

# AZTEC SWIMMING AND DIVING

## SDSU QUICK FACTS

Location .....San Diego, Calif.  
 Founded .....1897  
 Enrollment .....35,887  
 Nickname .....Aztecs  
 Colors .....Scarlet and Black  
 Conference .....Mountain West  
 President .....Dr. Stephen L. Weber  
 Athletic Director .....Jeff Schemmel  
 Faculty Representative .....Dr. Roger W. Caves

## TEAM INFORMATION

Head Coach .....Mike Shrader (Texas A&M, 1981)  
 Dual Record at SDSU .....0-0 (First season)  
 Career Record .....89-12-1 (Eight seasons)  
 Swimming Office Phone .....(619) 594-5883  
 E-Mail .....mshrader@mail.sdsu.edu  
 Assistant Coach .....Brendon Bray (Washington '05)  
 Diving Coach .....Jim Wynne (Niagara '94)  
 2006-07 Dual-Meet Record .....9-8  
 2006-07 Conference Record .....1-7 (8th)  
 2007 MWC Meet .....9th, 145 pts.  
 Letterwinners Returning/Lost .....18/3  
 Newcomers .....11  
 Strength/Conditioning Coach .....Courtney Bale  
 Head Athletic Trainer .....Don Kessler  
 Home Facility .....Aztec Aquaplex  
 Website .....www.GoAztecs.com

## MEDIA RELATIONS OFFICE

Asst. AD/Media Relations Director .....Mike May  
 Assistant Media Relations Directors .....Peggy Curtin  
 .....Dave Kuhn  
 .....Jamie McConeghy  
 .....Darin Wong  
 Media Relations Assistant .....Andrea Ohta (Swim Contact)  
 Administrative Assistant .....Andrea Rogers  
 Office Phone .....(619) 594-5547  
 Office Fax .....(619) 582-6541  
 Ohta Mobile Number .....(562) 544-4785  
 Ohta E-Mail .....aohta@projects.sdsu.edu  
 Mailing Address .....SDSU Department of Athletics  
 Aztec Athletics Center, Suite 3014  
 5302 55th Street  
 San Diego, CA 92182-4309

## CONFERENCE INFORMATION

Commissioner .....Craig Thompson  
 Dir. Communications .....Kim Melcher  
 Asst. Dir. Comm./Swim Contact .....Marlon Edge  
 Office Phone .....(719) 488-4052  
 Office Fax .....(719) 487-7241  
 E-Mail .....medge@themwc.com  
 Website .....www.TheMWC.com  
 Mailing Address .....Mountain West Conference  
 15455 Gleneagle Drive, Suite 200  
 Colorado Springs, CO 80921



## Table of Contents

### THE 2007-08 AZTECS

2007-08 Roster .....2  
 Season Outlook .....3

### COACHING STAFF

Head Coach Mike Shrader .....4  
 Assistant Coach Brendon Bray .....5  
 Diving Coach Jim Wynne .....5  
 Volunteer Assistant Emily Schmied .....5

### ATHLETE PROFILES

Daly, Dowell, Graham .....6  
 Merrill, Smith, Flanagan .....7  
 Heuring, Leahy, Patterson .....8  
 Raymond, Twilling, Atkinson .....9  
 Beebe, Dakin, Freeberg, Maurer .....10  
 Morrill, Power, Brooks, DiDomenico .....11  
 Henderson, Henry, Holland,  
 Metsar, Pool, Rogers .....12  
 Schuster, B. Vessey, J. Vessey .....13

### 2006-07 REVIEW

Highlights .....14  
 Results .....14  
 Top Times/Marks .....14

### HISTORY

Aztec Record Book .....15

### UNIVERSITY SECTION

Aztec Aquaplex .....16  
 San Diego State University .....18  
 Administration .....20  
 Academic Services .....21  
 Aztec Culture .....22  
 Mountain West Conference .....23  
 City of San Diego .....24

### CREDITS

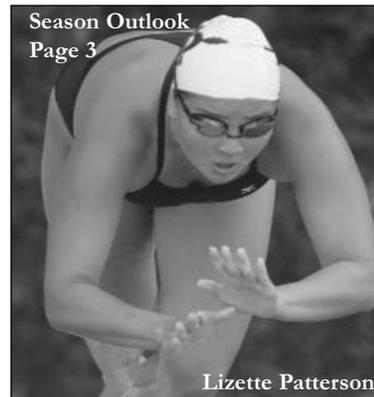
The 2007-08 San Diego State women's swimming and diving media guide is a publication of the SDSU athletic media relations office. The publication was written, edited and designed by media relations assistant Andrea Ohta. Editorial assistance was provided by assistant media relations directors Peggy Curtin and Jamie McConeghy, administrative assistant Andrea Rogers and media relations assistant Jeff Salmon.

Photography by Stan Liu, Brock Scott, Ken Jacques and Randy Mendioroz.

Printing by SDSU Reprographics.

*The California State University system is committed to providing equal opportunities to men and women CSU students in all campus programs including intercollegiate athletics.*

Season Outlook  
Page 3



Lizette Patterson

Athlete Profiles  
Pages 6-13



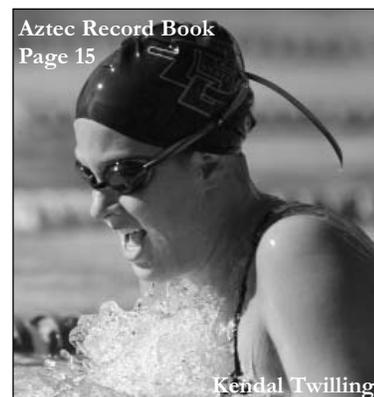
Megan Flanagan

2006-07 Review  
Page 14



Rosalie Raymond

Aztec Record Book  
Page 15



Kendal Twilling

# AZTEC ROSTER

## 2007-08 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Event(s)	Ht.	Yr.	Exp	Hometown (Previous School)
Caitlin Atkinson	Diving	5-5	So.	1V	Laguna Niguel, Calif. (Santa Margarita HS)
Meredith Beebe	Fly, Free	5-6	So.	1V	St. Charles, Ill. (St. Charles East HS)
Keely Brooks	Diving	5-4	Fr.	HS	St. Louis, Mo. (Clayton HS)
Lauren Dakin	Breast, Free	5-6	So.	1V	Naperville, Ill. (Neuqua Valley HS)
Brittany Daly	Distance Free	5-8	Sr.	1V	Bay Shore, N.Y. (Univ. of New Hampshire)
Gina DiDomenico	IM	5-2	Fr.	HS	La Junta, Colo. (La Junta HS)
Ana Dowell	Fly, Free	5-8	Sr.	1V	Phoenix, Ariz. (Univ. of New Hampshire)
Megan Flanagan	Diving	5-7	Jr.	2V	Oakdale, Minn. (North HS)
Amy Freeberg	Diving	5-5	So.	1V	Pasadena, Calif. (Alverno HS)
Christine Graham	Breast, Free	5-5	Sr.	1V	Santa Rosa, Calif. (Santa Rosa JC)
Stephanie Henderson	Free	5-9	Fr.	HS	La Quinta, Calif. (La Quinta HS)
Kristen Henry	Distance Free	5-8	Fr.	HS	Lake Forest, Calif. (El Toro HS)
Kathleen Heuring	Diving	5-5	*Jr.	2V	La Verne, Calif. (Bonita HS)
Noelle Holland	Fly	5-5	Fr.	HS	Casa Grande, Ariz. (Casa Grande Union HS)
Katie Leahy	Free, Back, IM	5-5	Jr.	2V	San Diego, Calif. (Bonita Vista HS)
Kristen Maurer	Diving	5-5	So.	1V	Cincinnati, Ohio (Indian Hill HS)
Kathleen Merrill	Breast, Free	6-1	Sr.	1V	Elk Grove, Calif. (Sacramento City CC)
Nino Metsar	Fly, Breast, IM	5-8	So.	TR	Tallinn, Estonia (New Mexico State)
Jessica Morrill	Breast, IM	5-8	So.	1V	Rio Vista, Calif. (Rio Vista HS)
Lizette Patterson	Breast, IM	5-5	Jr.	2V	Saugus, Calif. (Saugus HS)
Emily Pool	Breast	5-3	Jr.	TR	San Diego, Calif. (Mesa College)
Kyla Power	Distance Free	5-8	So.	1V	San Jose, Calif. (Valley Christian HS)
Rosalie Raymond	Free	5-8	Jr.	2V	Las Vegas, Nev. (Coronado HS)
Alexandra Rogers	Back	5-10	Jr.	TR	Los Angeles, Calif. (Pierce College)
Jenna Schuster	Free	5-10	Jr.	HS	Upland, Calif. (Upland HS)
Katie Smith	Back	5-10	Sr.	3V	Los Angeles, Calif. (Notre Dame Academy)
Kendal Twilling	Breast, IM	5-8	Jr.	2V	Granite Bay, Calif. (Granite Bay HS)
Brooke Vessey	Fly, Free, Back	5-2	Fr.	HS	Redlands, Calif. (Redlands HS)
Jamie Vessey	Fly, Free	5-2	So.	HS	Redlands, Calif. (Redlands HS)

\*Redshirt season utilized

**Head Coach:** Mike Shrader (Texas A&M '81), First season

**Assistant Coach:** Brendon Bray (University of Washington '05), First season

**Diving Coach:** Jim Wynne (Niagara '94), Sixth season

**Volunteer Assistant:** Emily Schmied (San Diego State '06), First season



## SWIMMERS BY CLASS

### Seniors (5)

Brittany Daly, Ana Dowell, Christine Graham, Kathleen Merrill, Katie Smith

### Juniors (9)

Megan Flanagan, Kathleen Heuring, Katie Leahy, Lizette Patterson, Emily Pool, Rosalie Raymond, Alexandra Rogers, Jenna Schuster, Kendal Twilling

### Sophomores (9)

Caitlin Atkinson, Meredith Beebe, Lauren Dakin, Amy Freeberg, Kristen Maurer, Nino Metsar, Jessica Morrill, Kyla Power, Jamie Vessey

### Freshmen (6)

Keely Brooks, Gina DiDomenico, Stephanie Henderson, Kristen Henry, Noelle Holland, Brooke Vessey

## SWIMMERS BY STATE/COUNTRY

### Arizona (2)

Ana Dowell, Noelle Holland

### California (18)

Caitlin Atkinson, Amy Freeberg, Christine Graham, Stephanie Henderson, Kristen Henry, Kathleen Heuring, Katie Leahy, Kathleen Merrill, Jessica Morrill, Lizette Patterson, Emily Pool, Kyla Power, Alexandra Rogers, Jenna Schuster, Katie Smith, Kendal Twilling, Brooke Vessey, Jamie Vessey

### Colorado (1)

Gina DiDomenico

### Illinois (2)

Meredith Beebe, Lauren Dakin

### Minnesota (1)

Megan Flanagan

### Missouri (1)

Keely Brooks

### Nevada (1)

Rosalie Raymond

### New York (1)

Brittany Daly

### Ohio (1)

Kristen Maurer

### Estonia (1)

Nino Metsar

## LETTERWINNERS RETURNING (18)

Caitlin Atkinson	Katie Leahy
Meredith Beebe	Kristen Maurer
Lauren Dakin	Kathleen Merrill
Brittany Daly	Jessica Morrill
Ana Dowell	Lizette Patterson
Megan Flanagan	Kyla Power
Amy Freeberg	Rosalie Raymond
Christine Graham	Katie Smith
Kathleen Heuring	Kendal Twilling

# SEASON OUTLOOK

It is the beginning of a new era for the San Diego State women's swimming and diving team. With a state-of-the-art facility and a new head coach, who already has numerous accomplishments under his belt, the Aztecs are looking to turn around a program that has struggled in the past.

First-year head coach Mike Shrader, who came to SDSU from Nevada-Reno, brings a wealth of experience and success to San Diego. In his eight seasons at Nevada, Shrader led the Wolf Pack to an impressive 87.7 winning percentage, four NCAA championship appearances, two conference titles and a perfect 18-0 dual meet mark in 2007. His accomplishments and enthusiasm have already translated into an upbeat attitude for the Aztec swimmers and divers.

Before Shrader made his way to San Diego, the rebuilding process for the Aztecs began last March, when the two-pool, 112,000-square foot Aztec Aquaplex opened on Montezuma Mesa. The 50-meter competition pool can accommodate a multitude of swimming events, as well as diving events with its one- and three-meter springboards.

"The Aztec Aquaplex is a 12-million dollar project and it shows," said Shrader. "It is world-class and you will not find a better facility in the western United States."

In addition to a new home venue and head coach, San Diego State will return all but three of its swimmers from the 2006-07 squad that went 9-8 in dual meet competition, marking the first winning season for SDSU since 2004, and its most wins since 2002.

Even more encouraging is the fact that the Aztecs will have a group of five talented seniors, who have all been selected as team captains, to anchor the squad in 2008. Brittany Daly, Ana Dowell, Christine Graham, Kathleen Merrill and Katie Smith have all put in the time and effort to make their last season one to remember.

"I am blessed to inherit the group of seniors that we have," said Shrader. "They are the most important pieces to getting our program headed in the right



Senior Katie Smith

direction and I want to see them go out with a winning team."

Daly, who established the fourth-best time in school history for the 1,000 free last year, will be the Aztecs' top returning distance swimmer. In addition to her record-setting performance, Daly also swam the team's second-fastest time of the season in the 500 and 1,650 free.

"Brittany is off to a good start training-wise and is excited about being one of our team leaders," said Shrader.

This year, the Bay Shore, N.Y., native will lead a strong group of distance swimmers, including junior Rosalie Raymond, sophomore Kyla Power and freshman Kristen Henry.

Dowell is expected to be one of the Aztecs' top butterfly swimmers, as well as freestyle sprint specialists. In 2007, Dowell established SDSU's top time of the season in both the 100 and 200 fly. She also held the second-best mark in the 50 and 100 free for the Aztecs.

"Ana is one of the most talented, hard-working, butterfly and freestyle swimmers that I have had the pleasure to coach," said Shrader.

Dowell will be guiding a young group of fly swimmers in 2008, including sophomores Meredith Beebe, Nino Metsar and Jamie Vessey, as well as freshmen Noelle Holland and Brooke Vessey.

Also joining Dowell in freestyle sprint events will be juniors Katie Leahy and Jenna Schuster, sophomore Lauren Dakin and freshman Stephanie Henderson.

Graham and Merrill will anchor a solid group of breaststrokers this season, as both swam personal bests in the 100 and 200 breaststroke last year. Merrill was also named to the Mountain West Conference all-academic team.

"Christine was one of our top scorers last year and will be one of our top breaststrokers this year," said Shrader. "Kathleen, meanwhile, is a very versatile swimmer and we will use her in key spots."

Helping out the senior duo will be sophomore Jessica Morrill, who established the fifth-best time in school history for the 200 breaststroke and also had the Aztecs' top mark of the season in both breaststroke events. In addition, junior transfer Emily Pool will look to make an immediate impact in the breaststroke events.

Rounding out the senior class is Smith, a 2007 all-MWC performer. Smith finished sixth in the 100 backstroke at the MWC championships last year and also ranks in the top-five in Aztec history for both the 100 and 200 backstroke events.

"Katie is working harder than she ever has in her life



Sophomore Jessica Morrill

and has an opportunity to make her NCAA cut this year," said Shrader.

Joining Smith will be junior Alexandra Rogers, who was a California State champion in both the 50 and 100 backstroke at the junior college level.

Leading the way in the individual medley will be juniors Lizette Patterson and Kendal Twilling. Freshman Gina DiDomenico will also contribute in the IM events.

One of the early strong points of the Aztec program will be its diving squad. Coming off one of its best seasons ever, SDSU returns all of its divers from last year and also welcomes a high school state champion to The Mesa.

Sophomore Caitlin Atkinson and junior Megan Flanagan return as the top performers for San Diego State. Both Atkinson and Flanagan became the Aztecs' first-ever NCAA Zone E Diving Regional qualifiers last year.

In her first year at San Diego State, Atkinson broke the school record on both the one- and three-meter boards. Flanagan was not far behind, as she established the second-best mark in school history for both events.

Junior Kathleen Heuring, sophomores Amy Freeberg and Kristen Maurer, along with freshman Keely Brooks, who was the 2007 Missouri high school state champion on the one-meter board, round out what could end up being the greatest Aztec diving team in school history.

With a new facility and head coach, and an outstanding unit of senior captains ready to lead the way, a breakthrough season appears to be on the horizon for the Aztec swimming and diving team.