



SAN DIEGO STATE AZTECS

2020 Women's Water Polo Record Book

HONORS

All-Americans

Year	Player	Team
2019	Emily Bennett	Honorable Mention
2017	Caroline Israels	Honorable Mention
2016	Ioli Benekou	Honorable Mention
	Alyssa Diacono	Honorable Mention
	Caroline Israels	Honorable Mention
	Rachel Mitchell	Honorable Mention
2015	Caroline Israels	Honorable Mention
2014	Ioli Benekou	Honorable Mention
	Alyssa Diacono	Honorable Mention
	Anique Hermann	Honorable Mention
	Rachel Mitchell	Honorable Mention
2013	Amber Pezzolla	Third Team
	Taelor Moreno	Honorable Mention
2012	Amber Pezzolla	Second Team
	Kelly Campoli	Honorable Mention
	Anique Hermann	Honorable Mention
	Meaghan Poland	Honorable Mention
2011	Kelly Campoli	Honorable Mention
	Leanne Ford	Honorable Mention
	Amber Pezzolla	Honorable Mention
	Meaghan Poland	Honorable Mention
2010	Kelly Campoli	Honorable Mention
	Amber Pezzolla	Honorable Mention
2009	Anna Gonzales	Second Team
	Kelly Campoli	Honorable Mention
	Erinn Greenwood	Honorable Mention
	Jenna Schuster	Honorable Mention
2008	Anna Gonzales	Second Team
	Jenna Schuster	Second Team
2007	Stacy Werner	Second Team
	Anna Gonzales	Third Team
	Jenna Schuster	Honorable Mention
2006	Rachel Serna	Honorable Mention
2005	Rachel Serna	Third Team
2004	Holly Hartzell	First Team
	Sandy Onweller	Honorable Mention
2003	Holly Hartzell	Second Team
	Amber Prestegard	Third Team
2002	Holly Hartzell	Third Team
2001	Holly Hartzell	Second Team
2000	Larisa Baltgalvis	Second Team
	Curran Teigen	Honorable Mention
1999	Larisa Baltgalvis	First Team
	Sara Hanneman	Honorable Mention
1998	Rachel Scott	Second Team
	Danielle Dabbaghian	Third Team
	Larisa Baltgalvis	Honorable Mention
1997	Rachel Scott	First Team
	Teri Mullins	Honorable Mention
1996	Heather Moody	First Team
	Shae Philpott	Second Team
	Lisa Phillips	Second Team

All-Conference

Year	Player	Team
Golden Coast Conference		
2019	Emily Bennett	First Team
	Hannah Carrillo	Second Team
	Maura Cantoni	Second Team
	Sydney Hurst	Freshman Team
2018	Hannah Carrillo	First Team
	Emily Bennett	Second Team/Freshman Team
	Maura Cantoni	Second Team
2017	Caroline Israels	Player of the Year/First Team
	Alyssa Diacono	First Team
	Kate McDonnell	Second Team
	Ioli Benekou	Honorable Mention
	Shelby Kraft	Freshman Team
2016	Alyssa Diacono	First Team
	Caroline Israels	First Team
	Rachel Mitchell	First Team
	Taylor Gums	Honorable Mention

2015	Hannah Carrillo	Freshman Team
	Caroline Israels	Co-Player of the Year/First Team
	Ioli Benekou	First Team
	Rachel Mitchell	Second Team
	Anique Hermann	Honorable Mention
	Nikki de Roos	Freshman Team
2014	Ioli Benekou	Newcomer of the Year/First Team
	Anique Hermann	First Team
	Rachel Mitchell	First Team
	Alyssa Diacono	Honorable Mention
Big West Conference		
2013	Amber Pezzolla	First Team
	Anique Hermann	Second Team
	Emily Whalen	Honorable Mention
Mountain Pacific Sports Federation		
2012	Amber Pezzolla	Second Team
	Kelly Campoli	Honorable Mention
2011	Kelly Campoli	Honorable Mention
	Amber Pezzolla	Honorable Mention
	Meaghan Poland	Honorable Mention
2010	Amber Pezzolla	Second Team
	Kelly Campoli	Honorable Mention
2009	Anna Gonzales	Second Team
	Jenna Schuster	Honorable Mention
2008	Anna Gonzales	Second Team
	Jenna Schuster	Second Team
	Sarah Brady	Freshman Team
2007	Stacy Werner	Second Team
	Jenna Schuster	Honorable Mention
2006	Rachel Serna	Honorable Mention
2005	Rachel Serna	Honorable Mention
2004	Holly Hartzell	First Team
	Ashley Zabel	Honorable Mention
2003	Holly Hartzell	Second Team
	Amber Prestegard	Second Team
2002	Holly Hartzell	Honorable Mention
2001	Holly Hartzell	Second Team
2000	Larisa Baltgalvis	First Team
	Curran Teigen	Honorable Mention
1999	Larisa Baltgalvis	First Team
	Sara Hanneman	Honorable Mention
	Whitney Winlow	Honorable Mention
1998	Teri Mullins	Second Team
	Rachel Scott	Third Team
	Melissa Brimm	Honorable Mention
	Danielle Dabbaghian	Honorable Mention
	Sara Hanneman	Honorable Mention
1997*	Rachel Scott	First Team*
	Melissa Brimm	Second Team*
	Heather Kohler	Second Team*
	Teri Mullins	Second Team*
1996*	Heather Moody	Co-Player of the Year*/First Team*
	Teri Mullins	First Team*
	Shae Philpott	First Team*
	Rachel Scott	Second Team*

* - Southern Division

Players Of The Week

Year	Player	Date
Golden Coast Conference		
2019	Maura Cantoni	April 4
	Emily Bennett	March
28		
2018	Emily Bennett	Feb. 22
	Kate McDonnell	April 13
2017	Ioli Benekou	March 30
	Caroline Israels	March 23
	Caroline Israels	Feb. 15
2016	Rachel Mitchell	April 13
	Taylor Walsh	April 6
	Caroline Israels	March 10
2015	Alyssa Diacono	April 15
	Caroline Israels	March 25
	Alyssa Diacono	March 11

2014	Anique Hermann	Feb. 11
	Caroline Israels	April 17
	Rachel Mitchell	April 9
	Ioli Benekou	April 3
	Anique Hermann	Feb. 5

Big West Conference

2013	Amber Pezzolla	April 3
	Taelor Moreno	March 27
	Amber Pezzolla	Feb. 27

Mountain Pacific Sports Federation

2012	Anique Hermann	April 16*
	Kelly Campoli	March 19
2010	Amber Pezzolla	April 19*
	Ronni Gautschi	Jan. 25
2009	Anna Gonzales	Feb. 10
2008	Anna Gonzales	Feb. 11
2007	Jenna Schuster	March 20
2005	Rachel Serna	April 25
2004	Sandy Onweller	March 16
	Holly Hartzell	Feb. 23
2003	Amber Prestegard	March 18
2002	Holly Hartzell	Feb. 10
2001	Holly Hartzell	March 19
2000	Larisa Baltgalvis	March 13

* - Newcomer of the Week

Conference All-Tournament Team

Year	Player	Team
Golden Coast Conference		
2019	Shelby Kraft	
2018	Emily Bennett	
2017	Alyssa Diacono	
	Caroline Israels	
2016	Caroline Israels	
	Rachel Mitchell (MVP)	
	Taylor Walsh	
2015	Alyssa Diacono	
	Rachel Mitchell	
2014	Anique Hermann	
	Caroline Israels	
Mountain Pacific Sports Federation		
2012	Amber Pezzolla	
2008	Jenna Schuster	First Team
2003	Holly Hartzell	First Team
2000	Larisa Baltgalvis	Second Team
1999	Larisa Baltgalvis	First Team
1998	Rachel Scott	First Team
	Teri Mullins	Honorable Mention

NCAA All-Tournament Team

Year	Player	Team
2016	Caroline Israels	Second Team
2008	Anna Gonzales	Second Team
	Jenna Schuster	Second Team
2007	Anna Gonzales	Second Team

National Collegiate Select All-Tournament Team

Year	Player	Team
2001	Holly Hartzell	First Team
	Heather Stiles	Second Team
	Kelly Falcone	Second Team

National Collegiate Championships All-Tournament Team

Year	Player	Team
1999	Larisa Baltgalvis	First Team
	Sara Hanneman	Honorable Mention
1998	Rachel Scott	Second Team
1995	Shae Philpott	
	Rachel Scott	
	Tracy Young	

All-Region Team

Year	Player	Team
2000	Larisa Baltgalvis	First Team
	Curran Teigen	First Team
	Amber Prestegard	Second Team
1996	Heather Moody	First Team
	Shae Philpott	First Team

Conference All-Academic Team

Golden Coast Conference

2019	Emily Bennett
	Delaney Binette
	Maura Cantoni
	Lucia Carballo
	Hannah Carrillo
	Haley Hagerty
	Isabelle Hastings
	Sydney Hurst
	Shelby Kraft
	Jessica Leckich
	Spencer Samuels
2018	Emily Bennett
	Lizzy Bilz
	Karli Canale
	Maura Cantoni
	Lucia Carballo
	Hannah Carrillo
	Shelby Kraft
	Paola Vizcarra
2017	Lizzy Bilz
	Hannah Carrillo
	Alyssa Diacono
	Courtney Jarvis
	Katy Schneider
	Mikayla Vessey
2016	Lizzy Bilz
	Alyssa Diacono
	Taylor Gums
	Katy Schneider
	Mikayla Vessey
2015	Carina Carballo
	Nikki de Roos
	Alyssa Diacono
	Nikole Ferrari
	Taylor Gums
	Anique Hermann
	Courtney Jarvis
	Nika Sedghi
2014	Carina Carballo
	Alyssa Diacono
	Taylor Gums
	Anique Hermann
	Claire McKinnon

Big West Conference

2013 No awards given

Mountain Pacific Sports Federation

2012	Kelly Campoli
	Alex Ford
	Leanne Ford
2011	Sarah Brady
	Kelly Campoli
	Alex Ford
	Leanne Ford
	Jenna Natalizio
	Ashley Novack
2010	Sarah Brady
	Kelly Campoli
	Leanne Ford
	Kierstin Hill
	Lindsey Morris
	Jenna Natalizio
2009	Sarah Brady
	Anna Gonzales

2008	Jenna Schuster
	Heather Fenske
	Ronni Gautschi
	Anna Gonzales
	Jenna Schuster
	Becca Ur
2007	Tiphonie Elliott
	Sarah Kilgore
	Jenna Schuster
	Becca Ur
2006	Cia Cobb
	Sarah Kilgore
	Becca Ur
2005	Cia Cobb
	Dominique Delgado
	Monica DeRosier
	Sarah Kilgore
	Ashley Reta
	Becca Ur
2004	Dominique Delgado
	Holly Hartzell
	Kristin Moore
2003	Casey Finnegan
	Holly Hartzell
	Ashleigh May
	Kristin Moore
	Becky Sensney
2002	Katie Clark
	Casey Finnegan
	Holly Hartzell
	Heidi Matsumoto
	Becky Sensney
2001	Kelly Falcone
	Heidi Matsumoto
	Becky Sensney
	Lisa Swain
1999	Larisa Baltgalvis
1998	Larisa Baltgalvis
	Rebecca Beal
	Teri Mullins

Aztec Olympians

Year	Player
2004	Heather Moody (team captain)
	Rachel Scott (assistant coach)
2000	Heather Moody
	Kathy "Gubba" Sheehy
	Rachel Scott (alternate)

Association of Collegiate Water Polo Coaches

All-Academic Team

Year	Player	Category
2019	Emily Bennett	
	Delaney Binette	
	Lucia Carballo	
	Hannah Carrillo	
	Dani D'Andrea	
	Haley Hagerty	
	Shelby Kraft	
	Jessica Leckich	
2018	Lizzy Bilz	Superior
	Lucia Carballo	Superior
	Hannah Carrillo	Excellent
	Shelby Kraft	Excellent
2017	Alyssa Diacono	Outstanding
	Lizzy Bilz	Excellent
	Tessa Heidari	Excellent
	Katy Schneider	Excellent
	Mikayla Vessey	Excellent
2016	Alyssa Diacono	Outstanding
	Nika Sedghi	Superior
	Maura Cantoni	Excellent
	Taylor Gums	Excellent

2015	Alyssa Diacono	Outstanding
	Carina Carballo	Superior
	Anique Hermann	Superior
	Nika Sedghi	Superior
	Taylor Gums	Excellent
2014	Alyssa Diacono	Outstanding
	Anique Hermann	Outstanding
	Nika Sedghi	Superior
	Carina Carballo	Excellent
	Taylor Gums	Excellent
2013	Anique Hermann	Superior
	Juliana Matos	Superior
	Alex Ford	Excellent
	Carina Carballo	Excellent
2012	Anique Hermann	Outstanding
	Kelli Boling	Superior
	Carina Carballo	Superior
	Alex Ford	Superior
	Leanne Ford	Superior
	Tori Long	Excellent
2011	Jenna Natalizio	Superior
	Sarah Brady	Excellent
	Alex Ford	Excellent
	Leanne Ford	Excellent
2010	Lindsey Morris	Superior
	Jenna Natalizio	Excellent
	Kierstin Hill	Excellent
	Leanne Ford	Excellent
	Sarah Brady	Excellent
2009	Kelly Campoli	Superior
	Sarah Brady	Excellent
	Anna Gonzales	Excellent
	Jenna Schuster	Excellent
2008	Katie Bentley	Superior
	Heather Fenske	Superior
	Becca Ur	Superior
2007	Heather Fenske	Superior
	Becca Ur	Superior
	Tiphonie Elliott	Excellent
	Ronni Gautschi	Excellent
2006	Becca Ur	Superior
	Cia Cobb	Excellent
	Sarah Kilgore	Excellent
2005	Monica DeRosier	Outstanding
	Becca Ur	Superior
	Cia Cobb	Excellent
	Ashley Reta	Excellent
2004	Holly Hartzell	Excellent
	Kristin Moore	Excellent
2003	Monica DeRosier	Superior
	Becky Sensney	Superior
	Katelyn Schlactus	Superior
	Kristin Moore	Excellent
	Holly Hartzell	Excellent
2002	Monica DeRosier	Superior
	Becky Sensney	Superior
	Katie Clark	Superior
	Ashleigh May	Excellent
	Heather Stiles	Excellent
2000	Nicole Morasky	Outstanding
	Becky Sensney	Superior
	Heidi Matsumoto	Superior
	Kelly Falcone	Excellent
	Megan Dunbar	Excellent
1999	Heidi Bradley	Outstanding
	Briana Snodgrass	Superior
	Arienne Candrick	Superior
1998	Larisa Baltgalvis	Excellent

HONORS

National Collegiate Goalie Of The Year

Year	Player
1995	Rachel Scott

USA Water Polo Sandy Nitta
Distinguished Coaching Award

Year	Coach	Zone
2017	Carin Crawford	Pacific Southwest
2016	Carin Crawford	Pacific Southwest

2003 United States Water Polo
Women’s Open Championship
All-Tournament Selections

Player	Team
Amber Prestegard	First Team
Holly Hartzell	First Team
Monica DeRosier	First Team
Casey Finnegan	Honorable Mention
Becky Sensney	Honorable Mention

HONORS