

2008 San Jose State Women's Gymnastics



2008 San Jose State University Women's Gymnastics Quick Facts

School:	San Jose State University
Location:	San Jose, Calif.
Enrollment:	30,067
Nickname:	Spartans
Colors:	Gold, White, and Blue
President:	Don W. Kassing
Athletics Director:	Tom Bowen
Deputy Director of Athletics:	Kellie Elliott
Conference:	Western Athletic
Home Arena:	Spartan Gym (1,200)
Associate SID/Gymnastics Contact:	Amy Villa
Phone:	(408) 924-1216
Fax:	(408) 924-1291
Email:	amy.villa@sjsu.edu
Web Site:	www.sjsuspartans.com
Head Coach:	Wayne Wright (7th season)
Career Record:	82-63 (6 years)
School Record:	82-63 (6 years)
Assistant Coaches: Meghan Donahue (Brigham Young, 2007)	Shella Martinez (San Jose State)
2007 Record:10-14
2007 Conference Finish:4th at WAC Championships
2007 Regional Finish:n/a
2007 NCAA Finish:n/a
Letterwinners Returning/Lost:7/3
All-Americans Returning/Lost:0/0
Top Returning Gymnasts:	Alise Blackwell, AA, Jr. Michelle Minotti, AA, Sr. Veronica Porte, AA, Jr.



Media Information

All media requests for credentials, interviews, etc., should go through the San Jose State Sports Information Office and Amy Villa, Associate SID. Please contact her at (408) 924-1216 or by email at amy.villa@sjsu.edu. No interviews will be granted on meet days prior to the event. Post-meet interviews will be conducted approximately 10 minutes after the final results have been announced. Copies of the final results will be provided to all media in attendance after the meet.

Directions To Spartan Gym

From I-280: Take the Seventh Street exit. Head north on Seventh Street three blocks to San Salvador. Park in the Seventh Street Garage and walk one block north to Paseo de San Carlos. Walk west on Paseo de San Carlos until you run into Spartan Gym, which is located on the corner of Fourth and San Carlos.

San Jose State Athletics Web Site

Visit the official home page of Spartan athletics and the San José State women's gymnastics team on the Internet. You can see results, statistics and notes on the site. The address is: <http://www.sjsuspartans.com>.

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2008 Roster

2008 San Jose State University Women's Gymnastics Roster

Name	Events	Ht.	Class	Hometown/Last School/Gym Club
Leah Bigelow	BB, FX	5-5	SR	Rancho Santa Margarita, Calif./Trabuco Hills HS/National Gymnastics Training Center
Alise Blackwell	AA	5-6	JR	San Jose, Calif./Archbishop Mitty HS/Airborne Gymnastics
Raylyn Cardeno	V, FX	4-11	SR	Bakersfield, Calif./Liberty HS/Stars Gymnastics
Shina Cardeno	V, FX	5-0	SR	Bakersfield, Calif./Liberty HS/Stars Gymnastics
Kelli Fournier	AA	5-2	SO	Bellevue, Wash./Bellevue Christian HS/Gymnastics East
Shanice Howard	AA	5-6	FR	Rancho Santa Margarita, Calif./Tesoro HS/South Coast Gymnastics
Casey Jay	V, FX	5-2	SR	Campbell, Calif./Leigh HS/West Valley Gymnastics
Jessica Khoshnood	AA	5-3	SO	Bellevue, Wash./Newport HS/Gymnastics East
Greta Leach	UB, BB, FX	5-3	SR	Santa Rosa, Calif./Montgomery HS/Rohnert Park Gymnastics
Tiffany Louie	AA	5-4	SO	Millbrae, Calif./Carlmont HS/San Mateo Gymnastics
Katie Merritt	AA	5-4	FR	Irvine, Calif./Woodbridge HS/South Coast Gymnastics
Michelle Minotti	AA	5-8	SR	Rohnert Park, Calif./Rancho Cotate HS/Rohnert Park Gymnastics
Rena Moneymaker	AA	5-7	JR	Santa Rosa, Calif./Montgomery HS/Rohnert Park Gymnastics
Jymmie Pierce	AA	5-9	FR	Romoland, Calif./Temescal Canyon HS/Jag Gymnastics
Veronica Porte	AA	5-3	JR	Martinez, Calif./Alhambra HS/Golden Gate Gymnastics
Emily Stebbins	V, BB, FX	5-3	SR	Felton, Calif./San Lorenzo HS/West Valley Gymnastics
Lily Swann	AA	5-2	FR	Austin, Texas/Westlake HS/AcroTex Gymnastics
Gabrielle Targosz	UB, BB, FX	5-3	SO	Phoenix, Ariz./Shadow Mountain HS/Arizona Sunrays
Katelyn Van Eck	AA	5-2	FR	San Jose, Calif./Santa Teresa HS/California Sports Center

Head Coach: Wayne Wright

Assistant Coaches: Meghan Donahue, Shella Martinez

By Class

Freshmen (5)

Shanice Howard
Katie Merritt
Jymmie Pierce
Lily Swann
Katelyn Van Eck

Sophomore (4)

Kelli Fournier
Jessica Khoshnood
Tiffany Louie
Gabrielle Targosz

Junior (3)

Alise Blackwell
Rena Moneymaker
Veronica Porte

Senior (7)

Leah Bigelow
Raylyn Cardeno
Shina Cardeno
Casey Jay
Greta Leach
Michelle Minotti
Emily Stebbins

By State

Arizona (1)

Gabrielle Targosz

California (15)

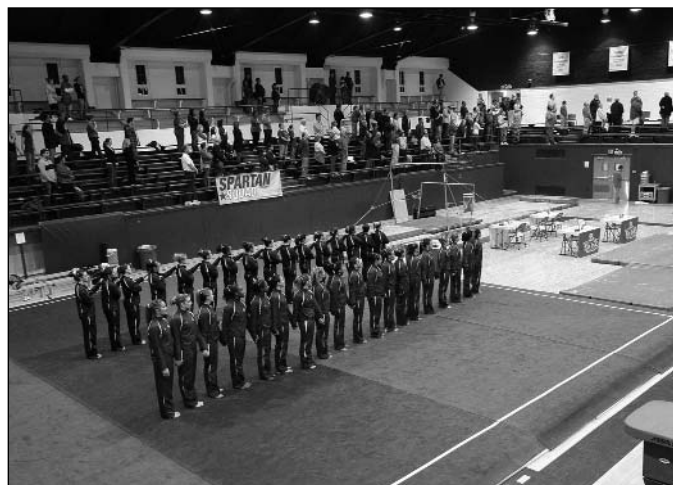
Alise Blackwell
Leah Bigelow
Raylyn Cardeno
Shina Cardeno
Shanice Howard
Casey Jay
Greta Leach
Tiffany Louie
Katie Merritt
Michelle Minotti
Rena Moneymaker
Jymmie Pierce
Veronica Porte
Emily Stebbins
Katelyn Van Eck

Texas (1)

Lily Swann

Washington (2)

Kelli Fournier
Jessica Khoshnood



Pronunciation Guide

Alise Blackwelluh-LEES
 Leah BigelowLEE-uh BIG-uh-low
 Raylyn Cardenocar-DEE-no
 Shina CardenoSHEE-nuh car-DEE-no
 Kelli Fournierforn-NAY
 Shanice Howardshuh-NEES
 Michelle MinottiMih-NOT-ee

About Women's Gymnastics



TEAM SCORING

Each team can field up to six competitors on each event, but only the top five scores will count toward the team score. Collegiate competition requires at least two judges evaluate each athlete's performance. The average of the two scores is the final mark. A perfect team score would be 200, and the top college teams score in the 194-197 range.

SCORING

With the exception of vault (which has a predetermined start value for each vault), routines are judged on a 9.5 point scale, with an additional .5 bonus available for meeting special requirements. Judges use the following criteria:

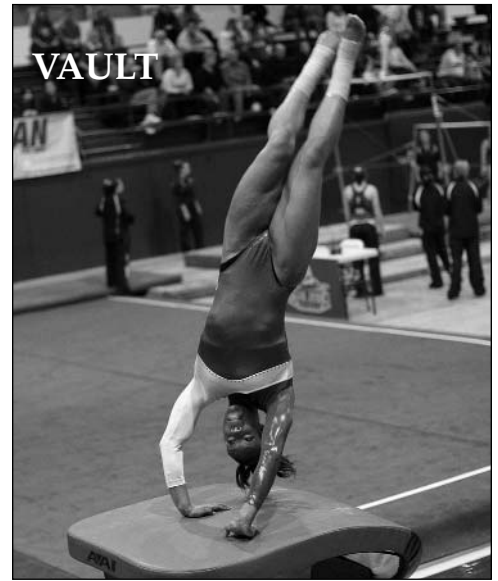
Value parts (difficulty*)2.2 points
Special requirements1.2
Execution, combination and artistry (bb/fx)6.1
Additional value0.5
Total10.0

* Skills are classified by difficulty (A, B, C, D, E) with E being the most difficult.

SCORING DEDUCTIONS

Fall from apparatus or on floor0.5
Heavy brush of feet or hand touch on floor0.3
Intermediate swing on bars0.3
Presentation to judges omitted before or after1.0
Stepping out of bounds on floor0.1

Other deductions up to 0.3 are taken for form breaks such as bent arms and legs or leg separations. There is also a team deduction of 0.3 for competing out of order in the lineup.



VAULT



BARS

VAULT

The vault in gymnastics could best be compared to the dive in aquatics. Scores are awarded on the basis of difficulty and execution. A vault consists of two principle elements - pre-flight (the approach to the horse) and post-flight. The faster the approach and the higher the vault, the better the score.

UNEVEN BARS

A routine requires at least 10 moves including the dismount. The key to a good score on bars is continuous movement; breaks or pauses in the routine result in point deductions. The gymnast must move from one bar to the other with a series of swings, twists, somersaults and handstands. The dismount is the most dramatic movement.

BALANCE BEAM

Despite the 4-foot height and 4-inch width of the beam, the gymnast is expected to do what amounts to a floor-exercise routine. The key word is balance, as the judges deduct points for stumbles and falls. The routine includes dance movements (leaps, turns and jumps), acrobatic and tumbling movements and maximum use of the entire beam. The routine lasts 90 seconds.

FLOOR EXERCISE

The favorite of most gymnasts and fans, the floor exercise lends itself to personal expression. The only music-accompanied event, the floor exercise routine contains tumbling movements, dance movements and a maximum use of the floor area. There must be at least three tumbling passes in the routine (passes from one spot of the floor to the other). The routine lasts a minimum of 70 seconds and a maximum of 90 seconds.



FLOOR



BEAM



2008 Outlook

With a combination of seasoned veterans and talented newcomers, the 2008 San Jose State women's gymnastics team looks to make a run at the Western Athletic Conference championship and return to the NCAA Regional Championships.

"The WAC is a strong gymnastics conference," said Spartan head coach Wayne Wright. "Each year, at least three of the six schools advanced to the NCAA Regional Championships. This year I see us in the top three. Last year we were fourth with our top all-around gymnast out almost the entire season. We are optimistic we can make a big impact in the WAC."

Coach Wright, who enters his seventh season, looks for Boise State, Utah State and two-time defending WAC champion Sacramento State to be the toughest competition.

Jessica Khoshnood will battle for spots.

VAULT

Coach Wright will be looking for improvement in the teams vaulting this season.

"This year we have stepped up the difficulty of our vaults," said Wright. "We are trying new skills that will impress the judges."

Gymnasts expected to contribute in the rotation will be Minotti and Blackwell, who will be vaulting at a higher level than last year. **Raylyn Cardeno, Casey Jay and Shina Cardeno**, are expected to contribute.

"With the talent we have and the increased difficulty of our vaults, we are looking for good results on vault," added the Spartans' coach.

UNEVEN BARS

In the past the Spartans have been

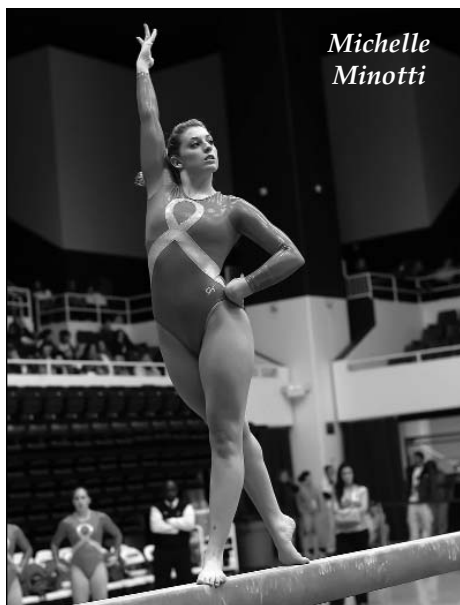
"We are very deep from top to bottom and added transfer **Emily Stebbins** who was an elite level performer," said Wright. "This is the first time we have had an elite athlete in our program. Emily is going to turn some heads because she is very precise and very fluid. She will be doing a double back off the beam, which no other WAC athlete as ever done."

Leah Bigelow, Katelyn Van Eck along with Targosz and Merritt, who Wright said does some unique skills, will also vie for spots in the rotation.

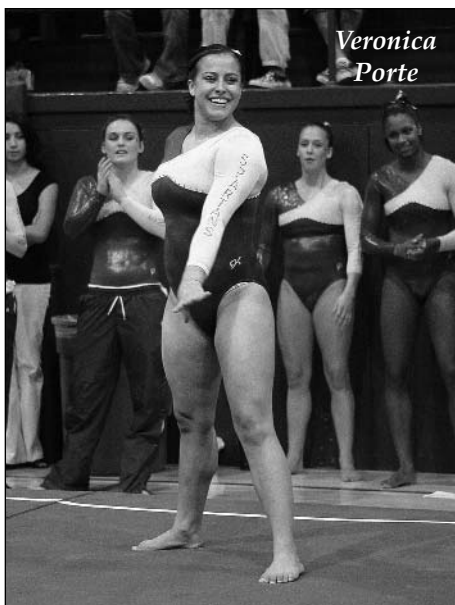
FLOOR EXERCISE

"This year, floor is our best event," stated coach Wright.

Both Louie and Porte will be doing full-in's. Swann and Stebbins will be getting a lot of time in the rotation as well as **Shanice Howard** and Van Eck.



Michelle Minotti



Veronica Porte



Alise Blackwell

ALL-AROUND

"We have four outstanding all-around gymnasts this year," said the Spartan coach.

Returners **Veronica Porte** and **Alise Blackwell** were NCAA West Regional Championships qualifiers last year. "They are both healthy and strong and are doing an exceptional job in practice," stated Wright.

"**Michelle Minotti**, who was out of action for much of last season, is looking good and wants to get back to the form that made her an NCAA West Regional qualifier in 2006. In addition, **Lily Swann** has been outstanding in practices, and I think she will have an immediate impact."

Greta Leach, Renae Moneymaker, Kelli Fournier and

very deep on the uneven bars and this year is no different. Moneymaker, who was out last year due to a back injury, **Tiffany Louie** and Blackwell will lead the squad on the uneven bars. **Gabrielle Targosz, Katie Merritt** and **Jymmie Pierce** add depth to the rotation.

"Renae is doing really well in practice. Tiffany trained exceptionally hard over the summer and added new skills to her routine. Alise added two new releases which improves her scoring chances," said the coach. "We have increased our difficulty on bars and expect to see positive results."

BALANCE BEAM

Coach Wright said the balance beam has always been the team's top event and this year is no different.

"It will be our strongest event. We have changed some of our routines and have added more upbeat music that will draw in the crowd.

"Our goal has always been to reach the NCAA Regional as a team," stated Wright. "We can do it this year after we missed qualifying by one-tenth of a point last year without our top performer. With everyone back and healthy this season, I am very optimistic that we will accomplish that goal."

"2008 is going to be a great year. We are looking forward to competing. With a great mix of talent and determination that will allow us to achieve the team goals we have set."

What Skills To Look For This Season



	<i>VAULT</i>	<i>BARS</i>	<i>BEAM</i>	<i>FLOOR</i>
<i>Leah Bigelow</i>			Back handspring layout; Gainer layout step out	
<i>Alise Blackwell</i>	Yurchenko tuck with a full twist	Blind 1/1 tkachev; Blind full Dbl. tuck dismount	Back handspring layout; Standing layout beat jump	Dbl. pike; 2 1/2 twist punch front; Front full punch front tuck
<i>Raylyn Cardeno</i>	Yurchenko layout with a full twist			Dbl. pike; Front tuck step out through to double twist; Front full punch front tuck
<i>Shina Cardeno</i>	Yurchenko with half twist to front layout			
<i>Kelli Fournier</i>		Blind half, Jaeger; toe front dismount	Back handspring layout; Standing layout	Double tuck; Front lay front lay; Front full front tuck
<i>Shanice Howard</i>	Yurchenko layout with a full twist		Back tuck, back tuck; side ariel; round off dbl. twist dismount	2 1/2 twist punch front tuck; Dbl. twist; Front full punch front tuck
<i>Casey Jay</i>	Yurchenko layout			Dbl. tuck; Front full punch front tuck; 1 1/2 twist punch front schuschunova
<i>Jessica Khoshnood</i>		Tkachev; Blind full double tuck dismount	Round off, layout step out layout 1/1 dismount	Dbl. tuck; Front full front tuck; Layout full and a 1/2 twist front tuck
<i>Greta Leach</i>			Front Aerial walkover, back handspring, back handspring; Gainer dismount	
<i>Tiffany Louie</i>	Handspring front pike	Blind full, Geinger; Full twisting dbl. tuck dismount	Round off back tuck; Gainer layout step out	Full twisting dbl. tuck; 2 Front lay; Front full punch front tuck
<i>Katie Merritt</i>	Yurchenko full on back tuck off	Shaposh; Blind full, blind full; Double tuck dismount		
<i>Michelle Minotti</i>	Yurchenko tuck with a full twist	Blind full tkachev; Toe front layout half dismount	Back handspring, back layout; Side aerial	Front dbl. twist; Whip half front full punch front tuck; front full front tuck
<i>Rena MoneyMaker</i>	Yurchenko tuck with a full twist	Blind half, Jaeger; Double tuck dismount	Back handspring layout; Side aerial	
<i>Jymmie Pierce</i>		Delchev; Free hip dbl. tuck dismount		
<i>Veronica Porte</i>	Yurchenko tuck with a full twist	Blind full tkachev; Double pike dismount	Back handspring, back layout back handspring	Double pike; Front lay, front lay Double tuck
<i>Emily Stebbins</i>			Back handspring layout; Front aerial; Dbl. tuck dismount	Double pike; 2 1/2 twist; Front full punch front tuck
<i>Lily Swann</i>	Yurchenko tuck with a full twist	Healey Jaeger, Blind full double tuck dismount	Back handspring layout; side aerial	Dbl. tuck; Front full bunch front tuck; Whip to a 1 1/2 twist punch front tuck
<i>Gabrielle Targosz</i>			Back handspring back tuck; side aerial	Dbl. tuck; 1 1/2 twist to dbl. full; Front full punch front tuck
<i>Katelyn Van Eck</i>				Dbl. back; 2 Front lay; 1 1/2 twist punch front lay



Spartan Coaching Staff



Wayne Wright
Head Coach
Academy of Health Sciences, 1984
7th Season

Wayne Wright is in his seventh season as the head coach of the San Jose State women's gymnastics team. The Spartan program has made significant strides during Wright's tenure, breaking school records, winning conference championships and receiving team invitations to the NCAA West Regional.

Last season, two Spartan gymnasts, Veronica Porte and Alise Blackwell, competed in the all-around at the NCAA West Regional. Porte received All-Western Athletic Conference honors in the all-around and on the vault and floor.

Wright helped lead the 2006 Spartan team to its second



team appearance at the NCAA West Regional. San Jose State finished fourth, the best in program history. The Spartans broke the school vault team and individual records during the year. Wright also helped the Spartans transition to competing in the Western Athletic Conference. Three gymnasts received All-WAC honors - Renae MoneyMaker, Veronica Porte and Kelsey Spellacy.

The 2005 team had a 17-5 overall record and placed second at the Mountain Pacific Sports Federation Championships. Three gymnasts - Jennifer Greene, Greta Leach and Michelle Minotti, qualified for the NCAA West Regionals in the all-around.

The 2004 season was a successful year as the Spartans recorded a 16-9 record and won the MPSF Championship held at Spartan Gym. Three individuals won MPSF titles - Shirla Choy, bars; Amberly Klein, beam; and Jennifer Greene, floor. The first 10.0 score was posted by a Spartan gymnast as Greene was perfect on the floor at the MPSF Championships.

For the 2003 season, Wright posted an overall record of 12-9. The team broke every event record in Spartan history under his instruction. For the first time in school history, the Spartans qualified as a team for the NCAA West Regional competition. The team placed second at the MPSF Championships, and Wright was named the MPSF "Coach of the Year."

In 2002, the Spartans were 12-9-0. Wright coached four individuals at the NCAA West Regional meet, the most in school history. The team broke the school floor record and placed third at the MPSF Championships.

Wright believes firmly in the importance of academics and athletics in a college education. Five teams, 2001, 2002, 2003, 2004 and 2005, had the highest grade point average among San Jose State's 16 intercollegiate athletic teams. Three gymnasts were named 2007 Scholastic All-Americans by the National Association of Collegiate Gymnastics Coaches, and 10 were named to the Academic All-WAC team. In the past five years, 26 gymnasts have received "Scholastic All-America" honors.

WRIGHT'S COACHING RECORD

	OVERALL	CONFERENCE FINISH
2002	12-9	3rd MPSF
2003	12-9	2nd MPSF
2004	16-9	1st MPSF
2005	17-5	2nd MPSF
2006	15-17	4th WAC
2007	10-14	4th WAC
6 years	82-63	



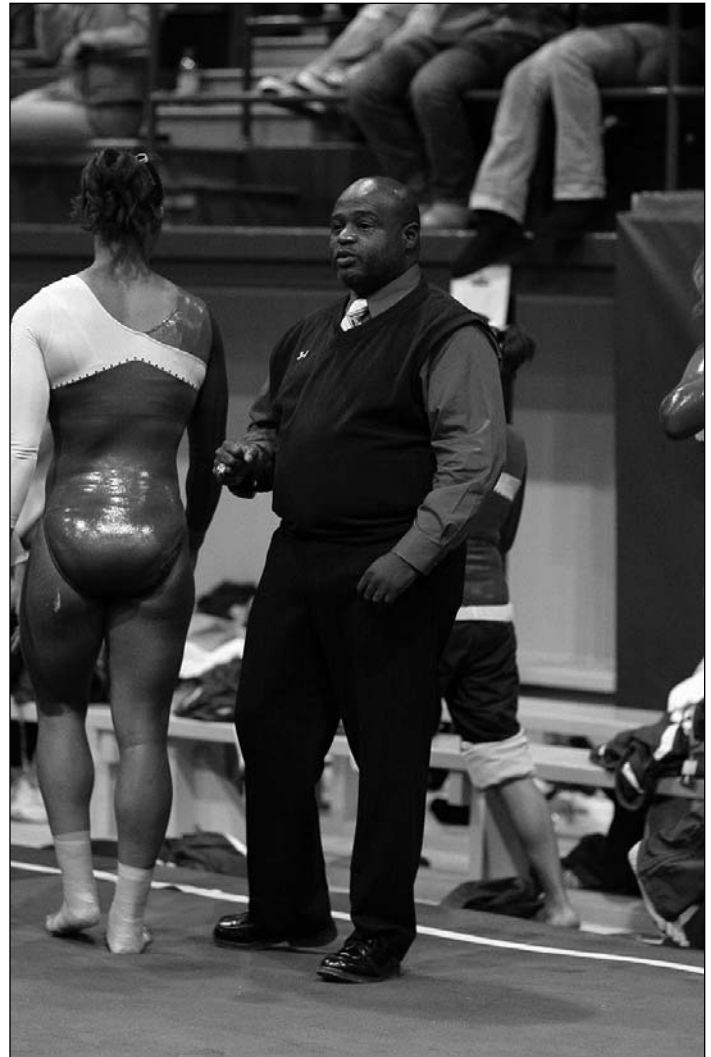
As an assistant coach, Wright was at Stanford from 1996- 2001 and at San Jose State from 1987-1996. While at Stanford, Wright helped coach the team to its first Pac-10 title in 1998 and an NCAA West Regional championship. During his first stint at San Jose State he coached Tara Law, the 1996 Big West floor champion, to the NCAA West Regional.

Before he began collegiate coaching, Wright served as program director and head coach of the Kokokahi Gymnastics Center in Kailua, Hawaii, developing Class I National Junior Olympics gymnasts. He also worked with U.S.A. Gymnastics at the 1996 Olympic Games in Atlanta and was on the floor when the team won the gold medal.

This past summer, Wright served on the local organizing committee for the 2007 VISA U.S.A. Women's Gymnastics Championships held at the HP Pavilion in San Jose. He helped to insure that the meet was run smoothly for all participants and spectators.

Wright has an extensive background in nursing and physical education. He graduated from the Academy of Health Sciences in Texas with a degree in nursing. He also studied physical education and recreation at the University of Hawai'i.

Wright served three years in the U.S. Army as a nurse attached to Tripler Army Medical Center in Honolulu, Hawaii. He is a certified phlebotomy technician and a candidate for a California Nurse's License.



Spartan Support Staff



Becky Cisneros
Graduate Assistant
Athletics Trainer



Eileen Daley
Assistant Athletics
Director - Academics



Kellie Elliott
Deputy Director of
Athletics



Summer Haines
Strength &
Conditioning



Stacy Martin
Associate Athletics
Director - Business



Spartan Coaching Staff



**Meghan
Donahue**
*Assistant Coach
1st Season*

Meghan Donahue begins her first season as an assistant coach for the San Jose State women's gymnastics program. Donahue comes to the program after spending the past three years as a student assistant on the Brigham Young women's gymnastics coaching staff.

Donahue spent the past three seasons as a student assistant coach for the BYU women's gymnastics program after competing for the Cougars during the 2003 and 2004 seasons. She competed on the vault for her alma mater and scored a 9.800 five times during her freshman season. Donahue's sophomore season was cut short after the first three meets of the season due to a torn ankle tendon.

As a student assistant coach, Donahue assisted the coaching staff on the various apparatus and developed an ongoing conditioning program for the team. She created public relations material for various media and helped to promote the team in various methods.

During her undergraduate days, Donahue also worked in various positions in the athletics department. She was a strength and conditioning intern from January to April of 2007. During that time, Donahue supervised weight lifting for the women's soccer team. She was also a supervisor and coordinator of the BYU Football Game Host Program. She supervised the greeting workforce for BYU's major donors.

Donahue competed for Gymnastics World during her club competition. She was a two-time Level 9 and a Level 10 Vault Champion in the state of Arizona. Donahue was a member of the 2002 Junior Olympic National Region 1 team.

A native of Arizona, Donahue graduated from Brigham Young University with a bachelor of science degree in exercise science in the spring of 2007. She was a fitness and wellness management major with a minor in psychology.



**Shella
Martinez**
*Assistant Coach
5th Season*

Shella Martinez is in her fourth season as a member of the San Jose State women's gymnastics coaching staff. She brings over 11 years of coaching experience to the Spartans. Martinez is the beam coach and handles all choreography for the Spartans.

Prior to coming to San Jose State, Martinez spent five seasons as the Developmental Program Director and head coach for Pegasus Gymnastics Academy in Milpitas, Calif. During Martinez's career as a head coach she trained a Level 10 national competitor, Level 10 regional qualifiers, and Level 5, 6 and 7 state championship teams.

From 1995 to 1998, Martinez worked at Funtastics Gymnastics, in Coeur d'Alene, Idaho where she developed and implemented programs to aid in the teaching of fundamental gymnastics.

Martinez competed for the Gold Cup Gymnastics Academy in Albuquerque, N.M. Her personal achievements as a gymnast include competing at Nationals as a Level 10 gymnast and at Regionals as a Level 9 and 10 gymnast. In 1989, Martinez won the Level 8 New Mexico state championships.

Currently, Martinez attends San Jose State University and is working toward a bachelor's degree in biology.





2008 Player Biographies





Gymnast Biographies



Leah Bigelow

BB, FX • 5-5 • SR

Rancho Santa

Margarita, Calif./

Trabuco Hills HS

National Gymnastics

Training Center

SJSU: Leigh Bigelow is in her fourth season with the San Jose State women's gymnastics team.

2007: Leah competed in all 12 meets on the beam and scored a season-best 9.800 at Stanford. Bigelow scored a 9.775 versus Sacramento State and UC Davis, a 9.750 at UC Davis with California and Sacramento State and at the WAC Championships and a 9.725 twice. She averaged a 9.644 on the beam.

2006: Leah was the team's top performer on beam. She won the beam at Sacramento State with a career best 9.825. She scored a 9.775 at Seattle Pacific and a 9.750 at Stanford and at California. Bigelow tied for first with a 9.725 against Seattle Pacific and Illinois Chicago and scored a 9.725 at UCLA. She scored a 9.700 or better in seven meets.

2005: Leah competed exclusively on the beam for the Spartans. She competed in nine meets, scoring a season-high 9.750 at Boise State. She recorded two other scores of 9.700 or better – 9.725 at Seattle Pacific and 9.700 at Sacramento State.

CLUB: Leah competed at the National Gymnastics Training Center in, Aliso Viejo, Calif. She was a Level 10 State and Regionals competitor in 2003-2004 and placed fourth in the state on the beam in 2004. Leah was also a Level 9 State competitor in 2000, 2001 and 2002.

HIGH SCHOOL: Bigelow is a 2004 graduate from Trabuco Hills High School in Mission Viejo, Calif.

PERSONAL: Leah is majoring in journalism with an emphasis in magazine writing. After college she plans to work for a magazine. She is a three-time San Jose State Scholar Athlete, a two-time Academic All-WAC honoree and a two-time NACGC/W Scholastic All-America Team selection. In her free time she



enjoys dancing, shopping, reading and watching movies. Leah turned 21-years-old prior to the 2008 gymnastics season.

Leah's Favorites

Favorite Type of Food:frozen yogurt
 Favorite class at San Jose State:Intro to Magazine Writing
 Favorite TV show:One Tree Hill
 Place I would like to visit:New Orleans
 My biggest fear, period:failure
 Best non-athletic talent:writing
 Favorite musical artist:Josh Kelley
 Favorite movie:The Holiday
 My biggest pet peeve:bad drivers
 Favorite pro sports team:Anaheim Ducks

Season Highs

Year	V	UB	BB	FX	AA
2005	—	—	9.750	—	—
2006	—	—	9.825	—	—
2007	—	—	9.800	—	—

Career Highs

Beam 9.825 at Sacramento State, February 17, 2006



**Alise
Blackwell**
AA • 5-6 • JR
San Jose, Calif./
Archbishop Mitty HS
Airborne Gymnastics

SJSU: Alise is in her third season competing for the San Jose State women's gymnastics team.

2007: Alise competed in the all-around at the 2007 NCAA West Regional where she placed 14th in the all-around with a 38.675. Her best finish at the meet with tied for 12th on the floor with a 9.800. Blackwell competed in the all-around in 11 meets. She averaged 38.543 in the all-round. Blackwell scored a career-high 39.050 in the all-around at Sacramento State and won the all-around in the first meet of the year at UC Davis with a 38.050. She placed second at Illinois-Chicago with a 38.850 and eighth in the all-around at the WAC Championships with a 38.900. Blackwell scored a career-best 9.800 on vault at the Stanford meet and a career-best 9.825 on bars at the UC Davis, California and Sacramento State meet. She won the bars at Seattle Pacific with a 9.750 and scored a 9.700 or better on bars in eight meets. Blackwell scored a career-best 9.775 on beam at the WAC Championships and at Illinois-Chicago and added a 9.750 at Sacramento State and a 9.725 at the UC Davis meet in March. Blackwell received a career-high 9.875 on floor at Sacramento State and scored a 9.700 or higher in nine meets.

2006: Alise competed on the bars in every meet, the floor in 11 meets and the vault in one meet. On the bars, she has scored a 9.800 against CS Fullerton and a 9.750 against UC Davis. On the floor, Blackwell scored a season-best 9.825 at Sacramento State and achieved a 9.700 or higher in four meets. She competed on the vault at Seattle Pacific and scored a 9.575.

CLUB: Blackwell competed for Airborne Gymnastics where she was coached by San Jose State gymnastics alumni Justin Howell and Melanie Ruggiero. A Level-10 gymnast, she qualified for the 2002 USAG Junior Olympic Nationals. She was the 2002 and 2004 state bar champion and 2002 state floor champion.

HIGH SCHOOL: Blackwell graduated from Archbishop Mitty High School in 2005.

Alise's Favorites

Favorite meal made at home:anything grandma makes
Favorite class at San Jose State:Biology 10
Two words to describe me:random, goofy
My favorite place visited out-of-town: .Bahamas/Virgin Islands
My biggest fear, period:flying & spiders/bugs
Favorite sport to watch other than my sport:basketball
My biggest pet peeve:dirty places
Team I would like to add to the schedule:Oregon State
One possession I would keep if I lost all the others: .cell phone
Thing I wish I was better at:cooking & singing



PERSONAL: Alise is a health science major with a minor in biology. She would like to be a pediatrician or doctor after graduation. Alise is a two-time Academic All-WAC selection. She enjoys shopping and spending time with her family. Alise will turn 21-years-old during the 2008 season.

Season Highs

Year	V	UB	BB	FX	AA
2006	9.575	9.800	—	9.825	—
2007	9.800	9.825	9.775	9.875	39.050

Career Highs

Vault	9.800	at Stanford, Iowa St., Oregon St., Feb. 9, 2007			
Bars	9.825	at UC Davis, California, Sac. St., March 23, 2007			
Beam	9.775	WAC Championships, March 31, 2007			
	9.775	at Illinois-Chicago, Feb. 3, 2007			
Floor	9.875	at Sacramento State, March 18, 2007			
All-Around	39.050	at Sacramento State, March 18, 2007			



Gymnast Biographies



**Raylyn
Cardeno**
V, FX • 4-11 • SR
Bakersfield, Calif./
Liberty HS
Stars Gymnastics

SJSU: Raylyn begins her fourth season with the San Jose State University gymnastics team.

2007: Raylyn was one of Spartans' top vaulters performed on floor. She tied her career-best with a 9.850 at Illinois-Chicago and at Sacramento State and scored a 9.800 at CS Fullerton and at Southern Utah and a 9.775 in four meets. On the floor, Cardeno tied her career-best with a 9.650 at Seattle Pacific and at Illinois-Chicago and had a 9.625 against Sacramento State and UC Davis and in a home meet against CS Fullerton.

2006: Raylyn scored a 9.700 or better on the vault in 10 meets. She scored a career best 9.850 against UC Davis which ties for the third best vault score in school history. Raylyn also had a 9.825 at CS Fullerton and added a 9.800 at the NCAA West Regional, Master's Classic and at California. Cardeno also competed on the floor and scored a 9.600 or better three times including a career best 9.650 at Sacramento State. She had a 9.625 against Sacramento State and at Seattle Pacific.

2005: Raylyn competed on the vault and floor for the Spartans. She was a member of the vault team in all 11 matches and competed on the floor in the first four meets. On the vault, she scored a season-high 9.675 at the MPSF Championships and a 9.575 in four different meets. Her season high on the floor was a 9.450 against CS Fullerton.

CLUB: Raylyn competed at Stars Gymnastics in San Marcos, Calif. She was the Level 9 state vault champion in 2002. From 1998-2002, she was a Level 8 & 9 state and regional qualifier. In 2003, she was a Level 10 state qualifier.

HIGH SCHOOL: Cardeno is a 2003 graduate of Liberty High School in Bakersfield, Calif.

PERSONAL: Raylyn is majoring in health science with a concen-



tration in community health. She would like to work in a health clinic after graduation. In her spare time she enjoys spending time with friends and family. She and her sister, Shina, are the only set of sisters to compete together for San Jose State women's gymnastics program. Raylyn turned 22-years-old prior to the school year and was born in Oxnard, Calif.

Raylyn's Favorites	
Favorite Type of Food:sushi
Favorite TV show:Saved By The Bell
Two words to describe me:cute & little
My favorite place I have visited out-of-town:Hawaii
Place I would like to visit:Europe
Favorite sport to watch other than my sport:cheerleading
Pre-game ritual or superstition:relaxing & listening to music
Favorite movie:Love and Basketball
My biggest pet peeve:when people don't call back
Favorite pro sports team:Los Angeles Lakers

Season Highs					
Year	V	UB	BB	FX	AA
2005	9.675	—	—	9.450	—
2006	9.850	—	8.700	9.650	—
2007	9.850	—	—	9.650	—

Career Highs	
Vault	9.850 at Sacramento State, March 18, 2007
	9.850 at Illinois-Chicago, Feb. 3, 2007
	9.850 UC Davis, Feb. 24, 2006
Floor	9.650 at Seattle Pacific, Feb. 16, 2007
	9.650 at Illinois-Chicago, Feb. 3, 2007
	9.650 at Sacramento State, Feb. 17, 2006



**Shina
Cardeno**
V, FX • 5-0 • SR
Bakersfield, Calif./
Liberty HS
Stars Gymnastics

SJSU: Shina is in her fourth season with the San Jose State University gymnastics team.

2007: Shina did not compete during the season due to a torn Achilles.

2006: Shina was a vault specialist as she set the school record with a 9.925 against UC Davis on February 24. She was named the WAC Gymnast of the Week for February 27, after she broke the five-year-old vault record. Cardeno scored a 9.725 or better in seven of the last nine meets and had a 9.825 at Sacramento State and a 9.800 at California.

2005: Shina competed exclusively on the vault in all 11 meets for San Jose State. She scored a season-high 9.700 against UC Davis and Seattle Pacific and scored a 9.650 at the MPSF Championships.

CLUB: Cardeno competed at Stars Gymnastics in San Marcos, Calif. She was the Level 9 state champion on beam in 2002 and was a Level 10 state and regional qualifier in 2003-04.

HIGH SCHOOL: Shina attended Liberty High School in Bakersfield, Calif.

PERSONAL: Shina is a business management major at San Jose State. She enjoys going to the movies and hanging out with friends. She and her sister, Raylyn, are the only set of sisters to compete for the San Jose State women's gymnastics program. Shina turned 21-years-old just before the start of the 2007-08 school year and was born in Oxnard, Calif.



Shina's Favorites

Favorite Type of Food:Mexican
 Favorite TV show:Full House & The Hills
 Two words to describe me:quiet & random
 Place I would like to visit:Paris & Italy
 My biggest fear, period:spiders
 Favorite musical artist:Christina Aguilera
 Favorite movie:Liar, Liar
 Thing I wish I was better at:not procrastinating
 Favorite place in San Jose:Valley Fair Mall
 The highlight of your sports career: ..breaking the vault record

Season Highs

Year	V	UB	BB	FX	AA
2005	9.700	—	—	—	—
2006	9.925	—	—	—	—

Career Highs

Vault 9.925 UC Davis, Feb. 24, 2006



Gymnast Biographies



Kelli Fournier

AA • 5-2 • SO

Bellevue, Wash./

Bellevue Christian HS

Gymnastics East

SJSU: Kelli is in her second season at San Jose State.

2007: Kelli competed on the beam in all 12 meets. She scored a season-best 9.725 at Seattle Pacific and a 9.700 at UC Davis with California and Sacramento State and at the WAC Championships.

CLUB: Fournier competed for Gymnastics East in Bellevue, Wash., for coaches John and Tammy Carney. In 2006, she was a Level 10 Junior Olympic National Championship qualifier. Fournier was the 2005 Washington state vault champion and the regional vault, bars and all-around champion. That year, she was a national qualifier. Fournier placed second at the 2004 Western National Championships.

HIGH SCHOOL: Fournier graduated from Bellevue Christian High School in 2006.

PERSONAL: Kelli has not decided on a major. She is a San Jose State Scholar Athlete, a 2007 Academic All-WAC selection and a 2007 NACGC/W Scholastic All-America Team pick. She enjoys rock climbing, hiking and camping. Kelli will turn 20-years-old during the season and was born in Bellevue, Wash.



Kelli's Favorites

Favorite meal made at home:pesto chicken pasta
Favorite TV show:Everybody Loves Raymond
Two words to describe me:honest & dependable
Place I would like to visit:Paris
My biggest fear, period:sharks
Best non-athletic talent:knitting
Pre-game ritual or superstition: . .get up on same side of beam
Favorite musical artist:Tim McGraw
Person whose shoes I would like to fill for a day: . . .Bill Gates
Favorite pro sports team:Seattle Seahawks

Season Highs

Year	V	UB	BB	FX	AA
2007	—	—	9.725	—	

Career Highs

Beam 9.725 at Seattle Pacific, February 16, 2007



Casey Jay
V, FX • 5-2 • SR
Campbell, Calif./
Leigh HS
West Valley Gymnastics

SJSU: Casey enters her fourth season with the San Jose State University gymnastics team.

2007: Casey did not compete for the Spartans.

2006: Jay did not compete for the Spartans during the season.

2005: Jay competed on the vault and floor in every meet for the Spartans during the season. She scored a 9.750 on the vault at the MPSF Championships and added a 9.725 against Stanford and Cal. Her season high 9.825 on floor came at UC Davis. She also scored a 9.800 against CS Fullerton and against Stanford and Cal. She also competed on bars in the first meet of the year against CS Fullerton where she scored a 9.275.

CLUB: Jay competed at the West Valley Gymnastics School in San Jose, Calif. Her accomplishments included the 2002 Level 9 regional vault champion, 2004 national qualifier and member of the first place Level 10 team and 2003 Level 10 first place state team.

HIGH SCHOOL: Casey is a 2004 graduate of Leigh High School in San Jose, Calif.

PERSONAL: Casey is majoring in journalism with a concentration in magazine writing. She would like to write for a news or sports magazine after graduation. Her hobbies include shopping and writing. She is a three-time San Jose State "Scholar Athlete." Casey turned 21-years-old prior to the 2008 season and was born in Mountain View, Calif.



Casey's Favorites

Favorite Type of Food:peanut butter
 Favorite TV show:So You Think You Can Dance
 Two words to describe me:funny & positive
 Favorite places I visited out-of-town: ..Disneyland, New York
 Places I would like to visit:Europe & Hawaii
 Favorite sport to watch other than my sport:football
 Favorite musical artist:Kelly Clarkson
 Person's shoes I would like to fill for a day: ... Jennifer Lopez
 Favorite pro sports team:San Francisco 49ers
 Things I wish I was better at:math & cooking

Season Highs

Year	V	UB	BB	FX	AA
2005	9.750	9.275	—	9.825	—

Career Highs

Vault	9.750	at MPSF Champ., March 26, 2005			
Bars	9.275	vs. CS Fullerton, January 14, 2005			
Floor	9.825	at UC Davis, February 27, 2005			



Gymnast Biographies



Jessica Khoshnood

AA • 5-3 • SO

Bellevue Wash./
Newport HS
Gymnastics East

SJSU: Jessica is in her second year with the San Jose State women's gymnastics team.

2007: Khoshnood competed primarily on bar, beam and floor for the Spartans but has also competed on the vault early in the season. On the vault, she scored a season-best 9.575 at Stanford and at Seattle Pacific. On the bars, Khoshnood scored a season-best 9.800 at UC Davis at the end of the season and added a 9.775 at Southern Utah and a 9.750 twice. Khoshnood scored a 9.850 on beam at Sacramento State and added a 9.750 versus CS Fullerton and at UC Davis at the end of the year. On floor, she scored a 9.800 at UC Davis and added a 9.700 at Seattle Pacific and at the WAC Championships. She tallied a 38.650 in the all-around at Seattle Pacific in her only all-around competition.

CLUB: Khoshnood competed for Gymnastics East and coaches John and Tammy Carney. A teammate of Kelli Fournier during club season, Khoshnood was the 2006 state and region II champion in the all-around. At the 2006 Junior Olympic National Championships, she finished seventh in the all-around, fifth on the bars and eighth on the beam.

HIGH SCHOOL: Khoshnood graduated from Newport High School in 2006.

PERSONAL: Jessica is undecided on her major but would like to do something in business. She is a San Jose State Scholar Athlete and a 2007 Academic All-WAC selection. Her hobbies include listening to music and watching movies. Jessica turned 19-years-old just prior to the 2007-08 school year and was born in Bellevue, Wash.



Jessica's Favorites

Favorite Type of Food:Italian
Favorite TV show:America's Next Top Model
Two words to describe me:sarcastic & humorous
My favorite place I have visited out-of-town:Chicago
Place I would like to visit:Greece
My biggest fear, period:drowning
Best non-athletic talent:quoting movies
Favorite musical artist:Justin Timberlake
Favorite movie:Wedding Crashers
Biggest pet peeve: .people wearing navy blue & black together

Season Highs

Year	V	UB	BB	FX	AA
2007	9.575	9.800	9.850	9.800	38.650

Career Highs

Vault	9.575	at Seattle Pacific, Feb. 16, 2007			
	9.575	at Stanford, Iowa St., Oregon St., Feb. 9, 2007			
Bars	9.800	at UC Davis, California, Sac. St., March 23, 2007			
Beam	9.850	at Sacramento State, March 18, 2007			
Floor	9.800	at UC Davis, California, Sac. St., March 23, 2007			
All-Around	38.650	at Seattle Pacific, Feb. 16, 2007			



Greta Leach
 UB, BB ,FX • 5-3 • SR
 Santa Rosa, Calif./
 Montgomery HS
 Rohnert Park Gymnastics

SJSU: Leach begins her fourth season with the San Jose State University women's gymnastics team.

2007: Greta performed on the beam and floor during the season. She competed in seven meets on the beam and in five meets on the floor. Leach scored a 9.825 on the beam in two meets - at Stanford and at Illinois-Chicago. Her best floor score was a 9.550 at Seattle Pacific and against Boise State, Utah State and Seattle Pacific.

2006: Greta did not compete for the Spartans due to injuries.

2005: For the second consecutive season, Leach qualified as an individual in the all-around for the NCAA West Regionals. She competed in the all-around in all 11 meets. She won four straight weeks for the Spartans and was honored as the MPSF Gymnast of the Week after winning the all-around at Seattle Pacific with a 38.725. On the vault, she scored a season-high 9.725 against Stanford and California. She added scores of 9.875 on the bars (Air Force and at UC Davis) and the beam (Stanford and California). She scored a 9.800 or better twice on the floor (9.825 at CS Fullerton and 9.800 vs. Stanford and California).

2004: Leach qualified as an individual in the all-around for the NCAA West Regionals and scored a 38.775 in the all-around including a 9.800 on the beam. She finished third at the MPSF Championships in the all-around with a season high 39.175. At that meet, she also scored a season best 9.825 on the bars and a career best 9.925 on the floor. For the year, she competed in the all-around in 10 of the 11 meets. On the vault, she scored a 9.725 at Alaska-Anchorage. On the beam, she scored a 9.800 or higher in five meets including a 9.850 against Texas Woman's.

CLUB: Leach competed for Rohnert Park (Calif.) Gymnastics. In 2000 and 2002 Leach was selected as a USAG Nationals first alternate. She was a four time level ten Regional competitor.

Greta's Favorites

Favorite Type of Food:anything spicy
 Favorite TV shows:Jeopardy & Lost
 Two words to describe me:random & mysterious
 My favorite place I have visited out-of-town: ..New York City
 My biggest fear, period:getting old
 Favorite sport to watch other than my sport:hockey
 Best non-athletic talent:navigating
 Favorite musical artist:Red Hot Chili Peppers
 Favorite movie:Garden State
 Favorite pro sports team:San Jose Sharks



Greta finished third in the all-around at 2003 State Championships and was a 2001 bronze medalist on bars.

HIGH SCHOOL: Leach graduated from Montgomery High School in Santa Rosa, Calif., in 2003.

PERSONAL: Greta is a business management major. She is a four-time San Jose State Scholar Athlete and a 2007 Academic All-WAC selection. Her favorite activities include going to the beach and listening to music. Greta will turn 23-years-old during the 2008 season and was born in Santa Rosa, Calif.

Season Highs

Year	V	UB	BB	FX	AA
2004	9.725	9.825	9.850	9.925	39.175
2005	9.725	9.875	9.875	9.825	38.900
2007	—	—	9.825	9.550	—

Career Highs

Vault	9.725	Two meets
Bars	9.875	Two meets
Beam	9.875	vs. Stanford, Cal, March 19, 2005
Floor	9.925	MPSF Championships, March 20, 2004
All-Around	39.175	MPSF Championships, March 20, 2004



Gymnast Biographies



Tiffany Louie

AA • 5-4 • SO

Millbrae, Calif./

Carlmont HS

San Mateo Gymnastics

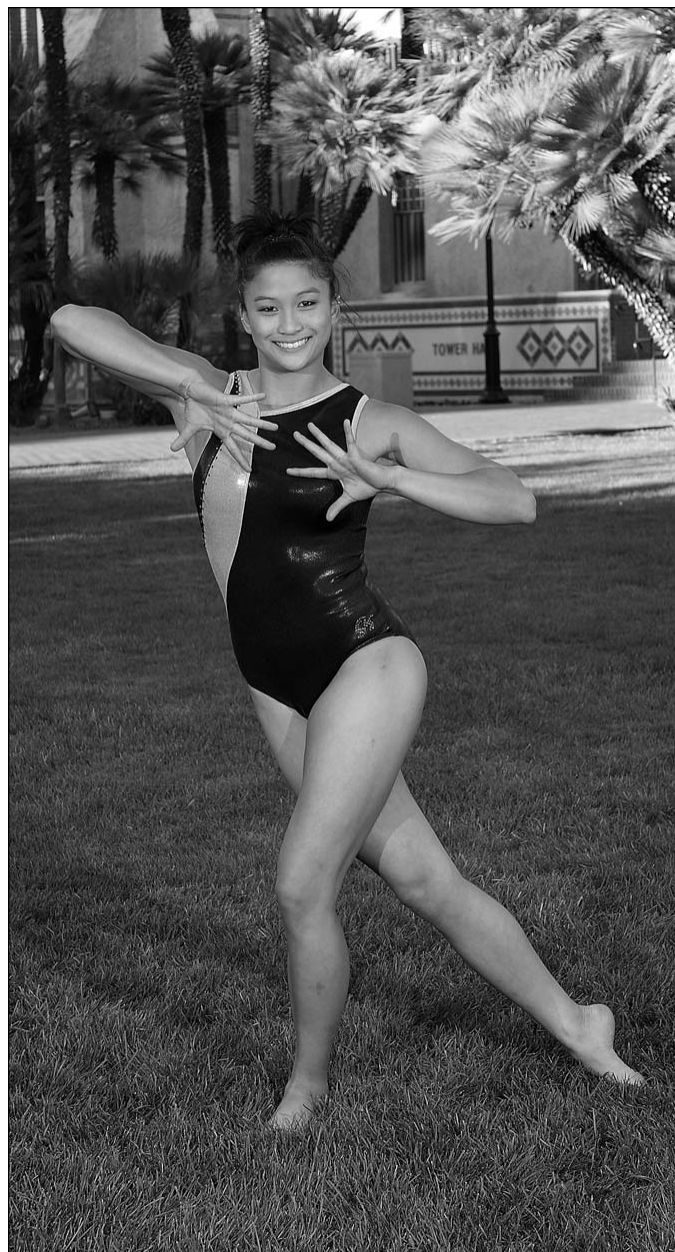
SJSU: Tiffany begins her second year as a member of the San Jose State women's gymnastics team.

2007: Tiffany competed on the vault, bars and floor for San Jose State. On the vault, she scored a season-best 9.750 at UC Davis at the end of the season and added a 9.700 at Seattle Pacific. On bars, Louie led the team with a 9.825 at Illinois-Chicago. She scored a 9.625 on floor against CS Fullerton and at UC Davis. Louie competed in the all-around at CS Fullerton where she scored a 37.150.

CLUB: Louie competed at San Mateo Gymnastics for coach Erica Meitz. In 2006, she placed fifth in the all-around at the state championships, sixth at regionals and 17th at the USA Gymnastics Junior Olympic National Championships.

HIGH SCHOOL: Louie graduated from Carlmont High School in 2006.

PERSONAL: Tiffany is undecided on her major. She is a San Jose State Scholar Athlete, a 2007 Academic All-WAC selection and a 2007 NACGC/W Scholastic All-America Team pick. She enjoys scrapbook making and arts and crafts. Tiffany turned 19-years-old at the beginning of the school year and was born in San Mateo, Calif.



Tiffany's Favorites

My teammates call me:Tiff or Tiffers
 Favorite Type of Food:Japanese
 Favorite TV show:Grey's Anatomy
 Place I would like to visit:Japan
 Best non-athletic talent:making people laugh
 Favorite musical artist:The Fray
 Person's shoes I would like to fill for a day: ..Mother Theresa
 Favorite movie:My Best Friend's Wedding
 Favorite pro sports team:San Francisco Giants
 My first impression of my coach was:competitive

Season Highs

Year	V	UB	BB	FX	AA
2007	9.750	9.825	9.175	9.625	37.150

Career Highs

Vault	9.750	at UC Davis, California, Sac. St., March 23, 2007			
Bars	9.825	at Illinois-Chicago, Feb. 3, 2007			
Beam	9.175	at CS Fullerton, UCLA, Jan. 19, 2007			
Floor	9.625	at UC Davis, California, Sac. St., March 23, 2007			
	9.625	CS Fullerton, March 2, 2007			
All-Around	37.150	at CS Fullerton, UCLA, Jan. 19, 2007			



**Michelle
Minotti**
AA • 5-8 • SR
Rohnert Park Calif./
Rancho Cotate HS
Rohnert Park Gymnastics

SJSU: Michelle is in her fourth season with the San Jose State women's gymnastics team. She is the Vice President of the San Jose State Student-Athlete Advisory Committee (SAAC) and is a San Jose State representative on the WAC SAAC. Minotti also received a 2007 A.S. 55 Award, given by the Associated Students, San Jose State's student government organization.

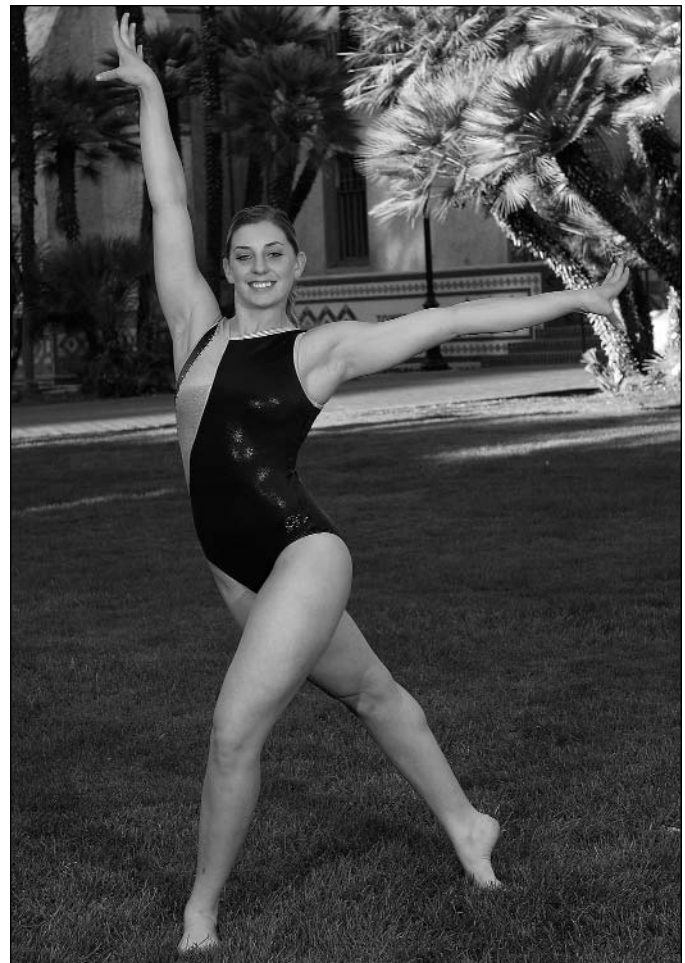
2007: Michele competed in nine meets for the Spartans but was hampered by an illness at the beginning of the season. She tied the Spartan beam record with a 9.900 at Sacramento State on March 18, and was named the WAC Specialist of the Week. She scored a 9.850 at Stanford and a 9.825 at UC Davis at the end of the season. On vault, Minotti scored a 9.800 at Sacramento State and scored a 9.700 or better in six other meets. On bars, she scored a 9.850 at Sacramento State, a 9.775 at UC Davis and a 9.750 at Southern Utah.

2006: Michelle competed in the all-around in 13 of the 14 meets. She won the all-round against Seattle Pacific and Illinois-Chicago with a season best 39.050. Minotti also won at Sacramento State and against CS Fullerton with a 38.875 in both meets. Her season bests included a 9.825 in the vault against Seattle Pacific and Illinois Chicago and at California, 9.800 on the bars against CS Fullerton, 9.750 on beam against UC Davis and 9.800 on floor against Seattle Pacific and Illinois Chicago. She scored a 9.700 or better nine times on the vault, three times on the bars, four times on the beam and six times on the floor. Michelle was honored twice as the WAC Gymnast of the Week after back-to-back wins in the all-around against CS Fullerton and Seattle Pacific and Illinois-Chicago.

2005: In her first season, Minotti qualified as an all-around competitor at the NCAA West Regional meet. She scored a season-high 39.150 in the all-around against Stanford and California. She scored a 9.850 on the beam at the NCAA Regional and a 9.825 against Stanford and California. On the floor, she had a 9.825 at UC Davis and a 9.800 versus Air Force and Stanford and California. On the vault, she scored a 9.800 against Stanford and California. On the bars, her 9.750 came against Air Force.

Michelle's Favorites

Favorite class at San Jose State: Anthropology 115
Favorite TV show: Friends
My biggest fear, period: failure
Pre-game ritual or superstition: . watching a motivational movie
Favorite musical artist: Gwen Stefani
Person's shoes I would like to fill for a day: . . Donald Trump
Favorite movies: Liar, Liar; Zoolander; Miracle
One possession I would keep if I lost all others: . my pictures
Thing I wish I was better at: not procrastinating
Favorite place in San Jose: The Melting Pot



CLUB: Minotti competed at Rohnert Park Gymnastics in Rohnert Park, Calif. She was a four-time Level 10 regional qualifier and a 2002 national qualifier.

HIGH SCHOOL: Michelle is a 2004 graduate of Rancho Cotate High School in Rohnert Park, Calif.

PERSONAL: Minotti is a business management major and would like to go to graduate school after graduation. She is a three-time San Jose State Scholar Athlete, a two-time Academic All-WAC honoree and a 2005 NACGC/W Scholastic All-America Team selection. In her off time, she enjoys wakeboarding and scrapbooking. Michelle will turn 22-years-old at the end of the 2008 season and was born in Hershey, Pa.

Season Highs

Year	V	UB	BB	FX	AA
2005	9.800	9.750	9.850	9.825	39.150
2006	9.825	9.800	9.750	9.800	39.050
2007	9.800	9.850	9.900	8.450	37.575

Career Highs

Vault	9.825	Seattle Pacific, UIC, Feb. 3, 2006
Bars	9.850	at Sacramento State, March 18, 2007
Beam	9.900	at Sacramento State, March 18, 2007
Floor	9.825	at UC Davis, February 27, 2005
All-Around	39.150	vs. Stanford, Cal, Mar. 19, 2005



Gymnast Biographies



**Renae
Moneymaker**
AA • 5-7 • JR
Santa Rosa, Calif./
Montgomery HS
Rohnert Park Gymnastics

SJSU: Renae is in her third year as a member of the San Jose State women's gymnastics team.

2007: Renae did not compete for the Spartans during the season.

2006: Renae was a first-team all-WAC selection on the vault. She competed in the all-around in every meet but the first one of the season. She won the all-around at Seattle Pacific with a season best 38.800. She scored a 38.650 against UC Davis and a 38.600 at California. She scored a 9.700 or better on six vaults including a season best 9.825 at the WAC Championships. She added a 9.800 against Sacramento State and a 9.775 against Seattle Pacific and Illinois-Chicago. Moneymaker scored a 9.775 on bars against UC Davis and a 9.750 at UCLA and at California. She scored a 9.750 on the beam at Seattle Pacific. On the floor, Moneymaker received a 9.800 at Seattle Pacific and against Sacramento State. She scored a 9.725 at the WAC Championships and against UC Davis and a 9.700 versus Seattle Pacific and Illinois-Chicago.

CLUB: Moneymaker competed for Rohnert Park Gymnastics at USAG Level 10. She is a three-time state, regional and national qualifier. Moneymaker placed second on the bars and fourth on the beam at the 2002 regionals.

HIGH SCHOOL: Moneymaker graduated from Montgomery High School in Santa Rosa, Calif., in 2005.

PERSONAL: Renae is a nutrition food science major with a concentration on sports nutrition. She was a 2006 Academic All-WAC honoree. Her older sister, Heidi, Heidi was an All-American gymnast at UCLA from 1997-2000 and currently works as a stuntwoman. Her brother, Sean, is a member of the Marine Corps and has served two tours of duty in Iraq. Renae turns 21-years-old at the beginning of the 2008 season and was born in Santa Rosa, Calif.



Renae's Favorites

My teammates call me:Nae, Money
Favorite Type of Food:Mexican
Two words to describe me:outgoing & compassionate
My biggest fear, period:sharks
Favorite sport to watch other than my sport:football
Favorite movie:Wedding Crashers
My biggest pet peeve:hair
Favorite pro sports team:San Francisco 49ers
Most memorable moment in my sport: .2006 NCAA Regionals
Thing I wish I was better at:remembering things

Season Highs

Year	V	UB	BB	FX	AA
2006	9.825	9.775	9.750	9.800	38.800

Career Highs

Vault	9.825	WAC Championships, Mar. 25, 2006			
Bars	9.775	UC Davis, Feb. 24, 2006			
Beam	9.750	at Seattle Pacific, Feb. 10, 2006			
Floor	9.800	at Seattle Pacific, Feb. 10, 2006			
	9.800	Sacramento State, March 10, 2006			
All-Around	38.800	at Seattle Pacific, Feb. 10, 2006			



**Veronica
Porte**
AA • 5-3 • JR
Martinez, Calif./
Alhambra HS
Golden Gate Gymnastics

SJSU: Veronica is in her third season competing for the San Jose State women's gymnastics team.

2007: Veronica was a first team All-WAC selection in the all-around after placing third at Western Athletic Conference Championships with a career-best 39.175, which is the 10th-best all-around score in school history. She was a second team All-WAC honoree on the vault and beam. She scored a career-high 9.825 on vault to tie for fifth place and tied a career-best with a 9.825 on beam to tie for eighth. Porte competed in the all-around at the NCAA West Regional where she placed 11th with a 38.825. Her best score at the meet was a 9.725 on vault. During the season, she was the top Spartan all-around performer with a 39.025 RQS and a 38.648 average. Porte scored a 39.000 or better five times and won the all-around at Seattle Pacific, against CS Fullerton and at Southern Utah. She scored a 9.700 or better on the vault eight times. On the bars, Porte scored a career-best 9.825 at Sacramento State and added a 9.775 against CS Fullerton. She scored a 9.700 or better on bars in eight meets. On beam, Porte scored a 9.800 or higher in four meets including a 9.825 against Sacramento State and UC Davis and a 9.800 at Illinois-Chicago and at Southern Utah. Porte received a career-best 9.900 on floor against Sacramento State and UC Davis which ties for the sixth-best floor score in program history. She scored a 9.800 or better in six other meets. Twice, she was named the WAC Gymnast of the Week.

2006: Veronica competed in the all-around in all 14 meets and was a second team all-WAC selection in the all-around. She had her best all-around meet of the year at the WAC Championships with season bests 38.825 in the all-around and 9.700 on the beam. In the all-around, she scored a 38.800 against Sacramento State and received a 38.675 in three consecutive meets. On the vault, Porte scored a 9.700 or better in four meets including a 9.750 against Seattle Pacific and Illinois Chicago and a 9.725 against Sacramento State and at the WAC Championships. She scored her season-best on the bars with a 9.800 three times – against



Seattle Pacific and Illinois Chicago and Sacramento State (twice). On the beam, she scored a 9.700 at the WAC Championships and a 9.675 against UC Davis. Porte scored a season best 9.850 on the floor at Sacramento State and a 9.700 or better in six meets.

CLUB: Porte competed for Golden Gate Gymnastics in Concord, Calif., and was coached by 1988 Olympian Tracee Talavera. Porte was the 2000 and 2002 regional vault champion and a 2003 alternate for the Junior Olympics. She was a 2005 national qualifier and was a six-time Level 10 state and regional qualifier.

HIGH SCHOOL: Porte graduated from Alhambra High School in 2005.

PERSONAL: Veronica is a child development major and would like to be an elementary school teacher after graduation. She was a 2006 Academic All-WAC honoree. Veronica turned 20-years-old at the beginning of the 2007-08 school year and was born in Wilmington, Calif.

Veronica's Favorites

My teammates call me:V
Favorite meal made at home:Dad's BBQ
Favorite class at San Jose State:Psychology I
My biggest fear, period:spiders
Best non-athletic talent:listening
Favorite musical artist:Kelly Clarkson
Person's shoes I would like to fill for a day: ..Michael Jordan
Favorite pro sports team:Oakland Athletics
My first impression of my coach was:funny
Thing I wish I was better at:drawing

Season Highs

Year	V	UB	BB	FX	AA
2006	9.750	9.800	9.700	9.750	38.825
2007	9.825	9.825	9.825	9.900	39.175

Career Highs

Vault	9.825	WAC Championships, March 31, 2007			
Bars	9.825	at Sacramento State, March 18, 2007			
Beam	9.825	WAC Championships, March 31, 2007			
	9.825	Sacramento State, UC Davis, Feb. 23, 2007			
Floor	9.900	Sacramento State, UC Davis, Feb. 23, 2007			
All-Around	39.175	WAC Championships, March 31, 2007			



Gymnast Biographies



**Gabrielle
Targosz**
UB, BB,FX • 5-3 • SO
Phoenix, Ariz./
Shadow Mountain HS
Arizona Sunrays

SJSU: Gabrielle is in her second season with the San Jose State women's gymnastics team.

2007: Gabrielle competed on the floor in eight meets. She scored a season-best 9.775 at Sacramento State and added a 9.700 at home against Sacramento State and UC Davis.

CLUB: Targosz competed for Arizona Sunrays and Dan Whitenstien. She finished second in the all-around at the 2006 Region 1 Championships and tied for second in the all-around at the 2006 Level 9 Western Gymnastic National Championships.

HIGH SCHOOL: Targosz graduated from Shadow Mountain High School in Phoenix, Ariz., in 2006. She was a member of the schools cheerleading squad for one season (2004) and the team placed second at nationals.

PERSONAL: Gabrielle is a communications major. She is a San Jose State Scholar Athlete and a 2007 Academic All-WAC selection. She enjoys being with her family and friends and shopping. Gabrielle turned 20-years-old at the beginning of the 2007-08 school year.



Gabby's Favorites

Favorite Type of Food: Italian
 Favorite TV show:Entourage
 Place I would like to visit:Bahamas
 My biggest fear, period:running out of gas
 Favorite sport to watch other than my sport:baseball
 Best non-athletic talent:quoting movies
 Favorite musical artist:Rascal Flatts
 Favorite movie:How To Lose A Guy In 10 Days
 Favorite pro sports team:Phoenix Suns
 Most famous person to attend my high school: ..Mike Bibby

Season Highs

Year	V	UB	BB	FX	AA
2007	—	—	—	9.775	—

Career Highs

Floor 9.775 at Sacramento State, March 18, 2007



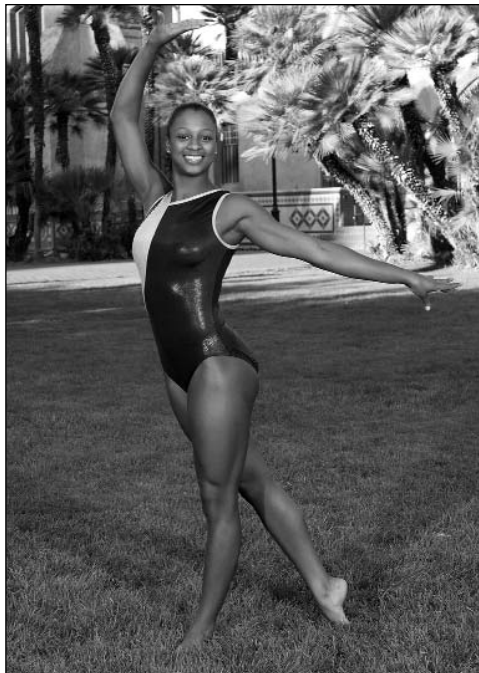
Shanice Howard
 AA • 5-6 • FR
Rancho Santa Margarita, Calif./ Tesoro HS
South Coast Gymnastics

SJSU: Shanice begins her first season as a member of the San Jose State women's gymnastics team.

CLUB: Howard competed for South Coast Gymnastics under Chinese Olympic team members Xiaoping Li and Jia Wen. Howard, a Level 10 competitor, finished second in the all-around and on the vault at the 2007 Lady Luck Invitational in Las Vegas. She captured the vault title and placed third in the all-around at Chris Waller's Heart of a Champion Invitational 2007. Howard placed in the all-around at the 2007 Golden State Friendship Challenge. She was a teammate of current Spartan Katie Merritt.

HIGH SCHOOL: Howard graduated from Tesoro High School in 2007. She lettered in track her freshman year where she did the long jump, 300 hurdles and relays.

PERSONAL: Shanice is majoring in kinesiology and would like to work in sports medicine after graduation. In her spare time, she enjoys reading, shopping and listening to music. Shanice turned 19-years-old prior to the 2008 season and was born in Mission Viejo, Calif.



Shanice's Favorites

My teammates call me:Slim, Neece
 Favorite meal made at home:Grandma's Mac & Cheese
 Two words to describe me:dependable, crazy
 Place I would like to visit:Italy
 My biggest fear, period:rejection
 Favorite sport to watch other than my sport:basketball
 Favorite movie:The Notebook
 Favorite pro sports team:Los Angeles Lakers
 Thing I wish I was better at:dancing
 Favorite place in San Jose:The Pita Pit



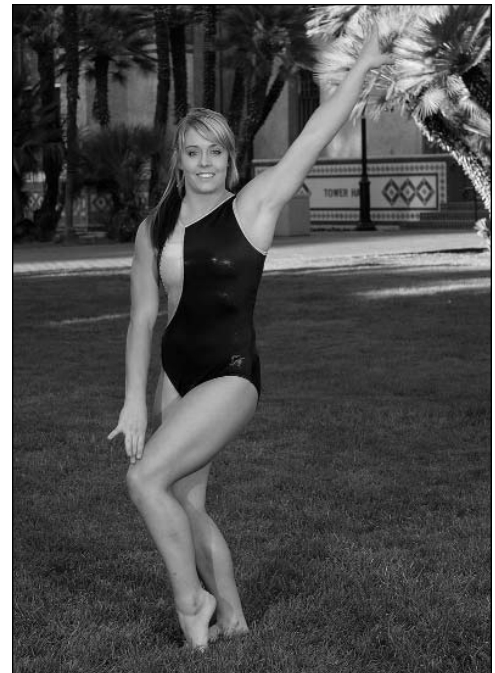
Katie Merritt
 AA • 5-5 • FR
Irvine, Calif./
Woodbridge HS
South Coast Gymnastics

SJSU: Katie is in her first season competing for the San Jose State women's gymnastics team.

CLUB: Merritt competed for South Coach Gymnastics under the coaching of Chinese Olympic team members Xiaoping Li and Jia Wen. Merritt, a Level 10 gymnast, finished seventh in the all-around at the Southern California State Championships and 24th at the 2006 USA Gymnastics Junior Olympic Regional Championships. Merritt was a five-time California and regional qualifier and placed second in the all-around at the 2005 state championships and sixth at the 2006 championships.

HIGH SCHOOL: Merritt graduated from Woodbridge High School in 2007.

PERSONAL: Katie is a spacial arts major and would like to design and create cosmetic coverings for prosthetics. She enjoys ceramics and art as her hobbies. Merritt turns 19-years-old during the 2008 season and was born in Newport Beach, Calif.



Katie's Favorites

Favorite meal made at home:cheese enchiladas
 Two words to describe me:bubbly & creative
 My favorite place I have visited out-of-town:China
 Place I would like to visit:Europe
 My biggest fear, period:birds
 Best non-athletic talent:ceramics
 Favorite musical artist:Colbie Caillat
 Person's shoes I would like to fill for a day:Katie Couric
 Favorite movie:Serendipity
 Favorite pro sports team:Dallas Cowboys



Gymnast Biographies



Jymmie Pierce

AA • 5-9 • FR
Romoland, Calif./
Temescal Canyon HS
Jag Gymnastics

SJSU: Jymmie is in her first year as a member of the San Jose State women's gymnastics team.

CLUB: Pierce competed for Jag Gymnastics. She finished fifth in the all-around at the 2007 Golden State Friendship Challenge where she was third on the bars and the beam. She was 16th in the all-around at the 2007 Level 9-10 Regional Championships.

HIGH SCHOOL: Pierce is a 2007 Temescal Canyon High School graduate.

PERSONAL: Jymmie is a sports psychology major and would like to coach gymnastics after graduation. She likes wakeboarding. Jymmie turned 19-years-old prior to the 2008 season and was born in Pomona, Calif.



Jymmie's Favorites

Favorite Type of Food:Mexican
Favorite TV show:So You Think You Can Dance
Two words to describe me:helpful & caring
Place I would like to visit:London, England
Best non-athletic talent:compassion for others
Favorite movie:We Are Marshall
My biggest pet peeve:room not being clean
Favorite pro sports team: ...Los Angeles Angeles of Anaheim
One possession I would keep if I lost all others:my pets
Thing I wish I was better at:singing



Emily Stebbins

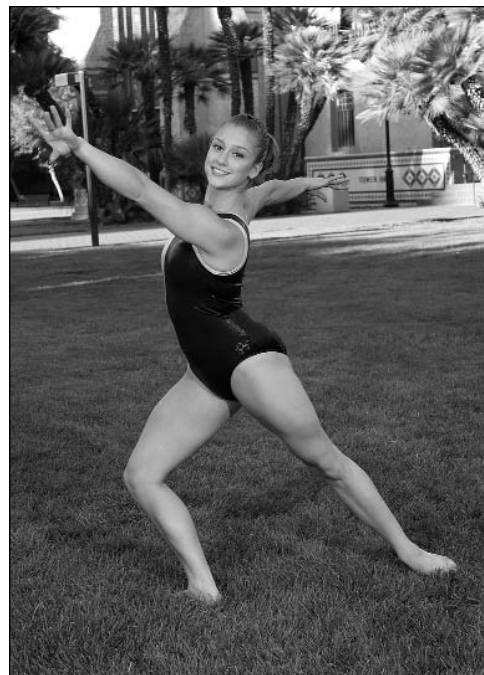
V, BB,FX • 5-3 • SR
Felton Calif./ San
Lorenzo HS
West Valley Gymnastics

SJSU: Emily is in her first year at San Jose State.

CLUB: Stebbins trained and competed for West Valley Gymnastics where she trained with 2000 Olympian Amy Chow and competed as an international elite. She finished 13th in the all-around at the 2000 Junior International Competition of the U.S. Classic and tied for 22nd at the 2000 John Hancock U.S. Gymnastics Championships, Junior Division.

HIGH SCHOOL: Stebbins graduated from San Lorenzo Valley High School in 2004.

PERSONAL: Emily is majoring in dance performance and would like to be a professor of dance after graduation. Her father, Gary, is an assistant professor in the Educational Leadership Department at San Jose State. Emily enjoys painting, dancing and playing the guitar and violin. She will turn 22-years-old after the 2008 season.



Emily's Favorites

Two words to describe me:happy & fun
My favorite place I have visited out-of-town:Japan
Place I would like to visit:Italy
Favorite sport to watch other than my sport:boxing
Best non-athletic talent:painting
Favorite musical artist:Norah Jones
Most impressive person I know:Blaine Wilson
One possession I would keep if I lost all others:guitar
Thing I wish I was better at:violin
Highlight of sports career: competing at 2000 USA Championships



Lily Swann

AA • 5-2 • FR
Austin, Texas/
Westlake HS
AcroTex Gymnastics

SJSU: Lily is in her first season competing with the San Jose State women's gymnastics team.

CLUB: Lily competed for AcroTex Gymnastics in Georgetown, Texas. A five-time Level 10 national qualifier, she placed 33rd at the 2007 Junior Olympic Nationals. At the 2007 Region III Level 10 meet, Swann placed third on the bars and sixth in the all-around. She placed 40th at the 2005 Junior Olympic Nationals and won the 2005 Region III Bars title.

HIGH SCHOOL: Swann graduated from Westlake High School in 2007.

PERSONAL: Lily is undecided on her major. She likes doing scrap-booking, rock climbing and yoga in her free time. Lily will turn 20-years-old at the end of the 2008 school year and was born in Austin, Texas.



Lily's Favorites

Two words to describe me:goofy & sweet
My favorite place I have visited out-of-town:Costa Rica
Place I would like to visit:New Zealand
My biggest fear, period:throwing up
Favorite sport to watch other than my sport:diving
Pre-game ritual or superstition: .stay calm, visualize routines
Favorite musical artist:The Beatles
Person's shoes I would like to fill for a day:J.K. Rowling
Favorite movie:Little Miss Sunshine
Thing I wish I was better at:dancing



Katelyn Van Eck

AA • 5-2 • FR
San Jose, Calif./
Santa Teresa HS
California Sports Center

SJSU: Katelyn is in her first year as a member of the San Jose State women's gymnastics team.

CLUB: Van Eck competed for the California Sports Center and the Almaden Valley Gymnastics Club. She finished fourth in the all-around at the 2007 Level 9-10 NorCal State Championships and second on the vault and beam. Van Eck was eighth in the all-around at the 2007 Regionals and sixth on the bars.

HIGH SCHOOL: Van Eck graduated from Santa Teresa High School in 2007.

PERSONAL: Katelyn is majoring in chemical engineering. She enjoys going for walks in her free time. Katelyn turned 18-years-old prior to the 2008 season and was born in Ontario, Canada.



Katelyn's Favorites

Favorite Type of Food:Italian
Favorite TV show:America's Next Top Model
Two words to describe me:studious & outgoing
My biggest fear, period:water & heights
Favorite sport to watch other than my sport:soccer
Favorite musical artist:Joss Stone
Favorite movie:Dirty Dancing
My biggest pet peeve:chewing with mouth open
Favorite pro sports team:San Francisco Giants
Favorite place in San Jose:Oakridge Mall



Spartans In Action



Spartans In Action





2007 Results

Date	Opponents	Vault	Bars	Beam	Floor	Total
1/12/07	San Jose State at UC Davis	48.200 48.875	46.775 46.825	47.575 46.325	46.900 45.850	189.450 187.875
1/19/07	UCLA at CS Fullerton San Jose State	49.400 47.950 47.975	49.150 47.800 47.675	48.675 46.550 46.575	48.825 48.125 46.950	196.050 190.425 189.175
1/26/07	UTAH STATE SAN JOSE STATE BOISE STATE SEATTLE PACIFIC	48.950 48.075 47.675 47.775	48.450 48.425 47.675 46.825	48.150 48.200 47.375 47.125	48.675 48.325 47.975 48.150	194.225 193.025 190.700 189.875
2/3/07	at Illinois Chicago San Jose State	48.575 48.300	48.875 48.475	49.275 48.375	48.625 48.100	195.350 193.250
2/9/07	at Stanford Iowa State Oregon State San Jose State	49.200 49.075 49.175 48.450	49.450 49.175 48.425 48.025	49.375 48.975 48.150 48.725	49.250 48.850 48.350 47.975	197.275 196.075 194.100 193.175
2/16/07	San Jose State at Seattle Pacific	48.525 48.275	48.325 47.000	48.650 46.300	48.125 48.700	193.625 190.275
2/23/07	SACRAMENTO STATE SAN JOSE STATE UC DAVIS	48.375 48.400 48.350	48.575 47.575 48.125	48.150 48.400 46.750	48.600 48.675 48.225	193.700 193.050 191.450
3/2/07	SAN JOSE STATE CS FULLERTON	48.175 48.150	48.400 48.275	48.075 48.350	48.600 48.025	193.250 192.800
3/9/07	at Southern Utah San Jose State	48.250 48.075	48.675 48.725	47.900 48.175	48.850 48.200	193.675 193.175
3/18/07	San Jose State at Sacramento State	48.750 48.500	48.900 49.075	48.875 48.275	48.775 49.050	195.300 194.900
3/23/07	California Sacramento State San Jose State at UC Davis	48.850 48.600 48.550 48.650	49.325 48.875 48.825 48.625	49.225 49.100 48.750 47.825	49.100 48.575 48.375 48.050	196.500 195.150 194.500 193.150
3/31/07	WAC Championships, Cedar City, Utah Sacramento State Southern Utah Utah State San Jose State CS Fullerton Boise State	48.875 48.875 48.950 48.550 48.650 48.900	48.525 48.875 48.525 48.575 48.675 47.725	49.325 49.000 48.850 48.775 48.000 48.900	48.550 48.475 48.850 47.850 48.300 47.775	195.275 195.225 195.175 193.750 193.625 193.300
	San Jose State Highs	48.750	48.900	48.875	48.775	195.300
	San Jose State RQS	48.445	48.570	48.580	48.435	193.560

Results by Apparatus



Vault Scores

<u>Name</u>	<u>1/12</u>	<u>1/19</u>	<u>1/26</u>	<u>2/3</u>	<u>2/9</u>	<u>2/16</u>	<u>2/23</u>	<u>3/2</u>	<u>3/9</u>	<u>3/18</u>	<u>3/23</u>	<u>3/31</u>
Alise Blackwell	9.625	9.525	9.625	9.650	9.800		9.475	9.525	9.600	9.675	9.600	9.675
Raylyn Cardeno	8.550	9.800	9.775	9.850	9.775	9.725	9.675	9.700	9.800	9.850	9.775	9.775
Dani Johnson	9.550	9.450	9.550	9.550	9.600	9.625	9.625	9.150	9.475	9.625	9.450	9.325
Jessica Khoshnood		9.400	9.425	9.350	9.575	9.575						
Tiffany Louie	9.675	9.650	9.450	9.625	9.550	9.700	9.575	9.475	9.150	9.675	9.750	9.575
Michelle Minotti	9.750						9.725	9.750	9.750	9.600	9.800	9.700
Veronica Porte	9.600	9.550	9.675	9.625	9.700	9.750	9.775	9.725	9.600	9.750	9.725	9.825

Bars Scores

<u>Name</u>	<u>1/12</u>	<u>1/19</u>	<u>1/26</u>	<u>2/3</u>	<u>2/9</u>	<u>2/16</u>	<u>2/23</u>	<u>3/2</u>	<u>3/9</u>	<u>3/18</u>	<u>3/23</u>	<u>3/31</u>
Alise Blackwell	9.500	9.625	9.675	9.625	9.700	9.750	9.750	9.625	9.775	9.750	9.825	9.725
Jessica Khoshnood	9.450	9.475	9.100	9.750	9.625	9.650	9.650	9.675	9.775	9.750	9.800	9.725
Tiffany Louie	8.275	9.175	9.525	9.825	9.625	9.225	9.025	9.450				
Liz Major	9.500	9.475	9.700	9.725	9.175	9.675	9.625	9.700	9.675	9.325	9.525	9.675
Michelle Minotti									9.750	9.850	9.775	9.700
Jennifer Pizano		9.525	9.775	9.550	9.525	9.550	9.525	9.625	9.675	9.725	9.675	9.700
Veronica Porte	8.650	9.575	9.750	8.925	9.550	9.700	8.975	9.775	9.750	9.825	9.750	9.725

Beam Scores

<u>Name</u>	<u>1/12</u>	<u>1/19</u>	<u>1/26</u>	<u>2/3</u>	<u>2/9</u>	<u>2/16</u>	<u>2/23</u>	<u>3/2</u>	<u>3/9</u>	<u>3/18</u>	<u>3/23</u>	<u>3/31</u>
Leah Bigelow	9.400	9.675	9.725	9.300	9.800	9.725	9.775	9.475	9.675	9.675	9.750	9.750
Alise Blackwell	9.625	8.950	9.575	9.775	9.650			9.125	9.525	9.750	9.725	9.775
Kelli Fournier	9.100	8.850	9.000	8.525	9.475	9.725	9.550	9.500	9.475	9.500	9.700	9.700
Jessica Khoshnood							9.725	9.725	9.750	9.700	9.850	9.750
Greta Leach	9.600	9.200	9.650	9.825	9.825	9.725	9.525					
Tiffany Louie		9.175										
Michelle Minotti					9.850	9.750	9.275	9.650	9.300	9.900	9.825	9.725
Jennifer Pizano			9.500	9.675								
Veronica Porte	9.525	9.575	9.750	9.800	9.600	9.600	9.825	9.700	9.800	9.700	9.700	9.825

Floor Scores

<u>Name</u>	<u>1/12</u>	<u>1/19</u>	<u>1/26</u>	<u>2/3</u>	<u>2/9</u>	<u>2/16</u>	<u>2/23</u>	<u>3/2</u>	<u>3/9</u>	<u>3/18</u>	<u>3/23</u>	<u>3/31</u>
Alise Blackwell	9.300	9.575	9.750	9.800	9.700		9.850	9.800	9.750	9.875	9.425	9.725
Raylyn Cardeno	9.300	9.300	9.575	9.650	9.425	9.650	9.625	9.625	9.475	9.550	9.500	9.575
Jessica Khoshnood	8.875	9.275	9.550	9.625	9.650	9.700	9.075	9.675	9.125	9.675	9.800	9.700
Greta Leach		9.350	9.550	9.450	9.475	9.550						
Tiffany Louie	9.350	9.150	9.575	8.975	8.925	9.175	9.600	9.625	9.600	9.600	9.625	
Michelle Minotti												8.450
Veronica Porte	9.500	9.450	9.875	9.575	9.725	9.850	9.900	9.850	9.750	9.850	9.825	9.800
Gabrielle Targosz	9.450						9.375	9.700	9.650	9.625	9.775	9.625

All-Around Scores

<u>Name</u>	<u>1/12</u>	<u>1/19</u>	<u>1/26</u>	<u>2/3</u>	<u>2/9</u>	<u>2/16</u>	<u>2/23</u>	<u>3/2</u>	<u>3/9</u>	<u>3/18</u>	<u>3/23</u>	<u>3/31</u>
Alise Blackwell	38.050	37.675	38.625	38.850	38.850			38.075	38.650	39.050	38.575	38.900
Jessica Khoshnood						38.650						
Tiffany Louie		37.150										
Michelle Minotti												37.575
Veronica Porte	37.275	38.150	39.050	37.925	38.575	38.900	38.475	39.050	38.900	39.125	39.000	39.175

NCAA West Regional Scores

<u>Name</u>	<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>All-Around</u>
Alise Blackwell	9.550	9.725	9.600	9.800	38.675
Veronica Porte	9.725	9.700	9.725	9.675	38.825



2007 WAC Championship Results

Team Standings

Place	Team	Score
1.	Sacramento State	195.275
2.	Southern Utah University	195.225
3.	Utah State University	195.175
4.	San Jose State University	193.750
5.	Cal State Fullerton	193.625
6.	Boise State	193.300

Vault Results

1.	Jessica Parenti-Otte, Utah State	9.900
2.	Elise Wheeler, Southern Utah	9.875
3.	Heather Heinrich, Utah State	9.850
3.	Katie Omann, Utah State	9.850
5.	Marina Borisova, Sacramento State	9.825
5.	Kristin Aldrich, Boise State	9.825
5.	Veronica Porte, San Jose State	9.825
8.	Shayla Garcia, Southern Utah	9.800
8.	Shannon Kawada, Cal State Fullerton	9.800
8.	Tiffany Bass, Sacramento State	9.800
8.	DeAvera Todd, Boise State	9.800
8.	Shaniece Craft, Boise State	9.800

Uneven Parallel Bars

1.	Jessica Parenti-Otte, Utah State	9.875
2.	Kellie Dangerfield, Southern Utah	9.850
3.	Meagan Lewis, Utah State	9.825
4.	Shannon Kawada, Cal State Fullerton	9.800
4.	Nicki Felley, Utah State	9.800
6.	Erin Morgan, Southern Utah	9.775
6.	Elise Wheeler, Southern Utah	9.775
6.	Alexis Tsurumoto, Sacramento State	9.775
6.	Yvette Leizorek, Boise State	9.775
10.	Leah Sakhitab, Southern Utah	9.750
10.	Jaime Howe, Cal State Fullerton	9.750
10.	Britni Echeverria, Cal State Fullerton	9.750

Balance Beam

1.	Melissa Genovese, Sacramento State	9.900
2.	Marina Borisova, Sacramento State	9.875
3.	Leah Sakhitab, Southern Utah	9.850
3.	Tiffany Bass, Sacramento State	9.850
3.	Lissa Zamolo, Sacramento State	9.850
3.	Eryn Stubblefield, Sacramento State	9.850
3.	Kristin Aldrich, Boise State	9.850
8.	Shayla Garcia, Southern Utah	9.825
8.	Nicki Felley, Utah State	9.825
8.	Veronica Porte, San Jose State	9.825

Floor Exercise

1.	Marina Borisova, Sacramento State	9.850
1.	Meagan Lewis, Utah State	9.850
3.	Megan Tschida, Utah State	9.825
4.	Yvette Leizorek, Boise State	9.800
4.	Veronica Porte, San Jose State	9.800
6.	Katie Hicks, Southern Utah	9.775
6.	Melissa Genovese, Sacramento State	9.775
6.	Jessica Parenti-Otte, Utah State	9.775
6.	Nicki Felley, Utah State	9.775
10.	Elise Wheeler, Southern Utah	9.750

All Around Results

1.	Jessica Parenti-Otte, Utah State	39.350
2.	Marina Borisova, Sacramento State	39.275
3.	Veronica Porte, San Jose State	39.175
4.	Meagan Lewis, Utah State	39.150
5.	Leah Sakhitab, Southern Utah	39.100
6.	Nicki Felley, Utah State	39.050
7.	Melissa Genovese, Sacramento State	38.925
8.	Alise Blackwell, San Jose State	38.900
9.	Shayla Garcia, Southern Utah	38.875
10.	Heather Heinrich, Utah State	38.750

2007 Academic All-WAC Honorees



Leah Bigelow



Alise Blackwell



Kelli Fournier



Jessica Khoshnood



Greta Leach



Tiffany Louie



Liz Major



Michelle Minotti



Jennifer Pizano



Gabrielle Targosz

Record Book





Letterwinners

Albright, Dani	2001-04	Klein, Amberly	2003-06	Snellgrove, Andrea	1998-99, 2001
Almstedt, Hawley	1995-98	Knudsen, Carla	1993-94	Solad, Jodi	1990-93
Banholzer, Cami	1994	Koep, Nicki	1997	Spellacy, Kelsey	2003, 05-06
Berry, Katie	1992	Law, Tara	1994-97	Starr, Hope	1991
Bigelow, Leah	2005-07	Leach, Greta	2004-05, 07	Talbot, Tasya	2000
Blackwell, Alise	2006-07	Louie, Tiffany	2007	Targosz, Gabrielle	2007
Burke, Katy	1990-92	Maciel, Desiree	2002	Taylor, Ann-Marie	1992, 94-95
Byrd, Tanika	1998, 2000	Major, Liz	2004, 2007	Thomas, Erin	2003, 05
Cardeno, Raylyn	2005-07	Mariani, Carrie	1999, 2001	Tily, Liz	1995
Cardeno, Shina	2005-06	Martin, Stacy	2000, 2002	Ulrich, Katie	1996
Carter, Kasey	1999-2002	McClelland, Marcee	1989-90	Wasko, Danielle	1996
Cheshier, Tracy (Kautz)	2000-01	McCoy, Kelli	2003	Weispenning, Melanie	1990
Choy, Shirla	2001-04	Medeiros, Carissa	1997, 99	Wheaton, Anne	1993-95
Cianci, Kimmy	1999-2002	Mertens, Adriane	2003-06	Wicklund, Staci	1991
Coates, Bridgett	1996-97	Miller, Kriss	1989-91	Zezoney, Allison	2003, 06
Cole, Courtenay	1996	Minotti, Michelle	2005-07		
Cook, Jana	1990	Molasky, Sarah	2003		
De Groof, Michelle	2006	Moneymaker, Renae	2006		
Fournier, Kelli	2007	Nakaji, Mayumi	1989		
Gordon, Julie	2000, 2002	Newcomer, Cyndi	1994		
Greene, Jennifer	2002-05	Ojog, Ioana	1995, 98		
Hawkins, Nikki	1989-91	Parent, Barbara	1995		
Heald, Cristin	1998	Peterson, Brittney	2004		
Hifai, Samila	1994	Pizano, Jennifer	2007		
Jay, Casey	2005	Porte, Veronica	2006-07		
Johnson, Danielle	2007	Reiley, Kim	1994		
Jones, Colleen	1993	Ronzio, Rebecca	2003-04		
Kavalec, Tracie	2003-06	Sanwo, Cheryl	1989-91, 93		
Kellejian, Anne	1990	Scheele, Melisa	2002-04		
Khoshnood, Jessica	2007	Shipman, Jennifer	1993, 95		



Honorary Letterwinner

Kris Klepfer Buchanan 1999

Note: letters were first awarded in 1989



Four Spartans qualified for the 2002 NCAA West Regional competition. Dani Albright (right) finished tied for 12th in the all-around, while Shirla Choy (middle) was 20th in the all-around. Kim Cianci (second from left) participated on the floor, while Kasey Carter (far left) tied for 31st on the beam.



The 2004 team won the MPSF Championship as the Spartans won the conference meet in Spartan Gym. Jennifer Greene scored the program's first 10.0 with a perfect floor routine.



Shina Cardeno holds the San Jose State vault record with a 9.925 which she received during the 2006 season.

Coaching Records



1969-70	0-0-0	Betty R. Barnard	1989-90	7-6-0	Jackie Walker
1970-71	2-0-0	Betty R. Barnard	1990-91	5-14-0	Jackie Walker
1971-72	0-2-0	Jim Turpin	1991-92	0-14-0	Jackie Walker
1972-73	1-1-0	Betty R. Barnard	1992-93	4-9-0	Jackie Walker
1973-74	1-2-0	Jan Flanery	1993-94	3-16-0	Jackie Walker
1974-75	6-0-0	Jan Flanery	1994-95	6-6-0	Jackie Walker
1975-76	4-5-0	Jan Flanery	1995-96	9-8-0	Jackie Walker
1976-77	5-7-0	Carolyn Cross	1996-97	9-9-0	Jackie Walker
1977-78	17-2-0	Carolyn Cross	1997-98	3-12-1	Jackie Walker
1978-79	19-0-0	Carolyn Cross	1998-99	11-11	Jackie Walker
1979-80	10-8-0	Carolyn Cross	1999-2000	4-13	Jackie Walker
1980-81	1-9-0	Carolyn Cross	2000-01	10-7	Jackie Walker
1981-82	1-10-0	Carolyn Cross	2001-02	12-9	Wayne Wright
1982-83	4-10-0	Carolyn Cross	2002-03	12-9	Wayne Wright
1983-84	9-8-0	Carolyn Cross	2003-04	16-9	Wayne Wright
1984-85	9-7-0	Jackie Walker	2004-05	17-5	Wayne Wright
1985-86	12-8-0	Jackie Walker	2005-06	15-17	Wayne Wright
1986-87	11-7-0	Jackie Walker	2006-07	10-14	Wayne Wright
1987-88	12-3-1	Jackie Walker	Totals	289-289-2	
1988-89	12-12-0	Jackie Walker			



Carolyn Cross



Jackie Walker



Wayne Wright





Team Records

Team Records

Event	Score	Opponent	Date
Total	195.925	MPSF Championships	March 20, 2004
Vault	48.950	UC Davis	February 24, 2006
Bars	49.325	MPSF Championships	March 20, 2004
Beam	49.050	MPSF Championships	March 29, 2003
Floor	49.550	MPSF Championships	March 20, 2004

Top Team Totals (193.000 or better)

Score	Opponents	Date
195.925	MPSF Championships	March 20, 2004
195.300	at Sacramento State	March 18, 2007
195.100	UC Davis	February 7, 2003
194.900	Seattle Pacific	March 9, 2001
194.575	at UC Davis	March 2, 2003
194.500	MPSF Championships	March 29, 2003
194.500	at UC Davis, California, Sacramento State	March 23, 2007
194.325	Stanford, California	March 19, 2005
194.300	CS Sacramento/UC Davis	February 16, 2001
194.275	at Western Independent Championships	March 24, 2001
194.250	at UC Davis	March 6, 2004
194.175	Seattle Pacific	February 14, 2003
194.100	at Alaska-Anchorage	March 12, 2004
194.050	at CS Fullerton, Sacramento State	March 9, 2003
193.975	at Utah State	February 27, 2001
193.925	CS Sacramento, UC Davis	February 20, 2004
193.925	Texas Woman's University, New Hampshire	February 6, 2004
193.875	at Air Force, TWU, Utah State, Wis.-Eau Claire	January 17, 2004
193.875	at California, Arizona State, Utah State	January 23, 2004
193.825	UC Davis	March 8, 1996
193.775	at California, Sacramento State, Boise State	March 16, 2002

193.750	WAC Championships	March 31, 2007
193.625	at Sacramento State	February 17, 2006
193.625	at Seattle Pacific	February 16, 2007
193.600	at Alaska-Anchorage	March 13, 2004
193.550	California	March 16, 2001
193.550	at Arizona State	March 14, 2003
193.550	Sacramento State	March 10, 2006
193.550	at CS Sacramento	February 16, 2003
193.475	at CS Sacramento	February 27, 2004
193.450	at Boise State, Penn State, Seattle Pacific	March 11, 2005
193.425	Seattle Pacific	February 3, 2001
193.425	Seattle Pacific, Stanford, Oregon State	January 31, 2003
193.375	at MPSF Championships	March 23, 2002
193.350	at California	March 17, 2006
193.325	CS Fullerton, Sacramento State	March 8, 2002
193.300	Air Force	February 11, 2005
193.275	at Arizona, Washington	January 24, 2003
193.275	UC Davis	February 24, 2006
193.250	at Illinois-Chicago	February 3, 2007
193.250	CS Fullerton	March 2, 2007
193.225	Stanford	March 7, 2003
193.225	at UCLA, Stanford	March 5, 2006
193.175	at Stanford, Iowa State, Oregon State	February 9, 2007
193.175	at Southern Utah	March 9, 2007
193.125	CS Fullerton	January 27, 2006
193.050	Boise State, Seattle Pacific	February 8, 2002
193.050	Sacramento State, UC Davis	February 23, 2007
193.025	at CS Fullerton, SUNY Cortland, Bowling Green	March 6, 2005
193.025	Utah State, Boise State, Seattle Pacific	January 26, 2007
193.000	at CS Fullerton	February 23, 2001
193.000	at UC Davis, Alaska Anchorage	Feb. 27, 2005



The 2003 team was the first team in school history to qualify for NCAA Regional competition. The Spartans finished tied for fifth with a 192.875 at the West Regionals.



The 2006 team finished fourth at the 2006 NCAA West Regional hosted by Stanford. The Spartans scored a 192.375 for the school's best team finish at a regional.



Top-30 Team Scores By Event

Vault

Score	Opponents	Date
48.950	UC Davis	February 24, 2006
48.875	Seattle Pacific, Illinois-Chicago	February 3, 2006
48.850	at California	March 17, 2006
48.750	at Sacramento St.	March 18, 2007
48.725	California	March 21, 2003
48.700	Stanford	March 7, 2003
48.675	at MSPF Championships	March 26, 2005
48.625	at Sacramento State	Feb. 17, 2006
48.600	Alaska Anchorage	March 14, 1997
48.575	at UCLA, Stanford	March 5, 2006
48.550	at WAC Championships	March 31, 2007
48.550	at UC Davis, California, Sacramento State	March 23, 2007
48.525	at Seattle Pacific	February 16, 2007
48.525	at Nebraska, Central Michigan, Northern Illinois	Feb. 26, 2006
48.525	at CS Fullerton, North Carolina State, Utah State	January 8, 2006
48.525	at MPSF Championships	March 29, 2003
48.500	CS Fullerton, Sacramento State	March 8, 2002
48.500	Sacramento State, UC Davis	February 16, 2001
48.500	UC Davis	March 8, 1996
48.450	at Stanford, Iowa State, Oregon State	February 9, 2007
48.450	at California	January 23, 2004
48.425	at California, Boise State, Sacramento State	March 16, 2002
48.400	Sacramento State, UC Davis	February 23, 2007
48.400	at Seattle Pacific	February 10, 2006
48.400	at Arizona State	March 14, 2003
48.400	Seattle Pacific	March 9, 2001
48.375	Stanford, California	Mar. 19, 2005
48.375	at Stanford, Oregon State, Seattle Pacific	January 31, 2003
48.375	California	March 16, 2001
48.375	at CS Fullerton	February 23, 2001

Bars

Score	Opponents	Date
49.325	MPSF Championships	March 20, 2004
49.275	UC Davis	February 7, 2003
49.150	Sacramento State, UC Davis	February 20, 2004
48.900	at Sacramento St.	March 18, 2007
48.850	Air Force	February 11, 2005
48.825	at UC Davis, California, Sacramento State	March 23, 2007
48.825	Seattle Pacific	March 9, 2001
48.775	at Alaska Anchorage	Mar. 13, 2004
48.750	CS Fullerton	January 27, 2006
48.725	at Southern Utah	March 9, 2007

48.675	Sacramento State	March 10, 2006
48.675	Texas-Woman's, New Hampshire	February 6, 2004
48.675	at Western Independent Championships	March 24, 2001
48.650	at Alaska Anchorage	Mar. 12, 2004
48.600	at Utah State	February 26, 2001
48.575	at WAC Championships	March 31, 2007
48.575	at Stanford, Oregon State, Seattle Pacific	January 31, 2003
48.550	at California	January 23, 2004
48.525	at Sacramento State	Feb. 16, 2003
48.525	at California, Boise State, Sacramento State	March 16, 2002
48.525	Seattle Pacific	March 22, 1996
48.500	Stanford	March 7, 2003
48.475	at Illinois-Chicago	Feb. 3, 2007
48.475	at WAC Championships	March 25, 2006
48.450	Western Independent Championships	March 27, 1999
48.425	Utah State, Boise State, Seattle Pacific	January 26, 2007
48.425	at Boise State, Penn State, Seattle Pacific	March 11, 2005
48.425	at UC Davis	March 6, 2004
48.400	CS Fullerton	March 2, 2007
48.400	at CS Fullerton, Sacramento State	March 9, 2003
48.400	Sacramento State, UC Davis	February 16, 2001

Beam

Score	Opponents	Date
49.050	at MPSF Championships	March 29, 2003
49.025	Stanford, California	Mar. 19, 2005
49.025	Western Independent Championships	March 27, 1999
49.000	at Arizona State	March 14, 2003
48.950	at UC Davis	March 6, 2004
48.900	MPSF Championships	Mar. 20, 2004
48.875	at Sacramento State	Mar. 18, 2007
48.875	CS Fullerton	January 27, 2001
48.850	Seattle Pacific	February 3, 2001
48.800	at Air Force, TX-Woman's, WI-Eau Claire, Utah St.	Jan. 17, 2004
48.775	at WAC Championships	March 31, 2007
48.750	at UC Davis, California, Sacramento State	March 23, 2007
48.725	at Stanford, Iowa, Oregon State	February 9, 2007
48.725	Seattle Pacific	February 14, 2004
48.700	at Alaska Anchorage	Mar. 12, 2004
48.700	at Sacramento State	Feb. 29, 2004
48.700	at UC Davis	March 2, 2003
48.700	Seattle Pacific	March 9, 2001
48.700	at California, CS Fullerton, Sacramento State	March 3, 2000
48.650	at Seattle Pacific	February 16, 2007

48.650	at Alaska Anchorage	Mar. 13, 2004
48.625	at Sacramento State	Feb. 17, 2006
48.625	California	March 16, 2001
48.625	Sacramento State, UC Davis	February 16, 2001
48.550	UC Davis	February 24, 2006
48.550	at MPSF Championships	March 26, 2005
48.550	at Boise State, Penn State, Seattle Pacific	March 11, 2005
48.525	at NCAA West Regionals	April 12, 2003
48.500	UC Davis	February 7, 2003
48.500	at Boise State, SE Missouri State, Penn State	March 6, 1999

Floor

Score	Opponents	Date
49.550	MPSF Championships	March 20, 2004
49.375	at CS Fullerton, Sacramento State	Feb. 9, 2003
49.350	at MPSF Championships	March 29, 2003
49.175	Seattle Pacific	February 14, 2004
49.150	at UC Davis	March 2, 2003
49.125	UC Davis	February 7, 2003
49.100	at Western Independent Championships	March 24, 2001
49.075	CS Fullerton, Sacramento State	March 8, 2002
49.050	at UC Davis, Alaska Anchorage	February 27, 2005
49.025	Air Force, Seattle Pacific	February 14, 2003
49.025	at UC Santa Barbara, UC Davis, Eastern Michigan	Feb. 23, 2002
49.025	Boise State, Seattle Pacific	February 8, 2002
49.000	Alaska Anchorage	March 12, 2004
48.975	at UC Davis	February 29, 2004
48.975	Seattle Pacific	March 9, 2001
48.925	Stanford	March 7, 2003
48.925	at Sacramento State	Feb. 16, 2003
48.925	Alaska Anchorage, UC Davis, Utah State	January 26, 2002
48.925	California	February 26, 2000
48.900	at Sacramento State	Mar. 10, 2002
48.900	UC Santa Barbara	March 2, 2002
48.875	at Utah State	February 26, 2001
48.875	Seattle Pacific	March 22, 1996
48.850	at Sacramento State	Feb. 17, 2006
48.850	at Alaska Anchorage	Mar. 13, 2004
48.825	CS Fullerton	January 27, 2001
48.825	Oklahoma, California, Arizona	January 19, 2001
48.775	at Sacramento State	March 18, 2007
48.775	at CS Fullerton, Bowling Green, SUNY-Cortland	March 6, 2005
48.775	Sacramento State, UC Davis	February 16, 2001
48.775	at CS Fullerton	February 12, 2000



Individual Records

Top 50 All-Around Scores

Score	Name	Date
39.400	Shirla Choy	March 29, 2003
39.375	Dani Albright	Feb. 16, 2001
39.375	Dani Albright	March 2, 2002
39.375	Dani Albright	March 29, 2003
39.325	Dani Albright	March 9, 2001
39.300	Dani Albright	Feb. 7, 2003
39.275	Dani Albright	March 7, 2003
39.275	Shirla Choy	March 21, 2003
39.250	Dani Albright	March 10, 2002
39.225	Dani Albright	March 16, 2001
39.225	Shirla Choy	Jan. 31, 2003
39.225	Dani Albright	March 9, 2003
39.200	Dani Albright	February 8, 2002
39.200	Shirla Choy	March 20, 2004
39.175	Dani Albright	Feb. 27, 2001
39.175	Shirla Choy	March 9, 2001
39.175	Dani Albright	Feb. 24, 2001
39.175	Jennifer Greene	Feb. 7, 2003
39.175	Greta Leach	March 20, 2004
39.175	Veronica Porte	March 31, 2007
39.150	Shirla Choy	March 16, 2001
39.150	Shirla Choy	March 24, 2001
39.150	Dani Albright	April 6, 2002
39.150	Jennifer Greene	March 13, 2004
39.150	Jennifer Greene	March 20, 2004
39.150	Michelle Minotti	March 19, 2005
39.125	Shirla Choy	Feb. 16, 2001
39.125	Shirla Choy	Feb. 27, 2001
39.125	Jennifer Greene	March 2, 2003
39.125	Jennifer Greene	Feb. 20, 2004
39.125	Veronica Porte	March 18, 2007
39.100	Kimmy Cianci	Feb. 16, 2001
39.100	Shirla Choy	Jan. 24, 2003
39.100	Shirla Choy	March 12, 2004
39.075	Hawley Almstedt	March 14, 1997
39.075	Shirla Choy	Feb. 20, 2004
39.075	Jennifer Greene	March 12, 2004
39.050	Michelle Minotti	Feb. 3, 2006
39.050	Veronica Porte	Jan. 26, 2007
39.050	Veronica Porte	March 2, 2007
39.050	Alise Blackwell	March 18, 2007
39.025	Dani Albright	Jan. 27, 2001
39.025	Dani Albright	Feb. 16, 2003
39.000	Dani Albright	Feb. 23, 2001
39.000	Shirla Choy	March 23, 2002
39.000	Jennifer Greene	Jan. 23, 2004
39.000	Veronica Porte	March 23, 2007
38.975	Hawley Almstedt	Feb. 28, 1997
38.975	Shirla Choy	Feb. 3, 2001
38.975	Shirla Choy	Feb. 16, 2003
38.975	Shirla Choy	Jan. 17, 2004

Individual Records

Vault	Name	Date
9.925	Shina Cardeno	Feb. 24, 2006
9.875	Dani Albright	Feb. 16, 2001
9.850	Dani Albright	Feb. 2, 2002
9.850	Dani Albright	March 8, 2002
9.850	Dani Albright	March 16, 2002
9.850	Dani Albright	Jan. 31, 2003
9.850	Dani Albright	March 14, 2003
9.850	Shirla Choy	March 21, 2003
9.850	Raylyn Cardeno	Feb. 24, 2006
9.850	Raylyn Cardeno	Feb. 3, 2007
9.850	Raylyn Cardeno	March 18, 2007
9.825	Tara Law	March 14, 1997
9.825	Bridgett Coates	April 12, 1997
9.825	Dani Albright	March 21, 2003
9.825	Dani Albright	April 12, 2003
9.825	Jennifer Greene	March 25, 2005
9.825	Raylyn Cardeno	Jan. 8, 2006
9.825	Michelle Minotti	Feb. 3, 2006
9.825	Shina Cardeno	Feb. 17, 2006
9.825	Michelle Minotti	March 17, 2006
9.825	Renae Moneymaker	Mar. 25, 2006
9.825	Veronica Porte	March 31, 2007
9.800	Tracy Cheshier	March 18, 2000
9.800	Kimmy Cianci	March 18, 2000
9.800	Dani Albright	Feb. 23, 2001
9.800	Dani Albright	March 9, 2001
9.800	Dani Albright	March 16, 2001
9.800	Dani Albright	Jan. 22, 2002
9.800	Dani Albright	Feb. 23, 2002
9.800	Dani Albright	March 2, 2002
9.800	Dani Albright	March 23, 2002
9.800	Dani Albright	Jan. 25, 2003
9.800	Shirla Choy	Feb. 14, 2003
9.800	Dani Albright	Feb. 16, 2003
9.800	Dani Albright	March 2, 2003
9.800	Dani Albright	March 7, 2003
9.800	Shirla Choy	March 7, 2003
9.800	Dani Albright	March 9, 2003
9.800	Liz Major	Jan. 23, 2004
9.800	Michelle Minotti	March 19, 2005
9.800	Michelle Minotti	Jan. 8, 2006
9.800	Alley Zezoney	Feb. 24, 2006
9.800	Raylyn Cardeno	Feb. 26, 2006
9.800	Renae Moneymaker	Mar. 10, 2006
9.800	Raylyn Cardeno	March 17, 2006
9.800	Shina Cardeno	March 17, 2006
9.800	Raylyn Cardeno	April 8, 2006
9.800	Raylyn Cardeno	Jan. 19, 2007
9.800	Alise Blackwell	Feb. 9, 2007
9.800	Raylyn Cardeno	March 9, 2007
9.800	Michelle Minotti	March 18, 2007

Bars

9.950	Shirla Choy	Feb. 7, 2003
9.950	Shirla Choy	March 20, 2004
9.925	Shirla Choy	Jan. 24, 2003
9.925	Shirla Choy	Jan. 31, 2003
9.925	Kelsey Spellacy	Feb. 14, 2003
9.925	Shirla Choy	March 21, 2003
9.925	Shirla Choy	Feb. 20, 2004
9.900	Shirla Choy	March 9, 2001
9.900	Dani Albright	Feb. 7, 2003
9.900	Shirla Choy	March 7, 2003
9.900	Shirla Choy	March 14, 2003
9.900	Shirla Choy	March 29, 2003
9.900	Shirla Choy	Jan. 17, 2004
9.875	Shirla Choy	Feb. 3, 2001
9.875	Shirla Choy	Feb. 26, 2001
9.875	Dani Albright	March 16, 2001
9.875	Shirla Choy	Jan. 23, 2004
9.875	Shirla Choy	Feb. 14, 2004
9.875	Liz Major	Feb. 20, 2004
9.875	Brittney Peterson	Feb. 20, 2004
9.875	Liz Major	March 20, 2004
9.875	Brittney Peterson	March 20, 2004
9.875	Greta Leach	Feb. 11, 2005
9.875	Greta Leach	Feb. 27, 2005
9.850	Colleen Jones	Jan. 30, 1993
9.850	Bridgett Coates	March 22, 1996
9.850	Annie Snellgrove	March 27, 1999
9.850	Stacy Martin	Jan. 27, 2001
9.850	Dani Albright	Feb. 16, 2001
9.850	Annie Snellgrove	March 9, 2001
9.850	Dani Albright	March 24, 2001
9.850	Shirla Choy	Feb. 8, 2002
9.850	Dani Albright	March 2, 2002
9.850	Shirla Choy	March 2, 2002
9.850	Dani Albright	March 10, 2002
9.850	Shirla Choy	March 10, 2002
9.850	Shirla Choy	March 16, 2002
9.850	Shirla Choy	Feb. 16, 2003
9.850	Brittney Peterson	Jan 17, 2004
9.850	Shirla Choy	Feb. 6, 2004
9.850	Shirla Choy	March 13, 2004
9.850	Michelle Minotti	March 18, 2007

Individual Records



Beam

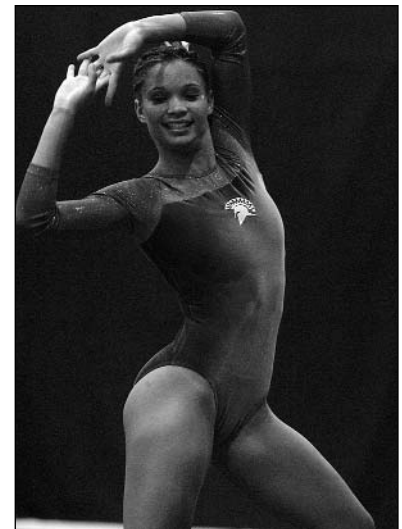
9.900	Tanika Byrd	March 3, 2000
9.900	Jennifer Greene	March 2, 2003
9.900	Jennifer Greene	March 13, 2004
9.900	Michelle Minotti	March 18, 2007
9.875	Carissa Medeiros	March 27, 1999
9.875	Dani Albright	Jan. 27, 2001
9.875	Tracy Cheshier	Feb. 3, 2001
9.875	Dani Albright	Feb. 3, 2001
9.875	Kasey Carter	Feb. 16, 2001
9.875	Dani Albright	Feb. 26, 2001
9.875	Jennifer Greene	Feb. 7, 2003
9.875	Jennifer Greene	March 14, 2003
9.875	Amberly Klein	March 29, 2003
9.875	Greta Leach	March 19, 2005
9.850	Kasey Carter	March 27, 1999
9.850	Tracy Cheshier	March 9, 2001
9.850	Dani Albright	March 2, 2002
9.850	Shirla Choy	Jan. 3, 2003
9.850	Dani Albright	March 7, 2003
9.850	Dani Albright	March 14, 2003
9.850	Amberly Klein	Feb. 6, 2004
9.850	Greta Leach	Feb. 6, 2004
9.850	Amberly Klein	March 13, 2004
9.850	Amberly Klein	March 20, 2004
9.850	Michelle Minotti	Feb. 9, 2007
9.850	Jessica Khoshnood	Mar. 18, 2007
9.825	Tara Law	Jan. 26, 1996
9.825	Hawley Almstedt	Feb. 23, 1996
9.825	Hawley Almstedt	March 8, 1996
9.825	Tasya Talbot	Feb. 26, 2000
9.825	Dani Albright	Jan. 19, 2001
9.825	Tracy Cheshier	Feb. 23, 2001
9.825	Shirla Choy	Feb. 26, 2001
9.825	Shirla Choy	March 16, 2001
9.825	Kasey Carter	March 16, 2002
9.825	Kimmy Cianci	Marc 16, 2002
9.825	Dani Albright	March 29, 2003
9.825	Shirla Choy	March 29, 2003
9.825	Jennifer Greene	March 29, 2003
9.825	Greta Leach	Jan. 17, 2004
9.825	Greta Leach	Feb. 14, 2004
9.825	Greta Leach	March 6, 2004
9.825	Greta Leach	Jan. 21, 2005
9.825	Greta Leach	Feb. 4, 2005
9.825	Michelle Minotti	March 19, 2005
9.825	Amberly Klein	March 25, 2005
9.825	Leah Bigelow	Feb. 17, 2006
9.825	Amberly Klein	March 17, 2006
9.825	Greta Leach	Feb. 3, 2007
9.825	Greta Leach	Feb. 9, 2007
9.825	Veronica Porte	Feb. 23, 2007
9.825	Michelle Minotti	March 23, 2007
9.825	Veronica Porte	March 31, 2007

Floor

10.000	Jennifer Greene	March 20, 2004
9.975	Dani Albright	March 29, 2003
9.950	Dani Albright	Feb. 14, 2003
9.950	Shirla Choy	March 20, 2004
9.925	Kimmy Cianci	March 24, 2001
9.925	Jennifer Greene	March 2, 2003
9.925	Dani Albright	March 7, 2003
9.925	Shirla Choy	March 29, 2003
9.925	Shirla Choy	Feb. 14, 2004
9.925	Jennifer Greene	Feb. 14, 2004
9.925	Greta Leach	March 20, 2004
9.900	Tasya Talbot	Feb. 12, 2000
9.900	Tasya Talbot	Feb. 26, 2000
9.900	Kimmy Cianci	Feb. 26, 2001
9.900	Kimmy Cianci	March 2, 2001
9.900	Dani Albright	March 9, 2001
9.900	Dani Albright	Feb. 2, 2002
9.900	Dani Albright	Feb. 23, 2002
9.900	Kimmy Cianci	Feb. 23, 2002
9.900	Kimmy Cianci	March 8, 2002
9.900	Shirla Choy	March 23, 2002
9.900	Dani Albright	April 6, 2002
9.900	Jennifer Greene	Feb. 7, 2003
9.900	Dani Albright	March 2, 2003
9.900	Jennifer Greene	Feb. 20, 2004
9.900	Jennifer Greene	March 12, 2004
9.900	Jennifer Greene	Jan. 11, 2005
9.900	Veronica Porte	Feb. 23, 2007
9.875	Tara Law	Feb. 14, 1997
9.875	Tara Law	March 14, 1997
9.875	Tasya Talbot	March 12, 1999
9.875	Tasya Talbot	March 10, 2000
9.875	Tasya Talbot	March 18, 2000
9.875	Shirla Choy	March 24, 2001
9.875	Dani Albright	Jan. 26, 2002
9.875	Dani Albright	Feb. 8, 2002
9.875	Dani Albright	March 2, 2002
9.875	Shirla Choy	March 8, 2002
9.875	Dani Albright	March 10, 2002
9.875	Kimmy Cianci	March 16, 2002
9.875	Shirla Choy	Feb. 14, 2003
9.875	Jennifer Greene	Feb. 16, 2003
9.875	Shirla Choy	March 21, 2003
9.875	Jennifer Greene	March 29, 2003
9.875	Jennifer Greene	Jan. 23, 2004
9.875	Shirla Choy	March 6, 2004
9.875	Shirla Choy	March 12, 2004
9.875	Veronica Porte	Jan. 26, 2007
9.875	Alise Blackwell	March 18, 2007



Kelsey Spellacy is tied for the second-best score on the bars in school history. She scored a 9.925 during the 2003 season and was a 2006 first team All-WAC selection on the bars.



Jennifer Greene has the only 10.0 score in school history. She scored her perfect 10.0 on the floor at the 2004 MPSF Championships to help her win the event and the team win the MPSF title.



Postseason Results

NCAA Championships All-Around Results

2001 38. Dani Albright 38.425



In 2001, Dani Albright became the first San Jose State women's gymnast to qualify for the NCAA Championships. At regionals, she finished fifth with an all-around score of 38.775. At the national championships, Albright scored a 38.425 and placed 38th in the all-around.

NCAA Western Regional Results

Team Results

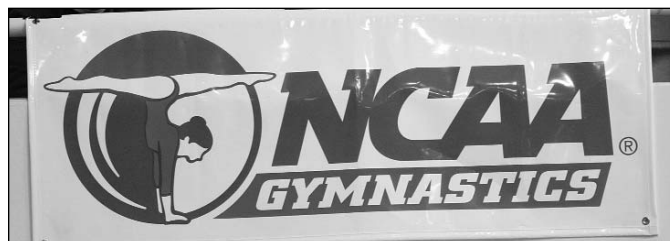
2006	NCAA West Regional at Stanford	
	1. Alabama	196.475
	2. Oregon State	195.800
	3. Stanford	195.275
	4. San Jose State	192.375
	5. Sacramento State	192.050
	6. Boise State	189.850
2003	NCAA West Regional at Washington	
	1. Nebraska	196.650
	2. LSU	195.700
	3. Washington	195.675
	4. Cal State Fullerton	193.175
	5. San Jose State	192.875
	Boise State	192.875

Individual Qualifier Results at the NCAA West Regional All-Around Results

2007	11. Veronica Porte	38.825
	14. Alise Blackwell	38.675
2005	13. Jennifer Greene	38.700
	19. Michelle Minotti	38.350
	22. Greta Leach	37.475
2004	14. Greta Leach	38.775
	16. Jennifer Greene	38.425
	17. Shirla Choy	38.350

2002	T12. Dani Albright	39.150
	20. Shirla Choy	37.900
2001	5. Dani Albright	38.775
	7. Shirla Choy	38.775
	10. Kimmy Cianci	38.475
1999	20. Annie Snellgrove	
1998	Annie Snellgrove	9.400*
1997	9. Tara Law	38.750
	13. Hawley Almstedt	38.350
	23. Bridgett Coates	37.075
1996	12. Tara Law	38.325
	15. Bridgett Coates	38.075
	16. Hawley Almstedt	37.925
1995	13. Tara Law	37.975
1994	15. Tara Law	37.500
1993	19. Jodi Solad	37.075
1992	19. Jodi Solad	37.675
1991	30. Staci Wicklund	36.850
	33. Jodi Solad	36.400
1989	30. Cheryl Sanwo	34.750
1988	Kriss Miller	17.250*
1987	27. Liza Bettencourt	35.450
	29. Sheila H. Tsarnas	35.150
	31. Mayumi Nakaji	34.850
1986	28. Sheila Hughes	35.100
	Beam	
2004	35. Amberly Klein	9.475
2002	T31. Kasey Carter	9.650
	Floor	
2002	39. Kimmy Cianci	9.625

* did not complete all-around due to injury



Conference Meet Results (2002-07)



2007 WAC Results

Cedar City, Utah

1. Sacramento State	195.275
2. Southern Utah	195.225
3. Utah State	195.175
4. San Jose State	193.750
5. Cal State Fullerton	193.625
6. Boise State	193.300

Vault

T5. Veronica Porte	9.825
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Balance Beam

T8. Veronica Porte	9.825
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Floor Exercise

T4. Veronica Porte	9.800
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All Around Results

3. Veronica Porte	39.175
8. Alise Blackwell	38.900

2006 WAC Results

Logan, Utah

1. Sacramento State	193.950
2. Boise State	193.775
3. Southern Utah	193.600
4. Utah State	193.100
5. San Jose State	192.800
6. Cal State Fullerton	192.600

Vault

T3. Renae Moneymaker	9.825
T9. Michelle Minotti	9.775

Bars

T3. Kelsey Spellacy	9.800
T9. Renae Moneymaker	9.725
T9. Veronica Porte	9.725

Beam

T10. Adriane Mertens	9.725
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Floor

T10. Renae Moneymaker	9.725
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All-Around

4. Veronica Porte	38.825
T9. Renae Moneymaker	38.375

2005 MPSF Championships

Davis, California

1. Sacramento State	194.550
2. San Jose State	192.025
3. UC Davis	191.400
4. Seattle Pacific	190.275
5. Air Force	189.500
6. Alaska Anchorage	189.275

Vault

3. Jennifer Greene	9.825
4. Michelle Minotti	9.775
6. Casey Jay	9.750

Uneven Bars

4. Jennifer Greene	9.725
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Balance Beam

4. Amberly Klein	9.825
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All-Around

2. Michelle Minotti	38.700
5. Jennifer Greene	38.425

2004 MPSF Championships

San Jose, Calif.

1. San Jose State	195.925
2. Sacramento State	195.400
3. UC Davis	194.350
4. Alaska Anchorage	193.750
5. Seattle Pacific	192.550
6. Air Force	192.525

Bars

1. Shirla Choy	9.950
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Beam

1. Amberly Klein	9.850
T3. Liz Major	9.800

Floor

1. Jennifer Greene	10.000
T2. Shirla Choy	9.950

All-Around

2. Shirla Choy	39.200
3. Greta Leach	39.175



2003 MPSF Championships

Sacramento, Calif.

1. Sacramento State	194.925
2. San Jose State	194.550
3. Seattle Pacific	193.000
4. Air Force	192.050
5. UC Davis	189.650
6. Alaska-Anchorage	187.300

Vault

T1. Dani Albright	9.775
T3. Shirla Choy	9.750

Bars

T1. Shirla Choy	9.900
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Beam

1. Amberly Klein	9.875
T2. Dani Albright	9.825
T2. Shirla Choy	9.825
T2. Jennifer Greene	9.825

Floor

1. Dani Albright	9.975
T3. Shirla Choy	9.925

All-Around

1. Shirla Choy	39.400
2. Dani Albright	39.375

2002 MPSF Championships

Colorado Springs, Colo.

1. Sacramento State	194.900
2. Air Force	194.650
3. San Jose State	193.375
4. UC Davis	192.000
5. UC Santa Barbara	189.525

Vault

T2. Dani Albright	9.800
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Floor

T1. Shirla Choy	9.900
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Amberly Klein was the 2003 & 2004 MPSF balance beam champion. She also competed as an individual on the beam at the 2004 NCAA West Regional.



San José State University



Located at the core of Silicon Valley, San José State University is an exceptional place for hands-on learning, professional development and personal growth. Whether you are a graduate or a friend of the university, there are many reasons you can be proud of San José State. From an award-winning faculty and high-achieving students to cutting-edge programs and growing collaborations with the community and the corporate world, SJSU is on the move as it meets the challenges of the 21st century.

Known for the high quality of its academic programs, its excellent faculty (87 percent hold doctorates or the highest degrees in their academic disciplines), and its diverse and committed student body, San José State successfully educates students to compete in today's complex, high tech and global economy.

For the past six years, San José State has been ranked among the top ten masters-level public universities in the West by U.S. News & World Report's survey of "America's Best Colleges." In the 2006 survey, the College of Engineering is ranked 14th among the nation's Best Undergraduate Engineering Programs (in addition, electrical engineering ranks 11th; civil engineering, 16th; mechanical engineering, 16th).

San José State is the number one supplier of education, engineering, computer science and business graduates to Silicon Valley, the world's high tech capital. The oldest and one of the largest universities in the 23-campus California State University (CSU) system, SJSU attracts students from throughout California, the United States and 100 countries of the world.

Located in the nation's 10th and California's third largest city, San José State had a fall 2005 enrollment of 29,975 students. Approximately 75 percent of the students were undergraduates; 25 percent were graduate students. Almost 59 percent of the student population had an ethnic affiliation. More than 100 different languages are spoken on campus.

Founded in 1857, SJSU is the oldest public institution of higher education on the West Coast. From its beginnings as a normal school to train teachers, the campus has matured into a comprehensive university offering 134 bachelors' and masters' degrees.

San José State is one of the largest public-sector employers in Silicon Valley, with about 2,500 full-time employees and an annual budget of \$472 million (2005-06).

Some 7,862 bachelors' and masters' degrees were awarded in 2005-06 — continuing to support the region by supplying Silicon Valley with more graduates at the baccalaureate and masters' levels than any other school in the nation.





Don W. Kassing President

Don W. Kassing was appointed president of San José State University, the oldest and one of the largest universities in the 23-campus California State University system, in May 2005.

Kassing moved the university forward in several key areas. Under his leadership, the campus is engaged in university-wide strategic planning, with the goal of making San José State University a university of choice by 2010. In February 2006, he accepted the largest single private donation to the university in its history, a \$10 million gift from alumni Donald and Sally Lucas, to create a new graduate school of business.

As president and in his former role as vice president for administration and finance, Kassing led the development, construction and successful opening of two major campus facilities: the award-winning Dr. Martin Luther King, Jr. Library, based on a first-of-its-kind and highly successful partnership with the city of San José; and Campus Village, a state-of-the-art residence complex for students, faculty and staff, the largest such project in the California State University system, and the focus of a renewed sense of community on campus.

Before his presidential appointment, Kassing served for more than a decade as vice president for administration and finance and as chief financial officer. As CFO, he was responsible for all business and financial affairs of the university.

His previous 18 years of experience in higher education includes service as:

- * Vice President for University Relations and Administrative Services - Murray State University (Kentucky)
- * Vice President for Development and Public Affairs - Western State College of Colorado

From 1975 to 1986 he served at Belleville Area College, in Belleville, Illinois, where he taught management and marketing, served as department chair, and for two years was president of the Granite City Campus. Before that he worked for 11 years in private industry, including eight years in corporate finance and operations management for Brown Group Inc. and three years with General Motors Corporation.

Active in the community and the region, Kassing serves on the following boards:

- * San José Sports Authority
- * United Way Silicon Valley
- * San Jose Chamber of Commerce
- * Silicon Valley Leadership Group
- * Joint Venture Silicon Valley
- * Silicon Valley Higher Education Roundtable
- * Western Athletic Conference

Kassing holds a master's degree in business administration and a B.S. in economics from St. Louis University. He is married with three children and five grandchildren.



Some prominent SJSU alumni:

- Ben Nighthorse Campbell of Colorado, the first Native American to serve in the U.S. Senate
- Valerie Coleman-Morris, anchor for CNN Financial News
- Christopher Darden, attorney and member of the prosecution team in the O.J. Simpson trial
- Charles Gingold, vice president, Discovery Channel
- Fashion designer Jessica McClintock
- Actor Omar Benson Miller, seen in the film "8 Mile" and guest-star on TV's "West Wing"
- Jenny Ming, president, Old Navy and The Gap
- Gordon Moore, founder of Intel Corporation
- Tom and Dick Smothers, popular comedy duo
- Amy Tan, novelist, author of The Joy Luck Club, and 2003 winner of the Distinguished Alumnus Award from the American Association of State Colleges and Universities
- Dick Vermeil, former coach of the Philadelphia Eagles, the St. Louis Rams and the Kansas City Chiefs; the Eagles and the St. Louis Rams became Super Bowl champs under his leadership
- Bill Walsh, former head coach of the San Francisco 49ers; Walsh led the team to three Super Bowls





Martin Luther King, Jr., Library



The new Dr. Martin Luther King, Jr., Library, located on the main campus of San Jose State University, opened on August 16, 2003. A first-of-its-kind collaboration between a city and a university, the \$177-million, 475,000 square-foot library provides a center for life-long learning. Students, faculty and the community have access to the information they will need for educational and personal growth throughout their lives.

Among the features of the 10-acre, 10-floor Dr. Martin Luther King, Jr., Library on the northwest corner of the main campus are:

- 3,623 seats
- 4 computer instruction laboratories
- 1,800 seats wired for internet connections
- 37 group-project rooms
- 400 public computers
- 112 workstations available in the computer instruction labs
- 8 built-in projector screens
- 135 databases of information
- 4 pianos

The collaborative design of the new Dr. Martin Luther King, Jr., Library provides many opportunities for academic, cultural and community programs.

Multilingual and special collections for San Jose's diverse ethnic groups are available. A special adaptive technology area in the library assures all people have ability to access the information and databases available.

Campus Village

In the fall of 2005, San José State University opened the doors of Campus Village to more than 2,279 students, faculty and staff. Positioned on Tenth Street between San Carlos and San Salvador on the southeast corner of the main campus, the Campus Village is a gateway to incredible academic resources and campus activities, the excitement



of downtown San José, the opportunities of Silicon Valley, and some of the greatest recreational areas in the world.

The Campus Village includes three buildings featuring apartment and suite-style living accommodations and a typical college dormitory experience. Campus Village includes recreational and study areas, a full-service computer lab, wireless internet access, an interactive gaming center, laundry facilities, meeting rooms, retail stores and underground parking for 700 vehicles. Fully equipped nearby recreational facilities offer residents space to work out, swim, play basketball, volleyball, ping-pong or pool.



Hassle-free access to the main campus is another asset to the Campus Village. Walking to the Student Union or the main entrance to The Event Center is five minutes or less. Residents can walk or bicycle to the Dr. Martin Luther King Jr. Library without crossing any streets.



Tom Bowen was named San Jose State University's director of intercollegiate athletics on December 20, 2004. Under his leadership and with his vision for the department, San Jose State has established itself as a viable Division I-A intercollegiate athletics program with proven athletic, academic and financial successes to his credit.

At the core of Bowen's mission for San Jose State University athletics is building a "Culture of

Champions" academically, athletically and in the community. To that end, the Notre Dame alum has overhauled the department's infrastructure; invested resources both in external and internal operations; initiated an enhanced website presence; and expanded marketing, promotions and advertising opportunities locally, regionally and nationally with the creation of Spartan Sports Properties.

With his fund raising acumen, Bowen has led the Spartan Foundation - the department's fund-raising component - to unprecedented development heights, capped by a department record \$1.5 million during the 2006-07 fund drive.

As an integral member of the University's presidential staff, he has created new short and long-term revenue streams for intercollegiate athletics and many other campus extra-curricular activities. His initiatives and leadership have created new energy department-wide and throughout the university. The university has benefitted from Athletics' increasing visibility, receiving record donations during the 2006-07 time frame.

In 2006-07, football capped its finest season in nearly two decades, posting a 9-4 overall record and capturing the New Mexico Bowl championship. Women's cross country and women's water polo, ranked sixth nationally in the final coaches' poll, turned in their best record in years. There were All-American performances in football and women's water polo. Men's basketball, football, women's swimming, women's volleyball and women's water polo players competed in national team or individual national competitions. For the second year in a row, a San Jose State player won the Western Athletic Conference women's golf individual title.

He has appointed new head coaches in football, men's basketball, women's basketball, men's golf, women's golf, women's swimming and diving, softball and women's volleyball. In 2005-06, San Jose State won the WAC women's golf championship, recorded its highest finish ever at a NCAA regional championship in women's gymnastics, produced seven teams out of 16 with its best conference finish in years, and had WAC "Coaches of the Year" in women's golf and softball.

Bowen's vision for student-athlete success and excellence led to the creation of a Student Success Services component. Academic Progress Rate (APR) scores as measured by the NCAA have risen dramatically under his watch - a 42-point increase since his installation as director.

Bowen came to San Jose State after serving three years as the Director of Community Affairs for the San Francisco 49ers of the National Football League. He directed all of

the team's fund-raising activities and was responsible for alumni and current player participation in the community. Also serving as the executive director of the 49ers Foundation, San Francisco was the first NFL franchise to implement an annual giving program.

His Division I experience at the collegiate level includes athletics administration positions at the University of California and Saint Mary's College in Moraga, Calif. As an assistant and associate director of athletics at California from July 2000 through September 2002, he was responsible for athletic fund-raising. Bowen was credited with developing the first comprehensive planned giving program for the Golden Bears.

At Saint Mary's, he was the Director of Foundations and Corporate Relations from May 1995 to January 1997 before being appointed to an associate director of athletics position by the president of the college. His grant proposal acumen helped raise \$6.1-million in academic funding for the institution. From January 1997 through April 2000, he managed the athletics department's budget and directed a corporate sponsorship program.

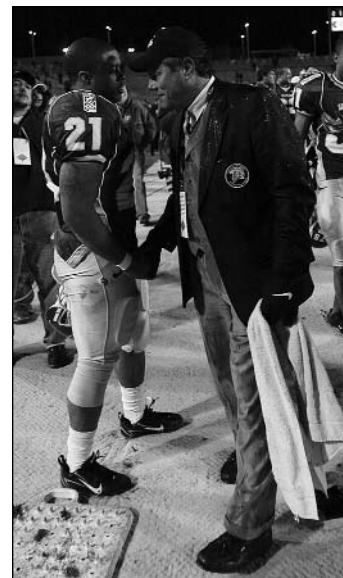
His first professional leadership appointment in athletics was at De La Salle High School in Concord, Calif. From 1987 through 1995, he held the positions of assistant football coach and athletics director.

He is a Level 2 certified member of the College Athletic Business Management Association (CABMA), the National Association of Collegiate Directors of Athletics (NACDA) and the National Society of Fund Raising Executives.

The 1983 graduate of the University of Notre Dame played high school football at Moreau High in Hayward, Calif. He majored in theology/sociology and spent six years studying for the priesthood with the Holy Cross Fathers. Bowen went on to earn a master's degree in administration/education from the University of San Francisco in 1990.

An active member of the Bay Area community, he serves on the board of the San Jose Sports Authority. He is an adjunct professor at the University of San Francisco School of Sports Management and at San Jose State's Department of Kinesiology where he teaches sports management classes. A senior faculty member of the Capital Campaign Institute based in Minneapolis, Minn., from 1996 through 2002, he is a frequent guest lecturer at several Bay Area university campuses. Bowen speaks before major corporations headquartered locally on the topics of leadership, management and motivation.

The Denver, Colo., native and his wife, Mia, are the parents of three children: sons, Andrew and Peter, and daughter, McKenna.





Spartan Gym



Spartan Gym is the home of the San Jose State women's volleyball and women's gymnastics teams. Seating capacity of the gym varies from 1,000-1,500 people depending on the gym setup. The gym is located on the corner of Fourth and Paseo de San Carlos Streets. Housed in the Spartan Gym complex are two training rooms, locker rooms and an uneven bar training room for gymnastics.

During the summer of 2005, Spartan Gym underwent extensive renovations to update the facility. New paint, new ceiling, new

windows and new scoreboards highlight the many changes to the facility. The locker rooms also were redone.





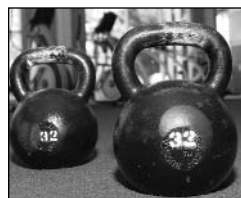
The Koret Athletic Training Center

The Koret Athletic Training Center, opened in November 2001, is a state-of-the-art facility that encompasses over 10,000 square-feet of training space and is located adjacent to Spartan Stadium, the athletic locker rooms and the football practice field.

The Koret Athletic Training Center also contains a 1,000-square-foot rehabilitation and training room that services physical therapy and sports-specific rehabilitation. The facility enables the sports medicine staff of athletic trainers, doctors, and physical therapists to provide the best possible care to help prevent and rehabilitate injuries.

Our Philosophy

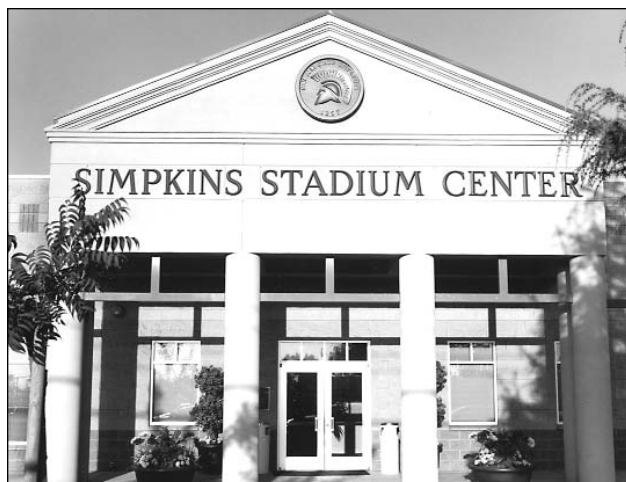
- We teach a hands-on approach where the student-athlete is expected to develop a comprehensive understanding of not only the How's, but also the Why's of our program.
- We teach correct movement patterns to optimize efficiency and performance.
- Our program design is centered on ground-based, free weight, multi-joint movements that will transfer to the playing field and keep our student-athletes out of our sports medicine facility.
- Our primary concern is the development of speed in all our sports.
- We develop speed and flexibility through strength.
- Our speed program consists of functional and straight-line speed training. Functional means acceleration, deceleration and change-of-direction work.
- We train through an entire range-of-motion in all lifts to enhance active flexibility, develop strength to prevent injury, and unlock joints with mobility issues.
- Olympic-based movements are utilized for speed of movement, active flexibility and dynamic stability.
- Squats and deadlifts have a permanent home in our program for developing hip strength and back stability. Single-leg variations are used to fix strength imbalance and lateral deficits.



"The Koret Athletic Training Center is one of the 'crown jewels' of the San Jose State University athletics program. The sheer size of the facility stops you in your tracks. We have everything a strength and conditioning program could conceivably need at our fingertips. Our student-athletes and coaches are truly blessed to have such a beautiful facility." – Chris Holder, San Jose State director of strength & conditioning



Athletic Facilities



The football offices, team meeting rooms, Student Success Services personnel and Scott Gadway Academic Center are in the Simpkins Stadium Center, which is located between Spartan Stadium and the Koret Athletic Training Center.



Spartan Stadium is the home of the San Jose State University football team. It also serves as the home for the Spartan men's and women's soccer teams. The stadium has been the site of the NCAA Women's College Cup and Women's World Cup soccer.



The Event Center is home to the men's and women's basketball teams and hosts many concerts each year.



Muni Stadium (above) and Blethen Field are the two homes of the San Jose State baseball team. The facilities are across the street from one another and a short walk from Spartan Stadium.



The Aquatics Center, across the street from The Event Center, is the home of the women's swimming and diving and water polo teams. There is plenty of pool area for recreational swimming.



The Division of Intercollegiate Athletics is housed in the Alan B. Simpkins Intercollegiate Athletics Administration Building. The street address is 1393 S. 7th Street, next to the corner of 7th and Alma.

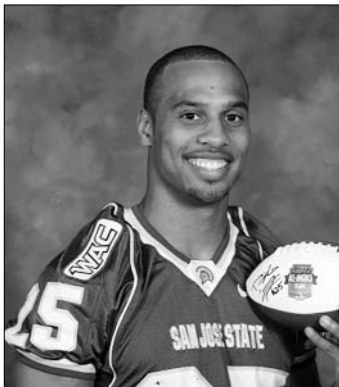
Culture of Champions



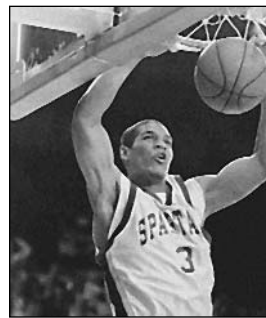
- 7 Olympic Games gold medal winners
- 10 NCAA team championships – most by any current Western Athletic Conference school
- 50 NCAA Division I individual champions – most by any current Western Athletic Conference school
- In the last five years, the San Jose State University baseball, women's cross country, women's golf, women's gymnastics, men's soccer and football teams have competed in NCAA Championship action.
- A winning record in post-season football bowl games including a victory in the 2006 New Mexico Bowl.
- The 2000 San Jose State University baseball team advanced to the College World Series.
- In the last five years, the San Jose State women's water polo, men's soccer, women's golf and baseball teams were nationally-ranked in the top-20.
- National team members in the sports of football, softball, women's volleyball and water polo.
- Current head coaches from the sports of men's soccer, baseball, women's gymnastics, and women's golf have been named the conference "Coach of the Year."



San Jose State participated in the 2000 College World Series.



During the 2006-07 year, Dwight Lowery (left) was a first-team All-America cornerback and Beth Harberts (right) was a third-team All-America water polo player for San Jose State.



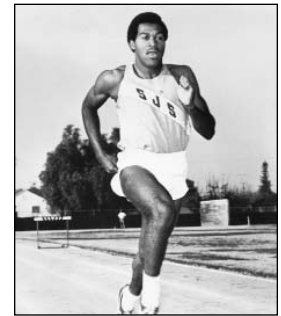
Olivier Saint-Jean became Tariq Abdul-Wahad in 1997. The former first-round draft choice was on the 2004-05 Dallas Mavericks' roster.



Kevin Frandsen is an infielder for the San Francisco Giants.



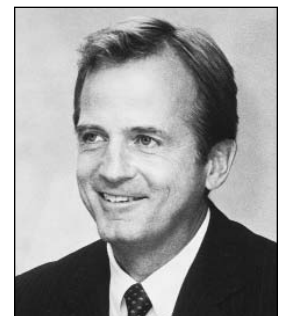
Juli Inkster is one of two Spartans in the LPGA Hall of Fame.



Lee Evans set a world and Olympic Games record winning the 400-meter dash at the 1968 Olympics.



Tommie Smith (center) and John Carlos (right) are on the victory stand following Smith's world and gold medal record-setting performance at the 1968 Olympics Games in Mexico City.



Peter Ueberroth was commissioner of Major League Baseball from 1984 through 1989. He was the President of the Los Angeles Olympic Organizing Committee that ran the 1984 Summer Olympics.



City of San José

The City of San Jose was once a largely agrarian community, dotted with orchards of apricots, walnuts, cherries and plums. In those days, San Jose was known as the "Prune Capital of the World."

Years later, the city is now known as the "Capital of Silicon Valley" and around the globe as a high-tech center.

Below are some facts about San José:

- The third largest city in California and 10th largest in the United States with 945,000 residents

- Average daily temperature of 70 degrees and 300 days of sunshine a year.

- 30 minutes from the Pacific Ocean

- Safest Big City in America for five straight years

- Founded in 1777, San José was California's first civilian settlement and the site of the first state capital.

- The San José area is home to the largest concentration of technology expertise in the world – more than 6,600 technology companies employing more than 254,000 people.

- The area has a very cultural and ethnic diverse population and neighborhoods. The population is 27% Asian and 30% Hispanic. Japantown and the Japanese Friendship Garden are popular tourist stops.

- The city is also home to the largest Vietnamese community outside of Vietnam. The nation's first Vietnamese Heritage Garden and Historic Museum is being constructed.

- #1 Recycler among the nation's largest cities

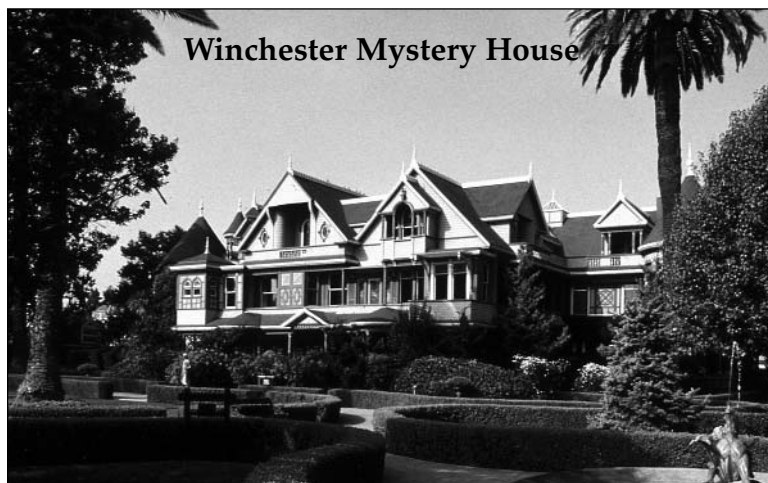
- #3 nationally in percentage of the population earning a bachelor's degree or more – March 2003 U.S. Census Bureau report

- Most internet access – #1 by the American Electronics Association



San Jose and the Silicon Valley

"...we're (San Jose) a place remarkably free of pretense, a town where someone can arrive penniless and rise to wealth in a generation, where you can have impact in government just by showing up, where there is more racial tolerance than there is elsewhere." -- Scott Herhold, San Jose Mercury News, June 30, 2005



Winchester Mystery House

- Easily accessible to three international airports – San Jose, San Francisco and Oakland

- More than a dozen downtown nightclubs minutes from the campus

- The shopping scene offers shopaholics of any age destination shopping malls with all the top name manufacturers, discount outlet malls, boutique shops and more.

- Malls in the area include Westfield Valley Fair, Westfield Oakridge, Santana Row, Gilroy Premium Outlets and the Great Mall of the Bay Area.