



# SAN DIEGO STATE WOMEN'S SOCCER

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Week 1 Release - Aug. 21, 2008

## 2008 Schedule

Date	Opponent	Time/Result
Aug. 22	at CS Northridge	4:30 p.m.
Aug. 29	at Cal Poly	7 p.m.
<b>Aug. 31</b>	<b>Arizona State</b>	<b>1 p.m.</b>
Sept. 5	at Villanova	2 p.m.
Sept. 7	vs. Loyola (Md.)^	11:30 a.m.
Sept. 12	vs. Washington%	3 p.m.
Sept. 14	at Portland	2:30 p.m.
<b>Sept. 19</b>	<b>UC Riverside</b>	<b>4 p.m.</b>
Sept. 26	at CS Fullerton	7 p.m.
<b>Sept. 28</b>	<b>San Jose State</b>	<b>Noon</b>
<b>Oct. 3</b>	<b>*UNLV</b>	<b>4 p.m.</b>
<b>Oct. 5</b>	<b>Loyola Marymount</b>	<b>Noon</b>
Oct. 9	*at Utah	7 p.m.
Oct. 11	*at Brigham Young	8 p.m.
<b>Oct. 17</b>	<b>*Air Force</b>	<b>1:30 p.m.</b>
<b>Oct. 19</b>	<b>*Wyoming</b>	<b>2 p.m.</b>
Oct. 24	*at New Mexico	5:30 p.m.
<b>Oct. 31</b>	<b>*TCU</b>	<b>3 p.m.</b>
Nov. 5-8	at MWC Championship!	TBA
Nov. 14-16	NCAA First/Second Rounds#	
Nov. 21-23	NCAA Third Round#	
Nov. 28-30	NCAA Quarterfinals#	
Dec. 5-7	NCAA Women's College Cup@	

**Bold** denotes home game at SDSU Sports Deck.

^ at Villanova, Pa.

% at Portland, Ore.

\* Mountain West Conference game

! at Las Vegas, Nev.

# at Campus sites

@ at Cary, N.C.



For all the latest press releases, rosters, bios, team statistics, live stats and recaps on Aztec women's soccer, please visit GoAztecs.com, the official website of San Diego State Athletics.

## MEDIA INFORMATION

Requests for interviews and credentials should be directed to Andrea Ohta in the San Diego State Media Relations office. Interviews are generally available following practice sessions. Interviews outside practice time should be arranged 24 hours in advance by contacting Andrea Ohta at (619) 594-1928 or at aohta@projects.sdsu.edu. On game days, Aztec players and coaches will be available postgame following a 10-minute cooling off period.



**PLAYER TO WATCH** - Redshirt sophomore Cat Walker scored a pair of goals in the Aztecs' two exhibition games.

# Game 1



**SDSU (0-0-0) at CSUN (0-0-0)**  
Fri. Aug. 22 - 4:30 p.m. PT  
Matador Soccer Field



## THIS WEEK

Under the guidance of second-year head coach Mike Friesen, the San Diego State women's soccer team will open the 2008 campaign on Friday, Aug. 22, when it heads north to take on Cal State Northridge. Kickoff is set for 4:30 p.m. PT at Matador Soccer Field.

## LAST TIME OUT

San Diego State's 2007 season ended in the semifinals of the Mountain West Conference tournament in Provo, Utah, as the Aztecs fell to host and eventual champion Brigham Young. The Scarlet and Black concluded the campaign with a 9-8-3 overall record and a 4-2-1 mark in MWC action, placing second in the regular season standings. SDSU returns 17 letterwinners and seven starters from last year's team.

## SERIES HISTORY VS. CAL STATE NORTHRIDGE

The season opener for both the Aztecs and Matadors will mark the sixth meeting between the two programs. SDSU leads the all-time series by a 4-1 count and is 1-0 when playing in Northridge. The Scarlet and Black fell to CSUN, 2-1, in an exhibition match last year in San Diego. The Matadors also won the last regular season contest with a 2-1 overtime victory in 2005.

## SCOUTING THE MATADORS

Cal State Northridge returns 15 letterwinners and seven starters from a squad that concluded the 2007 season with a 5-10-3 overall record and a seventh-place finish in the Big West Conference. Led by senior captains Nalena Betancourt and Tryna Tafoya, the 2008 Matadors will be bolstered by a defensive backline that returns three players who appeared in all 18 matches during the 2007 season. Tafoya, who notched a goal and an assist last year, is currently tied for sixth in school history with nine career helpers. CSUN will look for offense from a mixture of veterans and incoming talent. Junior Adrienne Dickerson and sophomore Farryn Townley will both be counted upon to find the back of the net, while senior Kristal Phillips will also look to lead the squad after missing last season. Phillips had six goals, four assists and 16 points in 2006.

2007 STATS	SDSU	CSUN
Goals	18	17
Shots	182	200
Saves	111	72
Corner Kicks	68	54
Fouls	265	228

## FOLLOW AZTEC SOCCER ON THE WEB

Live Stats for Friday's game at Cal State Northridge are available by clicking on the link inside the calendar sidebar on the main page of GoAztecs.com.



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## Quick Facts

### General Information

Location .....San Diego, Calif.  
Founded .....1897  
Enrollment .....35,887  
Nickname .....Aztecs  
Colors .....Scarlet and Black  
Conference .....Mountain West  
Affiliation .....Division I  
President .....Dr. Stephen Weber  
Director of Athletics .....Jeff Schemmel  
Faculty Representative ....Dr. Roger Caves  
Associate AD/SWA .....Jenny Bramer

### Team Information

Head Coach ....Mike Friesen (Second year)  
Alma Mater .....Sonoma State, 1996  
Record at SDSU .....9-8-3  
Career Record .....Same  
Asst. Coaches ..Nat Gonzalez (Second year)  
.....Jayme Hardwick (First year)  
W. Soccer Office Phone ....619-594-3749  
W. Soccer Office Fax .....619-594-1674  
Home Facility ...SDSU Sports Deck (1,000)  
2007 Overall Record .....9-8-3  
2007 Home Record .....5-3-1  
2007 Road Record .....4-5-1  
2007 Neutral Record .....0-0-1  
2007 MWC Record/Finish .....4-2-1/2nd  
2007 MWC Tournament .....T-3rd  
Letterwinners Returning/Lost .....17/11  
Starters Returning/Lost .....7/4  
Newcomers .....10  
Key Returnees .....Millie Allen (D, Jr.)

#### 2007 Second-Team All-MWC

.....Jessica Gordon (F, Jr.)  
.....Alicia Piz (F/M, Sr.)  
.....Aubree Southwick (GK, So.)

#### 2007 Soccer Buzz Second-Team Freshman All-American

#### 2007 First-Team All-MWC

#### 2007 MWC Freshman of the Year

#### 2007 MWC Defensive Player of the Year

.....Heather Vandevanter (F, Jr.)  
.....Cat Walker (M, So.)  
Key Losses .....Jackie Ragudos  
.....Jessica Girdner  
.....Lisa Nielsen  
.....Ashley Young

### Program History

First Year of Division I Soccer .....1989  
SDSU's All-Time Record .....188-141-31  
All-Time MWC Record .....27-21-9  
All-Time Home Record .....103-54-13  
All-Time Road Record .....64-78-14  
All-Time Neutral Record .....21-13-4  
NCAA Tournament Appearances .....2  
.....(1998, 1999)

### FOR OPENERS

The San Diego State women's soccer team is 11-7-1 all-time in season openers. Although the Aztecs are just 3-4 when kicking off a new year on the road, they are an impressive 5-0 when opening against schools in the Big West Conference.

### 2008 CAPTAINS

This season, the Aztec women's soccer team will have two captains in junior defender Millie Allen and redshirt sophomore midfielder Cat Walker.

Allen, a 2007 all-MWC second-team selection, appeared in every game last season. The Thornton, Colo., native scored her first career goal against Cal Poly (Sept. 14) and added the game-winner in the Aztecs' 1-0 upset over Arizona on Sept. 30. Allen has earned the starting nod in 46 career contests.

Walker was named a co-captain last year but suffered a season-ending injury in an exhibition game. As a freshman in 2006, the Folsom, Calif., native started 17 of the 19 contests she appeared in and tied for second on the team with three goals scored.

### NO PLACE LIKE HOME

San Diego State is looking forward to an eight-game home schedule. In 2007, five of the Aztecs' nine victories were won on at SDSU Sports Deck. In its home opener on Sunday, Aug. 31, the Scarlet and Black will be looking to revenge last year's 3-0 loss to Arizona State. The Aztecs and Sun Devils will square off at 1 p.m.

### MINDING THE NET

San Diego State returns its top goalkeeper from a year ago in sophomore Aubree Southwick. The Danville, Calif., native started 20 games in 2007, playing in all but 82 minutes during the season.

Southwick wasted no time in etching her name in the SDSU record books, racking up a single-season leading 106 saves. On the career charts, she currently ranks second in goals against average (0.90) and is tied for fourth in shutouts (10).

Also returning for the Aztecs is senior Christi Yount, who had a pair of saves in two games played last season. As a freshman in 2005, the Mission Viejo, Calif., native started 10 matches, compiling 35 stops and a 1.09 goals against average. Yount has four career shutouts to her credit.

### THE COACHES

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

coach. In 2007, Friesen led SDSU to a 4-2-1 conference record, marking its most league wins since the 2000 campaign.

Nat Gonzalez, who spent three seasons as the 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 second year on The Mesa. Gonzalez was a four-year goalkeeper at UCLA from 1988-91 and was a member of the Bruins' 1990 national championship squad.

Jayme Hardwick enters her first season as a member of the SDSU women's soccer coaching staff. Hardwick was a four-year letterwinner as a midfielder at Purdue from 2002-05.

### 2007 POSTSEASON HONORS

Goalkeeper Aubree Southwick racked up the awards last season, becoming the first player in Mountain West Conference history to earn two individual awards when she was tabbed the defensive player of the year and freshman of the year. The first-team all-MWC pick also garnered freshman All-America recognition.

Joining Southwick on the all-MWC first team was Jackie Ragudos, while Millie Allen and Jessica Girdner were both selected to the second team.

### SDSU SPLITS PAIR OF EXHIBITION GAMES

San Diego State opened exhibition play with a 2-1 loss to Long Beach State at George Allen Field on Saturday, Aug. 16. The Aztecs held an early 1-0 lead after Cat Walker found the back of the net at the 12:58 mark of the first period, but the 49ers came storming back with a pair of second-half goals from Hayley Bolt.

SDSU returned to action two days later, playing host to UC San Diego. After a scoreless first half, the Aztecs came out of the break firing, with goals from Walker and freshman Taylor Canatsey. SDSU's defense was able to shut down UCSD the rest of the way, holding on for the 2-0 victory.

### SDSU PICKED TO FINISH IN TIE FOR THIRD

San Diego State was picked to finish in a tie for third place with Utah in the Mountain West Conference regular season standings. The Aztecs and Utes each received 36 points in the 2008 preseason coaches' poll, while Brigham Young was tabbed as the favorite with 49 points.

#### MWC PRESEASON POLL

Pl.	Team (First-place votes)	Points
1.	BYU (7)	49
2.	UNLV (1)	39
3.	<b>San Diego State</b>	<b>36</b>
	Utah	36
5.	TCU	24
6.	New Mexico	17
7.	Wyoming	16
8.	Air Force	7



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## NUMERICAL

No.	Name	Pos.	Ht.	Yr.	Exp.	Hometown/Previous School
00	Christi Yount	GK	5-6	Sr.	3L	Mission Viejo, Calif./Capistrano Valley High
0	Megan Allaire	GK	5-10	Fr.	HS	Walnut, Calif./Walnut High
1	Christina Palomino	GK	5-4	Fr.	HS	Castle Rock, Colo./J.K. Mullen High
2	Jackie Spinner	D	5-9	Fr.	HS	Danville, Calif./Monte Vista High
3	*Millie Allen	D	5-4	Jr.	2L	Thornton, Colo./Horizon High
4	Tiphonie Elliott	F	5-6	Sr.	3L	Porterville, Calif./Monache High
5	Jillian Riker	D/MF	5-4	Sr.	3L	Carlsbad, Calif./Carlsbad High
6	Allie Crowson	D	5-7	Jr.	2L	Sandy, Utah/Brighton High
7	*Cat Walker	MF	5-7	So.	1L	Folsom, Calif./St. Francis Sacramento High
8	Alicia Piz	F/MF	5-3	Sr.	2L	Littleton, Colo./Dakota Ridge High
9	Tiffany Hurst	MF	5-4	Fr.	HS	Santa Rosa, Calif./Montgomery High
10	Ashley Omphroy	MF/F	5-5	So.	1L	Alameda, Calif./Alameda High
11	Heather Vandevanter	F	5-9	Jr.	2L	Alamo, Calif./San Ramon Valley High
12	Leann Sgobba	MF	5-9	Sr.	3L	Los Olivos, Calif./Santa Ynez Valley Union High
14	Ali Lokanc	MF/D	5-10	Jr.	RS	San Diego, Calif./Univ. of Nebraska
15	Brooke Holliday	F	5-8	So.	1L	Centennial, Colo./Cherry Creek High
17	Jessica Gordon	F	5-1	Jr.	2L	Tujunga, Calif./Village Christian High
18	Daniela Kozar	D	5-8	So.	1L	Petaluma, Calif./Casa Grande High
19	Gretel Amman	D	5-4	Fr.	HS	Santa Rosa, Calif./Montgomery High
20	Lauren Marquez	MF/F	5-2	So.	1L	Mission Viejo, Calif./Tesoro High
21	Jamie Nelson	MF	5-4	Fr.	HS	Sandy, Utah/Brighton High
22	Megan McQueeney	D	5-8	Fr.	HS	Rohnert Park, Calif./Ursuline High
23	Julia Flores	D	5-3	Fr.	HS	Sandy, Utah/Alta High
24	Allie Brown	MF	5-5	Fr.	HS	Rancho Santa Margarita, Calif./Tesoro High
26	Britney Bennett	F	5-5	So.	1L	Chula Vista, Calif./Otay Ranch High
27	Taylor Canatsey	F	5-7	Fr.	HS	Garden Grove, Calif./Pacifica High
31	Aubree Southwick	GK	5-9	So.	1L	Danville, Calif./San Ramon Valley High

\* Captains

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

**Assistant Coach:** Nat Gonzalez (UCLA, 1995), Second season at SDSU

**Assistant Coach:** Jayme Hardwick (Purdue, 2007), First season at SDSU

## 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	D
4	Tiphonie Elliott	F
23	Julia Flores	D
17	Jessica Gordon	F
15	Brooke Holliday	F
9	Tiffany Hurst	MF
18	Daniela Kozar	D
14	Ali Lokanc	MF/D
20	Lauren Marquez	MF/F
22	Megan McQueeney	D
21	Jamie Nelson	MF
10	Ashley Omphroy	F/MF
1	Christina Palomino	GK
8	Alicia Piz	F/MF
5	Jillian Riker	D/MF
12	Leann Sgobba	MF/D
31	Aubree Southwick	GK
2	Jackie Spinner	D
11	Heather Vandevanter	F
7	*Cat Walker	MF
00	Christi Yount	GK

\* Captains

## PRONUNCIATION

Crowson.....CROH-son  
 Tiphonie .....TIFF-any  
 Friesen.....FREE-sen  
 Lokanc .....LO-kank  
 Omphroy.....om-FROY  
 Piz .....PEAS  
 Sgobba.....sa-GO-ba  
 Yount .....YONT

## BY CLASS

**Seniors (5)** Elliott, Piz, Riker, Sgobba, Yount

**Juniors (5)** Allen, Crowson, Gordon, Lokanc, Vandevanter

**Sophomores (7)** Bennett, Holliday, Kozar, Marquez, Omphroy, Southwick, Walker

**Freshmen (10)** Allaire, Amman, Brown, Canatsey, Flores, Hurst, McQueeney, Nelson, Palomino, Spinner

## BY STATE

**California (20)** Allaire, Amman, Bennett, Brown, Canatsey, Elliott, Gordon, Hurst, Kozar, Lokanc, Marquez, McQueeney, Omphroy, Riker, Sgobba, Southwick, Spinner, Vandevanter, Walker, Yount

**Colorado (4)** Allen, Holliday, Palomino, Piz

**Utah (3)** Crowson, Flores, Nelson

**The Automated ScoreBook**  
**San Diego State Combined Team Statistics (as of Dec 04, 2007)**  
**All games**

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
<b>ALL GAMES.....</b>	<b>( 9- 8- 3 )</b>	<b>( 5- 4- 1 )</b>	<b>( 4- 4- 1 )</b>	<b>( 0- 0- 1 )</b>
<b>CONFERENCE.....</b>	<b>( 4- 2- 1 )</b>	<b>( 3- 0- 0 )</b>	<b>( 1- 2- 0 )</b>	<b>( 0- 0- 1 )</b>
<b>NON-CONFERENCE.....</b>	<b>( 5- 6- 2 )</b>	<b>( 2- 4- 1 )</b>	<b>( 3- 2- 1 )</b>	<b>( 0- 0- 0 )</b>

DATE	OPPONENT	W/L	SCORE	ATT	## PLAYER	GP	G	A	Pts	Sh	Shot%	SOG	SOG%	GW	PK-AT
Aug 31	TOLEDO	T O2	1-1	288	9 RAGUDOS, Jackie	20	7	3	17	30	.233	18	.600	4	0-0
Sep 02	FLORIDA ATLANTIC	L	0-1	270	16 GIRDNER, Jessica	20	2	2	6	28	.071	6	.214	1	0-0
Sep 07	at Creighton	W	2-0	649	8 PIZ, Alicia	20	1	3	5	21	.048	7	.333	1	0-0
Sep 09	at Nebraska	T O2	0-0	386	3 ALLEN, Millie	20	2	0	4	8	.250	4	.500	2	1-1
Sep 14	CAL POLY	W	1-0	240	11 VANDEVANTER, Heather	19	1	1	3	14	.071	6	.429	0	0-0
Sep 16	#14 CAL	L	0-2	295	15 HOLIDAY, Brooke	13	1	0	2	8	.125	4	.500	0	0-0
Sep 19	at San Jose State	W	1-0	427	27 TRIBBEY, Katie	19	1	0	2	7	.143	5	.714	0	0-0
Sep 23	at UC Santa Barbara	LO2	1-2	567	20 MARQUEZ, Lauren N.	19	1	0	2	7	.143	4	.571	1	0-0
Sep 28	at Arizona State	L	0-3	694	10 Ashley Omphroy	7	1	0	2	1	1.000	1	1.000	0	0-0
Sep 30	at Arizona	W	1-0	444	22 KONISHI, Megan	19	0	2	2	7	.000	4	.571	0	0-0
Oct 05	#2 UCLA	L	1-5	435	5 RIKER, Jillian	20	0	1	1	10	.000	5	.500	0	0-0
Oct 07	CSUB	W	3-0	245	14 LOKANC, Ali	20	0	1	1	8	.000	5	.625	0	0-0
*Oct 12	at Air Force	W	2-0	85	19 NIELSEN, Lisa	9	0	1	1	7	.000	1	.143	0	0-0
*Oct 14	at UNLV	L	0-1	431	21 YOUNG, Ashley	17	0	1	1	3	.000	0	.000	0	0-0
*Oct 18	#19 BYU	W	2-0	216	31 SOUTHWICK, Aubree	20	0	1	1	0	.000	0	.000	0	0-0
*Oct 21	WY	W	1-0	235	4 ELLIOTT, Tiphannie	18	0	0	0	9	.000	4	.444	0	0-0
*Oct 25	vs New Mexico	T O2	0-0	75	26 BENNETT, BRITNEY	10	0	0	0	4	.000	1	.250	0	0-0
*Oct 28	at #22 Utah	L	1-2	645	13 BAHNO, Laura	17	0	0	0	4	.000	1	.250	0	0-0
*Nov 02	TCU	W OT	1-0	262	18 KOZAR, Daniela	9	0	0	0	2	.000	0	.000	0	0-0
Nov 08	BYU	L	0-2	431	17 GORDON, Jessica	5	0	0	0	2	.000	0	.000	0	0-0
					25 AGUILLON, Adriana	5	0	0	0	1	.000	1	1.000	0	0-0

TEAM STATISTICS                      SDSU                      OPP

SHOT STATISTICS.....															
Goals-Shot attempts....	18-182	19-281			1 DECKERS, Melissa	2	0	0	0	0	.000	0	.000	0	0-0
Goals scored average...	0.86	0.91			00 YOUNT, Christi	2	0	0	0	0	.000	0	.000	0	0-0
Shot pct.....	.099	.068			Total.....	20	18	16	52	182	.099	78	.429	9	1-1
Shots on goal-Attempts.	78-182	130-281			Opponents.....	20	19	17	55	281	.068	130	.463	8	0-0
SOG pct.....	.429	.463													
Shots/Game.....	9.1	14.1													
Assists.....	16	17													

CORNER KICKS.....	68	128			## GOALTENDERS	GP	Minutes	GA	Avg	Sv	Pct	W	L	T	Sho
PENALTY KICKS.....	1-1	0-0			1 DECKERS, Melissa	2	25:59	0	0.00	0	.000	0	0	0	0
PENALTIES.....					31 SOUTHWICK, Aubree	20	1805:38	18	0.90	106	.855	9	8	3	10
Yellow cards.....	16	13			00 YOUNT, Christi	2	56:06	1	1.60	2	.667	0	0	0	0
Red cards.....	1	0			Total.....	20	1887:43	19	0.91	111	.854	9	8	3	11
ATTENDANCE.....					Opponents.....	20	1887:43	18	0.86	60	.769	8	9	3	7
Total.....	2917	4328													
Dates/Avg Per Date....	10/292	9/481													
Neutral Site #/Avg....	1/75														

GOALS BY PERIOD	1st	2nd	OT	OT2	Total
San Diego State.....	10	7	1	0	18
Opponents.....	7	11	0	1	19

SHOTS BY PERIOD	1st	2nd	OT	OT2	Total
San Diego State.....	78	99	2	3	182
Opponents.....	130	140	4	7	281

SAVES BY PERIOD	1st	2nd	OT	OT2	Total
San Diego State.....	47	60	2	2	111
Opponents.....	20	38	1	1	60

CORNER KICKS BY PRD	1st	2nd	OT	OT2	Total
San Diego State.....	30	37	1	0	68
Opponents.....	63	62	1	2	128

FOULS BY PERIOD	1st	2nd	OT	OT2	Total
San Diego State.....	108	141	6	10	265
Opponents.....	119	122	7	5	253