

# 2004-05 AZTEC SWIMMING AND DIVING



## 2004-05 San Diego State Swimming and Diving Schedule

Date	Opponent	Site	Time
October 16	Loyola Marymount	RJKCC	12:00 p.m.
October 30	Utah*	RJKCC	1:00 p.m.
November 3	Air Force*	RJKCC	12:00 p.m.
November 4	at New Mexico*	Albuquerque, N.M.	6:00 p.m.
November 5-6	at New Mexico Invitational	Albuquerque, N.M.	All Day
November 12	Brigham Young*	RJKCC	1:00 p.m.
November 19	at Northern Colorado	Greeley, Colo.	4:00 p.m.
November 20	at Wyoming*	Laramie, Wyo.	1:00 p.m.
November 22	Colorado State*	RJKCC	1:00 p.m.
December 18	at UNLV*	Las Vegas, Nev.	6:00 p.m.
December 19-20	at UNLV Invitational	Las Vegas, Nev.	All Day
January 8-9	at UCI Invitational	Irvine, Calif.	All Day
January 22	at Hawaii	Honolulu, Hawaii	10:00 a.m.
January 28	at LMU, Pepperdine	Los Angeles, Calif.	1:00 p.m.
February 5	at Northern Arizona	Flagstaff, Ariz.	1:00 p.m.
February 23-26	MWC Championships	Oklahoma City, Okla.	All Day
March 17-19	NCAA Championships	West Lafayette, Ind.	All Day

Home meets held at the Ray and Joan Kroc Community Center.

\*Mountain West Conference meet

## Table of Contents

### 2004-05 Information

2004-2005 Schedule	1
Team Facts/Directory	1

### 2004-05 Preview

Season Outlook	2
Roster	3
Squad Breakdown	3

### Coaching Staff

Head Coach Deena Deardurff Schmidt	4
Assistant Coach Greg Hutt	5
Diving Coach Jim Wynne	5
Student Asst. Hannah Ryan	5
Program Sponsors	5

### Athlete Profiles

Jennifer Arrow	6
Stephanie Chambers	6
Lindsey Minnich	6
Emily Schmied	7
Sarah Davis	7
Caitlin Friedhoff	8
Stella Karoly	8
Emily Parker	8
Tamarah Binek	9
Natalie Bricker	9
Adrienne Conte	9
Joelle Felton	9
Kathleen Heuring	9
Lindsay Hnyda	10
Karen MacKall	10
Heather O'Neill	10
Samantha Peters	10
Katie Smith	10

### 2003-04 Review

Highlights	11
Top Times	11
Results	11
The Aztec Record Book	12

### The University

SDSU Aquatics Center	13
Administraton	14
San Diego State University	15
Academic Support	16
Aztec Culture	17
Aztec Facilities	18
Mountain West Conference	19
City of San Diego	20

### GENERAL INFORMATION

Location .....San Diego, Calif.  
 Founded.....1897  
 Enrollment.....32,936  
 Nickname .....Aztecs  
 Colors .....Scarlet and Black  
 Conference .....Mountain West  
 President.....Dr. Stephen L. Weber  
 Athletic Director .....Mike Bohn  
 Faculty Representative ...Dr. Roger W. Caves

### TEAM INFORMATION

Head Coach.....Deena Deardurff Schmidt  
 (San Diego State '88)  
 Dual Record at SDSU .....51-60 (11th yr.)  
 Career Record.....Same  
 Swimming Office Phone .....(619) 594-5883  
 E-Mail .....ddschmid@mail.sdsu.edu  
 Assistant Coach.....Greg Hutt (Alabama '73)  
 Diving Coach .....Jim Wynne (Niagara '94)  
 Student Assistant...Hannah Ryan (San Diego State '05)  
 2003-04 Dual-Meet Record .....8-5  
 2003-04 Conference Record.....3-4 (5th)  
 2004 MWC Meet.....8th, 231.5 pts.  
 Letterwinners Returning/Lost.....8/10  
 Strength/Conditioning Coach .....Courtney Bale  
 Head Athletic Trainer.....Gary Johnson  
 Swimming Athletic Trainer ....Carolyn Peters  
 Academic Advisor.....Todd Snedden  
 Home Facility .....Kroc Community Center

### AZTECS ON THE INTERNET

For the most current information on San Diego State swimming and diving, log on to [www.goaztecs.com](http://www.goaztecs.com). News releases, updated statistics, results, meet recaps, and player profiles can be found on the swimming page.

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### ON THE COVER

Junior team captain Emily Schmied. (Photo by Brock Scott)



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



# SEASON OUTLOOK



**Caitlin Friedhoff**

Coming off of their most successful season since the 2001-02 campaign, the San Diego State swimming and diving team, led by head coach Deena Dearthurff Schmidt, is looking forward to another successful year. Continuing that trend will be no easy task with the loss of two of the program's all-time top swimmers, and two swimmers that scored consistently from start to finish. In all, the Aztecs lose a total of six seniors from the 2003-04 squad that finished with an 8-5 record.

Gone from last year are all-Mountain West Conference first-team selection and two-event record holder Megan Storey and second team all-MWC honoree and member of three record setting relay teams, Hannah Ryan. Also gone are Jill Karaczoff and Jennifer Graham, both of whom have swam all-time top-five times twice in their respective events, and four-time letter winners Allison Fernandez and Amy Van Dyke.

"Megan Storey was an outstanding swimmer for us for four years, she's really a loss. She's a tough girl to replace because she had so much ability. Hannah Ryan was the team captain. She had a tremendous senior year, the best of her four years," said Dearthurff Schmidt. "Great time drops, that's going to be a hole that's tough to fill. Both Jill Karaczoff and Jennifer Graham filled in and scored points and so again, it's four real good scorers that are going to be hard to replace with such young girls."

"Last year, we had one of the best in-seasons since the program was reinstated. We had tremendous times, effort, and good unity during the dual meet season. I was very pleased."

This year Schmidt looks to a young team that welcomes back only two seniors, two juniors, and four sophomores from last year's squad, in addition to the 11 newcomers, to repeat last year's achievements. Leading the way are seniors Jennifer Arrow (breaststroke) and Stephanie Chambers

(freestyle), junior Emily Schmied (butterfly, individual medley/freestyle) and sophomores Stella Karoly (butterfly/individual medley/freestyle), and Caitlin Friedhoff (freestyle).

"Stella Karoly, a sophomore from Hawaii, is just going to get better and better," the coach said. "Caitlin Friedhoff, a sprinter from Washington, also was a little intimidated last year, but did a great job. I expect her to get better. Emily Schmied is our team captain. She's an athlete and a hard worker. With their leadership, hopefully it will help the incoming girls."

This year's incoming class is one of the largest in recent memory with 11 swimmers expected to report to Montezuma Mesa, but Schmidt is eager to see what they can do. "We have good depth to help recover from losing six seniors. I think we have a lot of talent and potential. I feel good about the new class. It will be a very young team because we don't have as many returners. We're outnumbered by the incoming girls and that will be tough for the first year until they adjust to college life and competition."

The 2004-05 squad is full of versatile athletes that can compete in many different events. In addition, they are all hard workers which will pay off in both the classroom and the pool, according to the head coach.

Two newcomers, Joelle Felton and Kathleen Heuring, in particular, are expected to make a splash, along with junior Lindsey Minnich in the diving competitions. "We have two very good divers who will immediately have an impact to go along with the one returner. The two coming in are very talented and will do a great job."

"We have definitely gotten support in the area of diving that we have not had in the past," she added. "It's not something we can do without, which we have since we started. I think that will make a big difference. It will make a difference in the dual meets and it will certainly make a difference at conference. It's still going to take awhile to build that, but we now have an opportunity to build something that we have not had before."

In addition to the diving newcomers, Schmidt believes the 2004-05 incoming swimmers will also be impressive.

"Swimming wise, we have Tamarah Binek and Lindsey Hnyda coming in; I expect them to do well. They will do a really good job in this environment. We also have a transfer from Mesa

College in Samantha Peters. She's a back-stroker to fill a spot that we haven't had in a year."

Highlighting San Diego State's schedule are home meets against last year's MWC regular season co-champions, Utah and Colorado State, and conference meet champion Brigham Young. In addition, SDSU will participate in the New Mexico and UNLV Invationals as well as the annual UC Irvine Invitational in January, where the Aztecs will look to defend their Sprint Meet victory. The season comes to a close in Oklahoma City with the conference championships taking place at the end of February.

With last season to build on, the wealth of talent being brought in and the new aquatics center scheduled to be built on campus, the future certainly looks bright for the Aztecs.

"What I expect from this team and hope for is that we're academically successful, which we have been in the past. I expect a winning season, which we had last year. I expect to move up in the conference. We have really kind of been stuck," Schmidt commented. "I think the pool coming in will change our ability to recruit for the future. I do think it will change things down the road. Our hopes, again, is to move up in the conference and have a stronger showing."



**Stephanie Chambers**



## 2004-05 SDSU Swimming & Diving Roster

Name	Event(s)	Ht.	Yr.	Exp	Hometown (Previous School)
Jennifer Arrow	Breast	5-6	Sr.	3V	Newport Beach, Calif. (Newport Harbor HS)
Tamarah Binek	Free	5-6	Fr.	HS	Volcano, Hawaii (Waiakea HS)
Natalie Bricker	Breast/IM	5-4	Fr.	HS	Pleasanton, Calif. (Amador Valley HS)
Stephanie Chambers	Free	5-8	Sr.	2V	San Clemente, Calif. (Oregon State)
Adrienne Conte	Free	5-9	Fr.	HS	Monterey, Calif. (Monterey HS)
Sarah Davis	Back/Breast/IM	5-7	So.	1V	Issaquah, Wash. (Issaquah HS)
Joelle Felton	Diving	5-3	Fr.	HS	Mission Viejo, Calif. (Mission Viejo HS)
Caitlin Friedhoff	Free	5-9	So.	1V	Kent, Wash. (Thomas Jefferson HS)
Kathleen Heuring	Diving	5-5	Fr.	HS	La Verne, Calif. (Bonita HS)
Lindsay Hnyda	Breast	5-11	Fr.	HS	Tucson, Ariz. (Sabino HS)
Stella Karoly	Fly/IM/Free	5-7	So.	1V	Kapolei, Hawaii (Radford HS)
Karen MacKall	Free	5-10	Jr.	JC	Danville, Calif. (Diablo Valley College)
Lindsey Minnich	Diving	5-2	Jr.	2V	Redding, Calif. (Enterprise HS)
Heather O'Neill	Fly	5-10	Fr.	HS	San Clemente, Calif. (San Clemente HS)
Emily Parker	Free	5-7	So.	1V	Novato, Calif. (San Marin HS)
Samantha Peters	Free/Back	5-9	Jr.	JC	Estes Park, Colo. (Mesa College)
Emily Schmied	Fly/IM/Free	5-5	Jr.	2V	Woodinville, Wash. (Woodinville HS)
Katie Smith	Breast	5-10	Fr.	HS	Los Angeles, Calif. (Notre Dame Academy)

**Head Coach:** Deena Deardurff Schmidt (San Diego State '88), 11th year

**Assistant Coach:** Greg Hutt (Alabama '73), 11th year

**Diving Coach:** Jim Wynne (Niagara '94), 3rd year

**Student Assistant:** Hannah Ryan (San Diego State, '05), 1st year



*Seniors Stephanie Chambers and Jennifer Arrow*

## SQUAD BREAKDOWN

### CLASS BREAKDOWN

#### Seniors (2)

Jennifer Arrow, Stephanie Chambers

#### Juniors (4)

Karen MacKall, Lindsey Minnich, Samantha Peters, Emily Schmied

#### Sophomores (4)

Sarah Davis, Caitlin Friedhoff, Stella Karoly, Emily Parker

#### Freshmen (8)

Tamarah Binek, Natalie Bricker, Adrienne Conte, Joelle Felton, Kathleen Heuring, Lindsay Hnyda, Heather O'Neill, Katie Smith

### EVENT BREAKDOWN

#### Backstroke (3)

Sarah Davis, Samantha Peters, Emily Schmied

#### Breaststroke (5)

Jennifer Arrow, Natalie Bricker, Sarah Davis, Lindsay Hnyda, Katie Smith

#### Butterfly (3)

Stella Karoly, Heather O'Neill, Emily Schmied

#### Freestyle (8)

Tamarah Binek, Stephanie Chambers, Adrienne Conte, Caitlin Friedhoff, Stella Karoly, Emily Parker, Samantha Peters, Emily Schmied

#### Individual Medley (4)

Natalie Bricker, Sarah Davis, Stella Karoly, Emily Schmied

#### Diving (3)

Joelle Felton, Kathleen Heuring, Lindsey Minnich

### BY STATE

#### Arizona (1)

Lindsay Hnyda

#### California (11)

Jennifer Arrow, Natalie Bricker, Stephanie Chambers, Adrienne Conte, Joelle Felton, Kathleen Heuring, Karen MacKall, Lindsey Minnich, Heather O'Neill, Emily Parker, Katie Smith

#### Colorado (1)

Samantha Peters

#### Hawaii (2)

Tamarah Binek, Stella Karoly

#### Washington (3)

Sarah Davis, Caitlin Friedhoff, Emily Schmied