

City College of SAN FRANCISCO



2003 Coast Conference XC Champion Jeffrey Gehringer

CROSS COUNTRY TRACK AND FIELD

CCSF STUDENT/ATHLETE ACADEMIC BENEFITS

- Coaches Committed to Academic Success
- High transfer-rate to 4-Year Schools
- Academic/Athletic Counselor
- Priority Registration
- Extensive Course Offerings
- Writing/Learning Center
- Free Tutoring
- Help getting a job On-Campus



MAILING ADDRESS:

City College of San Francisco
50 Phelan Avenue
Box SGYM, Office B-623-A
San Francisco, CA 94112

FACTS EVERYONE SHOULD KNOW ABOUT CITY COLLEGE OF SAN FRANCISCO

Quality Programs

City College of San Francisco (CCSF) offers courses in more than 50 academic programs and over 100 occupational disciplines. There is a full range of credit courses leading to the Associate of Arts and Science degrees, most of which meet the general education requirements of four-year colleges and universities.

Faculty Make The Difference

CCSF employs more than 770 full-time and 1,547 part-time faculty, 95 percent of whom have master's degrees, with 200 holding doctorates. They teach more than 100,000 credit and noncredit students annually.

Tremendous Value

At just \$18/unit for CA residents, California's community colleges are still the best value in higher education. Noncredit courses are free.

Transfer Articulation Agreements (TAA)

The TAA assures students a place for a specified semester at University of California system, San Francisco State, and a host of other four-year colleges and universities. CCSF transfers more students to the California State University system than any other community college in the state.



Above Sam Burkholder kicks to a top 10 finish at the Nor-Cal Cross Country meet in 2002. Below Jeffrey Gehringer (left) & Burkholder (right) work together at the Nor-Cal XC meet. Both Gehringer and Burkholder were All-Conference performers in Cross Country & State Meet Qualifiers in Track.



For more info on Athletics at CCSF go to:
<http://www.ccsf.edu/Departments/PE/Athletics>



Anndria Norris was All-Conference in Cross Country and State Champion in the 800m in 2002. Norris currently attends Jackson St. University in Mississippi.

CCSF STUDENT/ATHLETE ATHLETIC BENEFITS

- 9 Lane All Weather Track & Field Stadium
- 4 Track & Field Coaches
- Training Partners
- Three Weight Rooms
- Fitness Center
- Full-Time Athletic Trainers
- Easy access to Running Trails



City College of San Francisco has one of the finest Track and Field facilities in the bay area.



Tony Kauke –
 Men's and Women's Cross Country and Distance Track Coach
 (415) 239-3488 #2
 jakauke@earthlink.net

CROSS COUNTRY

Men's Team

- Top-2 Conference Meet, 2002-2003
- State Meet Qualifiers, 2000-2003
- Individual Conference Champion, 2003

Women's Team

- Top-3 Conference Meet, 2002-2003
- State Meet Qualifiers, 2002-2003

TRACK AND FIELD

Distance Runners since 2001

- 1 State Champion
- 11 State Meet Qualifiers
- 4 Conference Champions

Recent CCSF Alumni:

Where they went...

Robert Eap	UC-San Diego
Chikara Omine	San Francisco State
Shawn Gallagher	Holy Names College
Chris Coffee	Cal State Fullerton
Moe Arnaiz	San Diego State

Anndria Norris	Jackson State
Tania Woods	Louisiana State
Kelly Moriyama	San Francisco State
Kristen Ray	University of Hawaii
Simone Brooks	Texas A&M-Kingsville