

Women's Crew

This Week:

Oct. 25Head of the American..Sacramento
 Oct. 26Head of the EstuaryOakland



2003-04 Schedule

Oct. 25 Head of the American (Sacramento)
 Oct. 26 Head of the Estuary (Oakland)
 Nov. 2 Newport Fall Rowing Festival
Nov. 9 San Diego Fall Classic
Feb. 21 Orange Coast College (scrimmage)
Feb. 28 Alumni
 Mar. 6 Parker Cup Regatta (Marina Del Rey)
 Mar. 20 Long Beach Spring Invitational
Mar. 28 San Diego City Championships
Apr. 3 San Diego Crew Classic
Apr. 4 San Diego Crew Classic
 Apr. 24 Miller Cup Regatta (Marina Del Rey)
 May 1 WIRA Championships (Sacramento)
 May 2 WIRA Championships (Sacramento)
 May 15 Pacific Coast Championships (Sacramento)
 May 16 Pac-10 Championships (Sacramento)
 May 28 NCAA Championships (Sacramento)
 May 29 NCAA Championships (Sacramento)
 May 30 NCAA Championships (Sacramento)
 June 3 IRA Championships (Camden, N.J.)
 June 4 IRA Championships (Camden, N.J.)
 June 5 IRA Championships (Camden, N.J.)
Bold indicates regatta is in San Diego

Oct. 25 and 26 Lineups

Varsity

Cox	Ali Abrams
Stroke	Stephanie Snaman
Seven	Stella Conger
Six	Brittany McMahon
Five	Kristen Olson
Four	Amy Opielowski
Three	Sarah McKillip
Two	Mia Lysen
Bow	Vanesa Meses

JV

Cox	Alicia Chudy
Stroke	Audrey Edney
Seven	Stephanie Loutas
Six	Ashley Paiko
Five	Rachel Young
Four	Ashley Pfohl
Three	Julia Crawfis
Two	Korina Tonne
Bow	Rachel Saldivar

3V

Cox	Caitlin Carrion
Stroke	Amanda Briggs
Seven	Vanessa Kenley
Six	Amanda Corvera
Five	Rachael Vrooman
Four	Christy McDonald
Three	Caroline Casey
Two	Amanda Kovach
Bow	Katie Lee

Alternate Caitlin Weber

SDSU rowers commence fall season

• San Diego State begins its fall season with the Head of the American in Sacramento, Calif., on Saturday and the Head of the Estuary in Oakland, Calif., on Sunday. The Aztecs will send three eights to both regattas and compete in one 6K race each day.
 • "I am excited to have the whole varsity squad travel and compete this weekend," first-year head coach Jennifer Zebroski said. "We're looking forward to finally getting into a racing situation following a month of practice and building a solid fitness base."

Head of the American

• All three San Diego State eights will race at the Head of the American on Saturday at 12:15 p.m. in the Women's 8+ event. The regatta takes place at Lake Natoma in Sacramento, Calif.
 • Other boats racing include California, Mills College, two teams each from USC, UC Santa Barbara, UC Davis, Stanford and three from Sacramento State.
 • Last season, Stanford's "A" team finished first with a time of 17:14. San Diego State's "A" team finished in 10th place of 21 with a time of 19:27 and the Aztec "B" team finished just behind them in 11th with a time of 19:28.
 • "We feel very confident going into this race," head coach Jennifer Zebroski said. "It is a competitive field of elite collegiate teams, but we're planning on improving our placing from last year."

Head of the Estuary

• The Aztecs race in the Head of the Estuary in Oakland, Calif., on Sunday. All three SDSU 8+ boats will race in the 6K regatta beginning at 9:30 a.m. at the Oakland Estuary.

Zebroski on SDSU's Varsity 8+

• "Our varsity 8+ is a dynamic group that rows together smoothly and fluidly," head coach Jennifer Zebroski said. "I look forward to coaching them this weekend and through their successful fall and spring seasons."

McMahon constantly improves

• Junior Brittany McMahon, who will be rowing in the six seat for the varsity 8+ boat this weekend, has set personal records in her 6K ergometer test twice this fall already. "She is a dedicated, highly intense athlete," head coach Jennifer Zebroski said. "Her 6K erg score is the best on the team."

Zebroski moves up to SDSU head coach

• The Head of the American regatta on Saturday marks new head coach Jennifer Zebroski's first regatta as a collegiate head coach. She acted as assistant coach at SDSU for the 2002-03 season, prior to being promoted on Aug. 1. The 25-year-old is one of the youngest head coaches in the country.
 • "I'm thrilled at the opportunity to lead a Division I program," Zebroski said. "I look forward to this coming year because we have many returning quality athletes and, with our strong recruiting class, we hope to improve on previous years' results."

Stuebner named assistant coach

• Alicia Stuebner finished her rowing eligibility at San Diego State with the completion of the 2002-03 rowing season, but that has not ended her involvement with the Aztec rowing program. She was named assistant coach on Tuesday. Stuebner is due to graduate in December and will continue coaching duties in the spring.
 • In addition to coaching at SDSU, Stuebner is the lead rowing instructor at the Mission Bay Aquatic Center and has aspirations to be a head coach in the future.

2003-04 Roster

Coxswains

Athlete	Yr.	Ht.	Hometown
Ali Abrams	Sr.	5-5	Mission Viejo, Calif.
Caitlin Carrion	So.	5-4	Colfax, Calif.
Alicia Chudy	Sr.	4-10	Chula Vista, Calif.
Mary Creason	Fr.	5-4	Hemet, Calif.
Aileen Gonzales	Fr.	4-10	Spring Valley, Calif.
Marisa Rollolazo	Fr.	5-2	San Mateo, Calif.

Rowers

Athlete	Yr.	Ht.	Hometown
Jenny Allen	Fr.	5-6	Anaheim, Calif.
Nancy Balt	Fr.	5-11	Carona, Calif.
Amber Beaston	Fr.	5-8	Arcadia, Calif.
Bekah Beltz	Sr.	5-10	San Jose, Calif.
Kacey Boyle	Jr.	5-4	Juniper, Fla.
Amanda Briggs	So.	5-8	Santee
Caroline Casey	Fr.	5-11	Kentfield, Calif.
Stella Conger	Sr.	5-6	Chatsworth, Calif.
Amanda Corvera	Sr.	5-5	Lemoore, Calif.
Julia Crawfis	So.	6-0	Huntington Beach, Calif.
Ann Ecklund	Jr.	5-9	Boulder, Colo.
Audrey Edney	So.	5-6	Modesto, Calif.
Cynthia English	Fr.	5-3	Downey, Calif.
Molly Enochs	So.	5-7	Durham, Calif.
Juana Francisco	So.	5-7	Los Angeles, Calif.
Theresa Goody	Fr.	5-8	Tehachapi, Calif.
Whitney Hannum	So.	5-10	Marin, Calif.
Tawny Harris	Jr.	5-11	Huntington Beach, Calif.
Jenny Haught	Fr.	5-6	Walnut Creek, Calif.
Katie Heisinger	Fr.	5-9	Temecula, Calif.
Leah Ihde	Jr.	5-8	San Diego
Shannon Jessee	Fr.	5-7	San Clemente, Calif.
Vanessa Kenley	So.	5-6	San Diego
Amanda Kovach	So.	5-5	Carlsbad, Calif.
Katie Lee	So.	5-3	Walnut Creek, Calif.
Deidra Little	Fr.	5-5	La Crescenta, Calif.
Stephanie Loutas	So.	6-0	San Anselmo, Calif.
Mia Lysen	Fr.	5-10	Seattle, Wash.
Christy McDonald	Fr.	5-8	Pleasant Hill, Calif.
Sarah McKillip	Jr.	5-10	Auburn, Calif.
Brittany McMahon	Jr.	6-1	Fortuna, Calif.
Vanesa Meses	Jr.	5-6	Yucaipa, Calif.
Jen Newman	Jr.	5-2	Los Angeles, Calif.
Kristen Olson	Sr.	6-0	Post Falls, Idaho
Amy Opielowski	Sr.	5-9	Pittsburgh, Pa.
Ashley Paiko	Jr.	6-0	Davis, Calif.
Ashley Pfohl	Fr.	5-9	Palos Verdes Estates, Calif.
Rachel Saldivar	Jr.	5-9	Sunnyvale, Calif.
Adora Salvati	Jr.	5-6	Escondido, Calif.
Lynda Shuker	Fr.	5-6	Redlands, Calif.
Stephanie Snaman	Sr.	5-8	Redwood City, Calif.
Penny Stieneke	Fr.	5-6	Sioux City, Iowa
Korina Tonne	So.	5-3	Hemet, Calif.
Coby Vandenburg	So.	5-6	Davis, Calif.
Rachael Vrooman	So.	5-3	Huntington Beach, Calif.
Maryann Wahhab	Jr.	5-8	San Jose, Calif.
Caitlin Weber	Fr.	5-10	Roseville, Calif.
Rachel Young	So.	6-0	Camarillo, Calif.

Head Coach: Jennifer Zebroski, 1st year
 Assistant Coaches: Colin Truex, 2nd year
 Alicia Stuebner, 1st year