

2009 COACHES AND STAFF



Head coach Mike Friesen is entering his third year on Montezuma Mesa and is assisted by third-year coach Nat Gonzalez and first-year assistant Joe Tedesco.

COACHES/STAFF

AZTEC COACHES AND STAFF

Head Coach Mike Friesen	18
Assistant Coach Nat Gonzalez	19
Assistant Coach Joe Tedesco	19
Support Staff	20

MIKE FRIESEN

HEAD COACH | THIRD SEASON | SIXTH SEASON OVERALL AT SDSU
SONOMA STATE, 1996



After spending three years as an assistant on the San Diego State coaching staff, including two as associate head coach, Mike Friesen

enters his third season as the Aztecs' head coach.

Last season, Friesen and San Diego State enjoyed one of its best offensive seasons in recent memory scoring 32 goals, the most in one year since 2002. The offensive production led to many early-game leads, but with a youthful team and a season-ending injury suffered by starting goalkeeper Aubree Southwick, San Diego State was unable to hold off opponents en route to a 6-10-3 record.

Despite a subpar season, Friesen helped Cat Walker and Jessica Gordon earn all-Mountain West Conference honors. Under Friesen's tutelage, Walker had a team-high 10 goals and 23 points to earn first-team accolades, while Gordon was named to the second team after finishing with five goals and 12 points.

In his first year at the helm of SDSU women's soccer, Friesen led the Scarlet and Black to a runner-up finish in the MWC with a 4-2-1 record, marking the Aztecs' most league wins since the 2000 campaign. After the successful season, Friesen had four players earn all-conference honors, including Southwick, who became the first player in MWC history to earn two individual awards when she was tabbed the defensive player of the year and freshman of the year. Southwick also became the fourth Aztec in school history, and first since 2000, to be named to the *Soccer Buzz* freshman All-America team.

Friesen, the fourth head coach in SDSU history, has played a significant role in bringing excitement back to Aztec soccer. Over the past four seasons, Friesen's offense has combined to score 100 goals, including 32 in 2008 and 28 in 2005, the two-highest figures by an Aztec team since 2002.

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 evidenced by the team's nine shutouts in 2004, the 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. SDSU, which surrendered just three goals in MWC action, also had a stretch of five-plus games where it went 595:44 without allowing an opponent to score. The stellar season culminated in the Aztecs' first appearance in the MWC championship game since

1999.

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.

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 After-shocks 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 was an offensive standout at Point Loma Nazarene (1988-89) and Sonoma State (1993-94). He played two years for the Sea Lions 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 bio-mechanics 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 (6), and a daughter, Emily Mychael (3).

The Friesen File

FULL NAME

- Michael David Friesen

CURRENT RESIDENCE

- San Diego, Calif.

FAMILY

- Wife, Jamie and children, Cole (6), Emily (3)

EDUCATION

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

NCAA COACHING EXPERIENCE

- 1999-2003: UC Santa Barbara (Women's Associate Head Coach)
- 2004-07: 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



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



NAT GONZALEZ

ASSISTANT COACH | THIRD SEASON | UCLA, 1995

Nat Gonzalez, who spent three seasons as an associate head coach at Southern California and was the head men's soccer coach at UC Riverside prior to his stint at USC, is in his third season as an assistant at San Diego State. Gonzalez also served as an assistant for the U.S. under-20 Women's National Team in their preparation for the 2008 World Championships.

Last season, Gonzalez guided the Aztec keepers to a goals-against average of 1.55 and helped Christi Yount step in and fill the shoes of Aubree Southwick when she suffered a season-ending injury with eight games to go. In those final eight games, Yount recorded two shutouts and allowed one or fewer goals four times. Additionally, Yount had a scoreless streak of 296:47, with the Aztecs finishing 2-1-1 during that span.

In his first year at SDSU, Gonzalez helped develop Southwick, who became the first player in Mountain West Conference history to win two individual awards when she was tabbed the defensive player of the year and freshman of the year. Southwick was also the fourth Aztec, and first since 2000, to be named to the *Soccer Buzz* freshman All-America team.

As an associate head coach for the Women of Troy, Gonzalez coached the goalkeepers and dealt with all aspects of recruiting. The 2006 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 next 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 Mountain Pacific Sports Federation 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 (6) and Mari (3).



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



JOE TEDESCO

ASSISTANT COACH | FIRST SEASON | NEW HAMPSHIRE, 2002

Joe Tedesco joined San Diego State as a volunteer coach in the spring of 2009 after serving as the associate head coach of the women's soccer team at Point Loma Nazarene. Just prior to the start of the 2009 campaign, Tedesco was officially named an assistant coach at SDSU. Before his stint with the women at PLNU, Tedesco was also the assistant coach for the men's team in 2008. The previous four seasons Tedesco served as the lead assistant coach for the Sea Lions women's soccer team.

The Sea Lions concluded their 2008 campaign with an overtime loss to Azusa Pacific in the GSAC tournament, finishing the season with a 10-6-3 record. In 2007, the Sea Lions finished 13-6-1 and were ranked No. 4 in the country in three different weekly polls and were ranked in the top 10 in the country on six different occasions. The women's soccer team went 13-6-0 in 2006, reaching the national quarterfinals before falling to eventual champion, Lindsay Wilson College.

During his tenure at Point Loma Nazarene, the Sea Lions had 17 selec-

tions to the All-GSAC team, with five honorable mention NAIA All-American selections and two All-American honorees.

Tedesco currently coaches youth teams with the Crusaders Soccer Club in San Diego. He was a staff coach with the United States Soccer Federation Region IV Girl's Olympic Development Program in 2007 and worked on the Region IV boys staff in 2008.

Tedesco played two seasons at New Hampshire where he won the H. Richard Sandlar award for academic achievement in 1999. He graduated from the school in 2002 with a degree in kinesiology. In 2006, Tedesco earned his master's degree in physical education from Azusa Pacific.

In 2003, Tedesco played professionally with the San Diego Gauchos of the USL pro select league.

Tedesco currently holds a United States Soccer Federation "A" level coaching license and recently attended the United States Soccer Federation National Goalkeeping coaching course.

SUPPORT STAFF/MISSION STATEMENT

INTRODUCTION

THIS IS SDSU

COACHES/STAFF

THE AZTECS

REVIEW

HISTORY



Jenny Bramer
Associate A.D./
Senior Woman
Administrator



Carolyn Peters
Assistant Athletic
Trainer



Sal Strack
Assistant Strength and
Conditioning Coach



Jon Francis
Strength and
Conditioning Coach



Tamani Wells
Facilities and
Operations Assistant



Jessica Simmons
Academic Advisor

San Diego State 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.

