMOTO

Sayaka Matsumoto was born in Japan and raised in the Bay Area. She began studying judo at the age of 5 under the instruction of her father. Her love for judo drove her to six consecutive national titles and seven championships overall. At 17, Matsumoto missed the cut for the 2000 Sydney Olympic Games when the team was selected through a point system instead of trials. After Sydney, Matsumoto became the top-ranked judoka until the 2004 Olympic Games in Athens when the United States fell one slot short of qualifying. At the 2008 U.S. Olympic team trials, however, she won the event and qualified for her first Olympic games.

INTERVIEW BY MICHELLE-LINH NGUYEN

How did you first get interested in judo?

My father's the head instructor of our judo club. He took over the dojo when I was just a baby. It was just like, one day, "You're going to start doing judo now."

What motivates you?

Training everyday, I sacrificed a lot: partying, going out with friends and being in school plays. What motivates me is my love of judo and the feeling that hard work pays off. It's fun to be successful.

Is drama something you're interested in?

I was really interested in doing musicals in high school. I like singing and being in front of people and being loud. I wanted to be in the school plays, but I couldn't because judo practice was at the same time as the rehearsals. Maybe I'll realize my dream in 10 years on Broadway. Anything's possible!

You studied Mass Communications at UC Berkeley. What's your most memorable moment from your college years?

My first year I lived in the dorms, and there was a group of girls that got really close. It was the first time I had lived away from home. I didn't get to experience all of the social stuff, but I did get to do things like shopping and eating at 2 in the morning — that didn't help me when I was making weight.

You took some time off from college to train. What effect did that have on your college experience?

I took three semesters off. By the time I got back, most of the other people were on their way out. In that sense, I focused more on going to classes rather than the social stuff.

You teach at the East Bay Judo Institute. Are there any rules you make sure to teach your students?

We try to teach the philosophy of judo. It's not just a sport where you try to beat people up and

JUDO



USA GYMNASTICS

BORN:

December 5, 1982 in Omiya, Japan

HOMETOWN:

Richmond, Calif.

CURRENT RESIDENCE:

El Cerrito, Calif.

ETHNICITY:

Japanese

HEIGHT:

5'2"

WEIGHT:

106 lbs

EVENT:

48 kg Judo

DID YOU KNOW?

Matsumoto and her boyfriend have two cats; one of them is named after her boyfriend's favorite judo player, Koga.

JUDO

» JUDO WAS CREATED BY KANO JIGORO IN THE 19TH CENTURY. THE OBJECT IS TO THROW DOWN OR IMMOBILIZE THE OPPONENT THROUGH A GRAPPLING MANEUVER OR FORCE HIM/HER TO SUBMIT BY JOINT LOCKING OR CHOKING. ONLY IN CERTAIN PRACTICE CIRCLES ARE WEAPONS ALLOWED. A PRACTITIONER OF JUDO IS CALLED A 'JUDOKA.' THE INTERNATIONAL JUDO FEDERATION SUCCESSFULLY LOBBIED FOR WEIGHT CLASSES IN THE 1960S THAT BETTER DIFFERENTIATED COMPETITION.

» JUDO DEBUTED FIRST AS A MEN'S COMPETITION AT THE 1964 TOKYO GAMES. THE WOMEN BEGAN TO COMPETE AT THE 1988 SEOUL GAMES. IT IS A WIDELY HELD NOTION THAT THE 1964 JUDO COMPETITION WAS A DEMONSTRATION EVENT. IT WAS IN FACT A FULL OLYMPIC SPORT. KEVIN ASANO BECAME THE FIRST ASIAN AMERICAN AND SECOND ATHLETE TO WIN A MEDAL AT THE 1988 SEOUL GAMES, WINNING THE SILVER IN THE MEN'S EXTRA LIGHTWEIGHT (60KG) CLASS.



win. It instills self-confidence. It teaches you to be humble and have manners, integrity and respect for others. We've been taught this as instructors — most of us were students of the institute ourselves. We try to pass the message on to our students.

Do you have any advice for an aspiring judo athlete?

For some sports it's either like you're born for it or not; there's a certain type of body. But judo really is a sport where you can be any size, any height, and if you work really hard you can be really great.

Have you faced any stigma being a female in this sport?

I mean, there are probably more males; it's a contact sport. But women's judo has come a long way. It was only in 1996 that it was officially in the Olympics, so it's only been 12 years since we've been included. There are definitely more women doing judo now. I've never experienced a stigma; some people crack jokes like "Oh, it's just women's judo..." but I don't take it personally.

Do you hear a lot of "Asian-Martial Arts" cracks?

Not really. They're not necessarily Asian cracks, but I do get a lot of misconceptions of what judo is. Like the "judo chop." There's no chopping in judo; it's throwing and chokeholds. I used to get the Oh-you-do-judo-you-want-to-fight-me? thing, but I wouldn't necessarily say it's because I'm Asian.

When someone sees an Asian, they automatically think they're Chinese. So when people find out I do judo, they automatically think I do karate, just because it's more well known. They categorize all martial arts into one: karate.

Where do you see yourself in 10 years?

In 10 years I see myself being a successful judo coach, probably not competing anymore. I definitely want to coach athletes, and I want to do something with my major that I enjoy — maybe even be a reporter!



Career Highlights

2008	2005
U.S. Olympic Team Trials for Judo, Gold	Puerto Rico Open, Gold
USA Judo Senior National Championships, Silver	USA Judo Senior National Championships, Gold
Olympic Zone Cup, Silver	Pan American Championships, Bronze
Pan American Championships, Fifth	U.S. Open, Bronze
	Rendez-Vous Canada, Bronze
2007	2004
Finnish Open, Gold	U.S. Olympic Trials, weight not qualified to attend, Gold
USA Judo Senior National Championships, Gold	Fall Classic Nationals, Gold
Fall Classic National Championships, Gold	USA Judo Senior National Championships (52kg), Gold
U.S. Open, Bronze	U.S. Open, Silver
Rendez-Vous Canada, Fifth	Rendez Vous Canada, Fifth
British Open, Fifth	Pan American Championships, Fifth
2006	
U.S. Open, Silver	
Finnish Open, Silver	
USA Judo Senior National Championships, Silver	
Pan American Championships, Bronze	



TAYLOR TAKATA

Taylor Takata, born and raised in Hawai'i, staked his claim on the sport of judo first at 60kg, where he represented the U.S. at both the Junior and Senior World Championships. He has won gold and silver medals at the Senior National Championship and U.S. Open and is a two-time Pan American champion. In 2004, he moved up to the 66kg division and missed out on an Olympic ticket after he lost to a two-time Olympian. This year, he was the top seed and earned a ticket to Beijing.

Takata recently dropped by his alma mater, 'Iolani School, on his way to Beijing to hold a judo clinic for youths. The *Honolulu Star-Bulletin* reported that Takata's message to the youths was simple: "It's not about the winning; it's about the doing your best."

Career Highlights

2008	2006
2008 U.S. Olympic team trials, Gold	Benito Juarez Championships, Bronze
Olympic Zone Cup qualifier, Bronze	USA Judo Senior National Championships, Gold
Jose Ramon Rodriguez Championships, Bronze	New York Open, Gold
Pan American Zone Cup, Bronze	Pan American Championships, Fifth
2007	2005
FEDOJUDO International Cup, Gold	U.S. Open, Fifth
U.S. Open, Silver	New York Open, Silver
USA Judo Senior National Championships, Silver	USA Judo Senior National Championships, Bronze
Rendez-Vous Canada, Silver	British Open, Bronze
USA Judo Fall Classic National Championships, Silver	Rendez-Vous Canada, Bronze
New York Open, Silver	

JUDO



USA JUDO

BORN:
April 6, 1982
in Honolulu, Hawai'i

HOMETOWN:
Wahiawa, Hawai'i

CURRENT RESIDENCE:
Colorado Springs, Colo.

ETHNICITY:
Japanese

HEIGHT:
5'5"

WEIGHT:
145 lbs.

EVENT:
66 kg Judo

DID YOU KNOW?

Takata's girlfriend is also his coach, Danieska Carrion. Takata said that Carrion, who is Cuban, is improving her English, while he understands some Spanish.

SHOOTING



DANIELLE FONG

BORN:

April 15, 1990
in New York, NY

CURRENT RESIDENCE:

New York, NY

ETHNICITY:

Hapa Chinese

EVENT:

50m rifle three position

DID YOU KNOW?

Sandra always listens to the same playlist before she shoots. "My iPod and I are best friends," she said.



YUMAN FONG

SANDRA FONG

Sandra Fong, who goes by the nickname "Sandy," began the sport of shooting at the age of 12. Now 18, the first-time Olympian will be heading to Beijing in the summer and Princeton University as a freshman in the fall. For the Fongs, shooting is a family sport. Her older sister Abigail, who also attends Princeton, competed alongside Sandra in the Olympic trials but missed her chance for Beijing. Her younger sister Danielle, who has cerebral palsy, will be competing in shooting at the Paralympics in Beijing in September. Her dad, a Hong Kong native, also shoots, while their mom helps them prepare for competitions. Sandra, who was her high school's girls varsity swim captain, swam competitively as a child but chose to focus solely on shooting outside of school. However, she has used swimming to help her train for shooting.

INTERVIEW BY STEFFI LAU

How did you get involved in shooting?

My dad did it in high school, and six years ago he picked up a rifle again, after 20-something odd years. He got into shooting and loved the community. He brought us out to the range, and it turned into a family sport.

What is the shooting community like?

It's the kindest, most generous sports community I've been involved in, and I've been involved in sports since I was seven. It's really like a family; it fosters people doing well. The biggest thing to showcase that was when I was going to championships, and people forgot to tell me that I was competing in one event, so I didn't have half my equipment. But everyone was kind enough to lend me their equipment, and I ended up competing and winning for my age group with other people's equipment.

What was it like competing with your sister Abigail to make it to the Olympics?

The weeks leading up to the match were stressful for the two of us, since we were both

trying to get into that mental preparation. We really can't think of each other as family on the range. As much as I love Abby, and I know she loves me, on the range, we're just competitors. It was hard. She was happy for me but was obviously very disappointed she didn't make the team.

Do you get asked about sibling rivalry often?

It's not so much rivalry, but a way to push each other to get better each time. We're both training partners, so we're always striving to shoot better.

Your sister Danielle is going to Beijing for the Paralympics in September. What's it like to be both going?

I'm so proud of her because she's worked so hard to get where she is. When she was born, they told her she wouldn't be able to walk, and she does; that she wouldn't be able to talk, and she does; that she wouldn't be able to go to a normal school, and she does. She's a three-season athlete and captain of a club team. She works hard to attain her goal through discipline.

Can you speak Chinese?

Only a little bit of Cantonese. It's enough to talk a little bit with my grandparents and order lots of dim sum.

What are the reactions you get when people find out you're in shooting?

It's actually surprising the positive feedback I get. More often they're impressed and ask questions instead of dismissing it.

You're going off to Princeton in the fall.

I'm very excited to start college. I'll be going to Princeton alongside Abby. So we'll be pushing each other academically as well.

Did the fact that she attends Princeton play into your decision to go there?

I was looking for strong academic colleges with a shooting team. I was choosing between MIT and Princeton; though MIT had a NCAA team, Princeton only has a club team. But in

the end, Princeton ended up offering more for me in terms of extracurriculars, and I knew that with Abby, I would have a world-class training partner even in a club team.

What's the difference between a NCAA team and a club team?

A NCAA team competes in the NCAA league and under the NCAA rules. Those tend to be the higher caliber teams with more funding. However, Princeton is a club team, which means it competes within a regional league (the Mid-Atlantic Conference) rather than a national one and is mostly run by student interest. However, they are both competitive teams; it just depends upon the shooters who make up the team.

What will you be majoring in?

I will be doing pre-med, which isn't a major. So I'm undecided, but I'm looking somewhere in business or media.

Would you say shooting is a dangerous sport?

It's far less dangerous than any other sport. There are lots of precautions. The rifle is always pointed to a paper target. People always worry about shooting, but I tell them I'd be more worried about wrestling or gymnastics, where you could break bones.

Career Highlights

2008

U.S. Olympic team trials for shooting (Smallbore), second place in women's 3-Position Rifle, qualifying for a spot on the 2008 U.S. Olympic Team

Smallbore Champion, Junior Olympic Rifle Championships

2007

Junior Silver Medalist in smallbore 3P at the USAS National Championships

2006

World Championships (Zagreb) competed in smallbore 3P, prone, and air rifle

Junior Silver Medalist in air rifle at the USAS National Championships

National J3 record holder for 50 m prone and 3P air rifle

SHOOTING



» THE SPORT OF SHOOTING WAS INCLUDED AS AN EVENT DURING THE 1896 ATHENS GAMES. THE FORMAT OF COMPETITION CONSTANTLY CHANGES TO THE TUNE OF SOCIAL RULES AND TECHNOLOGY. THE OLYMPIC COMMITTEE ABANDONED HUMAN- AND ANIMAL-SHAPED TARGETS IN FAVOR OF A CIRCULAR TARGET. THE COMMITTEE HAS ALSO ADDED AND TAKEN AWAY DISCIPLINES. AT THE 2004 ATHENS GAMES, THERE WERE 3 DISCIPLINES: RIFLE, PISTOL, AND SHOTGUN.

SOCCER



THESOCCERCHAMPIONSTOUR.COM

BORN:

May 22, 1983
in Kahuku, Hawai'i

CURRENT RESIDENCE:

Kahuku, Hawai'i

ETHNICITY:

Hawaiian, Chinese, Filipino,
Caucasian

HEIGHT:

5'8"

WEIGHT:

143 lbs.

EVENT:

Women's soccer

POSITION:

Forward

DID YOU KNOW?

Kai has anywhere from 11 to 15 tattoos. Some tattoos are poems, while others are of the hibiscus, Hawai'i's state flower.



MEDIA.COLLEGE PUBLISHER.COM

NATASHA KAI

Hailing from a soccer background in Hawai'i where football and baseball are more popular, Natasha Kanani Janine Kai is the first female player from Hawai'i to not only train with the U.S. national team but also make the women's World Cup team. Naturally, she feels some pressure to represent her native Hawai'i. But the forward looks to be headed for soccer stardom. Kai enjoyed a stellar career at the University of Hawai'i at Manoa, where she was selected Western Athletic Conference Player of the Year an unprecedented three times and garnered a Gatorade Player of the Year her senior season after leading her team to its first division title in history. Upon graduation in 2001, she also claimed a long list of accomplishments in track, volleyball, basketball and cross-country. Not to outshine her athletic skill, Kai's style, including tattoos and on-field flair, also draws rapt attention from fans.

Career Highlights

2007

Played in seven games heading into the final pre-Women's World Cup match, starting four with two assists and one goal, in a 2-0 win over China at the Four Nations Tournament, giving the U.S. the tournament title. Was one of the final three players chosen for the 2007 U.S. Women's World Cup team

2006

Women's national team debut at 2006 Algarve Cup in Portugal, scoring in her first two games, both as a substitute. Played in 17 games in her first year on the national team, while starting four. Became just the fourth

player in U.S. women's national team history to score in her first two international games. Scored four goals in her first seven women's national team matches, including the game winner in a 1-0 victory over Japan on May 9, 2006.

2004

Leading scorer in the U.S. U-21 women's national team with 12 goals, helped lead the U-21s to the Nordic Cup title in Iceland, scoring three goals.



CACHE.VIEWIMAGES.COM

LOVIEANNE JUNG

Lovieanne Jung, 28, won a gold medal in the 2004 Olympic Games in Athens, where she was one of five Americans to start in all nine games. This will be Jung's second Olympic games. She is also a two-time World Cup Champion and a two-time Pan American Gold medalist. She attended the University of Arizona and is a member of the NPF All-Star team. She was born in Honolulu, Hawai'i but was raised in Westminster, Calif. Jung has an English bulldog named Hoku (meaning "star" in Hawaiian) and a pitbull named Gator. Her long-time boyfriend Jon Garland plays for the Los Angeles Angels. Her mother named her after the Gilligan's Island character Lovie Howell.

INTERVIEW BY NANCY WENG

What made you interested in softball?

Softball was something I started doing so I wasn't bored as a child and didn't have to stay home. I did workouts and played around at a recreation ball place, and a coach asked me if I wanted to play travel ball. The rest is history.

What were some of the obstacles you had to overcome in becoming a professional softball player?

One was playing the middle infield. I always wanted to play those positions (shortstop and second base), and many people told me over the years that I would never play there because I was too small. I usually played outfield and catcher, but I was determined and, when I got to college I took weight lifting as a class and did a lot of conditioning in order to earn my spot in the middle infield.

SOFTBALL



CACHE.VIEWIMAGES.COM

BORN:

January 11, 1980
in Honolulu, Hawai'i

CURRENT RESIDENCE:

Tucson, Arizona

ETHNICITY:

Chinese, Lithuanian, Filipino,
Spanish, Hawaiian

HEIGHT:

5'6"

POSITION:

Second base

DID YOU KNOW?

Jung aspires to become a firefighter.

SOFTBALL



» TEAM U.S.A. IS CLEARLY THE DOMINANT FORCE OF OLYMPIC SOFTBALL COMPETITION. SOFTBALL DEBUTED AT THE 1996 ATLANTA GAMES. SINCE THEN, TEAM U.S.A. HAS WON ALL 3 TEAM GOLD MEDALS. THE INTERNATIONAL OLYMPIC COMMITTEE VOTED TO REMOVE THE SPORT ALONG WITH BASEBALL FOR THE 2012 LONDON GAMES. LOVIEANNE JUNG, A PLAYER OF HAWAIIAN AND CHINESE DESCENT, WILL MAKE HER SECOND APPEARANCE AND PLAY FOR SECOND GOLD MEDAL.

Did ever you consider any other professions?

After the Olympics, I plan to train to be a firefighter.

What is your daily routine like?

I wake up at 7 a.m. and do a conditioning and weight workout until around 11 or noon and then go eat lunch. After lunch, I take care of my dogs and then head to the field around 1 or 2 p.m. for hitting and ground ball work. Then it is back at home for dinner and rest.

How do you feel knowing that the Olympics are coming up soon?

I am really excited for it to be here! We do a tour before the games and traveling all over, so I am excited to be in one place for a long time in order to focus and win the gold.

What are your plans after the Olympics?

Go back to Tucson and train for firefighting and EMT class. I also plan to travel.

Who is your role model?

My parents. They were young when they had my brother and I and didn't really have a lot of money. But they made the best of it and raised us to be good people.

If you could meet anyone, alive or dead, who would it be?

Albert Einstein. I would love to pick his brain.

Do you have any advice for aspiring athletes?

Never give up.



Career Highlights

USA SOFTBALL

2006 & 2007

Two-time World Cup Champion

2003 & 2007

Two-time Pan American Gold medalist

2002 & 2006

Two-time World Champion

2004

Sydney Olympics, Gold

2005

Pan American qualifier, Gold

1999

ISF Junior Women's World Championship, Silver

UNIVERSITY OF ARIZONA

2002 & 2004

First Team NFCA All-American

First-Team All Pacific Region

2003

Top three finalist for USA Softball Collegiate Player of the Year

Pac-10 Newcomer of the Year

Led NCAA in homeruns (25), slugging percentage and RBIs (81)

2003 & 2002

Two-time First-team All-Pac 10)

Appeared in two Women's College World Series



NATALIE COUGHLIN

Natalie Coughlin first began swimming at the local YWCA when she was only 10 months old. In 1998, at age 15, she became the first swimmer to qualify for the Summer National in all 14 events. Natalie graduated from University of California, Berkeley, in 2004, with a degree in Psychology. Now that she is out of school, she enjoys cooking and photography. Besides swimming, Coughlin enjoys running, cycling, kickboxing, yoga and weight training. She feels that experiencing sports out of the water makes her a more well-rounded athlete.

Career Highlights

2008

Olympic Qualifier — 100m backstroke; 100m freestyle; 200m individual medley; 4x100m freestyle relay; 4x200m freestyle relay; 4x100m medley relay

2007

Santa Clara Grand Prix — 400m FR-R, Gold; 100m FL, Gold; 100m FR,Gold

100m BK (WR), Gold; 200m FR (AR), Gold; 800m FR-R (WR), Gold; 400m FR-R (AR), Silver; 400m MED-R, Silver; 100m FL (AR), Bronze

2006

Pan Pacific Champs — 400m FR-R, Gold; 800m FR-R, Gold; 400m MED-R, Gold

2005

World Championships — 400m FR-R, Bronze

2004

Sydney Olympic Games 800m FR-R (WR), Gold; 400m FR-R (AR), Silver; 400m MED-R, Silver; 100m BK Gold; 100m FR, Bronze

2003

NCAA Swimmer of the Year

NCAA First Three-Time Title Holder in 100m, 200m backstroke, 100 butterfly

Pac-10 Swimmer of the Year

ESPY Award Nominee — Best Female Collegiate Athlete, Best Record-Breaking Performance

FINA World Championships, 400m Free and Medley, Gold and Silver

World Champs — 400m FR-R, Gold; 400m MED-R, Silver

2002

NCAA Swimmer of the Year

2001

USA Swimming Athlete of the Year

Pan-Pacific Championships, record-tying medals

Pac-10 Swimmer of the Year and Pac-10 Newcomer of the Year — first time in history for an athlete to be named both in same year

SWIMMING



H2OAUDIO.COM

BORN:

August 23, 1982 in Emeryville, Calif.

CURRENT RESIDENCE:

Lafayette, Calif.

ETHNICITY:

Hapa Filipino

HEIGHT:

5'8"

WEIGHT:

130 lbs.

EVENTS:

100m backstroke
100m freestyle
200m individual medley
4x100m freestyle relay
4x200m freestyle relay
4x100m medley relay

DID YOU KNOW?

Coughlin is the first woman to finish the 100m backstroke in under 59 seconds.

SYNCHRONIZED SWIMMING



NBCOLYMPICS.COM

BORN:

March 9, 1987
in New York, NY

CURRENT RESIDENCE:

Walnut Creek, Calif.

ETHNICITY:

Hapa Chinese

HEIGHT:

5'3"

WEIGHT:

135 lbs.

EVENT:

Team

DID YOU KNOW?

Annabelle does a mean Pikachu voice for her friends and teammates.



ANNABELLE ORME

Five-time national team member, Annabelle Orme will for the first time represent the U.S. at the Olympics in Beijing. Orme's Olympic dreams began when she watched the Americans compete in the 2000 Games. Since then she has been on the Olympic path to success, making the junior national team, placing third in the duet at Nationals and contributing to a fifth-place finish at the World Championships.

In March 2007, Orme discovered she had two bulging discs in her back, which would keep her out of the pool for two and a half months. Recovering from the injury motivated her to continue to pursue her goal that has led to her current success as a member of the USA Olympic Synchronized Swimming team.

Career Highlights

2007

Nominated to the 2007 U.S. Pan American and 2008 U.S. Olympic Teams

FINA World Championships: Combo 3rd, Team Tech 5th, Team Free 5th, Duet Tech 5th

FINA World Trophy Cup: Combo 2nd, Team 3rd

2006

U.S. National Championships: Duet 3rd, Team 4th

Swiss Open: Team 1st, Duet 3rd

FINA World Cup: Team 4th; FINA World Trophy Cup: Combo 1st, Team 4th

U.S. National Championships: Duet 4th, Team 3rd, Elements 2nd

2003

U.S. National Championships: Team 2nd, Duet 5th

Junior National Championships: Team 1st, Solo 6th, Figures 6th 2002

Junior National Championships: Team 1st, Duet 5th

U.S. National Championships: Team 7th; U.S. Age Groups: Solo 1st, Figures 2nd

United Airlines Open: Team 1st, Solo 1st, Figures 1st

2001

Junior National Championships: Team 4th

Awards

2006

USSS All-America Team I

2005

USSS All-America Team I

2004

USSS All-America Team I and USSS All-America Junior Team



BECKY KIM

Before a performance that demands incredible strength and endurance as well as artistry, grace and precision, Becky Kim visualizes the routine in her head and pumps up to the universal favorite "Livin' on a Prayer" by Bon Jovi. An eight-time national team member, Kim helped the team to secure a berth at the Beijing games with a gold medal finish at the Pan American Games.

Kim redshirted her senior year at Ohio State in 2007 to join the U.S. Senior and World teams in international competitions. As a Buckeye, she switched her major from Korean to nutrition and plans to become an optometrist. If she were not a swimmer, Kim would be playing golf, figure skating or dancing and has also previously participated in figure skating and gymnastics. Not surprisingly, her favorite synchronized swimming move is the splits, which she explains jokingly as "the only thing I know I can get a perfect 10 on."

INTERVIEW BY VICKI MAC

How do you feel knowing the Olympics are only weeks away?

A lot of anticipation, excitement. It's kind of hard to grasp; my ultimate dream has come to an end. I want to soak up every minute of it. I want it to slow down and go in slow motion.

What do the Olympics mean to you as an athlete and an individual?

It's a dream. I've learned so much and grown so much as a person being in the sport. Being raised in a Korean family and having teammates in the American culture, I experienced two families. It taught me to be very open and accept everyone for who they are — every shape, size, culture, background.

It also taught me about perseverance, never giving up. And also about being humble because our sport gets made fun of a lot, but I know who I am in this sport.

What is your training routine like?

Starting at 6:30 a.m. in the pool for 4 hours. Then cardio, weights, circus training, et cetera for 3 hours, then back in the pool. I train for 8 to 10 hours every day.

What is the greatest challenge you have overcome to get to where you are?

The daily grind. It's been very rewarding, and I feel very healthy and energetic. But it's physically hard to stay active for 8 straight hours. What do you tell yourself to keep going? It's not just every four years, its everyday. I have to say a lot of prayers. It gets very difficult mentally, just cranking it for 14 years. But my discipline has grown; it's become automatic. Right now I tell myself: live in the moment, don't get sidetracked.

SYNCHRONIZED SWIMMING



USASYNC.SWIM

BORN:

Feb. 28, 1985
in Redwood City, Calif.

CURRENT RESIDENCE:

Redwood City, Calif.

ETHNICITY:

Korean

HEIGHT:

5'4"

EVENT:

Team

DID YOU KNOW?

Kim loves to bake. Banana bread is her specialty.

SYNCHRONIZED SWIMMING

» SYNCHRONIZED SWIMMING WAS A DEMONSTRATION EVENT AT 4 OLYMPIC GAMES: 1952 HELSINKI, 1956 MELBOURNE, 1960 ROME, AND 1964 SAPORO SUMMER GAMES. SOLO AND DUET EVENTS WERE ADOPTED BY THE INTERNATIONAL OLYMPIC COMMITTEE FOR THE 1984 GAMES IN LOS ANGELES. THE IOC ACCEPTED THE 10-PERSON TEAM EVENT FOR THE 1996 ATLANTA GAMES.



Career Highlights

2007

Nominated to the 2007 U.S. Pan American and 2008 U.S. Olympic Teams

FINA World Championships: Combo 3rd, Team Tech 5th, Team Free 5th

2006

Collegiate Nationals: Team 2nd, Trio 1st, Solo 2nd

U.S. National Championships: Solo 5th; Team 3rd

Swiss Open: Team 1st

FINA World Cup: Team 4th

FINA World Trophy Cup: Team 4th, Combo 1st

2005

Collegiate Nationals: Team 2nd, Trio 2nd, Solo 2nd, Duet 2nd

U.S. National Championships: Team 4th, Duet 8th, Solo 10th

FINA World Championships: Team 4th

2005

Collegiate National Championships: Team 1st, Duet 1st, Trio 1st

U.S. National Championships: Team 2nd, Solo 9th, Duet 4th

National Team Trials 6th

2003

U.S. National Championships: Team 2nd, Solo 8th; Duet 5th

Junior National Championships: Team 1st, Solo 2nd, Duet 1st

2002

FINA Junior World Championships: Team 7th

U.S. National Championships: Team 2nd, Duet 9th, Solo 20th

Junior National Championships: Solo 4th, Duet 2nd, Team 1st, Figures 3rd

French Open: Team 1st

2001

U.S. National Championships: Team 2nd, Duet 13th

Junior National Championships: Solo 8th, Duet 4th, Trio 1st, Figures 10th

2000

U.S. Open: Duet, Team 1st

Honors:

2004-05

Most Outstanding Buckeye Swimmer Award 2003 All American Junior Award.

2003

All American Senior Award Senior Walnut Creek Aquanut of the Year

Who is your favorite athlete?

Laura Wilkonson because she's endured a lot, and I admire her faith in God.

What's next for you after the Games?

I'm planning to enroll again in Ohio State University and finish one more year of school. I want to get into nutrition and health to help people be healthy and happy in a natural way. It feels good to eat right and be active.

Is there something else you would like to be known for?

My goal is to be a positive role model. I always try to live my life to love people — to carry someone up who's having a bad day or give them a hug, simple acts of kindness.

Have you had the opportunity to touch someone's life as a role model?

She is kind of like my little sister who considers me her hero. She's been on the Junior Team and she's Korean American too. I find that a lot of Asian American girls come up to me and tell me "I love you, you're my hero." You don't see a lot of Korean Americans going to the Olympics, representing America. I'm so happy to be a role model for these Asian American athletes.



WANG CHEN

Wang Chen was born and raised in Beijing. She began playing table tennis after being chosen when she was in elementary school. By 11, she was a professional. She became the Junior World Singles Champion at 14. However, despite having earned two world championship medals by 2000, she was not chosen for the Atlanta and Sydney games. Coaches for the Chinese team going to Atlanta preferred older players and selected the top three players for the Sydney games, although she was fourth in the world. A famous celebrity in China, she moved to New York City and began to coach Chinese American children whose parents had heard of her. However, her comeback was not easy. She experienced extreme back pain from bending over the table, forcing her to sleep on the floor. And because of the lack of top table tennis players in the U.S., Wang had to "import" training partners from China or train with European teams at events. Her hard work has paid off, giving her a first chance to go to the Olympics. She qualified for the Games through her world ranking and fulfilling certain criteria.

Career Highlights

2008

Semifinals at Brazilian Open, USA, Bronze

Chile Open, USA, Quarterfinals

Singapore Open, USA, Quarterfinals

2007

Pan American Games, U.S.A., Team Gold

Pan American Games, USA Singles Bronze

North American Championship, Women's Singles, USA, Gold

World Championships, USA, Quarterfinal

2006

North American Championship Women's Singles, USA, Gold

1997

World Championships, China, Team Gold

1995

World Championships, China. Bronze Doubles

RANKING

#1 ranking as of January 1, 2008

TABLE TENNIS



USA TABLE TENNIS

BORN:

January 17, 1974 in Beijing, China

CURRENT RESIDENCE:

New York, NY

ETHNICITY:

Chinese

HEIGHT:

5'10"

WEIGHT:

140 lbs.

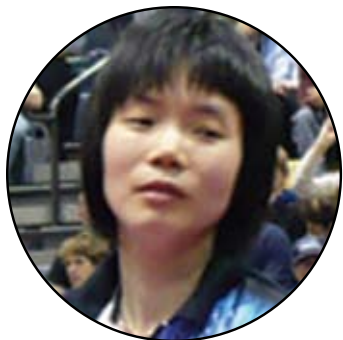
EVENT:

Women's singles, women's team

DID YOU KNOW?

Though Wang didn't get her passport in time for Athens, she qualified for Beijing based upon her world ranking.

TABLE TENNIS



NBC OLYMPICS

BORN:

July 18, 1979,
in Changsha, Hunan, China

CURRENT RESIDENCE:

San Gabriel, Calif.

ETHNICITY:

Chinese

HEIGHT:

5'3"

WEIGHT:

110 lbs.

EVENT:

Women's singles, women's team

GRIP:

rbp penholder

DID YOU KNOW?

Though Huang says she does everything slow, she loves roller coaster rides.



FF.MAINSTREET.NET

CRYSTAL HUANG

The word to best describe Crystal Huang would "prodigy." As opposed to her teammates who train all-year round in China or elsewhere, she only trains for the trials. At this year's trials, she successfully defeated her opponents without dropping a single game.

She is an avid travel enthusiast, with Philadelphia being her latest travel spot. She is also humble; after a full day of matches where she emerged undefeated, she kept her focus on winning rather than representing the U.S. at the Olympics.

Originally from Changsha in the province of Hunan, China, the Beijing Games will be the first Olympiad for the 29 year old.

Career Highlights

2004 & 2006

SoCal Women's Singles
Champion,
2005 Runner-up

2005

U.S. Women's Doubles
Champion, Mixed Doubles
Runner-up

U.S. Open Under 30
Women's Champion

1990-92

Member of Hunan
Province Team in China

1993-98

Member of Dongguang
City Team in China



USATT.ORG

DAVID ZHUANG

The 2008 Olympic Games marks David Zhuang's third Olympics, having competed in 1996 in Atlanta and in 2000 in Sydney. A native of Guangdong, China, Zhuang began playing table tennis at age 8, and he turned pro at the tender age of 12. He came to the United States at age 17 to pursue table tennis more seriously. He is known to change his tactics during a match to frustrate opponents, which has served him well and earned him a few championships. He has a son and a daughter with his wife/coach, Joannie Fu.

Career Highlights

2007

U.S. Nationals Men's,
Doubles, Runner-up

2006

U.S. Nationals Men's
Singles, Champion

U.S. Nationals Men's
Doubles, Champion

Meiklejohn North
American Seniors Open,
Champion

2005

Matthew J. Murad
Memorial Open Singles,
Finalist

2004

U.S. Nationals Men's
Singles, Runner-up

2003

U.S. Nationals Men's
Doubles, Champion

2001/2000/1999

U.S. Nationals Men's
Doubles, Champion

2000

U.S. Nationals Men's
Singles, Champion

1999

Pan Am Game Men's
Singles and Men's Teams,
Gold

TABLE TENNIS



USATT.ORG

BORN:

September 1, 1963
in Guangdong, China

CURRENT RESIDENCE:

West Windsor, NJ

ETHNICITY:

Chinese

HEIGHT:

5'11"

WEIGHT:

165 lbs.

EVENT:

Table Tennis

GRIP:

Chinese Penholder

DID YOU KNOW?

Zhuang is married to his coach,
Joannie Fu

TABLE TENNIS



TABLETENNISTEAMUSA.ORG

BORN:

January 25, 1969
in Hebei, China

CURRENT RESIDENCE:

Gaithersburg

ETHNICITY:

Chinese

HEIGHT:

5'7"

WEIGHT:

150 lbs

DID YOU KNOW?

When Jun was playing for the Chinese national team, she took little notebooks to matches in which she recorded her opponent's styles, allowing her to never make the same mistake twice.



TABLETENNISTEAMUSA.ORG

GAO JUN

Currently ranked number nine in the world, Gao Jun was introduced to table tennis by her father at the age of five. Born in Hebei, China, Jun attended a special boarding school in China designed for training future professional athletes. She would train for several hours everyday after her classes and was only allowed to go home on Sundays.

She won a silver medal at the 1992 Barcelona Games and is now a U.S. citizen. She earned a degree in economics at East China University of Science and Technology in 2005. She currently resides in Gaithersburg, Md., but trains in China. She is a winner of five North American titles. Her sister was forbidden from becoming an athlete due to the high demands of table tennis – she ended up earning a law degree. This will be Gao's fourth appearance at the Olympics.

Career Highlights

2007

Pan Am Games Women's Singles, Gold

2004

Korea & Singapore ITTF Pro Tour Events, Women's Singles, Quarterfinalist

2003

World Championships, Women's Singles, Quarterfinalist

Pan American Games, Women's Singles & Team Gold

Korean ITTF Pro Tour Women's Doubles Finalist

1999

Pan American Games, Women's Singles, Gold

1999/2001/2002

North American Women's Singles Champion

1999/2000/2001

North American Women's Doubles Champion

1994

U.S. Open Women's Singles Champion

1993

World Championships, Women's Team Champion

World Championships, Women's Singles & Doubles Semifinalist

1992

Asian Cup, Women's Singles Runner-up

Barcelona Olympics, Women's Doubles, Silver

1991

World Championships, Women's Doubles Champion

1990

Asian Games, Women's Singles Runner-up

1990 & 1991

World Cup, Women's Team Champion



LEGAVOLLELYFEMMINILE.IT

LINDSEY BERG

Lindsey Berg, 28, started as a tennis player but then switched to volleyball because her father used to play volleyball. She and her sister, Erin, played one season of volleyball together Punahou School in Honolulu, with Lindsey as a freshman hitter and Erin a senior setter. Erin also played volleyball at the University of North Carolina. Lindsey graduated from the University of Minnesota with a bachelor's degree in business/marketing in December 2001. Her happiest moment in sports was winning the first-ever USPV championship in 2002. This will be her second time at the Olympics.

Career Highlights

2008

U.S. Olympic Team Exhibition for Volleyball vs. Brazil

2007

NORCECA Championship, Silver

FIVB World Cup, Bronze

2006

World Grand Prix, Seventh Place

2005

FIVB World Championship Qualifying Tournament, Gold

NORCECA Continental Championships, Gold

World Grand Champions Cup, Silver

Front Range Tour vs. Brazil

Pan American Cup

World Grand Prix

2004

Pan American Cup, Silver

World Grand Prix, Bronze

Yeltsin Cup

Montreux Volley Masters, Silver

Olympic Games

2003

Pan American Cup, Gold

NORCECA Zone Championships, Gold

World Grand Prix, Bronze

World Cup, Bronze

Texas Tour

Montreux Volley Masters

Russia Tournament

VOLLEYBALL



BORN:

July 16, 1980
in Honolulu, Hawai'i

CURRENT RESIDENCE:

Minneapolis, Minn.

ETHNICITY:

Hawaiian, Chinese, Caucasian

HEIGHT:

5'8"

WEIGHT: 170 lbs

POSITION:

Setter

DID YOU KNOW?

Berg enjoys surfing and fashion design in her spare time

VOLLEYBALL



NBCOLYMPICS.COM

BORN:

May 25, 1981
in Napa, Calif.

CURRENT RESIDENCE:

Long Beach, Calif.

ETHNICITY:

Hapa Chinese Hawaiian

HEIGHT:

6'1"

WEIGHT:

170 lbs

EVENT:

Women's indoor volleyball

POSITION:

Outside hitter

DID YOU KNOW?

Tom was ranked #91 on the
FHM 100 Sexiest Women of 2005



LOGAN TOM

Among her teammates, volleyball player Logan Maile Lei Tom has earned the nickname of "Doogie," after fictional TV child prodigy Doogie Howser. Having made the national team at the age of 16, the prodigy nickname is well earned. It seems that athleticism runs in the family — Tom's father was a defensive end for the Philadelphia Eagles and Chicago Bears. Growing up, Tom and her brother spent most of their time with their mother in Salt Lake City but spent summers with their father in Hawai'i, where Tom surfed. In high school, Tom set Utah state records for volleyball and appeared in Sports Illustrated and on ESPN. After graduating, she went on to play for Stanford University. At 19, she made the Sydney Olympics team, where it finished fourth. However, at the Athens Olympics, Tom ended up on the bench for disappointing play and the team's overall fifth place finish. After Athens, Tom switched to beach volleyball, playing for three years. However, in the end, she decided to return to indoor volleyball. Though transitioning had its difficulties, Tom earned a spot for the Beijing games, her third Olympiad, and is ready to compete.

Career Highlights

2003

NORCECA Zone Championships, Gold

Pan American Cup, Gold

World Grand Prix, Bronze

World Cup, Bronze

Montreux Volley Masters

Russia Tournament

2002

World Championships, Silver

World Grand Prix, 6th place

Montreux Volley Masters

Russia Tour

Utah Tour vs. Italy

Named AVCA National Player of the Year for the second straight year and earned first-team AVCA All-America honors for the fourth straight year

2001

World Championships Qualifying, 1st place

World Grand Prix, 1st place

Montreux Volley Masters

2000

BCV Volley Masters

Brazil Trip

Grand Prix

Japan Tour

Olympic Games

Russia Trip

1999

Junior World Championship

1998

Dominican Republic Trip

Junior NORCECA World Championship Qualifier

NORCECA World Championship Qualifier

1997

Junior Brazil Trip

Junior Canada Tour



CLARISSA CHUN

Measuring under five feet and weighing in at 105 pounds, Clarissa Chun may not look like the typical wrestler. But as the first Hawai'i-born athlete to make the U.S. Olympic wrestling team, Chun is a natural. Chun grew up swimming and doing judo and in high school decided to try wrestling. She immediately took to it and soon qualified for the state championships. She graduated from high school in 1999 and continued with wrestling at Missouri Valley College in Missouri, which started their women's wrestling program that year and offered her a wrestling scholarship. In 2002, Chun moved to Colorado Springs, Colo., where she trained at the Olympic Training Center for five years. In 2004, the first year of Olympic women's wrestling, Chun lost in the Olympic trials to longtime wrestling rival Patricia Miranda, who went on to Athens while Chun was an alternate. However, at this year's trials, Chun defeated Miranda to earn a berth on the team.

INTERVIEW BY STEFFI LAU

Did you wrestle with boys in high school?

Yes — I was one of two girls on the team. It wasn't a problem because I grew up doing judo, where we practice and train with guys.

I like wrestling with guys and am still wrestling with them to train for Olympics. It's a different feeling than wrestling girls; boys seem to work and fight harder. If anything, it might make boys more uncomfortable wrestling with girls because the boys are like, 'I don't want to touch her boob!'

Women's wrestling is a relatively recent sport. How is it evolving?

In the U.S., many states still don't have separate state tournaments for girls and boys. However, many colleges are just starting to add women's college programs, which is really good.

When you aimed for the 2004 Athens and ended up as an alternate, how did you feel watching everything in Athens?

I was very fortunate to go there and see how the games were like. I got to do the fun part of watching other sports. I'm glad I got to experience it on the other end, so now I can focus on just competing.

You trained at the U.S. Olympic Training Center in Colorado Springs from 2002 until last year. How was that?

At first, it was new and exciting, but then I got stagnant there. It's hard because you have the top people all training there. It was hard to be training in the same room with the same people I would be competing against. Sometimes they would pair us together, and I felt like I was holding back.

So I'm still living in Colorado Springs, but I chose to train at another gym with another coach this year. It's more one-on-one.

WRESTLING



BORN:

August 27, 1981
in Honolulu, Hawai'i

CURRENT RESIDENCE:

Colorado Springs, Colo.

ETHNICITY:

half Japanese and half Chinese

HEIGHT:

4'11"

WEIGHT:

105 lbs.

EVENT:

Women's 48kg/105 lbs
freestyle wrestling

DID YOU KNOW?

Chun was the first girl to make state championships in Hawai'i at 98 lbs. in the year of '98.

WRESTLING



» WRESTLING MADE ITS OLYMPIC DEBUT AT THE FIRST MODERN INTERNATIONAL GAMES IN 1896 AT ATHENS, GREECE. WRESTLING WAS ALSO ONE OF THE COMPETITIONS INCLUDED IN THE FIRST ANCIENT OLYMPIAD. IT WAS THE LAST EVENT AND TESTED AN ATHLETE'S TRUE SKILL AND STRENGTH. THE EVENT IN ITS PRESENT INCARNATION HAS 2 EVENTS: FREESTYLE AND GRECO-ROMAN, A NOD TO ITS ORIGINS.

» IN THE 2004 OLYMPIC GAMES, THREE ASIAN PACIFIC AMERICANS COMPETED: STEPHEN ABAS, PATRICIA MIRANDA, AND TELA O'DONNELL.

How has the one-on-one focus helped you?
I believe it got me here where I am. I had a lot of technique to fine tune and little holes to work on, and you don't get that focus when you're with top people from all the weight classes.

Is your family going to be coming with you to the Olympics?
Yes. I'm excited for that since my dad's Chinese. So to be able to see where our ancestors came from is cool.

Being a female wrestler, do you get a lot of surprised reactions?
Definitely from some who don't know about it. When people ask me if I'm an athlete because my arms and legs are toned, they expect me to say gymnastics. Some people say, 'I didn't even know women's wrestling existed.' But in Hawai'i, women's wrestling is known.

Do you go back to Hawai'i a lot? What do you miss most about it?
Twice a year, three times if I'm lucky. I miss my family the most. I also really miss the ocean when it's hot. Instead of the ocean, we have mountains here in Colorado. You can't dip into the mountains to cool off!

Looking at your past records, you've had a long rivalry with Patricia Miranda. What was it like to finally defeat her?
It felt so good. It was like a dream that came true. She's a tough competitor, and I respect her as a person and wrestler, and I was able to finally prove to myself that I am capable of opening my mind in wrestling more. It showed me that anything is possible. Even the greatest can have bad days.

How many times have you wrestled her?
I can't even count. A lot!

Has wrestling her pushed you to become better?
Definitely. She was the one to beat. You can't compete against the world until you beat her.

Career Highlights

2008
Pan American Wrestling Championships, Colorado Springs, Colo., Gold

Guelph Open, Guelph, Canada, Silver

2006
U.S. Senior Nationals, Gold

2005
Sunkist Kids / ASU International Open, 1st place

2004
USA Wrestling's Women's University National Champion

2003
USA Wrestling's Women's University, St. Joseph, Minn., National Champion

2002
U.S. Nationals, 4th place

2001
Represented USA at first Women's World Cup, Levalois, France

2001-02
USA World Team Trials, Runner-up

2001
Won international open in Phoenix

USA Wrestling's Women's University National Champion

Won international open in Sweden

2000-02
Pan American Championships, Silver

2000
U.S. World team member

U.S. Collegiate Nationals champion

1998
Hawai'i State champion wrestler — the first year girls wrestling was a sanctioned sport.

Consistently ranked No. 2 by USA Wrestling

Wrestling USA magazine's High School Girls All-America Team



Teamwork
makes it happen.

*By pulling together, we can
accomplish great things.*

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