



AZTEC SWIMMING AND DIVING

THIS WEEK: DEC. 31 - CAL STATE EAST BAY, 9:00 A.M. PT - BAKERSFIELD, CALIF.

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	9 a.m.
Jan. 8	at Hawai'i Invite	All Day
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

Swimming & Diving SIDDave Kuhn
 Office Phone(619) 594-5242
 Office Fax(619) 582-6541
 E-Maildkuhn@mail.sdsu.edu
 Mailing AddressSDSU Media Relations
 3014 Aztec Athletics Center
 5302 55th Street
 San Diego, CA 92182
 Official Websitewww.GoAztecs.com

THIS WEEK

After four weeks since its last competitive match, San Diego State (4-4; 2-4 MWC) will be in action for the first time since Dec. 6 when it hosts Cal State East Bay in a dual meet on Wednesday, Dec. 31. Action gets underway at 9:00 a.m. (PST) at the Aztec Aquaplex.

LAST TIME OUT

San Diego State evened its season record at 4-4 with a 179-117 victory at Cal State Bakersfield on Saturday, Dec. 6. The Aztecs opened the meet by finishing first and second in the 200 medley relay, then taking eight of the top nine spots in the first three individual events.

Leading the way for the Aztecs was junior Kyla Power, who captured first place in the 1000 freestyle, 50 freestyle and 200 individual medley. It was her first appearance of the season in the 50 free while her time of 2:14.36 in the 200 IM was her personal season best.

Freshmen Lisa Tompkins and Jeanette Engzell were double winners in their individual events for San Diego State. Tompkins won the 50 and 100 breaststroke while Engzell took top honors in the 50 butterfly and 100 backstroke. It was Engzell's first attempt of the season in the fly race and she also swam on the winning 200 medley relay team that got the meet underway.

Aztec divers took second through fourth place in both the one- and three-meter. In the one-meter, Caitlin Atkinson (2nd - 256.73) and Alex Barstad (3rd - 244.65) both established personal season-high point totals. The same held true in the three-meter diving for Atkinson (2nd - 244.51) and Megan Flanagan (3rd - 236.73).

SEASON-BEST TIME

Freshman Elisabeth Krueger set a personal and season team best in the 200 freestyle in the meet at Cal State Bakersfield with a time of 1:56.12.

Krueger, a freshman from Eriangen, Germany, also has the Aztecs' top mark in three other events this season including the 200 butterfly (2:06.72), 200 IM (2:09.74) and 400 IM (4:35.66). She has also been a member of four relay teams (200 free, 400 free, 200 medley, 400 medley) that have turned in the team's top time this fall.

ENGZELL-ENT

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

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
Jeannette 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	4th	10:23.47
Ashley Flynn	1000 Free	8th	10:24.71
Brooke Vessey	100 back	7th	57.85
	100 fly	9th	57.50
Kelsy Diener	200 back	9th	2:07.31

ON DECK

Up next for the Aztec swimming and diving squad is a trip to the islands to compete in the University of Hawai'i Invitational on Thursday, January 8, at the Duke Kahanamoku Aquatic Complex.



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

