



# STANFORD MEDIA RELATIONS

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## Media Memo

For more information on Stanford Cardinal Women's Gymnastics, contact **Bob Vazquez**, Media Relations Director, at (650-723-9565); bobbyv@stanford.edu

## World Wide Web

For a complete report on Stanford Athletics, checkout [www.gostanford.com](http://www.gostanford.com) ... the latest information from the Pac-10 is available at [www.pac-10.org](http://www.pac-10.org) ... All Stanford home gymnastics meets are Webcast live ... For more information, go to [www.gostanford.com](http://www.gostanford.com)

## GymInfo - Women's National Rankings Team Ave

1. Georgia	196.169
2. Utah	195.862
3. Alabama	195.587
4. Michigan	195.467
5. Florida	195.175
6. Oklahoma	195.050
7. Missouri	194.831
8. Nebraska	194.781
9. Iowa State	194.617
10. Arizona	194.575
10. UCLA	194.575
12. Arizona State	194.542
<b>13. Stanford</b>	<b>194.475</b>
14. LSU	194.425
15. Penn State	194.258
16. Denver	194.206
17. Auburn	194.056
18. Kentucky	193.837
19. Oregon State	193.725
20. Minnesota	193.567
21. Arkansas	192.387
22. Illinois-Chicago	192.281
23. New Hampshire	192.137
24. Michigan State	191.950
25. North Carolina	191.875

*Italics - Stanford opponent in 2006*

*Unlike other collegiate athletic rankings, collegiate gymnastic rankings are not based on wins and losses or votes ... Gymnastics teams are ranked by their meet scores alone ... Teams will be ranked by their highest score from Jan. 9-16 ... From Jan. 23-Feb. 13, teams will be ranked by their total season average ... Starting Feb. 20, teams and gymnasts will be ranked by Regional Qualifying Score (RQS) ... A Regional Qualifying Score is based on a team's top six regular-season scores, with three scores coming from away meets ... To obtain the regional qualifying score, the team's or gymnast's highest score is dropped and the remaining five scores are averaged.*

**For Immediate Release: Wednesday, February 1, 2006**  
**Natiionally-Ranked Stanford Women's**  
**Gymnastics Team Travels to California**

**Stanford, Ca** - The nationally-ranked Stanford women's gymnastics team (6-2 overall, 0-1 Pac-10) continues competition in the Pacific-10 Conference with a trip to Berkeley on Friday (February 3) against the California Golden Bears (2-6 overall, 0-2 Pac-10). The meet begins at 7:30 p.m. at Haas Pavilion.

For Stanford head coach **Kristen Smyth**, she will be returning to her alma mater. **Smyth**, a 1993 graduate of California, is one of the top gymnasts in both Pac-10 and University of California history. **Smyth** was named the Golden Bears' Gymnast of the Decade, and was a nominee for Pacific-10 Conference Gymnast of the Decade honors. **Smyth** was both a three-time All-American and a three-time Academic All-American, and led the Golden Bears to their first-ever NCAA championship berth in 1992.

Stanford has dominated the series against California. The Cardinal has won ten straight meets against the Golden Bears dating back to the 1996 season.

Stanford's next home meet is February 17 against tenth-ranked Arizona at Burnham Pavilion (Burnham Pavilion, 7:30 p.m.).

## **A quick look at the 2006 Stanford Gymnastics Team Team**

Stanford is averaging 194.475 points in three meets this year ... The Cardinal attained its season-best mark of 194.950 in the season opener at the Cancun Classic (1/6/06) ... That point total is fourth-best in the Pac-10 and 13th-best in the nation.

## **Lauren Elmore, Sophomore, Bloomington, In**

Has not competed this year.

## **Kelly Fee, Freshman, St. Charles, Il**

Has emerged as one of Stanford's top gymnasts this year ... Has competed in the All-Around in two of the three meets this year, with a season-best mark of 38.725 ... Is seventh in the Pac-10 on Beam (9.750).

## **Natalie Foley, Senior, Englewood, Co**

Has competed in the All-Around in all three meets this year with a season-best total of 39.150 against UC Davis, San Jose State and Sacramento State (1/15/06) ... Ranks in the Top 10 in two events in the Pac-10 ... Her score of 9.833 in Floor Exercise is third-best in the conference behind teammates Tabitha Yim (9.892) and Nicole Ourada (9.850) ... She is tenth in the Pac-10 on Bars (9.783).

## National Notes

Stanford is ranked high nationally in several events ... Stanford is sixth in the nation on Vault with an average score of 49.008 ... The national leader is Georgia (49.219) ... Stanford is eleventh in the nation on Beam (48.417) ... Arizona State leads the nation with an average score of 48.908 ... On Bars, Stanford is 12th with an average score of 48.692 ... Michigan is the national leader (49.117) ... In Floor Exercise, the Cardinal is 19th (48.358) ... Georgia leads the nation (49.262) ... Sophomore **Tabitha Yim** continues to lead the nation in the All-Around (39.600) ... Freshman **Nicole Ourada** is 19th (38.992) ... **Yim** is fourth nationally in Floor Exercise (9.892) ... **Ourada** is 14th (9.850) ... On Bars, **Yim** is sixth nationally (9.900) while sophomore **Liz Tricase** is eighth (9.892) ... On Beam, **Yim** occupies the eighth position nationally (9.825), and eleventh (9.858) on Vault.

## Conference Chatter

No doubt, the Pacific-10 Conference is loaded with outstanding women's gymnastics programs ... Five of the seven conference schools (Stanford, Arizona, Arizona State, Oregon State, UCLA) are ranked in the national Top 25 ... No other conference in the nation can make that claim ... Arizona and UCLA are ranked tenth, followed by Arizona State (12th), Stanford (13th) and Oregon State (19th) ... Sophomore **Tabitha Yim** is first in the Pac-10 in the All-Around (39.600), Floor Exercise (9.892), Bars (9.900), and second on Beam (9.825) and Vault (9.858) ... Stanford is 1-2-3 in the Pac-10 in Floor Exercise with **Tabitha Yim (9.892)**, **Nicole Ourada (9.850)** and **Natalie Foley (9.833)** leading the way.

## 2006 Stanford Women's Gymnastics Roster

Lauren Elmore, Sophomore, Bloomington, In  
Kelly Fee, Freshman, St. Charles, Il  
Natalie Foley, Senior, Englewood, Co  
Stephanie Gentry, Sophomore, Plano, Tx  
Jessica Louie, Senior, Loomis, Ca  
Nicole Ourada, Freshman, Germantown, Wi  
Alex Pintchouk, Sophomore, Mt. Laurel, NJ  
Aimee Precourt, Sophomore, Pasadena, Tx  
Heather Purnell, Freshman, Metcalfe, Ontario, Canada  
Stacy Sprando, Junior, Portland, Or  
Glyn Sweets, Senior, Reston, Va  
Liz Tricase, Sophomore, Itasca, Il  
Tabitha Yim, Sophomore, Irvine, Ca  
Head Coach: Kristen Smyth  
Assistant Coaches: Chris Swircek, Mike Lorenzen

## California Catalogue

The Golden Bears are 2-6 overall and 0-2 in the Pac-10 ... Cal returns to action against Stanford after suffering a defeat to No. 14 Arizona, 195.875 - 191.325 ... California was led on Vault by senior **Britani Puttullo**, who posted a season-high 9.750 ... **Puttullo** also tied her season-high in the All-Around (38.200)

## Stephanie Gentry, Sophomore, Plano, Tx

Has not competed this year.

## Jessica Louie, Senior, Loomis, Ca

Has competed on Bars in two meets this year with a season-best of 9.750 against UC Davis, San Jose State and Sacramento State (1/15/06).

## Nicole Ourada, Freshman, Germantown, Wi

Has been outstanding thus far during the 2006 season ... Her average All-Around score of 38.992 is fifth-best in the Pac-10 and 19th-best nationally ... Has a season-best point total of 39.100 in the All-Around in a meet against Sacramento State, UC Davis and San Jose State (1/15/06) ... Second in the Pac-10 behind teammate Tabitha Yim in Floor Exercise (9.850, 14th nationally), and ninth on Beam (9.692).

## Alex Pintchouk, Sophomore, Mt. Lauren, NJ

Has competed on Vault, Beam and Floor Exercise this year ... Her season-best average of 9.800 on Vault is seventh-best in the Pac-10.

## Aimee Precourt, Sophomore, Pasadena, Tx

Has competed on Beam and Floor Exercise this year ... Has a season-best mark of 9.750 in Floor Exercise in the season opener at the Cancun Classic (1/6/06).

## Heather Purnell, Freshman, Metcalfe, Ontario, Canada

Made her season debut on Bars in Stanford's last meet at Oregon State (1/27/06).

## Stacy Sprando, Junior, Portland, Or

Performed on Bars at Oregon State (1/27/06).

## Glyn Sweets, Senior, Reston, Va

Has competed on Vault, Bars and Beam this year.

## Liz Tricase, Sophomore, Itasca, Il

Among the Pac-10 leaders on Bars (9.892, #2) and Vault (9.808, #5).

## Tabitha Yim, Sophomore, Irvine, Ca

The national leader in the All-Around with a career-best score of 39.600 in a four-way meet against UC Davis, San Jose State and Sacramento State (1/15/06) ... Her previous best was 39.250 last year as a freshman at the NCAA West Regional ... Also ranks in the national Top 10 in Floor Exercise (9.850, #4) and on Bars (9.900, #6) ... Ranks first in the Pac-10 in the All-Around, Floor Exercise and Bars.

## Tough Teams

Stanford has embarked on an extremely challenging schedule in 2006 ... Seven of Stanford's opponents are ranked in the GymInfo Women's National Top 25 ... The list includes top-ranked and defending NCAA champion Georgia, #6 Oklahoma, #10 Arizona, #10 UCLA, #16 Denver, and #19 Oregon State ... Stanford will face tenth-ranked Arizona on Feb. 17 at Burnham Pavilion (7:30 p.m.).

## Stanford Story

Location: Stanford, Ca 94305

President: Dr. John Hennessy

Athletic Director (Interim): Bill Walsh

Enrollment: 6,556

Founded: 1891

Colors: Cardinal & White

Nickname: Cardinal

Conference: Pacific-10

## Recruits Report

The Stanford Women's Gymnastics Program has signed three outstanding high school seniors to national letters of intent ... All three gymnasts will enter Stanford University in the Fall of 2006 ... The three gymnasts are **Allyse Ishino (Foothill HS, Santa Ana, Ca)**, **Carly Janiga (Saguaro HS, Paradise Valley, Ca)** and **Blair Ryland (Woodbridge HS, Woodbridge, Va)** ... **Ishino** is an International Elite gymnast who was fifth in the All-Around at the 2004 U.S. Olympic Trials and was an alternate on the 2004 silver medal winning U.S. Olympic team ... **Janiga** finished in the Top 9 in the All-Around, Vault, Beam and Floor Exercise at the 2004 U.S. Olympic Team Trials ... **Janiga** was one of only ten athletes invited to the 2004 Olympic Team selection camp and almost earned a spot representing the United States ... **Ryland** is an International Elite gymnast, who placed first on Beam at the National Training Camp in June, and qualified to the U.S. Classic.

## Cancun Classic (1/6/06)

The Cardinal opened the 2006 season on Jan. 6 with an impressive effort at the Cancun Classic in Mexico ... Stanford tallied a team score of 194.950, just behind the winning effort of top-ranked and defending NCAA champion Georgia ... Victories by **Glyn Sweets** in the Vault (9.925), **Liz Tricase** on Bars (9.875) and **Natalie Foley** on Beam (9.775) helped the Cardinal in the five team meet ... Denver finished third with 193.850 points followed by Oklahoma with 193.325, and Arizona with 192.925 ... Three Cardinal athletes competed in the All-Around ... Senior **Natalie Foley**, an eight-time All-American, finished third (39.025) while freshmen **Nicole Ourada** placed fifth (39.025) and **Kelly Fee** placed sixth (38.725).

## Sacramento State, San Jose State, UC Davis (1/15/06)

In its home opener, Stanford looked impressive in a four-way meet with Sacramento State, UC Davis and San Jose State ... The Cardinal chalked up 194.350 points to easily outdistance runnerup Sacramento State (191.525), San Jose State (190.575) and UC Davis (186.875) ... The Cardinal captured first, second and third place in each of the four events (Bars, Beam, Floor Exercise, Vault) in addition to placing 1-2-3 in the All-Around ... **Tabitha Yim**, competing in only her third collegiate All-Around, tallied a career-best 39.600 to finish first ... **Yim** gained first place honors in the All-Around thanks to victories on Floor Exercise (9.925, tied her career-best), Vault (9.900, career-best), and Beam (9.875) ... **Liz Tricase** tied her career-best on Bars with an impressive effort of 9.950.

## Oregon State (1/27/06)

Despite an upset loss to Oregon State (195.150 - 194.125), several Cardinal athletes performed with high marks ... **Liz Tricase** won the Bars competition with a score of 9.850 ... Sophomore **Tabitha Yim**, who is the national leader in the All-Around (39.600), competed in three events (Vault, Beam, Floor) and collected wins on Floor (9.850) and Vault (9.900).