



AZTEC SWIMMING AND DIVING

THIS WEEK: JAN. 17 - AT TCU, CENTENARY, 1:00 P.M. MT - FORT WORTH, TEXAS

2008-09 SCHEDULE

Date	Opponent	Time/Result
Oct. 11	*Utah	L, 132-168
Oct. 25	*Air Force	W, 205-95
	*Colorado State	L, 129.5-170.5
	*New Mexico	W, 170-130
Nov. 1	Fresno State	W, 153-126
Nov. 8	*vs. Brigham Young^	L, 22-81
	*vs. UNLV^	L, 53-60
Dec. 6	at CS Bakersfield	W, 179-117
Dec. 31	CS East Bay	W, 105-80
Jan. 8	at Hawai'i Invite	NTS
Jan. 17	*at TCU	11 a.m.
	vs. Centenary	
Jan. 30-31	at Air Force Diving Inv.	All Day
Jan. 31	*Wyoming	Noon
	Northern Colorado	
	UC San Diego	
Feb. 7	at Univ. of San Diego	Noon
Feb. 25-28	at MWC Championships!	All Day
March 12-14	NCAA Diving Zones!	All Day
March 19-21	NCAA Championships#	All Day

All times Pacific
Home meets in **bold**, held at Aztec Aquaplex.

* Mountain West Conference meet
^ at Big West Shootout (Irvine, Calif.)
! at Oklahoma City, Okla.
at College Station, Texas (Texas A&M host)

QUICK FACTS

LocationSan Diego, Calif.
 Founded1897
 Enrollment35,887
 NicknameAztecs
 ColorsScarlet and Black
 ConferenceMountain West
 PresidentDr. Stephen L. Weber
 Athletic DirectorJeff Schemmel

Head CoachMike Shrader
 Dual Record at SDSU ...8-4 (Second season)
 Career Record97-16-1 (10th season)
 Swimming Office Phone ... (619) 594-5883
 E-Mailmshrader@mail.sdsu.edu
 Assistant CoachBrendon Bray
 Diving CoachJim Wynne
 Volunteer AssistantCaitlyn Shortt
 Strength & Conditioning Coach ... Jon Francis
 Athletic TrainerBree Walder
 2007-08 Dual-Meet Record8-4
 2007-08 MWC Record2-4 (6th)
 2008 MWC Meet8th, 161 pts.
 Letterwinners Returning/Lost11/14
 Newcomers13
 Home FacilityAztec Aquaplex

MEDIA RELATIONS

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THIS WEEK

After four weeks since its last competitive match, San Diego State (5-4; 2-4 MWC) will be in action for the first time since Dec. 31 when it visits Fort Worth, Texas for a double dual meet against MWC rival TCU (2-5; 1-4 MWC) and Centenary (4-1). Action gets underway at 1:00 p.m. (MST) at the TCU Recreation Center pool.

DIVING COMPETITION

A trio of Aztec divers competed in the one-meter competition at the Hawai'i Diving Invitational in Honolulu on Thursday, Jan. 8. They competed against divers from Wisconsin, Boise State, Villanova, Wisconsin-Milwaukee and Minnesota State as well as the host school.

Senior Megan Flanagan finished fourth of 19 divers with a personal season-high score of 259.40. She was followed by teammate Caitlin Atkinson, who also set her season best with 256.90 points. Junior Alex Barstad placed sixth with a score of 238.55.

MOST RECENT DUAL MEET RESULT

In its last dual meet competition, San Diego State improved its season record at 5-4 with a 105-80 victory over Cal State East Bay on Wednesday, Dec. 31. The meet consisted of 12 swimming events included several non-standard races including the 50 back, 50 breast, 50 fly and 100 individual medley.

Jeanette Engzell, a freshman from Falun, Sweden, captured first place in three individual events as well. She won the 100 breaststroke (1:06.43), 50 butterfly (27.52) and 1000 individual medley (1:01.82).

Junior Kyla Power continued her string of string performances in the middle distance freestyle as she was victorious in both the 500 free (5:15.42) and 200 free (1:58.77). Sophomore Brooke Vessey was also a double winner, turning in the best times in both the 100 butterfly (58.40) and 50 backstroke (27.89).

The Aztecs' other individual first-place finish was recorded by Shaïda Solimani, who too the 100 backstroke with a mark of 1:00.53. Solimani also swam on the 400 free relay team that finished second to conclude the meet.

ENGZELL-ENT

Freshman Jeanette Engzell has emerged as one of the top breaststroke specialists in the Mountain West Conference. She currently owns the fourth-best and second-best times in the MWC this season in the 100 (1:05.47) and 200 (2:19.80) breast respectively.

The first-year Aztec has already etched her name into the SDSU record book as those times in the 100 and 200 breast rank fourth and second respectively all time for an SDSU swimmer. Engzell is also a member of the 200 and 400 medley relay teams that have recorded the second- and seventh-fastest times in school history during the 2008-09 season.

MISS VERSATILITY

Sophomore Brooke Vessey has proven to be one of the Aztecs' most versatile swimmers this season. She has recorded the team's top times in both the 50 and 100 free as well as the 100 butterfly and the 100 backstroke. She was also on the 400 free and 200 medley relay squads that have SDSU's top times this fall.

ALL-TIME TOP 10 TIMES

The newcomers among the Aztec swimmers and divers are making an immediate impact on the program. A total of 16 new marks and one relay time have been added to the all-time SDSU top 10's. Ten of the new individual entries are by true freshmen with three others by transfers in their first year at SDSU.

Among the freshmen, Elisabeth Krueger now appears in the top 10 in four events: 100 fly (seventh), 200 fly (sixth), 200 IM (eighth) and 400 IM (ninth).

Freshman Jeanette Engzell has made her presence felt, with the second- and fourth-fastest times in school history in the 200 and 100 breaststroke respectively.

Classmates Ashley Flynn (1000 free-6th), Bojana Duric (500 free-10th; 1000 free-4th), and Kelsy Diener (200 back-5th) have also found themselves ranked among SDSU's all-time top 10 in their events.

Others who have registered SDSU top 10 marks this season include junior Jessica Morrill (100 breast-8th) and sophomore Brooke Vessey (100 back-5th and 100 fly-6th) along with first-year Aztec (soph transfer) Allison Hall (200 fly-9th)

In addition, diver Alex Barstad, a junior transfer from Minnesota, has recorded the seventh-best mark in the one-meter and eighth-best score in the three-meter.

RELAY TOP 10s

Two relay quartets have recorded all-time SDSU top 10 marks this season. In the 200 medley relay, the foursome of Brooke Vessey, Jeanette Engzell, Elisabeth Krueger and Alexis McCoy turned the second-best time ever (1:46.31). In the 400 medley relay, the team of Kelsy Diener, Engzell, Krueger and McCoy had the seventh-best Aztec mark ever in that event (3:55.73).

YOUTH MOVEMENT

Youth is the key word for the 2008-09 SDSU swimming and diving squad. Of the 24 athletes on the roster, 13 are in their first season at San Diego State. Included in that number are nine true freshmen, three sophomore transfers (two from JC, one from a four-year school) and one junior transfer (from a four-year school).

Among the 11 returnees, there are three sophomores, five juniors and only three seniors.

AMONG THE LEAGUE LEADERS

The Aztecs have several swimmers listed among the top 10 times in the MWC this season in various events.

Swimmer	Event	Place	Time
Jeanette Engzell	100 Breast	4th	1:05.47
	200 Breast	2nd	2:20.54
Jessica Morrill	200 Breast	4th	2:21.58
Bojana Duric	1000 Free	6th	10:23.47
Ashley Flynn	1000 Free	9th	10:24.71
Brooke Vessey	100 back	8th	57.85

ON DECK

Up next for the Aztec swimming and diving squad is a triple dual meet against Wyoming, Northern Colorado and UC San Diego on Saturday, Jan. 31, at the Aztec Aquaplex. The divers will be at the Air Force Diving Invitational that weekend and their scores at that competition will count toward the team scores of the four-way meet at SDSU.



AZTEC SWIMMING AND 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 College)
Kelsy Diener	Back, IM, Free	5-11	Fr.	HS	Mesa, Ariz. (Red Mountain HS)
Bojana Duric	Distance	5-9	Fr.	HS	Mississauga, Ontario (Silverthorn Collegiate Institute)
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 '81), Second season

Assistant Coach: Brendon Bray (University of Washington '05), Second season

Diving Coach: Jim Wynne (Niagara '94), Seventh season

Volunteer Assistant: Caitlyn Shortt, First season

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

Freshmen (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

