



AZTEC SWIMMING AND DIVING

THIS WEEK: January 25 - vs. University of San Diego - Aztec Aquaplex - San Diego, Calif. - 12:00 p.m. (PT)

2013-14 SCHEDULE

Record: 10-0 (6-0 Home; 2-0 Away; 2-0 Neutral)

Date	Opponent	Time/Result
Sept. 21	at San Diego (Pentathlon)	W, 18-6
Oct. 18-19	at Pacific Invitational	1st of 3 tms
Nov. 1	at TCU	W, 156.5-138.5
Nov. 21-23	at Arena Invitational	1st of 11 tms
Nov. 22-24	at Wildcat Diving Invitational	NTS
Dec. 20	Chicago	W, 48-40
Dec. 30	Air Force	W, 149-130
	UC San Diego	W, 146-138
Jan. 4	Boise State+	W, 155-144
	Grand Canyon+	W, 235-58
Jan. 10	Colorado State	W, 149-137
	North Texas	W, 160-125
	Tulane	W, 159-123
Jan. 25	San Diego	12:00 pm
Jan. 31-Feb. 2	at Air Force Diving Invit.	All Day
Feb. 29-22	at MW Championships#	All Day
Mar. 13-15	at Zone Diving^	10:00 am
Mar. 20-22	at NCAA Championships%	All Day

All times Pacific
Home meets in bold, held at Aztec Aquaplex.
NTS - No team scores

* at UC San Diego (La Jolla, Calif.)
at Palo Alto College (San Antonio, Texas)
^ at Air Force Academy (Colorado Springs, Colo.)
% at Minnesota (Minneapolis, Minn.)

QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	32,396
Nickname	Aztecs
Colors	Scarlet and Black
Conference	Mountain West
President	Dr. Elliot Hirshman
Athletic Director	Jim Sterk

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	86-13 (7th season)
Career Record	175-26-1 (15th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Associate Head Coach	Ben Biefnes
E-Mail	bbiefnes@mail.sdsu.edu
Diving Coach	Roland McDonald
E-Mail	rmcdonald@mail.sdsu.edu
Volunteer Assistant	Meghan Zimmer
Strength & Conditioning Coach	Brooke Vessey
2012-13 Dual-Meet Record	10-1
2011-12 MWC Record	4-0
2012 MWC Meet	1st, 734 pts.
Letterwinners Returning/Lost	18/12
Newcomers	8
Home Facility	Aztec Aquaplex

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THIS WEEK

The San Diego State swimming and diving team will compete in its final dual meet of the 2013-14 campaign when it hosts the University of San Diego on Saturday, Jan. 25, at noon at the Aztec Aquaplex. The Aztec divers will have one additional meet prior to the conference championships as they compete at the Air Force Diving Invitational in Colorado Springs the following weekend (Jan. 21-Feb. 1).

HEAD COACH MIKE SHRADER

San Diego State Head Coach Mike Shrader is in his seventh season with the Aztecs and has compiled a dual meet record of 86-13 (.870) during his tenure. Shrader has been named the Mountain West Coach of the Year on four occasions (2013, 2011, 2010, co-coach in 2009). Including eight seasons as head coach at Nevada, his career record is 175-26-1 (.869).

SDSU IN THE RANKINGS

San Diego State was ranked first in the nation last week in the Endless Pools/CollegeSwimming.com Mid-Major Division I rankings. The Aztecs fell into the No. 2 spot this week as a result of not having competed last weekend. They are also ranked 26th in this week's Endless Pools/CollegeSwimming.com Top 25 for all of NCAA Division I. SDSU has been ranked as high as 17th in that national poll.

AZTECS WIN THREE AT TRIPLE DUAL MEET

In their most recent outing, the Aztecs recorded three victories in a triple dual meet which they hosted on Jan. 10. SDSU defeated Colorado State (149.137), North Texas (160-125) and Tulane (159-123) to improve to 10-0 on the season.

Freshman Frida Berggren (Vastera, Sweden) recorded wins in three individual races including the 200 freestyle, 500 freestyle and 200 individual medley. Fellow first-year Aztec Anika Apostalon won the 100 and 200 backstroke events and was also a member of the winning 200 medley and 400 free relay squads. Senior Mikaela Macklin was also a double winner in the individual events as she took first place in both the 200 butterfly and the 200 breaststroke.

SWIMMER OF THE WEEK

Frida Berggren was named the Mountain West Swimmer of the Week for her efforts at the triple dual meet on Jan. 10. She began her day by capturing the 200 freestyle in a time of 1:52.50 and followed that up with a first-place finish in the 500 freestyle in 5:03.52. She was also victorious in the 200 individual medley, finishing with a mark of 2:04.53 that went down as the fourth-fastest time in the history of the facility.

Freshman Anika Apostalon has earned the conference Swimmer of the Week award on three occasions during the 2013-14 season. She captured the honor on Oct. 23 for her performance during the Pacific Invitational, on Nov. 27 for her efforts at the Arecan Invitational and on Jan. 8 for her swims during the dual meet wins over Boise State and Grand Canyon.

Maddy Dalcamo was named the Mountain West Swimmer of the Week on Nov. 6 for her performance during the Aztecs' dual meet victory at TCU.

THERE'S NO PLACE LIKE HOME

San Diego State completed its fourth consecutive undefeated home season during its 2012-13 campaign and will look to repeat that feat with a win over USD this weekend. The Aztecs have now won their last 39 consecutive meets at home. SDSU's record at the Aztec Aquaplex stands at 50-3 since the facility opened for the 2007-08 season.

THE STREAK ENDS

San Diego State saw its lengthy dual meet win streak come to an end with the loss at UCLA on January 12, 2013. SDSU had won its last 45 straight meets dating back to the 2009-10 season prior to the loss to the Bruins. The Aztecs' last loss had come against Wyoming on Jan. 29, 2010, in Laramie. San Diego State also had its streak of 55 straight wins against non-conference opponents ended as well. The last loss to a non-Mountain West team had been a defeat at North Texas on Nov. 17, 2006. In current Head Coach Mike Shrader's six-plus seasons at SDSU, the Aztecs have now lost only one dual meet to a non-conference foe and they have been victorious in 57 of their last 58 dual meets against all competition.

NEW TOP 10 TIMES

SDSU swimmers have turned in a total of 22 times this season that rank among the SDSU all-time top 10s in individual events. There have also been seven relay times that rank among the SDSU top 10 as well as one diving mark.

Freshman Anika Apostalon has set a pair of school records this season, both during the Arena Invitational in Monterey Park, Calif. (Nov. 21-13). Those records came in the 50 freestyle (22.39) and the 100 freestyle (48.40). Those times are the best in the Mountain West Conference this season as well and also rank 15th and 11th respectively in NCAA Division I for the 2013-14 season.

CONFERENCE TOP TIMES

In addition to Apostalon posting the top conference times in the 50 and 100 free, Natalie Ruiz's mark of 1:58.45 in the 200 backstroke is also the top time in the Mountain West in that event this season.

Other top five MW times turned in by SDSU swimmers in 2013-14 include Mikaela Macklin in the 200 freestyle (2nd - 1:48.49), Caroline Mitchel in the 1650 freestyle (4th - 16:52.82), Apostalon in the 100 backstroke (2nd - 53.79) and Emily Plegler in the 100 breaststroke (4th - 1:03.38).

POOL RECORDS

Anika Apostalon has set three Aztec Aquaplex record in her first season at San Diego State. That list includes the 50 free (23.10), 100 free (50.90) and 200 free (1:49.35).

All told, San Diego State swimmers have posted 15 times in individual races that rank among the top 10 marks in the history of the facility. They have also added six relay times that are among the top 10 fastest ever at the Aquaplex including a pool record in the 800 freestyle relay (7:26.95).



2013-14 AZTEC SWIMMING AND DIVING

2013-14 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Events	Ht.	Yr.	Exp.	Hometown (Previous School)
Anika Apostalon	Free, Back	6-1	Fr.	HS	Albuquerque, N.M. (Albuquerque Academy)
Chelsea Bailey	Free, Back	6-2	Jr.	2V	Kent, Wash. (Kentlake HS)
Kelsey Bean	Diving	5-2	So.	1V	Southbury, Conn. (Pomperaug HS)
Frida Berggren	Free, IM	5-8	Fr.	HS	Vastera, Sweden (Widenska Gymnasiet)
Maddy Dalcamo	Free	5-10	Jr.	1V	Olathe, Kan. (Wisconsin)
Laura Day	Breast, IM	5-8	So.	TR	Peyton, Colo. (Liberty)
Shannon Finigan	Diving	5-5	Fr.	HS	Coto de Caza, Calif. (Tesoro HS)
Samantha Gutmacher	Free, Fly	5-6	Fr.	HS	Mesa, Ariz. (Red Mountain HS)
Jordan Hanna	Breast	5-7	Sr.	1V	Seattle, Wash. (Pennsylvania)
Shannon Herman	Breast, IM	5-5	So.	1V	Alamo, Calif. (San Ramon Valley HS)
Alexandria Holland	IM, Fly	5-8	Jr.	JC	Santa Rosa, Calif. (Santa Rosa JC)
Taylor Johnson	Free	5-9	So.	1V	Fountain Valley, Calif. (Fountain Valley HS)
Marlee Kersting	Diving	5-7	Fr.	HS	Gilbert, Ariz. (Campo Verde HS)
Mikaela Macklin	Breast, IM	6-0	Sr.	3V	Placerville, Calif. (El Dorado HS)
Chandler Marshall	Diving	5-4	So.	1V	Colorado Springs, Colo. (Lewis Palmer HS)
Dana Michaels	Free	5-8	Jr.	2V	Shoreline, Wash. (Shorewood HS)
Savannah Miller	Free, IM	5-9	So.	1V	Westlake Village, Calif. (Westlake HS)
Caroline Mitchell	Free, Fly	5-7	Fr.	HS	Cary, N.C. (Cary HS)
Emilie Pleger	Breast	5-8	Jr.	2V	Yakima, Wash. (Eisenhower HS)
Alicia Powder	Diving	5-6	So.	1V	Ladera Ranch, Calif. (Tesoro HS)
Natilee Ruiz	Free, IM	6-0	So.	1V	Othello, Wash. (Othello HS)
Kate Santilena	Free	5-6	Fr.	HS	Murrieta, Calif. (Chaparral HS)
Livvi Sefton	Fly, IM	5-9	Sr.	3V	Nottingham, England (Friesland School)
Anna Steiner	Diving	5-4	Sr.	3V	Seattle, Wash. (International Community Sch.)
Ashley Stott	Diving	5-1	So.	1V	Temecula, Calif. (Great Oak HS)
Whitney Weisz	Free	6-0	So.	1V	Little Falls, Minn. (Little Falls HS)
Loreen Whitfield	Fly, IM	5-6	Jr.	2V	Clovis, Calif. (East Clovis HS)

Head Coach: Mike Shrader (Texas A&M '81), 7th Season

Assistant Coach: Ben Biefnes (TCU '10), 1st Season

Diving Coach: Roland McDonald (Michigan State '87), 4th Season

Volunteer Assistant Coach: Meghan Zimmer (San Diego State '13), 1st Season

Strength & Conditioning Coach: Brooke Vessey (San Diego State '12), 2nd Season

BY CLASS

Seniors (4)

Jordan Hanna, Mikaela Macklin, Livvi Sefton, Anna Steiner,

Juniors (6)

Chelsea Bailey, Maddy Dalcamo, Alexandria Holland, Dana Michaels, Emilie Pleger, Loreen Whitfield

Sophomores (10)

Kelsey Bean, Laura Day, Shannon Herman, Taylor Johnson, Chandler Marshall, Savannah Miller, Alicia Powder, Natilee Ruiz, Ashley Stott, Whitney Weisz

Freshmen (7)

Anika Apostalon, Frida Berggren, Shannon Finigan, Samantha Gutmacher, Marlee Kersting, Caroline Mitchell, Kate Santilena

BY STATE/COUNTRY

Arizona (2)

Samantha Gutmacher, Marlee Kersting

California (10)

Shannon Finigan, Shannon Herman, Alexandria Holland, Taylor Johnson, Mikaela Macklin, Savannah Miller, Alicia Powder, Kate Santilena, Ashley Stott, Loreen Whitfield

Colorado (2)

Laura Day, Chandler Marshall

Connecticut (1)

Kelsey Bean

Kansas (1)

Maddy Dalcamo

Minnesota (1)

Whitney Weisz

New Mexico (1)

Anika Apostalon

North Carolina (1)

Caroline Mitchell

Washington (6)

Chelsea Bailey, Jordan Hanna, Dana Michaels, Emilie Pleger, Natilee Ruiz, Anna Steiner

England (1)

Livvi Sefton

Sweden (1)

Frida Berggren

