

# 20 YEARS OF EXCELLENCE...

- |           |  |             |  |
|-----------|--|-------------|--|
| <b>1</b>  | <i>San Diego State has had one All-America selection in its storied program. Catherine McGuire was named a third-team All-American by three publications in 1998 and was an honorable-mention pick by another.</i> | <b>28</b>   | <i>SDSU has had 28 players go on to earn all-tournament team honors in both the MWC and WAC combined.</i>                              |
| <b>2</b>  | <i>The Aztecs have won two conference championships in their soccer history.</i>   | <b>33</b>   | <i>Thirty-three Aztecs have earned conference player of the week accolades.</i>  |
| <b>2</b>  | <i>San Diego State has earned a pair of NCAA Tournament berths.</i>  | <b>42</b>   | <i>SDSU has had 42 players named to the all-conference team at season's end.</i>   |
| <b>4</b>  | <i>SDSU has had four Aztecs earn freshman All-America accolades, including Aubree Southwick in 2007.</i>   | <b>75</b>   | <i>The Aztecs have had 75 players named to the academic all-conference team, including 66 during the Mountain West Conference era.</i> |
| <b>6</b>  | <i>Six Aztecs have been named to the Freshman All-Far West Region team.</i>  | <b>148</b>  | <i>Lori LaCoursiere's 148 career points from 1996-99 ranks first in school history.</i>  |
| <b>10</b> | <i>The school record for goals in a game is 10, a mark set when SDSU defeated La Verne, 10-0, in 1989.</i>   | <b>194</b>  | <i>The Aztecs have won 194 games in the program's 20 years.</i>  |
| <b>11</b> | <i>San Diego State has had 11 players garner Far West All-Region honors.</i>   | <b>.531</b> | <i>The Aztecs have won 53.1 percent of their Mountain West Conference games in the league's 10-year history.</i>                       |
| <b>14</b> | <i>SDSU has produced a winning season on 14 different occasions.</i>   | <b>.557</b> | <i>San Diego State has a .557 winning percentage in the history of the program.</i>  |
| <b>19</b> | <i>The school record for victories in a season is 19, accomplished with the 1998 WAC Championships squad.</i>  | <b>.661</b> | <i>SDSU has won 66.1 percent of its home games over the course of the last 20 years.</i>   |

# WELCOME TO SAN DIEGO STATE

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**MEDIA GUIDE CREDITS**

The 2009 San Diego State women's soccer media guide is a publication of the San Diego State athletic media relations office.  
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\* Photography: Stan Liu, Ken Jacques, Ernie Anderson, SDSU photography and Mike Friesen

**SAN DIEGO STATE UNIVERSITY QUICK FACTS**

**Location** ..... San Diego, Calif.  
**Founded** ..... 1897  
**Enrollment** ..... 35,887  
**President** ..... Dr. Stephen Weber  
**Director of Athletics** ..... Jeff Schemmel  
**Senior Woman Administrator** ..... Jenny Bramer  
**Nickname** ..... Aztecs  
**Colors** ..... Scarlet and Black  
**Conference** ..... Mountain West  
**Home Field (Capacity)** ..... SDSU Sports Deck (1,500)

**SAN DIEGO STATE SOCCER QUICK FACTS**

**Head Coach** ..... Mike Friesen (Sonoma State, 1996), third season  
**Record at SDSU** ..... 15-18-6 (.462)/two seasons  
**Overall Record** ..... Same  
**Soccer Office Phone** ..... (619) 594-3749  
**Assistant Coach** ..... Nat Gonzalez (UCLA, 1995)  
**Volunteer Assistant Coach** ..... Joe Tedesco (New Hampshire, 1992)  
**Athletic Trainer** ..... Carolyn Peters  
**First Year of Division I Soccer** ..... 1989  
**All-Time Record** ..... 194-159-34 (.545), 21st season  
**All-Time NCAA Tournament Appearances** ..... two (1998-99)  
**2008 Record** ..... 6-10-3 (.395)  
**2008 MWC Record (Finish)** ..... 2-4-1 (Sixth)  
**2008 MWC Tournament Record** ..... 0-1  
**Letterwinners Returning/Lost** ..... 16/7  
**Starters Returning/Lost** ..... 9/2  
**Newcomers** ..... 9  
**Top Returners** Cat Walker, RS-Jr., MF (10 goals, all-MWC First Team)  
..... Jessica Gordon, Jr., F (5 goals, all-MWC Second Team)  
..... Heather Vandevanter, Sr., F (4 goals, 4 assists)  
..... Millie Allen, RS-Sr., D (1 goal, 1 assist)  
..... Aubree Southwick, Jr., GK (2007 MWC Defensive POY)  
**Key Losses** ..... Jillian Riker, F  
..... Alicia Piz, F  
..... Christi Yount, GK

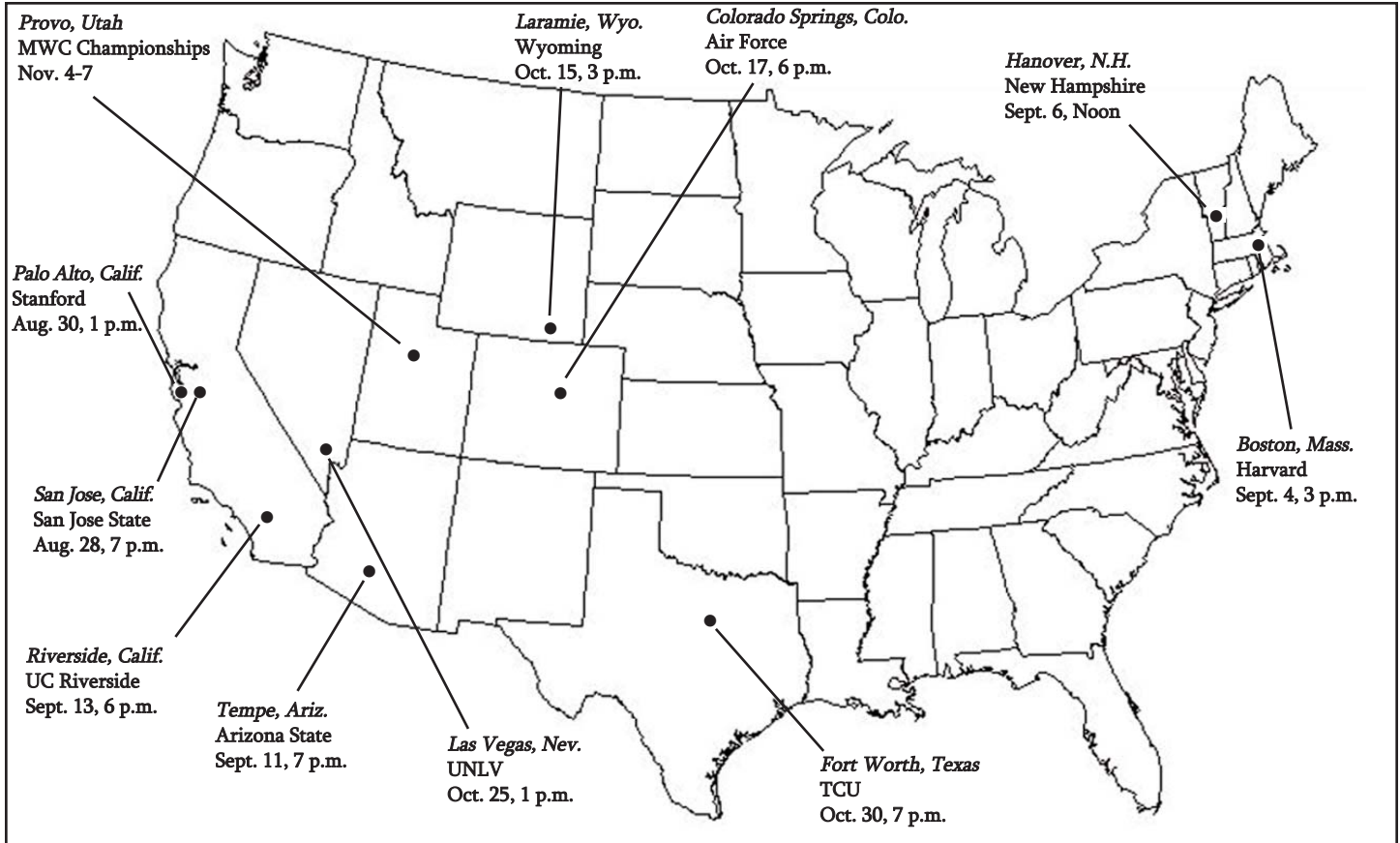
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**MEDIA INFORMATION**

Requests for interviews and credentials should be directed to Darin Wong in the San Diego State media relations office. Interviews are generally available following practice sessions, but must be arranged 24 hours in advance by contacting Darin Wong at (619) 594-5548 or at dwong@mail.sdsu.edu. On game days, Aztec players and coaches will be available postgame following a 10-minute cooling off period.

# 2009 SCHEDULE

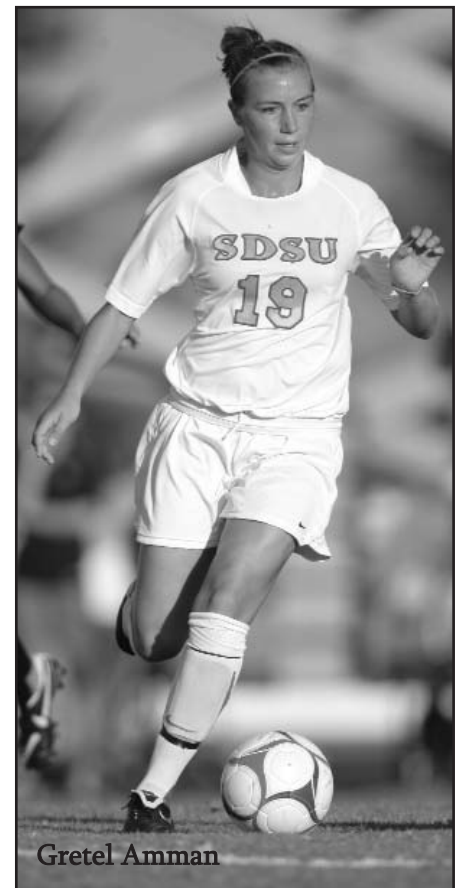


## 2009 SAN DIEGO STATE SCHEDULE

Date	Day	Opponent	Site	Time
Aug. 21	Fri.	FRESNO STATE	SDSU Sports Deck	4 p.m. PT
Aug. 23	Sun.	CS NORTHBRIDGE	SDSU Sports Deck	1 p.m. PT
Aug. 28	Fri.	at San Jose State	San Jose, Calif.	7 p.m. PT
Aug. 30	Sun.	at Stanford	Palo Alto, Calif.	1 p.m. PT
Sept. 4	Fri.	at Harvard	Boston, Ma.	2 p.m. ET
Sept. 6	Sun.	at Dartmouth	Hanover, NH.	11 a.m. ET
Sept. 11	Fri.	at Arizona State	Tempe, Ariz.	7 p.m. PT
Sept. 13	Sun.	at UC Riverside	Riverside, Calif.	6 p.m. PT
Sept. 18	Fri.	SACRAMENTO STATE	SDSU Sports Deck	4 p.m. PT
Sept. 20	Sun.	LONG BEACH STATE	SDSU Sports Deck	Noon PT
Sept. 27	Sun.	UC IRVINE	SDSU Sports Deck	2:30 p.m. PT
Oct. 2	Fri.	OREGON STATE	SDSU Sports Deck	4 p.m. PT
Oct. 4	Sun.	SEATTLE UNIVERSITY	SDSU Sports Deck	2 p.m. PT
Oct. 8	Thurs.	*BRIGHAM YOUNG	SDSU Sports Deck	4 p.m. PT
Oct. 10	Sat.	*UTAH	SDSU Sports Deck	Noon PT
Oct. 15	Thurs.	*at Wyoming	Laramie, Wyo.	3 p.m. MT
Oct. 17	Sat.	*at Air Force	Colorado Springs, Colo.	6 p.m. MT
Oct. 23	Fri.	*NEW MEXICO	SDSU Sports Deck	4 p.m. PT
Oct. 25	Sun.	*at UNLV	Las Vegas, Nev.	1 p.m. PT
Oct. 30	Fri.	*at TCU	Fort Worth, Tex.	7 p.m. CT
Nov. 4-7	Wed.-Sat.	MWC Championship	Provo, Utah	TBA
Nov. 13/15	Fri./Sun.	NCAA First/Second Rounds	Campus Sites	TBA
Nov. 20-22	Fri.-Sun.	NCAA Third Rounds	Campus Sites	TBA
Nov. 27-29	Fri.-Sun.	NCAA Quarterfinals	Campus Sites	TBA
Dec. 4/6	Fri./Sun.	NCAA College Cup	College Station, Tex.	TBA

Home games in CAPS

\* - Mountain West Conference game



Gretel Amman

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# 2009 TEAM INFORMATION

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## NUMERICAL

No.	Name	Pos.	Ht.	Yr.	Exp.	Hometown (Previous School)
0	Megan Allaire	GK	5-10	RS-Fr.	SQ	Walnut, Calif. (Walnut HS)
01	Kaitlyn McCluney	GK	5-8	So.	TR	Fullerton, Calif. (Univ. of Tulsa)
2	Jackie Spinner	D	5-9	So.	1L	Danville, Calif. (Monte Vista HS)
3	Millie Allen	D/MF	5-4	RS-Sr.	3L	Thornton, Colo. (Horizon HS)
4	Hayley Marsh	D	5-6	So.	TR	Littleton, Colo. (Western Kentucky Univ.)
5	Hillary Harvey	F	5-3	Fr.	HS	Danville, Calif. (San Ramon Valley HS)
6	Allie Crowson	D	5-7	Sr.	3L	Sandy, Utah (Brighton HS)
7	Cat Walker	MF	5-7	RS-Jr.	2L	Folsom, Calif. (St. Francis HS)
8	Megan Jurado	F/MF	5-2	Fr.	HS	San Jose, Calif. (Piedmont Hills HS)
9	Tiffany Hurst	D/MF	5-4	So.	1L	Santa Rosa, Calif. (Montgomery HS)
10	Niki Fernandes	F	5-3	Fr.	HS	Bountiful, Utah (Woods Cross HS)
11	Heather Vandevanter	F	5-9	Sr.	3L	Alamo, Calif. (San Ramon Valley HS)
12	Sarah Halverson	F/MF	5-10	Fr.	HS	Rancho Santa Margarita, Calif. (Trabuco Hills HS)
13	Jaime Nelson	MF	5-4	So.	1L	Sandy, Utah (Brighton HS)
14	Taylor Canatsey	F	5-7	So.	1L	Garden Grove, Calif. (Pacifica HS)
16	Marisa Fraticelli	MF	5-4	Fr.	HS	Pleasanton, Calif. (Amador Valley HS)
17	Jessica Gordon	F	5-1	Sr.	3L	Tujunga, Calif. (Village Christian HS)
18	Daniela Kozar	D	5-8	RS-So.	SQ	Petaluma, Calif. (Casa Grande HS)
19	Gretel Amman	D/MF	5-4	So.	1L	Santa Rosa, Calif. (Montgomery HS)
20	Grace Shevlin	MF	5-5	Jr.	TR	San Diego, Calif. (Long Beach State Univ.)
21	Rachel McGlinchy	D	5-3	Fr.	HS	Pleasanton, Calif. (Foothill HS)
22	Megan McQueeney	D	5-8	So.	1L	Rohnert Park, Calif. (Ursuline HS)
23	Julia Flores	D	5-3	So.	1L	Sandy, Utah (Alta HS)
24	Allie Brown	MF	5-5	So.	1L	Rancho Santa Margarita, Calif. (Tesoro HS)
25	Michaela DeJesus	MF/F	5-4	Jr.	1L	Dublin, Calif. (Univ. of Colorado)
26	Britney Bennett	D/F	5-5	Jr.	2L	San Diego, Calif. (Otay Ranch HS)
31	Aubree Southwick	GK	5-9	Jr.	2L	Danville, Calif. (San Ramon Valley HS)

**Head Coach:** Mike Friesen (Sonoma State, 1996), third season as head coach, sixth overall at SDSU

**Assistant Coach:** Nat Gonzalez (UCLA, 1995), third season

**Volunteer Assistant Coach:** Joe Tedesco (New Hampshire, 1992), first season

## ALPHABETICAL

No.	Name	Pos.
0	Megan Allaire	GK
3	*Millie Allen	D
19	Gretel Amman	D
26	Britney Bennett	F
24	Allie Brown	MF
27	Taylor Canatsey	F
6	*Allie Crowson	MF/D
25	Michaela DeJesus	F
10	Niki Fernandes	F
23	Julia Flores	D
16	Marisa Fraticelli	MF
17	*Jessica Gordon	F
12	Sarah Halverson	F/MF
5	Hillary Harvey	F
9	Tiffany Hurst	MF
8	Megan Jurado	F/MF
18	Daniela Kozar	D
5	Hayley Marsh	D
01	Kaitlyn McCluney	GK
21	Rachel McGlinchy	D
22	Megan McQueeney	D
13	Jaime Nelson	MF
20	Grace Shevlin	MF
31	Aubree Southwick	GK
2	Jackie Spinner	D
11	*Heather Vandevanter	F
7	*Cat Walker	MF

\* Captains

## PRONUNCIATION

Amman	.....AM-min
Canatsey	.....CAN-nat-see
Crowson	.....CROH-son
DeJesus	.....DUH-hey-soos
Fraticelli	.....Fрати-CHELLI
Friesen	.....FREE-sen
Jurado	.....JUR-ah-doe

## BY POSITION

**Forwards (9)** Bennett, Canatsey, DeJesus, Fernandes, Gordon, Halverson, Harvey, Jurado, Vandevanter

**Midfielders (9)** Brown, Crowson, Fraticelli, Halverson, Hurst, Jurado, Nelson, Shevlin, Walker

**Defenders (9)** Allen, Amman, Crowson, Flores, Kozar, Marsh, McGlinchy, McQueeney, Spinner

**Goalkeepers (3)** Allaire, McCluney, Southwick

## BY CLASS

**Seniors (4)** Allen, Crowson, Gordon, Vandevanter

**Juniors (5)** Bennett, DeJesus, Shevlin, Southwick, Walker

**Sophomores (11)** Amman, Brown, Canatsey, Flores, Hurst, Kozar, Marsh, McCluney, McQueeney, Nelson, Spinner

**Freshmen (7)** Allaire, Fernandes, Fraticelli, Halverson, Harvey, Jurado, McGlinchy

## BY STATE

**California (21)** Allaire, Amman, Bennett, Brown, Canatsey, DeJesus, Fraticelli, Gordon, Halverson, Harvey, Hurst, Jurado, Kozar, McCluney, McGlinchy, McQueeney, Shevlin, Southwick, Spinner, Vandevanter, Walker

**Colorado (2)** Allen, Marsh

**Utah (4)** Crowson, Fernandes, Flores, Nelson



# 2009 BROADCAST ROSTER



**0**  
**Megan Allaire**  
Goalkeeper  
RS-Freshman, 5-10  
Walnut, Calif.  
Walnut HS



**01**  
**Kaitlyn McCluney**  
Goalkeeper  
Sophomore, 5-8  
Fullerton, Calif.  
Tulsa



**2**  
**Jackie Spinner**  
Defender  
Sophomore, 5-9  
Danville, Calif.  
Monte Vista HS



**3**  
**Millie Allen**  
Defender/Midfielder  
Senior, 5-4  
Thornton, Colo.  
Horizon HS



**4**  
**Hayley Marsh**  
Defender  
Sophomore, 5-6  
Littleton, Colo.  
Western Kentucky



**5**  
**Hillary Harvey**  
Forward  
Freshman, 5-3  
Danville, Calif.  
San Ramon Valley HS



**6**  
**Allie Crowson**  
Defender  
Senior, 5-7  
Sandy, Utah  
Brighton HS



**7**  
**Cat Walker**  
Midfielder  
Junior, 5-7  
Folsom, Calif.  
St. Francis HS



**8**  
**Megan Jurado**  
Forward/Midfielder  
Freshman, 5-2  
San Jose, Calif.  
Piedmont Hills HS



**9**  
**Tiffany Hurst**  
Defender/Midfielder  
Sophomore, 5-4  
Santa Rosa, Calif.  
Montgomery HS



**10**  
**Niki Fernandes**  
Forward  
Freshman, 5-3  
Bountiful, Utah  
Woods Cross HS



**11**  
**Heather Vandevanter**  
Forward  
Senior, 5-9  
Alamo, Calif.  
San Ramon Valley HS



**12**  
**Sarah Halverson**  
Forward/Midfielder  
Freshman, 5-10  
Rancho Santa Margarita, Calif.  
Trabuco Hills HS



**13**  
**Jaime Nelson**  
Midfielder  
Sophomore, 5-4  
Sandy, Utah  
Brighton HS



**14**  
**Taylor Canatsey**  
Forward  
Sophomore, 5-7  
Garden Grove, Calif.  
Pacifica HS



**16**  
**Marisa Fraticelli**  
Midfielder  
Freshman, 5-4  
Pleasanton, Calif.  
Amador Valley HS



**17**  
**Jessica Gordon**  
Forward  
Senior, 5-1  
Tujunga, Calif.  
Village Christian HS



**18**  
**Daniela Kozar**  
Defender  
Sophomore, 5-8  
Petaluma, Calif.  
Case Grande HS



**19**  
**Gretel Amman**  
Defender/Midfielder  
Sophomore, 5-4  
Santa Rosa, Calif.  
Montgomery HS



**20**  
**Grace Shevlin**  
Midfielder  
Junior, 5-5  
San Diego, Calif.  
Long Beach State



**21**  
**Rachael McGlinchy**  
Defender  
Freshman, 5-3  
Pleasanton, Calif.  
Foothill HS



**22**  
**Megan McQueeney**  
Defender  
Sophomore, 5-8  
Rohnert Park, Calif.  
Ursuline HS



**23**  
**Julia Flores**  
Defender  
Sophomore, 5-3  
Sandy, Utah  
Alta HS



**24**  
**Allie Brown**  
Midfielder  
Sophomore, 5-5  
Rancho Santa Margarita, Calif.  
Tesoro HS



**25**  
**Michaela DeJesus**  
Midfielder/Forward  
Junior, 5-5  
Dublin, Calif.  
Colorado



**26**  
**Britney Bennett**  
Defender/Forward  
Junior, 5-5  
San Diego, Calif.  
Otay Ranch HS



**31**  
**Aubree Southwick**  
Goalkeeper  
Junior, 5-9  
Danville, Calif.  
San Ramon Valley HS



**Mike Friesen**  
Head Coach  
Third Season  
Sonoma State '96

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# 2009 SEASON OUTLOOK

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Make no mistake, the 2008 season did not go as San Diego State anticipated. The Aztecs proved they could compete with the best, but their inability to close out clubs proved fatal as they finished the campaign below the break-even mark.

Consider: SDSU held a lead in 14 of its 19 games, but walked away with a victory just six times.

Clearly the talent is there, and with the addition of this year's experienced incoming freshman class and a handful of Division I transfers arriving at SDSU, the talent level on Montezuma Mesa has been raised.

With a season full of lessons learned and a whole offseason to improve, 2009 should be a whole lot different than just 12 months ago.

"From minute one in the first meeting on Aug. 4, it was a completely different feel from last year," Friesen said. "Not so much the kids, because we have 18 returners, but the work we put in the offseason.

"We did a mandatory team event almost every week off the field. I believe we created an environment where they were a team and people had each others' backs. Add in the nine players that we brought in and talent-wise it's a big step up."

With what returns and what is arriving, the expectations are through the roof. This year's squad should prove to be more explosive offensively and more stingy defensively, which should be a perfect recipe for playing deep into November.

"I expect this team to compete for the conference championship," Friesen said. "I believe we can compete for the conference championship and if we don't win it, we are going to be right there.

"I also feel like this is a team that can win a lot of non-conference games and set ourselves up to be in a position that if we happen to not



Jessica Gordon was voted as an all-Mountain West second-team selection a year ago.

win the conference tournament, that we'll still be in the NCAA Tournament. If we can compete everyday in training, practice and games, we can compete with anyone."

Why all the optimism? Well, the team returns 18 focused players from a year ago, its Division I transfers have played on the biggest stages and the incoming freshman class isn't your ordinary freshman class. In short, the one thing the Aztecs don't lack is high-level experience.

"We had four girls playing in the national championship at the club level this year and we've got 12-13 players that have played in the national championship," Friesen said. "We have four or five that have won national championships. We have a lot of experience playing at the highest level, whether it be on the national team or at the club level. They bring that winning tradition with them and it's just an attitude that they have.

"Talent-wise this is clearly the best team since I've been here and probably the best in the last 10 years (at SDSU). But it comes down to hard work, attitude and effort."

## FORWARDS

A season ago, San Diego State scored 32 goals, its highest total since 2002. This year, the Aztecs figure to score just as many, if not more considering Jessica Gordon and Heather Vandevanter, the team's second- and third-leading goal scorers in 2008, return and will be joined by experienced veterans and highly touted freshmen.

Gordon, one of four seniors, is fresh off a junior campaign in which she earned all-Mountain West Conference second-team accolades. The Tujunga, Calif., native finished 2008 with five goals, including a team-high tying two game-winners, and 12 points. What was more impressive was her shot accuracy as she put 60.7 percent of her shots on goal. Expect more of the same from Gordon as she enters her final season

on The Mesa.

"She came back even more fit and even more improved than last year," Friesen said of Gordon. "She played very well (last year) and is already better. She will be one of our strengths as a wide-striker. Last year, she created a lot of chances for other people but this year she will create more chances for herself."

Another senior expected to lead up front is Vandevanter, who finished 2008 tied for second in points with 12. Like Gordon, Vandevanter put a lot of heat on opposing goalkeepers as 57.1 percent of her shots were on goal. And as the season nears, Vandevanter appears to be fitter than she ever has been while at San Diego State.

"Heather is a physical presence as a target and helps us get connected to our midfield," Friesen said. "She is good in the area and around the penalty box. I expect her goals to go up."

Depth is certainly a strong point and it starts with sophomore Taylor Canatsey and ends with four talented freshmen.

Canatsey was one of eight to play in all 19 games a year ago and one of just three freshmen to accomplish the feat. In fall camp, Canatsey has proven to be more explosive and will certainly give SDSU a quality option up front with her ability to shoot from 30 yards out with either foot.

In the freshman foursome, Friesen has a group that boasts a variety of offensive skills. Niki Fernandes and Megan Jurado arrive at SDSU with national team experience. Sarah Halverson is very technical, deceptive and creative with the ball and Hillary Harvey is explosive, strong and brings great energy.

## MIDFIELDERS

In the midfield, redshirt junior Cat Walker leads an experienced group. Walker is coming off a sophomore campaign where she led the team in goals and points with 10 and 23, respectively, en



Allie Crowson is coming off a junior campaign that saw her play in all 19 games for the Aztecs.



Cat Walker was a first-team all-Mountain West Conference pick in 2008.

# 2009 SEASON OUTLOOK



Millie Allen returns as a fifth-year senior and one of SDSU's leaders.

route to earning first-team all-MWC honors. A multi-year team captain, Walker will certainly be one of the Aztecs' focal points as she has improved all aspects of her game.

"Cat will see time as an attacking central midfielder and a target striker," Friesen said. "Cat is back to where she was at before her ACL injury (2007). ... She can change a game in seconds with her explosiveness."

Allie Crowson and Tiffany Hurst enter the season as projected starters after both played in all 19 games last year. Crowson, a senior, is set to see time in central midfield and at center back and brings game experience and toughness to the pitch for 90 minutes. Hurst, meanwhile, is just a sophomore, but Friesen calls her "one of the best players on the team." Hurst can do it all as she has proven she can cover a lot of ground, pass well, attack and defend.

Also looking to contribute immediately are junior transfer Grace Shevlin, sophomores Jaime Nelson and Allie Brown and freshman Marisa Fraticelli.

Shevlin comes to San Diego State after a two-year stint at Long Beach State. The San Diego native is a creative player and comes with NCAA Tournament experience after starting for the 49ers in the postseason last year. Expect her to see plenty of playing time in 2009.

Nelson will vie for playing time as well after playing in 10 games as a freshman. Brown enters the season battling an injury, but when healthy, she gives SDSU another quality player who can step in. Fraticelli, meanwhile, is good in the air, is deceptively quick and makes good decisions, which will add to the depth of the position.

## DEFENDERS

You can't win without a strong backline and that is exactly what San Diego State has this season. Last year, the Aztecs allowed the most goals in a season since 2002, but their struggles from a year

ago are a thing of the past and they are better for it this year.

Anchoring the defense this year will be senior Millie Allen, junior Britney Bennett and sophomore Gretel Amman.

Allen is a fifth-year senior, who is recovering from a pair of ACL injuries, and will be eased back into the rotation, but her presence will definitely be felt whether she is on or off the field.

"She gives us so much experience as a fifth-year senior," Friesen said. "She does a good job of demanding the best out of people around her and gives her best every single time. That is infectious to our team. She is an excellent ball-winner in our back."

Bennett is an unbelievable athlete, who used to also run track at SDSU, but has turned her focus to strictly soccer and she enters the season in the best shape of her career. Amman, meanwhile, is a defender by trade, but possesses attacking skills that will allow her to attack from her wide-back position, an option the Aztecs did not have a year ago.

Sophomore Megan McQueeney figures to play a prominent role as well, especially with her strength and fitness gains in the offseason. Said Friesen of McQueeney: "She is going to play a lot, I don't know if she'll even come off the field from the center-back. She just adds a level of athleticism and physicality to our team that opponents will not want to dribble anywhere near her."

McQueeney's classmates, Julia Flores, Daniela Kozar and Jackie Spinner, also figure into the equation. Flores played in eight games as a true freshman, while Spinner played in 17. Kozar and Spinner, however, have dealt with injuries in the early going, but are expected to vie for minutes when healthy.

A pair of newcomers are expected to add to the talent level on the backline as Hayley Marsh transfers from Western Kentucky and Rachael



In 2008, Heather Vandevanter finished the year tied for second in points with 12.



A two-year starter, Aubree Southwick enters 2009 atop the depth chart.

McGlinchy arrives after a successful prep career. Marsh will provide on-field leadership, while McGlinchy is known for her one-on-one defending and quickness.

## GOALKEEPERS

Friesen is entering his sixth season at San Diego State and this year's goalkeeping corps is "probably the best group of goalkeepers we've had here," he said.

Junior Aubree Southwick returns after a tough sophomore season in which she suffered a season-ending injury that forced her to miss the final eight games of the year. The 2007 freshman All-American, however, has rebounded from the disappointment and is ready to go.

"She has such a great presence back there," Friesen said of Southwick. "She's vocal and just so strong with her feet that she becomes almost another back. We can play a ball back to her any time. She releases pressure, she comes off her line very well and her goal kicks and punts are very good."

Should disaster strike at the goalkeeper spot, the Aztecs have a pair of excellent keepers waiting in the wings in Megan Allaire and newcomer Kaitlyn McCluney.

Allaire, who is a redshirt freshman, has improved so much that Friesen called her "probably our most improved player over the last year." The Walnut, Calif., native has worked on all aspects of her game, both on the field and in the weight room, and she, without a doubt, will be ready if her number is called.

McCluney, meanwhile, is a sophomore transfer from Tulsa. She has come in with a great attitude and picked up what the coaches have given her right out of the gate. She also has good size and covers a lot of ground. Her addition makes San Diego State's goalkeeping one of the best groups in the West.



# MOUNTAIN WEST CONFERENCE

## This is the Mountain West

From its inception in 1999, the MWC has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Fresh off the celebration of its 10th anniversary in 2008-09, the MWC continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Over its 10-year history, the MWC has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

Progressive in its approach, the MWC has marked several achievements over its first decade of existence, most notably becoming the first to establish a sports television network dedicated solely to an intercollegiate athletic conference (The Mtn.). The MWC also was the first to experiment with the coaches challenge in the college football instant replay system, and was the first non-automatic-qualifying BCS conference to participate in and win two BCS bowl games. Additionally, the MWC was the first conference to have a member institution with No. 1 overall picks in both the NFL and NBA drafts in the same year (Utah's Alex Smith and Andrew Bogut, respectively in 2005). With SDSU's Stephen Strasburg claiming the No. 1 pick in the 2009 MLB Draft, the Mountain West is the only conference to have the No. 1 selection in each of the NFL, NBA and MLB drafts since the conference was founded in 1999. The MWC also ranks second in No. 1 draft picks in the NFL, NBA and MLB over the last five years with three overall, one behind the SEC which currently has four.

The MWC is noted for its geographic diversity. Some of the most beautiful terrain and landscapes in the nation can be found within Mountain West boundaries, including the majestic Rocky Mountain range, which borders four MWC schools (Air Force, BYU, Colorado State and Utah). The high plains of Wyoming (elevation 7,220 feet – the highest Division I campus in the nation) contrast with the desert city of Las Vegas and the Pacific Ocean locale of San Diego State. The southwestern flavor of New Mexico complements the western heritage and culture of Fort Worth, Texas, home of the MWC's most recent member, TCU.

## History

The MWC was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference. The split from the former 16-team conference re-established continuity and stability among the membership within the new league and signaled the continuation of its tradition-rich, long-standing athletic rivalries. Five of the MWC's eight original

members have been conference rivals since the 1960s (BYU, Utah, New Mexico, Wyoming, Colorado State), while SDSU (1978) and Air Force (1980) were longtime members as well. UNLV and TCU entered the fold in 1996 and the Rebels continued as one of the original eight institutions that formed the MWC in 1999. TCU rejoined the group in 2005-06, completing the Conference membership as it stands today.

When the MWC officially began operations on July 1, 1999, the new league had in place a seven-year contract with ESPN, giving the broadcaster exclusive national television rights to MWC football and men's basketball, and three-year agreements to send the league's football champion to the Liberty Bowl and a second team to the Las Vegas Bowl. Commissioner Craig Thompson also arranged a third bowl tie-in each of the first three years before securing a four-year deal with the Emerald Bowl in 2002. An innovator in the bowl structure, the MWC engineered many "firsts," as league teams have participated in five inaugural bowl games, as well as placing the first non-automatic-qualifying BCS team into a BCS bowl game with Utah's appearance in the 2005 Tostitos Fiesta Bowl.

## Exposure

With the addition of The Mtn. - The MountainWest Sports Network to DIRECTV on Aug. 27, 2008, the MWC enjoyed unprecedented national television exposure in 2008-09 with 48 football, 103 men's basketball and 32 women's basketball contests airing across the country through a combination of telecasts on The Mtn., CBS College Sports Network (formerly CSTV) and VERSUS. In addition to the new satellite carriage agreement, The Mtn. has been available to cable subscribers in the MWC footprint since it first aired in 2006-07.

On Aug. 26, 2004, CSTV and the MWC announced a visionary partnership that revolutionized the college sports landscape. The landmark agreement was the first NCAA Division I football and men's basketball conference-wide deal for CSTV and provided the network exclusive rights to all Conference events, including cable and satellite television coverage, national over-the-air and satellite radio, video-on-demand and online broadcast rights.

A succession of events since the fall of 2004 has improved the television model, including CSTV's joint venture with Comcast SportsNet to create The Mtn., and CBS Corporation's purchase of CSTV. CBS acquired CSTV in January 2006, and on Feb. 12, 2008, incorporated CSTV's cable, broadcast and online activities into its world-famous brand as the CBS College Sports Network (CBS C). The Mtn. is co-owned by CBS C and Comcast SportNet.

The relationship with Comcast SportNet also delivered a new national broadcast partner in VERSUS. The MWC was the first exclusive college programming provider for the Comcast-

owned entity, with football and both men's and women's basketball games. The CBS C/MWC partnership has guaranteed greater levels of television exposure for all league sports and has resoundingly met the fundamental goals of more exposure and preferred start times and dates.

In the summer of 2006, the centerpiece of this historic relationship was realized with the launch of The Mtn. – the first sports network dedicated to serving a single collegiate athletic conference. The Mtn. provides sports fans blanket coverage of MWC athletics across multiple sports, including football, men's and women's basketball, and men's and women's Olympic sports. The Mtn. features more than just live games and has added its own original programming. Fans get a comprehensive array of news, features and analysis about their favorite MWC teams and players. More than 17,000 hours of MWC programming have aired on The Mtn. since the network's launch on Sept. 1, 2006, and over 250 MWC events are shown live on annually through a combination of telecasts on The Mtn., CBS C and VERSUS. CBS C is currently in 30 million homes, and available in over 84 million nationwide. VERSUS is in more than 74 million households across the U.S.

The MWC has remained steadfast in its mission to promote the league's athletic events to national and regional television audiences and will continue to grow its new TV model. Previously, ESPN served as the league's inaugural official TV partner, while in-house productions guaranteed coverage for several MWC Olympic sports. Through the league's first 10 years, excluding institutional local packages, more than 1,350 football, volleyball, men's basketball and women's basketball events have aired on TV, with 225 football games and over 260 men's basketball contests broadcast nationally.

## Opportunity

The MWC provides a first-class athletic and academic experience for more than 4,000 student-athletes each year. Over the past 10 years, 38 student-athletes have earned NCAA Postgraduate Scholarships, and since the league's inception in 1999, an additional 20 student-athletes have been named MWC Student-Athlete of the Year and awarded league-sponsored postgraduate scholarships. Two student-athletes have earned distinction as Rhodes Scholars.

MWC student-athletes are also given a voice regarding pertinent issues within the MWC and NCAA governance structure through representation on the Student-Athlete Advisory Committee (SAAC). The MWC SAAC consists of 19 representatives; two student-athletes from each member institution and one faculty athletics representative. The committee reviews and reacts to legislation and to other topics referred by the MWC constituent groups or committees related to the student-athlete experience.