

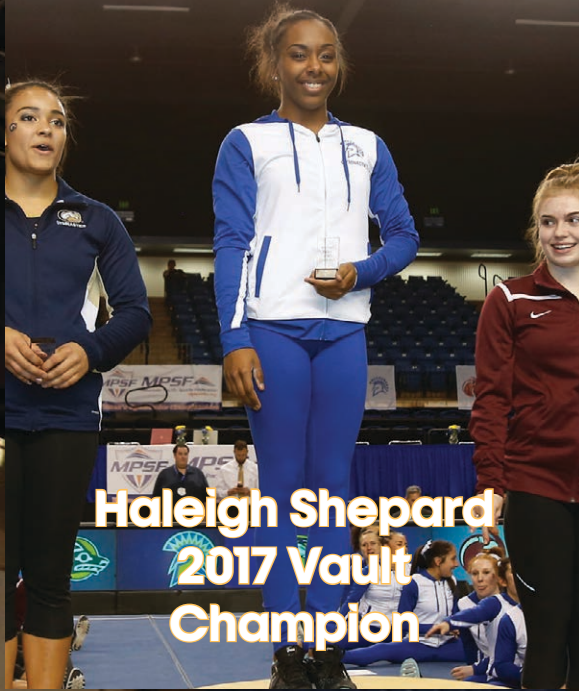
San José State University 2019 Women's Gymnastics



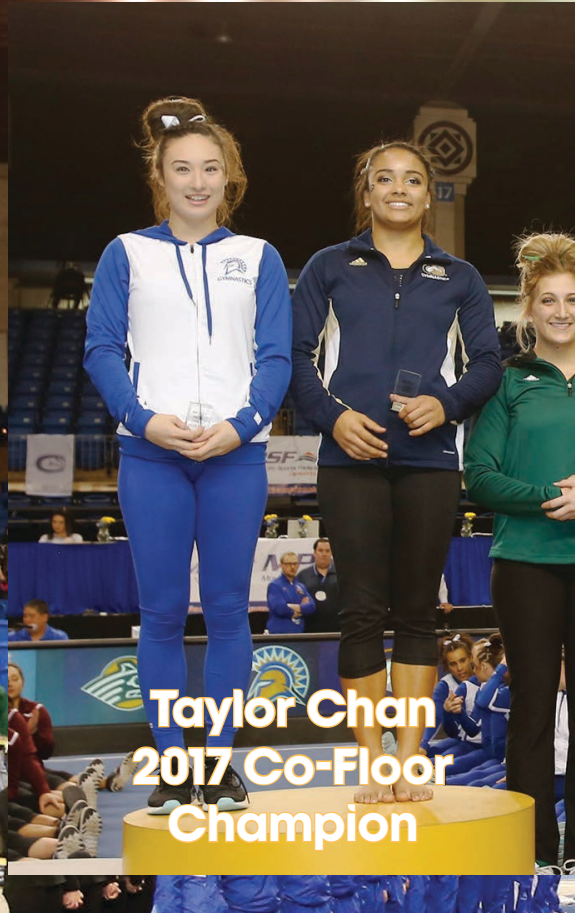
2019 Seniors

Ellie Pascoe-Long, Michelle Shalit, Josalyn Ray,
Kaprece Nadonza, Stephanie Relova

Back-2-Back MPSF CH



Haleigh Shepard
2017 Vault
Champion



Taylor Chan
2017 Co-Floor
Champion

2017 MPSF Champions



Champions...



**Chelsey Andrada
2018 Vault
Champion**



**Kaitlin Won
2018 All-Around
Champion**

2018 MPSF Champions



**TEAM CHAMPIONS
1**

2018

Meet Night....

At Tr



Event Center



San José State Women's Gymnastics

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Media Information

All media requests for credentials, interviews, etc., should go through the San Jose State Athletics Media Relations 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.

San Jose State Athletics Web Site

Visit the official home page, <http://www.sjsuspartans.com>, of Spartan Athletics and the San José State women's gymnastics team on the Internet. You can see results, statistics and video as well as live scoring video at all home meets.

Twitter

Follow Spartan Athletics on Twitter @SJSUathletics. Throughout the season, look for tweets about what is going on with the program and scoring updates at all away meets.

2019 SAN JOSE STATE UNIVERSITY WOMEN'S GYMNASTICS SCHEDULE

Sun.	Jan. 6	NorCal Classic – Stanford, UC Davis, Sacramento State	Sacramento, Calif.	2:00 p.m.
Sun.	Jan. 13	Boise State, Air Force	Boise, Idaho	2:00 p.m.
Fri.	Jan. 18	Southeast Missouri State,	Cape Girardeau, Mo.	6:30 p.m.
FRI.	JAN. 25	SEATTLE PACIFIC, AIR FORCE		
		ALASKA ANCHORAGE	THE EVENT CENTER	7:00 p.m.
FRI.	FEB. 1	UC DAVIS, BOISE STATE	THE EVENT CENTER	7:00 p.m.
Fri.	Feb. 8	Sacramento State	Sacramento, Calif.	7:00 p.m.
FRI.	FEB. 15	SACRAMENTO STATE,		
		NEW HAMPSHIRE	THE EVENT CENTER	7:00 p.m.
Fri.	Feb. 22	UC Davis	Davis, Calif.	7:00 p.m.
Fri.	March 1	Seattle Pacific	Seattle, Wash.	7:00 p.m.
FRI.	MARCH 8	CALIFORNIA	THE EVENT CENTER	7:00 p.m.
Sun.	March 17	California, Illinois, Sacramento State	Berkeley, Calif.	2:00 p.m.
Sat.	March 23	MPSF Championships	Seattle, Wash.	6:00 p.m.
Thurs.	April 4	NCAA Regional First Round		
Fri.	April 5	NCAA Regional Second Round		
Sat.	April 6	NCAA Regional Final		
Fri.	April 19	NCAA Semifinals	Fort Worth, Texas	
Sat.	April 20	NCAA Championship Final	Fort Worth, Texas	

Times are local to site.

2019 San José State Roster

Name	Events	Ht.	Class	Hometown/Last School/Gym Club
Chelsey Andrada	AA	5-0	JR	Benicia, Calif./Benicia HS/North Bay Athletic Association
Taylor Chan	AA	5-3	JR	Coquitlam British Columbia/Centennial Secondary/ TAG Sports Center
Gabrielle De Leon	BB, FX	4-11	FR	San Jose, Calif./Valley Christian HS/Airborne Gymnastics
Nikki Duggan	UB, BB	5-4	SO	Scottsdale, Ariz./Horizon HS/Arizona Sunrays
Tia Gin	AA	5-2	FR	San Luis Obispo, Calif./San Luis Obispo HS/Performance Athletics Gymnastics
Jasmine Henley	AA	5-1	SO	Santa Rosa, Calif./Santa Rosa HS/ Redwood Empire Gymnastics
Anna Jabs	V, BB	5-2	FR	Laguna Hills, Calif./Aliso Niguel HS/ South Coast Gymnastics
Antonia Marquez	AA	5-2	FR	Chandler, Ariz./Corona Del Sol HS/ Desert Lights Gymnastics
Kaprece Nadonza	V, UB	5-0	SR	Palmdale, Calif./Palmdale HS/Waller's Gym Jam Academy
Carli Orcutt	AA	5-6	FR	Tucson, Ariz./Salpointe Catholic HS/Arizona Dynamics
Ellie Pascoe-Long	AA	5-1	SR	Eugene, Ore./Churchill HS/ National Academy of Artistic Gymnastics
Madilyn Probst	AA	5-4	SO	Chandler, Ariz./Perry HS/Gold Medal Gymnastics
Trisha Raquel	V, FX	5-4	SO	Long Beach, Calif./Robert A. Millikan HS/ American Gymnastics Academy of Long Beach
Josalyn Ray	V, BB, FX	5-5	SR	Zion, Ill./Zion-Benton Township HS/M&M Gymnastics
Stephanie Relova	UB, BB, FX	5-3	SR	Danville, Calif./San Ramon Valley HS/Edge Gymnastics
Michelle Shalit	V, BB, FX	5-2	SR	Livermore, Calif./Livermore HS/Edge Gymnastics

Head Coach: Joanne Bowers

Assistant Coach: James Williams

Assistant Coach: Jeffrey Langenstein

Director of Operations: Chelsea Spomer

Credits: The 2019 San José State Women's Gymnastics Guide is a product of the San José State University Athletic Media Relations Office. Writing, layout and editing by Amy Villa. Portraits: Terrell Lloyd. Photos & Candid: Terrell Lloyd. Action Photos: Terrell Lloyd, Ron Fried. All names, nicknames, logos and other indicia referring to San José State University are trademarked and protected by the university. Any unauthorized use is prohibited.

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2019 Spartans





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Head Coach Joanne Bowers



Joanne Bowers Head Coach

Joanne Bowers, who throughout her career has guided athletes to the highest levels of collegiate women's gymnastics, was named the sixth head coach in San José State gymnastics now 50-year history in August of 2018.

From 2007 through 2016, Bowers was the head women's gymnastics coach at the University of Washington during which time she returned that program to national prominence.

Her teams competed in the NCAA Regional Championships in each of her 10 years with the Huskies. In 2007, her first at the helm, she was named the Pac-12 Coach of the Year and two years later earned West Region Coach of the Year honors.

Through her tutelage she produced three NCAA regional individual champions and her athletes competed in seven event and all-around finals at six NCAA Championship meets.

Bowers' gymnasts were successful in competitions and in the classroom. Twenty of her athletes earned all-conference distinction and 64 were named academic all-conference honorees.

"I would like to thank Athletics Director Marie Tuite, President Mary Papazian and the hiring committee for the opportunity to be San José State's next gymnastics head coach," said Bowers. "I am thrilled to return to coaching at the Division I level and especially at San José State, which has a rich gymnastics tradition. My plan is to move it forward by recruiting diligently, and constantly keeping the student-athlete wellness at the forefront of every decision while promoting a championship atmosphere. Team culture is so incredibly important to the success of a program, and I will make it our top priority."

Prior to the taking the helm at Washington, she spent nine years as an assistant coach at the University of Michigan (2001-2006) and Kent State University (1997-2001).

Bowers helped guide the Wolverines to a seventh-place finish at the 2006 NCAA Championships and during five seasons with the Wolverines, Michigan competed in the NCAA Championships five times and won four Big Ten Championships. In Ann Arbor, she coached six individual All-Americans on beam and seven on floor. In addition, she tutored individuals to Big Ten Championships on beam and floor four times during her tenure.

In four years as an assistant at Kent State, she helped lead the Golden Flashes to the 2001 Mid-American Conference championship, and she was named the 2001 NACGC/W Central Region Assistant Coach of the Year.

Head Coach Joanne Bowers

A 1982 graduate of James Madison University with a degree in physical education, she was a four-year letterwinner and two-time team captain of the Dukes' women's gymnastics team. She earned her master's degree in education with a minor in administration and supervision from Austin Peay State University in 1985.

Following graduation, she coached various club teams in the Midwest and on the East Coast and was certified as a

gymnastics judge at club meets. From 1990-93, Bowers was the head women's gymnastics coach at Illinois State University, where she coached individuals to NCAA Regional berths.

"Being able to have our family on the same coast and to work with Marie again are two of the reasons I was interested in this opportunity," said Bowers. "Working with Marie at the Washington was special. She and I share a similar vision for hard-working, high-integrity people that will do things the right way. I can't wait to get started!"



Joanne Bowers

By the Numbers (1989-2016)

- 1 – Pac-12 Coach of the Year (2007)
- 1 – West Region Coach of the Year (2009)
- 1 – 2001 Central Region Assistant Coach of the Year
- 1 – Coached 2000 USA Olympic Gymnastics team captain Elise Ray
- 2 – CoSIDA Academic All-District IV honorees
- 5 – Conference championships
- 8 – Individual conference champions
- 17 – West Regional team appearances
- 13 – All-Americans
- 14 – Years as a Division I head coach
- 23 – Years as a Division I coach
- 43 – All-conference honorees
- 95 – Academic all-conference honorees

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UNITED STATES GYM

2018 R



TEAM CHAMPIONS

2018 CONFERENCE CHAMPIONSHIP

review

2018 Results

Date	Opponent	Vault	Bars	Beam	Floor	Total
January 8	NorCal Classic, Stanford, Calif.					
	California	48.600	48.725	49.050	49.100	195.475
	at Stanford	48.400	48.125	48.975	49.425	194.925
	San José State	48.475	48.675	48.350	48.975	194.475
	UC Davis	48.150	48.800	48.650	48.800	194.400
	Sacramento State	47.700	47.950	48.450	48.775	192.875
January 19	at Utah State	48.775	48.875	48.775	49.025	195.450
	San José State	48.850	47.475	48.975	48.975	194.275
	Sacramento State	48.350	47.875	48.450	48.600	193.275
JANUARY 26	SAN JOSÉ STATE	48.825	48.425	48.425	48.750	194.425
	SACRAMENTO STATE	48.575	48.150	47.425	47.625	191.775
February 2	Stanford	49.050	49.125	48.950	48.925	196.050
	at UC Davis	48.750	48.750	48.650	49.000	195.150
	San José State	48.625	48.775	46.750	48.825	192.975
	Seattle Pacific	47.325	47.675	47.525	48.225	190.750
FEBRUARY 9	BOISE STATE	49.250	49.225	48.550	49.375	196.400
	IOWA STATE	49.025	48.475	49.225	49.000	195.725
	SAN JOSÉ STATE	48.725	48.775	48.275	48.725	194.500
February 16	at Sacramento State	48.475	48.975	49.025	48.925	195.400
	San José State	48.950	48.700	47.650	48.750	194.050
	Seattle Pacific	47.475	46.600	48.125	47.000	189.200
FEBRUARY 23	UC DAVIS	48.450	48.275	48.850	48.950	194.525
	SAN JOSÉ STATE	48.625	47.125	48.725	48.975	193.450
MARCH 4	SAN JOSÉ STATE	49.075	48.575	48.250	49.150	195.050
	CENTRAL MICHIGAN	48.650	48.850	48.425	48.700	194.625
	AIR FORCE	48.675	48.750	48.450	48.625	194.500
	SEATTLE PACIFIC	48.000	48.075	48.475	48.675	193.225
March 9	at Arizona	48.700	49.100	49.275	48.650	195.725
	San José State	49.025	48.525	48.875	48.600	195.025
	North Carolina	49.000	48.175	48.575	49.100	194.850
	Air Force	48.600	48.450	48.625	48.600	194.275
March 13	at UCLA	49.625	49.625	49.475	49.550	198.275
	San José State	48.925	48.325	48.750	48.850	194.850
March 24	MPSF Championships, USAFA, Colo.					
	San José State	48.975	48.775	49.275*	48.950	195.975*
	UC Davis	48.900	48.550	48.575	49.175	195.200
	at Air Force	48.850	48.150	49.000	48.975	194.975
	Sacramento State	48.700	48.900	48.450	48.725	194.775
	Seattle Pacific	48.600	48.275	48.950	48.475	194.300
	Alaska Anchorage	48.100	48.475	48.525	47.100	192.200
	<i>* - School Record</i>					
	Season Average	48.825	48.337	48.391	48.866	194.459
	Season High	49.075	48.775	49.275	49.150	195.975
	RQS	48.945	48.700	48.750	48.945	194.780

2018 Scores

Vault Scores

Name	1/8	1/19	1/26	2/2	2/9	2/16	2/23	3/4	3/9	3/13	3/24	4/7
Chelsey Andrada	9.700	9.725	9.525	9.675	9.700	9.775	9.500	9.675	9.775	9.600	9.875	
Taylor Chan	9.725	9.800	9.800	9.750	9.725	9.800	9.800	9.875	9.825	9.900	9.800	9.825
Kaprece Nadonza	9.750	9.775	9.825	9.750	9.750	9.825	9.625	9.850	9.775	9.825	9.800	
Ellie Pascoe-Long	9.650	9.825	9.800	9.800	9.875	9.775	9.825	9.825	9.850	9.825	9.750	9.750
Josalyn Ray	9.550	9.725	9.750	9.650	9.600	9.700	9.700	9.750	9.800	9.725	9.750	
Kaitlin Won	9.650	9.700	9.650	9.650	9.675	9.775	9.675	9.775	9.725	9.650	9.750	

Bars Scores

Name	1/8	1/19	1/26	2/2	2/9	2/16	2/23	3/4	3/9	3/13	3/24	4/7
Taylor Chan	9.550	9.300	9.625	9.700	9.750	9.525	8.600	9.600	9.575	9.525	9.625	
Kaprece Nadonza	9.850	9.650	9.700	9.800	9.800	9.725	9.225	9.775	9.775	9.750	9.800	
Ellie Pascoe-Long			8.975	9.725	9.125	9.775	8.350	9.800	9.700	9.600	9.675	
Madilyn Probst	9.650	9.500	9.575	9.575	9.625	9.650	9.725	9.675	9.650	8.850	9.675	
Stephanie Relova	9.750	9.300	9.675	9.775	9.725	9.725	9.725	9.000	9.675	9.675	9.825	
Kendal Watts	8.700	9.925										
Kaitlin Won	9.875	9.725	9.850	9.775	9.875	9.825	9.850	9.725	9.725	9.775	9.800	8.825

Beam Scores

Name	1/8	1/19	1/26	2/2	2/9	2/16	2/23	3/4	3/9	3/13	3/24	4/7
Chelsey Andrada	9.600	9.725	9.700	9.050	9.650	9.875	9.800	9.825	9.775	9.825	9.850	
Alisa Bogdan	9.725											
Taylor Chan	9.150	9.800	9.750	8.350	9.200	9.225	9.800	9.300	9.775	9.800	9.850	
Madilyn Probst		8.975	9.600	9.500	9.600	9.550	8.800			9.550		
Josalyn Ray								9.025	9.675		9.200	
Stephanie Relova	9.775	9.875	8.775	9.275	9.725	9.800	9.750	9.825	9.800	9.800	9.875	9.650
Michelle Shalit	9.575	9.725	9.625	9.200	9.500	9.125	9.675	9.600	9.725	9.225	9.825	
Kaitlin Won	9.675	9.850	9.750	9.725	9.800	9.200	9.700	9.700	9.800	9.775	9.875	

Floor Scores

Name	1/8	1/19	1/26	2/2	2/9	2/16	2/23	3/4	3/9	3/13	3/24	4/7
Chelsey Andrada	9.775	9.800	9.675	9.725	9.525	9.625	9.700	9.800	9.625	9.675	9.825	
Taylor Chan	9.875	9.800	9.850	9.825	9.875	9.850	9.825	9.900	9.900	9.900	9.900	9.900
Ellie Pascoe-Long	9.825	9.850	9.800	9.800	9.825	9.800	9.900	9.875	9.700	9.775	9.650	9.600
Leah Perrino			8.775	9.625	9.350	8.675	9.225					
Josalyn Ray	9.700	9.725	9.700	9.700	9.750	9.750	9.800	9.775	9.650	9.775	9.775	
Kendal Watts	9.650	9.000						9.750	9.625	9.725		
Kaitlin Won	9.800	9.800	9.725	9.775	9.750	9.725	9.750	9.800	9.725	9.675	9.800	

All-Around Scores

Name	1/8	1/19	1/26	2/2	2/9	2/16	2/23	3/4	3/9	3/13	3/24	4/7
Taylor Chan	38.300	38.700	39.025	37.625	38.550	38.400	38.025	38.675	39.075	39.125	39.175	
Kaitlin Won	39.000	39.075	38.975	38.925	39.100	38.525	38.975	39.000	38.975	38.875	39.225	



2018 SE



Kaitlin
Won





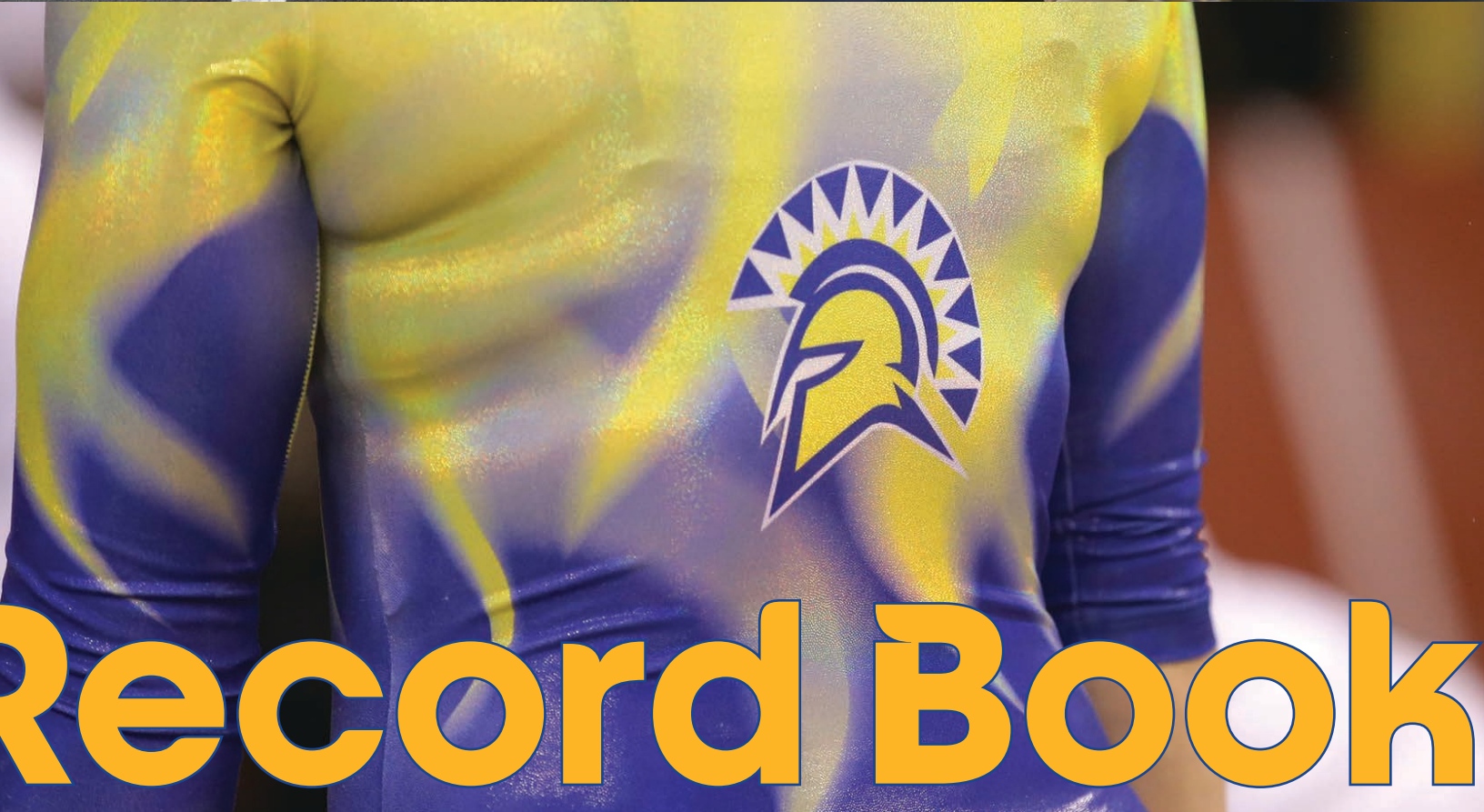
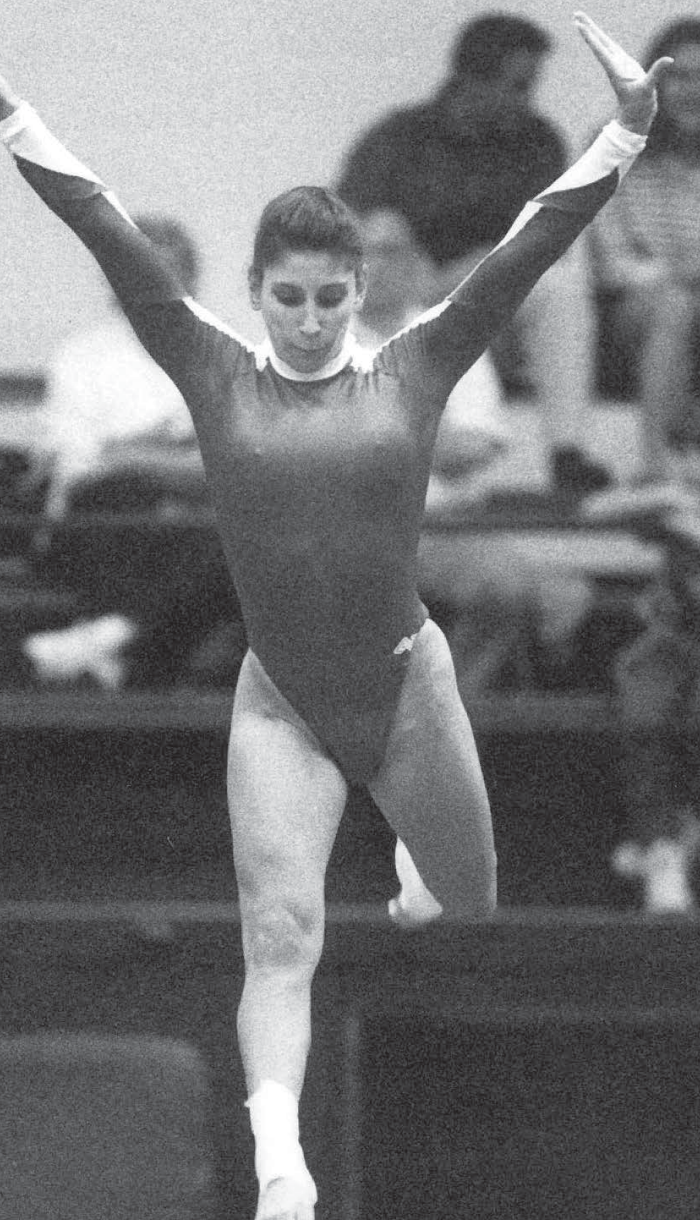
NIORS



Alisa Bogdan







Record Book

Letterwinners

Albright, Dani.....	2001-04
Almstedt, Hawley	1995-98
Andrada, Chelsey.....	2017-18
Banholzer, Cami	1994
Bellingham, Allison.....	2015-16
Bellingham, Amy	2013, 15-16
Berry, Katie.....	1992
Bigelow, Leah.....	2005-08
Blackwell, Alise	2006-09
Bogdan, Alisa	2016-17
Burke, Katy	1990-92
Byrd, Tanika.....	1998, 2000
Cardeno, Raylyn	2005-08
Cardeno, Shina	2005-06
Carter, Kasey.....	1999-2002
Chan, Taylor	2017-18
Cheshier, Tracy (Kautz).....	2000-01
Choy, Shirla	2001-04
Cianci, Kimmy	1999-2002
Coates, Bridgett.....	1996-97
Cole, Courtenay.....	1996
Cook, Jana	1990
De Groof, Michelle.....	2006
Douglas, Mackenzie.....	2015
Field, Kiley	2012-15
Fournier, Kelli	2007-09
Gher, Bekah.....	2013-14
Gilbert, Hannah.....	2013-16



**Gabrielle
Targosz**

Gordon, Julie	2000, 2002
Gordon, Kiana	2014
Greene, Jennifer	2002-05
Greer, Julia.....	2011-14
Gregory, Dannon	2012
Guyer, Cami.....	2012-15
Harrison, Cassandra.....	2011-14
Hawkins, Nikki	1989-91
Heald, Cristin	1998
Heinl, Rachel.....	2014-17
Herr, Maddie.....	2015-16
Hifai, Samila	1994
Holmes, Jasmine	2013-14
Howard, Shanice	2008-11
Jay, Casey.....	2005, 2008
Johnson, Danielle	2007
Jones, Colleen	1993
Kambur, Gabrielle.....	2015
Kaschak, Alyssa.....	2013-16
Kavalec, Tracie.....	2003-06
Kellejian, Anne.....	1990
Khoshnood, Jessica.....	2007-10
Klein, Amberly	2003-06
Knudsen, Carla.....	1993-94
Koep, Nicki	1997
Lark, Victoria.....	2013
Law, Tara	1994-97
Leach, Greta.....	2004-05, 07



Leah Bigelow

Letterwinners

Lee, Aubrey2009-12
 Loomis, Madison..... 2017
 Louie, Tiffany2007-10
 Maciel, Desiree 2002
 Major, Liz..... 2004, 2007
 Mariani, Carrie..... 1999, 2001
 Martin, Stacy2000-02
 Matos, Erica.....2015-17
 McClelland, Marcee1989-90
 McCord, Casey2010-12
 McCoy, Kelli..... 2003
 Medeiros, Carissa..... 1997, 99
 Merritt, Katie.....2008-11
 Mertens, Adriane2003-06
 Miller, Kriss1989-91
 Minotti, Michelle.....2005-08
 Molasky, Sarah..... 2003
 Moneymaker, Renae.....2006, 2008-09
 Montalban, Alyssa2012, 2014-15
 Nadonza, Kaprece2017-18
 Nakaji, Mayumi..... 1989
 Newcomer, Cyndi 1994
 Ojog, Ioana..... 1995, 98
 Parent, Barbara 1995
 Partridge, Holly..... 2011
 Pascoe-Long, Ellie.....2016-18
 Perrino, Leah 2018
 Peterson, Brittney 2004

Pizano, Jennifer 2007
 Porte, Veronica.....2006-09
 Probst, Madilyn 2018
 Ray, Josalyn.....2016-18
 Reiley, Kim 1994
 Relova, Stephanie.....2017-18
 Ronzio, Rebecca2003-04
 Sanwo, Cheryl1989-91, 93
 Scheele, Melisa2002-04
 Shalit, Michelle2017-18
 Shearer, Tauny..... 2013
 Shepard, Haleigh2016-17
 Shipman, Jennifer 1993, 95
 Snellgrove, Andrea.....1998-99, 2001
 Solod, Jodi.....1990-93
 Spellacy, Kelsey2003, 05-06
 Starr, Hope 1991
 Stebbins, Emily 2008
 Swann, Lily2008-11
 Talbot, Tasya 2000
 Targosz, Gabrielle2007-10
 Taylor, Ann-Marie.....1992, 94-95
 Telles-Nolan, Alyssa2010-13
 Thomas, Erin..... 2003, 05
 Tily, Liz 1995
 Ulrich, Katie..... 1996
 Unpingco, Marissa.....2013-16
 Valleau, Katie2009-12
 Wallace, Thomasina2009-12
 Wasko, Danielle 1996
 Watts, Kendal2016-18
 Weispenning, Melanie..... 1990
 Wheaton, Anne1993-95
 Wicklund, Staci 1991
 Won, Kaitlin.....2015-18
 Zezoney, Allison 2003, 06



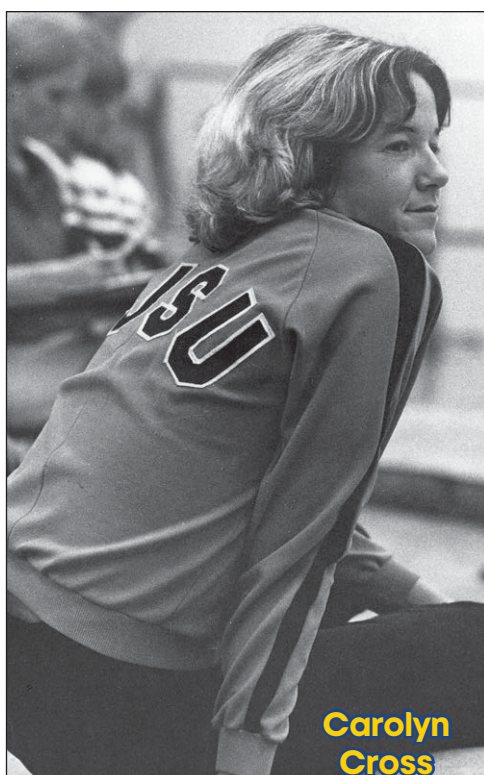
Honorary Letterwinner

Kris Klepfer Buchanan..... 1999

Note: letters were first awarded in 1989

Coaching Records

1969-70	0-0-0	Betty R. Barnard	1984-85	9-7-0	Jackie Walker
1970-71	2-0-0	Betty R. Barnard	1985-86	12-8-0	Jackie Walker
Totals	2-0-0		1986-87	11-7-0	Jackie Walker
1971-72	0-2-0	Jim Turpin	1987-88	12-3-1	Jackie Walker
1972-73	1-1-0	Betty R. Barnard	1988-89	12-12-0	Jackie Walker
1973-74	1-2-0	Jan Flanery	1989-90	7-6-0	Jackie Walker
1974-75	6-0-0	Jan Flanery	1990-91	5-14-0	Jackie Walker
1975-76	4-5-0	Jan Flanery	1991-92	0-14-0	Jackie Walker
Totals	11-7-0		1992-93	4-9-0	Jackie Walker
1976-77	5-7-0	Carolyn Cross	1993-94	3-16-0	Jackie Walker
1977-78	17-2-0	Carolyn Cross	1994-95	6-6-0	Jackie Walker
1978-79	19-0-0	Carolyn Cross	1995-96	9-8-0	Jackie Walker
1979-80	10-8-0	Carolyn Cross	1996-97	9-9-0	Jackie Walker
1980-81	1-9-0	Carolyn Cross	1997-98	3-12-1	Jackie Walker
1981-82	1-10-0	Carolyn Cross	1998-99	11-11	Jackie Walker
1982-83	4-10-0	Carolyn Cross	1999-2000	4-13	Jackie Walker
1983-84	9-8-0	Carolyn Cross	2000-01	10-7	Jackie Walker
Totals	66-54-0		Totals	127-162-2	



**Carolyn
Cross**



**Jackie
Walker**

Coaching Records

2001-02	12-9	Wayne Wright
2002-03	12-9	Wayne Wright
2003-04	16-9	Wayne Wright
2004-05	17-5	Wayne Wright
2005-06	15-17	Wayne Wright
2006-07	10-14	Wayne Wright
2007-08	19-11	Wayne Wright
2008-09	16-8-1	Wayne Wright
2009-10	11-13	Wayne Wright
2010-11	17-10	Wayne Wright
2011-12	13-9	Wayne Wright
2012-13	13-16	Wayne Wright
2013-14	10-19	Wayne Wright
2014-15	15-12	Wayne Wright
2015-16	9-15	Wayne Wright
2016-17	12-12	Wayne Wright
2017-18	16-11	Wayne Wright
Totals	233-199-1	



School Totals 440-425-3



Top Team Scores

Team Records

Event	Score	Opponent	Date
Total	195.975	at MPSF Championships	March 24, 2018
Vault	49.150	at MPSF Championships	March 21, 2015
Bars	49.325	MPSF Championships	March 20, 2004
Beam	49.275	at Southern Utah	February 18, 2011
	49.275	at MPSF Championships	March 24, 2018
Floor	49.550	MPSF Championships	March 20, 2004

Top Team Scores

Score	Opponents	Date
195.975	at MPSF Championships	March 24, 2018
195.925	MPSF Championships	March 20, 2004
195.925	MPSF Championships	March 18, 2017
195.850	Sacramento State, UC Davis	March 16, 2012
195.800	Sacramento State	March 14, 2014
195.775	Southern Utah	February 28, 2014
195.725	at Sacramento State, California	February 14, 2014
195.700	at UC Davis	March 1, 2013
195.675	Utah State, Sacramento State, Seattle Pacific	March 8, 2015
195.575	Boise State Seattle Pacific, UC Davis	March 8, 2013
195.550	Boise State, Seattle Pacific, UC Davis	February 11, 2011
195.550	at Boise State	February 21, 2014
195.425	at Southern Utah	February 18, 2011
195.400	at Seattle Pacific	January 31, 2009
195.400	at UC Davis, Stanford, Utah State	January 26, 2014
195.350	at Boise State, Southern Utah	March 11, 2016
195.325	Southern Utah	February 16, 2008
195.300	at Sacramento State	March 18, 2007
195.300	at Sacramento State	February 19, 2016
195.250	at Southern Utah	March 6, 2009
195.200	Sacramento State	February 10, 2017

Top Team Scores

195.175	at MPSF Championships	March 21, 2015
195.150	at Masters Classic	March 1, 2015
195.150	Utah State	March 5, 2017
195.125	at Sacramento State	February 13, 2015
195.100	UC Davis	February 7, 2003
195.100	at Utah State	March 7, 2014
195.075	Stanford, California	March 5, 2010
195.050	Central Michigan, Air Force, Seattle Pacific	March 4, 2018
195.025	at Arizona, Air Force, North Carolina	March 9, 2018
195.000	at California, Brown	February 18, 2013
194.950	at Utah State	February 10, 2012
194.950	UC Davis	February 7, 2014
194.950	at Air Force	February 18, 2017
194.925	UC Davis, Brown	March 6, 2016
194.900	Seattle Pacific	March 9, 2001
194.900	California, Maryland	February 24, 2012



2004 Mountain Pacific Sports Federation Champions

Top Vault Team Scores

Score	Opponents	Date
49.150	at MPSF Championships	March 21, 2015
49.100	at Brigham Young, Boise State, Utah State	February 20, 2009
49.075	Utah State, Sacramento State, Seattle Pacific	March 8, 2015
49.075	Central Michigan, Air Force, Seattle Pacific	March 4, 2018
49.025	Southern Utah	February 16, 2008
49.025	at Arizona, Air Force, North Carolina	March 9, 2018
49.000	at Masters Classic	March 1, 2015
48.975	at MPSF Championships	March 24, 2018
48.950	UC Davis	February 24, 2006
48.950	at Sacramento State, California	February 14, 2014
48.950	at MPSF Championships	March 22, 2014
48.950	at Oregon State, Lindenwood, Seattle Pacific	March 14, 2015
48.950	UC Davis, Brown	March 6, 2016
48.950	at Sacramento State, Seattle Pacific	February 16, 2018
48.925	at WAC Championships	March 29, 2008
48.925	at Southern Utah	March 6, 2009
48.925	at UCLA	March 13, 2018
48.900	Boise State, Seattle Pacific	January 23, 2009
48.900	at WAC Championships	March 21, 2009
48.900	at Washington, Arizona State, UC Davis	January 18, 2014
48.875	Seattle Pacific, Illinois-Chicago	February 3, 2006
48.850	at California	March 17, 2006
48.850	Boise State, UC Davis, Seattle Pacific	February 11, 2011
48.850	at UC Davis, Stanford, Utah State	January 26, 2014
48.850	at Utah State, Sacramento State	January 19, 2018
48.825	at Seattle Pacific	January 31, 2009
48.825	Sacramento State	January 28, 2011
48.825	California, Maryland	February 24, 2012
48.825	WAC Championships	March 24, 2012
48.825	at Denver, North Carolina State, Air Force	February 2, 2013
48.825	at WAC Championships	March 23, 2013
48.825	at Boise State, Southern Utah	March 11, 2016
48.825	Sacramento State	January 26, 2018
48.800	at UC Davis, Stanford, Sacramento State	March 23, 2008
48.800	at Southern Utah	February 18, 2011
48.800	at UC Davis	March 1, 2013
48.800	MPSF Championships	March 18, 2017
48.775	WAC Championships	March 19, 2011
48.775	at NorCal Classic	January 4, 2015
48.750	at Sacramento State	March 18, 2007
48.750	UC Davis	February 22, 2008
48.750	Sacramento State	February 6, 2009

Top Vault Team Scores

48.750	at WAC Championships	March 27, 2010
48.750	at Boise State	February 21, 2014
48.750	at Texas Woman's, Towson, Centenary	February 1, 2015
48.750	at Sacramento State	February 13, 2015
48.750	at Metroplex Challenge	January 28, 2017
48.725	California	March 21, 2003
48.725	at UC Davis, Stanford	February 27, 2009
48.725	at NCAA West Regional	April 4, 2009
48.725	UC Davis, Sacramento State	February 26, 2010
48.725	at Boise State	March 19, 2010
48.725	Sacramento State	March 14, 2014
48.725	at Sacramento State	February 19, 2016
48.725	Boise State, Iowa State	February 9, 2018
48.700	Stanford	March 7, 2003
48.700	at NCAA West Regional	April 12, 2008
48.700	at Utah State	February 20, 2012
48.700	UC Davis	February 20, 2015
48.700	at Stanford, California	January 24, 2016
48.700	Texas Woman's, Seattle Pacific, William & Mary	January 29, 2016
48.700	at MPSF Championships	March 19, 2016
48.700	at NorCal Classic	January 9, 2017
48.700	Utah State	March 5, 2017
48.675	at MSPF Championships	March 26, 2005
48.675	at Sacramento State	February 15, 2009
48.675	Stanford	January 9, 2015
48.675	at California, Denver, Arizona State	January 25, 2015
48.650	at Stanford	February 5, 2011
48.650	at Cal State Fullerton	March 11, 2011
48.650	at Sacramento State	January 27, 2012
48.650	at UC Davis, Arizona, Alaska Anchorage	March 2, 2012
48.650	Sacramento State, UC Davis	March 16, 2012
48.650	at California, brown	February 15, 2013
48.650	UC Davis	February 7, 2014
48.625	at Sacramento State	February 17, 2006
48.625	at California, CS Fullerton, UC Davis	March 16, 2008
48.625	at Utah State	March 12, 2010
48.625	NCAA Corvallis Regional	April 2, 2011
48.625	at Washington, Central Michigan	March 9, 2012
48.625	at Seattle Pacific	February 8, 2013
48.625	Boise State	February 12, 2016
48.625	at Air Force	February 18, 2017
48.625	at UC Davis, Stanford, Seattle Pacific	February 2, 2018
48.625	UC Davis	February 23, 2018

Top Bars Team Scores

Score	Opponents	Date
49.325	MPSF Championships	March 20, 2004
49.275	UC Davis	February 7, 2003
49.200	Southern Utah	February 28, 2014
49.200	MPSF Championships	March 18, 2017
49.150	Sacramento State, UC Davis	February 20, 2004
49.100	Southern Utah	February 5, 2012
49.100	at Sacramento State, California	February 14, 2014
49.025	at UC Davis	March 1, 2013
49.025	at California, Washington	January 21, 2017
49.000	at Master's Classic	March 1, 2015
49.000	Boise State	February 12, 2016
48.925	Southern Utah	February 16, 2008
48.925	Boise State, Seattle Pacific	January 23, 2009
48.925	at Utah State	February 10, 2012
48.900	at Sacramento State	March 18, 2007
48.900	at Brigham Young, Boise State, Utah State	February 20, 2009
48.900	Boise State, UC Davis, Seattle Pacific	February 11, 2011
48.900	Sacramento State, UC Davis	March 16, 2012
48.900	at Boise State	February 21, 2014
48.900	Utah State	March 5, 2017
48.875	at NCAA West Regional	April 4, 2009
48.875	at Boise State	March 19, 2010
48.850	Air Force	February 11, 2005
48.850	UC Davis, Sacramento State	February 26, 2010
48.850	at California, UC Davis	January 14, 2011
48.850	Sacramento State	January 25, 2013
48.825	Seattle Pacific	March 9, 2001
48.825	at UC Davis, California, Sacramento State	March 23, 2007
48.825	at Southern Utah, Iowa, Ball State	March 15, 2013
48.825	Utah State, Sacramento State, Seattle Pacific	March 8, 2015
48.825	at Oregon State, Lindenwood, Seattle Pacific	March 14, 2015
48.825	at Stanford, California	January 24, 2016
48.800	at Arizona State, Stanford, Wisconsin-Oshkosh	February 29, 2008
48.800	at UC Davis, Stanford, Sacramento State	March 23, 2008
48.800	at UC Davis, Stanford	February 27, 2009
48.800	Southern Utah	March 8, 2009
48.800	at WAC Championships	March 21, 2009

Top Bars Team Scores

48.800	Sacramento State	March 14, 2014
48.800	at NorCal Classic	January 9, 2017
48.800	UC Davis	February 3, 2017
48.775	at Alaska Anchorage	March 13, 2004
48.775	at Southern Utah	March 6, 2009
48.775	at Washington, Arizona State, UC Davis	January 18, 2014
48.775	at Texas Woman's Towson, Centenary	February 1, 2015
48.775	at UC Davis, Stanford, Seattle Pacific	February 2, 2018
48.775	Boise State, Iowa State	February 9, 2018
48.775	at MPSF Championships	March 24, 2018
48.750	CS Fullerton	January 27, 2006
48.750	Boise State, UC Davis, Seattle Pacific	March 8, 2013
48.750	at Sacramento State	February 19, 2016
48.750	at Boise State, Southern Utah	March 11, 2016
48.725	at Southern Utah	March 9, 2007
48.725	California, Maryland	February 24, 2012
48.700	at Seattle Pacific	January 31, 2009
48.700	at Stanford	February 5, 2011
48.700	at Cal State Fullerton	March 11, 2011
48.700	at Sacramento State, Seattle Pacific	February 16, 2018
48.675	Texas-Woman's, New Hampshire	February 6, 2004
48.675	Sacramento State	March 10, 2006
48.675	at Western Independent Championships	March 24, 2001
48.675	at Stanford, Washington, Sacramento State	February 7, 2010
48.675	at Seattle Pacific	February 8, 2013
48.675	at Utah State	March 7, 2014
48.675	at UC Davis	February 5, 2016
48.675	Sacramento State	February 10, 2017
48.675	at NorCal Classic	January 8, 2018
48.650	at Alaska Anchorage	March 12, 2004
48.650	Utah State, Wisconsin-Eau Claire	January 21, 2011
48.650	WAC Championships	March 19, 2011
48.650	at NorCal Quad	January 15, 2012
48.650	at WAC Championships	March 23, 2013
48.650	at NorCal Classic	January 5, 2014
48.650	at Air Force	February 18, 2017
48.625	at Sacramento State	February 13, 2015
48.625	UC Davis, Brown	March 6, 2016

Top Beam Team Scores

Score	Opponents	Date
49.275	at Southern Utah	February 18, 2011
49.275	at MPSF Championships	March 24, 2018
49.100	MPSF Championships	March 18, 2017
49.075	Sacramento State, UC Davis	March 16, 2012
49.075	Utah State, Sacramento State, Seattle Pacific	March 8, 2015
49.050	at MPSF Championships	March 29, 2003
49.025	Western Independent Championships	March 27, 1999
49.025	Sacramento State	February 10, 2017
49.025	Stanford, California	March 19, 2005
49.000	at Arizona State	March 14, 2003
48.975	at UC Davis, Stanford, Utah State	January 26, 2014
48.975	at Air Force	February 18, 2017
48.975	at Utah State, Sacramento State	January 19, 2018
48.950	at UC Davis	March 6, 2004
48.925	at Utah State	March 12, 2010
48.925	Boise State, UC Davis, Seattle Pacific	February 11, 2011
48.925	Utah State, Brown	February 15, 2013
48.925	Boise State, UC Davis, Seattle Pacific	March 8, 2013
48.925	at Boise State	February 21, 2014
48.925	Sacramento State	March 14, 2014
48.925	at Seattle Pacific, Alaska Anchorage	February 26, 2016
48.900	MPSF Championships	March 20, 2004
48.900	at MPSF Championships	March 21, 2015
48.875	CS Fullerton	January 27, 2001
48.875	at Sacramento State	March 18, 2007
48.875	at Seattle Pacific	January 31, 2009
48.875	at UC Davis	March 1, 2013
48.875	at Utah State	March 7, 2014
48.875	at Boise State, Southern Utah	March 11, 2016
48.875	at Arizona, Air Force, North Carolina	March 9, 2018
48.850	Seattle Pacific	February 3, 2001

Top Beam Team Scores

48.850	at Utah State	February 10, 2012
48.850	at California, Brown	February 18, 2013
48.825	at UC Davis, Arizona, Alaska Anchorage	March 2, 2012
48.825	at MPSF Championships	March 22, 2014
48.825	at Sacramento State	February 13, 2015
48.825	at MPSF Championships	March 19, 2016
48.800	at Air Force, TX-Woman's, WI-Eau Claire, Utah St.	January 17, 2004
48.800	at Sacramento State	February 19, 2016
48.775	at WAC Championships	March 31, 2007
48.775	at Southern Utah	March 6, 2009
48.775	Stanford, California	March 5, 2010
48.775	Southern Utah	February 28, 2014
48.750	at UC Davis, California, Sacramento State	March 23, 2007
48.750	at Sacramento State	February 19, 2010
48.750	California, UW-La Crosse	January 16, 2015
48.750	Utah State	March 5, 2017
48.750	at UCLA	March 13, 2018
48.725	Seattle Pacific	February 14, 2004
48.725	at Stanford, Iowa, Oregon State	February 9, 2007
48.725	UC Davis	February 7, 2014
48.725	UC Davis	February 23, 2018
48.700	at California, CS Fullerton, Sacramento State	March 3, 2000
48.700	Seattle Pacific	March 9, 2001
48.700	at UC Davis	March 2, 2003
48.700	at Sacramento State	February 29, 2004
48.700	at Alaska Anchorage	March 12, 2004
48.675	at Denver, North Carolina State, Air Force	February 2, 2013
48.650	at Alaska Anchorage	March 13, 2004
48.650	at Seattle Pacific	February 16, 2007
48.650	at Sacramento State, California	February 14, 2014
48.650	at Stanford, California	January 24, 2016

Top Floor Team Scores

Score	Opponents	Date
49.550	MPSF Championships	March 20, 2004
49.375	at CS Fullerton, Sacramento State	February 9, 2003
49.350	at MPSF Championships	March 29, 2003
49.350	Sacramento State	March 14, 2014
49.350	at Oregon State, Lindenwood, Seattle Pacific	March 14, 2015
49.300	Stanford, California	March 5, 2010
49.300	Boise State, UC Davis, Seattle Pacific	March 8, 2013
49.275	at WAC Championships	March 21, 2009
49.225	Sacramento State, UC Davis	March 16, 2012
49.200	Utah State, Wisconsin-Eau Claire	January 21, 2011
49.200	NCAA Corvallis Regional	April 2, 2011
49.200	at WAC Championships	March 24, 2012
49.200	Southern Utah	February 28, 2014
49.175	Seattle Pacific	February 14, 2004
49.150	at UC Davis	March 2, 2003
49.150	Utah State	March 8, 2009
49.150	UC Davis, Sacramento State	February 26, 2010
49.150	Central Michigan, Air Force, Seattle Pacific	March 4, 2018
49.125	UC Davis	February 7, 2003
49.125	California, UW-La Crosse	January 16, 2015
49.100	at Western Independent Championships	March 24, 2001
49.100	at California, CS Fullerton, UC Davis	March 16, 2008
49.100	at WAC Championships	March 29, 2008
49.100	Utah State, Brown	February 15, 2013
49.100	at WAC Championships	March 23, 2013
49.075	CS Fullerton, Sacramento State	March 8, 2002
49.075	at UC Davis, Stanford	February 27, 2009
49.075	California, Maryland	February 24, 2012
49.075	at MPSF Championships	March 21, 2015
49.075	UC Davis, Brown	March 6, 2016
49.050	at UC Davis, Alaska Anchorage	February 27, 2005
49.050	Cal State Fullerton	February 12, 2010
49.050	at Nor Cal Quad	January 15, 2012
49.050	at Boise State	February 17, 2012
49.050	at Metroplex Challenge	January 28, 2017
49.025	Boise State, Seattle Pacific	February 8, 2002
49.025	at UC Santa Barbara, UC Davis, Eastern Michigan	February 23, 2002
49.025	Air Force, Seattle Pacific	February 14, 2003
49.025	Southern Utah	February 5, 2012
49.025	at UC Davis, Stanford, Utah State	January 26, 2014
49.025	at Sacramento State, California	February 14, 2014
49.025	at Sacramento State	February 19, 2016
49.000	at Alaska Anchorage	March 12, 2004
49.000	Southern Utah	February 16, 2008

Top Floor Team Scores

49.000	at UC Davis, Stanford, Sacramento State	March 23, 2008
49.000	at Seattle Pacific	January 31, 2009
49.000	at Sacramento State	February 15, 2009
49.000	at Stanford	February 5, 2011
49.000	at UC Davis	March 1, 2013
49.000	Sacramento State	February 10, 2017
48.975	Seattle Pacific	March 9, 2001
48.975	at UC Davis	February 29, 2004
48.975	at WAC Championships	March 27, 2010
48.975	at Southern Utah	February 18, 2011
48.975	UC Davis	February 7, 2014
48.975	at Boise State	February 21, 2014
48.975	at Utah State	March 7, 2014
48.975	at NorCal Classic	January 8, 2018
48.975	at Utah State, Sacramento State	January 19, 2018
48.975	UC Davis	February 23, 2018
48.950	at Washington, Central Michigan	March 9, 2012
48.950	at California, Brown	February 18, 2013
48.950	NorCal Classic	January 10, 2016
48.950	at MPSF Championships	March 19, 2016
48.950	at UC Davis, Sacramento State, Seattle Pacific	February 24, 2017
48.950	at MPSF Championships	March 24, 2018
48.925	California	February 26, 2000
48.925	Alaska Anchorage, UC Davis, Utah State	January 26, 2002
48.925	at Sacramento State	February 16, 2003
48.925	Stanford	March 7, 2003
48.925	at Utah State	March 12, 2010
48.925	at Sacramento State	January 27, 2012
48.925	at Sacramento State	February 13, 2015
48.900	UC Santa Barbara	March 2, 2002
48.900	at Sacramento State	March 10, 2002
48.900	UC Davis	February 22, 2008
48.900	Sacramento State	February 6, 2009
48.900	at Brigham Young, Boise State, Utah State	February 20, 2009
48.900	at Boise State, Southern Utah	March 11, 2016
48.875	Seattle Pacific	March 22, 1996
48.875	at Utah State	February 26, 2001
48.875	at NCAA West Regional	April 4, 2009
48.875	at Sacramento State	February 19, 2010
48.875	Boise State, UC Davis, Seattle Pacific	February 11, 2011
48.875	at MPSF Championships	March 22, 2014
48.875	NCAA Minneapolis Regional	April 5, 2014
48.875	UC Davis	February 3, 2017
48.875	at Arkansas, Centenary	March 10, 2017

Top All-Around Scores

All-Around (39.075 or higher)

39.575	Thomasina Wallace	March 9, 2012
39.550	Thomasina Wallace	March 16, 2012
39.525	Thomasina Wallace	Feb. 10, 2012
39.425	Thomasina Wallace	Feb. 5, 2012
39.400	Shirla Choy	March 29, 2003
39.400	Thomasina Wallace	April 4, 2009
39.400	Thomasina Wallace	March 24, 2012
39.375	Dani Albright	Feb. 16, 2001
39.375	Dani Albright	March 2, 2002
39.375	Thomasina Wallace	March 6, 2009
39.375	Dani Albright	March 29, 2003
39.375	Thomasina Wallace	Jan. 27, 2012
39.350	Thomasina Wallace	Feb. 27, 2009
39.350	Thomasina Wallace	Feb. 24, 2012
39.350	Cami Guyer	March 8, 2015
39.350	Maddie Herr	March 11, 2016
39.325	Dani Albright	March 9, 2001
39.325	Thomasina Wallace	March 12, 2010
39.325	Thomasina Wallace	Feb. 11, 2011
39.325	Maddie Herr	Feb. 19, 2016
39.300	Dani Albright	Feb. 7, 2003
39.300	Thomasina Wallace	March 2, 2012
39.300	Cassandra Harrison	February 14, 2014
39.275	Dani Albright	March 7, 2003
39.275	Shirla Choy	March 21, 2003
39.275	Veronica Porte	Feb. 20, 2009
39.275	Bekah Gher	March 1, 2013
39.250	Dani Albright	March 10, 2002
39.250	Thomasina Wallace	Jan. 29, 2011
39.250	Thomasina Wallace	Feb. 18, 2011
39.250	Thomasina Wallace	April 2, 2011
39.250	Bekah Gher	February 14, 2014
39.250	Cami Guyer	February 13, 2015
39.225	Dani Albright	March 16, 2001
39.225	Shirla Choy	Jan. 31, 2003
39.225	Dani Albright	March 9, 2003
39.225	Thomasina Wallace	Feb. 15, 2009
39.225	Cami Guyer	February 28, 2014
39.225	Cassandra Harrison	February 28, 2014
39.225	Cami Guyer	March 21, 2015
39.225	Kaitlin Won	February 3, 2017
39.225	Kaitlin Won	March 24, 2018
39.200	Dani Albright	February 8, 2002
39.200	Shirla Choy	March 20, 2004
39.200	Thomasina Wallace	Jan. 31, 2009
39.200	Thomasina Wallace	Feb. 17, 2012
39.200	Cassandra Harrison	February 15, 2013
39.200	Bekah Gher	March 8, 2013
39.200	Bekah Gher	February 21, 2014
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



Top All-Around Scores



39.175	Lily Swann	Feb. 11, 2011
39.175	Thomasina Wallace	March 6, 2011
39.175	Thomasina Wallace	January 22, 2012
39.175	Bekah Gher	February 28, 2014
39.175	Maddie Herr	January 25, 2015
39.175	Cami Guyer	February 20, 2015
39.175	Kaitlin Won	March 21, 2015
39.175	Taylor Chan	March 24, 2018
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
39.150	Veronica Porte	February 16, 2008
39.150	Veronica Porte	March 16, 2008
39.150	Veronica Porte	Feb. 27, 2009
39.150	Thomasina Wallace	Jan. 15, 2012
39.150	Cami Guyer	January 18, 2014
39.150	Bekah Gher	February 7, 2014
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
39.125	Cassandra Harrison	March 1, 2013
39.125	Cassandra Harrison	March 8, 2013
39.125	Bekah Gher	March 14, 2014
39.125	Cassandra Harrison	March 22, 2014
39.125	Maddie Herr	February 13, 2015
39.125	Cami Guyer	March 1, 2015
39.125	Maddie Herr	March 1, 2015
39.100	Kimmy Cianci	Feb. 16, 2001
39.100	Shirla Choy	Jan. 24, 2003
39.100	Shirla Choy	March 12, 2004
39.100	Veronica Porte	Jan. 11, 2009
39.100	Veronica Porte	Jan. 31, 2009
39.100	Lily Swann	March 27, 2010
39.100	Cassandra Harrison	February 18, 2013
39.100	Bekah Gher	March 23, 2013
39.100	Cami Guyer	March 14, 2014
39.100	Kaitlin Won	March 1, 2015
39.100	Maddie Herr	March 6, 2016
39.100	Kaitlin Won	February 9, 2018
39.075	Hawley Almstedt	March 14, 1997
39.075	Shirla Choy	Feb. 20, 2004
39.075	Jennifer Greene	March 12, 2004
39.075	Thomasina Wallace	Feb. 19, 2010
39.075	Lily Swann	March 11, 2011
39.075	Thomasina Wallace	Jan. 21, 2011
39.075	Cassandra Harrison	Feb. 5, 2012
39.075	Cassandra Harrison	March 14, 2014
39.075	Kaitlin Won	January 21, 2017
39.075	Kaitlin Won	February 10, 2017
39.075	Kaitlin Won	January 19, 2018
39.075	Taylor Chan	March 13, 2018

Top Vault Scores (9.850 or better)

9.925	Shina Cardeno	Feb. 24, 2006
9.925	Veronica Porte	Feb. 20, 2009
9.900	Thomasina Wallace	Jan. 23, 2009
9.900	Alise Blackwell	Feb. 20, 2009
9.900	Thomasina Wallace	Jan. 29, 2011
9.900	Thomasina Wallace	Feb. 10, 2012
9.900	Bekah Gher	January 18, 2014
9.900	Cami Guyer	March 8, 2015
9.900	Cami Guyer	March 21, 2015
9.900	Taylor Chan	March 13, 2018
9.875	Dani Albright	Feb. 16, 2001
9.875	Raylyn Cardeno	February 16, 2008
9.875	Lily Swann	March 19, 2010
9.875	Maddie Herr	March 6, 2016
9.875	Ellie Pascoe-Long	February 9, 2018
9.875	Taylor Chan	March 4, 2018
9.875	Chelsey Andrada	March 24, 2018
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
9.850	Shanice Howard	March 23, 2008
9.850	Veronica Porte	March 29, 2008
9.850	Veronica Porte	March 21, 2009
9.850	Lily Swann	Jan. 23, 2009
9.850	Lily Swann	Feb. 6, 2009
9.850	Thomasina Wallace	Feb. 20, 2009
9.850	Lily Swann	Feb. 27, 2009
9.850	Thomasina Wallace	March 6, 2009
9.850	Lily Swann	March 21, 2009
9.850	Thomasina Wallace	Jan. 15, 2010
9.850	Lily Swann	March 5, 2010



**Shina
Cardeno**



**Veronica
Porte**



**Thomasina
Wallace**

Top Vault Scores (9.850 or better)

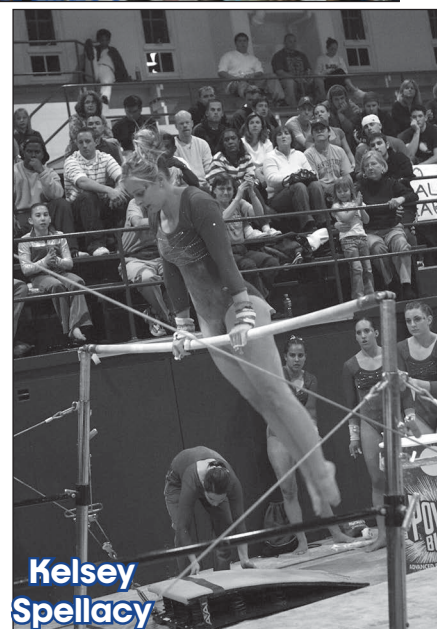


9.850	Lily Swann	March 26, 2010
9.850	Lily Swann	Jan. 28, 2011
9.850	Thomasina Wallace	Feb. 5, 2012
9.850	Thomasina Wallace	Jan. 20, 2012
9.850	Thomasina Wallace	Feb. 24, 2012
9.850	Thomasina Wallace	March 9, 2012
9.850	Cassandra Harrison	February 18, 2013
9.850	Bekah Gher	January 26, 2014
9.850	Bekah Gher	February 7, 2014
9.850	Cassandra Harrison	February 14, 2104
9.850	Hannah Gilbert	March 22, 2014
9.850	Bekah Gher	March 22, 2014
9.850	Cami Guyer	February 20, 2015
9.850	Rachel Heinl	March 14, 2015
9.850	Maddie Herr	March 11, 2016
9.850	Kaprece Nadonza	March 4, 2018
9.850	Ellie Pascoe-Long	March 9, 2018



Top Bars Scores (9.850 or better)

9.950	Shirla Choy	Feb. 7, 2003
9.950	Shirla Choy	March 20, 2004
9.950	Thomasina Wallace	April 4, 2009
9.950	Thomasina Wallace	March 9, 2012
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
9.925	Thomasina Wallace	Feb. 20, 2009
9.925	Thomasina Wallace	Jan 10, 2010
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
9.900	Thomasina Wallace	Jan. 16, 2009
9.900	Thomasina Wallace	Feb. 15, 2009
9.900	Thomasina Wallace	Jan. 30, 2010
9.900	Thomasina Wallace	March 12, 2010
9.900	Thomasina Wallace	Feb. 11, 2011
9.900	Thomasina Wallace	Feb. 5, 2012
9.900	Thomasina Wallace	March 2, 2012
9.900	Thomasina Wallace	March 16, 2012
9.900	Thomasina Wallace	March 24, 2012
9.900	Maddie Herr	February 12, 2016
9.900	Kaprece Nadonza	March 18, 2017
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
9.875	Alise Blackwell	February 16, 2008
9.875	Thomasina Wallace	Jan. 31, 2009
9.875	Thomasina Wallace	Feb. 27, 2009
9.875	Thomasina Wallace	March 6, 2009
9.875	Thomasina Wallace	March 21, 2009
9.875	Thomasina Wallace	Jan. 14, 2011
9.875	Thomasina Wallace	Mar. 6, 2011
9.875	Thomasina Wallace	Jan. 27, 2012



Top Bars Scores (9.850 or better)



9.875	Thomasina Wallace	Feb. 10, 2012
9.875	Cami Guyer	February 28, 2014
9.875	Marissa Unpingco	March 14, 2014
9.875	Maddie Herr	March 1, 2015
9.875	Maddie Herr	March 14, 2015
9.875	Maddie Herr	March 11, 2016
9.875	Kaitlin Won	February 18, 2017
9.875	Kaitlin Won	March 18, 2017
9.875	Kaitlin Won	January 9, 2018
9.875	Kaitlin Won	February 9, 2018
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
9.850	Thomasina Wallace	Jan. 23, 2009
9.850	Thomasina Wallace	Feb. 26, 2010
9.850	Katie Merritt	March 19, 2010
9.850	Thomasina Wallace	March 11, 2011
9.850	Thomasina Wallace	Jan. 15, 2012
9.850	Thomasina Wallace	Jan. 22, 2012
9.850	Alyssa Telles-Nolan	Jan. 27, 2012
9.850	Thomasina Wallace	Feb. 17, 2012
9.850	Alyssa Telles-Nolan	March 1, 2013
9.850	Bekah Gher	February 14, 2014
9.850	Marissa Unpingco	February 14, 2014
9.850	Rachel Heintl	February 28, 2014
9.850	Maddie Herr	February 1, 2015
9.850	Kaitlin Won	March 1, 2015
9.850	Rachel Heintl	January 9, 2017
9.850	Kaprece Nadonza	February 3, 2017
9.850	Kendal Watts	March 18, 2017
9.850	Kaitlin Won	January 26, 2018
9.850	Kaitlin Won	February 23, 2018

Top Beam Scores (9.850 or better)

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
9.900	Thomasina Wallace	March 12, 2010
9.900	Thomasina Wallace	Feb. 11, 2011
9.900	Aubrey Lee	Feb. 18, 2011
9.900	Thomasina Wallace	March 9, 2012
9.900	Julia Greer	January 26, 2014
9.900	Taylor Chan	March 18, 2017
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
9.875	Julia Greer	Feb. 18, 2011
9.875	Thomasina Wallace	Feb. 18, 2011
9.875	Thomasina Wallace	Feb. 10, 2012
9.875	Thomasina Wallace	March 16, 2012
9.875	Marissa Unpingco	March 21, 2015
9.875	Marissa Unpingco	January 26, 2014
9.875	Allison Bellingham	February 26, 2016
9.875	Stephanie Relova	January 19, 2018
9.875	Chelsey Andrada	February 19, 2018
9.875	Kaitlin Won	March 24, 2018
9.875	Stephanie Relova	March 24, 2018
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



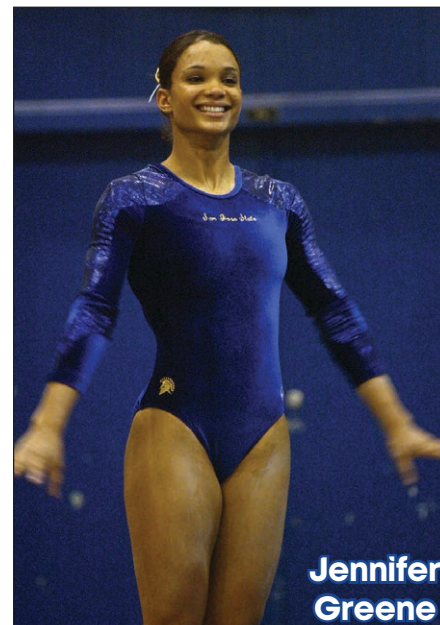
Top Beam Scores (9.850 or better)



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	March 18, 2007
9.850	Veronica Porte	February 1, 2008
9.850	Veronica Porte	February 10, 2008
9.850	Leah Bigelow	March 7, 2008
9.850	Alise Blackwell	Jan. 31, 2009
9.850	Aubrey Lee	March 21, 2009
9.850	Thomasina Wallace	April 4, 2009
9.850	Thomasina Wallace	Jan. 20, 2012
9.850	Thomasina Wallace	March 5, 2010
9.850	Julia Greer	Feb. 11, 2011
9.850	Thomasina Wallace	Jan. 27, 2012
9.850	Thomasina Wallace	Feb. 5, 2012
9.850	Cassandra Harrison	Feb. 10, 2012
9.850	Thomasina Wallace	March 2, 2012
9.850	Cassandra Harrison	March 16, 2012
9.850	Bekah Gher	February 15, 2013
9.850	Julia Greer	March 1, 2013
9.850	Cami Guyer	March 23, 2013
9.850	Julia Greer	January 5, 2014
9.850	Bekah Gher	February 7, 2014
9.850	Julia Greer	February 21, 2014
9.850	Julia Greer	February 28, 2014
9.850	Julia Greer	March 14, 2014
9.850	Maddie Herr	March 8, 2015
9.850	Allison Bellingham	March 21, 2015
9.850	Marissa Unpingco	January 24, 2016
9.850	Marissa Unpingco	February 12, 2016
9.850	Maddie Herr	February 19, 2016
9.850	Taylor Chan	February 10, 2017
9.850	Stephanie Relova	February 10, 2017
9.850	Taylor Chan	March 5, 2017
9.850	Kaitlin Won	March 18, 2017
9.850	Kaitlin Won	January 19, 2018
9.850	Chelsey Andrada	March 24, 2018
9.850	Taylor Chan	March 24, 2018

Top Floor Scores (9.875 or better)

10.000	Jennifer Greene	March 20, 2004
9.975	Dani Albright	March 29, 2003
9.950	Dani Albright	Feb. 14, 2003
9.950	Thomasina Wallace	March 16, 2012
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
9.925	Thomasina Wallace	Jan. 21, 2011
9.925	Julia Greer	March 14, 2014
9.925	Taylor Chan	March 5, 2017
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
9.900	Emily Stebbins	March 16, 2008
9.900	Emily Stebbins	March 29, 2008
9.900	Thomasina Wallace	Feb. 27, 2009
9.900	Thomasina Wallace	March 8, 2009
9.900	Tiffany Louie	March 5, 2010
9.900	Thomasina Wallace	March 21, 2009
9.900	Thomasina Wallace	March 5, 2010
9.900	Katie Valleau	April 2, 2011
9.900	Katie Valleau	Feb. 24, 2012
9.900	Julia Greer	March 8, 2013
9.900	Cassandra Harrison	February 14, 2014
9.900	Julia Greer	February 28, 2014
9.900	Cassandra Harrison	February 28, 2014
9.900	Jasmine Holmes	March 14, 2014
9.900	Cami Guyer	March 14, 2015
9.900	Ellie Pascoe-Long	February 23, 2018
9.900	Taylor Chan	March 10, 2017
9.900	Taylor Chan	March 4, 2018
9.900	Taylor Chan	March 9, 2018
9.900	Taylor Chan	March 13, 2018
9.900	Taylor Chan	March 24, 2018
9.900	Taylor Chan	April 7, 2018
9.875	Tara Law	Feb. 14, 1997
9.875	Tara Law	March 14, 1997



Top Floor Scores (9.875 or better)



**Thomasina
Wallace**



**Kim
Cianci**



**Greta
Leach**

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
9.875	Shanice Howard	February 22, 2008
9.875	Shanice Howard	March 16, 2008
9.875	Veronica Porte	Jan. 16, 2009
9.875	Veronica Porte	Jan. 23, 2009
9.875	Thomasina Wallace	Feb. 15, 2009
9.875	Veronica Porte	March 6, 2009
9.875	Shanice Howard	March 21, 2009
9.875	Veronica Porte	March 21, 2009
9.875	Tiffany Louie	Feb. 12, 2010
9.875	Katie Valleau	March 5, 2010
9.875	Katie Valleau	Jan. 21, 2011
9.875	Thomasina Wallace	Feb. 5, 2011
9.875	Katie Valleau	Feb. 5, 2011
9.875	Lily Swann	Feb. 11, 2011
9.875	Thomasina Wallace	March 6, 2011
9.875	Thomasina Wallace	March 11, 2011
9.875	Thomasina Wallace	April 2, 2011
9.875	Thomasina Wallace	Feb. 10, 2012
9.875	Thomasina Wallace	Feb. 17, 2012
9.875	Thomasina Wallace	March 9, 2012
9.875	Katie Valleau	March 16, 2012
9.875	Thomasina Wallace	March 24, 2012
9.875	Katie Valleau	March 24, 2012
9.875	Julia Greer	January 26, 2014
9.875	Cassandra Harrison	March 14, 2014
9.875	Cami Guyer	January 16, 2015
9.875	Alyssa Montalban	January 16, 2015
9.875	Mackenzie Douglas	March 14, 2015
9.875	Maddie Herr	March 14, 2015
9.875	Cami Guyer	March 21, 2015
9.875	Taylor Chan	February 10, 2017
9.875	Taylor Chan	February 18, 2017
9.875	Taylor Chan	February 24, 2017
9.875	Kaitlin Won	February 24, 2017
9.875	Taylor Chan	March 18, 2017
9.875	Taylor Chan	February 9, 2018
9.875	Ellie Pascoe-Long	March 4, 2018

Regional Teams



2003 NCAA West Regional
Seattle, Wash.
T5th
192.875



2006 NCAA West Regional
Stanford, Calif.
4th
192.375



2008 NCAA West Regional
Corvallis, Ore.
5th
193.850



2009 NCAA West Regional
Seattle, Wash.
T5th
194.800

Regional Teams



**2011 NCAA
Corvallis Regional
Corvallis, Ore.
4th
194.425**



**2012 NCAA
Salt Lake Regional
Salt Lake City, Utah
5th
193.400**



**2014 NCAA
Minneapolis Regional
Minneapolis, Minn.
6th
193.950**

Postseason Results

NCAA Championships

All-Around Results

2011	38. Dani Albright	38.425
2009	41. Veronica Porte	38.700
	46. Thomasina Wallace	38.400

Floor Exercise

2011	36. Katie Valleau	9.725
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NCAA Regional Results

Team Results

2014 – NCAA Minneapolis Regional

1. Oklahoma	197.725
2. Illinois	196.600
3. Minnesota	196.350
4. California	195.700
5. Southern Utah	195.150
6. San José State	193.950

2012 – NCAA Salt Lake City Regional

1. Utah	196.825
2. Nebraska	196.525
3. Minnesota	194.800
4. Arizona State	194.400
5. San José State	193.400
6. Iowa State	193.150

2011 – NCAA Corvallis Regional

1. Oregon State	197.025
2. Nebraska	196.550
3. Michigan State	194.525
4. San José State	194.425
5. Iowa	193.925
6. Southern Utah	193.775

2009 – NCAA West Regional at Washington

1. Utah	197.675
2. Illinois	196.700
3. Boise State	195.400
4. Auburn	195.250
5. San José State	194.800
Washington	194.800

2008 – NCAA West Regional at Oregon State

1. Oregon State	197.100
2. Michigan	196.375
3. Michigan State	195.125
4. Washington	194.075
5. San José State	193.850
6. Sacramento State	193.575

2006 – NCAA West Regional at Stanford

1. Alabama	196.475
2. Oregon State	195.800
3. Stanford	195.275
4. San José 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 José State	192.875
Boise State	192.875

NCAA Regional Champions

Uneven Bars

2009	Thomasina Wallace	9.950
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Floor

2011	Katie Valleau	9.900
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Postseason Results

All-Around Results

Individual Competitors Only

2016	12. Kaitlin Won	38.800
2015	9. Cami Guyer	38.925
	10. Kaitlin Won	38.875
	11. Maddie Herr	38.725
2013	13. Bekah Gher	38.800
	17. Cassandra Harrison	38.200
2010	15. Lily Swann	37.900
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	9.700*
	<i>* did not complete all-around due to injury</i>	
1998	Annie Snellgrove	
	<i>Did not compete due to injury</i>	
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 Solod	37.075
1992	19. Jodi Solod	37.675
1991	30. Staci Wicklund	36.850
	33. Jodi Solod	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

Vault

2018	T11. Taylor Chan	9.825
	T28. Ellie Pascoe-Long	9.825

Bars

2018	42. Kaitlin Won	8.825
2017	T28. Rachel Heintl	9.725

Beam

2018	37. Stephanie Relova	9.650
2004	35. Amberly Klein	9.475
2002	T31. Kasey Carter	9.650

Floor

2018	T6. Taylor Chan	9.900
	T41. Ellie Pascoe-Long	9.600
2002	39. Kimmy Cianci	9.625
2010	19. Gabrielle Targosz	9.775
2017	T29. Taylor Chan	9.700

NCAA Championships



Dani Albright
2001 Championships
All-Around
38th, 38.425



Veronica Porte
2009 Championships
All-Around
41st, 38.700



Thomasina Wallace
2009 Championships
All-Around
46th, 38.400



Katie Valleau
2011 Championships
Floor
36th, 9.725

NCAA Regional Honors

West Region Gymnast of the Year

2012 Thomasina Wallace

West Region Coach of the Year

2012 Wayne Wright

West Region

Assistant Coach of the Year

2004 Tim Rivera

2009 Meghan Donahue

West Region

Administrator of the Year

2009 Stacy Martin



Wayne Wright was honored as the 2012 West Region Coach of the Year. He led that team to the WAC regular-season title.



Thomasina Wallace had an award-winning senior year in 2012. She was named the Western Athletic Conference Gymnast of the Year as well as the West Region Gymnast of the Year. She won the all-around title at the 2012 WAC Championships, holds the top-four all-around scores in school history and is tied for the top score on the bars and beam at San José State.

2018 MPSF Champions

2018 MPSF Championships Colorado Springs, Colo.

1. San José State	195.975
2. UC Davis	195.200
3. Air Force	194.975
4. Sacramento State	194.775
5. Seattle Pacific	194.300
6. Alaska Anchorage	192.200

Vault

1. Chelsey Andrada	9.875
4. Taylor Chan	9.800
4. Kaprece Nadonza	9.800

Bars

2. Stephanie Relova	9.825
3. Kaprece Nadonza	9.800
3. Kaitlin Won	9.800

Beam

3. Kaitlin Won	9.875
3. Stephanie Relova	9.875
5. Taylor Chan	9.850
5. Chelsey Andrada	9.850

Floor

2. Taylor Chan	9.900
8. Chelsey Andrada	9.825

All-Around

1. Kaitlin Won	39.225
3. Taylor Chan	39.175



Chelsey Andrada
2018 MPSF Vault Champion



Kaitlin Won
2018 MPSF All-Around Champion

Conference Champions



2018 Mountain Pacific Sports Federation Champions



2017 Mountain Pacific Sports Federation Champions

2017 MPSF Champions

2017 MPSF Championships San Jose, Calif.

1. San José State	195.925
2. UC Davis	195.725
3. Sacramento State	195.175
4. Air Force	194.075
5. Seattle Pacific	192.775
6. Alaska Anchorage	191.750

Vault

1. Haleigh Shepard	9.825
5. Taylor Chan	9.750
5. Rachel Heinl	9.750
5. Erica Matos	9.750

Bars

2. Kaprece Nadonza	9.900
3. Kaitlin Won	9.875
5. Kendal Watts	9.850
8. Rachel Heinl	9.800

Beam

3. Taylor Chan	9.900
7. Kaitlin Won	9.850
10. Stephanie Relova	9.825

Floor

T1. Taylor Chan	9.875
9. Josalyn Ray	9.775



Haleigh Shepard
2017 MPSF Vault Champion



Taylor Chan
2017 MPSF Co-Floor Champion

Conference Meet Results

2016 MPSF Championships Sacramento, Calif.

1. Sacramento State	196.300
2. UC Davis	195.300
3. San José State	194.375
4. Seattle Pacific	193.000
5. Alaska Anchorage	192.850
6. Air Force	191.450

Vault

3. Joslayn Ray	9.825
8. Erica Matos	9.800

Bars

2. Rachel Heintl	9.800
7. Allison Bellingham	9.775

Beam

4. Allison Bellingham	9.825
6. Maddie Herr	9.800
10. Alyssa Kaschak	9.750

Floor

10. Erica Matos	9.825
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All-Around

9. Maddie Herr	38.325
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2015 MPSF Championships Anchorage, Alaska

1. UC Davis	195.300
2. San José State	195.175
3. Sacramento State	194.175
4. Alaska Anchorage	193.700
5. Seattle Pacific	192.700
6. Air Force	191.150

Vault

1. Cami Guyer	9.900
T5. Maddie Herr	9.825
T5. Erica Matos	9.825

Bars

3. Kaitlin Won	9.800
6. Rachel Heintl	9.750

Beam

T1. Marissa Unpingco	9.875
4. Allison Bellingham	9.850

Floor

1. Cami Guyer	9.875
6. Mackenzie Douglas	9.825
6. Kaitlin Won	9.825

All-Around

1. Cami Guyer	39.225
4. Kaitlin Won	39.175



Cami Guyer

2015 MPSF All-Around Champion
2015 MPSF Vault Champion
2015 MPSF Floor Champion
2013 Co-WAC Beam Champion



Marissa Unpingco

2015 Co-MPSF Beam Champion

Conference Meet Results

2014 MPSF Championships

Davis, Calif.

1. Sacramento State	195.650
2. UC Davis	194.875
3. San José State	194.550
4. Seattle Pacific	194.075
5. Air Force	193.650
6. Alaska Anchorage	192.200

Vault

T5. Hannah Gilbert	9.850
T5. Bekah Gher	9.850
T8. Cassandra Harrison	9.850

Bars

T7. Cami Guyer	9.750
T7. Bekah Gher	9.750

Beam

T4. Julia Greer	9.800
T8. Cami Guyer	9.775
T8. Alyssa Kaschak	9.775
T8. Cassandra Harrison	9.775

Floor

T2. Julia Greer	9.850
5. Cassandra Harrison	9.825
6. Jasmine Holmes	9.800

All Around

2. Cassandra Harrison	39.125
3. Bekah Gher	39.000
4. Cami Guyer	38.900

2013 WAC Championships

Cedar City, Utah

1. Boise State	196.225
2. Denver	196.125
3. Sacramento State	195.550
4. Utah State	195.100
5. Southern Utah	194.925
6. San José State	194.700

Beam

T1. Cami Guyer	9.800
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Floor

2. Cassandra Harrison	9.900
T6. Julia Greer	9.850
T8. Bekah Gher	9.825

All-Around

6. Bekah Gher	39.100
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2012 WAC Championships

Logan, Utah

1. Denver	196.350
2. Sacramento State	195.675
3. Southern Utah	195.025
4. San José State	194.800
5. Utah State	194.775

Vault

5. Thomasina Wallace	9.825
T9. Julia Greer	9.775
T9. Alyssa Montalban	9.775

Bars

2. Thomasina Wallace	9.900
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Beam

8. Thomasina Wallace	9.800
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Floor

T2. Thomasina Wallace	9.875
T2. Katie Valleau	9.875
T9. Alyssa Montalban	9.825
T9. Julia Greer	9.825

All-Around

1. Thomasina Wallace	39.400
9. Cassandra Harrison	38.075

2011 WAC Championships

San Jose, Calif.

1. Boise State	195.700
2. Southern Utah	194.825
3. San José State	193.925
4. Sacramento State	193.550
5. Utah State	191.850
6. Cal State Fullerton	191.650

Vault

T4. Cassandra Harrison	9.825
T6. Shanice Howard	9.800
T10. Lily Swann	9.750

Bars

T3. Thomasina Wallace	9.825
5. Lily Swann	9.800
T6. Katie Merritt	9.775

Floor

T2. Thomasina Wallace	9.825
T2. Katie Valleau	9.825

All-Around

3. Lily Swann	38.800
6. Thomasina Wallace	38.675

Conference Meet Results

2010 WAC Championships Fullerton, Calif.

1. Southern Utah	195.800
2. Boise State	195.700
3. Utah State	193.675
4. San José State	193.600
5. Cal State Fullerton	193.175
6. Sacramento State	192.650

Vault

T4. Lily Swann	9.850
T8. Shanice Howard	9.825

Bars

T7. Jessica Khoshnood	9.775
T7. Lily Swann	9.775

Floor

T5. Gabrielle Targosz	9.850
T5. Tiffany Louie	9.850

All-Around

3. Lily Swann	39.100
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2009 WAC Championships Sacramento, Calif.

1. Boise State	196.525
2. Sacramento State	195.350
3. Southern Utah	195.175
4. San José State	194.875
5. Cal State Fullerton	192.975
6. Utah State	192.425

Vault

T5. Lily Swann	9.850
T5. Veronica Porte	9.850

Bars

T2. Thomasina Wallace	9.875
T6. Alise Blackwell	9.825

Beam

T3. Aubrey Lee	9.850
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Floor

1. Thomasina Wallace	9.900
T2. Shanice Howard	9.875
T2. Veronica Porte	9.875
T8. Katie Valleau	9.825

All-Around

4. Thomasina Wallace	38.750
6. Veronica Porte	38.625

2008 WAC Championships Boise, Idaho

1. Boise State	194.925
2. San José State	194.725
3. Southern Utah	194.575
4. Sacramento State	194.275
5. Utah State	194.150
6. CS Fullerton	192.650

Vault

T2. Veronica Porte	9.850
T6. Shanice Howard	9.800
T10. Renae Moneymaker	9.775
T10. Shina Cardeno	9.775

Bars

T4. Renae Moneymaker	9.775
T8. Alise Blackwell	9.750

Beam

T6. Veronica Porte	9.800
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Floor

3. Emily Stebbins	9.900
T6. Shanice Howard	9.850

All-Around

9. Veronica Porte	38.625
10. Michelle Minotti	38.375

2007 WAC Championships Cedar City, Utah

1. Sacramento State	195.275
2. Southern Utah	195.225
3. Utah State	195.175
4. San José 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

3. Veronica Porte	39.175
8. Alise Blackwell	38.900

Conference Meet Results

2006 WAC Championships Logan, Utah

1. Sacramento State	193.950
2. Boise State	193.775
3. Southern Utah	193.600
4. Utah State	193.100
5. San José 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 José 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

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 José State	195.925
2. CS Sacramento	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



Jennifer Greene
2004 MPSF Floor Champion
Only 10.000 in school history

Conference Meet Results

2003 MPSF Championships

Sacramento, California

1. Sacramento State	194.925
2. San José 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 José 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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Shirla Choy

2004 MPSF Bars Champion
2003 MPSF All-Around Champion
2003 Co-MPSF Bars Champion
2002 MPSF Floor Champion

All-Conference Honors

MPSF Honors (2018-Present)

2018

First Team

Chelsey Andrada - Beam
Taylor Chan – Vault, Floor,
All-Around
Kaprece Nadonza - Vault
Ellie Pascoe-Long – Vault, Floor
Stephanie Relova - Beam
Kaitlin Won – Bars, All-Around

Second Team

Kaprece Nadonza - Bars
Kaitlin Won - Beam

2017

First Team

Taylor Chan – Vault, Floor
Kaitlin Won – Bars, Beam, Floor,
All-Around
Rachel Heini – Bars
Chelsey Andrada – Beam

Second Team

Kaitlin Won – Vault
Ellie Pascoe-Long – Floor

2016

First Team

Maddie Herr – Vault, All-Around
Erica Matos – Vault
Marissa Unpingco – Beam

Second Team

Rachel Heini - Bars
Maddie Herr – Beam, Floor
Alyssa Kaschak – Bars
Ellie Pascoe-Long – Floor

2015

First Team

Cami Guyer – Vault, Floor, All-Around
Maddie Herr – Bars, Beam

Second Team

Kiley Field - Floor
Cami Guyer – Bars, Beam
Rachel Heini – Vault
Maddie Herr – Floor, All-Around

Alyssa Montalban - Floor
Kaitlin Won – Bars, Beam, All-Around

2014

Vault: Bekah Gher, Kiana Gordon,
Cami Guyer

Bars: Cami Guyer, Cassandra
Harrison, Marissa Unpingco

Beam: Bekah Gher, Julia Greer,
Cami Guyer

Floor: Julia Greer, Cami Guyer,
Cassandra Harrison

All-Around: Bekah Gher, Cami
Guyer, Cassandra Harrison

WAC Honors (2006-2013)

2013

First Team

Cami Guyer – Beam
Cassandra Harrison – Floor

Second Team

Bekah Gher – All-Around
Julia Greer - Floor

2012

First Team

Thomasina Wallace – All-Around,
Bars, Floor
Katie Valleau – Floor

Second Team

Thomasina Wallace - Vault

2011

First Team

Lily Swann – All-Around
Thomasina Wallace – Bars, Floor
Katie Valleau - Floor

Second Team

Cassandra Harrison – Vault
Shanice Howard – Vault
Katie Merritt – Bars
Lily Swann – Bars
Thomasina Wallace – All-Around

2010

First Team

Lily Swann – All-Around

Second Team

Tiffany Louie - Floor
Lily Swann – Vault
Gabrielle Targosz - Floor

2009

First Team

Shanice Howard – Floor
Aubrey Lee - Beam
Veronica Porte - Floor
Thomasina Wallace – Floor, Bars

Second Team

Alise Blackwell - Bars
Veronica Porte – All-Around, Vault
Lily Swann - Vault
Thomasina Wallace – All-Around

2008

First Team

Veronica Porte - Vault
Emily Stebbins - Floor

Second Team

Shanice Howard – Vault, Floor
Rena Moneymaker - Bars
Veronica Porte – Beam

2007

First Team

Veronica Porte – All-Around

Second Team

Veronica Porte – Vault, Beam

2006

First Team

Rena Moneymaker – Bars
Kelsey Spellacy – Bars

Second Team

Veronica Porte – All-Around

All-Conference Honors

MPSF Honors

2005

First Team

Jennifer Greene – Floor
Greta Leach – Bars, Beam, All-Around
Michelle Minotti – Vault

Second Team

Leah Bigelow - Beam
Jennifer Greene – Vault, All-Around
Casey Jay – Floor
Kelsey Spellacy - Bars

WAC Gymnast of the Year

2012 Thomasina Wallace

WAC Freshman of the Year

2009 Thomasina Wallace
2011 Julia Greer

WAC Champions

Beam

2013 Cami Guyer

Floor

2009 Thomasina Wallace

All-Around

2012 Thomasina Wallace

MPSF Gymnast of the Year

2004 Shirla Choy
2005 Jennifer Greene
2014 Julia Greer
2015 Cami Guyer

MPSF Freshman of the Year

2017 Taylor Chan

MPSF Assistant Coach of the Year

2017 Shella Martinez

MPSF Champions

Vault

2003 Dani Albright
2015 Cami Guyer
2017 Haleigh Shepard
2018 Chelsey Andrada

Bars

2003 Shirla Choy
2004 Shirla Choy

Beam

2003 Amberly Klein
2004 Amberly Klein
2015 Marissa Unpingco

Floor

2002 Shirla Choy
2003 Dani Albright
2004 Jennifer Greene
2015 Cami Guyer
2017 Taylor Chan

All-Around

2003 Shirla Choy
2015 Cami Guyer
2018 Kaitlin Won



Taylor Chan was the 2017 MPSF Freshman of the Year. She won MPSF Newcomer of the Week honors seven times in 2017.



Academic Honors

All-MPSF

2018 Chelsey Andrada
Taylor Chan
Joselyn Ray
Stephanie Relova
Michelle Shalit
Kendal Watts
Kaitlin Won

2017 Alisa Bogdan
Rachel Heinl
Erica Matos
Joselyn Ray
Stephanie Relova
Michelle Shalit
Kendal Watts
Kaitlin Won

2016 Allison Bellingham
Amy Bellingham
Alisa Bogdan
Hannah Gilbert
Rachel Heinl
Maddie Herr
Alyssa Kaschak

Erica Matos
Marissa Unpingco
Kaitlin Won

2015 Allison Bellingham
Amy Bellingham
Kiley Field
Hannah Gilbert
Cami Guyer
Gabrielle Kambur
Alyssa Kaschak
Alyssa Montalban
Marissa Unpingco

2014 Kiley Field
Bekah Gher
Julia Greer
Cami Guyer
Cassandra Harrison
Jasmine Holmes
Alyssa Kaschak
Alyssa Montalban
Marissa Unpingco

All-WAC

2013 Amy Bellingham
Kiley Field
Bekah Gher
Hannah Gilbert
Julia Greer
Cami Guyer
Cassandra Harrison
Jasmine Holmes
Alyssa Kaschak
Victoria Lark
Marissa Unpingco

2012 Kiley Field
Julia Greer
Dannon Gregory
Cami Guyer
Cassandra Harrison
Aubrey Lee
Alyssa Montalban
Katie Valleau
Thomasina Wallace

2011 Julia Greer
Cassandra Harrison
Shanice Howard
Katie Merritt
Lily Swann
Alyssa Telles-Nolan
Katie Valleau
Thomasina Wallace

2010 Shanice Howard
Jessica Khoshnood
Tiffany Louie
Kate Merritt
Lily Swann
Gabrielle Targosz
Alyssa Telles-Nolan
Katie Valleau
Thomasina Wallace



Maddie Herr is one of two Spartan gymnasts to be receive CoSIDA Academic All-District honors (2016).



Jessica Khoshnood was a four-time Academic All-WAC honoree.

Academic Honors

2009 Alise Blackwell
Kelli Fournier
Shanice Howard
Jessica Khoshnood
Aubrey Lee
Tiffany Louie
Katie Merritt
Lily Swann
Gabrielle Targosz
Katie Valleau
Thomasina Wallace

2008 Leah Bigelow
Alise Blackwell
Kelli Fournier
Shanice Howard
Casey Jay
Jessica Khoshnood
Tiffany Louie
Katie Merritt
Michelle Minotti
Emily Stebbins
Lily Swann
Gabrielle Targosz

2007 Leah Bigelow
Alise Blackwell
Kelli Fournier
Jessica Khoshnood
Greta Leach
Tiffany Louie
Liz Major
Michelle Minotti
Jennifer Pizano
Gabrielle Targosz

2006 Leah Bigelow
Alise Blackwell
Tracie Kavalec
Amberly Klein
Adriane Mertens
Michelle Minotti
Renae Moneymaker
Veronica Porte



Adriane Mertens was a three-time NACGC/W Scholastic All-American and three-time academic all-conference honoree.

AII-MPSF

2005 Tracie Kavalec
Amberly Klein
Greta Leach
Adriane Mertens

2004 Shirla Choy
Adriane Mertens
Brittney Peterson
Rebecca Ronzio
Melissa Scheele
Erin Thomas

2003 Shirla Choy
Rebecca Ronzio
Melisa Scheele
Erin Thomas



Shanice Howard

2011 Arthur Ashe, Jr., Sports Scholar

Overall Top Female Scholar

2011 San José State Top Female Scholar Athlete

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Academic Honors

Arthur Ashe Jr., Sports Scholars

- 2018** Chelsey Andrada
Josalyn Ray
Stephanie Relova
Michelle Shalit
Kaitlin Won
- 2017** Stephanie Relova,
Second Team
Kaitlin Won, Second Team
- 2016** Kaitlin Won, Second Team
- 2015** Jasmine Holmes
Gabrielle Kambur
- 2013** Victoria Lark
- 2012** Aubrey Lee
Katie Valleau
- 2011** Shanice Howard
Katie Valleau
- 2010** Shanice Howard

Arthur Ashe Jr., Sports Scholar Overall Top Female Scholar

- 2011 Shanice Howard

CoSIDA Academic All-District

- 2016** Maddie Herr
- 2011** Shanice Howard,
Second Team

NACGC/W Scholastic All-Americans

- 2018** Chelsey Andrada
Alisa Bogdan
Leah Perrino
Josalyn Ray
Stephanie Relova
Michelle Shalit
Kendal Watts
- 2017** Chelsey Andrada
Alisa Bogdan
Karli Houghton
Erica Matos
McElla McCartney
Stephanie Relova
Michelle Shalit
Kaitlin Won
- 2016** Allison Bellingham
Amy Bellingham
Alisa Bogdan
Hannah Gilbert
Rachel Heinl
Maddie Herr
Alyssa Kaschak
Erica Matos
McElla McCartney
Stephanie Relova
Michelle Shalit
Kendal Watts
Kaitlin Won
- 2015** Allison Bellingham
Amy Bellingham
Alisa Bogdan
Kiley Field
Hannah Gilbert
Cami Guyer
Maddie Herr
Jasmine Holmes
Gabrielle Kambur
Adrienne Manseau
Erica Matos

- 2014** Allison Bellingham
Casey Dreyer
Kiley Field
Julia Greer
Cami Guyer
Cassandra Harrison
Jasmine Holmes
Gabrielle Kambur
Alyssa Kaschak
Adrienne Manseau

- 2013** Patricia Aubel
Allison Bellingham
Amy Bellingham
Kiley Field
Bekah Gher
Hannah Gilbert
Julia Greer
Cami Guyer
Cassandra Harrison
Jasmine Holmes
Gabrielle Kambur
Alyssa Kaschak
Adrienne Manseau
Karlene Simon



Alyssa Kaschak was a three-time NACGC/W Scholastic All-American.

Academic Honors

2012 Patricia Aubel
Kiley Field
Julia Greer
Cami Guyer
Cassandra Harrison
Karlene Simon
Kristie Wei

2011 Julia Greer
Cassandra Harrison
Shanice Howard
Victoria Lark
Karlene Simon
Lily Swann

2010 Kelli Fournier
Shanice Howard
Karlene Simon
Lily Swann

2009 Kelli Fournier
Shanice Howard
Jessica Khoshnood
Lily Swann



Kiley Field was a four-time NACGC/W Scholastic All-American and academic all-conference honoree from 2012-15.

2008 Leah Bigelow
Kelli Fournier
Shanice Howard
Jessica Khoshnood
Lily Swann

2007 Leah Bigelow
Kelli Fournier
Tiffany Louie

2005 Leah Bigelow
Adriane Mertens
Michelle Minotti
Whitney Nelson
Tiffany Parcasio
Rebecca Ronzio

2004 Shirla Choy
Adriane Mertens
Brittney Peterson
Rebecca Ronzio
Melisa Schelle
Erin Thomas

2003 Shirla Choy
Kelli McCoy
Adriane Mertens
Sarah Molasky
Rebecca Ronzio
Melissa Scheele

2002 Kasey Carter
Kim Cianci
Stacy Martin
Rebecca Ronzio
Melissa Scheele

2001 Kasey Carter
Kim Cianci
Stacy Martin
Melisa Scheele

2000 Kasey Carter
Kim Cianci
Carrie Mariani
Stacy Martin



Tiffany Louie was a four-time Academic All-WAC honoree. She competed for the Spartans from 2007-10.

San Jose State

Associated Students Top-55

2007 Michelle Minotti
2003 Team
2002 Dani Albright

Nancy Moak Memorial Award – Contributions in promoting women's athletics.

2003 Kim Cianci

NCAA Leadership Conference

2003 Shirla Choy

Who's Who Among Students

2004 Shirla Choy

SPARTAN GYM



GYMNASTICS

