

EASTERN MICHIGAN GYMNASTICS

17 Individual MAC Champions // 2007, 2016, 2017 MAC Champions // 21 NCAA Regional Qualifiers

Saturday, January 6, 2018 • State College, Pa. • Rec Hall



Eastern Michigan Eagles

0-0 (0-0 Mid-American Conference)

Head Coach: Katie Minasola (Massachusetts, 2003)

VS



Penn State Nittany Lions

0-0 (0-0 Big Ten)

Head Coach: Sarah Brown (Missouri, 2012)

#TRAINTOR3IGN



2018 SCHEDULE/RESULTS

Dec. 3	Michigan (Ex.)	L, 196.125-193.450
Jan. 6	Penn State	4 p.m.
JAN. 13	CENTRAL MICHIGAN*	6 P.M.
Jan. 19	Bowling Green*	6 p.m.
Jan. 27	Michigan State Quad	7 p.m.
	<i>Michigan State</i>	
	<i>Rutgers</i>	
	<i>Pittsburgh</i>	
FEB. 2	ILLINOIS-CHICAGO	6 P.M.
FEB. 9	NORTHERN ILLINOIS*	ESPN 3 6 P.M.
FEB. 15	ILLINOIS STATE	ESPN 3 6 P.M.
Feb. 25	Kent State*	1 p.m.
Mar. 4	Ball State*	1 p.m.
Mar. 11	Temple Quad	1 p.m.
	<i>Temple</i>	
	<i>Rutgers</i>	
	<i>Lindenwood</i>	
MAR. 16	WESTERN MICHIGAN*	6 P.M.
Mar. 24	MAC Championships	TBD
Apr. 7	NCAA Regionals	TBD
Apr. 20	NCAA Championships	TBD

* - Mid-American Conference game;
Home games in **BOLD CAPS**; All times are EST

PRONUNCIATION GUIDE

Sydney Audet	aww-dett
Cortney Bezold	bee-zold
Kirsten Gendron	jen-dronn
Jada Rondeau	jay-duh ron-n-dough
Jeanai Scott	juh-h-nay

ROADTONATIONALS.COM

Since 2013, RoadToNationals.com has been used as a hub for information surrounding both men's and women's gymnastics in the NCAA. As the official statistical site of the NCAA, RTN includes information in regards to each program in the athletic association, including analytics, records, rankings, past performances and outcomes, coaching personell, rosters, meet details, and everything a fan could need.



MEET INFORMATION

Date:	Saturday, Jan. 6
Tipoff:	4 p.m.
Site:	State College, Pa.
Arena:	Rec Hall

Live Stream:

gopsusports.com/livestats/w-gym/20180106.htm

Live Stats:

EMUEagles.com/livestats

COACHING STAFF

Head Coach	Katie Minasola
Overall Record	0-0
Record at EMU	0-0
MAC Record at EMU	0-0
Assistant Coach	Danielle Guider
Vol. Assistant Coach	Sam Higgins
Student Coach	Natalie Gervais

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EMU PROBABLE LINEUPS

VAULT

1. Jules Schwartz
2. Allie Smith
3. Megan Hultgren
4. Emili Dobronics
5. Ciara Gresham
6. Kendall Valentin

BARS

1. Emili Dobronics
2. Megan Hultgren
3. Carly Clark
4. Cortney Bezold
5. Kendall Valentin
6. Lacey Rubin

BEAM

1. Megan Hultgren
2. Emili Dobronics
3. Megan Marino
4. Jada Rondeau
5. Lacey Rubin
6. Kendall Valentin

FLOOR

1. Megan Hultgren
2. Jada Rondeau
3. Megan Benzie
4. Megan Marino
5. Emili Dobronics
6. Ciara Gresham

EASTERN MICHIGAN STORYLINES, STREAKS AND SIDEBARS

YPSILANTI, Mich. (EMUEagles.com) -- The Eastern Michigan University gymnastics team kicks off its 2018 regular season on the road Saturday, Jan. 6, as they take on Penn State in State College, Pa. The Eagles will look to continue their success after an impressive 2017 campaign, which included a regular season Mid-American Conference title, their second consecutive MAC tournament championship, and a trip to the NCAA Regional Championships for the second time in program history.

Following the Meet: Fans can follow the meet through both live stats and a video stream. Links for both can be found on the EMU gymnastics schedule page located on EMUEagles.com.

Last Time Out: The Eastern Michigan University gymnastics team took part in an exhibition with the University of Michigan, Sunday, Dec. 3, at the Crisler Center in Ann Arbor, Mich. The exhibition served as a good opportunity for the Eagles to compete in a true meet-like environment leading up to this weekend.

The Eagles ended their day with a team score of 193.450. Senior **Kendall Valentin** and sophomore **Emili Dobronics** competed in the all around, posting scores of 39.125 and 38.000, respectively. Valentin led the team in three of the four events, notching her highest score of the day on bars, posting a 9.875.



THE KATIE MINASOLA FILE

Katie Minasola was named as the fifth Head Women's Gymnastics Coach at Eastern Michigan University, July 25, 2017, by Vice President/Director of Athletics Scott Wetherbee. Minasola will start her first season at EMU in 2017-18.

A native of Grand Rapids, Mich., Minasola has helped 11 teams to NCAA Regional appearances, including five with Iowa State University and six at Michigan State University.

Minasola spent the past six years working at Iowa State as both an assistant coach and the associate head coach, and has a total of 13 years of coaching experience. She arrives in Ypsilanti following a stint at ISU, where she started as an assistant coach before assuming associate head coach responsibilities during the 2017 campaign. While with the Cyclones, she focused on the beam and assisted in the choreography of the floor routines.

Last year in Ames, the Cyclones were successful in their efforts to return to the postseason, making their way into the top-25 twice while qualifying for the NCAA Lincoln Regional. The Cyclones finished the year tied for the second most improved in the top-30 of the regular season rankings. In addition, she helped Haylee Young qualify for the NCAA National Championship in the all-around.

While ISU missed out on making Regionals as a team in 2016, the foundation was laid as Meaghan Sievers reached the postseason on vault.

The 2015 campaign saw one of Iowa State's top seasons on the beam in program history. The Cyclones saw Caitlin Brown earn regular season and postseason All-America honors under Minasola's watch. Brown and Sammie Pearsall tied the ISU record on beam, each recording a 9.95 during the 2015 season. The team also posted a 49.425 on beam, the third-highest team score in school history.

In her second year at Iowa State, Minasola coached Michelle Shealy to the best finish at the NCAA Championship on beam in Cyclone history and to All-America First-Team honors. Shealy scored 9.900 on beam to qualify to the event finals and her 9.8375 score and fifth-place finish are the best-ever by a Cyclone on beam at the event finals. Minasola also coached Caitlin Brown to All-Big 12 Championship honors on beam after the sophomore scored 9.875 on the event at the 2013 league meet.

In her first season at ISU, both the floor and beam teams were fixtures in the top-25 national rankings and Shealy placed second on beam at the Cyclones' 2012 NCAA regional competition.

Minasola began her coaching career at Michigan State University, where she spent seven seasons working with the Spartans' gymnastics program. Her position at MSU also included working with the floor exercise competitors on choreography for routines, and she was the team's academic liaison.

During her time in East Lansing, the Spartans reached the NCAA Regionals six consecutive seasons (2006-11), including posting a pair of top-three team finishes in 2008 and 2011.

A 2016 inductee into the Grand Rapids Sports Hall of Fame, Minasola's track record of domestic competition is impressive in-and-of itself. At the 1993 Junior Olympics National Championship, the Geddert's Twisters USA program captured a first-place finish on the balance beam, as well as first place all-around in the children's division. Minasola went on to claim two fourth place all-around finishes that year, first at the U.S. Classic and again at the U.S. Championship, both in the junior division. She also finished first on the floor and ninth all-around at the Catania Cup Classic in Sicily, Italy in 1993.

In 1994, Minasola took first place in the all-around (junior division) at both the U.S. Classic and the American Classic/World Championship Trials. She also anchored a first-place team finish as well as fifth all-around amongst competitors from across the globe at the 1994 Hilton Challenge, and finished eighth all around at the 1994 Coca-Cola National Championships. Minasola's skills took her to Barcelona, Spain, where she competed in the Joaquim Blume Memorial and posted a third-place all-around finish.

The following year at the American Classic/Pan American Game Trials, she captured fifth place on bars and beam, while finishing sixth on the floor and fifth in the all-around. Minasola's performance propelled her to become a member of the 1995 U.S. Pan American gold medal-winning team. Minasola earned a fourth-place finish on the balance beam to contribute to the team victory at the Pan American Games in Mar del Plata, Argentina. She also performed at the 1995 Visa Challenge, guiding her team to a first-place finish, while individually she placed third in the all-around, sixth on vault, fourth on bars, sixth on beam and third on floor.

After her success at the Pan American Games, Minasola was eighth in the all-around at the 1996 U.S. Classics, also tying for first in the uneven parallel bars. At the 1996 U.S. Olympic Trials, Minasola ranked eighth all-around, which allowed her the opportunity to serve as an alternate for 1996 U.S. Olympic team. She also contributed to a first-place team finish at the 1996 Senior Pacific Alliance Championships in Kuantan, Malaysia, by placing second in the floor exercise and third on the bars.

Minasola began her collegiate career as a freshman gymnast at the University of Massachusetts in 2000. In her debut season, she was honored as Atlantic 10 Rookie of the Week for three straight weeks (Jan. 31, Feb. 8, Feb. 14, 2004), tied the school record on bars (9.950) and beam (9.925), and scored 39.175 all around on two occasions, good for fourth place all-time at UMass.

As a sophomore, Minasola tied her own all-time university record with a 9.950 on bars. She scored a 9.900 or higher six times in the event in 2001, including a conference-best 9.950. She also scored 9.800 or higher three times on beam that same year. In 2002, Minasola established herself as the all-time UMass record holder on both bars (9.975) and went on to become the Atlantic 10 Conference Champion on bars with a score of 9.950. She also took fourth place on bars (9.800) at the 2002 NCAA Northeast Regional.

To complete her collegiate career, Minasola transferred to Mid-American Conference rival Central Michigan University, where she set the school's all-time record on bars with two perfect 10.0 performances in 2003. She earned the top score of 9.975 on bars at the MAC Championships, and was also a regional champion on bars (9.900), which qualified her for Nationals.

Minasola is a graduate of the University of Massachusetts, earning a bachelor's degree in sociology in 2003.

She and her husband, Mike, have one son, Jake.

Familiar Faces: The competition against Penn State will include two former EMU Eagles in the form of current PSU Head Coach Sarah Brown, and Assistant Coach Dallas Becerra. The two held the same titles at Eastern a year ago, and helped coach the Green and White to both MAC regular season and tournament titles.

EMU Against the Big Ten: Through the past few years, the Eagles have become very familiar with Big Ten opponents, competing against teams from the conference a total of seven times in the regular season since 2015. The Green and White have amassed a solid record of 4-2-1 within that time frame, securing victories against Michigan State, Maryland, and Rutgers, while also tying Ohio State on the road in Columbus.

Key Returners: Although the Green and White lost Natalie Gervais, Sydney McEachern, and Catie Conrad, all of which brought home medals from last year's MAC Championships, the Eagles return a strong core of student-athletes. Leading the gymnasts will be redshirt senior **Lacey Rubin** and senior **Kendall Valentin**. In 2017 Rubin captured all-tournament honors, a MAC Championship on bars, and a third place in the same event at NCAA Regionals. Alongside Rubin is one of the most accomplished gymnasts to come through EMU in the form of Valentin. The senior was the first in program history to receive First Team All-American honors, after completing the year ranked seventh in the nation on bars. Valentin also earned First Team All-MAC honors, in addition to being named to the 2017 all-tournament team, while nabbing MAC Specialist of the Week honors on three separate occasions during the regular season.

Additionally, the Eagles bring back a solid group of experienced gymnasts. Seniors **Megan Marino** and **Jules Schwartz** competed in every meet last year on floor and vault, respectively, while juniors **Ciara Gresham** and **Megan Hultgren** also competed in every regular season meet and the MAC Championships, where Gresham was named to the all-tournament team. Senior **Kirsten Gendron** and junior **Sydney Audet** also saw a good chunk of competition, participating in a combined 18 meets. Sophomore **Emili Dobronics** will bring a lot of attention as an underclassman after putting together a very impressive freshman campaign, competing in 11 meets and representing EMU in both the MAC Championships and NCAA Regionals.

Green and White Tab Danielle Guider as Assistant Coach: The 2017 season marks the first year for **Danielle Guider** as the assistant coach for the Eastern Michigan gymnastics team.

Guider brings 14 years of coaching experience to EMU. Most recently, she was an optional team coach at Triad Gymnastics for a year, and a volunteer coach at Iowa State University from 2011-16. At ISU, Guider served as the head vault coach while assisting in all other events, as well as helping coordinate the team's strength and conditioning.

While a member of the Cyclones, Guider also served as the Head Coach at Cardinal Gymnastics Academy. There she was the team director and head coach of the CGA compulsory & optional programs, helping qualify two Level 9 gymnasts to the Western National Championships for the first time.

Prior to ISU and Cardinal, Guider acted as a coach for US Gymnastics in Mahwah, New Jersey from 2003 to 2011. While in New Jersey, she assisted with office work and organized activities to specific participants' developmental levels, in order to enhance coordination for younger gymnasts. Additionally, Guider has spent extensive time with different gymnastics camps, assisting in the Cyclone Gymnastics Camp from 2012-17, acting as the Camp Coach at Flip Fest in 2010 and 2013, and serving as the Camp Coach and Counselor at the University of Missouri in the summers from 2007-10.

Before becoming a coach, Guider had a successful athletic career as a gymnast at the University of Missouri from 2006 to 2010. In her senior year, the team qualified for the NCAA National Championship by winning the regional title, where she took third place in the all-around. Guider also took third in the all-around in the Big 12 Championships, earning All-Big 12 Championship All-Around honors. In 2007 she garnered her team's Freshman of the Year award, and in the two following years she



Front (L-R): Cortney Bezold, Cali Harden, Brianna Price, Megan Benzie, Jada Rondeau, Jeanai Scott
Middle (L-R): Sydney Audet, Allison Smith, Emili Dobronics, Megan Hultgren, Ciara Gresham, Carly Clark
Back (L-R): Kirsten Gendron, Megan Marino, Lacey Rubin, Jules Schwartz, Kendall Valentin

was placed on the Big 12 Commissioners Academic Honor Roll. Guider graduated from the University of Missouri in 2010 with a bachelor of science in hotel and restaurant management, with an emphasis in event planning.

New Faces in the Gym: EMU welcomes six freshmen to the 2018 squad: freshmen **Megan Benzie, Cortney Bezold, Cali Harden, Brianna Price, Jada Rondeau,** and **Jeanai Scott.**

Gymnastics Partners With People Against Distracted Driving: The Eastern Michigan University gymnastics team announced a partnership with the non-profit organization, People Against Distracted Driving (PADD), for the 2018 season.

The mission of PADD is to prevent distracted driving through public awareness and education, and to aid the families of victims effected by distracted driving.

This partnership follows the unfortunate passing of David Smith, the father of current student-athlete and gymnast, **Allison Smith.** David was working for the Franconia Township Department of Public Works the day of his death, Sept. 5, a position he had held for almost 30 years. At the time, David and his crew were painting road lines, when a driver struck him and one of his coworkers. He later passed at Grand View Hospital, while his fellow coworker remained in critical condition.

Allie and the team wish to use their platform to help spread awareness of PADD and its purpose. In order to supplement their goals, the team will be employing various efforts throughout the season to enhance the exposure of PADD, Allie's story, and the problem that is distracted driving.

Additionally, the team is dedicating their 2018 season and all their efforts to Allie's father, using the hashtag "Do It for Dave" on the team's social media platforms to honor the Telford, Pa. native.

Looking Ahead: Eastern welcomes in-state foe and MAC-west rival Central Michigan to the Convocation Center Saturday, Jan. 13, for the 2018 home opener. Last year, the Eagles came out victorious against the Chippewas in the regular season, besting CMU 195.925-194.650 in Mount Pleasant. **Kendall Valentin** and **Lacey Rubin** led the way for the Green and White, as they paced the bars squad with a 9.925 and 9.900, respectively, en route to tying the then-program record in the event. This year EMU will look to maintain its recent success against the tough Central squad, who was picked to finish atop the MAC in the coaches' preseason poll.

The EMU Record Book

All-Around

1.	Natalie Hashimoto	39.725
2.	Leah Hashimoto	39.475
3.	Natalie Hashimoto	39.450
4.	Natalie Hashimoto	39.425
5.	Natalie Hashimoto	39.375

Vault

1.	Natalie Hashimoto	10.000
2.	Natalie Hashimoto	9.975
3.	Natalie Hashimoto	9.950
4.	Natalie Hashimoto	9.925
t-4.	Rachel Slocum	9.925
5.	Natalie Hashimoto	9.900
t-5.	Rachel Johnson	9.900
t-5.	Leah Hashimoto	9.900
t-5.	Tawna Bennett	9.900
t-5.	Rachel Slocum	9.900
t-5.	Kendall Valentin	9.900

Bars

t-1.	Natalie Hashimoto	9.950
t-1.	Kendall Valentin	9.950
2.	Kendall Valentin	9.925
3.	Natalie Hashimoto	9.900
t-3.	Lindsey Gamrod	9.900
t-3.	Leah Hashimoto	9.900
t-3.	Jennifer Charlebois	9.900
t-3.	Catie Conrad	9.900
t-3.	Natalie Gervais	9.900
t-3.	Lacey Rubin	9.900
t-3.	Kendall Valentin	9.900

Beam

1.	Natalie Hashimoto	10.000
2.	Natalie Gervais	9.925
t-3.	Natalie Hashimoto	9.900
t-3.	Jenika Faes	9.900
t-3.	Jennie Spindler	9.900
t-3.	Rebecca Fuss	9.900
t-3.	Catie Conrad	9.900
t-3.	Natalie Gervais	9.900
t-3.	Lacey Rubin	9.900
t-3.	Kendall Valentin	9.900

Floor

t-1.	Natalie Hashimoto	9.950
t-1.	Sara Wasilenko	9.950
t-1.	Leah Hashimoto	9.950
t-1.	Brooke Morari	9.950
7.	Emily Koechel	9.925

Overall Score

196.600	at Bowling Green	02-13-16
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Vault

49.350	at Missouri	03-02-03
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Bars

49.300	at MAC Championships	03-18-17
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Beam

49.325	at MAC Championships	03-19-16
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Floor

49.425	MAC Championships	03-19-04
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Success in 2017: The Green and White posted one of its best seasons in program history just a year ago. For the first time in program history, an Eagle was named a regular season All-American by the National Association of College Gymnastics Coaches for Women (NACGC/W). **Kendall Valentin** received First Team All-American honors after finishing the season with a top-eight ranking on bars, as she is tied for seventh in the nation. Eastern also secured its first-ever MAC Regular Season Title, finishing with a record of 5-1, defeating Central Michigan, Western Michigan, Kent State, Ball State, and Bowling Green, while falling to Northern Illinois.

For the second consecutive season, the Eagles finished atop the podium at the MAC Championships. After winning the program's second ever MAC title in 2016, the Green and White successfully repeated as conference champions by finishing the meet with a 49-or-better on each event while also breaking the program record on bars, scoring a 49.300. Individually, **Ciara Gresham** and Kendall Valentin tied for second on vault, each scoring a 9.850. Catie Conrad, **Natalie Gervais**, and **Lacey Rubin** tied for first on bars, as the trio all scored a 9.900. Conrad also led Eastern on beam with a 9.875, while Valentin added a 9.850. Finally, Conrad, **Megan Marino**, and Sydney McEachern each notched a 9.850 on floor. In the all-around, Conrad tied for her career-best with a 39.350, which was good for third. The conclusion of the meet saw Gresham, Valentin, Gervais, Rubin, and Conrad all earn All-Tournament Team honors.

Eagles Welcome Return of Ella Dover: This will be the second year as a member of the Green and White for Ella, as the Eagles, in unison with Team IMPACT, announced Thursday, Dec. 8, 2016, that the team signed 10-year old **Ella Dover** to a ceremonial letter of commitment to join the team for the next few years.

Ella suffers from chronic epilepsy and has multiple seizures daily. This, however, does not have an impact on her attitude, as she is always smiling and approaching life with a positive mentality. Ella will be a regular at practices and meets, and will also join the Green and White for team activities and events throughout the year. In fact, Ella was in attendance for the team's season opener last year against Kentucky, in addition to making the trip to Kalamazoo for the WMU meet. She also attended the Towson and Ball State meets, helping power EMU to its two best team scores of the season. This season, the Eagles honor Ella with the hashtag "#EforElla" to show support for the admirable and brave team member.

Eagles on ESPN3: For the third consecutive season, the Eagles will have a pair of home meets broadcast on ESPN3. This season, fans will be able to watch their Eagles compete on ESPN3 against MAC-opponent Northern Illinois, Feb. 9, and Illinois State, Feb. 15.

EMU Selected Sixth in MAC Preseason Poll: The Eastern Michigan University gymnastics team was picked to finish sixth in the Mid-American Conference, the league office announced Thursday, Dec. 21, as part of the MAC Preseason Coaches' Poll.

Central Michigan paced the voting, while also earning the most first-place votes with two. Following the Chippewas is Kent State at second, who was also the only team to not receive a first-place vote. Bowling Green, Northern Illinois, and Western Michigan rounded out the top-five at third, fourth, and fifth, respectively, while Ball State was pegged at seventh, one spot behind Eastern.

Last year, EMU was selected to finish third in the preseason poll and exceeded expectations by capturing both the regular season and tournament title. The Eagles will once again look to outperform their preseason ranking with eyes set on capturing their third consecutive MAC Championship in the debut season of **Katie Minasola**.

2018 Roster



Sydney Audet
5-2 • Junior



Megan Benzie
5-1 • Freshman



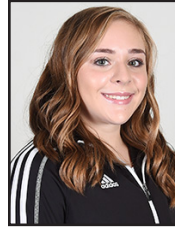
Cortney Bezold
5-0 • Freshman



Carly Clark
5-3 • Rs-sophomore



Emili Dobronics
5-3 • Sophomore



Kirsten Gendron
5-1 • Senior



Ciara Gresham
5-5 • Junior



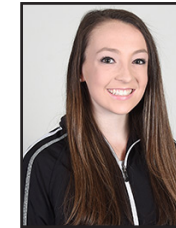
Cali Harden
5-2 • Freshman



Megan Hultgren
5-3 • Junior



Megan Marino
5-3 • Senior



Brianna Price
5-3 • Freshman



Jada Rondeau
5-0 • Freshman



Lacey Rubin
5-4 • Rs-senior



Jules Schwartz
5-5 • Senior



Jeanai Scott
5-9 • Freshman



Allison Smith
5-5 • Rs-freshman



Kendall Valentin
5-4 • Senior

Name	Events	Ht.	Cl.	Hometown / High School
Sydney Audet	AA	5-2	Jr.	Sylvania, Ohio / Sylvania Northview
Megan Benzie	AA	5-1	Fr.	Roanoke, Va. / Cave Spring
Cortney Bezold	AA	5-0	Fr.	Maineville, Ohio / Bishop Fenwick
Carly Clark	AA	5-3	R-So.	White Lake, Mich. / Walled Lake Northern
Emili Dobronics	AA	5-3	So.	Orland Park, Ill. / Carl Sandburg
Kirsten Gendron	AA	5-1	Sr.	Birch Run, Mich. / Frankenmuth
Ciara Gresham	VT,BB,FX	5-5	Jr.	Shiloh, Ill. / Belleville
Cali Harden	AA	5-2	Fr.	Saline, Mich. / Saline
Megan Hultgren	AA	5-3	Jr.	Rockford, Ill. / Sacred Heart Classical Center
Megan Marino	BB,FX	5-3	Sr.	Girard, Ohio / Howland
Brianna Price	AA	5-3	Fr.	Kings Mountain, N.C. / Homeschool
Jada Rondeau	AA	5-0	Fr.	Norwood Young America, Minn. / Central
Lacey Rubin	UB,BB	5-4	R-Sr.	Plainview, N.Y. / Plainview Old Bethpage John F. Kennedy
Jules Schwartz	AA	5-5	Sr.	Gilbert, Ariz. / Mesquite
Jeanai Scott	AA	5-9	Fr.	South Holland, Ill. / Pensacola Christian Academy
Allison Smith	AA	5-5	R-Fr.	Telford, Pa. / Souderton
Kendall Valentin	AA	5-4	Sr.	Holmdel, N.J. / Holmdel

Head Coach: Katie Minasola (University of Massachusetts, 2003) -- 1st season

Assistant Coach: Danielle Guider (University of Missouri, 2010) -- 1st season

Volunteer Assistant: Sam Higgins -- 1st season

Student Coach: Natalie Gervais