

**JOE ABING
MEN'S SWIMMING & WATER POLO COACH**

In five years under Abing, the men's swimming team has compiled a 29-6 conference record, with two championships and two second place finishes. Now in his sixth season,

Joe Abing has led his teams to two South Coast Conference championships, and two second place finishes in the last four seasons. Last year, the team came in second place in the conference championships and placed 16th at the state championships. Individually, the team saw sophomore Nikos Kostianis conclude his Falcon career with three more state titles, while two others qualified for the state tournament. Abing has now led the team to five consecutive winning seasons, which included a 6-1 conference record in 2008.

During the two years the team won the conference title (2005 and 2007), Abing was voted the South Coast Conference Coach of the Year. In addition to winning the conference championships, the team has had numerous qualifiers for the state championships each year. In addition to the three titles won by Kostianis last year and one the year before, Robbie Garcia won two state titles for Cerritos, one in the 200-yard freestyle and in the 500-yard freestyle. In just five seasons, 14 school records have been broken, while 12 swimmers and one diver have earned All-American status. Prior to coming to Cerritos College, Abing spent the previous eight years coaching swimming at Ventura High School, and led them to their first league championship in 1997 and 1998, and coached seven All-Americans.

As the Falcon water polo coach, Abing has turned the Cerritos College men's water polo program into a state contender. This past season, he guided the team to the Southern California Regional Playoffs, which he has done every season. The team finished in second place during the regular season and placed third in the South Coast Conference Tournament. They were defeated in their opening game and concluded the season with a 23-8 record. In his six seasons, Abing has posted a 127-66 record, which includes advancing to the Southern California Regional Playoffs each season and also advanced to the state championships twice. Back in 2004, Abing led the team to the South Coast Conference Championship, as well as the state championship and was voted the Southern California and SCC Coach of the Year.

Abing came to Cerritos College after spending two seasons as the head coach at Ventura College. He did a solid job with the Pirates, leading them to a 21-11 record in 2002 and helped them advance to the second round of the Southern California Regional Playoffs both seasons. In addition to his duties at Ventura College, he was the swimming coach at Ventura High School since 1995. He also handled the water polo duties at Ventura High until 2000, before taking the job at Ventura College.

Abing played water polo and competed in swimming at South Pasadena High, where he started on the 1989 CIF Championship water

polo team. In his senior year, Abing helped the swim team place second in the CIF championships. While in high school, Abing earned All-League, All-CIF and was named to the San Gabriel Valley All-Star Team. He moved on to Cuesta College, where he played water polo and swam for Terry Bowen, who is an alumnus of Cerritos College. Abing would eventually graduate from UCLA, where he earned a Bachelor's degree in Sociology in 1995. In 2002, he graduated from Azusa Pacific University with a Master's in Physical Education. In addition to his duties with the men's aquatics program, Abing also teaches a full load of physical education classes. ■





SERGIO MACIAS
WOMEN'S SWIMMING AND WATER POLO COACH

Now in his fourth season as the women's swimming and water polo coach, Sergio Macias has turned the Cerritos College aquatics program into one of the best in the state. As a swimming coach, he guided the team to a third place finish in the South Coast Conference Championships last season, while the team came in 18th place at the State Championships. The team had two entries competing in a total of five events, while five different school records were broken during the year. Both state entries were named All-Americans in two different events, as well. In his three seasons, Macias has led the team to a 13-8 conference record, while also serving as the school's water polo coach.

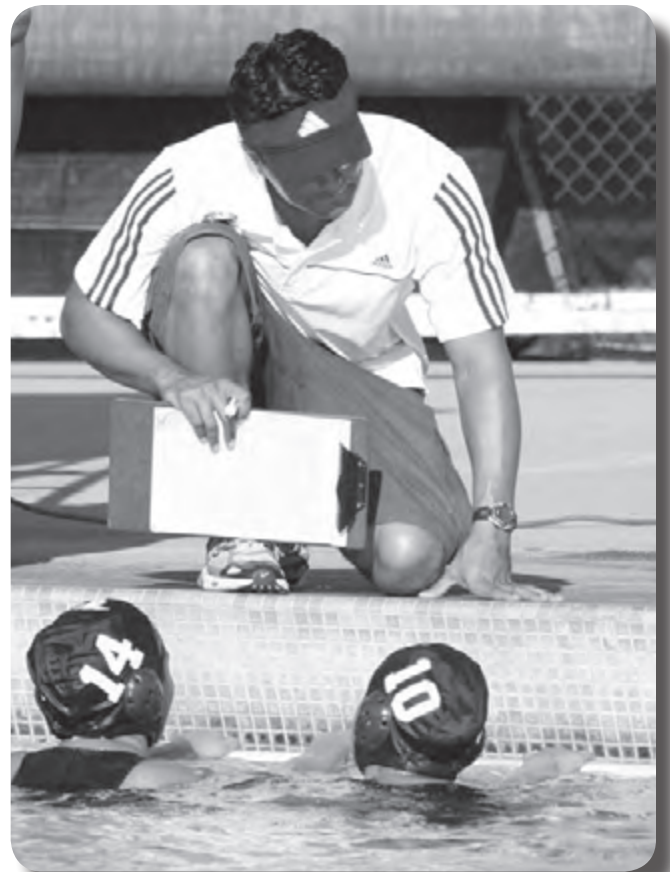
During the 2008 water polo campaign, Macias led his team to the school's first state championship, while they also set several records along the way. En route to a 31-3 record, which set the record for most wins in a season, they won a school-record 22 games in a row. The Falcons defeated rival Long Beach City College, 11-6 in the state championship game after getting past Riverside Community College, 12-11 in the semi-final game. In his four years as the water polo coach, Macias led the team to the Southern California Regional Playoffs in three straight seasons, while they captured their first South Coast Conference championship this past season. Macias was named the SCC Coach of the Year this season and in his career, has compiled a 106-24 overall record.

Macias came to Cerritos College with a successful background as both a coach and a player. He started his water polo coaching career with one of the top club programs in the nation, Commerce Aquatics. Macias then took over the Montebello High School water polo team who, at the time of his arrival, had only won one league championship for both the boy's and girl's varsity team. In a four-year span, Macias guided both the boy's and girl's water polo teams to three consecutive league champions. He guided the boy's water polo team to back-to-back CIF Division III Championships and become the first sport in school history to win back-to-back CIF championships titles. He also led his girl's team to the CIF Division I semi-finals in 2005. Macias was named CIF Coach of the Year in 2003 and 2004, Los Angeles Times Coach of the Year 2003 and Whittier Daily News Coach of the Year 2004.

Macias played age group club water polo with the City of Commerce where he had the privilege to participate in several Junior Olympics and Junior National Tournaments. At Bell Gardens High School, Macias helped lead his team to four consecutive league championships and back-to-back CIF championships in 1995 and

1996. One of his teammates on the boy's water polo team in high school was Brenda Villa, who has gone on to play in three Olympic Games and is also Macias' assistant coach on the water polo team. As a player, he earned the league's Most Valuable Player, CIF Most Valuable Player, 1st Team All CIF, 1st Team All-Southern California and 1st Team All-American honors. Macias was also a member of the USA National Youth Team in 1994. After graduating high school he attended Whittier College where he became the school's first-ever water polo player to receive SCIAC Conference Player of the Year as a sophomore. While at Whittier College, he was named 1st Team All-Conference, 1st Team WWPA, and 1st Team All-American.

Macias graduated from Whittier College in 2001 with a Bachelors degree in Physical Education and Recreation. He earned his Master of Science degree in Kinesiology at California State University of Los Angeles in 2005. ■





BRENDA VILLA
ASSISTANT COACH

This past summer, Brenda Villa competed in her third Olympic Games, serving as the US women's water polo team captain. She earned her second silver medal, to go along with a bronze medal, and has returned for the fourth season to be an assistant coach for the Falcons. Villa's experience and notoriety continues to be a huge asset to the program. Not only does she offer a tremendous amount of knowledge and credibility to the program with her credentials, she is still a very active member of the water polo community. In addition to being a four-time 1st Team All-American playing on the Bell Gardens High boys water polo team, she spent three seasons on the Stanford University water polo team and played internationally from 1996-2003 and has competed all over the world. In March of 2007, Villa led the USA Women's National Water Polo Team in Melbourne Australia at the 2007 FINA World Water Polo Championships. Villa scored a total of 11 goals throughout the whole tournament helping Team USA achieve first place naming them the 2007 FINA World Champions. She also helped lead the team to the 2007 Pan Am Games that qualified them for the Beijing Olympics in 2008. Last year, Villa played with the international club team Orizzonte "Geymonat" Catania (Italy); before returning to rejoining the National Team. She will once again play professionally in Italy at the end of the water polo season.

As an attacker in international competition, Villa was one of most experienced members of the Team USA squad, as she helped lead them to 1st Place in the Holiday Cup, Pan American Games and FINA World Championships in 2003. Villa led the team with 10 goals at the 2003 Pan American Games, including two in the gold medal win over Canada, which qualified them for the Athens Olympics. Additionally, she was named to the Media All-World Team at the 2002 World Cup and was a member of the 2000 Sydney Olympic team that won a silver medal and the 2004 Athens Olympic team that won a bronze medal.

While at Stanford, she was named the MPSF Player of the Year in 2003 and was a finalist for the Peter J. Cutino Award after winning the award the year prior. In her three seasons with the Cardinal, she finished with 172 goals and was a finalist for the Women's Sports Foundation Sportswoman of the Year in 2002 after leading her team with 60 goals on their way to the NCAA championship. In her freshman season, she led the team with 69 goals as the team lost in the NCAA championship game. That season, Villa was also honored as the NCAA Division I Water Polo Player of the Year and was the MPSF Co-Player of the Year as a freshman. ■



LUIS FLORES
ASSISTANT COACH

Now in his second season with the Cerritos College women's water polo program, Flores comes in with four years of coaching experience. From 2004-06, he served as an assistant coach with the Commerce Water Polo Club after playing water polo at Rio Hondo College. While at Rio Hondo, he was a 1st Team All-South Coast Conference selection after graduating Bell Gardens High School.

Flores is currently single and is attending the California School of Culinary Arts in Pasadena. ■

