

# THE AZTEC TRADITION

## CONTINUING THE AZTEC BASKETBALL TRADITION ...

- 463 PROGRAM VICTORIES.
- EIGHT TRIPS TO THE POSTSEASON.
- TWO CONFERENCE TOURNAMENT CHAMPIONSHIPS.
- THREE ALL-AMERICA HONORS.
- TWO CONFERENCE TOURNAMENT MVPs.
- 19 FIRST-TEAM ALL-CONFERENCE PICKS.
- 11, 20-PLUS WIN SEASONS.
- SIX NCAA TOURNAMENT BERTHS.
- THREE REGULAR-SEASON CONFERENCE TITLES.
- FOUR CONFERENCE PLAYERS OF THE YEAR.
- THREE COACH OF THE YEAR AWARDS.
- 25 CONFERENCE ALL-ACADEMIC SELECTIONS.



# SAN DIEGO STATE UNIVERSITY

• SAN DIEGO STATE WAS FOUNDED IN 1897, BEGINNING ITS 111TH ACADEMIC YEAR IN THE FALL OF 2007.

• WITH MORE THAN 35,000 STUDENTS, SDSU BOASTS 81 UNDERGRADUATE MAJORS, AWARD-WINNING PROFESSORS, TOP-NOTCH RESEARCH FACILITIES, AND A LOCATION THAT SERVES AS THE GATEWAY TO LATIN AMERICA AND THE PACIFIC RIM.

• AS THE OLDEST AND LARGEST HIGHER EDUCATION INSTITUTION IN THE SAN DIEGO REGION, SDSU HAS DEEP ROOTS AND CONNECTIONS. STUDENTS HAVE ACCESS TO VALUABLE INTERNSHIPS, VOLUNTEER OPPORTUNITIES AND PRACTICAL WISDOM FROM EXPERTS IN NUMEROUS FIELDS OF STUDY TO ENHANCE CLASSROOM INSTRUCTION.

• SDSU'S URBAN, COSMOPOLITAN CAMPUS REFLECTS THE HEALTHY DIVERSITY OF OUR REGION AND THE WORLD BEYOND. STUDENTS FROM ALL WALKS OF LIFE AND MORE THAN 90 NATIONS CONTRIBUTE TO SDSU'S DYNAMIC MIX OF ETHNIC, RACIAL AND SOCIAL BACKGROUNDS.

• STUDENTS CAN JOIN OVER 200 CLUBS AND ORGANIZATIONS OR STUDY ABROAD IN MORE THAN 190 ACADEMIC PROGRAMS IN 44 COUNTRIES.



# SAN DIEGO, CALIFORNIA

## Welcome To America's Finest City

QUITE SIMPLY, SAN DIEGO STATE UNIVERSITY ENJOYS ONE ADVANTAGE OVER VIRTUALLY EVERY OTHER SCHOOL IN AMERICA. THE CITY OF SAN DIEGO, KNOWN AS "AMERICA'S FINEST CITY".

THE CLIMATE, DIVERSITY, ENVIRONMENT, AND SHEER BEAUTY OF THE CITY ATTRACTS PEOPLE FROM ALL WALKS OF LIFE.

POPULATION (COUNTY): 3,017,204  
POPULATION (CITY): 1,266,753  
U.S. POPULATION RANK: 8TH  
AVG. DAYTIME TEMP.: 70 DEGREES  
AVG. ANNUAL RAIN: 10 INCHES  
MEDIAN AGE OF RESIDENTS: 32



# AZTEC ATHLETICS CENTER

• THE SDSU ATHLETIC DEPARTMENT IS HOUSED IN THE \$30 MILLION, 130,000-SQUARE-FOOT AZTEC ATHLETICS CENTER.

• A STATE-OF-THE-ART WEIGHT ROOM, ENCOMPASSING MORE THAN 15,000 SQUARE FEET, IS LOCATED ON THE FIRST FLOOR OF THE BUILDING. IT INCLUDES A RUNNING TRACK FOR INDOOR TIMING.

• THE SPORTS MEDICINE CENTER AND EQUIPMENT OPERATIONS ON THE FIRST FLOOR HELP PROVIDE INCREDIBLE CONVENIENCE TO THE LOCKER ROOMS, WEIGHT ROOM AND OTHER PRACTICE FACILITIES.

• THE WOMEN'S BASKETBALL TEAM HAS A PLUSH LOCKER ROOM ON THE FIRST FLOOR OF THE BUILDING AND INCLUDES A LOUNGE AND TELEVISION AREA AND OAK LOCKERS.

• THE ACADEMIC CENTER, COMPLETE WITH TWO LECTURE HALLS, PRIVATE TUTORIAL ROOMS, AND A NEW COMPUTER LAB, IS HOUSED ON THE THIRD FLOOR. THE COMPUTER LAB AND STUDY AREAS ARE FLANKED BY ACADEMIC COUNSELORS, TUTOR OFFICES AND LEARNING SPECIALISTS.

• SAN DIEGO STATE'S WOMEN'S BASKETBALL OFFICES ARE LOCATED ON THE THIRD FLOOR OF THE CENTER.



# AZTEC FACILITIES



COACH WENDELL RICHARDS

## WORLD CLASS STRENGTH AND CONDITIONING FACILITIES

### THE AZTEC PHILOSOPHY

UNDER THE GUIDANCE OF DIRECTOR OF STRENGTH AND CONDITIONING JON FRANCIS AND ASSISTANT STRENGTH AND CONDITIONING COACH WENDELL RICHARDS, THE PAIR TRAINS THE SDSU WOMEN'S BASKETBALL TEAM WITH ONE GOAL IN MIND - TO PRODUCE RESULTS. THEIR GOAL IS FOR AZTEC BASKETBALL PLAYERS TO GAIN EXPLOSIVE, POWERFUL, FLEXIBLE HIPs THAT ALLOW THEM TO USE THEIR POTENTIAL TO THE FULLEST ON THE BASKETBALL COURT. TO HELP PLAYERS REACH THEIR FULL POTENTIAL ON GAME DAYS, THE TWO UTILIZE OLYMPIC-STYLE LIFTS, PLYOMETRICS AND COMPLEX TRAINING AS THE FOUNDATION FOR SUCCESS.

THEIR FOCUS IS TO UTILIZE AEROBIC AND ANAEROBIC MEANS OF CONDITIONING FOR THE TEAM'S UP-TEMPO STYLE OF PLAY. THE PROGRAM'S RUN-FIRST PHILOSOPHY ALSO HIGHLY EMPHASIZES CHANGE OF DIRECTION.



# AZTEC ACADEMICS JOB. NO. 1

2006-07 AZTEC BASKETBALL SCHOLAR-ATHLETES

MWC ALL-ACADEMIC & SCHOLAR-ATHLETE  
(3.5 CUMULATIVE GPA OR BETTER)  
KATE EVELAND, TAMIKA LIPFORD

2006 SDSU SCHOLAR-ATHLETES  
(3.0 CUMULATIVE GPA AND/OR 3.2 SEMESTER GPA)  
LASANDRA DIXON, KATE EVELAND, LINDSAY GOLDBLATT  
JANA HEINRICH, JESSICA HUETTL, ERIN JACKSON  
DESIREE JOHNSON, TAMIKA LIPFORD, JENN ROGERS  
KIM SPINARDI, CHELSEA WILLIAMSON

SDSU ACADEMIC INITIATIVE MEDAL  
SHANNA DEMUS

PHI BETA KAPPA HONOR SOCIETY  
KATE EVELAND

THE DUAL ROLE OF STUDENT AND ATHLETE CAN BE A DAUNTING CHALLENGE FOR ANY PERSON AT THE DIVISION I LEVEL. RECOGNIZING THAT ACADEMIC CHALLENGE, THE STUDENT ATHLETE ACADEMIC SUPPORT SERVICES PROGRAM HAS BEEN DEVELOPED AT SDSU TO ASSIST ALL STUDENT-ATHLETES IN ACHIEVING ACADEMIC EXCELLENCE.

THE STAFF - THE SASS STAFF INCLUDES A DIRECTOR, A LEARNING SPECIALIST, FOUR ACADEMIC ADVISORS AND MORE THAN 20 MENTORS AND TUTORS.

THE RESOURCES - THE ACADEMIC WING OF THE AZTEC ATHLETICS CENTER IS ON THE THIRD FLOOR AND INCLUDES A 40-STATION COMPUTER LAB, INDIVIDUAL STUDY ROOMS AND TWO LECTURE ROOMS.

