# BYU GYMNASTICS

Brenna Seeman| BYU Gymnastics SID | BYU Athletic Communications | Office: (801) 422-8999 | gymnastics\_sid@byu.edu

#### BYU 2022 SCHEDULE

re/Result

Date 1/7 1/15 1/21 1/28	D10 2022 SCHEDOL	-
1/15 1/21	Meet Sco	0
1/21	Rio Tinto Best of Utah+	
	at Univ. Nebraska	
1/28	at Southern Utah*	
	Utah State*^	
2/5	Boise State*^	
2/12	at Boise State*	
2/18	Southern Utah*^	
2/21	at Stanford	
2/25	at Utah State*	
3/4	Illinois State~	
3/12	Univ. Arizona	
3/19	MRGC Championship#	
^Helo	GC Opponent d at Smith Fieldhouse d at the Mayorik Contor	

Held at the Maverik Center #Held at Utah State ~Held in Marriott Center

#### 2022 QUICK FACTS

Location	Provo, Utah 84602
Elevation	4,553 feet
Enrollment	
Founded	October 15, 1875
Owned	LDS Church
Nickname	Cougars
BYU PresidentKe	vin J Worthen (BYU, 1979)
Athletics Director	. Tom Holmoe (BYU, 1983)
Assoc. Athletic Director/SWA .	Liz Darger (BYU, 2000)
Arena	Smith Fieldhouse
Conference	Mountain Rim Gymnastics
2021 NCAA Finish	19th

#### 2022 TEAM HIGHS

Vault
Bars
Beam
Floor
Total

#### **PROGRAM TEAM HIGHS**

Vault	49.625	3/12/04, Utah State
Bars	49.475	2/16/01, Missouri
Beam	49.675	3/12/04, Utah State
Floor	49.675	3/15/04, Southern Utah
Total	198.025	3/12/04, Utah State



# Location ...... Maverik Center, West Valley City, UT Television......BYUTV Live Stats ......Statbroadcast.com

# MEET PREVIEW

BYU gymnastics prepares for Rio Tinto Best of Utah Meet to kick off the 2022 season

PROVO, Utah The BYU gymnastics team will make its 2022 season debut at the third annual Rio Tinto Best of Utah NCAA Gymnastics Meet this Friday, Jan. 7 at 7 p.m. MST at the Maverik Center in West Valley City.

This meet marks the third of a multi-year partnership between Rio Tinto and the Maverik Center. The two are contracted to host this meet for a minimum of five seasons. This yearly meet brings together all four local universities: BYU, University of Utah, Utah State University and Southern Utah University.

Featuring a raised podium floor, the meet will be televised live on BYUtv.

#### Ticket Information

Tickets are still available to the public for the Best of Utah Gymnastics Meet on Friday, Jan. 7. Please use the link provided in the website article to access the ticketing page.

Last season, the University of Utah came out on top to defend their title with a solid score of 196.900. BYU followed, earning a 195.700. Utah state placed third with a 194.350, followed by SUU with a 194.325.

The Cougars walked away with many accomplishments at last year's event. BYU's Abbey Miner-Alder placed third in All-Around, earning a 39.275, in addition to MVP for the Cougars. With Alder graduating last year, Coach Guard Young is excited to see other gymnasts step up during the competition this Friday.

"On Saturday, we ran a full scrimmage and the girls looked amazing. Since then, we have had to make a few changes due to sickness or injury, but I am super excited to see our young players stepup this Friday," said Young. "The resilience of this team is amazing."

# PROJECTED BYU EVENT LINEUP

### VAULT

l. Allix Mason 2. Haley Pitou 3. Elease Rollins 4. Sophie Dudley 5. Sydney Benson

6. Melissa Earl

4. Abby Beeston 5. Haley Pitou 6. Anna Bramblett

BARS

1. Allix Mason

2. Sarah Barron

3. Lindsey Hunter

BEAM 1. Allix Mason 2. Eliza Millar 3. Sophia McClelland 4. Elease Rollins 5. Abby Beeston 6. Haley Pitou

FLOOR 1. Eliza Millar

- 2. Lindsey Hunter
- 3. Abby Beeston

- 4. Brittney Vitkaus-
- kas

5. Sophie Dudlev

6. Sydney Benson

#### 2022 BYU ROSTER

NAME	HT.	YEAR
Anyssa Alvarado	5-3	Jr.
Sarah Barron	5-7	Sr.
Abby Beeston	5-6	Sr.
Sydney Benson	5-4	So.
Anna Bramblett	5-4	So.
Sophie Dudley	4-10	Fr.
Melissa Earl	5-6	Fr.
Lexi Griffith	5-3	Sr.
Rachel Heaton	5-0	Sr.
Lindsey Hunter	5-4	Jr.
Rebecca Leach	5-4	Fr.
Mina Margraf	5-2	Fr.
Allix Mason	5-3	So
Olivia Matern	5-4	Fr.
Sophia McClelland	5-2	So.
Eliza Miller	5-0	Fr.
Sadie Miner-Van Tassell	5-2	Sr.
Lauren Ono	5-1	So.
Haley Pitou	5-4	Sr.
Adeline Rieder	5-2	Sr.
Rebekah Ripley	5-2	Jr.
Elease Rollins	4-11	Jr.
Heidi Schooley	4-11	Fr.
Brittney Vitkauskas	5-2	Sr.
Jazlyn Wood	5-6	Fr.

Head Coach: Guard Young (7th Season) Associate Head Coach: Natalie Broekman (7th Season) Assistant Coach: Brogan Evanson (7th Season) Volunteer Assistant Coach: Warde Allan (3rd Season)

# BYU PRONUNCIATION GUIDE

ANYSSA ALVARADO Haley PITOU ADELINE RIEDER ELEASE Rollins Brittney VITKAUSKAS UH-nissa / AL-vuh-RAH-DO Pee-too Add-a-line / Ree-der UH-lease Rollins Vit-cows-kiss

HOMETOWN

Prescott Valley, AZ

Santa Clarita, California

Rancho Cucamonga, California

Lehi, Utah Riverton, UT

Plano, Texas St. George, UT

Allen, Texas

Draper, Utah

Coppell, Texas

Highland, Utah

Mapleton, Utah

Park City, Utah

St. George, Utah West Jordan, Utah

Portland, Oregon

Riverside, California

Orem, Utah

Camarillo, California Cincinnati, Ohio

San Dimas, California

Scranton, Pennsylvania

California

Rancho Cucamonga, California Honolulu, Hawai'i MEET PREVIEW CONT.

Meet Information

When: Friday, Jan. 7 Time: 7 PM MST Where: Maverik Center

TV: BYUtv

THE COUGARS. BYU received a preseason WCGA ranking of No. 19. The Cougars finished 2021 as the No. 19 team in the nation and won the Mountain Rim Gymnastics Conference title. The team pushed to new heights with a 196.656 average to improve upon its 196.228 average from the previous season. This season, the Cougars will be led by event captains Elease Rollins, Brittany Vitkauskas, Haley Pitou and Sadie Miner-Van Tassell.

THE THUNDERBIRDS. SUU received a preseason WCGA ranking of No. 25. The Thunderbirds ended the 2021 season at No. 23 with an average team score of 196.048 and an NQS score of 196.675.

THE UTES. The University of Utah received a preseason WCGA ranking of No. 4, which marks the fifth-straight season the Utes have landed in the top five. Coming into the 2022 season, the Utes will bring 23 of 24 routines from last year's third-place NCAA Championship finishers.

THE AGGIES. The Aggies received a preseason WCGA ranking of No. 26, jumping six spots from their previous ranking. Last season, Utah State finished its season with a No. 25 ranking and an NQS of 196.025. The Aggies ended the 2021 season with a team average of 195.943.

# 2022 SEASON SCORES

Meet	Result	Vault	Bars	Beam	Floor	Total
1/7 Rio Tinto Best of Utah						
1/15 @ Univ. Nebraska						
1/21 @ Southern Utah						
1/28 Utah State						
2/5 Boise State						
2/12 @ Boise State						
2/18 Southern Utah						
2/21 @ Stanford						
2/25 @ Utah State						
3/4 Illinois State						
3/12 Univ. Arizona						
3/19 MRGC Championships						
Bold indicates season high						

# 2022 PHOTO ROSTER



Jr.



Jr.





Abby Beeston Sydney Benson So.





Sophie Dudley Fr.



Melissa Earl Fr.



Sr.



Eliza Miller Fr.



Jr.



Lindsey Hunter Rebecca Leach Fr.



Mina Margraf Fr.



So.



Fr.

Sophia McClelland

So.





Sr.

Sr.

Sadie Miner-Van Lauren Ono Tassell So.



Heidi Schooley Fr



Haley Pitou



Sr.

Brittney Vitkauskas

Sr.



**Adeline Rieder** Sr.



Jr.







Jazlyn Wood Fr.









Jr.







2022 INDIVIDUA	L SCOF	RES									
Anyssa ALVARADO Career High: Bars: 9.9	925					Sydney BENSON Date Team	Vault	Bars	Beam	Floor	AA
Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	<ul> <li>1/7 Rio Tinto Best of Utah</li> <li>1/7 Rio Tinto Best of Utah</li> <li>1/15 @ Univ. Nebraska</li> <li>1/21 @ Southern Utah</li> <li>1/28 Utah State</li> <li>2/12 @ Boise State</li> <li>2/12 @ Boise State</li> <li>2/18 Southern Utah</li> <li>2/21 @ Stanford</li> <li>2/25 @ Utah State</li> <li>3/4 Illinois State</li> <li>3/12 Univ. Arizona</li> <li>3/19 MRGC Championships</li> </ul>	vuur	Dury	Jean		
Sarah BARRON						Anna BRAMBLETT					
Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA
Abby BEESTON Career High: Bars: 9.8 Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/12 @ Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	Sophie DUDLEY Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA

	. 36L	JREÐ									
Melissa EARL Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	Lindsey HUNTER Career High: Bars: 9.8 Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/19 MRGC Championships	7 <b>5</b> Vault	Bars	Beam	Floor	AA
Lexi GRIFFITH Career High: Vault: 9.8 Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/18 Southern Utah 2/21 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/19 MRGC Championships	<b>375</b> Vault	Bars	Beam	Floor	AA	Rebecca LEACH Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA
Rachel HEATON Career Highs: Vault: 9. Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/12 @ Boise State 2/12 @ Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	<b>.800</b> Vault	Floor: 9.87 Bars	<b>5 Beam</b> Beam	: <b>9.125</b> Floor	AA	Mina MARGRAF Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA

	19605	LO									
Allix MASON Career Highs: Vault: 9		am: 9.80	0			Eliza MILLER Date Team	Vault	Bars	Beam	Floor	AA
Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships					
Olivia MATERN						Sadie MINER-VAN TAS					
Date Team 1/7 Rio Tinto Best of Utah	Vault	Bars	Beam	Floor	AA	Career Highs: Vault: 9 Date Team	. <b>900</b> Vault	Floor: 9.90 Bars	<b>JO Beam</b> Beam	<b>: 9.875</b> Floor	AA
1/15 @ Univ. Nebraska						1/7 Rio Tinto Best of Utah	vaure	Duis	beam	11001	,
1/21 @ Southern Utah 1/28 Utah State						1/15 @ Univ. Nebraska 1/21 @ Southern Utah					
2/5 Boise State 2/12 @ Boise State						1/28 Utah State 2/5 Boise State					
2/18 Southern Utah						2/12 @ Boise State 2/18 Southern Utah					
2/21 @ Stanford 2/25 @ Utah State						2/21 @ Stanford					
3/4 Illinois State 3/12 Univ. Arizona						2/25 @ Utah State 3/4 Illinois State					
3/19 MRGC Championships						3/12 Univ. Arizona 3/19 MRGC Championships					
Sophia MCCLELLAND Career High: Beam: 9.						Lauren ONO					
Date Team 1/7 Rio Tinto Best of Utah	Vault	Bars	Beam	Floor	AA	Date Team 1/7 Rio Tinto Best of Utah	Vault	Bars	Beam	Floor	AA
1/15 @ Univ. Nebraska 1/21 @ Southern Utah						1/15 @ Univ. Nebraska 1/21 @ Southern Utah					
1/28 Utah State						1/28 Utah State					
2/5 Boise State 2/12 @ Boise State						2/5 Boise State 2/12 @ Boise State					
2/18 Southern Utah 2/21 @ Stanford						2/18 Southern Utah 2/21 @ Stanford					
2/25 @ Utah State						2/25 @ Utah State					
3/4 Illinois State 3/12 Univ. Arizona						3/4 Illinois State 3/12 Univ. Arizona					
3/19 MRGC Championships						3/19 MRGC Championships					

2022 INDIVIDUA		(LJ									
Haley PITOU Career Highs: Vault: 9	).850 Ba	ars: 9.900	)			Elease ROLLINS Career High: Beam: 9.	925				
Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA
Adeline RIEDER Career Highs: Floor: 9	.800 Va	ult: 9.85	D			Heidi SCHOOLEY Date Team	Vault	Parc	Room	Floor	AA
Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/19 MRGC Championships	Vault	Bars	Beam	Floor	AA	Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	vauit	Bars	Beam	FIOOI	
Rebekah RIPLEY		0.70	0			Brittney VITKAUSKAS	050				
Career Highs: Vault: S Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/5 Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	J.85U F1 Vault	oor: 9.70	U Beam	Floor	AA	Career High: Floor: 9.1 Date Team 1/7 Rio Tinto Best of Utah 1/15 @ Univ. Nebraska 1/21 @ Southern Utah 1/28 Utah State 2/12 @ Boise State 2/12 @ Boise State 2/18 Southern Utah 2/21 @ Stanford 2/25 @ Utah State 3/4 Illinois State 3/12 Univ. Arizona 3/19 MRGC Championships	990 Vault	Bars	Beam	Floor	AA

Jazlyr	n WOOD					
Date	Team	Vault	Bars	Beam	Floor	AA
1/7 Rio	Tinto Best of Utah					
1/15 @	Univ. Nebraska					
1/21 @	Southern Utah					
1/28 Ut	tah State					
2/5 Boi	se State					
2/12@	Boise State					
2/18 Sc	outhern Utah					
2/21@	Stanford					
2/25 @	Utah State					
3/4 Illir	nois State					
3/12 Ui	niv. Arizona					
3/19 M	RGC Championships					

### 2022 COACHING STAFF

## Guard YOUNG BYU Head Coach 2015-Present

A former BYU national champion gymnast and Olympic silver medal winner, Young returned to his alma mater in May 2015 to take the helm of the BYU gymnastics program.

A member of the BYU Athletic Hall of Fame, Young returne to Provo from the University of Oklahoma, where he was an assistant men's gymnastics coach from 2000-05 and 2011-15. In nine seasons at OU, Young was part of four NCAA championship teams (2002, 2003, 2005, 2015) and five NCAA runner-up teams (2001, 2004, 2012, 2013, 2014).

Young's passion for gymnastics is equaled by his love for BYU. From 1996 to 2000, he was a member of the BYU men's gymnastics team, winning six All-America awards and two NCAA National Championships on the vault (1999, 2000). As a senior, Young was also the runner-up for the individual all-around at the 2000 NCAA Championships. He was inducted into the BYU Athletic Hall of Fame in 2010.

From 2000 to 2004, Young was a member of the USA Senior National Gymnastics Team, winning a team silver medal at the 2001 World Championships in Ghent, Belgium, and a team silver medal the 2004 Olympic Games in Athens, Greece.

As a junior gymnast, he trained under OU coach Mark Williams at the Bart Conner Gymnastics Academy in Norman, Oklahoma. Young earned the 1996 junior national champion title and three junior national team berths.

Young graduated from BYU in 2001 with a Bachelor of Arts in communications with an emphasis in broadcast journalism. He and his wife, Alisha, have two boys and one daughter (Tyler, Jaxson and Hadley).

His father, Wayne Young, was a BYU gymnast from 1970-1975 and captained the 1976 USA Olympic team. Wayne later became the Cougars men's gymnastics coach from 1979-87 and was inducted into the BYU Athletic Hall of Fame in 1986. In addition, Guard's sister, Jessica Young Wycherly, was a gymnast at BYU from 1995-98.



# Natalie BROEKMAN

BYU Associate Head Coach Balance beam coach 2015-Present

Coaching Experience

- Coached at Gold Medal Gymnastics in Chandler, Ariz., under the direction of Olympic gold medalist, Amanda Borden
- Coached for nine years at Arizona Olympian
   Gymnastics

Gymnastics Career

- Member of BYU gymnastics team from 1996-99, coached by Brad and Dawn Cattermole and Shauna Mertz
- Team captain during the 1999 season
- Broke school all-around record in 1999 with a 39.475
- Received the Dale R. McCann Team Spirit Award from the Cougar Club in 1999
- NACGC-W All-American on balance beam in 1996
- Member of the U.S. Elite National Team from 1992-94
- Finished third in the all-around senior national division at the U.S. Classic
- Demonstrator for the United States Gymnastics Federation, the Federation of International Gymanstics and U.S. Synchronized Swimming

Education

- Bachelor of Science in Family Science, BYU (2000)
- Physical education coaching minor

Family

 Natalie and her husband, David, have four children — Davis, Brady, Holland and Tate

# YOUNG AT A GLANCE

**Coaching Career** 

- Named 2019 MRGC Coach of the Year after guiding BYU to a No. 21 ranking that included scoring a 197 for the first time in 15 years
- University of Oklahoma assistant men's gymnastics coach for nine years ('00-'05, '11-'15)
- Coached four NCAA championship teams at OU
- Also coached five NCAA runner-up teams at OU

#### **Gymnastics** Career

- 2010 BYU Hall of Fame Inductee
- 2004 Olympic Silver Medalist in Athens
- Member of USA National Gymnastics Team for 10 years
- Six-time NCAA All-American
- Two-time NCAA Vault Champion ('99, '00)
- Individual all-around title runner-up at 2000 NCAA Championships



#### Brogan EVANSON BYU Assistant Coach

Vault and floor coach, team choreographer 2015-Present

Judging and Coaching Experience

- Level 10 Official for the NCAA and USA Gymnastics since 2007
- Gymnastics Program Director and Head Coach at Peak Athletics in Highlands Ranch, Colo.
- Co-Midwest Independent Conference Assistant Coach of the Year
   in 2007
- Volunteer assistant coach for BYU in 2005, contributing to Cougars' NCAA National Championship Appearance

Gymnastics Career

- Member of BYU gymnastics team from 2001-04, coached by Dawn and Brad Cattermole and Shauna Mertz
- Ranked No. 14 nationally on uneven bars
- Scored a 9.975 on bars against Utah to set a new school record in 2004
- Recorded a perfect 10.000 on floor in 2003
- Awarded the BYU Scholar-Athlete Award four straight years
- Nominated for the Lu Wallace Outstanding Senior Female Award in 2004

Education

- Masters of Art in Athletic Administration, Southeast Missouri State (2007)
- Bachelor of Science in Exercise Science, BYU (2005)
- Personal Training Certification with the American College of Sports Medicine

Family

 Brogan and her husband, Troy, have four children — Rigden, Tegan, L. Jaclyn and Emmy