



AZTEC SWIMMING AND DIVING

THIS WEEK: March 19-21 - at NCAA Championships - Greensboro Aquatic Center - Greensboro, N.C. - All Day

2014-15 SCHEDULE

Record: 18-0 (9-0 Home; 4-0 Away; 5-0 Neutral)

Date	Opponent	Time/Result
Sept. 21	San Diego (Pentathlon)	W, 33-24
Oct. 10	at Vanderbilt	W, 145-112
	Campbell	W, 184-73
	Arkansas-Little Rock	W, 190-60
Oct. 11	at Vanderbilt	W, 121-113
	Arkansas-Little Rock	W, 155-78
Oct. 24	Hawai'i	W, 157-132
Nov. 1	at Colorado State	W, 187.5-112.5
	Idaho	W, 193.5-106.5
Nov. 7-9	at Trojan Diving Invitational	NTS
Nov. 20-22	at Arena Invitational	1st, 1166 pts.
Dec. 29	Air Force	W, 141-135
	Incarnate Word	W, 142-133
	UC San Diego	W, 151-127
Jan. 3	Incarnate Word+	W, 184-107
	Grand Canyon+	W, 180-106
Jan. 9	Nevada	W, 132-112
	Rice	W, 140-104
Jan. 17-19	at Bruin Invitational (Diving)	NTS
Jan. 23	at San Diego	W, 139-106
Jan. 24	Pacific	W, 129-113
Jan. 30-31	at Air Force Diving Invit.	NTS
Feb. 18-21	at MW Championships#	1st, 704.5
Mar. 9-11	at Zone Diving^	NTS
Mar. 19-21	at NCAA Championships%	All Day

All times Pacific

Home meets in bold, held at Aztec Aquaplex.

NTS - No team scores

+ at UC San Diego (La Jolla, Calif.)

at Palo Alto College (San Antonio, Texas)

^ at Air Force Academy (Colorado Springs, Colo.)

% at Greensboro Aquatic Center (Greensboro, N.C.)

QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	33,726
Nickname	Aztecs
Colors	Scarlet and Black
Conference	Mountain West
President	Dr. Elliot Hirshman
Athletic Director	Jim Sterk

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	105-14 (8th season)
Career Record	194-26-1 (16th season)
Swimming Office Phone	(619) 594-5883
E-Mail	mshrader@mail.sdsu.edu
Associate Head Coach	Stephen Allnutt
E-Mail	sallnutt@mail.sdsu.edu
Diving Coach	Roland McDonald
E-Mail	rmcdonald@mail.sdsu.edu
Volunteer Assistant Coach	Ryan Thieleman
Strength & Cond. Coach	Brooke Emberate
2013-14 Dual-Meet Record	11-0
2014 MWC Meet	2nd, 633.5 pts.
Letterwinners Returning/Lost	20/6
Newcomers	14
Home Facility	Aztec Aquaplex

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THIS WEEK IN AZTEC SWIMMING

The San Diego State swimming team will send seven athletes to the NCAA Swimming & Diving Championships being contested at the Greensboro Aquatic center in Greensboro, N.C. this weekend. The meet is being hosted by North Carolina State University and involves athletes from 73 Division schools.

Aztec senior Chelsea Bailey and sophomore Anika Apostalon will compete in three individual events each: the 50 and 100 freestyle along with the 100 backstroke. Freshman Summer Harrison will swim both the 100 and 200 butterfly races.

In addition, Laura Day, Taylor Johnson, Savannah Miller and Whitney Weisz will swim in the various relays with the makeup of each squad to be determined. SDSU is expected to field squads in the 200 and 400 freestyle relays as well as the 200 and 400 medley relays.

MEET SCHEDULE

The meet will run from Thursday, March 19, through Saturday, March 21. Prelims will begin each morning at 11:00 a.m. (ET) with the finals session set to get underway at 7:00 p.m. (ET). SDSU will be involved in events each day of the meet.

Prelims for the 50 freestyle will be held Thursday morning with finals that night along with finals for the 200 free and 400 medley relays.

On Friday the Aztecs will be involved in prelims for the 100 butterfly and 100 backstroke. Finals will be conducted that evening along with the 200 medley relay.

On Saturday, SDSU swimmers will compete in the prelims for the 100 freestyle and 200 backstroke. The finals session for those events will be held Saturday evening along with the 400 freestyle relay.

HEAD COACH MIKE SHRADER

San Diego State Head Coach Mike Shrader is in his eighth season with the Aztecs and has compiled a dual meet record of 105-14 (.882) during his tenure. Shrader has been named the Mountain West Coach of the Year on five occasions (2014, 2013, 2011, 2010, co-coach in 2009). Including eight seasons as head coach at Nevada, his career record is 194-26-1 (.880).

AZTECS NATIONALLY-RANKED

San Diego State is ranked 25th in the nation in the final poll for the 2014-15 season by the College Swimming Coaches Association of America. That poll is not designed to predict the results of the NCAA Championship, but rather which teams would win head-to-head against other teams in the country. The Aztecs are also ranked 27th in the country by *CollegeSwimming.com*.

AZTECS CAPTURE MOUNTAIN WEST CHAMPIONSHIP

San Diego State captured the 2015 Mountain West swimming & diving championship during the weekend of Feb. 18-21 at Palo Alto College in San Antonio, Texas. SDSU ended the four-day meet with 704.5 points to outdistance Boise State which ended the competition with 679.5 points. Nevada placed third with 554 points followed by Wyoming at 420. It marked the third time in the past five seasons that the San Diego State has captured the conference title.

Aztec swimmers captured four individual races at the MW Championships. Anika Apostalon won the 50 and 100 freestyle along with the 100 backstroke. Frida Berggren finished first in the 200 butterfly. SDSU also won three relay events including the 200 medley relay, 200 freestyle relay and 400 medley relay.

SCHOOL RECORDS

SDSU swimmers set two individual school records and one relay record during the 2014-15 season. Freshman Summer Harrison established a new Aztec record in the 100 butterfly (52.73) while Frida Berggren set a new record in the 200 butterfly (1:58.08). In addition, the 200 medley relay team of Apostalon, Day, Harrison and Bailey set an SDSU record as well (1:37.60).

UNDEFEATED

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

THERE'S NO PLACE LIKE HOME

San Diego State completed its fourth consecutive undefeated home season during its 2013-14 campaign with a 7-0 record. The Aztecs have now won their last 39 consecutive meets at home. SDSU's record at the Aztec Aquaplex stands at 50-3 since the facility opened for the 2007-08 season.

THE STREAK ENDS

San Diego State saw its lengthy dual meet win streak come to an end with the loss at UCLA on January 12, 2013. SDSU had won its previous 45 straight meets dating back to the 2009-10 season prior to the loss to the Bruins. The Aztecs' last loss had come against Wyoming on Jan. 29, 2010, in Laramie. The Aztecs are now 77-1 in their last 78 dual meets dating back to January 2010.

SWIMMERS & DIVERS OF THE WEEK

San Diego State athletes were named the Mountain West Swimmer of the week on five occasions during the 2014-15 campaign. Emile Campbell earned the award for her efforts in SDSU's final two dual meets of the season. In addition to Campbell, Anika Apostalon captured the honor on three occasions (Oct.28, Nov. 25 and Jan. 13). Chelsea Bailey earned the award on Jan. 6. Ally Caplan was named the Mountain West Diver of the Week twice during the season (Nov. 4 and Jan. 6).

POOL RECORDS

During the final home meet of the season (vs. Pacific, Jan. 24), Aztec swimmers set seven individual and two relay Aztec Aquaplex records. Those records included:
200 FreestyleWhitney Weisz1:48.78
100 ButterflySummer Harrison53.50
200 ButterflyFrida Berggren1:59.61
200 Backstroke...Natilee Ruiz1:59.83
100 Breaststroke Emilie Campbell1:01.96
200 Breaststroke Emilie Campbell2:15.08
400 IMFrida Berggren4:21.23
400 Free RelayApostalon, Bailey, Ruiz, Weisz.....3:21.29
200 Medley RelayApostalon, Harrison, Campbell, Bailey ..1:41.52

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



2014-15 AZTEC SWIMMING AND DIVING

2014-15 SAN DIEGO STATE SWIMMING AND DIVING ROSTER

Name	Events	Ht.	Yr.	Exp.	Hometown (Previous School)
Anika Apostalon	Free, Back	6-1	So.	1V	Albuquerque, N.M. (Albuquerque Academy)
Chelsea Bailey	Free, Back	6-2	Sr.	3V	Kent, Wash. (Kentlake HS)
Briana Balsbough	Breast, Free	5-7	Fr.	HS	West Linn, Ore. (West Linn HS)
Frida Berggren	Free, IM	5-8	So.	1V	Vastera, Sweden (Widenska Gymnasiet)
Emilie Campbell	Breast	5-8	Sr.	3V	Yakima, Wash. (Eisenhower HS)
Alexandra Caplan	Diving	5-4	Fr.	HS	Mission Viejo, Calif. (Mission Viejo HS)
Corinn Casper	Free, IM	5-8	Fr.	HS	Chino Hills, Calif. (Ayala HS)
Makena Chamoures	Diving	5-5	Fr.	HS	San Clemente, Calif. (San Clemente HS)
Isabelle Choquehuanca	Diving	5-5	So.	TR	Laguna Niguel, Calif. (Louisiana State)
Maddy Dalcamo	Free	5-10	Sr.	2V	Olathe, Kan. (Wisconsin)
Laura Day	Breast, IM	5-8	Jr.	1V	Peyton, Colo (Liberty)
Nicole Dutton	Diving	5-6	Fr.	HS	Dana Hills, Calif. (Dana Hills HS)
Shannon Finigan	Diving	5-5	So.	1V	Coto de Caza, Calif. (Tesoro HS)
Payton Gabris	Diving	5-1	Fr.	HS	Mission Viejo, Calif. (Santa Margarita Cath HS)
McKenna Garfein	Free, Back	5-5	So.	TR	San Diego, Calif. (Towson)
Samantha Guttmacher	Free, Fly	5-6	So.	1V	Mesa, Ariz. (Red Mountain HS)
Summer Harrison	Free, Fly	5-7	Fr.	HS	Honolulu, Hawai'i (Mid-Pacific Institute)
Shannon Herman	Breast, IM	5-5	Jr.	2V	Alamo, Calif. (San Ramon Valley HS)
Alexandria Holland	IM, Fly	5-8	Sr.	1V	Santa Rosa, Calif. (Santa Rosa JC)
Cayla Jetter	Free	5-7	So.	TR	Pleasanton, Calif. (Texas A&M)
Taylor Johnson	Free	5-9	Jr.	2V	Fountain Valley, Calif. (Fountain Valley HS)
Dana Michaels	Free	5-8	Sr.	3V	Shoreline, Wash. (Shorewood HS)
Savannah Miller	Free, IM	5-9	Jr.	2V	Westlake Village, Calif. (Westlake HS)
Caroline Mitchell	Free, Fly	5-7	So.	1V	Cary, N.C. (Cary HS)
Lydia Perevezina	Breast, IM	5-8	Fr.	HS	Gresham, Ore. (Sam Barlow HS)
Marina Preiss	Breat, IM	5-9	Fr.	HS	East Hampton, N.Y. (East Hampton HS)
Natilee Ruiz	Free, IM	6-0	Jr.	2V	Othello, Wash. (Othello HS)
Kate Santilena	Free	5-6	So.	1V	Murrieta, Calif. (Chaparral HS)
Whitney Weisz	Free	6-0	Jr.	2V	Little Falls, Minn. (Little Falls HS)
Loreen Whitfield	Fly, IM	5-6	Sr.	3V	Clovis, Calif. (East Clovis HS)
Alex Wolf	Breast, IM	5-8	Fr.	HS	Redlands, Calif. (Martin Luther King HS)
Cecilia Zaccarelli	Breast, IM	5-7	Fr.	HS	Sao Paulo, Brazil

Head Coach: Mike Shrader

Assistant Coach: Stephen Allnutt

Diving Coach: Roland McDonald

Volunteer Assistant Coach: Ryan Theielemann



BY CLASS

Seniors (6)

Chelsea Bailey, Emilie Campbell, Maddy Dalcamo, Alexandria Holland, Dana Michaels, Loreen Whitfield

Juniors (6)

Laura Day, Shannon Herman, Taylor Johnson, Savannah Miller, Natilee Ruiz, Whitney Weisz

Sophomores (9)

Anika Apostalon, Frida Berggren, Isabelle Choquehuanca, Shannon Finigan, McKenna Garfein, Samantha Guttmacher, Cayla Jetter, Caroline Mitchell, Kate Santilena

Freshmen (11)

Briana Balsbough, Alexandra Caplan, Corinn Casper, Makena Chamoures, Nicole Dutton, Payton Gabris, Summer Harrison, Lydia Perevezina, Marina Preiss, Alex Wolf, Cecilia Zaccarelli

BY STATE/COUNTRY

Arizona (1)

Samantha Guttmacher

California (16)

Alexandra Caplan, Corinn Casper, Makena Chamoures, Isabelle Choquehuanca, Nicole Dutton, Shannon Finigan, Payton Gabris, McKenna Garfein, Shannon Herman, Alexandria Holland, Cayla Jetter, Taylor Johnson, Savannah Miller, Kate Santilena, Loreen Whitfield, Alex Wolf

Colorado (1)

Laura Day

Hawai'i (1)

Summer Harrison

Kansas (1)

Maddy Dalcamo

Minnesota (1)

Whitney Weisz

New Mexico (1)

Anika Apostalon

New York (1)

Marina Preiss

North Carolina (1)

Caroline Mitchell

Oregon (2)

Briana Balsbough, Lydia Perevezina

Washington (4)

Chelsea Bailey, Emilie Campbell, Dana Michaels, Natilee Ruiz

Brazil (1)

Cecilia Zaccarelli

Sweden (1)

Frida Berggren