

2008-09 San Diego State Swimming & Diving

SDSU QUICK FACTS

LocationSan Diego, Calif.
 Founded.....1897
 Enrollment34,360
 Nickname.....Aztecs
 ColorsScarlet and Black
 Conference.....Mountain West
 President.....Dr. Stephen L. Weber
 Athletic DirectorJeff Schemmel
 Faculty RepresentativeDr. Roger W. Caves

TEAM INFORMATION

Head CoachMike Shrader (Texas A&M, 1981)
 Dual Record at SDSU.....8-4 (Second season)
 Career Dual Record97-16-1 (10th season)
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 Assistant CoachBrendon Bray
 Diving CoachJim Wynne
 2007-08 Dual-Meet Record8-4
 2007-08 Conference Record2-4 (6th)
 2008 MWC Meet.....8th, 161 pts.
 Letterwinners Returning/Lost.....11/15
 Newcomers.....14
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 Websitewww.GoAztecs.com

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

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2008-09 San Diego State Swimming & 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	Aliso Viejo, Calif. (Saddleback Junior College)
Kelsy Diener	Back, IM, Free	5-11	Fr.	HS	Mesa, Ariz. (Red Mountain HS)
Bojana Duric	Distance	5-9	Fr.	HS	Mississauga, Ontario, Canada (Silverthorn Collegiate Inst.)
Jeanette Engzell	Breast, IM	5-10	Fr.	HS	Falun, Sweden (Falu 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. (Boise State)
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	San Diego, Calif. (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)

*Captains

Head Coach: Mike Shrader (Texas A&M, 1981), Second season
Assistant Coach: Brendon Bray (Washington, 2005), Second season
Diving Coach: Jim Wynne (Niagara, 1994), Seventh season
Volunteer Assistant: Caitlyn Shortt (Washington, 2008), First season
Undergraduate Assistant: Christine Graham, First season



Aztec seniors Alexandra Rogers, Jamie Vessey and Megan Flanagan

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

Freshman (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 (13)

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

Canada (1)

Bojana Duric

Estonia (1)

Nino Metsar

Germany (1)

Elisabeth Krueger

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

2008-09 San Diego State Swimming & Diving

Coming off its most successful season since the 2001-02 campaign, excitement is at an all-time high for the San Diego State swimming and diving team as it returns 11 letterwinners and welcomes a highly touted group of newcomers in 2008-09.

Second-year head coach Mike Shrader has laid the groundwork as he continues on his mission to build SDSU into a Mountain West Conference championship contender. Shrader, who has compiled an overall head coaching record of 97-16-1 over nine years, had a positive impact in his first season on The Mesa, leading the Scarlet and Black to an 8-4 mark in dual-meet competition. The Aztecs also had multiple all-MWC performers for the first time since 2004, while placing a program-record 10 student-athletes on the MWC all-academic team.

"I just want to get better every week and I feel like we have done that so far," Shrader said. "We simply need to continue to improve and have a phenomenal conference meet."

Despite losing its top five scorers from a year ago, the Scarlet and Black hopes to surpass last season's success with an experienced core of returnees and one of its best recruiting classes in recent history.

"Roughly 70 percent of the team is new, so we are definitely counting on some freshmen to step up this year," said Shrader. "I am excited because they are all first-class young ladies who are very good students and who are willing to push themselves to see how good they can be."

Leading a well-rounded group of swimmers this season will be tri-captains Noelle Holland, Jessica Morrill and Kyla Power.

Holland, a sophomore from Casa Grande, Ariz., will pace the butterfly specialists after swimming personal bests in the 100 and 200 fly last year. In addition to her success in the pool, she also excelled in the classroom, garnering MWC all-academic and scholar-athlete honors.



Alexandra Rogers will provide senior leadership on a young Aztec squad this year.



Junior co-captain Jessica Morrill ranks among the top five in school history in the 200 breaststroke.

"Noelle had a good summer and is training really well right now," Shrader said. "She is showing excellent leadership skills."

Joining Holland in the fly events will be sophomore Allison Hall and freshmen Shannon Bray and Elisabeth Krueger.

Morrill will anchor a strong group of breaststrokers after earning her first MWC swimmer of the week award in 2008. The junior from Rio Vista, Calif., also owns the fifth-fastest 200 breast time in SDSU history. Newcomers Jeanette Engzell and Lisa Tompkins will add depth to the 100 and 200 breast events.

Morrill will also be expected to contribute in the individual medley, where she will be joined by Hall, Krueger, Tompkins and junior Nino Metsar.

Power, meanwhile, will spearhead a young contingent of distance swimmers. The two-time MWC scholar-athlete had a breakout sophomore campaign in which she established lifetime bests in the 200 and 500 free. Senior Jamie Vessey will also be counted on to provide leadership in the distance events, while freshmen Ashley Flynn and Bojana Duric are expected to make an immediate impact in their initial season on The Mesa.

"Kyla is doing a phenomenal job training-wise and is an outstanding leader," Shrader said. "She had a great summer and we are looking forward to seeing what she can accomplish this year."

Senior Alexandra Rogers will guide the backstrokers this season after swimming the Aztecs' second-fastest times of the season in the 100 and 200 back last year. Rogers is looking to improve on those marks after a strong showing in training.

"Alexandra is light years ahead of where she was at this time last year," said Shrader. "She had some injuries in the past, but for the most part she is pretty healthy right now and is training at a very high level."

Also contributing in the backstroke will be sophomore Brooke Vessey and freshmen Kelsy

Diener, Alexis McCoy and Shaida Solimani.

Vessey and McCoy, along with sophomores Stephanie Henderson and Melissa Church will also be key factors in the freestyle sprint events.

"Stephanie has been training so much better than she did last year, so we are really excited about her in the sprint events," Shrader said. "Brooke is doing a great job in the sprints also. She will really help us in the 50 and 100 free."

Once again, the SDSU diving squad is shaping up to be one of the Aztecs' strongest areas. Senior Megan Flanagan and junior Caitlin Atkinson, who are both two-time NCAA Zone E Regional qualifiers, currently own the school record in the 3- and 1-meter diving events, respectively. Junior Amy Freeberg is also coming off a record-breaking season in which she established the Scarlet and Black's top mark on the platform en route to her first career all-MWC award. Joining the trio of returnees this year are transfers Alex Barstad and Dominique Campora.

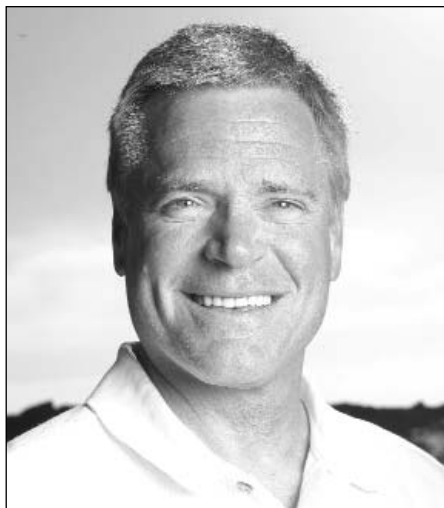
"We have a solid group that is dedicated and committed to the sacrifice, hard training and focus of our season goal, which is to improve everyday, challenge for top spots in our conference meets and make a big mark on all three boards at the MWC championship," said seventh-year diving coach Jim Wynne.

After posting a 3-0 dual-meet record at the Aztec Aquaplex last year, SDSU will look to continue its success at home in its second season at its new on-campus facility as the Scarlet and Black is set to host five meets.

SDSU will open the 2008-09 campaign against Utah on Oct. 11, before returning to the Aquaplex two weeks later when it welcomes Air Force, Colorado State and New Mexico for a MWC quad meet (Oct. 25). After playing host to non-conference foes Fresno State (Nov. 1) and Cal State East Bay (Dec. 31), the Aztecs will close out its home schedule by entertaining Wyoming, UC San Diego and Northern Colorado on Jan. 31.



Senior Megan Flanagan is a two-time NCAA Zone E Diving Regional qualifier and holds the school record in the 3-meter event.



MIKE SHRADER

Head Coach ♦ Second Season ♦ Texas A&M, 1981

Entering his second year at the helm of the Aztec swimming and diving program, head coach Mike Shrader continues on his mission to build San Diego State into a championship contender.

In his first season on The Mesa, Shrader led the Scarlet and Black to its best season since 2001-02 with an 8-4 dual-meet record. SDSU also went undefeated (3-0) in its first year of competition at the Aztec Aquaplex.

"I am extremely excited to be part of the Aztec family," said Shrader. "San Diego State is a fantastic university with remarkable facilities and I look forward to building a program that will compete for championships and make fans proud."

Prior to his arrival in "America's Finest City," Shrader spent eight seasons as the head coach of the women's swimming and diving team at the University of Nevada, where he established an impressive 89-12-1 overall record while leading the Wolf Pack to four NCAA championship appearances.

Under his tutelage in 2007, UNR posted a perfect 18-0 mark and captured the program's first Western Athletic Conference championship. After the flawless season, Shrader was named the WAC swimming coach of the year for the second time in his career. He previously earned the honor in 2002.

Shrader made an immediate impact in his first year at Nevada in 1999-00, guiding the Wolf Pack to its fifth consecutive Big West Conference title and a 13th-place finish at the NCAA championships. That squad boasted two-time national champion and NCAA record holder Limin Liu, in addition to four other All-Americans.

After his initial season, Shrader and the Pack made a smooth transition into the nationally competitive Western Athletic Conference. With Shrader at the helm of the program, Nevada won 10 or more dual meets and placed in the top three at the conference championships in each of his last six seasons, including the aforementioned first-place finish in 2007, as well as second-place performances in 2002, 2003 and 2006.

Before his stint at Nevada, Shrader was an assistant coach and recruiting coordinator at Southern Methodist in Dallas, Texas. While at SMU,

Shrader helped the team place in the top 12 at the NCAA championships three times.

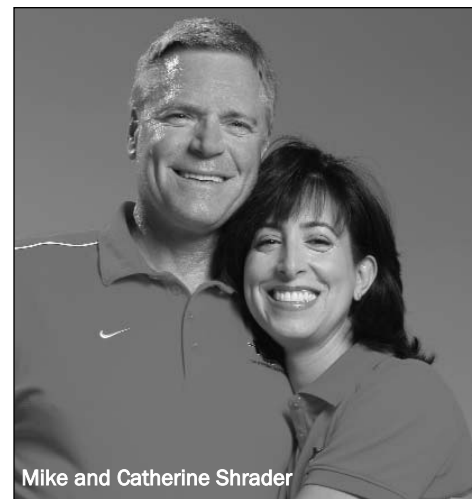
In the summer of 2005, Shrader served as an assistant coach with USA Swimming at the world championships that were held in Montreal, Canada. He coached the open water swim team to its best performance ever with the squad capturing a gold and two silver medals.

In recognition of his coaching accomplishments, Shrader was a guest of honor at the 2005 Golden Goggle Awards in New York. He also received the 2005 Glenn S. Hummer Award, which is given to a person for outstanding committee service and the advancement of open water swimming in the United States.

Shrader also had a stellar swimming career himself, as he was a junior college national champion and a seven-time All-American while leading Midland College to a second-place finish at the junior college national championships. He continued his collegiate career at Texas A&M, where he earned all-Southwest Conference honors and was a senior national qualifier.

Shrader earned his bachelor's degree in psychology from Texas A&M in 1981, before finishing a master's degree in exercise and sports science from West Texas A&M in 1991.

Shrader and his wife, Catherine, reside in La Mesa.



Mike and Catherine Shrader

The Shrader File

Hometown

Fort Worth, Texas

High School

Southwest

Alma Mater

Texas A&M (1981), West Texas A&M (1991)

Family

Wife, Catherine

Head Coaching Career

2007-Present

San Diego State

1999-2007

University of Nevada, Reno

Coaching Career Highlights

- ▶ Coached two all-MWC performers
- ▶ 2002 and 2007 WAC swimming coach of the year
- ▶ 2007 WAC championship
- ▶ Led Nevada to a perfect 18-0 dual meet record in 2007
- ▶ 2000 Big West Conference champions
- ▶ Academic All-America team (2002-06)
- ▶ Has coached multiple NCAA qualifiers
- ▶ Has coached eight Olympians
- ▶ Coached the 2005 United States world championship team

▶ SHRADER'S HEAD COACHING LEDGER

Year	School	Dual Meet Record	Pct.	Conference Finish	Conference
1999-00	Nevada	6-1	.857	1st	Big West
2000-01	Nevada	5-3	.625	4th	WAC
2001-02	Nevada	10-2	.833	2nd	WAC
2002-03	Nevada	10-1	.909	2nd	WAC
2003-04	Nevada	14-3	.824	3rd	WAC
2004-05	Nevada	14-1	.933	3rd	WAC
2005-06	Nevada	12-1-1	.857	2nd	WAC
2006-07	Nevada	18-0	1.000	1st	WAC
2007-08	San Diego State	8-4	.667	6th	MWC
TOTAL		97-16-1	.855		

2008-09 San Diego State Swimming & Diving



BRENDON BRAY

Assistant Coach
Second season
Washington '05

Brendon Bray is in his second season as an assistant coach for the Aztec women's swimming and diving team. In his first year at San Diego State, Bray helped guide the Scarlet and Black to its most successful season since the 2001-02 campaign. He also played an instrumental part in developing the Aztecs' two Mountain West Conference swimmers of the week, as well as all-MWC performer Katie Smith (100 backstroke).

During the summer, Bray directed the Nike Boys and Girls Swim Camp, which was held at the Aztec Aquaplex for the first time.

Bray came to SDSU from Washington, where he was the men's and

women's swimming assistant coach for three years. During his time at UW, Bray helped coach multiple NCAA qualifiers and NCAA championship scorers. He also served as the recruiting coordinator and oversaw the day-to-day operations of the Huskies' swimming program.

Bray also had a stellar collegiate career, competing on the swim team at Washington for three years before beginning his stint as an assistant coach. He was a senior national qualifier and left UW ranked among the top 10 on the Huskies' all-time list in the 200 backstroke. A native of Reno, Nev., Bray was a four-year letterwinner and an All-American at Reno High School.

Bray received his bachelor's degree in economics in 2005 and his master's degree in intercollegiate athlet-

ic leadership (2007) from Washington.

The Bray File

Hometown

Reno, Nev.

High School

Reno

Alma Mater

Washington

Coaching Career

2007-Present

San Diego State (Assistant coach)

2004-07

Washington (Assistant coach)



JIM WYNNE

Diving Coach
Seventh Season
Niagara '94

Jim Wynne enters his seventh season as the diving coach at San Diego State. A former diver at Niagara, Wynne has a solid background both as a competitor and coach in his specialty.

Last year, Wynne guided the Scarlet and Black to one of its best diving seasons in school history. SDSU's top three marks on the 1- and 3-meter boards as well as the platform were set during the 2007-08 campaign, while the Aztecs also had their first-ever diver earn all-MWC honors.

Before coming to San Diego State, Wynne was the head coach for men's and women's diving at Niagara from 1994 to 1997. During that time, he guid-

ed two divers to the conference championship and a placing in zones, and also produced a pair of academic All-Americans. In addition, Wynne was the founder of the Niagara Sunbirds, a community-based diving club comprised of novice and junior divers.

Wynne has also recently been working with the junior national team of the Mexican Federation at the Centro de Alto Rendimiento (CAR) in Tijuana, Mexico. During his stint as an instructor at the CAR, Wynne has worked alongside international coaches, including Wang Yu Ping, Andres Romo and Arnoldo Ramos-Mangana.

As an athlete, Wynne had top five finishes in the Metro Atlantic Athletic Conference three consecutive years and was a four-time Division I Zone A qualifier while at Niagara. Prior to competing at the collegiate level, he was a junior national qualifier and finished among the top five at the junior Olympics from 1986 to 1990.

The 36-year-old Wynne is a 1994 graduate of Niagara with a bachelor's degree in political science.

The Wynne File

Hometown

Buffalo, N.Y.

High School

Grand Island

Alma Mater

Niagara

Coaching Career

2002-Present

San Diego State (Diving coach)

1994-97

Niagara (Diving coach)



CAITLYN SHORTT

VOLUNTEER ASSISTANT
FIRST SEASON
WASHINGTON '08

Caitlyn Shortt, who is fresh off an impressive three-year swimming career at Washington, enters her first season as a volunteer assistant at San Diego State.

Shortt claimed the Huskies' top times of the 2004-05 season in the 100 and 200 breaststroke as well as the 400 individual medley to earn MVP honors as a freshman. That year, she also ranked among the squad's top five swimmers in the 50 free, 100 free and 200 IM.

Shortt left UW with the fourth-best marks in school history in the 100 and 200 breast and the 400 IM. She was also ranked among the Huskies' all-time top 10 in the 200 IM.

A native of Hood River, Ore., Shortt graduated from Reynolds High School where she was a five-time state champion, three-time team MVP and was named the 2004 Oregon female athlete of the year.

Shortt recently received her bachelor's degree in English from Washington.



CHRISTINE GRAHAM

UNDERGRADUATE ASSISTANT
FIRST SEASON
SAN DIEGO STATE

Christine Graham begins her first year as an undergraduate assistant after lettering two years for Aztec swimming. The former SDSU team captain specialized in the breaststroke and freestyle sprint events for the Scarlet and Black.

While at San Diego State, Graham was a finalist in the 100 breast at the Mountain West Conference championships as a junior and senior. She also swam the team's fastest time in that same event in 2007-08.

Before making her way to SDSU, Graham competed two years for Santa Rosa Junior College where she was a two-time All-American and all-conference honoree. Graham helped SRJC win the 2005 state championship and was named the team MVP as a sophomore. She also lettered in water polo for the Bear Cubs.

Graham is majoring in interior design at San Diego State.

2008-09 San Diego State Swimming & Diving



CAITLIN ATKINSON

DIVING
5-5, JUNIOR
 LAGUNA NIGUEL, CALIF.
 SANTA MARGARITA CATHOLIC HS

▶▶▶ Two-time NCAA Zone E Diving Regional qualifier

ON DECK WITH CAITLIN:

Nickname
 Cait, Cake

Favorite movie
 My Best Friends Wedding

Pre-meet rituals
 Listening to my iPod

Favorite pro sports team
 San Francisco 49ers

Favorite TV show
 The Bachelor, The Hills

Place I would most like to visit
 Fiji

Favorite athlete
 Lance Armstrong, David Beckham

One thing people may not know about me
 I don't like to speak in front of groups

2007-08: Set a school record on the 1-meter board with a point total of 280.88 vs. San Diego (Feb. 2) ... Was the Aztecs' top-finisher in the 1-meter event in nine dual meets, including first-place performances vs. USD and Air Force/TCU (double dual) ... Also placed second in the 3-meter vs. Air Force/TCU with a season-high 261.60 ... Advanced to the finals in both springboard events at the USC Trojan Diving Invitational ... Finished sixth in the B final of the 3-meter dive at the Mountain West Conference championships ... Qualified for the NCAA Zone E Diving Regionals for the second straight year ... Earned her second career MWC diver of the week award on Jan. 9.

2006-07: Established then school records in both the 1-meter (273.15) and 3-meter (265.50) events as a true freshman ... Along with teammate Megan Flanagan, became the first Aztec to ever qualify for the NCAA Zone E Diving Regionals ... Swept the 1- and 3-meter events in three dual

meets including, LMU, Howard and USD ... Also took first place in the 1-meter vs. North Texas and in the 3-meter vs. Cal Poly/Pepperdine (double dual) ... Finished fourth in the 1-meter B final at the MWC championships ... Named the conference diver of the week on Feb. 7.

High School: Won a pair of varsity letters as a diver at Santa Margarita Catholic High School ... Captured the Serra League championship in the 1-meter as a junior and senior ... Placed seventh (as a junior) and ninth (as a senior) at the CIF finals ... Named diver of the year in back-to-back seasons ... Was selected a 2004-05 NISCA/Speedo 1-meter diving All-American ... Placed eighth at the 2005 winter Southern Pacific Association championships ... Finished 13th at that same meet in 2002 ... Was a member of the Crown Valley Divers club team ... Competed as a member of the varsity track and field team as a freshman and sophomore ... Won the Serra League title in the 100 meters and placed sixth at the CIF meet.

Personal: Caitlin McCarry Atkinson was born March 2, 1988, in Mission Viejo, Calif. ... Daughter of Tracey and Jeff Atkinson ... Favorite athlete is cyclist Lance Armstrong ... Majoring in social sciences at SDSU.



MEGAN FLANAGAN

DIVING
5-7, SENIOR
 OAKDALE, MINN.
 NORTH HS

▶▶▶ Two-time NCAA Zone E Diving Regional qualifier

ON DECK WITH MEGAN:

Nickname
 Flanny

Favorite TV show
 Yes, Dear

Place I would most like to visit
 Ireland

Favorite movie
 Mary Poppins

Favorite pro sports team
 Minnesota Twins

Favorite band
 Rascal Flatts

Most famous person I've ever met
 Heidi Klum

Pre-meet rituals
 Listening to good tunes and chatting with my awesome teammates

Childhood role model
 My momma and sister

Favorite home cooked meal
 Eggs, hash browns and sausage

2007-08: Captured the 3-meter event and established a school record with a score of 300.83 vs. San Diego (Feb. 2) ... Also notched a season-high 263.40 on the 1-meter board at the same meet ... Posted a third-place finish in the B final of the 1-meter dive at the Mountain West Conference championships ... Qualified for the NCAA Zone E Diving Regionals for the second straight year ... Earned her first career MWC weekly award on Feb. 6.

2006-07: Along with teammate Caitlin Atkinson, became the first Aztec to ever qualify for the NCAA Zone E Diving Regionals ... Recorded her qualifying score of 265.20 in a first-place finish on the 3-meter board at North Texas ... Also posted a then career-high 256.13 in the 1-meter event at the same meet.

2005-06: Established a season best in the 1-meter event with 247.41 points in a tri-meet vs. Colorado College and McMurray, winning the event ... Also had a first-place finish on the 1-meter board in meets vs. Northern Colorado and USD ... Recorded second-place finishes in two other dual meets ... Her best point total in the 3-meter diving competition (256.65) came at the UNLV Invitational in Las Vegas ... Won the 3-meter event vs. USD.

High School: Earned six letters at North High ... Was selected as the league's MVP three times ... Earned all-conference honors five times and was named all-state and all-section on four occasions ... Qualified for the state meet four times and was in the top 12 in Minnesota twice ... Won sectionals two times and holds four school records ... Also competed for the gymnastics team where she garnered all-state, all-section and all-league honors all four years ... Set four school records in that sport ... Was a two-time selection as a pole vaulter for the school's track and field team ... A member of the National Honor Society and DECA (association for marketing students).

Personal: Megan Ann Flanagan was born July 31, 1987, in St. Paul, Minn. ... Daughter of Sandy and Tim Flanagan ... Majoring in communications with a minor in sociology.



2008-09 San Diego State Swimming & Diving



AMY FREEBERG

DIVING

5-5, JUNIOR

PASADENA, CALIF.

ALVERNO HS

▶▶▶ 2008 All-MWC Performer (Platform Dive)

2007-08: Garnered her first career all-Mountain West Conference award after placing fifth in the platform dive with a school-record 207.05 at the league championships ... Her mark is also tops in school history for that event ... Posted a team best seventh-place finish on the platform at the USC Trojan Diving Invitational ... Recorded season highs in both the 1-meter and 3-meter events in the Aztecs' double dual meet vs. Air Force and TCU on Jan. 4.

2006-07: Recorded a career-high 263.09 in the 3-meter event vs. Utah (Nov. 11) ... Also set a personal best on the 1-meter board (250.79) in the dual meet against Howard (Jan. 19) ... Became the first Aztec to ever compete in the platform event at the MWC championship meet where she placed 10th with a final score of 197.50 ... Also competed in the platform event at the USC Diving Invitational (seventh place) ... Added a 12th-place finish in the 3-meter event at USC.

High School: Competed as a diver at Alverno High School in Sierra Madre, Calif.

Junior Diving: Finished 11th at the 2000 Junior Nationals in the 13-U platform diving competition ... Was 14th in the 3-meter event at the same meet ... Finished 18th in the 1-meter diving competition at both the 2005 and 2006 spring Junior Olympic Region 9 championships ... Also competed in the platform diving event ... At the 2004 J.O. Region 9 meet, finished fourth in the 1-meter and ninth in the 3-meter competitions ... Was ranked third in Junior Olympic platform diving in spring 2004.

Personal: Amy Colleen Freeberg was born Aug. 13, 1987, in Pasadena, Calif. ... Daughter of Janet Freeberg ... Undeclared major at San Diego State.



STEPHANIE HENDERSON

FREESTYLE

5-9, SOPHOMORE

LA QUINTA, CALIF.

LA QUINTA HS

2007-08: Swam the team's second-fastest time of the season in the 100 free at the Mountain West Conference championships ... Also established the Aztecs' third-best mark in the 50 free at the league meet ... Captured the 500 free, while adding a second-place performance in the 200 free at Cal State East Bay ... Swam the fourth leg on the 200 and 400 free relay squads that notched season best marks.

High School: A two-time CIF finalist at La Quinta High School where she won four varsity letters as a swimmer ... Two-time team MVP ... Left her school with eight records in numerous events ... A member of the honor roll all four years ... Also played basketball.

Personal: Stephanie L. Henderson was born April 7, 1989, in La Quinta, Calif. ... Daughter of Rosemarie and Ron Henderson ... Sister, Whitney, was a two-time first-team all-CIF volleyball player ... Lists Gary Hall, Jr. as her favorite athlete ... A liberal studies major with career aspirations to be a high school teacher and swim coach.

ON DECK WITH STEPHANIE:

Favorite TV show
C.S.I.

Place I would most like to visit
Puerto Rico

Favorite home cooked meal
My grandpa's menudo

Favorite movie
Love and Basketball

Favorite pro sports team
Chargers

Most famous person I've ever met
Travis Barker, Queen Latifah and Michael Phelps

Favorite place to shop
Nordstrom and Betsy Johnson

Best gift I've ever received
My 2006 Toyota Tacoma

Childhood role model
My sister, Whitney

In a movie about your life, what actress would portray you?
Anne Hathaway



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NOELLE HOLLAND

BUTTERFLY
5-5, SOPHOMORE
CASA GRANDE, ARIZ.
CASA GRANDE UNION HS

- ▶▶▶ 2008-09 Co-Captain
- ▶▶▶ 2008 Academic All-MWC Selection

ON DECK WITH NOELLE:

Nickname
Noel

Favorite movie
Pride and Prejudice

Hobbies
Baking and art

Favorite food
Ice cream

Favorite TV show
The O.C.

2007-08: Swam season bests in the 100 and 200 butterfly in the Aztecs' double dual meet vs. Air Force/TCU (Jan. 4) ... Notched a second-place performance in the 100 fly at Colorado College ... Competed in the 50 free and 100 and 200 fly at the Mountain West Conference championships ... One of 10 SDSU swimmers and divers to be selected to the MWC all-academic team ... Was also named a MWC scholar-athlete.

High School: Was home-schooled but lettered all four years on the varsity swim team at Casa Grande Union High School ...

Holds school records in nine of the 11 swimming events, including both relays ... Was selected as the team MVP all four years and was a captain for two years ... Inducted into her high school's sports hall of fame.

Personal: Noelle D. Holland was born Dec. 20, 1988, in Casa Grande, Ariz. ... Daughter of Laurel and Preston Holland ... Recipient of the SDSU Malik Award (4.0 GPA) for the fall 2007 semester ... Lists her favorite athlete as Misty Hyman ... Majoring in applied design at San Diego State.



NINO METSAR

BUTTERFLY, INDIVIDUAL MEDLEY
5-7, JUNIOR
TALLINN, ESTONIA
TALLINNA KRISTIINE GYMNASIUM

2007-08: Claimed the Aztecs' top time of the season in the 200 butterfly vs. Boise State/Colorado State (double dual) ... Also swam a personal best in the 400 individual medley at that same meet ... Turned in a second-place performance in the 200 fly in the double dual vs. Air Force/TCU, while clocking in with a season low in the 100 fly.

At New Mexico State: Placed sixth in the 100 fly and finished 11th in the 100 breaststroke at the Western Athletic Conference championships ... Had the team's best mark in both the 100 breast and the 100 fly ... Was a member of both the 200 and 400 medley relay squads that established the Aggies' top times of the season.

High School: Attended Tallinna Kristiine Gymnasium in Estonia ... Was a Baltic state champion (Estonia, Latvia and Lithuania) ... Holds the school record in the 50, 100 and 200 fly ... Competed in the European junior championships and short course championships.

Personal: Nino Metsar was born Sept. 16, 1987, in Estonia ... Daughter of Tina and Andres Metsar ... Father was a European champion in basketball and mother was a competitive swimmer ... Lists her parents as her favorite athletes ... Majoring in marketing at San Diego State.

ON DECK WITH NINO:

Nickname
Nemo

Favorite movie
Bad Boys II

Hobbies
Surfing

Favorite food
Pasta and chicken

Favorite TV show
The Hills, South Park



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JESSICA MORRILL
BREASTSTROKE, INDIVIDUAL MEDLEY
5-8, JUNIOR
RIO VISTA, CALIF.
RIO VISTA HS

►►► 2008-09 Co-Captain

ON DECK WITH JESSICA:

- Nickname**
Jess
- Place I would most like to visit**
Oklahoma and Europe
- Favorite home cooked meal**
Steak
- Favorite pro sports team**
Yankees
- One thing people may not know about me**
I like to fish
- Most famous person I've ever met**
Michael Phelps
- Favorite musician**
Michael Buble
- In a movie about your life, what actress would portray you?**
Cameron Diaz
- Favorite athlete**
Derek Jeter
- Favorite movie**
Caddy Shack

2007-08: Swam the seventh-fastest time in school history in the 100 breaststroke ... Also owns the ninth best mark at SDSU in the 400 individual medley ... Captured both the 100 and 200 breast vs. Air Force/TCU (double dual) on Jan. 4 to earn her first career Mountain West Conference weekly award ... Repeated as a double winner when she swept the breaststroke events against San Diego ... Also collected victories in the 1000 free at Colorado College and Cal State East Bay ... Advanced to the B final in the 200 breast at the MWC championship meet.

2006-07: Entered the Aztec record book in her first season on Montezuma Mesa with a lifetime best in the 200 breast ... Established the team's fastest times of the season in both the 100 and 200 breast ... First victory as an Aztec came in the 100 breast vs. BYU ... Also captured the same event in the double dual meet vs. TCU and Centenary ... Finished ahead of the pack in the 200 breast at two dual meets including Utah and Cal Poly/Pepperdine (double dual) ... Ended her initial campaign with a 12th-place finish in the 100 breast at the Mountain West Conference champi-

onships.

High School: A four-year varsity swimmer at Rio Vista High School ... An all-Sacramento Valley League selection three years ... Also named league MVP ... Four-time team MVP ... As a senior, finished fifth in the 200 IM and eighth in the 100 breaststroke at the sectional championship meet ... During her junior season, was second in the 200 IM at the section meet ... Rio Vista High won the league title all four years ... Named a scholastic All-American ... Also swam competitively as a member of the Vacaville Swim Club.

Personal: Jessica Renae Morrill was born Oct. 30, 1988, in Livermore, Calif. ... Daughter of Juli and John Morrill ... Enjoys ocean fishing ... Favorite athlete is former NCAA champion and Olympic swimmer Tara Kirk ... A sociology major at SDSU.



KYLA POWER
DISTANCE, FREESTYLE
5-8, JUNIOR
SAN JOSE, CALIF.
VALLEY CHRISTIAN HS

►►► 2008-09 Co-Captain

►►► Two-time Academic All-MWC Selection

ON DECK WITH KYLA:

- Favorite TV show**
Grey's Anatomy
- Place I would most like to visit**
Rome
- Favorite movie**
The Princess Bride
- Most famous person I've ever met**
Michael Phelps
- Favorite place to shop**
Target
- Favorite home cooked meal**
Spaghetti
- Favorite pro sports team**
San Jose Sharks
- In a movie about your life, what actress would portray you?**
Mandy Moore
- Best gift I've every received**
My cell phone

2007-08: Swam the 10th-fastest time in SDSU history in the 500 freestyle ... Set personal records in four different events, including the 50, 200 and 500 free as well as the 200 backstroke ... Her mark in the 200 free was tops on the team, while her 500 free time was the Aztecs' second-fastest of the season ... Captured the 50 free at Colorado College ... Topped that performance with another first-place finish and new lifetime-best in the same event against San Diego (Feb. 2) ... Was a member of the 200, 400 and 800 free relay teams that secured the Aztecs' top times of the season.

2006-07: Established the Aztecs' second-best marks of the season in the 100 and 200 back as a true freshman ... Also notched the team's third-fastest times in the 100, 200 and 500 free, as well as the 100 and 200 butterfly ... Captured the 400 individual medley at the double dual meet vs. Boise State and Northern Colorado.

High School: Won four varsity letters as a swimmer at Valley Christian High School in San Jose, Calif. ... During her prep career, was named the team's most inspirational swimmer and MVP ... Also a team captain ... Team finished third at the sectional championships in 2005 ... Finished sixth in the 500 free, 13th in the 200 IM and was a member of the sixth-place 400 free relay team at the 2006 Central Coast Section (CCS) championship meet ... At the 2005 CCS meet, was fifth in the 200 IM, eighth in the 500 free and was on the 200 medley relay squad that placed sixth ... A two-time scholastic All-American ... Also earned two letters in water polo.

Personal: Kyla Rosina Power was born April 26, 1988, in Olney, Md. ... Daughter of Sue and Don Power ... Two-time MWC scholar athlete and academic all-conference selection ... Favorite athlete is Olympic gold medalist Michael Phelps ... Majoring in psychology with a minor in political science.



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ALEXANDRA ROGERS

BACKSTROKE
5-10, SENIOR
LOS ANGELES, CALIF.
DELPHI ACADEMY/PIERCE COLLEGE

ON DECK WITH ALEXANDRA:

- Nickname**
Xan
- Favorite movie**
Too many to pick just one
- Place I would most like to visit**
Africa
- Favorite home cooked meal**
Beef stroganoff
- Best gift I ever received**
My family and their support
- Childhood role model**
My mother and sister
- Favorite TV show**
I love the Discovery Channel
- Favorite athlete**
Dara Torres
- Pre-meet rituals**
Movie night at home with a carbo-load dinner.

2007-08: Owned the team's second-fastest time of the season in both the 100 and 200 backstroke ... Just missed the cut-off for the 100 back finals at the Mountain West Conference title meet ... Clocked in with season lows in the 50 free, 100 back and 200 back at the league championships ... Turned in a pair of second-place performances during the regular season ... Swam the first leg of the 400 medley relay team that posted the Aztecs' second-fastest mark of the year.

At Pierce College: Won the California State Championships in both the 50 and 100 backstroke and was ranked No. 1 in the nation at the community college level in both events ... Established school records in the 50 and 100 back and was also a member of two medley relay teams that set school records ... Named co-MVP in 2006 ... A member of the Dean's List and Honor Roll every semester.

High School: Team captain and MVP of the swim team at Delphi Academy ... Competed

twice at Junior Nationals and once at the U.S. Open ... Named a scholastic All-American by USA Swimming and also earned the Presidential Scholar Award ... Lettered four years in basketball and was the high-scorer on Delphi's undefeated team.

Personal: Alexandra Rogers was born Oct. 13, 1983, in Sacramento, Calif. ... Daughter of Donna and Ron Rogers ... Enjoys surfing, outdoor activities and drawing ... Lists Lenny Krayzelburg and Aaron Peirsol as her favorite athletes ... Majoring in biology with aspirations to attend medical school.



BROOKE VESSEY

BUTTERFLY, FREESTYLE, BACKSTROKE
5-2, SOPHOMORE
REDLANDS, CALIF.
REDLANDS HS

ON DECK WITH BROOKE:

- Nickname**
Brookie Cookie
- Favorite movie**
How to Lose a Guy in 10 Days
- Place I would most like to visit**
Italy
- Favorite home cooked meal**
Pasta
- Best gift I ever received**
My dad's new heart
- Childhood role model**
Older sister Jamie
- Favorite TV show**
One Tree Hill
- Favorite athlete**
Kaitlin Sandeno
- Pre-meet rituals**
Dance

2007-08: Tied for first on the Aztec season leader boards in the 50 free ... Also held the team's second-fastest time in the 100 butterfly ... Set a personal best in the 100 backstroke at Utah ... Captured the 100 back at Colorado College ... Added another individual victory vs. the University of San Diego when she finished ahead of the pack in the 100 fly ... Swam the first leg on the 200 medley relay squad that established the third-fastest time in school history at the Mountain West Conference championships ... Also a member of the squad that owns the fifth-best mark at SDSU in the 400 medley relay.

High School: Earned four varsity letters as a swimmer at Redlands High School ... A three-time all-league selection ... Placed fourth in the 100 butterfly at the CIF Division I championships in 2005 ... Had an eighth-place finish (100 fly) at the same meet in 2007 ... Also played water polo ... Two-time Citrus Belt League MVP ... Earned all-league honors four years in a row ... Named the CIF Division V MVP as a senior.

Personal: Brooke Elizabeth Vessey was born Dec. 9, 1988, in Redlands, Calif. ... Daughter of Ann and Jim Vessey ... Member of the Aztec water polo team ... Sister, Jamie, is also on the swim and water polo teams at SDSU ... Lists swimmer Kaitlin Sandeno as her favorite athlete ... Majoring in child and family development.



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JAMIE VESSEY

BUTTERFLY, FREESTYLE
5-3, SENIOR
REDLANDS, CALIF.
REDLANDS HS

▶▶▶ 2008 Academic All-MWC Selection

ON DECK WITH JAMIE:

Nickname

James

Favorite movie

A Walk to Remember, Coach Carter

Place I would most like to visit

Australia and Europe

Favorite pro sports team

Chargers

Favorite band/musician

Carrie Underwood and Rascal Flatts

Childhood role model

My parents

Most famous person I've ever met

Michael Phelps

In a movie about your life, what actress would portray you?

Kate Boswell

Favorite TV show

CSI Las Vegas, Biggest Loser and The Closer

2007-08: Captured both the 200 and 500 free at Colorado College ... Clocked in with a personal best in the 200 butterfly vs. San Diego (Feb. 2) ... Her mark was also the Aztecs' second-fastest time of the season in that event ... Owned the team's third-best time in the 1000 free ... Established a season best in the 200 free at the Mountain West Conference championship meet ... Lettered in water polo.

2006-07: Did not compete on the swim team, but lettered in water polo ... Helped the Aztecs advance to their first-ever NCAA championship appearance.

High School: Led Redlands High School to four league championships ... Was a member of a 200 free relay team that earned All-America honors in 2003-04 ... Her 400 free relay squad also received the same recognition in 2002-03 and 2003-04 ... Won the league championship in the 100 butterfly four straight years and the 200 free three times ... Was the Citrus Belt Athletic Directors Association's female athlete of the year ... Also earned four letters in water polo ... Received all-Citrus Belt League and all-CIF honors all four years ...

A two-time team captain, high school All-American and league MVP ... Guided the Terriers to four consecutive undefeated league seasons ... Also lettered two years in cross country.

Personal: Jamie Marie Vessey was born April 17, 1987, in Redlands, Calif. ... Daughter of Ann and Jim Vessey ... Sister, Brooke, is also a member of the swim and water polo teams at SDSU ... Pursuing a teaching credential at San Diego State as a social science major.



NEWCOMERS



ALEX BARSTAD

DIVING
5-7, JUNIOR
EDEN PRAIRIE, MINN.
EDEN PRAIRIE HS/UNIV. OF MINNESOTA

At Minnesota: Competed two years under diving coach Jason Baumann at the University of Minnesota ... Held the team's top score in the 3-meter event as a freshman ... Also established the third-best score in school history on the platform ... Claimed the Gophers' second-highest point total on the 1- and 3-meter boards as well as the platform as a sophomore ... Helped Minnesota to their third Big Ten championship in 2008.

High School: Earned four letters under head coach Katie Grinell at Eden Prairie High School ... Garnered NISCA All-America honors as a junior (2004-05).

Personal: Alexandra Berlin Barstad was born Dec. 30, 1988, in Minneapolis, Minn. ... Daughter of Janice and Steve Barstad ... Mother ran track and father competed in water polo at the University of Minnesota ... Majoring in biology at San Diego State.

ON DECK WITH ALEX:

Nickname

Abar

Favorite movie

Pride and Prejudice

Favorite pro sports team

Minnesota Twins

Childhood role model

Dominique Moceanu

In a movie about your life, what actress would portray you?

Amy Adams



SHANNON BRAY

BUTTERFLY, FREESTYLE
5-9, FRESHMAN
RENO, NEV.
RENO HS

High School: Earned four varsity letters at Reno High School under head coach Pete Schouweiler ... Helped the Huskies to the Nevada state championships in 2008 ... Was a first-team all-region selection in the 50 free and 100 butterfly as a senior.

Personal: Shannon Katherine Bray was born Nov. 26, 1989, in Reno, Nev. ... Daughter of Kathy and Timothy Bray ... Brother, Brendon, was a swimmer at the University of Washington and is currently the assistant coach at SDSU ... Lists Michael Phelps and Ryan Lochte as her favorite athletes ... Plans on majoring in interior design at San Diego State.

ON DECK WITH SHANNON:

Favorite TV show

Gossip Girl, The Hills and Project Runway

One thing people may not know about me

I'm obsessed with Hello Kitty

Place I would most like to visit

Italy and Australia

Favorite pro sports team

L.A. Lakers

Favorite band

Dave Matthews Band

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DOMINIQUE CAMPORA

DIVING
5-6, SOPHOMORE
AUBURN, CALIF.
PLACER HS/SIERRA COLLEGE

ON DECK WITH DOMINIQUE:

Nickname
 Nikka

Favorite place to shop
 Nordstrom

Place I would most like to visit
 London

Childhood role model
 My parents

Pre-meet rituals
 Listen to my iPod

At Sierra College: Competed one year under head coach Roland King at Sierra College in Rocklin, Calif. ... Led the Wolverines to a second place finish at the 2008 California Community College Athletic Association championships ... Claimed the title in the 3-meter event, while placing third on the 1-meter board ... Named the co-State Diver of the Year and also earned community college All-America honors.

High School: Won three varsity letters at Placer High School ... Garnered high school All-America honors in 2005, 2006 and

2007 ... Also named an AAU All-America in the 1- and 3-meter events as well as the platform in 2006 ... Was a three-time Pioneer Valley League and CIF Sac-Joaquin Section champion ... Also a co-captain on the varsity cheerleading squad.

Personal: Dominique Marie Campora was born Sept. 27, 1989, in Majuro, Marshall Islands ... Daughter of Gayle and Steven Campora ... Lists Rob Dyrek as her favorite athlete ... Undecided on a major at San Diego State.



MELISSA CHURCH

FREESTYLE, BUTTERFLY
5-4, SOPHOMORE
ALISO VIEJO, CALIF.
ALISO NIGUEL HS/SADDLEBACK JC

ON DECK WITH MELISSA:

Favorite TV show
 One Tree Hill

Most famous person I've ever met
 Kaitlin Sandeno

Favorite pro sports team
 Chargers

Favorite home cooked meal
 Pasta with garlic bread

Favorite band/musician
 The Fray, The Killers, Akon

Childhood role model
 Mom

At Saddleback College: Competed one year at Saddleback College in Mission Viejo, Calif. ... Led the Gauchos to a third-place showing at the 2008 Orange Empire Conference championships ... Captured the 50 butterfly, while finishing second in the 100 fly ... Was also a member of the 200 medley relay squad that took top honors ... Made three appearances in individual finals (50 fly, 100 fly and 100 individual medley) at the California Community College State Championships ... Also a part of three relay squads that posted top 10 finishes, including a third-place performance in the 200 medley relay.

High School: Won four letters in swimming at Aliso Niguel High School ... Earned the Wolverine's most improved award ... Also a recipient of the coach's award.

Personal: Melissa Church was born April 25, 1988, in Long Beach, Calif. ... Daughter of Eileen and Richard Church ... Lists Ian Thorpe as her favorite athlete ... Enjoys shopping, hanging out with friends and going to the beach ... Majoring in business administration at San Diego State.



KELSY DIENER

BACKSTROKE, FREESTYLE, IM
5-11, FRESHMAN
MESA, ARIZ.
RED MOUNTAIN HS

High School: A four-year letterwinner under head coach Mike Peterson at Red Mountain High School ... Was a member of the 200 medley relay squad that holds the school record ... A two-time Arizona 5A Division I state champion ... Tabbed a high school All-American ... An honor student.

Personal: Kelsy Marie Diener was born May 24, 1990, in Hollywood, Calif. ... Daughter of Stephanie and James Diener ... Swam for the Mesa Aquatics club team ... Lists Natalie Coughlin as her favorite athlete ... Majoring in marine biology at San Diego State.

ON DECK WITH KELSY:

Nickname
 Kels

Favorite movie
 Troy

Hobbies
 Going to the beach

Favorite food
 Tacos

Favorite TV show
 Gossip Girl

Most famous person I've met
 Michael Phelps



BOJANA DURIC

DISTANCE
5-9, FRESHMAN
MISSISSAUGA, ONTARIO, CANADA
SILVERTHORN COLLEGIATE INSTITUTE

Prior to SDSU: Competed for the Etobicoke Swim Club ... Claimed the gold medal in the 1500 free at the 2007 Speedo East Nationals ... Also took top honors in the same event at the Age Group Nationals (16-18).

Personal: Bojana Duric was born Feb. 6, 1990, in Toronto ... Daughter of Radinka and Stevan Duric ... Father played volleyball competitively ... Lists professional tennis player Novak Djokovic as her favorite athlete ... Also received interest from Florida Atlantic and the University of South Carolina during the recruiting process ... Plans on majoring in business administration at San Diego State.

ON DECK WITH BOJANA:

Favorite TV show
 Gossip Girl and One Tree Hill

Place I would most like to visit
 Paris

Favorite pro sports team
 Lakers

Most famous person I've ever met
 Ryan Lochte

In a movie about your life, what actress would portray you?
 Rachel McAdams

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JEANETTE ENGZELL
BREASTSTROKE, INDIVIDUAL MEDLEY
5-10, FRESHMAN
FALUN, SWEDEN
FALU FRIGYMNASIUM

ON DECK WITH JEANETTE:

Favorite TV show
Let's Dance

Favorite movie
Finding Nemo

Favorite place to shop
IKEA

Place I would most like to travel to
Sydney and the Great Barrier Reef

In a movie about your life, what actress would portray you?
Meryl Streep

Prior to SDSU: Competed on the club team at Falu SS under head coach Jens Antlov ... Holds the team record in the 50, 100 and 200 breaststroke ... Was the Swedish junior champion in the 100 breast in 2004 ... Also claimed the 100 breast title as a senior in 2005 ... Finished sixth in the 50 and 100 breast at the European Junior Championships (2004).

Personal: Jeanette Engzell was born Dec. 10, 1989, in Falun, Sweden ... Daughter of Marika Marusz and Rolf Engzell ... Enjoys training, yoga and cooking ... Lists Lars Frolander as her favorite athlete ... Plans on majoring in international business at San Diego State.



ALLISON HALL
BUTTERFLY, INDIVIDUAL MEDLEY
5-2, SOPHOMORE
CAMARILLO, CALIF.
OAKS CHRISTIAN HS/BOISE STATE

ON DECK WITH ALLISON:

Nickname
Allie

Favorite movie
Orange County

Favorite musician
Damien Rice

Pre-meet rituals
Listen to music and eat pasta

Place I would most like to visit
Fiji

Childhood role model
Mom

At Boise State: Placed fourth in the 200 butterfly at the 2008 Western Athletic Conference championships ... Added top 16 finishes in the 200 individual medley and 100 fly ... A dean's list student.

High School: A four-year letterwinner under head coach Dave Moore at Oaks Christian High School ... Captured the 100 fly in the finals of the CIF Division IV championship meet ... Earned all-Tri-Valley league honors ... Tabbed a *Daily News* top athlete ... A Dean's List student ... Also competed in cross country.

Personal: Allison Hall was born Nov. 16, 1988, in Grand Forks, N.D. ... Daughter of Cyndi and Mark Hall ... Mother competed in swimming and water polo ... Lists Jenny Thompson as her favorite athlete ... Enjoys surfing and wakeboarding ... Majoring in kinesiology at SDSU with aspirations to become a physical therapist.



ASHLEY FLYNN
DISTANCE, BUTTERFLY
5-6, FRESHMAN
SACRAMENTO, CALIF.
ST. FRANCIS HS

ON DECK WITH ASHLEY:

Nickname
Ash

Favorite movie
Garden State

Place I would most like to travel to
Ireland or Greece

Favorite food
Ribs and mashed potatoes

Favorite TV show
Criminal Minds, Prison Break

Most famous person I've met
Common and Michael Phelps

High School: Won four letters as a swimmer at St. Francis in Sacramento ... Was a high school All-American ... Also competed on the Troubadour water polo team.

Personal: Ashley Jordan Flynn was born June 8, 1990, in Sacramento ... Daughter of Susan and Jerry Flynn ... Lists Tim Lincecum as her favorite athlete ... Was also recruited by the Naval Academy, University of Washington and UC Santa Barbara ... Plans on majoring in kinesiology at SDSU with career aspirations to be a physical therapist.



ELISABETH KRUEGER
BUTTERFLY, FREESTYLE, IM
6-0, FRESHMAN
ERLANGEN, GERMANY
EMMY-NOETHER-GYMNASIUM

ON DECK WITH ELISABETH:

Nickname
Elli

Favorite TV show
Friends

Place I would most like to visit
South Africa

Childhood role model
My mum

Most famous person I've ever met
Franziska van Almsick

Favorite band
Sportfreunde Stiller

Prior to SDSU: Swam for SSG Erlangen in Germany ... Competed at the European Junior Championships.

Personal: Elisabeth Margarete Krueger was born Oct. 9, 1988, in Kart Marx Stadt, Germany ... Daughter of Elke Sausmik and Jens Krueger ... Enjoys eating and hanging out with friends ... Lists German swimmer Andreas Losel as her favorite athlete ... Plans on majoring in business administration at San Diego State.

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ALEXIS MCCOY

FREESTYLE, BACKSTROKE, BUTTERFLY
5-8, FRESHMAN
SAN DIEGO, CALIF.
SEISEN INTERNATIONAL SCHOOL

ON DECK WITH ALEXIS:

- Favorite movie**
The Dark Knight
- Favorite TV show**
Scrubs and Prison Break
- Most famous person I've met**
Tony Gwynn, Aaron Piersol
- Favorite place to shop**
Urban Outfitters
- Favorite band**
Run DMC

High School: A four-year letterwinner under head coach David Moodie at Seisen International School in Tokyo, Japan ... Was a four-year all-star ... Named the team's MVP and swimmer of the year ... Also competed in track.

Personal: Alexis Rachele McCoy was born Feb. 8, 1980, in Naples, Italy ... Daughter of Jennifer and Peter McCoy ... Lists Olympic gold medalists Ryan Lochte and Cullen Jones as her favorite athletes ... Undecided on a major at San Diego State.



LISA TOMPKINS

BREASTSTROKE, INDIVIDUAL MEDLEY
5-9, FRESHMAN
CAMAS, WASH.
CAMAS HS

ON DECK WITH LISA:

- Favorite TV show**
That 70's Show
- Place I would most like to visit**
Spain
- Favorite home cooked meal**
Alfredo pasta and broccoli
- Most famous person I've ever met**
Michael Phelps
- Best gift I've ever received**
Car

High School: Four-year varsity letterwinner at Camas High School ... Led the Papermakers to a third-place finish at the Class 3A state swim meet her senior year ... Qualified for All-America recognition with a second-place performance in the 100 breaststroke ... Garnered all-league honors and was also a scholar athlete.

Personal: Lisa Marie Tompkins was born Sept. 28, 1989, in Fort Worth, Texas ... Daughter of Lynn and Michael Tompkins ... Also recruited by Washington State, Boise State and Michigan State ... Lists Dara Torres and Amanda Beard as her favorite athletes ... Plans on majoring in biology at San Diego State with career plans to become a veterinarian.



SHAIDA SOLIMANI

BACKSTROKE, FREESTYLE
5-9, FRESHMAN
BLUE SPRINGS, MO.
BLUE SPRINGS HS

ON DECK WITH SHAIDA:

- Favorite TV show**
The Hills and Family Guy
- Favorite movie**
What Happens in Vegas
- Place I would most like to visit**
Paris
- Favorite place to shop**
Forever 21 and Express
- Most famous person I've ever met**
Brendan Hansen

High School: Won four letters at Blue Springs High School ... Helped lead the Wildcats to three state championships ... Earned high school All-America honors ... Also garnered all-state recognition ... Placed in the top five in every event she competed in all four years.

Personal: Shaida Fay Solimani was born Aug. 20, 1990, in Yorkshire, England ... Daughter of Tracey Senior and Amir Solimani ... Her mother and aunt were both competitive swimmers ... Enjoys reading ... Lists Natalie Coughlin as her favorite athlete ... Plans on majoring in pre-physical

therapy.

AZTEC SUPPORT STAFF



Jenny Bramer
Associate A.D./
Senior Woman
Administrator



Steve Bartel
Event Management



Jon Francis
Head Strength and
Conditioning Coach



Bre White
Academic Advisor



Maria Moreno-Pardo
Learning Specialist



2008-09 San Diego State Swimming & Diving

2007-08 HIGHLIGHTS

- The Aztecs won their final three dual meets to finish the season with an 8-4 record (.667), marking the program's best winning percentage since the 2001-02 campaign.
- Junior Megan Flanagan set a school record on the 3-meter board (300.83), while sophomore Caitlin Atkinson did the same in the 1-meter event (280.88). With their record-breaking scores, both Atkinson and Flanagan qualified for the NCAA Zone E Diving Regionals for the second straight year.
- Senior Katie Smith was an all-Mountain West Conference performer in the 100 backstroke for the second consecutive year as she finished sixth at the league title meet.
- Sophomore Amy Freeberg became the first diver in school history to earn all-MWC honors after placing fifth in the platform event with a school-record 207.05 at the championship meet.
- Atkinson (diver) and Jessica Morrill (swimmer) became the first duo in school history to sweep the MWC weekly awards (Jan. 9) before Flanagan (diver) and Brittany Daly (swimmer) repeated the feat on Feb. 6.
- The Aztecs placed a program record 10 student-athletes on the MWC all-academic team.

2007-08 RESULTS (8-4 DUAL MEET RECORD)

DATE	OPPONENT	LOCATION	RESULT
Nov. 17	vs. Boise State	Salt Lake City, Utah	W, 168-132
	*at Utah	Salt Lake City, Utah	L, 128-156
Dec. 1	at Cal State East Bay	Hayward, Calif.	W, 120-76
Dec. 8	*at Wyoming	Laramie, Wyo.	L, 81-161
Jan. 4	*Air Force	Aztec Aquaplex	W, 167-63
	*TCU	Aztec Aquaplex	W, 169-129
Jan. 9	vs. Boise State^	San Diego, Calif.	W, 167-128
	*vs. Colorado State^	San Diego, Calif.	L, 110-185
Jan. 12	*at BYU	Provo, Utah	L, 96-136
Jan. 19	vs. Cal State East Bay	Colorado Springs, Colo.	W, 55-39
	at Colorado College	Colorado Springs, Colo.	W, 62-32
Feb. 2	University of San Diego	Aztec Aquaplex	W, 156-136
Feb. 27-March 1	MWC Championships	Oklahoma City, Okla.	8th/161 pts.

*Mountain West Conference meet

^ - at USD Swim Complex



THE MOUNTAIN WEST CONFERENCE

This is the Mountain West

From its inception in 1999, the Mountain West Conference has been committed to excellence in intercollegiate athletics while promoting the academic missions of its member institutions. As the league celebrates its 10th anniversary in 2008-09, the MWC continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Over its nine-year history, the MWC has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

The MWC is noted for its geographic diversity. Some of the most beautiful terrain and landscapes in the nation can be found within MWC boundaries, including the majestic Rocky Mountain range, which borders four MWC schools (Utah, BYU, Air Force and Colorado State). The high plains of Wyoming contrast with the desert city of Las Vegas and the Pacific Ocean locale of San Diego State. The southwestern flavor of New Mexico complements the western heritage and culture of Fort Worth, Texas, home of the MWC's newest member, TCU.

History

The MWC was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference.

The split from the former 16-team conference re-established continuity and stability among the membership within the new league and signaled the continuation of its tradition-rich, long-standing athletic rivalries. Five of the MWC's eight original members have been conference rivals since the 1960s (BYU, Utah, New Mexico, Wyoming, Colorado State), while San Diego State (1978) and Air Force (1980) were longtime members as well. UNLV and TCU entered the fold in 1996 and the Rebels continued as one of the original eight institutions that formed the MWC in 1999. TCU rejoined the group with its first year of competition in the Mountain West in 2005-06, completing the Conference membership as it stands today.

Opportunity

The MWC provides a first-class athletic and academic experience for more than 4,000 student-athletes each year. Over the past nine years, 36 student-athletes from Mountain West institutions have earned NCAA Postgraduate Scholarships, and since the league's inception in 1999, an additional 18 student-athletes have been named MWC Student-Athlete of the Year and awarded league-sponsored postgraduate scholarships. Two student-athletes have earned distinction as Rhodes Scholars (Jessica Mellinger, Wyoming and Delavane Diaz, Air Force).

Conference student-athletes are also given a voice regarding pertinent issues within the MWC and NCAA governance structure through representation on the Student-Athlete Advisory Committee (SAAC). The MWC SAAC consists of 10 representatives; one student-athlete from each member institution and one faculty athletics representative. The committee reviews and reacts to legislation and to other topics referred by the Conference constituent groups or committees related to the student-athlete experience.



2008-09 San Diego State Swimming & Diving

50 Freestyle

1. Heather DeFelice.....23.62 (2001-02)
2. Kimberlee Frith.....23.89 (2005-06)
3. Caitlin Friedhoff.....23.92 (2003-04)
4. Samantha Peters.....23.99 (2005-06)
5. Laurie Martin.....24.20 (1980-81)

100 Freestyle

1. Kimberlee Frith.....51.77 (2005-06)
2. Samantha Peters.....51.93 (2005-06)
3. Heather DeFelice.....52.10 (2001-02)
4. Barbi Blalock.....52.20 (1978-79)
5. Caitlin Friedhoff.....52.32 (2003-04)

200 Freestyle

1. Kimberlee Frith.....1:50.95 (2005-06)
2. Laurie Young.....1:51.96 (1980-81)
3. Hannah Ryan.....1:52.25 (2003-04)
4. Emily Schmied.....1:53.18 (2005-06)
5. Caitlin Friedhoff.....1:53.26 (2003-04)

500 Freestyle

1. Kim Palmer.....4:56.37 (1981-82)
2. Megan Storey.....4:56.89 (2000-01)
3. Kimberlee Frith.....4:58.94 (2005-06)
4. Erin Kilpatrick.....4:59.28 (2002-03)
5. Hannah Ryan.....4:59.41 (2003-04)

1,000 Freestyle

1. Megan Storey.....10:12.19 (2000-01)
2. Kathy Hall.....10:19.99 (1982-83)
3. Hannah Ryan.....10:21.88 (2003-04)
4. Brittany Daly.....10:23.96 (2006-07)
5. Emily Parker.....10:27.35 (2003-04)

1,650 Freestyle

1. Megan Storey.....16:42.64 (2000-01)
2. Kathy Palmer.....17:00.00 (1981-82)
3. Kathy Hall.....17:20.88 (1982-83)
4. Lisa Beebe.....17:21.15 (1999-00)
5. Hannah Ryan.....17:24.71 (2003-04)

100 Butterfly

1. Tara Johnson.....56.80 (2000-01)
2. Mariana Luevano.....56.93 (2000-01)
3. Erin Kilpatrick.....57.20 (2002-03)
4. Courtney Hoblick.....57.23 (1996-97)
5. Laurie Young.....57.38 (1982-83)

200 Butterfly

1. Erin Kilpatrick.....2:04.97 (2002-03)
2. Sue Jenner.....2:05.00 (1982-83)
3. Tara Johnson.....2:05.02 (2000-01)
4. Mariana Luevano.....2:05.23 (2000-01)
5. Stella Karoly.....2:06.63 (2003-04)

100 Backstroke

1. Meghan Casillan.....56.42 (2001-02)
2. Aletta Haff.....56.44 (2001-02)
3. Mariana Luevano.....57.57 (1999-00)
4. Katie Smith.....57.72 (2007-08)
5. Diana MacManus.....58.20 (2005-06)

200 Backstroke

1. Meghan Casillan.....2:01.08 (1999-00)
2. Aletta Haff.....2:02.84 (2001-02)
3. Katie Smith.....2:04.71 (2005-06)
4. Melissa Webb.....2:05.12 (2002-03)
5. Diana MacManus.....2:06.74 (2005-06)



Brittany Daly

100 Breaststroke

1. Heather DeFelice.....1:04.05 (2001-02)
2. Jennifer Graham.....1:05.38 (2002-03)
3. Jill Karacozoff.....1:05.39 (2002-03)
4. Jennifer Arrow.....1:05.75 (2003-04)
5. Christine Graham.....1:06.11 (2007-08)

200 Breaststroke

1. Courtney Hoblick.....2:19.63 (1996-97)
2. Heather DeFelice.....2:19.91 (2001-02)
3. Jill Karacozoff.....2:21.33 (2001-02)
4. Jennifer Arrow.....2:21.41 (2003-04)
5. **Jessica Morrill.....2:21.63 (2006-07)**

200 Individual Medley

1. Courtney Hoblick.....2:05.17 (1996-97)
2. Erin Kilpatrick.....2:06.36 (2001-02)
3. Heather DeFelice.....2:06.80 (1999-00)
4. Emily Schmied.....2:07.60 (2002-03)
5. Laura Laughlin.....2:07.75 (1980-81)

400 Individual Medley

1. Erin Kilpatrick.....4:26.63 (2001-02)
2. Sarah Davis.....4:30.11 (2004-05)
3. Emily Schmied.....4:31.87 (2005-06)
4. Erin Whalen.....4:34.58 (2001-02)
5. Nicole Castelyn.....4:34.75 (2002-03)

1-Meter (Six Dives)

1. **Caitlin Atkinson.....280.88 (2007-08)**
2. Kristen Maurer.....266.78 (2007-08)
3. Keely Brooks.....263.85 (2007-08)

3-Meter (Six Dives)

1. **Megan Flanagan.....300.83 (2007-08)**
2. Keely Brooks.....277.20 (2007-08)
3. Kathleen Heuring.....267.45 (2007-08)

Platform

1. **Amy Freeberg.....207.05 (2007-08)**
2. Keely Brooks.....166.55 (2007-08)
3. Kristen Maurer.....162.30 (2007-08)

*Bold indicates current Aztecs

Relays

200 Freestyle Relay

1. Frith, Twilling, Schmied, Peters.....1:36.51 (2005-06)
2. Peters, Conte, Binek, Friedhoff.....1:36.54 (2004-05)
3. Graham, Ryan, Haff, DeFelice.....1:36.77 (2001-02)
4. Johnson, Ryan, Haff, DeFelice.....1:37.23 (2000-01)
5. Ryan, Graham, Fernandez, Friedhoff.....1:37.27 (2003-04)

400 Freestyle Relay

1. Peters, Karoly, Schmied, Frith.....3:29.88 (2005-06)
2. Ryan, Schmied, Karoly, Friedhoff.....3:30.49 (2003-04)
3. Blalock, Martin, Blue, Young.....3:31.34 (1979-80)
4. DeFelice, Ryan, Johnson, Kilpatrick.....3:32.13 (2001-02)
5. Ryan, Lattus, Schmied, Kilpatrick.....3:32.27 (2002-03)

800 Freestyle Relay

1. Schmied, Parker, Karoly, Frith.....7:35.25 (2005-06)
2. Storey, Ryan, Graham, Kilpatrick.....7:37.50 (2001-02)
3. Friedhoff, Storey, Karoly, Ryan.....7:37.53 (2003-04)
4. Ryan, Smith, Storey, Kilpatrick.....7:37.64 (2000-01)
5. Schmied, Conte, Parker, Friedhoff.....7:38.84 (2004-05)

200 Medley Relay

1. Casillan, Karacozoff, Johnson, DeFelice.....1:45.91 (2001-02)
2. Casillan, DeFelice, Johnson, Ryan.....1:46.51 (2000-01)
3. B. Vessey, Smith, Dowell, DiDomenico.....1:46.53 (2007-08)
4. Kilpatrick, Karacozoff, Schmied, Osback.....1:48.53 (2002-03)
5. DelMoral, Graham, Schmied, Ryan.....1:48.96 (2003-04)

400 Medley Relay

1. Casillan, DeFelice, Johnson, Kilpatrick.....3:50.84 (2001-02)
2. Casillan, DeFelice, Luevano, Kilpatrick.....3:52.11 (1999-00)
3. Casillan, Stenvers, Johnson, Hoblick.....3:54.47 (1998-99)
4. Smith, Morrill, Dowell, Frith.....3:55.00 (2006-07)
5. Smith, Graham, Dowell, B. Vessey.....3:55.34 (2007-08)

2008-09 San Diego State Swimming & Diving



Amy Freeberg became the first Aztec diver to earn all-MWC honors after a fifth-place finish in the platform event at the 2008 conference championships.

All-MWC Performers

Year	Athlete	Event
2008	Amy Freeberg	Platform Diving
	Katie Smith	100 Backstroke
2007	Katie Smith	100 Backstroke
2006	Kimberlee Frith	200 Freestyle
2004	Hannah Ryan	200 Freestyle
	Megan Storey	1650 Freestyle
2003	Nicole Castelyn	400 IM
	Jill Karacozoff	200 Breaststroke
	Erin Kilpatrick	200 Butterfly
2002	Erin Kilpatrick	200 Butterfly/400 IM

MWC Swimmers of the Week

Year	Athlete	Week
2007-08	Brittany Daly	Feb. 6
	Jessica Morrill	Jan. 9

2003-04	Stella Karoly	Jan. 29
	Hannah Ryan	Nov. 19
2002-03	Emily Schmied	Feb. 5
2001-02	Megan Storey	Dec. 12
	Meghan Casillan	Nov. 14
2000-01	Megan Storey	Jan. 31
1999-00	Heather DeFelice	Jan. 12

MWC Divers of the Week

Year	Athlete	Week
2007-08	Megan Flanagan	Feb. 6
	Caitlin Atkinson	Jan. 9
2006-07	Caitlin Atkinson	Feb. 7

All-MWC Academic Team

Year	No.	Athlete
2008	10	Gina DiDomenico Ana Dowell Tanya Gjetley Noelle Holland Katie Leahy Kristen Maurer Kathleen Merrill Kyla Power Katie Smith Jamie Vessey
2007	7	Lauren Dakin Kimberlee Frith Katie Leahy Kristen Maurer Kathleen Merrill Emily Parker Kyla Power
2006	6	Natalie Bricker Kimberlee Frith Lindsay Hnyda Katie Leahy Emily Parker Emily Schmied
2005	8	Natalie Bricker Stephanie Chambers Adrienne Conte Lindsey Minnich Heather O'Neill Emily Parker



Emily Parker was a four-time MWC all-academic team selection.

		Samantha Peters Emily Schmied
2004	8	Stephanie Chambers Sarah Davis Lindsey Minnich Emily Parker Adriana Quirke Hannah Ryan Emily Schmied Amy Van Dyke
2003	5	Stephanie Chambers Sarah Lattus Lindsey Minnich Emily Schmied Amy Van Dyke
2002	8	Heather DeFelice Allison Fernandez Corey Henderson Teri Hodgkinson Sarah Lattus Eleanor Rollings Megan Storey Amy Van Dyke
2001	4	Heather DeFelice Natalie Pennell Hannah Ryan Amy Van Dyke
2000	4	Heather DeFelice Heidi Matsumoto Natalie Pennell Erin Stenvers

MWC Scholar-Athletes

Year	No.	Athlete
2008	3	Noelle Holland Kathleen Merrill Kyla Power
2007	2	Kathleen Merrill Kyla Power



Katie Smith was a two-time all-MWC performer in the 100 backstroke.

2008-09 San Diego State Swimming & Diving



Beginning its 112th academic year in fall 2008, San Diego State University can take pride in more than a century of achievement in education, research and service. With an enrollment of more than 34,000 students, SDSU has grown into the largest institution of higher education in the San Diego region and one of the largest in California.

Renowned for its academic excellence, the university is home to top-ranking programs in education, international business, social work, speech-language pathology, biology and public administration, to name just a few. Overall, San Diego State students can choose from 81 undergraduate majors, 74 master's programs and 16 doctoral degree programs.

SDSU produces thousands of graduates each year, 60 percent of whom stay in San Diego to pursue their careers, making San Diego State a primary educator of the region's work force, as well as a leader in expanding access to higher education. Committed to serving the richly diverse San Diego region, SDSU ranks among the top universities nationwide in terms of ethnic and racial diver-



sity among its student body.

Increasingly recognized for innovative research, San Diego State has achieved the prestigious designation of "Research University" with high research activity granted by the Carnegie Foundation. For the past two years, SDSU has been ranked the No. 1 Research University for those with 14 or fewer Ph.D. programs according to Academic Analytic's faculty-scholarly productivity index. Since 2000, SDSU faculty and staff have attracted more than \$1 billion in grants and contracts for research and program administration. SDSU ranks among the top 150 public universities nationwide in research expenditures, and SDSU's research funding has more than doubled from a decade ago.

Private giving to San Diego State has also risen sharply in recent years, reaching a record \$75 million in the 2007-2008 fiscal year. Because state funds and student fees provide only slightly more than half of the university's annual operating requirements, the support of alumni, friends and community partners is providing a crucial margin of excellence at San Diego State, enabling the university to fulfill its mission and expand its service to the San Diego region and beyond.

SDSU also plays an integral role in analyzing and resolving complex community problems. A prime example is the City Heights Educational Collaborative, an ongoing partnership with San Diego City Schools, the San Diego Education Association, teachers and parents. Funded with an \$18 million grant from Price Charities, the Collaborative is improving instruction for students and professional development for teachers in three inner-city schools managed by the university.

Another initiative to improve education in the San Diego region and beyond is the Qualcomm Institute for Innovation and Educational Success, launched in 2004 with a record \$14.5 million corporate gift from Qualcomm. The Institute supports programs that aim to enhance math and engineering education across the K-12 spectrum, and supports efforts to revitalize performance in urban school districts nationwide.

Perhaps the most visible evidence of SDSU's growth is in the physical additions to campus and

its continued commitment to providing a modern learning environment for students, faculty and staff. Over the past decade, the university has completed facilities totaling more than \$600 million in value, including Cuicacalli, a dining and residence complex; the Chemical Sciences Laboratory and BioScience Center; and the Aztec Athletics Center, housing coaches' offices, training facilities and the Wise Foundation Hall of Fame. Most recently, construction on the new Parma Payne Goodall Alumni Center has begun. The center will be a gateway for the community to access SDSU's rich assets. Not only will it serve as the first point of contact for alumni and friends visiting SDSU, but it will also be a place where academic and business leaders can collaborate on ventures to benefit our community and impact our future.

Beyond accolades and campus expansion, San Diego State University remains, as always, most proud of its alumni family, more than 200,000 strong. Among those who call SDSU their alma mater are Federal Trade Commission Chairman Timothy Muris, former Air Force Chief of Staff, Gen. Merrill A. "Tony" McPeak, San Diego County supervisors Greg Cox, Dianne Jacob, Pam Slater, Ron Roberts and Bill Horn; former San Diego Mayor Maureen O'Connor, San Diego city council members Ralph Inzunza, Charles Lewis and Jim Madaffer, National Teachers of the Year Janis Gabay (1990) and Sandra McBrayer (1994), astronaut Ellen Ochoa and Costco CEO and co-founder Jim Sinegal.

Aztec alumni also include entertainers Gregory Peck, Art Linkletter, Marion Ross, Julie Kavner and Kathy Najimy; Hollywood producer Kathleen Kennedy; golfers Lon Hinkle and Gene Littler; baseball players Tony Gwynn, Mark Grace, Travis Lee and Graig Nettles; football players Marshall Faulk, Brian Sipe, Fred Dryer and Kyle Turley; America's Cup skipper Dennis Conner; and basketball player Michael Cage.

The success of these individuals and thousands of other SDSU alumni attest eloquently to the success of their alma mater. From modest beginnings, San Diego State University has evolved into a premier center of learning, research and service.



2008-09 San Diego State Swimming & Diving



DR. STEPHEN L. WEBER
University President
13th Year at SDSU
Notre Dame, 1969 (Ph.D.)

Stephen L. Weber, the seventh president of San Diego State University, provides dynamic leadership to an institution that ranks among the largest in the nation. Educated as a philosopher, President Weber began his tenure at SDSU in July 1996 and shortly afterward initiated a broad-based dialogue intended to set the course for the uni-

versity's future.

Under President Weber's guidance, students, faculty, staff, alumni, and community leaders participated in shaping this "Shared Vision." SDSU is now moving boldly ahead toward goals set by those discussions: reinforcing academic excellence, nurturing students, honoring diversity and social justice, carefully stewarding resources, and further developing global programs.

A champion of community involvement as well as academic excellence, President Weber has been an advocate for community service. Leading by example, he is a past chair of the American Association of State Colleges and Universities Board of Directors and cochair of Partners for K-12 School Reform. He also serves on the boards of governors of The Peres Center for Peace and the San Diego Foundation, and on the boards of directors of the San Diego Regional Economic Development Corporation and the San Diego Science and Technology Council. He co-chairs the College Presidents Forum of the San Diego County Policy Panel on Youth Access to Alcohol.

President Weber is a member of the international advisory board for the Foundation for Children of the Californias, the advisory council of the San Diego Performing Arts League, the Community Advisory Board of Union Bank of California, and the advisory board for San Diego Gas & Electric (SDG&E).

He serves on the National Collegiate Athletics Association (NCAA) Division I Board of Directors and served on the Presidential Oversight Committee for the Bowl Championship Series. He is a member of the San Diego Rotary Club, an honorary director of the Japan Society of San Diego and Tijuana, and an honorary advisor to the Asia Desk of the San Diego World Trade Center.

Born in Boston, President Weber is a graduate of Bowling Green University with a B.A. in philosophy. He received his Ph.D. in philosophy from the University of Notre Dame in 1969 and is the author of numerous articles on philosophy and higher education.

President Weber's many awards include an honorary degree from Beijing Capital Normal University, and distinguished alumnus at his alma mater, Bowling Green University. He was named among the 1997 Headliners of the Year by the San Diego Press Club. Also in 1997, the San Diego Mediation Center honored him with its Peacemaker Award. In 1999, President Weber received the Executive Director's Award from the San Diego Education Association and the Gold Key Award from the San Diego Hospitality Association. He was recognized as a Leader of Vision by the league of Women Voters of San Diego in 2000.

Before coming to San Diego State University, President Weber served as interim provost of the State University of New York (SUNY); he previously served seven years as president of the SUNY Oswego campus. Prior to that, he was vice president of academic affairs at St. Cloud State University in Minnesota, dean of arts and sciences at Fairfield University in Connecticut, and assistant to the president of the University of Maine. While a faculty member at the University of Maine, he was recognized as the outstanding professor in humanities.

President Weber is married to Susan Keim Weber, who shares his enthusiastic commitment to SDSU. They have two sons.



JEFF SCHEMSEL
Director of Athletics
Fourth Year at SDSU
Kansas State, 1976

Jeff Schemmel, who has elevated San Diego State athletics to unparalleled success, enters his fourth season on Montezuma Mesa.

In 2007-08, SDSU posted its best-ever finish in the 15-year history of the Division I U.S. Academy Director's Cup for on-field broad based success. Aztec student-athletes

continued to excel in the classroom as well, with 218 student-athletes earning 3.0 cumulative or 3.2 semester grade-point averages in 2007.

Added evidence of the Aztecs' success across the board was demonstrated this past spring, when four San Diego State sports finished in the top 35 of their respective national championships, including a second straight top five finish for water polo and a 15th-place finish for men's golf. In June, Schemmel was also tabbed as the chair of the NCAA Championships and Sports Management Cabinet, which directly oversees nearly every NCAA Division I championship. The Cabinet is one of six committees that make up the NCAA Governance Structure.

Schemmel began his tenure at SDSU on July 6, 2005, and is recognized as one of the most accomplished sitting athletic directors in the country. He is a former practicing attorney, has directed a Final Four, served as a senior administrator at Big 10 and Big 12 schools, and played a part in what might be the biggest football turnaround in college athletics.

Schemmel arrived at San Diego State from Conference USA, where he had served as associate commissioner for governance and legal affairs since October of 2004. During his stay in Dallas, he helped the league negotiate television contracts with ESPN and College Sports Television that exceeded more than \$100 million in revenue, and he served as a member of the NCAA Division I Management Council.

From February to October of 2004, Schemmel was the senior vice president and executive director of development for the Arizona State University Foundation, where he oversaw that school's fundraising efforts while supervising 135 employees across the Tempe campus.

Schemmel was an administrator at the University of Minnesota from 1991 to 2003. During his stay in the Twin Cities, he advanced from associate athletic director for compliance to senior associate athletic director and chief operating officer for Gopher athletics. Along with his departmental duties, Schemmel directed the school's efforts in hosting NCAA Championship events, including the 2001 Final Four, one of America's fastest growing events. He also supervised and implemented a \$3 million capital improvement campaign, and was heavily involved in the hiring of Minnesota's head football and men's basketball coaches.

From 1988 to 1991, Schemmel was an administrator at his alma mater, Kansas State. He served as the school's assistant athletic director for development and later was the associate athletic director for compliance while supervising the school's Olympic sports.

Schemmel was part of the management team that hired Bill Snyder as the Wildcat head football coach. Under Snyder's direction, Kansas State executed what is considered one of the greatest turnarounds in college football history. K-State had made just one bowl appearance in its history prior to Snyder's arrival, did not win a single game in the two seasons before he took over in 1989, and had just three wins in the previous four seasons. Under Snyder, the Wildcats have been bowling 11 times and claimed their first-ever Big 12 title.

Schemmel was a decorated runner at Kansas State and was named the 1976 outstanding student-athlete at the school. As a Wildcat, he was a four-time track and field All-American, a five-time Big 8 Conference champion, was a member of a national champion distance medley relay team and won the Big 8 Conference Medallion.

After earning his undergraduate degree in political science, Schemmel earned his law degree at Washburn University in Topeka, Kan. He began his professional career as an attorney and later was a partner in his own firm, specializing in business and sports law.

Schemmel and his wife, Lori, have been married for 30 years. They have two sons, Justin, and Jon, who plays minor league baseball in the San Diego Padres organization.



The dual role of student and athlete can be a daunting challenge for any person at the Division I level. Recognizing that challenge, the Student Athlete Academic Support Services (SAASS) program has been developed at San Diego State to assist all student-athletes in achieving academic excellence.

It is a source of pride within San Diego State athletics that the department has developed one of the most comprehensive academic support programs in the country.

THE STAFF

The SAASS staff includes a learning specialist, four academic advisors, the department's director of compliance, an eligibility coordinator, a financial aid coordinator, as well as a recruitment coordinator.

In addition to the full-time staff, the department employs more than 20 mentors and tutors. Collectively, they operate a program that enhances each student's satisfactory progress toward graduation.



THE SERVICES

Throughout the academic year, advisors offer a variety of services to aid individuals in the development of their personal goals and the blueprint for pursuing those goals.

All new student-athletes are invited to an orientation that helps lay the foundation for future successes. Each advisor teaches a section of the University's Freshman Success course (General Studies 100), which deals with specific transition issues for student-athletes. Topics include time management, study skills and test taking. In addition, the course also introduces new students to services such as the Love Library, University Advising Center, Career Services, Health Services and the counseling center.

THE RESOURCES

In the fall of 2001, the academic unit joined the rest of the athletic department in moving into the \$30 million, 130,000-square-foot Aztec Athletics Center. The academic staff is located on the third floor of the complex and includes a 40-station computer lab, individual study rooms and two lecture rooms.

THE COMMITMENT

San Diego State's annual Scholar-Athlete Awards Banquet honors students with a grade-point average in excess of 3.2. In 2007, 218 student-athletes, more than one-third of the student-athlete body, were honored for their work in the classroom.

A new event was launched in 2005 with the inaugural Student-Athlete Advisory Committee (SAAC) Awards. SDSU's student-athletes were treated to an awards banquet to recognize outstanding individual achievements throughout the athletic department.



LIFE SKILLS

To further increase the opportunities for success, San Diego State is part of the NCAA's CHAMPS/Life Skills Program. The curriculum of Aztec Pride (Promoting Responsibility, Integrity, Diversity, Education) offers a wide range of programs and activities that enhance the educational experience. Special emphasis is placed on the areas of personal development, community service and career development.

In conjunction with the SAAC, the Life Skills Program represents San Diego State's total commitment to enhancing the quality of each student's experience.

2007-08 Swimming & Diving Scholar-Athletes

MWC All-Academic

Gina DiDomenico
Ana Dowell
Tanya Gjetley
Noelle Holland
Katie Leahy
Kristen Maurer
Kathleen Merrill
Kyla Power
Katie Smith
Jamie Vessey

MWC Scholar-Athlete

Noelle Holland
Kathleen Merrill
Kyla Power

SDSU Malik Award (GPA of 4.0)

Noelle Holland (Fall 2007)

2008-09 San Diego State Swimming & Diving

SDSU'S Aztec Heritage

From the early decades of its history, San Diego State has identified itself with the Aztecs, one of the most sophisticated and distinctive societies in the history of the Western Hemisphere. A fitting choice for a university committed to internationalism and diversity, the Aztec identity evokes great pride in Mexico, as well as among many people in the United States, and certainly within the SDSU community. Consequently, San Diego State strives to honor the Aztec people by enhancing awareness, understanding and appreciation of Aztec culture and achievements.

Aztec History

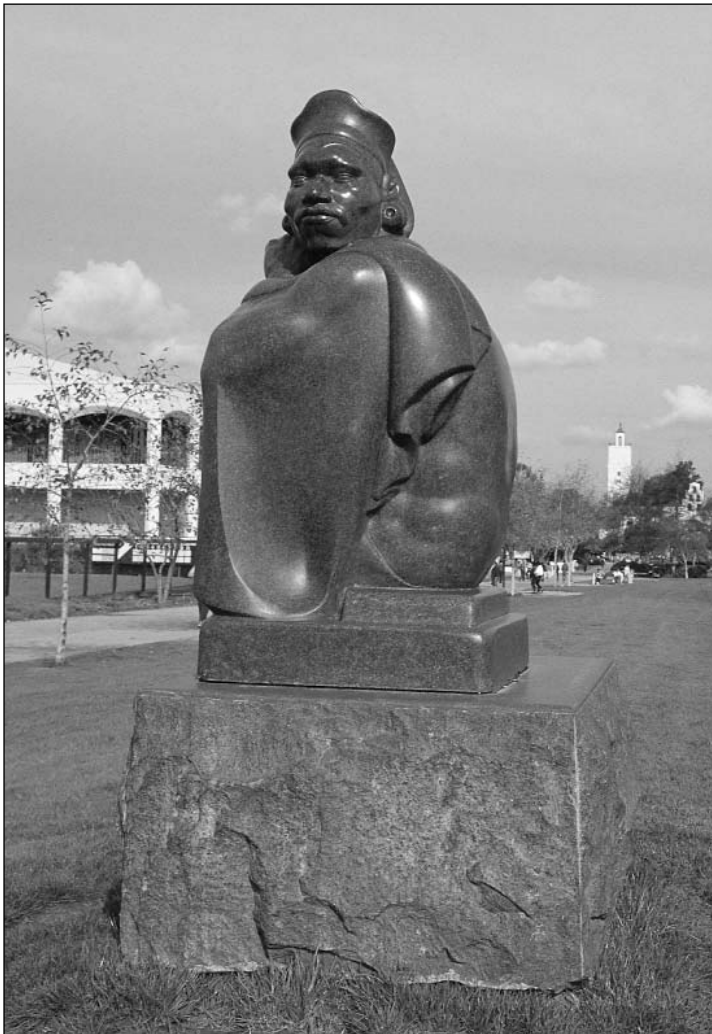
Aztec civilization dates back to at least the 12th century A.D. The precise location is still debated by scholars, but tradition tells us of a place somewhere north of modern-day Mexico City known at that time as Aztlan, which meant "the place of the cranes" or "the place of the herons." The people who lived in this land were called Azteca meaning "those of Aztlan."

The Azteca eventually left their homeland and became known as the Mexica. Native folklore attributes this name change to the instructions of the people's patron deity, Huitzilopochtli (Hummingbird on the Left).

Around 1325, the Mexica settled on an island in Lake Texcoco, an area that is now the heart of Mexico City, and named it Tenochtitlan or "the place of the fruit of the cactus." A century later, the Mexica and two other Nahuatl-speaking city-states, Texcoco and Tlacopan, combined to create an entity popularly known as the Aztec Empire.

Boasting a strong military force, this new alliance commanded a sphere of influence that stretched across much of present-day Mexico.

Tenochtitlan and its surrounding valley evolved into a highly sophisticated, multicultural and multilingual city-state of several million inhabitants. At



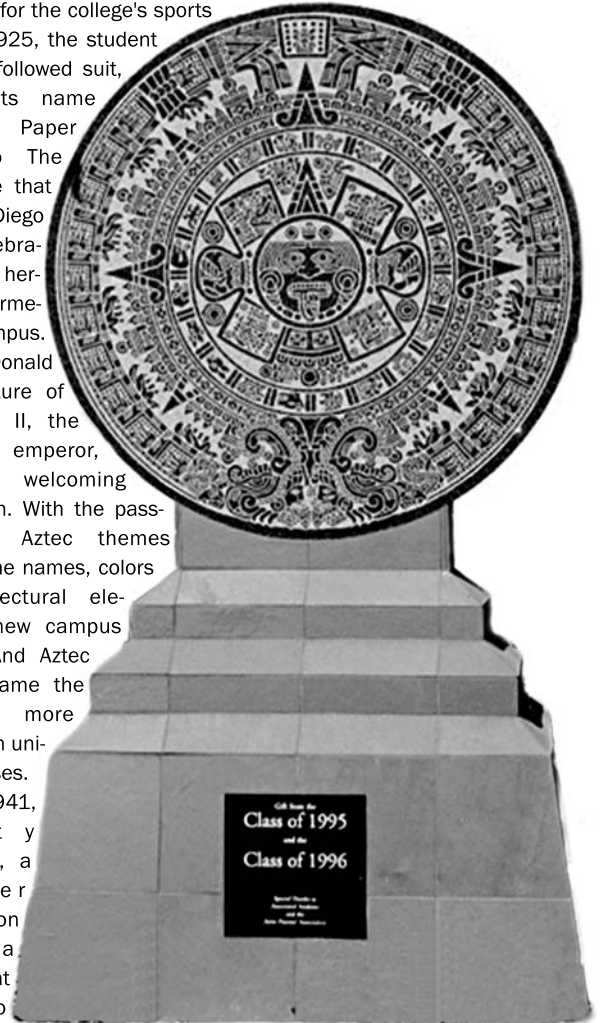
this same time, major European cities numbered only 30,000 to 40,000 in population. A cradle of innovation, the Aztec Empire developed advanced systems of trade, science, politics, religion, education and agriculture. The Aztecs also enjoyed sports and built grand ballcourts to accommodate team events.

Aztecs and SDSU

San Diego State University first adopted the Aztec name in the 1920s as a nickname for the college's sports teams. In 1925, the student newspaper followed suit, changing its name from The Paper Lantern to The Aztec. Since that time, San Diego State's celebration of Aztec heritage has permeated the campus. In 1936, a Donald Hord sculpture of Montezuma II, the last Aztec emperor, became a welcoming campus icon. With the passing years, Aztec themes echoed in the names, colors and architectural elements of new campus buildings. And Aztec culture became the subject of more than a dozen university courses.

In 1941, Monty Montezuma, a character based on Montezuma II, debuted at San Diego State athletic

events as a symbolic personification of the Aztecs. Over time, the Montezuma character's look and activities have evolved from a sports mascot into a more dignified and accurate representation of the historical emperor. Montezuma now serves as the university's ambassador of Aztec culture, charged with the responsibility of informing and educating the San Diego community about Aztec civilization. SDSU continues to take pride in its affiliation with Aztec culture and to celebrate the Aztec virtues of strength, valor and intellectual achievement.



2008-09 San Diego State Swimming & Diving

Since the 1999-00 season, the San Diego State women's swimming and diving team called the Ray and Joan Kroc Community Center its home. But beginning in 2007, the squad made the transition from the Kroc Center to a state-of-the-art swimming facility on campus, the Aztec Aquaplex.

With its prime location, the long-awaited complex is the final piece of the puzzle for the San Diego State athletic department. The 112,000-square foot facility is nestled between Tony Gwynn Stadium, SDSU Softball Stadium, Aztec Tennis Center, three football practice fields and the SDSU Sports Deck. In addition, Cox Arena is well within walking distance, which truly makes the west side of campus the home for Aztec athletics. Moreover, the Aquaplex is situated behind the Aztec Athletics Center, which allows student-athletes easy access to some of the top training personnel and weightlifting facilities on the West Coast.

The Aztec Aquaplex features two pools, one for competition and another for recreation, and a hydrotherapy spa. The competition pool measures 50 meters in length and 25 yards in width. It also includes a movable stainless steel bulkhead, which allows a flexible water depth of anywhere between seven and 17 feet.

The pool can accommodate a multitude of competitive swimming events (25-yard short course, 25-meter short course, 50-meter long course); water polo games with floating cage courses of 25 yards, 25 meters and 30 meters, in addition to three 25-yard fixed cage courses; and diving competition with its one- and three-meter springboards, along with the option of expanding the platform to 10 meters. In just its second year of existence, the Aquaplex served as the host site for the 2008 Mountain Pacific Sports Federation women's water polo championship.

The facility's 7,300-square-foot recreation pool will be just as multi-dimensional as its counterpart. The pool, which is open to the public, maintains a water temperature of approximately 83 degrees and features a beach-style entrance on one side leading to a depth of five feet. It also includes four lanes for lap swimming and water aerobics, as well as an area for water basketball and volleyball, recreational swimming and floating lounges. Throw in a clover-leaf-shaped hydrotherapy spa and San Diego State has one of the leading aquatic facilities in the United States.

The nerve center of the Aztec Aquaplex lies in the 5,000 square-foot operations building, which contains showers, locker rooms, restrooms, administrative offices, guest services and storage. The facility is also equipped with an 8,000 square-foot solar water heating panel that doubles as a shading structure for the seating area, which can accommodate 500 spectators.

"Our facility is world-class," said San Diego State head coach Mike Shrader. "SDSU, the awesome city of San Diego and the Aztec Aquaplex make for one of the best college experiences anywhere in the world."

The completion of the Aztec Aquaplex proves that San Diego State University is committed to providing its student-athletes and the Aztec community with the highest quality facilities in America.





AZTEC AQUAPLEX HIGHLIGHTS

- Competition pool
- Recreation pool
- One- and Three-meter springboards
- Hydrotherapy spa
- One-meter movable bulkhead
- Team rooms
- Staff offices
- Shaded spectator seating
- Easy access to training facilities



2008-09 San Diego State Swimming & Diving

SAN DIEGO – AZTEC TERRITORY

Quite simply, San Diego State University and the City of San Diego, "America's Finest City," enjoy several advantages over virtually every other school in America. The climate, diversity, environment and sheer beauty of the city attracts people from all walks of life.

THE CITY

Dubbed the "jewel" of the southern California coast, the city of San Diego has grown to surround its natural harbor and is the eighth largest city in the United States and the second largest in California.

DIVERSITY

The rich flavors and colors of this diverse population blends all ethnic groups and all walks of life to create an amazing quality of life that makes San Diego all things to all people.

NATURAL BEAUTY

As America's eighth largest city, San Diego also protects vast areas of open space for riding, hiking, skiing, and camping. The region also boasts more than 70 miles of beaches along its coastline. From Torrey Pines and La Costa to Aviara, Mission Bay or Singing Hills, beautiful settings offer an abundance of golf and tennis options.

THE WEATHER

Meteorologists claim San Diego as the country's only area with a perfect climate. This city posts an average daytime temperature of 70 degrees, with an annual rainfall average of less than 10 inches.

IDEAL LIVING

Whether watching the sun rise over the east county mountains or the sun setting over the Pacific, in San Diego, one is surrounded by natural beauty, pampered by an ideal climate, immersed in old-world traditions and able to enjoy a comfortable, friendly lifestyle that no other city offers. What a treat to live, play and study in "America's Finest City."

PLACES TO GO

There's always something to do in San Diego. SeaWorld, the World-Famous San Diego Zoo and Wild Animal Park, LEGOLAND California, Balboa Park and historic Old Town are just some of the attractions San Diego has to offer.

If it's art and history you seek, you'll find it here. Did you know San Diego is the birthplace of California or that San Diego boasts the largest concentration of museums west of the Mississippi?

San Diego also offers Tony Award-winning theatre, opera, symphony, art galleries and performance art for the culturally curious.



SAN DIEGO QUICK FACTS

Population (County)	3,017,204
Population (City)	1,266,753
U.S. Population Rank (City)	Eighth
Avg. Daytime Temperature	.70
Avg. Annual Rain Fall	.10 inches
Airport	Lindbergh Field (SAN)
Median Age of Residents	.32