

# Aztec Coaching Staff

Head Coach  
Mike Friesen

## AZTEC COACHING STAFF

Head Coach Mike Friesen	8
Assistant Coaches Nat Gonzalez/Erica Keus	9
SDSU Women's Soccer Mission Statement	10

# Head Coach



**Mike Friesen**  
**Head Coach**  
**First Season/Fourth Overall at SDSU**  
**Sonoma State, 1996**

After spending the last three years as an assistant on the San Diego State coaching staff, including the last two as associate head coach, Mike Friesen begins his first season as the Aztecs' head coach.

Friesen, the fourth head coach in Aztec history, has played a significant role in bringing excitement back to San Diego State soccer. An offensive standout in his playing days at Point Loma Nazarene (1988-89) and Sonoma State (1993-94), Friesen has helped the Aztecs become one of the most potent offenses in the West Coast.

Over the past two seasons, Friesen's offense has combined to score 50 goals, with 28 netted in 2005, the most by an Aztec team since 2002.

Not only did the Aztec offense score 11 more goals in 2005 (28) than it did in 2004 (17), but it also improved in most other offensive statistical categories, including assists (27 in 2005, 15 in 2004), points (83-49), shots (265-239), shots on goal (116-108) and shot percentage (10.6-7.1).

Friesen also helped forward Erika Sutton to one of the best freshman seasons in SDSU history. Sutton finished her first year with 20 points on five goals and 10 assists. The 10 assists are tied for the third most in a single season. For her efforts, Sutton was named to the all-MWC second team, becoming the first Aztec since 2000 (Kim Castellanos) to be named all-conference as a freshman.

In 2004, SDSU reached the Mountain West Conference championship game for the first time since 1999. The team's 3-1-2 conference record was also its best since that same 1999 season.

Friesen teamed with former Aztec head coach Dr. Mike Giuliano to bring an up-tempo-in-your-face style of defense, which was successful, as evident by the team's nine shutouts in 2004, second most in school history. The Aztecs allowed just 18 goals in 21 games that season, the program's fewest since the 1990 squad gave up 12 goals in 13 games.

The SDSU defense tallied nine shutouts, second most in school history, and during a stretch of five-plus games from Oct. 3-30, went 595:44 without allowing a goal. The Aztecs only surrendered three goals in MWC action.

Friesen helped with the development of four 2004 all-conference selections, including MWC Defensive Player of the Year Alexis Solovij.

Prior to coming to San Diego State, Friesen spent five years working with the UC Santa Barbara women's program.



*The Friesen family includes: Mike, his wife, Jamie, his son, Cole Jamey, and his daughter, Emily Mychael.*

Friesen's responsibilities with the Gauchos included coaching the team's offense, recruiting, community outreach and academics.

Upon arriving in Santa Barbara, Friesen helped turn the Gaucho program around, going from a 7-29-2 mark and scoring just 27 goals the two seasons prior to his arrival, to a 24-11-6 mark in 2002-03, tallying 105 scores. Friesen also was integral in signing and developing three straight Big West Conference offensive players of the year in Jennifer Borcich in 2001 and 2003 and Krystal Sandza in 2002.

Friesen has a great deal of experience coaching at a variety of levels. Before his time at UCSB, he guided the under-19 Santa Rosa United Aftershocks to the 1999 girls' California State Cup championship. In 1997, he directed Ursuline High School in Santa Rosa, Calif., to the CIF North Coast Section championship game.

As a student-athlete, Friesen played two years at Point Loma Nazarene in San Diego before transferring to Sonoma State, where he was a member of an NCAA Division II quarterfinalist squad in 1993. Friesen was also the second-leading scorer in the Northern California Athletic Conference as a senior.

Friesen completed his degree in kinesiology with an emphasis in biomechanics in 1996, before continuing his soccer playing career with the North Bay Breakers of the USISL. The Breakers reached the regional finals in the team's final year of existence. For the next several seasons, he played for Juventus in the California Premier Soccer Alliance before signing with the Greek Americans Soccer Club, based in San Francisco, which won two U.S. Open Cup championships in the 1990s.

Friesen and his wife Jamie, who was a former basketball letterwinner at UCLA, have a son, Cole Jamey (4), and a daughter, Emily Mychael (1).

## Friesen File

### Full Given Name

- Michael David Friesen

### Current Residence

- San Diego, Calif.

### Marital Status

- Married to Jamie

### Children

- Cole Jamey (4), Emily Mychael (1)

### Education

- B.S. - Kinesiology (Sonoma State, 1996)

### NCAA Coaching Experience

- 1999-2003 - UC Santa Barbara (Women's Associate Head Coach)
- 2004-2007 - San Diego State (Women's Assistant/Associate Head Coach)
- 2007-Present - San Diego State (Women's Head Coach)

### Playing Experience

- 1988-89 - Point Loma Nazarene
- 1993-94 - Sonoma State
- 1995 - North Bay Breakers
- 1996-97 - Juventus (California Premier Soccer Alliance)
- 1998 - Greek Americans Soccer Club

# Assistant Coaches



**Nat Gonzalez**  
**Assistant Coach**  
**First Season at SDSU**  
**UCLA, 1995**

The 2007 campaign will mark the first as an assistant coach for Nat Gonzalez at SDSU. Gonzalez had been the associate head coach at Southern Cal the past three seasons after coaching the UC Riverside men's soccer program the previous three years. Gonzalez has also served as an assistant for the U.S. under-20 Women's National Team in their preparation for the 2008 World Championships.

As an associate head coach for the Women of Troy, Gonzalez coached the goalkeepers and dealt with all aspects of recruiting. Last year's USC squad allowed just 21 goals, a mark which was the fewest in the Pac-10 and ranked 15th in the nation. In 2005, the Women of Troy's recruiting class was ranked No. 1 in the nation according to *Soccer Buzz*.

Gonzalez helped USC improve from 9-9-1 in his first year in 2004, to a 24-11-7 combined record over the past two seasons, including back-to-back trips to the second round of the NCAA tournament.

Prior to joining the Women of Troy, Gonzalez started the men's soccer program at UC Riverside, where he went 12-36-8 over three seasons.

Gonzalez spent five years as a men's assistant and goalkeeping coach at Washington, helping the Huskies to consecutive MPSF championships in 1998 and 1999, and a 61-15-5 record during his tenure.

Gonzalez has also been an assistant men's coach at Cal Poly Pomona (1995-96) and was the interim women's soccer head coach at UCLA in the spring of 1995, after serving as the goalkeeper coach for the Bruins from 1994-95.

Gonzalez was a four-year goalkeeper at UCLA from 1988-91, and was a member of the 1990 Bruins' national championship squad. He graduated from UCLA in 1995 with a bachelor's degree in psychology and possesses a United States Soccer Federation "B" license.

Gonzalez played professionally for six seasons, finishing his career in 1997 with the Seattle SeaDogs of the Continental Indoor Soccer League (CISL).

Gonzalez and wife, Kari, have two daughters, Mandi (4) and Mari (1).



*The Gonzalez family includes: Nat, his wife, Kari, daughters, Mandi and Mari.*



**Erica Keus**  
**Assistant Coach**  
**Third Season at SDSU**  
**San Diego State, 2004**

Erica Keus begins her third season as an assistant coach at San Diego State. Keus, who has coached different levels ranging from club to high school soccer, will work with the goalkeepers for the third consecutive season.

In 2005, Keus coached sophomore transfer Cat Burson to one of the best seasons ever by an Aztec goalkeeper. Burson went on to finish her first year on The Mesa with a 5-5-2 record and an 0.95 goals against average, which ranks her third on the SDSU single-season top 10. She also recorded a 84.4 save percentage and had four shutouts.

Freshman Christy Yount finished her first year with a 6-4 record with a 1.09 goals against average in 2005.

Keus, a 2004 SDSU graduate with a degree in sociology, has also coached the Carlsbad Lightning Soccer Club the past six years. While at Carlsbad, she led the Lightning to the 2003 Presidio U-19 League championship, garnering coach-of-the-year honors in the process. Keus also coached the U-18, U-14, U-9 and U-8 teams.

In addition to her coaching duties for the Lightning, the Carlsbad, Calif., native coached junior varsity girls soccer at La Costa Canyon High School during the 2002-03 seasons, leading the Mavericks to consecutive undefeated campaigns and league titles. Keus was an assistant coach for the varsity Mavs and was a 2004 assistant for Carlsbad High School.

Keus, who holds a national "D" coaching license, played two seasons for the Aztecs (1999-00), before a back injury sidelined her from seeing any more action.

Prior to attending SDSU, Keus competed for the Leucadia Lightning club team which finished second at the 1998 CYSA-South State Cup and advanced to the quarterfinals in 1999.

Keus earned letters in basketball, softball, volleyball and track and field for Carlsbad High. As a senior, she received second-team all-Avocado League accolades in basketball, and was named the squad's most valuable player and best defender. She also was named the team's most inspirational player for basketball after her junior season and most valuable player for the softball squad her sophomore year. A shot putter on the track and field team, Keus was third at the 1999 Avocado League championships.

Keus is currently working on her master's degree in marriage, family and child therapy at the University of Phoenix. She is single and resides in Carlsbad, Calif.



# Aztec Mission Statement

SDSU Women's Soccer will strive to succeed athletically both regionally and nationally, aim to be lifetime learners in the classroom and on the field, develop into women of character, be outstanding citizens on campus and off, grow inwardly and outwardly through character development and leadership training and develop a family environment within our team and the community.

## 2006-07 Women's Soccer Scholar-Athletes

### **Malik Award (4.0 GPA)**

- Mariko Strickland

### **San Diego State Scholar-Athletes**

- Carrie Blankenbuhler, Melissa Deckers, Tiphonie Elliott, Jessica Girdner, Jennifer Klunder, Lisa Nielsen, Megan Petrik, Jackie Ragudos, Jillian Riker, Becky Ryan, Leann Sgobba, Mariko Strickland, Shayla Williams, Ashley Young

### **MWC All-Academic Team**

- Carrie Blankenbuhler, Jessica Girdner, Jennifer Klunder, Lisa Nielsen, Jackie Ragudos, Becky Ryan, Leann Sgobba, Mariko Strickland, Catherine Walker

### **MWC Scholar-Athlete Team**

- Jillian Riker, Shayla Williams