



# AZTEC SWIMMING AND DIVING

THIS WEEK: OCT. 11 - VS. UTAH, NOON PT - AZTEC AQUAPLEX

## 2007-08 SCHEDULE

Date	Opponent	Time/Result
Oct. 11	*Utah	3 p.m.
Oct. 25	*Air Force	1 p.m.
	*Colorado State	
	*New Mexico	
Oct. 31	at USC Diving Invite	All Day
Nov. 1	at USC Diving Invite	All Day
Nov. 1	Fresno State	Noon
Nov. 8	*vs. BYU^	9 a.m.
	*vs. UNLV^	
Dec. 6	at CS Bakersfield	1 p.m.
Dec. 31	CS East Bay	9 a.m.
Jan. 8	at Hawai'i Invite	All Day
Jan. 17	*at TCU	11 a.m.
	vs. Centenary	
Jan. 31	*Wyoming	Noon
	Northern Colorado	
	UC San Diego	
Feb. 7	at Univ. of San Diego	Noon
Feb. 25-28	at MWC Championships!	All Day
March 12-14	NCAA Diving Zones!	All Day
March 19-21	NCAA Championships#	All Day

All times Pacific  
Home meets in **bold**, held at Aztec Aquaplex.

\* Mountain West Conference meet  
^ at Big West Shootout (Irvine, Calif.)  
! at Oklahoma City, Okla.  
# at College Station, Texas (Texas A&M host)

## 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

Head Coach .....Mike Shrader  
 Dual Record at SDSU ...8-4 (Second season)  
 Career Record .....97-16-1 (10th season)  
 Swimming Office Phone .....(619) 594-5883  
 E-Mail .....mshrader@mail.sdsu.edu  
 Assistant Coach .....Brendon Bray  
 Diving Coach .....Jim Wynne  
 Volunteer Assistant .....Caitlyn Shortt  
 Strength & Conditioning Coach...Jon Francis  
 Athletic Trainer .....Bree Walder  
 2007-08 Dual-Meet Record .....8-4  
 2007-08 MWC Record .....2-4 (6th)  
 2008 MWC Meet .....8th, 161 pts.  
 Letterwinners Returning/Lost .....11/14  
 Newcomers .....13  
 Home Facility .....Aztec Aquaplex

## MEDIA RELATIONS

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## THIS WEEK

San Diego State will open the 2008-09 campaign on Saturday, Oct. 11, when it welcomes Mountain West Conference foe Utah to the Aztec Aquaplex for a 3 p.m. (PST) dual meet.

## SCOUTING THE UTES

Utah got off to a 4-0 start last weekend at Boise State as it defeated both the Broncos and the University of Washington twice in back-to-back double dual meets. On Saturday (Oct. 4), freshman Whitney Lopus captured the 100 free, 100 fly and 200 fly, while classmate Hannah Caron won the 200 breast, 200 individual medley and 200 free.

Utah returns 11 letterwinners from a 2007-08 squad that finished third at the conference championship meet a year ago. The Utes are led by a trio of defending MWC champions, including Natalie Edge (100 free), Jennifer Fredsall (100 fly) and Kwan Ling Yu (platform dive).

## SERIES HISTORY

Since the inception of the Mountain West Conference in 1999-00, San Diego State trails in its dual-meet series with Utah by a 7-1 count. Last year, the Aztecs fell to the Utes, 156-128, in their season opener in Salt Lake City. The Scarlet and Black will be looking for its first victory against Utah since Jan. 6, 2000.

## TRI-CAPTAINS

SDSU will have a trio of swim captains this season. Sophomore Noelle Holland and juniors Jessica Morrill and Kyla Power will team up to guide the Aztecs both in and out of the pool in 2008-09.

Holland (Casa Grande, Ariz.), who swam personal bests in the 100 and 200 fly, earned recognition for her work in the classroom as she was selected to the MWC all-academic team in addition to being named a MWC scholar-athlete as a true freshman last year.

Morrill, meanwhile, was a double-winner twice in 2007-08 and earned her first career MWC swimmer of the week award after claiming the 100 and 200 breast vs. Air Force/TCU. The Rio Vista, Calif., native also holds the fifth-best mark in school history in the 200 breast.

Power (San Jose, Calif.) is coming off a strong sophomore year in which she won three events and established lifetime bests in the 50 free, 200 free, 500 free and 200 backstroke. She is also a two-time MWC scholar-athlete and MWC all-academic selection.

## BACK FOR MORE

San Diego State returns 11 letterwinners from last year's squad that posted an 8-4 mark in dual-meet action. In addition to Holland, Morrill and Power, the Aztecs welcome back seniors Megan Flanagan, Alexandra Rogers and Jamie Vessey, juniors Caitlin Atkinson, Amy Freeberg, and Nino Metsar, and sophomores Stephanie Henderson and Brooke Vessey.

## YOUNG GUNS

The Aztecs have many new faces this year as 13 newcomers are on board for the 2008-09 campaign. With nine freshmen and four transfers, the incoming class will look to make an immediate impact in their first season on The Mesa.

Freshmen Jeanette Engzell and Elisabeth Krueger have already shown their potential as both individuals won six events each over the course of the two Red and Black meets in September. Fellow classmates Ashley Flynn, Allison Hall, Alexis McCoy and Shaida Solimani also picked up victories in the intrasquad competition. Junior transfer Alex Barstad, meanwhile, swept the 1- and 3-meter diving events at the second Red and Black meet.

Also joining the Aztecs this year are sophomore transfers Dominique Campora and Melissa Church, and freshmen Shannon Bray, Kelsy Diener, Bojana Duric and Lisa Tompkins.

## THERE'S NO PLACE LIKE HOME

San Diego State compiled a perfect 3-0 dual-meet record in its first year of competition at the Aztec Aquaplex in 2008. The sparkling-new on-campus facility, which opened in the spring of 2007, serves as the home for the SDSU swimming and diving and water polo teams.

The 112,000 square-foot Aztec Aquaplex features a 50-meter competition pool, a recreational pool and a hydrotherapy spa. The competition pool can accommodate a multitude of swimming and diving events.

After its success at the Aquaplex last year, the Aztecs are looking forward to a five-meet home schedule starting with Utah on Saturday (Oct. 11). The Scarlet and Black will then return to action when it entertains Air Force, Colorado State and New Mexico in a MWC quad meet on Oct. 25 (1 p.m. PT).

## 2007-08 IN REVIEW

SDSU finished the 2007-08 dual-meet campaign with an 8-4 record, which was highlighted by a home sweep over MWC foes TCU and Air Force. The Aztecs had four individuals earn MWC weekly awards throughout the year, including swimmers Jessica Morrill and Brittany Daly and divers Caitlin Atkinson and Megan Flanagan.

The Aztecs closed out the season with an eighth-place finish at the MWC championship meet as both Katie Smith (100 back) and Amy Freeberg (platform dive) earned all-MWC honors. Atkinson and Flanagan also competed at the NCAA Zone E Diving Regionals for the second year in a row.

## MWC PRESEASON POLL

San Diego State was picked to finish seventh in the 2008-09 Mountain West Conference preseason poll, as voted on by the league's head coaches. Brigham Young was tabbed as the favorite with eight first-place votes and 63 points overall.

### 2008-09 MWC PRESEASON POLL

Rk.	Team (1st place votes)	Points
1.	BYU (8)	63
2.	Utah (1)	54
	UNLV	54
4.	Wyoming	42
5.	Colorado State	34
6.	TCU	28
7.	<b>San Diego State</b>	<b>24</b>
8.	New Mexico	17
9.	Air Force	8



# AZTEC SWIMMING AND DIVING

## 2008-09 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Event(s)	Ht.	Yr.	Exp	Hometown (Previous School)
Caitlin Atkinson	Diving	5-5	Jr.	2L	Laguna Niguel, Calif. (Santa Margarita HS)
Alex Barstad	Diving	5-7	Jr.	TR	Eden Prairie, Minn. (Univ. of Minnesota)
Shannon Bray	Fly, Free	5-9	Fr.	HS	Reno, Nev. (Reno HS)
Dominique Campora	Diving	5-6	So.	TR	Auburn, Calif. (Sierra College)
Melissa Church	Free, Fly	5-9	So.	TR	Alios Viejo, Calif. (Aliso Niguel HS)
Kelsy Diener	Back, IM, Free	5-11	Fr.	HS	Mesa, Ariz. (Red Mountain HS)
Bojana Duric	Distance	5-9	Fr.	HS	Mississauga, Ontario (Silverthorn Collegiate Institute)
Jeanette Engzell	Breast, IM	5-10	Fr.	HS	Falun, Sweden (Falun Frigymnasium)
Megan Flanagan	Diving	5-7	Sr.	3L	Oakdale, Minn. (North HS)
Ashley Flynn	Distance, Fly	5-6	Fr.	HS	Sacramento, Calif. (St. Francis HS)
Amy Freeberg	Diving	5-5	Jr.	2L	Pasadena, Calif. (Alverno HS)
Allison Hall	Fly, IM	5-2	So.	TR	Camarillo, Calif. (Oaks Christian HS)
Stephanie Henderson	Free	5-9	So.	1L	La Quinta, Calif. (La Quinta HS)
*Noelle Holland	Fly	5-5	So.	1L	Casa Grande, Ariz. (Casa Grande Union HS)
Elisabeth Krueger	Fly, IM, Free	6-0	Fr.	HS	Erlangen, Germany (Emmy-Noether-Gymnasium)
Alexis McCoy	Free, Back, Fly	5-8	Fr.	HS	Tokyo, Japan (Seisen International School)
Nino Metsar	Fly, Breast, IM	5-8	Jr.	1L	Tallinn, Estonia (New Mexico State)
*Jessica Morrill	Breast, IM	5-8	Jr.	2L	Rio Vista, Calif. (Rio Vista HS)
*Kyla Power	Distance Free	5-8	Jr.	2L	San Jose, Calif. (Valley Christian HS)
Alexandra Rogers	Back	5-10	Sr.	1L	Los Angeles, Calif. (Pierce College)
Shaida Solimani	Back, Free	5-9	Fr.	HS	Blue Springs, Mo. (Blue Springs HS)
Lisa Tompkins	Breast, IM	5-9	Fr.	HS	Camas, Wash. (Camas HS)
Brooke Vessey	Fly, Free, Back	5-2	So.	1L	Redlands, Calif. (Redlands HS)
Jamie Vessey	Fly, Free	5-3	Sr.	1L	Redlands, Calif. (Redlands HS)

\*Co-captains

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

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

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

**Volunteer Assistant:** Caitlyn Shortt, First season

## BY CLASS

### Seniors (3)

Megan Flanagan, Alexandra Rogers, Jamie Vessey

### Juniors (6)

Caitlin Atkinson, Alex Barstad, Amy Freeberg, Nino Metsar, Jessica Morrill, Kyla Power

### Sophomores (6)

Dominique Campos, Melissa Church, Allison Hall, Stephanie Henderson, Noelle Holland, Brooke Vessey

### Freshmen (9)

Shannon Bray, Kelsy Diener, Bojana Duric, Jeanette Engzell, Ashley Flynn, Elisabeth Krueger, Alexis McCoy, Shaida Solimani, Lisa Tompkins

## BY STATE/COUNTRY

### Arizona (2)

Kelsy Diener, Noelle Holland

### California (12)

Caitlin Atkinson, Dominique Campos, Melissa Church, Ashley Flynn, Amy Freeberg, Allison Hall, Stephanie Henderson, Jessica Morrill, Kyla Power, Alexandra Rogers, Brooke Vessey, Jamie Vessey

### Canada (1)

Bojana Duric

### Estonia (1)

Nino Metsar

### Germany (1)

Elisabeth Krueger

### Japan (1)

Alexis McCoy

### Minnesota (2)

Alex Barstad, Megan Flanagan

### Missouri (1)

Shaida Solimani

### Nevada (1)

Shannon Bray

### Sweden (1)

Jeanette Engzell

### Washington (1)

Lisa Tompkins

## LETTERWINNERS RETURNING (11)

Caitlin Atkinson  
 Megan Flanagan  
 Amy Freeberg  
 Stephanie Henderson  
 Noelle Holland  
 Nino Metsar  
 Jessica Morrill  
 Kyla Power  
 Alexandra Rogers  
 Brooke Vessey  
 Jamie Vessey

