



# AZTEC SWIMMING AND DIVING

THIS WEEK: OCT. 25 - VS. AIR FORCE, COLORADO STATE AND NEW MEXICO, 1 P.M. PT - AZTEC AQUAPLEX

## 2008-09 SCHEDULE

Date	Opponent	Time/Result
Oct. 11	*Utah	L, 168-132
Oct. 25	*Air Force	1 p.m.
	*Colorado State	
	*New Mexico	
Oct. 31	at USC Diving Invite	All Day
Nov. 1	at USC Diving Invite	All Day
Nov. 1	Fresno State	Noon
Nov. 8	*vs. BYU^	9 a.m.
	*vs. UNLV^	
Dec. 6	at CS Bakersfield	1 p.m.
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. 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

Location .....San Diego, Calif.  
 Founded .....1897  
 Enrollment .....35,887  
 Nickname .....Aztecs  
 Colors .....Scarlet and Black  
 Conference .....Mountain West  
 President .....Dr. Stephen L. Weber  
 Athletic Director .....Jeff Schemmel

Head Coach .....Mike Shrader  
 Dual Record at SDSU ...8-4 (Second season)  
 Career Record .....97-16-1 (10th season)  
 Swimming Office Phone ... (619) 594-5883  
 E-Mail .....mshrader@mail.sdsu.edu  
 Assistant Coach .....Brendon Bray  
 Diving Coach .....Jim Wynne  
 Volunteer Assistant .....Caitlyn Shortt  
 Strength & Conditioning Coach ... Jon Francis  
 Athletic Trainer .....Bree Walder  
 2007-08 Dual-Meet Record .....8-4  
 2007-08 MWC Record .....2-4 (6th)  
 2008 MWC Meet .....8th, 161 pts.  
 Letterwinners Returning/Lost .....11/14  
 Newcomers .....13  
 Home Facility .....Aztec Aquaplex

## MEDIA RELATIONS

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## THIS WEEK

San Diego State (0-1; 0-1 MWC) returns to action this weekend as it welcomes Air Force, Colorado State and New Mexico to the Aztec Aquaplex for a Mountain West Conference quad meet on Saturday, Oct. 25. The first race is set to get underway at 1 p.m. (PST).

## SCOUTING THE FALCONS

Air Force opened its season at the WAC Shootout (Oct. 10-11) and went 1-5 on the weekend. Senior captain Jane Hwang led the Falcons with four top 10 finishes, while freshman Lauren Shetley paced the divers with a second-place showing in the 3-meter event.

## SCOUTING THE RAMS

Colorado State kicked off the 2008-09 campaign by hosting the Early Bird Invitational in which the Rams ran away with the team title. CSU, which was picked to finish fifth in the MWC, won every event in the two-day meet. Nora Kennedy (100 fly, 200 fly) and Kathleen McCleary (200 free, 1650 free) led the way with a pair of individual victories each.

## SCOUTING THE LOBOS

New Mexico will begin its dual-meet schedule with Saturday's competition. The Lobos return 12 letterwinners and welcome 16 newcomers in 2008-09. Junior Ashley Gridale, a two-time all-MWC performer in the butterfly events, is one of UNM's top returnees.

## SERIES HISTORY

Since the inception of the Mountain West Conference in 1999-00, San Diego State leads in its all-time dual-meet series with Air Force by a 7-2 count, but trails New Mexico (5-2) and Colorado State (8-0).

SDSU has won two of its last three meetings with the Falcons, including a 167-63 victory in its home debut at the Aztec Aquaplex last year. The Scarlet and Black was not as fortunate against the Rams, however, as it remained winless in the series with a 185-110 loss at the USD Sports Center Pool. The Aztecs and Lobos did not compete last year due to the San Diego wildfires.

## LAST TIME OUT

In its season opener, SDSU led Utah, who was picked to finish second in the MWC, after 11 events but was unable to hold on as the Utes eventually pulled out the 168-132 victory.

Despite the loss, there were many bright spots for the Scarlet and Black. The quartet of Brooke Vessey, Jeanette Engzell, Elisabeth Krueger and Alexis McCoy captured the 200 medley relay with the second-fastest time in school history. Engzell also swept the 100 and 200 breaststroke events, while Vessey finished ahead of the pack in the 100 backstroke. Ashley Flynn chipped in with a first-place performance in the 1000 free.

## TRI-CAPTAINS

SDSU will have a trio of swim captains this season in sophomore Noelle Holland and juniors Jessica Morrill and Kyla Power.

Holland (Casa Grande, Ariz.), who swam personal bests in the 100 and 200 fly as a true freshman last year, earned recognition for her work in the classroom as she was selected to the MWC all-academic team in addition to being named a scholar-athlete.

Morrill, meanwhile, was a double-winner twice in 2007-08 and earned her first career MWC swimmer of the week award after claiming the 100 and 200 breast vs. Air Force/TCU. The Rio Vista, Calif., native also holds the sixth-best mark in school history in the 200 breast.

Power (San Jose, Calif.) is coming off a strong sophomore campaign in which she won three events and established lifetime bests in the 50 free, 200 free, 500 free and 200 backstroke. She is also a two-time MWC scholar-athlete and all-academic selection.

## YOUNG GUNS

The Aztecs have many new faces this year as 13 newcomers are on board for the 2008-09 season. With nine freshmen and four transfers, the incoming class will look to make an immediate impact in its first year on The Mesa.

Freshman Jeanette Engzell has already made her presence felt, winning the 200 and 100 breaststroke with the third- and fourth-fastest times, respectively, in school history. Classmates Ashley Flynn, Bojana Duric, Elisabeth Krueger and Kelsy Diener, along with sophomore transfer Allison Hall, have also found themselves ranked among SDSU's all-time top 10 in their young Aztec careers.

## THERE'S NO PLACE LIKE HOME

After compiling a perfect 3-0 dual-meet record in its first year of competition at the Aztec Aquaplex in 2008, the Scarlet and Black returns to the state-of-the-art on-campus facility with high hopes. SDSU will host five meets at the Aquaplex throughout the season.

The 112,000 square-foot Aztec Aquaplex features a 50-meter competition pool, a recreational pool and a hydrotherapy spa. The competition pool can accommodate a multitude of swimming and diving events.

## MWC PRESEASON POLL

San Diego State was picked to finish seventh in the 2008-09 Mountain West Conference preseason poll, as voted on by the league's head coaches. Brigham Young was tabbed as the favorite with eight first-place votes and 63 points overall.

Rk.	Team (1st place votes)	Points
1.	BYU (8)	63
2.	Utah (1)	54
	UNLV	54
4.	Wyoming	42
5.	Colorado State	34
6.	TCU	28
7.	<b>San Diego State</b>	<b>24</b>
8.	New Mexico	17
9.	Air Force	8

## ON DECK

SDSU will return to the pool next weekend when the divers head to the USC Trojan Diving Invitational (Oct. 31-Nov. 1) in Los Angeles, Calif. The rest of the team, meanwhile, will play host to Fresno State in a non-conference dual meet on Nov. 1.



# 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 (Falun 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)
Shaída 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, Shaída 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)

Shaída 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

