



AZTEC SWIMMING AND DIVING

THIS WEEK: October 10 - at Vanderbilt, Campbell - Nashville, Tenn. - 1:00 p.m. (ET)
October 11 - at Vanderbilt, Arkansas-Little Rock - Nashville, Tenn. - 11:00 a.m. (ET)

2014-15 SCHEDULE

Record: 1-0 (1-0 Home; 0-0 Away; 0-0 Neutral)

Date	Opponent	Time/Result
Sept. 21	San Diego (Pentathlon)	W, 33-24
Oct. 10	at Vanderbilt	1:00 pm
	Campbell	
Oct. 11	at Vanderbilt	11:00 am
	Arkansas-LittleRock	
Oct. 24	Hawai'i	2:00 pm
Nov. 1	at Colorado State	11:00 am
	Idaho	
Nov. 7-9	at Trojan Diving Invitational	All Day
Nov. 20-22	at Arena Invitational	All Day
Dec. 29	Air Force	2:00 pm
	Incmate Word	
	UC San Diego	
Jan. 3	Incmate Word+	12:00 pm
	Grand Canyon+	
Jan. 9	Nevada	10:00 am
	Rice	
Jan. 17-19	at Bruin Invitational (Diving)	All day
Jan. 23	at San Diego	12:00 pm
Jan. 24	Pacific	11:00 am
Jan. 30-31	at Air Force Diving Invit.	All Day
Feb. 18-21	at MW Championships#	All Day
Mar. 9-11	at Zone Diving^	10:00 am
Mar. 19-21	at NCAA Championships%	All Day

All times Pacific
Home meets in **bold**, held at Aztec Aquaplex.
NTS - No team scores

+ at UC San Diego (La Jolla, Calif.)
at Palo Alto College (San Antonio, Texas)
^ at Air Force Academy (Colorado Springs, Colo.)
% at UNC Greensboro (Greensboro, N.C.)

QUICK FACTS

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

TEAM INFORMATION

Head Coach	Mike Shrader
Dual Record at SDSU	88-14 (8th season)
Career Record	177-26-1 (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
Strength & Cond. Coach	Brooke Embernate
2013-14 Dual-Meet Record	11-0
2014 MWC Meet	2nd, 633.5 pts.
Letterwinners Returning/Lost	20/6
Newcomers	14
Home Facility	Aztec Aquaplex

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THIS WEEK

The San Diego State swimming team will be in Nashville, Tenn., this weekend for a pair of double dual meets at Vanderbilt.

On Friday (Oct. 10), the Aztecs will take on Campbell and Vanderbilt in a dual meet schedule to get underway at 1:00 p.m. (ET). The following day (Saturday, Oct. 11), SDSU will face off against both Arkansas-Little Rock and Vanderbilt in dual meet competition starting at 11:00 a.m. (ET).

The San Diego State divers will not be competing this weekend. The divers' first action of the season will come during the Aztecs' dual meet against Hawai'i on Friday, Oct. 24, at 2:00 p.m. at the Aztec Aquaplex.

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 88-14 (.863) during his tenure. Shrader has been named the Mountain West Coach of the Year on four occasions (2013, 2011, 2010, co-coach in 2009). Including eight seasons as head coach at Nevada, his career record is 177-26-1 (.870).

AZTECS DEFEAT SAN DIEGO IN PENTATHLON MEET

In their first outing of the 2014-15 season, the Aztecs were victorious in a pentathlon meet against the University of San Diego on Sept. 19 at the Aztec Aquaplex by the score of 33-24.

For the second straight year, SDSU sophomore swimmer Frida Berggren captured the individual title as the Aztecs captured eight of the top 10 spots in the final pentathlon individual standings.

Berggren proved to be the meet's most consistent performer over the five events as she finished no lower than fourth in any of the five events. That included a first-place (100 butterfly), one second (100 individual medley), a third in the 100 backstroke and a pair of fourth-place (100 breaststroke, 100 freestyle) finishes. Her win in the 100 fly came in a time of 56.76.

Her total time over the five events of the pentathlon was 4:54.30 as she finished just over a second ahead of fellow Aztec Anika Apostalon (2nd - 4:55.41) and almost five seconds in front of teammate Natilee Ruiz (3rd - 4:59.17).

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 38 consecutive meets at home. SDSU's record at the Aztec Aquaplex stands at 49-3 since the facility opened for the 2007-08 season.

AQUAPLEX TOP 10 TIME

The Aztecs had one time enter to top 10 at the Aztec Aquaplex during the Pentathlon vs. USD. Freshman Cecilia Zaccarelli's mark of 1:05.18 in the 100 breast ranks as the seventh-fastest ever at the facility.

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 last 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 60-1 in their last 61 dual meets dating back to January 2010.

SCHOOL RECORD SETTERS RETURN

A pair of athletes who currently hold San Diego State swimming & diving records are back for the 2014-15 season. That duo includes swimmers Anika Apostalon (50 free, 100 free, 100 back) and Caroline Mitchell (200 fly).

In addition, all the members of three record-setting relay teams return of the 2014-15 campaign. That list includes Apostalon, Chelsea Bailey, Maddy Dalcamo, Whitney Weisz, Natilee Ruiz, Laura Day and Loreen Whitfield.

Ruiz along with returnees Frida Berggren and Savannah Miller make up three-quarters of another record-setting relay team.

TOP 10 AZTEC TIMES

In addition to the school records set during the 2013-14 season, SDSU returnees turned in a total of 31 individual swim times that entered the school record book among the top 10 all-time fastest marks in school history. There were also three diving marks recorded by returning Aztec divers that rank among the top 10 ever at San Diego State.

DIVERS

SDSU boasts its largest and most talented diving squad for the 2014-15 season. That group of eight athletes included three returnees, a transfer and four freshman.

The returnees include Shannon Finigan, Marlee Kersting and Chandler Marshall. Finigan turned in all-time top 10 marks in the three-meter and platform last season while Kersting added a top 10 score on the platform.

Isabelle Choquehuanca joins the team after a season at LSU. The freshman foursome of Alexandra Caplan, Makena Chamoures, Nicole Dutton and Payton Gabris are from Orange County where they competed for the Crown Valley Divers and each earned NISCA All-America honors during their high school careers.

NEW COACH

Stephen Allnutt joined the Aztecs' as an assistant coach this past August. Allnutt spent the last two seasons as a volunteer assistant coach at the University of Hawai'i where he worked with the middle distance and IM swimmers on both the men's and women's teams. Allnutt attended the University of Hawai'i where he was a swimmer from fall 2007 to 2011.

A native of Forest Grove, Ore., the 25-year-old Allnutt is a 2011 graduate of Hawai'i with a bachelor's of science degree in kinesiology and exercise science. He received a master's degree in kinesiology from UH in 2014 as he completed his thesis on the biomechanics of swimming.



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, Hawaii (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)
Marlee Kersting	Diving	5-7	So.	1V	Gilbert, Ariz. (Campo Verde HS)
Chandler Marshall	Diving	5-4	Jr.	2V	Colorado Springs, Colo. (Lewis Palmer 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 Priess	Breast, 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 (7)

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

Sophomores (10)

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

Freshmen (11)

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

BY STATE/COUNTRY

Arizona (2)

Samantha Guttmacher, Marlee Kersting

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 (2)

Laura Day, Chandler Marshall

Hawai'i (1)

Summer Harrison

Kansas (1)

Maddy Dalcamo

Minnesota (1)

Whitney Weisz

New Mexico (1)

Anika Apostalon

New York (1)

Marina Priess

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