

Women's Crew

This Week:

May 15.....at Pacific Coast Championships
 May 16.....at Pac-10 Championships
(both at Sacramento, Calif.)



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**
- March 6 Parker Cup Regatta (Marina Del Rey)
- March 7 San Diego, UC San Diego (lightweights)**
- April 3-4 San Diego Crew Classic**
- April 17 San Diego City Championships**
- April 24 Miller Cup Regatta (Marina Del Rey)
- May 1-2 WIRA Championships (Sacramento)
- May 15 Pacific Coast Championships (Sacramento)
- May 16 Pac-10 Championships (Sacramento)
- June 3-5 IRA Championships (Camden, N.J.)

Bold indicates regatta is at Mission Bay in San Diego

PCRC and Pac-10 Championships Lineups

- Varsity Eight**
- Cox Alison Abrams
 - Stroke Stephanie Snaman
 - Seven Ashley Paiko
 - Six Mia Lysen
 - Five Kristen Olson
 - Four Brittany McMahon
 - Three Sarah McKillip
 - Two Amanda Briggs
 - Bow Audrey Edney

- Junior Varsity Eight**
- Cox Alicia Chudy
 - Stroke Rachel Saldivar
 - Seven Ashley Pfohl
 - Six Stephanie Loutas
 - Five Adora Salvati
 - Four Rachel Young
 - Three Venesa Meses
 - Two Amy Opielowski
 - Bow Korina Tonne

- Lightweight Eight**
- Cox Caitlin Carrion
 - Stroke Vanessa Kenley
 - Seven Lynda Shuker
 - Six Deidra Little
 - Five Amanda Corvera
 - Four Jenny Allen
 - Three Coby VandenBerg
 - Two Kacey Boyle
 - Bow Rachael Vrooman

- Novice Eight**
- Cox Caitlin Carrion
 - Stroke Molly Enochs
 - Seven Nancy Balt
 - Six Katie Heisinger
 - Five Caroline Casey
 - Four Caitlin Weber
 - Three Maryann Wahhab
 - Two Jenny Haught
 - Bow Theresa Goody

- Varsity Four**
- Cox Alison Abrams
 - Stroke Stephanie Snaman
 - Three Ashley Paiko
 - Two Brittany McMahon
 - Bow Sarah McKillip

- Novice Four**
- Cox Mary Creason
 - Stroke Mia Lysen
 - Three Nancy Balt
 - Two Caitlin Weber
 - Bow Ashley Pfohl

SDSU Crew Heads Back to Sacramento

• The San Diego State women's crew team will send its lightweight eight, varsity four and novice eight boats to compete at the Pacific Coast Rowing Championships on Saturday, while the varsity eight, junior varsity eight and novice eight boats will take part in the Pac-10 Championships on Sunday. Both championships take place at Lake Natoma in Sacramento, Calif.

• The lightweight eight boat is ranked No. 12 in this week's USRowing poll.

• "I would like to dedicate this last weekend to our seniors," head coach Jennifer Zebroski said. "Alicia Chudy, Bekah Beltz, Stella Conger, Amanda Corvera, Amy Opielowski and Stephanie Snaman have shown dedication, determination, passion and hard work ethic throughout their years on the team. I will miss their presence next year and wish each senior much success in the future. GOOD LUCK SENIORS."

Good Words From Coach Zebroski on Senior Class

• Alicia Chudy: "Alicia's coxing always amazes me. When she sits in the coxswain seat, she is in a zone. She wants nothing more than to beat the boat next to her. I will miss her intensity and tenacity."

• Bekah Beltz: "Even though Bekah's injury has kept her from rowing the last two years, she has remained supportive this year by helping coach in the fall and attending community service events."

• Stella Conger: "Stella is a dedicated, generous and hard working student-athlete. She has been extremely supportive of the team this year. Stella will leave her mark as an Aztec by being remembered as a strong athlete and great co-captain."

• Amanda Corvera: "Amanda is an individual with a lot of spirit and passion for not only rowing but life. She is someone I would like to emulate in my daily life. Her spirit pours out and makes you smile every day."

• Amy Opielowski: "Amy is a great athlete and is extremely dedicated to her training, team and individual growth. I am constantly amazed with Amy's intensity and desire to learn about rowing and life."

• Stephanie Snaman: "Stephanie is an individual with tons of passion for rowing. She is continually trying to improve herself and the team environment. Stephanie proved to be a great co-captain and athlete this year."

Recapping WIRAs

• The lightweight and novice eight boats won the WIRA (Western Intercollegiate Rowing Association) Championships, held May 1-2 in Sacramento, Calif. The

varsity boat placed third in the petite final and the junior varsity was fifth in the grand final. The novice boat beat out Sacramento State, 7:05.2 to 7:10.2, while the lightweight boat out-paced Cal, 7:16.3 to 7:22.8.

• "The novice eight had an amazing grand final," head coach Jennifer Zebroski said. "They stayed solid and consistent throughout both races this weekend. With their results, we look to have them keep improving and become great varsity athletes in the years to come."

• "The lightweight eight had a great final," Zebroski said. "They had been beaten by Cal at the San Diego Crew Classic and were able to come back and gain water on them today, beating them by open water at the end. I'm really pleased with their results."

Looking to the Rest of the Spring

• All Aztec boats will be done racing after this weekend with the exception of the lightweight eight boat, which will compete at the IRA (Intercollegiate Rowing Association) Championships in Camden, N.J., from June 3-5.

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.

Rowers

Athlete	Yr.	Ht.	Hometown
Jenny Allen	Fr.	5-6	Anaheim, Calif.
Nancy Balt	Fr.	5-11	Carona, Calif.
Bekah Beltz	Sr.	5-10	San Jose, Calif.
Kacey Boyle	Jr.	5-4	Jupiter, 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.
Audrey Edney	So.	5-6	Modesto, Calif.
Molly Enochs	So.	5-7	Durham, Calif.
Theresa Goody	Fr.	5-8	Tehachapi, Calif.
Jenny Haught	Fr.	5-6	Walnut Creek, Calif.
Katie Heisinger	Fr.	5-9	Temecula, Calif.
Leah Ihde	Jr.	5-8	San Diego
Vanessa Kenley	So.	5-6	San Diego
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.
Venesa 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.
Blair Smetana	Jr.	5-5	Studio City, 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 VandenBerg	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, first year
 Assistant Coaches: Colin Truex, second year
 Alicia Stuebner, first year

PCRC and Pac-10 Championships Schedules

Saturday's PCRC Schedule

- TBD - Varsity Four Heat
- TBD - Novice Four Heat
- TBD - Lightweight Eight Heat
- 2 p.m. - Novice Four Final
- 3:40 p.m. - Varsity Four Final
- 4:20 p.m. - Lightweight Eight Final

Sunday's Pac-10 Championships Schedule

- 9:30, 9:40 or 9:50 a.m. - Novice Eight Heat
- 10, 10:10 or 10:20 a.m. - Junir Varsity Eight Heat
- 11:20, 11:30 or 11:30 a.m. - Varsity Eight Heat
- 2:20 p.m. - Novice Eight Third Final
- 2:30 p.m. - Novice Eight Petite Final
- 2:40 p.m. - Novice Eight Grand Final
- 2:50 p.m. - Junior Varsity Eight Petite Final
- 3 p.m. - Junior Varsity Eight Grand Final
- 3:40 p.m. - Varsity Eight Third Final
- 4 p.m. - Varsity Eight Petite Final
- 4:20 p.m. - Varsity Eight Grand Final