



# AZTEC SWIMMING AND DIVING

THIS WEEK: November 20-22 - at A3 Performance Invitational - East Los Angeles JC - Monterey Park, Calif. - All Day

## 2014-15 SCHEDULE

Record: 9-0 (2-0 Home; 3-0 Away; 4-0 Neutral)

Date	Opponent	Time/Result
Sept. 21	San Diego (Pentathlon)	W, 33-24
Oct. 10	at Vanderbilt	W, 145-112
	Campbell	W, 184-73
	Arkansas-Little Rock	W, 190-60
Oct. 11	at Vanderbilt	W, 121-113
	Arkansas-LittleRock	W, 155-78
Oct. 24	Hawai'i	W, 157-132
Nov. 1	at Colorado State	W, 187.5-112.5
	Idaho	W, 193.5-106.5
Nov. 7-9	at Trojan Diving Invitational	All Day
Nov. 20-22	at Arena Invitational	All Day
Dec. 29	Air Force	2:00 pm
	Incarinate Word	
	UC San Diego	
Jan. 3	Incarinate Word+	12:00 pm
	Grand Canyon+	
Jan. 9	Nevada	10:00 am
	Rice	
Jan. 17-19	at Bruin Invitational (Diving)	All Day
Jan. 23	at San Diego	12:00 pm
Jan. 24	Pacific	11:00 am
Jan. 30-31	at Air Force Diving Invit.	All Day
Feb. 18-21	at MW Championships#	All Day
Mar. 9-11	at Zone Diving^	10:00 am
Mar. 19-21	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 UNC Greensboro (Greensboro, N.C.)

## QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	33,726
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	96-14 (8th season)
Career Record	185-26-1 (16th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Associate Head Coach	Stephen Allnutt
E-Mail	sallnutt@mail.sdsu.edu
Diving Coach	Roland McDonald
E-Mail	rmcdonald@mail.sdsu.edu
Volunteer Assistant Coach	Ryan Thieleman
Strength & Cond. Coach	Brooke Embernate
2013-14 Dual-Meet Record	11-0
2014 MWC Meet	2nd, 633.5 pts.
Letterwinners Returning/Lost	20/6
Newcomers	14
Home Facility	Aztec Aquaplex

## Media Relations

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## THIS WEEK IN AZTEC SWIMMING

The San Diego State swimming team will be at East Los Angeles College in Monterey Park, Calif., to compete in the A3 Performance Invitational hosted by UC San Diego (formerly the Arena Invitational). The three-day meet runs Thursday-Saturday (Nov. 20-22). Prelims begin each day at 9:00 a.m. with the finals session at 5:00 p.m. there will be no diving events conducted at the meet.

A total of 15 collegiate women's teams and eight men's squads will participate in the Invitational. The women's teams include Cal Baptist, Cal Poly, CSU Bakersfield, Fresno State, Hawai'i, La Verne, Loyola Marymount, Pepperdine, San Jose State, UCLA, UC San Diego, UC Santa Barbara, USC and University of San Diego.

## HEAD COACH MIKE SHRADER

San Diego State Head Coach Mike Shrader is in his eighth season with the Aztecs and has compiled a dual meet record of 96-14 (.872) during his tenure. Shrader has been named the Mountain West Coach of the Year on five occasions (2014, 2013, 2011, 2010, co-coach in 2009). Including eight seasons as head coach at Nevada, his career record is 185-26-1 (.875).

## AZTECS DEFEAT IDAHO, CSU IN DUAL MEET ACTION

The San Diego State swimmers and divers picked up a pair of wins in Fort Collins, Colo, on Nov. 1 when they defeated both Colorado State (187.5-112.5) and Idaho (193.5-106.5) in a double dual meet.

The Aztecs captured first place in eight of the 14 swimming events as well as one of the diving competitions en route to the wins. Natilee Ruiz and Anika Apostalon won two events apiece to pace the SDSU swimmers. Ruiz finished first in both the 200 freestyle (1:55.48) and 200 backstroke (2:02.36). Apostalon took top spot in the 100 backstroke (55.64) and 100 freestyle (50.31). She was also a member of the 200 freestyle relay team along with Chelsea Bailey, Whitney Weisz and Maddy Dalcamo that won the event in 1:33.47.

## DIVER OF THE WEEK

San Diego State freshman Alexandra Caplan earned MW Women's Diver of the Week honors for her performance in the meet in Fort Collins, Colo. on Nov. 1. She placed in the top two of both springboard events in the meet vs. Colorado State and Idaho. Caplan won the 1-meter dive with a score of 284.45 and finished second in the 3-meter event with a score of 289.30. Both scores are NCAA-qualifying marks. Her 1-meter dive currently ranks fourth in the Mountain West, while her 3-meter score ranks seventh. In addition, her scores rank as the fourth-highest and eighth-highest respectively on Aztec program history.

## SWIMMER OF THE WEEK

San Diego State sophomore Anika Apostalon was named Mountain West Swimmer of the Week for her performance in the meet vs. Hawai'i on Oct. 24. The second-year Aztec won the 100-yard freestyle with time of 49.88. That time currently ranks first in the Mountain West. Apostalon also posted a time of 1:50.33 to win the 200-yard freestyle, currently the second-fastest in the conference this season. In the final event of the meet, she swam the third leg of the 200-yard freestyle relay as the team recorded a time of 1:33.08 for the win. The mark currently ranks first in the Conference and 15th in the nation.

## THERE'S NO PLACE LIKE HOME

San Diego State completed its fourth consecutive undefeated home season during its 2013-14 campaign with a 7-0 record. 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.

## CRACKING THE AQUAPLEX TOP 10 TIMES LIST

Aztecs swimmers turned in a total of eight times during the Hawai'i meet that entered the all-time top 10 marks at the Aztec Aquaplex.

Chelsea Bailey	50 Free	23.28 (2nd)
Summer Harrison	100 Fly	55.99 (7th)
Frida Berggren	500 Free	4:58.94 (8th)
Natilee Ruiz	100 Back	57.23 (9th)
Emilie Campbell	200 Breast	2:21.67 (9th)
	200 Free Relay	

Bailey, Johnson, Apostalon, Ruiz.....1:33.08 (2nd)  
Dalcamo, Berggren, Guttmacher, Harrison1 : 3 6 . 6 2 (5th)

## 200 Medley Relay

Bailey, Day, Guttmacher, Dalcamo.....1:45.14 (9th)

## DIVERS SHINE

Diving newcomers Isabelle Choquehuanca (junior transfer from LSU) and Alexandra Caplan (freshman from Mission Viejo HS) have recorded dives that rank among the top 10 on the SDSU all-time scores list on both the 1-meter and 3-meter boards.

Choquehuanca's mark of 285.90 on the 1-meter ranks fourth all-time for an Aztec diver while Caplan's score of 284.45 stands fifth. On the 3-meter board, Choquehuanca's mark of 297.08 ranks fifth with Caplan's 289.30 coming in at eighth.

In addition, on the platform this season sophomore Shannon Finigan has turned in the seventh best mark ever by an SDSU diver at 193.80 with Caplan recording the eighth-best score of 189.25.

## 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. The Aztecs are now 68-1 in their last 69 dual meets dating back to January 2010.

## NEW COACH

Stephen Allnutt joined the Aztecs' as an assistant coach this past August. Allnutt spent the last two seasons as a volunteer assistant coach at the University of Hawai'i where he worked with the middle distance and IM swimmers on both the men's and women's teams. Allnutt attended the University of Hawai'i where he was a swimmer from fall 2007 to 2011.

A native of Forest Grove, Ore., the 25-year-old Allnutt is a 2011 graduate of Hawai'i with a bachelor's of science degree in kinesiology and exercise science. He received a master's degree in kinesiology from UH in 2014 as he completed his thesis on the biomechanics of swimming.

## UP NEXT

Following the A3 Performance Invitational this weekend, the SDSU swimmers and divers will be off until Monday, Dec. 29 when they will host a triple dual meet against Air Force, Incarnate Word and UC San Diego at the Aztec Aquaplex at 2:00 p.m.



# 2014-15 AZTEC SWIMMING AND DIVING

## 2014-15 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Events	Ht.	Yr.	Exp.	Hometown (Previous School)
Anika Apostalon	Free, Back	6-1	So.	1V	Albuquerque, N.M. (Albuquerque Academy)
Chelsea Bailey	Free, Back	6-2	Sr.	3V	Kent, Wash. (Kentlake HS)
Briana Balsbough	Breast, Free	5-7	Fr.	HS	West Linn, Ore. (West Linn HS)
Frida Berggren	Free, IM	5-8	So.	1V	Vastera, Sweden (Widenska Gymnasiet)
Emilie Campbell	Breast	5-8	Sr.	3V	Yakima, Wash. (Eisenhower HS)
Alexandra Caplan	Diving	5-4	Fr.	HS	Mission Viejo, Calif. (Mission Viejo HS)
Corinn Casper	Free, IM	5-8	Fr.	HS	Chino Hills, Calif. (Ayala HS)
Makena Chamoures	Diving	5-5	Fr.	HS	San Clemente, Calif. (San Clemente HS)
Isabelle Choquehuanca	Diving	5-5	So.	TR	Laguna Niguel, Calif. (Louisiana State)
Maddy Dalcamo	Free	5-10	Sr.	2V	Olathe, Kan. (Wisconsin)
Laura Day	Breast, IM	5-8	Jr.	1V	Peyton, Colo (Liberty)
Nicole Dutton	Diving	5-6	Fr.	HS	Dana Hills, Calif. (Dana Hills HS)
Shannon Finigan	Diving	5-5	So.	1V	Coto de Caza, Calif. (Tesoro HS)
Payton Gabris	Diving	5-1	Fr.	HS	Mission Viejo, Calif. (Santa Margarita Cath HS)
McKenna Garfein	Free, Back	5-5	So.	TR	San Diego, Calif. (Towson)
Samantha Guttmacher	Free, Fly	5-6	So.	1V	Mesa, Ariz. (Red Mountain HS)
Summer Harrison	Free, Fly	5-7	Fr.	HS	Honolulu, Hawaii (Mid-Pacific Institute)
Shannon Herman	Breast, IM	5-5	Jr.	2V	Alamo, Calif. (San Ramon Valley HS)
Alexandria Holland	IM, Fly	5-8	Sr.	1V	Santa Rosa, Calif. (Santa Rosa JC)
Cayla Jetter	Free	5-7	So.	TR	Pleasanton, Calif. (Texas A&M)
Taylor Johnson	Free	5-9	Jr.	2V	Fountain Valley, Calif. (Fountain Valley HS)
Dana Michaels	Free	5-8	Sr.	3V	Shoreline, Wash. (Shorewood HS)
Savannah Miller	Free, IM	5-9	Jr.	2V	Westlake Village, Calif. (Westlake HS)
Caroline Mitchell	Free, Fly	5-7	So.	1V	Cary, N.C. (Cary HS)
Lydia Perevezina	Breast, IM	5-8	Fr.	HS	Gresham, Ore. (Sam Barlow HS)
Marina Priess	Breat, IM	5-9	Fr.	HS	East Hampton, N.Y. (East Hampton HS)
Natilee Ruiz	Free, IM	6-0	Jr.	2V	Othello, Wash. (Othello HS)
Kate Santilena	Free	5-6	So.	1V	Murrieta, Calif. (Chaparral HS)
Whitney Weisz	Free	6-0	Jr.	2V	Little Falls, Minn. (Little Falls HS)
Loreen Whitfield	Fly, IM	5-6	Sr.	3V	Clovis, Calif. (East Clovis HS)
Alex Wolf	Breast, IM	5-8	Fr.	HS	Redlands, Calif. (Martin Luther King HS)
Cecilia Zaccarelli	Breast, IM	5-7	Fr.	HS	Sao Paulo, Brazil

**Head Coach:** Mike Shrader

**Assistant Coach:** Stephen Allnutt

**Diving Coach:** Roland McDonald

**Volunteer Assistant Coach:** Ryan Theielemann

## BY CLASS

### Seniors (6)

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

### Juniors (6)

Laura Day, Shannon Herman, Taylor Johnson, Savannah Miller, Natilee Ruiz, Whitney Weisz

### Sophomores (9)

Anika Apostalon, Frida Berggren, Isabelle Choquehuanca, Shannon Finigan, McKenna Garfein, Samantha Guttmacher, Cayla Jetter, Caroline Mitchell, Kate Santilena

### Freshmen (11)

Briana Balsbough, Alexandra Caplan, Corinn Casper, Makena Chamoures, Nicole Dutton, Payton Gabris, Summer Harrison, Lydia Perevezina, Marina Priess, Alex Wolf, Cecilia Zaccarelli

## BY STATE/COUNTRY

### Arizona (1)

Samantha Guttmacher

### California (16)

Alexandra Caplan, Corinn Casper, Makena Chamoures, Isabelle Choquehuanca, Nicole Dutton, Shannon Finigan, Payton Gabris, McKenna Garfein, Shannon Herman, Alexandria Holland, Cayla Jetter, Taylor Johnson, Savannah Miller, Kate Santilena, Loreen Whitfield, Alex Wolf

### Colorado (1)

Laura Day

### Hawai'i (1)

Summer Harrison

### Kansas (1)

Maddy Dalcamo

### Minnesota (1)

Whitney Weisz

### New Mexico (1)

Anika Apostalon

### New York (1)

Marina Priess

### North Carolina (1)

Caroline Mitchell

### Oregon (2)

Briana Balsbough, Lydia Perevezina

### Washington (4)

Chelsea Bailey, Emilie Campbell, Dana Michaels, Natilee Ruiz

### Brazil (1)

Cecilia Zaccarelli

### Sweden (1)

Frida Berggren

