

2007 Women's Soccer



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MEDIA GUIDE CREDITS

The 2007 San Diego State women's soccer media guide is a publication of the San Diego State athletic media relations office. The publication was written, edited and designed by media relations assistant Jeffrey Salmon. Assistance was provided by assistant media relations director Peggy Curtin and Jamie McConeghy, media relations assistant Jim Solien and assistant athletic director/media relations Mike May.

Cover designed by Jim Solien.

Photography Stan Liu, Ken Jacques, Ernie Anderson, SDSU photography, Jamie McConeghy, Mike Friesen and Jim Solien.

Printing by SDSU Reprographics.

SAN DIEGO STATE UNIVERSITY QUICK FACTS

Location San Diego, Calif.
Founded 1897
Enrollment 35,887
President Dr. Stephen Weber
Director of Athletics Jeff Schemmel
Senior Woman Administrator Jenny Bramer
Nickname Aztecs
Colors Scarlet and Black
Conference Mountain West
Home Field (Capacity) SDSU Sports Deck (1,000)

SAN DIEGO STATE SOCCER QUICK FACTS

Head Coach Mike Friesen (Sonoma St. 1996)
Record at SDSU First Year
Overall Record Same
Soccer Office Phone (619) 594-3749
Assistant Coaches Nat Gonzalez (UCLA, 1995)
Erica Keus (San Diego State, 2004)
Athletic Trainer Carolyn Peters
First Year of Division I Soccer 1989
All-Time Record 179-133-28 (.568), 18th season
NCAA Division I Tournament Appearances Two (1998, 1999)
2006 Record 6-11-3
2006 MWC Record (Finish) 2-3-2 (T-Fifth)
2006 MWC Tournament Record 0-1
Letterwinners Returning/Lost 18/12
Starters Returning/Lost 7/4
Newcomers 13
Top Returners Jessica Girdner, Sr., MF (2 goals)
Heather Vandevanter, So., F (3 goals, 3 assists)
Jessica Gordon, So., F (2 goals, 2 assists)
Key Losses Jen Mello, F (All-MWC First Team)
Erika Sutton, F/MF (All-MWC Second Team)

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MEDIA INFORMATION

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INTRODUCTION

COACHING STAFF

PLAYERS

REVIEW

HISTORY

UNIVERSITY/FACILITIES

Aztec Roster



UNIVERSITY/FACILITIES HISTORY REVIEW PLAYERS COACHING STAFF ROSTER

NUMERICAL

No.	Name	Pos.	Ht.	Yr.	Exp.	Hometown/Previous School
0	Megan Down	GK	5-8	So.	TR	Escondido, Calif./ Univ. of Colorado
00	Christi Yount	GK	5-6	Jr.	2L	Mission Viejo, Calif./Capistrano Valley High
01	Danielle Moson	GK	5-9	Fr.	HS	Laguna Niguel, Calif./Dana Hills High
1	Melissa Deckers	GK	5-7	Sr.	1L	Valencia, Calif./Hart High
2	Shayla Williams	D	5-4	So.	1L	San Diego, Calif./Cathedral Catholic High
3	Millie Allen	D	5-4	So.	2L	Thornton, Colo./Horizon High
4	Tiphannie Elliott	F	5-6	Sr.	2L	Porterville, Calif./Monache High
5	Jillian Riker	D/MF	5-4	Jr.	1L	Carlsbad, Calif./Carlsbad High
6	Allie Crowson	D	5-7	So.	1L	Sandy, Utah/Brighton High
7	*Cat Walker	MF	5-7	So.	1L	Folsom, Calif./St. Francis Sacramento High
8	Alicia Piz	F/MF	5-3	Jr.	1L	Littleton, Colo./Dakota Ridge High
9	Jackie Ragudos	F	5-2	Sr.	1L	San Diego, Calif./Cal Poly Pomona
10	Ashley Omphroy	F/MF	5-5	Fr.	RS	Alameda, Calif./Alameda High
11	Heather Vandevanter	F	5-9	So.	1L	Alamo, Calif./San Ramon Valley High
12	Leann Sgobba	MF/D	5-9	Jr.	1L	Los Olivos, Calif./Santa Ynez Valley Union High
13	Laura Bahno	F/D	5-9	Fr.	HS	Windsor, Calif./Ursuline High
14	Ali Lokanc	MF/D	5-10	Jr.	TR	San Diego, Calif./Univ. of Nebraska
15	Brooke Holliday	F	5-8	Fr.	RS	Centennial, Colo./Cherry Creek High
16	*Jessica Girdner	MF/D	5-10	Sr.	3L	San Diego, Calif./University City High
17	Jessica Gordon	F	5-1	So.	1L	Tujunga, Calif./Village Christian High
18	Daniela Kozar	D	5-9	Fr.	HS	Petaluma, Calif./Casa Grande High
19	Lisa Nielsen	MF	5-5	Sr.	3L	Santa Maria, Calif./Righetti High
20	Lauren Marquez	MF/F	5-2	Fr.	HS	Mission Viejo, Calif./Tesoro High
21	*Ashley Young	D	5-4	Sr.	3L	Long Beach, Calif./Long Beach Poly High
22	Megan Konishi	F/D	5-8	So.	TR	Mission Viejo, Calif./Santiago Canyon College
23	Lauren Marquez	D	5-5	So.	1L	Walnut, Calif./Walnut High
24	Kristen Seniura	D	5-6	Jr.	1L	Mission Viejo, Calif./Capistrano Valley High
25	Adriana Aguillon	MF	5-4	Jr.	TR	San Diego, Calif./Grossmont College
26	Britney Bennett	F	5-5	Fr.	HS	Chula Vista, Calif./Otay Ranch High
27	Katie Tribbey	F/D	5-5	Fr.	HS	Foothill Ranch, Calif./Trabuco Hills High
31	Aubree Southwick	GK	5-9	Fr.	HS	Danville, Calif./San Ramon Valley High

* Captains

Head Coach: Mike Friesen (Sonoma State, 1996, First season as head coach, Fourth overall at SDSU)

Assistant Head Coach: Nat Gonzalez (UCLA, 1995, First season at SDSU)

Assistant Coach: Erica Keus (San Diego State, 2004, Third season at SDSU)

ALPHABETICAL

No.	Name	Pos.
25	Adriana Aguillon	MF
3	Millie Allen	D
13	Laura Bahno	F/D
26	Britney Bennett	F
6	Allie Crowson	D
1	Melissa Deckers	GK
0	Megan Down	GK
4	Tiphannie Elliott	F
16	*Jessica Girdner	MF/D
17	Jessica Gordon	F
15	Brooke Holliday	F
22	Megan Konishi	F/D
18	Daniela Kozar	D
14	Ali Lokanc	MF/D
23	Lauren Marquez (So.)	D
20	Lauren Marquez (Fr.)	MF/F
01	Danielle Moson	GK
19	Lisa Nielsen	MF
10	Ashley Omphroy	F/MF
8	Alicia Piz	F/MF
9	Jackie Ragudos	F
5	Jillian Riker	D/MF
24	Kristen Seniura	D
12	Leann Sgobba	MF/D
31	Aubree Southwick	GK
27	Katie Tribbey	F/D
11	Heather Vandevanter	F
7	*Cat Walker	MF
2	Shayla Williams	D
21	*Ashley Young	D
00	Christi Yount	GK

* Captains

PRONUNCIATION

Aguillon	ag-EE-on
Bahno	ba-NO
Crowson	CROH-son
Tiphannie	TIFF-any
Friesen	FREE-sen
Konishi	co-NE-she
Omphroy	om-FROY
Piz	PEAS
Ragudos	ra-GOO-dos
Seniura	sen-YURA
Sgobba	sa-GO-ba
Yount	YONT

BY CLASS

Seniors (6) Deckers, Elliott, Girdner, Nielsen, Ragudos, Young

Juniors (7) Aguillon, Lokanc, Piz, Riker, Seniura, Sgobba, Yount

Sophomores (9) Allen, Crowson, Down, Gordon, Konishi, Marquez, Vandevanter, Walker, Williams

Freshmen (9) Bahno, Bennett, Holliday, Kozar, Marquez, Moson, Omphroy, Southwick, Tribbey

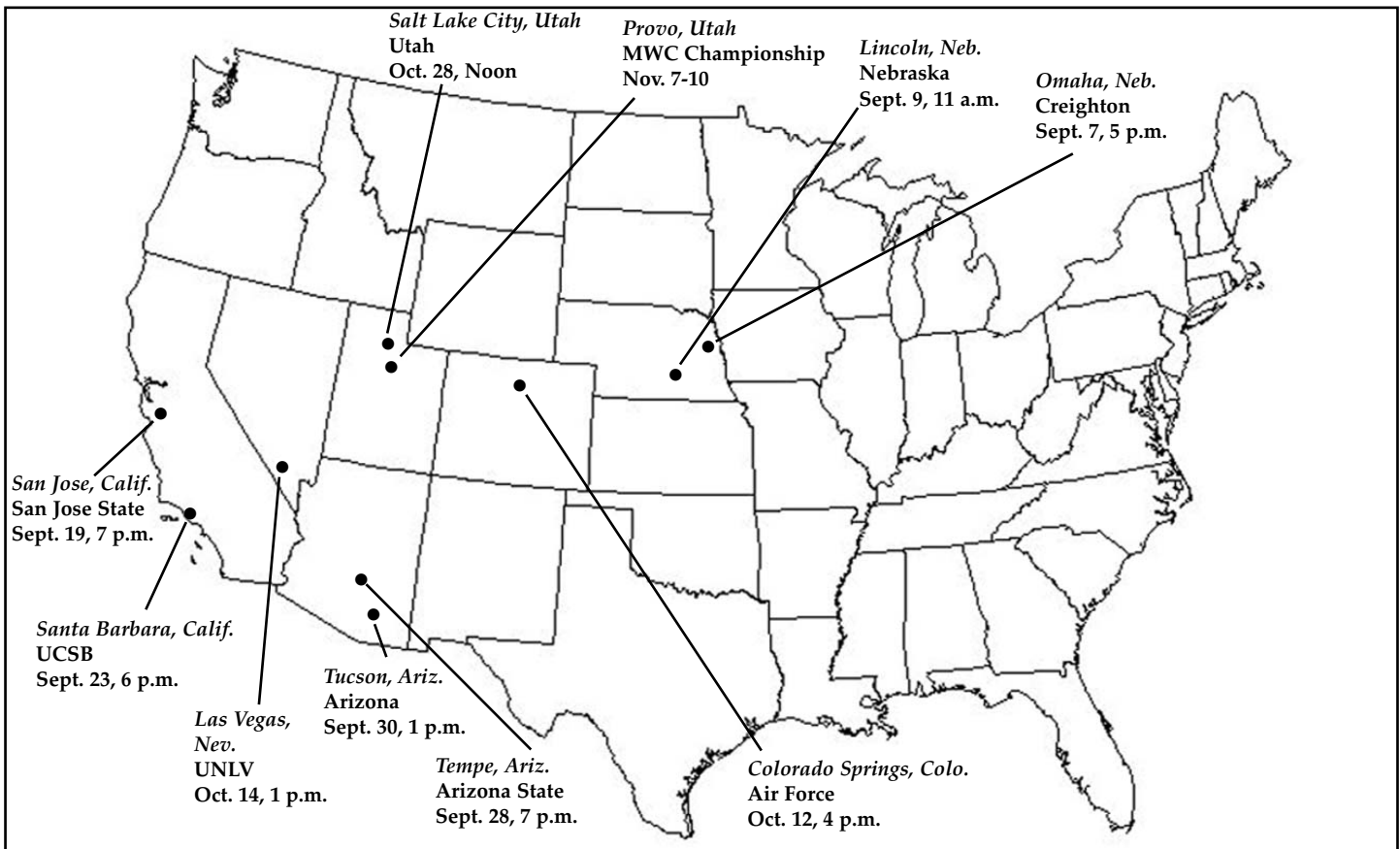
BY STATE

California (27) Aguillon, Bahno, Bennett, Deckers, Down, Elliott, Girdner, Gordon, Konishi, Kozar, Lokanc, Marquez, Marquez, Moson, Nielsen, Omphroy, Ragudos, Riker, Seniura, Sgobba, Southwick, Tribbey, Vandevanter, Walker, Williams, Young, Yount

Colorado (3) Allen, Holliday, Piz

Utah (1) Crowson

2007 Schedule



2007 SAN DIEGO STATE SCHEDULE

Date	Day	Opponent	Site	Time
Aug. 31	Fri.	\$TOLEDO	SDSU Sports Deck	4 p.m. PT
Sept. 2	Sun.	\$FLORIDA ATLANTIC	SDSU Sports Deck	2 p.m. PT
Sept. 7	Fri.	at Creighton	Omaha, Neb.	5 p.m. PT
Sept. 9	Sun.	at Nebraska	Lincoln, Neb.	11 a.m. PT
Sept. 14	Fri.	CAL POLY	SDSU Sports Deck	4 p.m. PT
Sept. 16	Sun.	CALIFORNIA	SDSU Sports Deck	Noon PT
Sept. 19	Wed.	at San Jose State	San Jose, Calif.	7 p.m. PT
Sept. 23	Sun.	at UC Santa Barbara	Santa Barbara, Calif.	6 p.m. PT
Sept. 28	Fri.	at Arizona State	Tempe, Ariz.	7 p.m. PT
Sept. 30	Sun.	at Arizona	Tucson, Ariz.	1 p.m. PT
Oct. 5	Fri.	UCLA	SDSU Sports Deck	4 p.m. PT
Oct. 7	Sun.	CS BAKERSFIELD	SDSU Sports Deck	2:30 p.m. PT
Oct. 12	Fri.	*at Air Force	Colorado Springs, Colo.	4 p.m. PT
Oct. 14	Sun.	*at UNLV	Las Vegas, Nev.	1 p.m. PT
Oct. 18	Thurs.	*BRIGHAM YOUNG	SDSU Sports Deck	4 p.m. PT
Oct. 21	Sun.	*WYOMING	SDSU Sports Deck	1 p.m. PT
Oct. 25	Thurs.	*NEW MEXICO	SDSU Sports Deck	4 p.m. PT
Oct. 28	Sun.	*at Utah	Salt Lake City, Utah	Noon PT
Nov. 2	Fri.	*TCU	SDSU Sports Deck	3 p.m. PT
Nov. 7-10	Wed.-Sat.	at MWC Championship	Provo, Utah	TBA
Nov. 16-18	Fri.-Sun.	NCAA First/Second Rounds at Campus Sites		TBA
Nov. 23	Fri.	NCAA Third Round at Campus Sites		TBA
Nov. 30	Fri.	NCAA Quarterfinals at Campus Sites		TBA
Dec. 7	Fri.	at NCAA College Cup	College Station, Texas	TBA

\$ - Aztec Soccer Tournament (SDSU Sports Deck)

* - Mountain West Conference game

CAPS - home games

Jessica Girdner



Season Outlook



UNIVERSITY/FACILITIES HISTORY REVIEW PLAYERS COACHING STAFF SEASON OUTLOOK

Following a year that saw the San Diego State women's soccer team fail to record its third consecutive winning season, the program has opened a new chapter in its history, handing over the reins to first-year head coach Mike Friesen.

Friesen, who is no stranger to Montezuma Mesa after spending the last three seasons as the Aztecs' associate head coach, brings with him a proven offensive track record and great enthusiasm that has SDSU poised to contend in the Mountain West Conference.

Friesen has helped lead the Aztecs to two of the program's highest-scoring seasons, with 28 and 22 goals, respectively, over the past two seasons. His offensive prowess is a trademark, as his UC-Santa Barbara Gauchos tallied 105 goals over a two-year period when Friesen served as an associate coach.

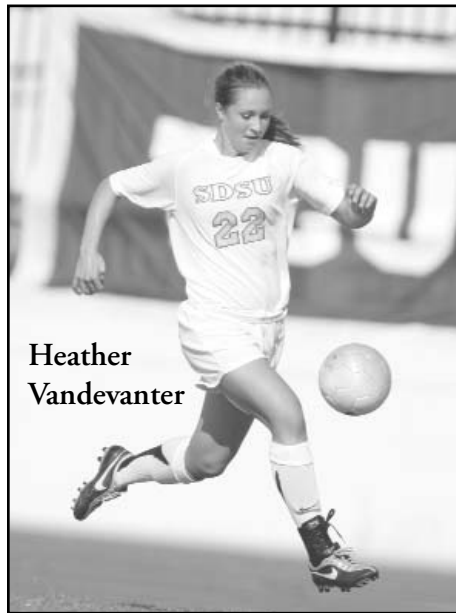
"I'm really excited about this upcoming season," Friesen said. "I took over a team in the spring that has a lot of potential. This team has been through a lot over the last few seasons and has come away stronger for it and much closer as a unit."

This season's squad not only promises to have a different game plan and personality under Friesen, it also will see a different look in the lineup as 13 talented newcomers join 18 returning letterwinners.

Though the team lost a large portion of its scoring output from 2006, the team has the necessary leadership in its six seniors and untapped goal scoring potential in its underclassmen to improve on last season's totals.

"This is a really special group of seniors who I expect to lead this team to big things this season," Friesen said. "We have seen them mature into women who care about the program and the team above themselves. They are willing to stand up and fight for what they believe is right and push themselves and their teammates to an expected level.

"When you have leadership like that, it translates into positive team chemistry and victories. We hope their grit carries over to some of the younger players



Heather Vandevanter

so that they have those qualities as they go through their time at SDSU."

The 2006 season also saw the Aztecs too often fall victim to the injury bug as 17 players missed at least one game with various ailments.

With the return of those players, the development of the team's young goal scorers and the addition of a highly-touted group of incoming freshmen and junior-college transfers, the Aztecs fully intend to show that last season was just a one-year aberration in their tradition of excellence.

"With the nucleus of players coming back I'm expecting that we should be able to complete for a regular-season conference championship, a Mountain West Conference tournament title and an NCAA tournament bid," Friesen said.

Forwards

The Aztec front line will look a little different than in the past two seasons as two of the team's leading scorers from a year ago have moved on. Their departure has opened the door for two adept goal-scoring sophomores to take their game to the next level. Former *Soccer Buzz* nationally ranked recruits and "Golden Boot" winners Jessica Gordon and Heather Vandevanter showed flashes of brilliance in their initial seasons on The Mesa.

Vandevanter tied for second on the team with three goals and chipped in three assists last year. The Alamo, Calif., native also secured the victory for SDSU with the game-winning goal in her second career game against nationally-ranked Purdue.

"Heather progressed very well over the course of the season and really took off in the spring by leading the team in scoring," Friesen said. "She has great size and speed that she uses to win a lot of balls for us in the air.

"We expect her to only get better this season and become one of the team's emotional leaders."

Gordon had a solid 2006 tallying two goals and two assists. The native of Tujunga, Calif., stepped

her game up to a new level during the Aztecs' first round MWC tournament match versus New Mexico. Gordon notched her second goal of the season and had two shots on net against the Lobos, earning her a spot on the all-conference tournament team.

"We really liked the way Jessica improved throughout the season and into the spring," Friesen said. "She is a pure goal-scorer who has worked hard on her assertiveness since the end of last season.

"We are looking for her to be a dangerous player this upcoming season."

On the other side, the Aztecs will look to junior Alicia Piz. Piz has battled injuries in her first two seasons that have limited her to 21 games, with 10 starts. When healthy, Piz has proven to be a hard-nosed player with the ability to put the ball in the back of the net.

The staff also looks for Piz to continue to be one of the squad's strongest vocal leaders.

"Alicia has been through a lot in two years with two ACL injuries," Friesen said. "With her returning healthy, we get back a technical player who is one of the team's best dribblers."

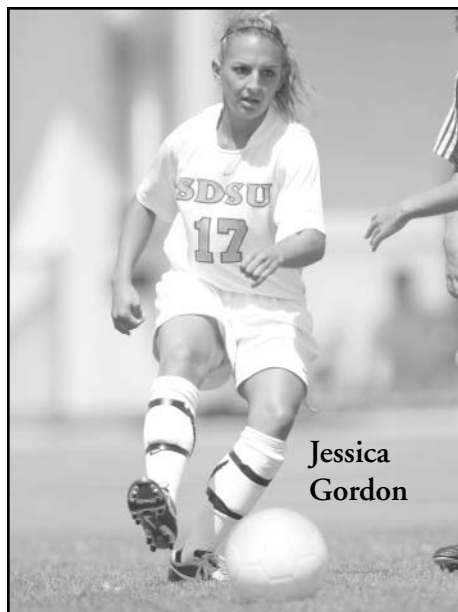
The battle for playing time between the rest of the forwards will be fierce.

Senior Jackie Ragudos returns after gaining valuable experience in 20 games a year ago after transferring from Cal Poly Pomona.

Fellow senior Tiphanie Elliott also returns to the Aztec lineup after missing all of 2006 with a torn ACL in her right knee. Elliott competed as part of the SDSU water polo team in the spring of 2007 to help her regain the strength in her legs.

Newcomers who have the ability to make an immediate impact are freshmen Laura Bahno and Britney Bennett, as well as sophomore Megan Konishi.

All three players were potent goal scorers in the high school ranks. Bahno also lead her team to the North Bay League and North Coast Section cham-

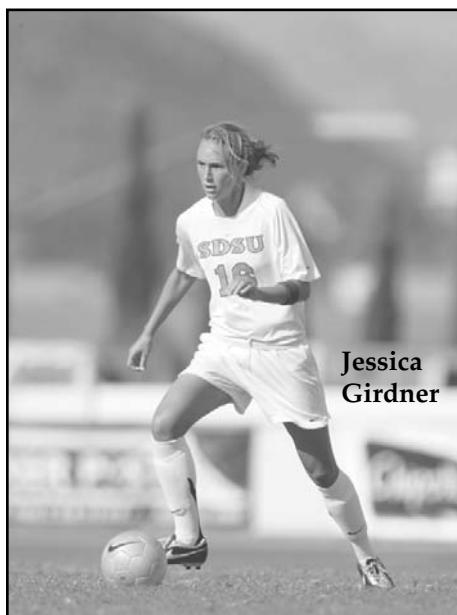


Jessica Gordon



Cat Walker

Season Outlook



Jessica Girdner

pionship in 2005, while Konishi scored 25 goals during her lone season at Santiago Canyon Junior College.

"We are really excited about the forward spot because this group has a variety of strengths," Friesen said. "I really like that this group understands their roles, doesn't try to do too much and trusts their teammates really well."

Midfielders

The midfield position looks to be one of strength in 2007, with the return of starters senior Jessica Girdner and sophomore Cat Walker, both of whom are proven difference makers on the field.

"Jessica and Cat have been standouts for us, but we are also really excited about this group overall," Friesen said. "The midfielders made great strides in the spring and played a large part in our success."

Girdner, who will serve as co-captain for the second consecutive season, is a stabilizing force in the lineup, having started more games (41) than any other Aztec on this year's roster.

"Jessica has great leadership qualities that help us on and off the field," Friesen said. "On the field, she always does the little things needed to win. She is as good as it gets in the air winning head balls that push us into our offensive attack."

After scoring three goals in her initial campaign at SDSU, big things are expected from Walker.

Walker, who will also serve as co-captain, just scratched the surface of her goal-scoring capabilities as a true freshman and after a spring season that saw her make great strides, is poised for what the staff believes will be a breakout season.

"Cat is extremely powerful and explosive," Friesen said. "A year of training and experience has really helped her. She has the potential to be an all-conference selection and she will be a huge part of our success this campaign."

Also in the mix for a starting spot at midfield will be junior Jillian Riker. Riker appeared in nine games

last season and made the first three starts of her career.

"Jillian is one of the most improved players on our team," Friesen said. "She has a great understanding of the game and is one of our best ball strikers."

Senior Lisa Nielsen will also be pushing for a spot in the starting 11. The Santa Maria, Calif., native enters 2007 as the most experienced Aztec having appeared in 58 games, while making 12 starts.

"Lisa is a very smart and dependable performer," Friesen said. "She executes game plans extremely well making her invaluable."

Two additions who will be looking to push for time on field are freshman Lauren Marquez and Nebraska junior-transfer Ali Lokanc.

Marquez played at Tesoro High in Mission Viejo, Calif., where she was a two-time all-league performer. She played a prominent role in leading her team to a pair of CIF Championships.

"We are very pleased to have recruited a player like Lauren, who comes into this program with the understanding of how to play for championships," Friesen said. "She already comes into the program as a very technical player and strikes the ball at a high level."

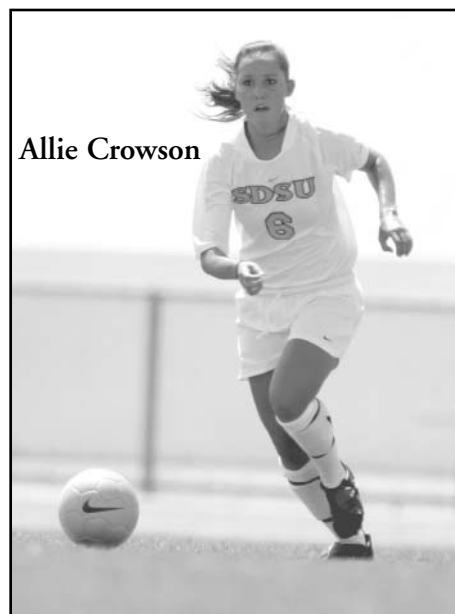
Lokanc is a versatile player who Friesen envisions playing on multiple lines.

In her two-year Cornhusker career, where she was nagged by injuries, Lokanc appeared in 20 contests, making eight starts.

"Ali brings a needed physicality to our lineup, especially on the left side," Friesen said. "We also like that she has played against great competition in her two years in the Big 12 Conference."

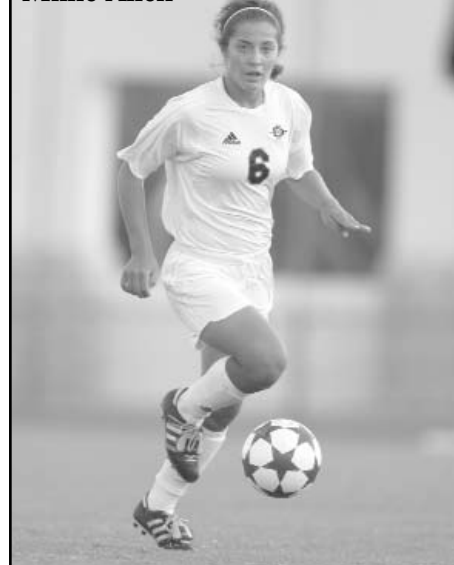
Junior transfer Adriana Aguillon and freshman Ashley Omphroy add depth to the middle of the lineup.

Aguillon transferred from Grossmont College where she led the team in scoring with 19 goals and helped her team to PCC championships in back-to-back seasons. Omphroy, meanwhile, sat out last sea-



Allie Crowson

Millie Allen



son as a redshirt.

Defenders

In 2006, the Aztecs gave up an uncharacteristic 29 goals and 133 shots on net in 20 games, looking much different than the previous two Aztec teams that surrendered only 41 goals in 43 games.

A large part of SDSU's problems in the backfield could be related to the string of injuries that caused the Aztec coaches to have inconsistent lineups out in front of the goalkeepers.

The biggest loss on the back line came in the team's 3-1 victory over UC Irvine (Sept. 8) when sophomore standout Millie Allen went down with a torn ACL in her right knee.

The Thornton, Calif., native had been a stalwart on defense starting the first 26 games of her Aztec career. Allen has spent the offseason rehabbing fiercely, as she has recovered to full strength as pre-season camp opens.

"Getting Millie back will be a huge plus for us," Friesen said. "Her loss last season was a huge blow because it was hard to replace a player of her skill and experience. We are very happy to be getting back a player who helps us win so many balls on defense."

With the loss of Allen, the Aztecs had to turn to their younger players, and rookie Allie Crowson stepped up to fill in admirably.

The native of Sandy, Utah, appeared in 16 games, with seven starts as a true freshman.

"Allie was forced into playing a lot in her first season and really developed as the year progressed," Friesen said. "She became one of the better defenders on the team."

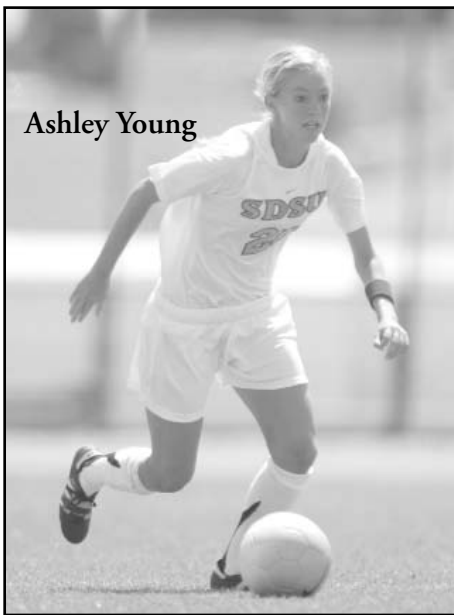
"She took on an even bigger role in the spring at the center-back position where she'll be a major contributor this season."

Senior co-captain Ashley Young returns to challenge for a starting spot as one of the most experienced players on the roster. Young has started 34 of

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Ashley Young

the 54 career games that she has appeared in.

"Ashley Young has played a lot of minutes over the course of her career, especially big minutes in conference tournament matches," Friesen said. "She is a very smart player and has the ability to think her way through every game she plays."

A position weakened by injury last season, the defense has the ability to be a strength thanks to quality depth in 2007.

Lokanc adds to the depth in the defensive backfield after playing on the back line during her freshman campaign at Nebraska.

"Ali has the ability to be a key contributor on defense," Friesen said. "Looking back at the film of our game against Nebraska in 2005, I was very impressed with how Ali was able to use her physicalness to mark out one of our better players."

Freshman Daniela Kozar, a two-time all-SCL performer at Casa Grande High in Petaluma Calif., is one underclassman who will battle for time on the field.

"Daniela could potentially step in right away and contribute," Friesen said. "She has a good understanding of the game and uses her physical stature well."

Along with Kozar, the Aztecs have the type of experienced depth the team has lacked in previous seasons in sophomore Lauren Marquez, who appeared in five games in her first year on The Mesa, six-game starter junior Kristen Seniura, and sophomore Shayla Williams.

Three freshmen, Bahno, Konishi and Katie Tribbey, along with junior Leann Sgobba all have the ability to fall back and play defense if needed, adding to the team's versatility.

Goalkeepers

With the two goalkeepers who played in all of the 1,860 minutes of action last season gone, a healthy competition for the starting nod will take place in the preseason.

"I'm really looking forward to the competition for the goalkeeper spot," Friesen said. "The spot is up for grabs between five players who we are excited about."

The goalie with most experience in the net for the Aztecs is junior Christi Yount. As a freshman, Yount started 10 games and made 35 saves while going 6-4 as the keeper for the Aztecs.

The former "Golden Glove" winner for the Slammers club team had a 1.09 GAA and recorded four shutouts in 2005.

"Christi has played at a high level for us," Friesen said. "Her experience will be a major benefit for us."

Also vying for time in the nets will be one of the Aztecs' top recruits in freshman Aubree Southwick.

The Danville, Calif., native was the NSCAA California high school state player of the year, an NSCAA All-American and was named a *Soccerbuzz.com* Top-50 recruit.

"Aubree poses great height that brings an added dimension to the goalkeeper spot," Friesen said. "She has the ability to deal with balls in the air at a high level and is very good with her feet."

"Aubree is very talented and should push for the starting spot right away."

Additionally, battling for the top spot will be sophomore Megan Down, a Colorado transfer, freshman Danielle Moson, and senior Melissa Deckers.

The Schedule

Traditionally, the Aztecs are known for having one of the most difficult schedules on the West Coast, and the 2007 season is no different.

Out of the 19 regular-season contests, SDSU will match up with six teams that reached the NCAA Women's College Cup, including a match at home against national semifinalist UCLA on Oct. 5.

"This is a very challenging schedule for us,"



Christi Yount

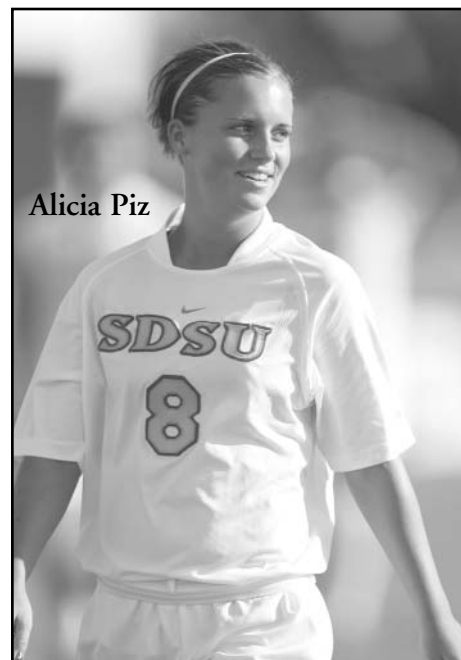
Friesen said. "I like that it offers us a variety of teams from our region as well as outside the West Coast, along with a variety of styles of play."

"Our non-conference schedule will prepares us well for the challenges of playing in the Mountain West Conference."

The Aztecs will open with 12 non-conference matches, which kick off at home against Toledo (Aug. 31) and Florida Atlantic (Sept. 2), respectively, at the SDSU Sports Deck.

Along with the Rockets and Bruins, the Aztecs will welcome 2006 NCAA tournament participant California to Montezuma Mesa on Sept. 16.

SDSU will be challenged just before the start of



Alicia Piz

conference season, as the team embarks on a four-game trip with stops against San Jose State (Sept. 19), UC Santa Barbara (Sept. 23), Arizona State (Sept. 28) and Arizona (Sept. 30).

The Aztecs open MWC action on the road at Air Force (Oct. 12) and UNLV (Oct. 14) before returning to finish the season in San Diego with four of five matches.

Games against BYU (Oct. 18), Wyoming (Oct. 21), New Mexico (Oct. 25) and TCU (Nov. 2) represent four of the team's 10 home contests. The four home match improvement from last season will be key for SDSU.

"We really see the Sports Deck as a great home-field advantage," Friesen said. "We look forward to defending each game on The Mesa tenaciously."

The MWC championships will be played in Provo, Utah, on November 7-10 on the campus of BYU.