AZTEC SWIMMING AND DIVING

THIS WEEK: February 18-21 - at Mountain West Championships - Palo Alto College - San Antonio, Texas - All Day

2014-15 Schedule

Record: 18-0 (9-0 Home; 4-0 Away; 5-0 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	NTS
Nov. 20-22	at Arena Invitational	1st, 1166 pts.
Dec. 29	**Air Force**	**W, 141-135**
	Incarnate Word	**W, 142.133**
	UC San Diego	**W, 151-127**
Jan. 3	Incarnate Word+	W, 184-107
	Grand Canyon+	W, 180-106
Jan. 9	**Nevada**	**W, 132-112**
	Rice	**W, 140-104**
Jan. 17-19	at Bruin Invitational (Diving)	NTS
Jan. 23	at San Diego	W, 139-106
Jan. 24	**Pacific**	**W, 129-113**
Jan. 30-31	at Air Force Diving Invit.	NTS
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 Acadmy (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	105-14 (8th season)
Career Record	194-26-1 (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 Palo Alto College in San Antonio, Texas, this week to compete in the 2015 Mountain West Conference Championships. The four-day-day meet runs Wednesday-Saturday (Feb. 18-21). Prelims begin each day at 11:00 a.m. (CT) with the finals session at 6:30 p.m. (CT)

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 105-14 (.882) 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 194-26-1 (.880).

AZTECS NATIONALLY-RANKED

San Diego State is ranked 25th in the nation in the Feb. 16 poll by the College Swimming Coaches Association of America. That poll is not designed to predict the results of the NCAA Championship, but rather which teams would win head-to-head against other teams in the country. The Aztecs are also ranked 28th in the country by *CollegeSwimming.com.*

AZTECS PICKED TO FINISH SECOND

San Diego State has been picked to finish second at this week's conference championship meet in a poll of the league's 10 head coaches. Defending champion Boise State is picked to win the title and garnered seven first-place votes. The Aztecs picked up the remaining three first-place votes. The complete poll is as follows:

Rk.	Team (1st place votes)	Points
1.	Boise State (7)	79
2.	San Diego State (3)	75
3.	Nevada	61
	Wyoming	61
5.	UNLV	41
6.	Air Force	37
	New Mexico	37
8.	San José State	30
9.	Colorado State	19
10.	Fresno State	10

UNDEFEATED

San Diego State concluded its 2014-15 season with an 18-0 record in dual meets. It marks the fourth time in the last five seasons that the Aztecs have gone through their season without a loss in head-to-head matchups.

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.

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 previous 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 77-1 in their last 78 dual meets dating back to January 2010.

SWIMMER OF THE WEEK

Senior Emile Campbell earned the Mountain West Swimmer of the Week award for her efforts in SDSU's final two dual meets of the season (Jan. 23 at USD and Jan. 24 vs. Pacific). At both of those meets she won the 100 and 200 breaststroke and was a member of the winning 200 medley relay squad. Against Pacific her times in the 100 and 200 breast entered the SDSU record book as the third and fifth-fastest in program history. Those marks are the fourth-best in the Mountain West this season. San Diego State athletes were named the Mountain West Swimmer of the week on five occasions during the 2014-15 campaign. In addition to Campbell, sophomore Anika Apostalon captured the honor on three occasions (Oct.28, Nov. 25 and Jan. 13). Senior Chelsea Bailey earned the award on Jan. 6. Freshman Ally Caplan was named the Mountain West Diver of the Week twice during the season (Nov. 4 and Jan. 6).

POOL RECORDS

During the final home meet of the season (vs. Pacific, Jan. 24), Aztec swimmers set seven individual and two relay Aztec Aquaplex records. Those record included:

200 Freestyle	Whitney Weisz	1:48.78
100 Butterfly	Summer Harrison	53.50
200 Butterfly	Frida Berggren	1:59.61
200 Backstroke	Natilee Ruiz	1:59.83
100 Breaststroke	Emilie Campbell	1:01.96
200 Breaststroke	Emilie Campbell	2:15.08
400 IM	Frida Berggren	4:21.23
400 Free Relay	Apostalon, Bailey, Ruiz, Weisz	3:21.29
200 Medley Relay	Apostalon, Harrison, Campbell, Bailey	1:41.52

Three other poll records were set during the 2014-15 season. On Oct. 24, Anika Apostalon set a record in the 100 freestyle (49.88) while the 200 free relay squad of Bailey, Johnson, Apostalon and Ruiz set a facility best with a time of 1:33.08. In addition, freshman diver Ally Caplan set the Aquaplane record on the 1-meter springboard with a score of 314.03 on Jan. 9.

SCHOOL RECORD

The Aztecs set one school record this season and that came in the final meet of the season vs. Pacific on Jan. 24. Sophomore Frida Berggren set a new school best in the 200 butterfly when she went 1:59.61, bettering the old mark of 1:59.93 set by current teammate Caroline Mitchell last season.

NEW COACH

Stephen Allnutt joined the Aztecs' as an assistant coach last 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 this week's conference meet, the Aztec divers will compete at the Zone Diving Meet in Colorado Springs, Colo., March 9-11. The NCAA Swimming and Diving Championships are scheduled for March 19-21 in Greensboro, N.C. The Aztecs will find out if any athletes qualified for the NCAA meet later this month.

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 Choquehuenca	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, Hawai'i (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 Pereverzina	Breast, IM	5-8	Fr.	HS	Gresham, Ore. (Sam Barlow HS)
Marina Preiss	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, McKenan 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 Pereverzina, Marina Preiss, 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 Preiss

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