



SUN DEVIL

GYMNASTICS

 @SunDevilGym  @SunDevilGymnastics #GymDevils



ASU GYMNASTICS MEET NOTES

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2025 Sun Devil Gymnastics Schedule

All meets listed in Arizona Time (MST)

Date	Opponent	TV	Time/Result
Sat, Jan. 11	Lone Star Collegiate Invite	YouTube	4th, 194.750
Mon, Jan. 20	Wasatch Classic	ESPN+	1st, 195.675
Sun, Jan. 26	#21 Arizona*	ESPN2	2nd, 195.725
Fri, Jan. 31	at Iowa State*	ESPN+	1st, 195.950
Fri, Feb. 7	Texas Woman's University	-	W, 196.600
Fri, Feb. 14	#4 Utah*	ESPN+	L, 196.475
Fri, Feb. 21	West Virginia*	-	W, 196.225
Fri, Feb. 28	at BYU*	ESPN+	L, 196.000
Sun, Mar. 9	at #18 Denver*	Midco Sports Plus	L, 195.575
Fri, Mar. 14	at Cal, UW, BYU	ACCNX/ESPN+	2nd, 196.800
Sun, Mar. 16	at Cal, SJSU, Stanford	ACCNX/ESPN+	3rd, 196.250
Sat, Mar. 22	Big 12 Championship	ESPNU	5th, 195.975
Apr. 4	NCAA Regionals	ESPN+	1 p.m.

* - indicates Big 12 Conference contest

Home meets in **BOLD**

Coaching Staff

Head Coach Jay Santos (Ninth Year)
Assistant Coach James Williams (Second Year)
Assistant Coach Kristen Harold (First Year)
Coaching Assistant..... Kaprece Nadonza (First Year)

Team Information

Arena Desert Financial Arena (10,754)
Home Gym John Spini Gymnastics Center
Conference Big 12
2024 Pac-12 Regular Season Finish.....6th
2024 Final Rank..... 16
Letterwinners Returning/Newcomers 13/5

ASU Media Relations

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Arizona State University

Location..... Tempe, Ariz.
Founded 1885
Nickname Sun Devils
Colors Maroon and Gold
Enrollment..... 103,410
President Dr. Michael Crow
Athletics Director Graham Rossini

Meet Overview

MEET

13

at **NCAA Regionals**

Second Round, First Session
Seattle, Wash.
Alaska Airlines Arena
April 4
1 p.m. PDT/MST
ESPN+

Team Overview

SUN DEVILS	196.310	10-10, 2-4 Big 12	
	NQS	Record	
	26	Jay Santos	
	Rank	Head Coach	

Rotation Order

Second Round, First Session

No. 7 Missouri: Floor, Vault, Bars, Beam
No. 10 Georgia: Vault, Bars, Beam, Floor
Arizona: Bars, Beam, Floor, Vault
Arizona State: Beam, Floor, Vault, Bars

Field Comparison

Road to Nationals

	ASU	Mizzou	Georgia	Arizona
TEAM	26th	7th	10th	21st
VAULT	29th	11th	16th	26th
BARS	21st	4th	10th	23rd
BEAM	27th	11th	7th	20th
FLOOR	27th	4th	14th	30th

Sun Devil Gymnastics Notes

National Rankings

Road to Nationals Week 12

Rank	Team	NQS
1.	LSU	198.115
2.	Oklahoma	198.040
3.	Florida	197.935
4.	<i>Utah*</i>	<i>197.780</i>
5.	UCLA	197.680
6.	<i>Cal</i>	<i>197.605</i>
7.	Missouri	197.510
8.	Michigan State	197.350
9.	Kentucky	197.315
10.	Georgia	197.210
10.	Minnesota	197.210
12.	Alabama	197.205
13.	<i>Stanford</i>	<i>197.190</i>
14.	Oregon State	197.185
15.	<i>Auburn</i>	<i>197.170</i>
16.	Arkansas	197.055
17.	Michigan	196.945
18.	<i>Denver*</i>	<i>196.735</i>
19.	NC State	196.680
20.	Nebraska	196.535
21.	<i>Arizona*</i>	<i>196.525</i>
22.	North Carolina	196.470
23.	Iowa	196.430
24.	Southern Utah	196.415
25.	Ohio State	196.395

Italicized indicates 2025 opponents

*Big 12 opponents

2025 ASU Weekly Rankings (National)

Week	Team	V	UB	BB	FX
1	-	-	-	-	-
2	33	22	23	55	24
3	34	26	27	56	25
4	28	31	20	33	31
5	26	34	18	32	28
6.	24	31	17	27	25
7*	25	33	22	28	29
8	27	37	23	33	25
9	25	36	22	21	27
10	26	34	23	23	32
11	24	27	21	28	23
12	26	29	21	27	27

*Start of NQS

ASU Individual Rankings (Top 35, NQS)

Floor

Emily White - T30, 9.915

All-Around

Emily White - T34, 39.375

Last Meet

Sun Devil Gymnastics scored a 195.975 at the 2025 Gymnastics Championships on Saturday at the Maverik Center, placing fourth in the evening session and fifth overall. The 195.975 was the 10th-highest team score in conference championship history for the Sun Devils.

The highest individual score of the meet came on bars when graduate Sarah Clark hit a 9.900. She placed second in the championships on bars. Graduate Emily White scored a 9.875 on floor, good for third in the championships.

NCAA Regionals

For the seventh-straight season, Sun Devil Gymnastics qualified for NCAA Regionals and is heading to the Washington Regional in Seattle, competing in the first session of the second round on April 4 against No. 7 seed Missouri, No. 10 seed Georgia and Arizona.

ASU earned a postseason bid for the seventh-straight season. In addition to the first-session teams, the Washington Regional has No. 2 seed Oklahoma, No. 15 seed Auburn and Nebraska in the second session, as well as the winner of the first-round matchup on April 3 between Illinois and UC Davis. The top two teams from each session of the second round will move on to the regional finals on April 6.

Season Recap

In the first season as a member of the Big 12 Conference, Arizona State (10-10, 2-4 Big 12) and ninth-year head coach Jay Santos put together a solid season after losing half of the starting lineups from 2024. The Sun Devils ended the regular season with a 196.310 National Qualifying Score (NQS), the eighth season in a row with an NQS over 196.000. There were six scores over 196.000 this season, including a season-best 196.800 at Cal Quad 1 on March 14. Despite falling just short of a winning record, the Gym Devils continued the streak of not having a losing season since 2017.

Postseason Awards

Four from Sun Devil Gymnastics were named to the All-Big 12 Team for four events: Sarah Clark (bars), Jada Mangahas (vault), Kimberly Smith (all-around) and Emily White (floor, all-around).

In Arizona State's first season in the Big 12, the team made a mark in the conference awards. This is the first all-conference honor for all four of the Sun Devils. For the first time since 2021, Arizona State has four or more conference honors. It is the first time since 1986 that four or more individuals were honored in the same season. In eight of the last nine seasons, ASU has had at least one gymnast earn all-conference honors in the all-around. This is the first time since 2020 that two Sun Devils received conference honors in the all-around.

White is Golden

Graduate Emily White has been a standout for the team this season. She has scored below a 9.800 just 12 times across all four events all season. She has 10 scores of 9.900 or better, seven coming on floor. Nine of her 12 beam routines have gone 9.875 or better. Her best score is a 9.950, which she scored on bars and floor against WVU.

Main Event: Jada Mangahas

Mangahas has been a stalwart on vault and bars this season, scoring a 9.800 or better all but three times. Against Denver, she made her all-around debut, shining on floor in particular with a 9.850. She has tied her career high on vault twice this season, the best vault score of the year so far. Against WVU, she hit a season-high 9.900 on bars.

Superstar Sarah Clark

Like her fellow fifth years Mangahas and White, Clark has been consistent this year for the team. She has scored at least a 9.800 on her three events (bars, beam, floor) all but seven times. On bars, she's hit a 9.925 three times in the anchor spot.

National Qualifying Score

NQS rankings are in their second week. NQS is based on a team's six best regular season scores, three of which must be away. The overall high score is eliminated, and the five remaining scores are averaged. NQS scores are used to determine seeding for NCAA regional competition.

Arizona State NQS

1. 196.800 (A)
2. 196.600 (H)
3. 196.475 (H)
4. 196.250 (A)
5. 196.225 (H)
6. 196.000 (A)
NQS: 196.310

Big 12 Weekly Awards

Graduate Jada Mangahas was the Big 12 Event Specialist of the Week on 2/11, the first Big 12 weekly award for the Sun Devil Gymnastics. For Mangahas, it was her second weekly award in her career, her first since her freshman year.

Debuts

There have been a number of new faces in lineups for the Sun Devils this season. There were three who made their collegiate debuts in the opener: Halle Braaflat (vault, bars, floor), Caroline Lichtman (vault, beam) and Tiara Platkin (bars). Since then, Kayla Lee also made her bars debut and Chloe Seaga made her collegiate debut on beam.

Of the 24 routines in the season opener, 13 were returning Gym Devils that had competed on that event previously.

Last Season

The Gym Devils finished the season with an 8-5 record and ranked No. 16 on the Road to Nationals. This marked the seventh-consecutive year they have ended the season ranked in the top 25. Though the Sun Devils did not receive a seed to kick off the NCAA Regionals, they managed to advance to the NCAA Regional Finals for the third time in four years.

Santos Supremacy

This is the ninth season for two-time Pac-12 Coach of the Year Jay Santos. He has brought the program to new heights in time in Tempe. Aside from his first season, he has led the team to a 196-plus NQS and a top-25 ranking at the end of every season since.

Barrett, The Honors College

Three on the roster are in Barrett, The Honors College: Alex Theodorou, Kayla Lee and Kimberly Smith.

Sun Devil Gymnastics Notes

QUICK FACTS

Location..... Tempe, Ariz.
Founded..... 1885
Enrollment..... 103,410
Nickname..... Sun Devils
School Colors..... Maroon and Gold
Affiliation..... NCAA Division I
Conference..... Big 12
Facility..... Desert Financial Arena
Facility Capacity..... 10,734
President..... Dr. Michael Crow
Athletics Director..... Graham Rossini
Sport Administrator..... Marcus Williams
SWA..... Christina Wombacher
Athletic Dept. Phone..... 480-965-4382
Ticket Office Phone..... 480-727-0000

TEAM HISTORY

First year of gymnastics..... 1979
NCAA appearances/Last..... 25/2024
All-Americans..... 29

COACHING STAFF

Head Coach..... Jay Santos
Alma mater..... Massachusetts '95
Years at ASU..... Ninth season
Assistant Coach..... James Williams
Assistant Coach..... Kristen Harold
Coaching Assistant..... Kaprece Nadonza
Gymnastics office number..... 480-965-0540

2024 RECAP

Average team score..... 196.692
Best Score..... 197.600
First-place finishes..... 7
Conference regular-season finish..... 6th
Conference weekly honors..... 2
Final ranking..... 16

2024 TROPHY CASE

All-America..... Anaya Smith (VT 1st)
All Pac-12..... Anaya Smith (VT 1st)
Weekly Awards..... Emily White (Coaches)
..... Sarah Clark (Specialist)

TEAM INFORMATION

Letterwinners Returning/Lost..... 13/5
Newcomers..... 6

MEDIA RELATIONS

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ROSTER

Name	Pos.	Ht.	Yr.	Hometown (High School/Last School)
Jenna Blair	AA	5-3	Sr.	Buffalo, N.Y. (Frontier HS/NIU)
Halle Braaflat	AA	5-4	Fr.	Fargo, N.D. (Davies HS)
Sarah Clark	AA	5-4	Gr.	Huntington Beach, Calif. (Mater Dei HS)
McClaine Daigle	AA	5-5	Jr.	Katy, Texas (Seven Lakes HS)
Halle Gregoire	AA	5-2	So.	Moorhead, Minn. (Dilworth-Glyndon-Felton HS)
Isabella Kowan	AA	5-5	Jr.	Pickering, Ontario (St. Mary Catholic Secondary)
Nina Laurito	AA	5-5	Fr.	Pearland, Texas (Pearland HS)
Kayla Lee	AA	5-1	Jr.	Scottsdale, Ariz. (Horizon HS)
Caroline Lichtman	AA	5-2	Jr.	San Marino, Calif. (San Marino HS)
Jada Mangahas	AA	5-5	Gr.	Allentown, Pa. (Parkland HS)
Tiara Platkin	AA	5-4	Fr.	Boca Raton, Fla. (West Boca HS)
Lilia Purler	AA	5-3	So.	Holt, Mo. (Lathrop HS)
Chloe Seaga	AA	5-3	So.	Miami, Fla. (Florida Virtual School)
Chavala Shepard	AA	5-3	So.	Bentonville, Ark. (Fayetteville HS)
Kimberly Smith	AA	5-4	Jr.	Lake Forest, Calif. (Mission Viejo HS)
Alex Theodorou	AA	5-6	Sr.	Phoenix, Ariz. (Chaparral HS)
Jenna Timmons	AA	5-4	Fr.	Calgary, Canada (National Sport School)
Emily White	AA	5-3	Gr.	Seal Beach, Calif. (Los Alamitos HS)

PRONUNCIATION GUIDE

Halle Braaflat (HAL-e BRA-flat)
McClaine Daigle (mih-CLAY-n DAY-gull)
Halle Gregoire (HAL-e GREG-wire)
Isabella **Kowan** (COW-en)
Caroline **Lichtman** (LICH-men)
Jada **Mangahas** (JAY-duh MAIN-gah-haws)
Chloe **Seaga** (see-AAH-guh)
Chavala Shepard (SHU-vay-luh)
Alex **Theodorou** (thee-oh-DOOR-oh)

ROSTER BREAKDOWN

By Class

Freshman..... 4
Sophomore..... 4
Junior..... 5
Senior..... 2
Graduate..... 3

By Geography

Arizona..... 2
Arkansas..... 1
California..... 4
Florida..... 2
Minnesota..... 1
Missouri..... 1
New York..... 1
North Dakota..... 1
Pennsylvania..... 1
Texas..... 2

Canada..... 2

Returning Letterwinners

Sarah Clark
McClaine Daigle
Halle Gregoire
Isabella Kowan
Kayla Lee
Caroline Lichtman
Jada Mangahas
Lilia Purler
Chloe Seaga
Chavala Shepard
Kimberly Smith
Alex Theodorou
Emily White

Sun Devil Gymnastics Notes

LAST TIME A SUN DEVIL...

Scored a 9.900...

On vault..... 3/14/25 (J. Mangahas)
On bars 3/22/25 (S. Clark)
On beam..... 1/26/25 (E. White)
On floor 3/9/25 (E. White)

Scored a 9.925...

On vault..... 3/15/24 (A. Smith)
On bars 3/14/25 (S. Clark)
On beam..... 3/15/24 (H. Scharf)
On floor 3/14/25 (E. White)

Scored a 9.950...

On vault..... 4/7/24 (H. Gregoire)
On bars 2/21/25 (E. White)
On beam..... 3/15/24 (E. White)
On floor 2/21/25 (E. White)

Scored a 9.975...

On vault..... 3/10/06 (A. Kelly)
On bars 2/20/23 (H. Scharf & S. Clark)
On beam..... 3/14/03 (A. Kelly)
On floor 1/7/05 (A. Kelly)

Scored a 10.000...

On vault..... 3/10/06 (A. Boone)
On bars 3/21/03 (A. Kelly)
On beam..... 3/2/07 (A. Boone)
On floor 3/12/04 (M. Germaine)

Scored a 39.500+ in AA.....

..... 2/21/25 (E. White, 39.575)

Won the event in...

Vault..... 2/21/25 (J. Mangahas, 9.875)
Bars..... 3/14/25 (S. Clark, 9.925)
Beam 3/9/25 (E. White, 9.875)
Floor 2/21/25 (E. White, 9.950)
AA 2/28/25 (E. White, 39.375)

LAST TIME THE SUN DEVILS...

Scored a 196.000+..... 3/16/25 (196.250)
Scored a 197.000+..... 4/5/24 (197.150)
Scored a 198.000+..... 3/12/04 (198.125)

Took first 2/21/25 vs. West Virginia

SEASON EVENT BESTS

2025 Team Totals (Highest to lowest)

196.800 Mar. 14, at Cal Quad 1
196.600 Feb. 7, Texas Woman's
196.475 Feb. 14, Utah
196.250 Mar. 16, at Cal Quad 2
196.225 Feb. 21, West Virginia
196.000 Feb. 28, at BYU
195.975 Mar. 22, at Big 12 Championships
195.950 Jan. 31 at Iowa State
195.725 Jan. 26, Arizona
195.675 Jan. 20, Wasatch Classic
195.575 Mar. 9, at Denver
194.750 Jan. 11, Lone Star Collegiate Invitational

2025 Team Event Bests

Vault..... 49.300, Mar. 14 at Cal Quad 1
Bars..... 49.450, Feb. 21 vs. West Virginia
Beam..... 49.225, 2x last Feb. 28 at BYU
Floor 49.350, Feb. 21 vs. West Virginia

2025 Individual Event Bests

Vault..... 9.900, Jada Mangahas (Feb. 14 vs. Utah)
Bars..... 9.950, Emily White (Feb. 21 vs. West Virginia)
Beam..... 9.900, Emily White (Jan. 26 vs. Arizona)
Floor 9.950, Emily White (Feb. 21 vs West Virginia)
All-Around..... 39.575, Emily White (Feb. 21 vs. West Virginia)

ALL-TIME BESTS

All-Time Team Total Scores

1. vs. E. Michigan '04 198.450
2. vs. Kentucky '03 198.275
3. vs. E. UCLA '03 198.150
4. vs. Minnesota '04 198.125
5. vs. Arizona '02 197.850

All-Time Perfect 10s

Vault (10) most recent, April Boone '06
Bars (4) most recent, Ashely Kelly '03
Beam (13) most recent, April Boone '07
Floor (13) most recent, Maggie Germaine x4, Ashley Kelly and Kari Muth '04

Team Event Records

Vault

1. (2/27/04) 49.650
..... (3/21/03) 49.650
3. (3/10/06) 49.625

Bars

1. (3/5/04) 49.600
2. (2/20/23) 49.550
3. (2/20/22) 49.525
..... (4/3/21) 49.525
..... (2/6/04) 49.525

(3/12/04) 49.525

Beam

1. (2/16/03) 49.875
2. (2/28/03) 49.675
3. (3/1/02) 49.650

Floor

1. (2/27/04) 49.825
2. (3/5/04) 49.750
..... (3/12/04) 49.750

Sun Devil Gymnastics Notes

SEASON STATS

2025 TEAM AND EVENT SCORES

Date.....	Opponent	Total	Vault.....	Bars.....	Beam	Floor
Jan. 11.....	Lone Star Collegiate Invite	194.750.....	48.875.....	48.875.....	48.075.....	48.925.....
Jan. 20.....	Wasatch Classic.....	195.675.....	48.725.....	49.025.....	49.025.....	48.900.....
Jan. 26.....	Arizona.....	195.725.....	48.825.....	49.150.....	49.025.....	48.725.....
Jan. 31.....	at Iowa State.....	195.950.....	48.600.....	49.050.....	49.050.....	49.250.....
Feb. 7.....	Texas Woman's University	196.600.....	48.975.....	49.325.....	49.050.....	49.250.....
Feb. 14.....	Utah	196.475.....	48.950.....	49.250.....	49.225.....	49.050.....
Feb. 21.....	West Virginia	196.225.....	49.100.....	49.450.....	48.325.....	49.350.....
Feb. 28.....	at BYU.....	196.000.....	48.800.....	48.950.....	49.225.....	49.025.....
Mar. 9.....	at Denver	195.575.....	48.950.....	49.125.....	48.750.....	48.750.....
Mar. 14.....	at Cal Quad 1.....	196.800.....	49.300.....	49.300.....	48.900.....	49.300.....
Mar. 16.....	at Cal Quad 2.....	196.250.....	49.150.....	48.975.....	48.850.....	49.275.....
Mar. 22.....	Big 12 Championships.....	195.975.....	48.825.....	49.025.....	49.125.....	49.000.....

2025 EVENT TITLES (27 TOTAL)

BY EVENT

Vault (1)

Jada Mangahas 2 (last 2/21 vs. WVU)

Bars (7)

Sarah Clark..... 3 (last: 3/14 at Cal Quad 1)

Jada Mangahas 1 (last: 2/7 vs. TWU)

Kimberly Smith..... 1 (last: 3/9 at Denver)

Emily White..... 2 (last: 2/21 vs. WVU)

Beam (8)

Sarah Clark..... 2 (last: 2/21 vs. WVU)

Isabella Kowan..... 1 (last: 2/14 vs. Utah)

Kayla Lee..... 1 (last: 1/31 at Iowa State)

Emily White..... 4 (last: 3/9 at Denver)

Floor (5)

Lilia Purler 1 (last: 2/7 vs. TWU)

Emily White..... 4 (last: 2/21 vs. WVU)

All-Around (5)

Kimberly Smith..... 1 (last: 1/20 at Wasatch Classic)

Emily White..... 4 (last: 2/28 at BYU)

BY INDIVIDUAL

Sarah Clark (5)

Bars, 9.925..... 1/26 vs. Arizona

Beam, 9.875..... 1/31 at Iowa State

Bars, 9.875..... 2/7 vs. TWU

Beam, 9.850..... 2/21 vs. WVU

Bars, 9.925..... 3/14 at Cal Quad 1

Isabella Kowan (1)

Beam, 9.875..... 2/14 vs. Utah

Kayla Lee (1)

Beam, 9.875..... 1/31 at Iowa State

Jada Mangahas (3)

Vault, 9.850..... 2/7 vs. TWU

Bars, 9.875..... 2/7 vs. TWU

Vault, 9.875..... 2/21 vs. WVU

Lilia Purler (1)

Floor, 9.875..... 2/7 vs. TWU

Kimberly Smith (2)

All-Around, 39.100..... 1/20 at Wasatch Classic

Bars, 9.925..... 3/9 at Denver

Emily White (14)

Floor, 9.900..... 1/20 at Wasatch Classic

Beam, 9.875..... 1/31 at Iowa State

All-Around, 39.225..... 1/31 at Iowa State

Bars, 9.875..... 2/7 vs. TWU

Beam, 9.875..... 2/7 vs. TWU

Floor, 9.875..... 2/7 vs. TWU

All-Around, 39.400..... 2/7 vs. TWU

Beam, 9.875..... 2/14 vs. Utah

Floor, 9.925..... 2/14 vs. Utah

Bars, 9.950..... 2/21 vs. WVU

Floor, 9.950..... 2/21 vs. WVU

All-Around, 39.575..... 2/21 vs. WVU

All-Around, 39.375..... 2/28 at BYU

Beam, 9.875..... 3/9 at Denver

Sun Devil Gymnastics Notes

CAREER WEEKLY AWARDS

Sarah Clark (3)

Pac-12 Specialist OTW
2024: 2/13

Pac-12 Newcomer OTW
2021: 1/21, 2/9

Jada Mangahas (2)

Big 12 Event Specialist OTW
2025: 2/11

Pac-12 Coaches' Choice OTW
2021: 1/26

Emily White (5)

Pac-12 Gymnast OTW
2022: 2/22

Pac-12 Coaches' Choice OTW
2024: 2/6
2023: 2/7
2021: 2/16

Pac-12 Newcomer OTW
2021: 3/2

CAREER ACADEMIC AWARDS

Pac-12 Academic Honor Roll

Sarah Clark, 3x
Isabella Kowan, 1x
Kayla Lee, 1x
Caroline Lichtman, 1x
Jada Mangahas, 3x
Kimberly Smith, 1x
Alex Theodorou, 2x
Emily White, 3x

WCGA Scholastic All-Americans

Sarah Clark, 4x
Halle Gregoire, 1x
Isabella Kowan, 2x
Kayla Lee, 2x
Caroline Lichtman, 2x
Jada Mangahas, 4x
Lilia Purler, 1x
Chloe Seaga, 1x
Kimberly Smith, 2x
Alex Theodorou, 3x
Emily White, 4x

CAREER EVENT TITLES

NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
Sarah Clark	--	11	6	--	--
Halle Gregoire	1	--	--	1	--
Isabella Kowan	--	--	1	--	--
Kayla Lee	--	--	2	--	--
Jada Mangahas	4	--	--	2	3
Lilia Purler	--	--	--	1	--
Kimberly Smith	--	1	--	--	1
Alex Theodorou	5	--	--	--	--
Emily White	2	5	11	10	7

BIG 12 STANDINGS

	SCHOOL	BIG 12	OVERALL	RTN	NQS	HIGH
1.	Utah	6-0	11-4	4	197.780	198.100
2.	Arizona	5-1	14-3	21	196.525	196.775
3.	Denver	4-2	13-4	18	196.735	197.525
4.	BYU	3-3	6-13	32	196.025	196.775
5.	Arizona State	2-4	10-10	26	196.310	196.800
6.	Iowa State	1-5	7-11	39	195.740	196.100
7.	West Virginia	0-6	4-14	36	195.855	196.275

FULL SUN DEVIL GYMNASTICS RECORD BOOK



Sun Devil Gymnastics Notes



JAY SANTOS

Head Coach

Hometown Brocktown, Mass.
Education Massachusetts '95
Bachelor's Business Administration
All-Time HC Record 90-73-3

SANTOS YEAR-BY-YEAR AT ASU

YEAR	W	L	T	%
2017	1	11	0	.083
2018	8	8	1	.471
2019	11	10	0	.524
2020	7	6	1	.500
2021	5	5	0	.500
2022	6	4	0	.600
2023	7	6	0	.538
2024	8	5	0	.615
2025	10	10	0	.500
Total	63	65	2	.484

COACHING HONORS

2023 Pac-12 Coach of the Year
2021 WCGA Regional Coach of the Year
2018 Pac-12 Coach of the Year
2016 NCAA Central Regional Coach of the Year

Jay Santos was named the head women's gymnastics coach on May 27, 2016.

Jay Santos' impact has been immediate for the Gym Devils. He has led the team to postseason each season since 2018 with two regional finals appearances (2023, 2021) and has coached two All-Americans (Hannah Scharf and Cairo Leonard-Baker). Both of those All-Americans also qualified for nationals as individuals, Scharf in 2021 and Leonard-Baker in 2018, 2019 and 2021. He was the Pac-12 Coach of the Year in 2018 and the WCGA Regional Coach of the Year in 2021. In the Road to Nationals rankings, he has helped the team finish in the top 25 for sixth-straight seasons.

The Gym Devils had another strong season for Jay's seventh season, earning a final rank of No. 15 and a team NQS of 197.105. This is the third time ever that ASU ends the regular season with an NQS over 197, two of which have been while Santos has been in Tempe. ASU went to NCAA Regionals and advanced to the regional finals. The team had an eight-meet streak of scoring 196.000 or better throughout the regular season. That run included a three-meet winning streak where the Gym Devils upset then-No. 4 Utah, set a program record road score in a win over Washington, and dealt then-No. 11 Oregon State its first loss of the season. He helped the team finish the season ranked in the top 20 on all four events and helped Hannah Scharf qualify as an individual in the all-around to nationals.

For Jay's sixth season, he helped the 2022 squad finish ranked No. 22. The team scored a 196-plus in all but one meet, including three 197s. Arizona State had five conference wins to tie for the 2022 Pac-12 Regular Season Title, the first one in program history. It was also the most conference wins in a single season in 2001. The biggest win came against UCLA as ASU scored a 197.800 to beat the Bruins for the first time since 2001. For the second year in a row, he helped coach Hannah Scharf to another WCGA Second Team All-America honor in the all-around.

Jay's fifth season was historic as he led Arizona State to its most successful season in 15 years in 2021, wrapping up the year ranked No. 9 on Road to Nationals, the best finish since 2006. The team ended the season with an NQS of 197.088 and finished in fourth in the Pac-12 regular season standings as well as in the Pac-12 Championship, making the night session for the first time. The success came off of an abbreviated 2020 season where Santos helped a young team, with seven making their collegiate debuts, reach new heights. The team went out on a high note before the cancellations began, finishing ranked No. 21 on Road to Nationals, the highest ranking of the year. The four meets before the cancellations were all 196.000s or better, with a total of five team scores surpassing that number in 2020.

Santos led the Gym Devils to another successful season in 2019, the first since 2014 to have a winning record (11-10) in the regular season. The team was ranked in the top-25 on Road to Nationals all year and earned four wins over top-25 teams throughout the season. They scored a 196.000 or better six times.

Santos has led ASU to arguably one of the most substantial turnarounds in recent collegiate gymnastics history after his first season as head coach in 2017. Santos' 2018 squad improved 18 spots from their 2017 national finish of 41, capping the season ranked at No. 23 nationally (highest finish since 2007). Ranking in the top-20 of the national standings for 12 consecutive weeks, Arizona State made its first team NCAA regional appearance since 2014. Santos was named the 2018 Pac-12 Coach of the Year.

Santos coached Eastern Michigan to the 2016 Mid-American Conference Championship, the program's first-ever NCAA Regional appearance, and finished the season ranked 17th in the nation – the highest national ranking in the history of the program. He earned NCAA Central Regional Head Coach of the Year honors. He had a 28-8-1 record while at EMU.

Santos has also coached at the University of Illinois-Champaign, Iowa State and Ohio State. Santos also spent eight years coaching at Somersault Gymnastics Center in Stoughton, Mass., serving as the women's team director and head coach for his last four years. Santos served as a nationally-rated men's gymnastics judge from 1997-2001, working numerous college dual meets as well as Junior Olympic state and regional championships.

Santos earned a bachelor's degree in Business Administration in Operations Management from the University of Massachusetts at Amherst in 1995, and was a member of the Minutemen's gymnastics team from 1990-95. At Amherst, he was a three-time co-captain and founding member of the department's Student-Athlete Advisory Committee (SAAC).

He and his wife Jess have two sons, Mason and Cooper.

Sun Devil Gymnastics Notes



JAMES WILLIAMS

Assistant Coach

HometownHouston, Texas

EducationHouston

- James Williams was hired as an assistant coach on June 1, 2023.
- Spent four seasons at San Jose State, where he was primarily a bars and floor coach. He was named the 2022 MPSF Assistant Coach of the Year. In the MPSF conference, he helped the squad sweep first-team all-conference on bars in 2022. During his time, he coached 10 All-MPSF selections on bars and nine on floor.
- At Yale, he was an assistant coach for a year, where he was the primary vault, bars and floor coach. He was named the 2018 ECAC Assistant Coach of the Year. Two Bulldogs qualified for the NCAA Regional for the first time, and the team broke more than 40 school records.
- A club coach with over 12 years experience at JO and Level 10 or higher, he was the women's team coach at AIM Texans Athletics in The Woodlands, Texas prior to going to Yale. Williams coached the women's team at the KPAC Kristie Phillips Athletic Center in Statesville, N.C., and at the Stars Gymnastics Training Center in Houston, Texas.
- Originally from Houston, Williams is a 2010 University of Houston graduate with a bachelor's degree in business.



KRISTEN HAROLD

Assistant Coach

HometownSmithville, Mo.

EducationUtah State

- Kristen Harold was announced as an assistant coach on October 1, 2024.
- From 2017-24, Harold was on the staff for Texas Woman's University, first starting as a part-time assistant coach before and eventually earning an associate head coach title in 2022. She also was the recruiting coordinator.
- In 2024, Harold assisted in leading the Pioneers to a historical season, where they placed second in the USAG National Championship after advancing to the finals for the third-straight year. Harold was named the 2022 MIC Assistant Coach of the Year and the 2022 USAG National Assistant Coach of the Year. She helped coach the Pioneers to their 12th USAG National Championship in program history that year.
- Harold was promoted to a full-time Assistant Coach in the Summer of 2018 after being named the 2018 NCAA Division II Co-Assistant Coach of the Year.
- Before TWU, Harold was a student assistant coach and manager for Utah State, which is where she was a gymnast in college. The Missouri native has also aided as a Camp Coach for Utah State, TWU and Wisconsin-Whitewater.
- Originally from Smithville, Missouri, Harold is married to LaBradford and they have a daughter Tyleigh and a son Ariyon.



KAPRECE NADONZA

Coaching Assistant

HometownLancaster, Calif.

EducationSan Jose State

- Kaprece Nadonza was announced as a new coaching assistant on November 20, 2024.
- Most recently, Nadonza coached at Gymnastics Olympica from 2021-24, where she coached all ages and oversaw the selection of music composition, choreography, and routine construction.
- She attended San Jose State and was a gymnast there from 2015-2019, receiving a bachelor's in philosophy. At San Jose State, she was a key component of the gymnastics team, specializing in the vault and bars and helping lead the Spartans to back-to-back MPSF titles.
- Following graduation from SJSU, Nadonza worked at the UCLA gymnastics camp from 2016-24 as an assistant coach for up-and-coming gymnasts in southern California. During this time, she worked at Waller's Gym Jam Academy.
- The Nadonza family has previous ties to the program. Her sister Kaelynn Nadonza was a student manager for the gymnastics program for four years, graduating in 2022 with a bachelor's in science.
- Originally from Lancaster, California, Kaprece Nadonza has two younger sisters.

Sun Devil Gymnastics Notes



JENNA BLAIR

Senior | 5'3"
Buffalo, N.Y.

Career Highs

VT	UB	BB	FX	AA
9.700	9.600	-	9.775	-

Season Highs

VT	UB	BB	FX	AA
9.700	-	-	9.775	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.700	-	-	9.775	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



HALLE BRAAFLAT

Freshman | 5'4"
Fargo, N.D.

Career Highs

VT	UB	BB	FX	AA
9.850	9.600	-	9.850	-

Season Highs

VT	UB	BB	FX	AA
9.850	9.600	-	9.850	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.675	9.600	-	9.700	-
Jan. 20	at Wasatch Classic	9.650	-	-	9.825	-
Jan. 26	Arizona	9.725	9.300	-	9.775	-
Jan. 31	at Iowa State	9.750	-	-	9.800	-
Feb. 7	Texas Woman's University	9.725	-	-	9.850	-
Feb. 14	Utah	9.800	-	-	9.750	-
Feb. 21	West Virginia	9.800	-	-	9.800	-
Feb. 28	at BYU	9.650	-	-	9.800	-
Mar. 9	at Denver	9.725	-	-	9.500	-
Mar. 14	at Cal, BYU, UW	9.800	-	-	9.825	-
Mar. 16	at Cal, SJSU, Stanford	9.850	-	-	9.725	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



SARAH CLARK

Graduate | 5'4"
Huntington Beach, Calif.

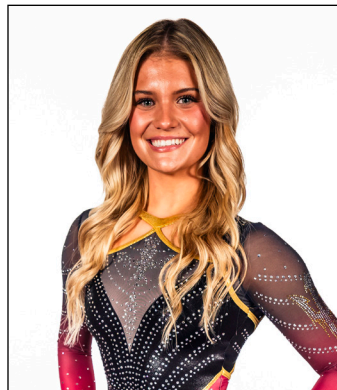
Career Highs

VT	UB	BB	FX	AA
-	9.975	9.950	9.900	-

Season Highs

VT	UB	BB	FX	AA
-	9.925	9.875	9.875	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	9.800	9.700	-	-
Jan. 20	at Wasatch Classic	-	9.850	9.750	9.675	-
Jan. 26	Arizona	-	9.925	9.875	9.450	-
Jan. 31	at Iowa State	-	9.850	9.875	9.800	-
Feb. 7	Texas Woman's University	-	9.875	9.850	9.800	-
Feb. 14	Utah	-	9.875	9.825	9.850	-
Feb. 21	West Virginia	-	9.925	9.850	9.875	-
Feb. 28	at BYU	-	9.825	9.875	9.675	-
Mar. 9	at Denver	-	9.500	9.800	9.800	-
Mar. 14	at Cal, BYU, UW	-	9.925	9.850	9.675	-
Mar. 16	at Cal, SJSU, Stanford	-	9.850	9.850	-	-
Mar. 22	Big 12 Championship	-	9.900	9.850	9.775	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



McCLAINE DAIGLE

Junior | 5'5"
Katy, Texas

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-

Sun Devil Gymnastics Notes



HALLE GREGOIRE

Sophomore | 5'2"
Moorhead, Minn.

Career Highs

VT	UB	BB	FX	AA
9.950	9.825	-	9.900	-

Season Highs

VT	UB	BB	FX	AA
9.875	9.825	-	9.875	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	9.775	9.825	-	-	-
Mar. 14	at Cal, BYU, UW	9.875	9.800	-	9.875	-
Mar. 16	at Cal, SJSU, Stanford	9.850	9.700	-	9.850	-
Mar. 22	Big 12 Championship	9.750	9.750	-	9.800	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



ISABELLA KOWAN

Junior | 5'5"
Pickering, Ontario

Career Highs

VT	UB	BB	FX	AA
-	-	9.875	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	9.875	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	9.775	-	-
Feb. 14	Utah	-	-	9.875	-	-
Feb. 21	West Virginia	-	-	9.100	-	-
Feb. 28	at BYU	-	-	9.650	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



NINA LAURITO

Freshman | 5'5'
Pearland, Texas

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



KAYLA LEE

Junior | 5'1"
Scottsdale, Ariz.

Career Highs

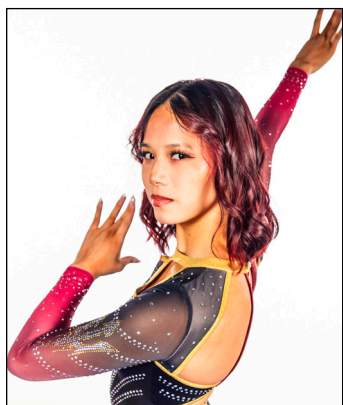
VT	UB	BB	FX	AA
-	9.850	9.925	9.875	-

Season Highs

VT	UB	BB	FX	AA
-	9.850	9.875	9.800	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	9.525	9.675	-
Jan. 20	at Wasatch Classic	-	9.675	9.850	9.575	-
Jan. 26	Arizona	-	-	9.750	9.800	-
Jan. 31	at Iowa State	-	9.775	9.875	9.700	-
Feb. 7	Texas Woman's University	-	9.850	9.800	9.750	-
Feb. 14	Utah	-	9.800	9.850	9.675	-
Feb. 21	West Virginia	-	9.800	9.775	9.800	-
Feb. 28	at BYU	-	9.750	9.850	9.725	-
Mar. 9	at Denver	-	-	9.700	-	-
Mar. 14	at Cal, BYU, UW	-	-	9.850	-	-
Mar. 16	at Cal, SJSU, Stanford	-	9.675	9.850	-	-
Mar. 22	Big 12 Championship	-	9.725	9.850	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-

Sun Devil Gymnastics Notes



CAROLINE LICHTMAN

Junior | 5'2"
San Marino, Calif.

Career Highs

VT	UB	BB	FX	AA
9.825	-	9.800	-	-

Season Highs

VT	UB	BB	FX	AA
9.825	-	9.800	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.575	-	9.600	-	-
Jan. 20	at Wasatch Classic	9.650	-	9.750	-	-
Jan. 26	Arizona	9.675	-	9.750	-	-
Jan. 31	at Iowa State	9.775	-	9.675	-	-
Feb. 7	Texas Woman's University	9.750	-	9.750	-	-
Feb. 14	Utah	9.725	-	9.800	-	-
Feb. 21	West Virginia	9.750	-	9.050	-	-
Feb. 28	at BYU	9.825	-	9.800	-	-
Mar. 9	at Denver	9.825	-	9.725	-	-
Mar. 14	at Cal, BYU, UW	9.750	-	9.700	-	-
Mar. 16	at Cal, SJSU, Stanford	9.800	-	9.700	-	-
Mar. 22	Big 12 Championship	9.700	-	9.700	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



JADA MANGAHAS

Graduate | 5'5"
Allentown, Pa.

Career Highs

VT	UB	BB	FX	AA
9.900	9.925	9.925	9.950	39.450

Season Highs

VT	UB	BB	FX	AA
9.900	9.900	8.950	9.875	38.350

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	9.800	-	-	-	-
Jan. 26	Arizona	9.850	9.850	-	-	-
Jan. 31	at Iowa State	9.725	9.800	-	-	-
Feb. 7	Texas Woman's University	9.850	9.875	-	-	-
Feb. 14	Utah	9.900	9.875	-	-	-
Feb. 21	West Virginia	9.875	9.900	-	-	-
Feb. 28	at BYU	9.700	9.850	-	-	-
Mar. 9	at Denver	9.850	9.700	8.950	9.850	38.350
Mar. 14	at Cal, BYU, UW	9.900	9.850	-	9.875	-
Mar. 16	at Cal, SJSU, Stanford	9.850	9.800	-	9.850	-
Mar. 22	Big 12 Championship	9.800	9.800	-	9.800	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



TIARA PLATKIN

Freshman | 5'4'
Boca Raton, Fla.

Career Highs

VT	UB	BB	FX	AA
-	9.800	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	9.800	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	9.775	-	-	-
Jan. 20	at Wasatch Classic	-	9.650	-	-	-
Jan. 26	Arizona	-	9.700	-	-	-
Jan. 31	at Iowa State	-	9.725	-	-	-
Feb. 7	Texas Woman's University	-	9.775	-	-	-
Feb. 14	Utah	-	9.700	-	-	-
Feb. 21	West Virginia	-	9.800	-	-	-
Feb. 28	at BYU	-	9.600	-	-	-
Mar. 9	at Denver	-	9.800	-	-	-
Mar. 14	at Cal, BYU, UW	-	9.125	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



LILIA PURLER

Sophomore | 5'3"
Holt, Mo.

Career Highs

VT	UB	BB	FX	AA
9.825	-	8.400	9.875	-

Season Highs

VT	UB	BB	FX	AA
9.825	-	8.400	9.875	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.825	-	8.400	9.800	-
Jan. 20	at Wasatch Classic	9.725	-	-	9.725	-
Jan. 26	Arizona	9.700	-	-	9.600	-
Jan. 31	at Iowa State	9.625	-	-	9.850	-
Feb. 7	Texas Woman's University	9.775	-	-	9.875	-
Feb. 14	Utah	9.725	-	-	9.850	-
Feb. 21	West Virginia	9.775	-	-	9.825	-
Feb. 28	at BYU	9.100	-	-	9.750	-
Mar. 9	at Denver	9.675	-	-	9.625	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	9.800	-
Mar. 22	Big 12 Championship	9.750	-	-	9.750	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-

Sun Devil Gymnastics Notes



CHLOE SEAGA

Sophomore | 5'3"
Miami, Fla.

Career Highs

VT	UB	BB	FX	AA
-	-	9.725	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	9.725	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	9.250	-	-
Jan. 26	Arizona	-	-	9.100	-	-
Jan. 31	at Iowa State	-	-	8.750	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	9.725	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	9.200	-	-
Mar. 22	Big 12 Championship	-	-	9.700	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



CHAVALA SHEPARD

Sophomore | 5'3"
Bentonville, Ark.

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



KIMBERLY SMITH

Junior | 5'4"
Lake Forest, Calif.

Career Highs

VT	UB	BB	FX	AA
9.850	9.925	9.850	9.925	39.350

Season Highs

VT	UB	BB	FX	AA
9.850	9.925	9.850	9.900	39.350

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.800	9.775	9.375	9.900	38.850
Jan. 20	at Wasatch Classic	9.725	9.800	9.800	9.775	39.100
Jan. 26	Arizona	9.725	9.850	9.750	9.700	39.025
Jan. 31	at Iowa State	9.725	9.825	9.750	9.875	39.175
Feb. 7	Texas Woman's University	9.825	9.850	9.725	9.850	39.250
Feb. 14	Utah	9.800	9.850	9.125	9.250	38.025
Feb. 21	West Virginia	9.800	9.875	9.775	9.900	39.350
Feb. 28	at BYU	9.800	9.750	9.825	9.850	39.225
Mar. 9	at Denver	-	9.925	9.650	9.575	-
Mar. 14	at Cal, BYU, UW	9.850	9.850	9.775	9.850	39.325
Mar. 16	at Cal, SJSU, Stanford	9.800	9.850	9.800	9.850	39.300
Mar. 22	Big 12 Championship	9.775	9.800	9.850	9.650	39.075
Apr. 2-6	NCAA Regionals	-	-	-	-	-



ALEX THEODOROU

Senior | 5'3"
Phoenix, Ariz.

Career Highs

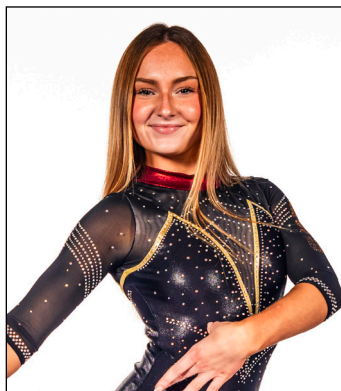
VT	UB	BB	FX	AA
9.925	9.875	9.575	9.900	39.100

Season Highs

VT	UB	BB	FX	AA
9.875	9.800	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	9.875	9.700	-	-	-
Jan. 20	at Wasatch Classic	9.825	9.800	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-

Sun Devil Gymnastics Notes



JENNA TIMMONS

Freshman | 5'4"
Calgary, Canada

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	-	-	-	-
Jan. 20	at Wasatch Classic	-	-	-	-	-
Jan. 26	Arizona	-	-	-	-	-
Jan. 31	at Iowa State	-	-	-	-	-
Feb. 7	Texas Woman's University	-	-	-	-	-
Feb. 14	Utah	-	-	-	-	-
Feb. 21	West Virginia	-	-	-	-	-
Feb. 28	at BYU	-	-	-	-	-
Mar. 9	at Denver	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



EMILY WHITE

Graduate | 5'3"
Seal Beach, Calif.

Career Highs

VT	UB	BB	FX	AA
9.925	9.950	9.950	9.950	39.625

Season Highs

VT	UB	BB	FX	AA
9.850	9.950	9.900	9.950	39.575

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at Lone Star Collegiate	-	9.825	9.875	9.750	-
Jan. 20	at Wasatch Classic	-	9.900	9.875	9.900	-
Jan. 26	Arizona	9.825	9.825	9.900	9.850	39.400
Jan. 31	at Iowa State	9.625	9.800	9.875	9.925	39.225
Feb. 7	Texas Woman's University	9.775	9.875	9.875	9.875	39.400
Feb. 14	Utah	9.725	9.850	9.875	9.925	39.375
Feb. 21	West Virginia	9.850	9.950	9.825	9.950	39.575
Feb. 28	at BYU	9.825	9.775	9.875	9.900	39.375
Mar. 9	at Denver	9.775	9.875	9.875	9.900	39.425
Mar. 14	at Cal, BYU, UW	9.875	9.875	9.250	9.875	38.875
Mar. 16	at Cal, SJSU, Stanford	9.750	9.775	9.650	9.925	39.100
Mar. 22	Big 12 Championship	9.750	9.775	9.875	9.875	39.275
Apr. 2-6	NCAA Regionals	-	-	-	-	-

For more details on individuals, head to the
2025 Sun Devil Gymnastics Roster.



Sun Devil Gymnastics Notes

2025 LINEUPS BY MEET

VAULT

1/11 at Lone Star	Caroline Lichtman (9.575).....	Jenna Blair (9.700).....	Halle Braaflat (9.675).....	Kimberly Smith (9.800).....	Lilia Purler (9.825).....	Alex Theodorou (9.875)
1/20 at Wasatch	Caroline Lichtman (9.650).....	Halle Braaflat (9.650).....	Kimberly Smith (9.725).....	Lilia Purler (9.725).....	Jada Mangahas (9.800).....	Alex Theodorou (9.825)
1/26 vs. Arizona	Caroline Lichtman (9.675).....	Halle Braaflat (9.725).....	Emily White (9.825).....	Kimberly Smith (9.725).....	Lilia Purler (9.700).....	Jada Mangahas (9.850)
1/31 at Iowa State	Caroline Lichtman (9.775).....	Halle Braaflat (9.750).....	Kimberly Smith (9.725).....	Emily White (9.625).....	Lilia Purler (9.625).....	Jada Mangahas (9.725)
2/7 vs. TWU	Caroline Lichtman (9.750).....	Halle Braaflat (9.725).....	Kimberly Smith (9.825).....	Emily White (9.775).....	Lilia Purler (9.775).....	Jada Mangahas (9.850)
2/14 vs. Utah	Caroline Lichtman (9.725).....	Halle Braaflat (9.800).....	Kimberly Smith (9.800).....	Emily White (9.725).....	Lilia Purler (9.725).....	Jada Mangahas (9.900)
2/21 vs. WVU	Caroline Lichtman (9.750).....	Halle Braaflat (9.800).....	Kimberly Smith (9.800).....	Emily White (9.850).....	Lilia Purler (9.775).....	Jada Mangahas (9.875)
2/28 at BYU	Caroline Lichtman (9.825).....	Halle Braaflat (9.650).....	Kimberly Smith (9.800).....	Emily White (9.825).....	Lilia Purler (9.100).....	Jada Mangahas (9.700)
3/9 at Denver	Caroline Lichtman (9.825).....	Halle Braaflat (9.725).....	Halle Gregoire (9.775).....	Emily White (9.775).....	Lilia Purler (9.675).....	Jada Mangahas (9.850)
3/14 at Cal Quad 1	Caroline Lichtman (9.750).....	Halle Braaflat (9.800).....	Kimberly Smith (9.850).....	Emily White (9.875).....	Halle Gregoire (9.875).....	Jada Mangahas (9.900)
3/16 at Cal Quad 2	Caroline Lichtman (9.800).....	Halle Braaflat (9.850).....	Kimberly Smith (9.800).....	Emily White (9.750).....	Halle Gregoire (9.850).....	Jada Mangahas (9.850)
3/22 at Big 12s	Caroline Lichtman (9.700).....	Lilia Purler (9.750).....	Kimberly Smith (9.775).....	Emily White (9.750).....	Halle Gregoire (9.750).....	Jada Mangahas (9.800)

BARS

1/11 at Lone Star	Alex Theodorou (9.700).....	Halle Braaflat (9.600).....	Tiara Platkin (9.775).....	Kimberly Smith (9.775).....	Emily White (9.825).....	Sarah Clark (9.800)
1/20 at Wasatch	Alex Theodorou (9.800).....	Kayla Lee (9.675).....	Tiara Platkin (9.650).....	Kimberly Smith (9.800).....	Emily White (9.900).....	Sarah Clark (9.850)
1/26 vs. Arizona	Tiara Platkin (9.700).....	Halle Braaflat (9.300).....	Jada Mangahas (9.850).....	Kimberly Smith (9.850).....	Emily White (9.825).....	Sarah Clark (9.925)
1/31 at Iowa State	Tiara Platkin (9.725).....	Kayla Lee (9.775).....	Jada Mangahas (9.800).....	Kimberly Smith (9.825).....	Emily White (9.800).....	Sarah Clark (9.850)
2/7 vs. TWU	Tiara Platkin (9.775).....	Kayla Lee (9.850).....	Jada Mangahas (9.875).....	Kimberly Smith (9.850).....	Emily White (9.875).....	Sarah Clark (9.875)
2/14 vs. Utah	Tiara Platkin (9.700).....	Kayla Lee (9.800).....	Kimberly Smith (9.850).....	Jada Mangahas (9.875).....	Emily White (9.850).....	Sarah Clark (9.875)
2/21 vs. WVU	Tiara Platkin (9.800).....	Kayla Lee (9.800).....	Kimberly Smith (9.875).....	Jada Mangahas (9.900).....	Emily White (9.950).....	Sarah Clark (9.925)
2/28 at BYU	Tiara Platkin (9.600).....	Kayla Lee (9.750).....	Kimberly Smith (9.750).....	Jada Mangahas (9.850).....	Emily White (9.775).....	Sarah Clark (9.825)
3/9 at Denver	Tiara Platkin (9.800).....	Halle Gregoire (9.825).....	Kimberly Smith (9.925).....	Jada Mangahas (9.700).....	Emily White (9.875).....	Sarah Clark (9.500)
3/14 at Cal Quad 1	Tiara Platkin (9.125).....	Halle Gregoire (9.800).....	Kimberly Smith (9.850).....	Jada Mangahas (9.850).....	Emily White (9.875).....	Sarah Clark (9.925)
3/16 at Cal Quad 2	Caroline Lichtman (9.675).....	Halle Gregoire (9.700).....	Kimberly Smith (9.850).....	Jada Mangahas (9.800).....	Emily White (9.775).....	Sarah Clark (9.850)
3/22 at Big 12s	Kayla Lee (9.725).....	Halle Gregoire (9.750).....	Kimberly Smith (9.800).....	Jada Mangahas (9.800).....	Emily White (9.775).....	Sarah Clark (9.900)

BEAM

1/11 at Lone Star	Kayla Lee (9.525).....	Caroline Lichtman (9.600).....	Lilia Purler (8.400).....	Kimberly Smith (9.375).....	Sarah Clark (9.700).....	Emily White (9.875)
1/20 at Wasatch	Kayla Lee (9.850).....	Caroline Lichtman (9.750).....	Chloe Seaga (9.250).....	Kimberly Smith (9.800).....	Sarah Clark (9.750).....	Emily White (9.875)
1/26 vs. Arizona	Kayla Lee (9.750).....	Caroline Lichtman (9.750).....	Chloe Seaga (9.100).....	Kimberly Smith (9.750).....	Sarah Clark (9.875).....	Emily White (9.900)
1/31 at Iowa State	Kayla Lee (9.875).....	Caroline Lichtman (9.675).....	Chloe Seaga (8.750).....	Kimberly Smith (9.750).....	Sarah Clark (9.875).....	Emily White (9.875)
2/7 vs. TWU	Kayla Lee (9.800).....	Caroline Lichtman (9.750).....	Isabella Kowan (9.775).....	Kimberly Smith (9.725).....	Sarah Clark (9.850).....	Emily White (9.875)
2/14 vs. Utah	Kayla Lee (9.850).....	Caroline Lichtman (9.800).....	Isabella Kowan (9.875).....	Kimberly Smith (9.125).....	Sarah Clark (9.825).....	Emily White (9.875)
2/21 vs. WVU	Kayla Lee (9.775).....	Caroline Lichtman (9.050).....	Isabella Kowan (9.100).....	Kimberly Smith (9.775).....	Sarah Clark (9.850).....	Emily White (9.825)
2/28 at BYU	Kayla Lee (9.850).....	Isabella Kowan (9.650).....	Caroline Lichtman (9.800).....	Kimberly Smith (9.825).....	Sarah Clark (9.875).....	Emily White (9.875)
3/9 at Denver	Kayla Lee (9.700).....	Jada Mangahas (8.950).....	Caroline Lichtman (9.725).....	Kimberly Smith (9.650).....	Sarah Clark (9.800).....	Emily White (9.875)
3/14 at Cal Quad 1	Kayla Lee (9.850).....	Chloe Seaga (9.725).....	Caroline Lichtman (9.700).....	Kimberly Smith (9.775).....	Sarah Clark (9.850).....	Emily White (9.250)
3/16 at Cal Quad 2	Kayla Lee (9.850).....	Chloe Seaga (9.200).....	Caroline Lichtman (9.700).....	Kimberly Smith (9.800).....	Sarah Clark (9.850).....	Emily White (9.650)
3/22 at Big 12s	Kayla Lee (9.850).....	Caroline Lichtman (9.700).....	Kimberly Smith (9.850).....	Sarah Clark (9.850).....	Emily White (9.875).....	Chloe Seaga (9.700)

FLOOR

1/11 at Lone Star	Kayla Lee (9.675).....	Halle Braaflat (9.700).....	Lilia Purler (9.800).....	Jenna Blair (9.775).....	Kimberly Smith (9.900).....	Emily White (9.750)
1/20 at Wasatch	Kayla Lee (9.575).....	Sarah Clark (9.675).....	Halle Braaflat (9.825).....	Lilia Purler (9.725).....	Kimberly Smith (9.775).....	Emily White (9.900)
1/26 vs. Arizona	Kayla Lee (9.800).....	Sarah Clark (9.450).....	Halle Braaflat (9.775).....	Lilia Purler (9.600).....	Kimberly Smith (9.700).....	Emily White (9.850)
1/31 at Iowa State	Kayla Lee (9.700).....	Sarah Clark (9.800).....	Halle Braaflat (9.800).....	Lilia Purler (9.850).....	Kimberly Smith (9.875).....	Emily White (9.925)
2/7 vs. TWU	Kayla Lee (9.750).....	Sarah Clark (9.800).....	Halle Braaflat (9.850).....	Lilia Purler (9.875).....	Kimberly Smith (9.850).....	Emily White (9.875)
2/14 vs. Utah	Kayla Lee (9.675).....	Sarah Clark (9.850).....	Halle Braaflat (9.750).....	Lilia Purler (9.850).....	Kimberly Smith (9.250).....	Emily White (9.925)
2/21 vs. WVU	Kayla Lee (9.800).....	Sarah Clark (9.875).....	Halle Braaflat (9.800).....	Lilia Purler (9.825).....	Kimberly Smith (9.900).....	Emily White (9.950)
2/28 at BYU	Kayla Lee (9.725).....	Sarah Clark (9.675).....	Halle Braaflat (9.800).....	Lilia Purler (9.750).....	Kimberly Smith (9.850).....	Emily White (9.900)
3/9 at Denver	Sarah Clark (9.800).....	Halle Braaflat (9.500).....	Lilia Purler (9.625).....	Jada Mangahas (9.850).....	Kimberly Smith (9.575).....	Emily White (9.900)
3/14 at Cal Quad 1	Sarah Clark (9.675).....	Halle Braaflat (9.825).....	Jada Mangahas (9.875).....	Kimberly Smith (9.850).....	Halle Gregoire (9.875).....	Emily White (9.875)
3/16 at Cal Quad 2	Lilia Purler (9.800).....	Halle Braaflat (9.725).....	Jada Mangahas (9.850).....	Kimberly Smith (9.850).....	Halle Gregoire (9.850).....	Emily White (9.925)
3/22 at Big 12s	Lilia Purler (9.750).....	Sarah Clark (9.775).....	Jada Mangahas (9.800).....	Kimberly Smith (9.650).....	Halle Gregoire (9.800).....	Emily White (9.875)

Sun Devil Gymnastics Notes



JENNA BLAIR

AA · 5-3 · SR
Buffalo, N.Y.



HALLE BRAAFLAT

AA · 5-4 · FR
Fargo, N.D.



SARAH CLARK

AA · 5-4 · GR
Huntington Beach, Calif.



McCLAINE DAIGLE

AA · 5-5 · JR
Katy, Texas



HALLE GREGOIRE

AA · 5-2 · SO
Moorhead, Minn.



ISABELLA KOWAN

AA · 5-5 · JR
Pickering, Ontario



NINA LAURITO

AA · 5-5 · FR
Pearland, Texas



KAYLA LEE

AA · 5-1 · JR
Scottsdale, Ariz.



CAROLINE LICHTMAN

AA · 5-2 · JR
San Marino, Calif.



JADA MANGAHAS

AA · 5-5 · GR
Allentown, Pa.



TIARA PLATKIN

AA · 5-4 · FR
Boca Raton, Fla.



LILIA PURLER

AA · 5-3 · SO
Holt, Mo.



CHLOE SEAGA

AA · 5-3 · SO
Miami, Fla.



CHAVALA SHEPARD

AA · 5-3 · SO
Bentonville, Ark.



KIMBERLY SMITH

AA · 5-4 · JR
Lake Forest, Calif.



ALEX THEODOROU

AA · 5-6 · SR
Phoenix, Ariz.



JENNA TIMMONS

AA · 5-4 · FR
Calgary, Canada



EMILY WHITE

AA · 5-3 · GR
Seal Beach, Calif.



JAY SANTOS

Head Coach