

TRITONCAST – SHOW OUTLINE

EPISODE 33 – FEBRUARY 10, 2021

WELCOME – JEFF

Welcome to episode 33 of Tritoncast – the podcast for UC San Diego Athletics. Alongside Jenny Stephens, I'm Jeff Tourial ... Whether you found us on U-C-S-D Tritons-dot-com or your favorite podcast platform – we're so happy you joined us this week. If you like what you hear... subscribe...rate the show...and write a brief review ... We've got a special episode for you today... It's a Valentine's Day edition!... Jenny, what's coming up in the Triton Spotlights?

COMING UP – JENNY

Love is in the air!... Coming up in today's Triton Spotlights...we'll chat with two couples who were former Triton scholar-athletes ... We'll start with Scott Tsuda, a former track and field athlete, and his wife Rina Nakano, a former tennis player who you might remember from episode 10 ... Later, we'll chat with former track and field athletes Sagrario DeFord and Matt DeFord – also known as Yogi ... Both couples will share their love stories and how UC San Diego Athletics played a role ... Those conversations come your way shortly in today's Triton Spotlights.

AROUND CAMPUS – JEFF

But first...we go around campus ... More teams are returning to action!... The golf team started off its season on Monday and the women's water polo preseason poll was announced on Monday as well ... You can catch up with both teams at U-C-S-D Tritons-dot-com ... While you're there, make sure to check out the feature story on the Kalt family ... Gloria Kalt of the Triton track and field team is following in the footsteps of her mother, Renee Sprowl Kalt, who also competed for the Tritons ... Read all about it on the website.

TOSS TO INTERVIEW – JENNY

Now it's on to our first of this week's Triton Spotlights ... Here's our conversation with Triton track and field alum Scott Tsuda and former tennis player Rina Nakano.

TRITON SPOTLIGHT INTERVIEW – SCOTT/RINA [JEFF]

COME OUT OF INTERVIEW – JENNY

What a great love story... Thank goodness that Rina eventually responded to Scott's Facebook message!

TOSS TO INTERVIEW – JEFF

Now it's on to our next Triton Spotlight ... Here's our conversation with Triton track and field alumni Matt and Sagrario DeFord.

TRITON SPOTLIGHT INTERVIEW – MATT/SAGRARIO [JENNY]

COME OUT OF INTERVIEW – JEFF

Such a fun conversation ... It was interesting to hear how they got engaged and married at the Triton throwing field!

PREVIEW NEXT EPISODE – JENNY

Coming up on episode 34 of Tritoncast, we'll chat with women's basketball alum Karina Herold ... Karina shares about her time with the Tritons and how her passion for sports led to her career ... Her career path included time with the Pepperdine Athletics Department, and she now serves as the Vice President of Major Events for the Los Angeles Sports and Entertainment Commission ... You won't want to miss her journey ... New episodes of Tritoncast premiere each Wednesday.

WRAP SHOW – JEFF

Thanks for listening to this week's show. Don't forget...you can find us on all your favorite podcast platforms like Amazon Music...Apple Podcasts... Audible...iHeart Radio...Spotify... Stitcher... and TuneIn. For more on Tritoncast...follow us on Twitter at Tritoncast...and if you've got suggestions for a future guest...send us a tweet or email Jeff and me at Tritoncast at U-C-S-D dot-E-D-U. We'll see you back here next week!