

## JOE ABING MEN'S WATER POLO AND SWIMMING COACH

Now in his fifth season, Joe Abing led his team to their South Coast Conference championship for the second time in the last three year last season. He has now led the team to four consecutive winning seasons, which included a 6-1 conference record in 2007. In addition, the team saw freshman Nikos Kostainis win the state championship in the 200-yard butterfly and qualified in three individual races and four relay races. Last year's team also set five new school records.

In four years under Abing, the men's swimming team has compiled a 23-5 conference record, with two championships and a second place finish. 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, including four relay teams and seven individuals last year, as the team came in 12th place. In addition to the title won by Kostianis last year, Robbie Garcia won two state titles for Cerritos, one in the 200-yard freestyle and in the 500-yard freestyle. In just four seasons, 10 school records have been broken, while nine 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.

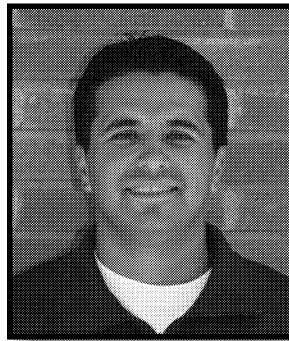
As the Falcon water polo coach, Abing has turned the Cerritos College men's water polo program into a state contender. This past season, he guided the team to the South Coast Conference tournament championship game and earned a berth in the Southern California Regional Playoffs. They were defeated in the second round and concluded the season with a 19-10 record. In his five seasons, Abing has posted a 104-58 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.

Now starting his fifth season, Joe Coach Abing anticipates another strong season in 2007, with a strong recruiting class and many returnees.



## SERGIO MACIAS WOMEN'S WATER POLO AND SWIMMING COACH

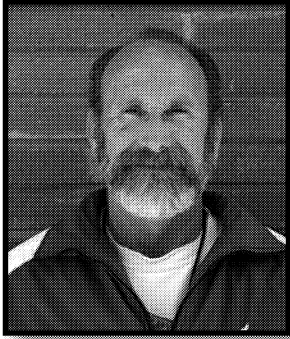
Now in his third season as the women's swimming and water polo coach, Sergio's team finished fourth this past year after they came in sixth in his first season. The team had six entries in the state championships, as they team came in 20th place overall. In addition to their finish last year, three school records were broken, including one relay record. This season's team will once again be dominated by freshmen, but Macias is excited about the possibilities of what his team can accomplish this year. In

the last three seasons, Macias has also turned around the water polo program and led them to the South Coast Conference Tournament Championships, as well as the Southern California Regional Playoffs, the last two years. He has compiled a 75-21 record in his three seasons, which included a 28-3 mark in 2006, which set a new school record for wins in a season.

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, where he also learned how to play water polo. 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 C.I.F. Div III. Championships and become the first sport in school history to win back-to-back C.I.F. championships titles. He also led his girl's team to the C.I.F. semi-finals Div I in 2005. Macias was named C.I.F. 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 C.I.F. championships in 1995 and 1996. As a player, he earned league's Most Valuable Player, CIF Most Valuable Player, 1st Team All C.I.F. 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.



**GLEN MYER**  
**ASSISTANT MEN'S**  
**WATER POLO COACH**  
**DIVING COACH**

Glen Myer has been on the aquatics staff at Cerritos College since 1998, with the introduction of the women's water polo program. This is his 3rd season as the Lakewood Dive Club. He continued to compete at Warren High School and Cerritos College. Myer also has competed as a swimmer and water polo player (Warren High, Cerritos College, Cal State Los Angeles) and has coached these sports at Fountain Valley High School, Gahr High School and Cerritos College.

Myer began diving at the age of nine at the John Riley School of Diving in Downey, CA, then at 15 years of age, he joined the Lakewood Dive Club. He continued to compete at Warren High School and Cerritos College. Myer also has competed as a swimmer and water polo player (Warren High, Cerritos College, Cal State Los Angeles) and has coached these sports at Fountain Valley High School, Gahr High School and Cerritos College.

Myer graduated Magna Cum Laude with a bachelor's degree in Interdisciplinary Studies with a minor in Physical Education at California State University at Dominguez Hills. He earned his Master of Science degree in Physical Education at Azusa Pacific University.

Myer and his wife Audrey have been married for 25 years and have two children—Marci (23), recently graduated from the University of Colorado at Boulder and Nick (20), attends Orange Coast College. Both of the Myer children are avid swimmers and water polo players. Coach Myer and his daughter are currently playing together on the Huntington Beach Master's Water Polo Team.



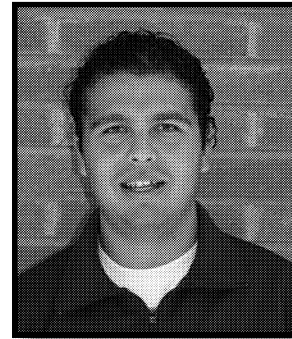
**BRENDA VILLA**  
**ASSISTANT COACH**

Beginning her third year as an assistant coach with the Falcons women's water polo program, Brenda Villa 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.

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 2002 Sydney Olympic team that won a silver 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 first season with the Cerritos College women's water polo program, Flores comes in with three 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.