



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	1 p.m.
Fri, Mar. 14	at Cal, UW, BYU	-	7 p.m.
Sun, Mar. 16	at Cal, SJSU, Stanford	-	2 p.m.
Sat, Mar. 22	Big 12 Championship	TBD	TBD
Apr. 2-6	NCAA Regionals	TBD	TBD

* - 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 Nazonza (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

Media Relations Contact	Kimberlie Haner
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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

9

at Denver

Denver, Colo.
Sunday, March 9
1 p.m. MST/2 p.m. MDT
Midco Sports Plus

Team Overview

SUN DEVILS	196.065	7-6, 2-3 Big 12	
	NQS	Record	
	25	Jay Santos	
	Rank	Head Coach	
PIONEERS	196.680	12-3, 3-2 Big 12	
	NQS	Record	
	18	Melissa Kutcher-Rinehart	
	Rank	Head Coach	

Field Comparison

Road to Nationals

	ASU	Denver
TEAM	25th	18th
VAULT	36th	11th
BARS	22nd	8th
BEAM	21st	18th
FLOOR	27th	24th

Sun Devil Gymnastics Notes

National Rankings

Road to Nationals Week 9

Rank	Team	NQS
1.	Oklahoma	197.915
2.	LSU	197.710
3.	UCLA	197.525
4.	Florida	197.480
5.	<i>Utah*</i>	197.465
6.	<i>Cal</i>	197.345
7.	Missouri	197.230
8.	Michigan State	197.220
9.	Kentucky	197.085
10.	Georgia	197.065
11.	Oregon State	197.010
12.	<i>Stanford</i>	197.000
13.	<i>Auburn</i>	196.965
14.	Alabama	196.940
15.	Minnesota	196.930
16.	Arkansas	196.775
17.	Michigan	196.770
18.	<i>Denver*</i>	196.680
19.	Nebraska	196.380
20.	NC State	196.270
21.	Southern Utah	196.205
22.	<i>Arizona*</i>	196.180
23.	Ohio State	196.165
24.	North Carolina	196.125
25.	Arizona State	196.065

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

*Start of NQS

ASU Individual Rankings (Top 25, NQS)

Floor

Emily White - T24, 9.905

Last Meet

In their first of two matchups against BYU this season, the Gym Devils came up short, 196.775-196.000. For the fourth-straight meet, the Gym Devils hit 196.000 or higher. It was their first 196.000 on the road this season. Additionally, ASU tied its season best on beam with a 49.250.

Opponent Outlook

Arizona State is currently 8-10 all-time against Denver, with their last matchup taking place last season on January 14. The Sun Devils fell short with a 196.375.

White is Golden

Graduate Emily White has been a standout for the team this season. She has scored below a 9.800 just five times across all four events. She has eight scores of 9.900 or better, five coming on floor. 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 twice. She tied her career high on vault with a 9.900 against Utah, 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 four times. On bars, she's hit a 9.925 twice 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. 196.600 (H)
 2. 196.475 (H)
 3. 196.225 (H)
 4. 196.000 (A)
 5. 195.950 (A)
 6. 195.675 (A)
- NQS: 196.065

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). Additionally, Jenna Blair made her ASU debut, competing on vault and floor and earning career highs on both. 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.

Preseason Awards

The Gym Devils have three gymnasts on the 2025 Big 12 Preseason Team. Graduate Jada Mangahas received a nod in the all-around, graduate Sarah Clark is on the beam team and graduate Emily White is honored for both beam and floor.

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. The Gym Devils put together a solid regular season, remaining in the top 25 with an NQS of 196.920. The team finished the regular season with a winning record for the third-consecutive season, the longest such streak since the early 2000s. To close out Pac-12 conference play, the Sun Devils pulled out a huge win against No. 10-ranked UCLA. The season high of 197.600 came on senior night against Southern Connecticut, which is the 11th-highest team score in ASU history.

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..... 2/14/25 (J. Mangahas)
On bars2/21/25 (J. Mangahas)
On beam.....1/26/25 (E. White)
On floor2/28/25 (E. White)

Scored a 9.925...

On vault.....3/15/24 (A. Smith)
On bars2/21/25 (S. Clark)
On beam..... 3/15/24 (H. Scharf)
On floor2/14/25 (E. White)

Scored a 9.950...

On vault..... 4/7/24 (H. Gregoire)
On bars2/21/25 (E. White)
On beam.....3/15/24 (E. White)
On floor2/21/25 (E. White)

Scored a 9.975...

On vault..... 3/10/06 (A. Kelly)
On bars2/20/23 (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 floor3/12/04 (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..... 2/21/25 (E. White, 9.950)
Beam 2/21/25 (S. Clark 9.850)
Floor 2/21/25 (E. White, 9.950)
AA2/28/25 (E. White, 39.375)

LAST TIME THE SUN DEVILS...

Scored a 196.000+..... 2/28/25 (196.000)
Scored a 197.000+..... 4/5/24 (197.150)
Scored a 198.000+..... 3/12/04 (198.125)

Took first2/21/25 vs. West Virginia

SEASON EVENT BESTS

2025 Team Totals (Highest to lowest)

196.600 Feb. 7, Texas Woman's
196.475 Feb. 14, Utah
196.225 Feb. 21, West Virginia
196.000 Feb. 28, at BYU
195.950 Jan. 31 at Iowa State
195.725 Jan. 26, Arizona
195.675 Jan. 20, Wasatch Classic
194.750 Jan. 11, Lone Star Collegiate Invitational

2025 Team Event Bests

Vault..... 49.100, Feb. 21 vs. West Virginia
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 '04198.450
2. vs. Kentucky '03198.275
3. vs. E. UCLA '03198.150
4. vs. Minnesota '04198.125
5. vs. Arizona '02197.850

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

2025 EVENT TITLES (24 TOTAL)

BY EVENT

Vault (1)

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

Bars (5)

Sarah Clark..... 2 (last: 2/7 vs. TWU)

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

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

Beam (7)

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..... 3 (last: 2/14 vs. Utah)

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 (4)

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

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 (1)

All-Around, 39.100 1/20 at Wasatch Classic

Emily White (13)

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

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	--	10	6	--	--
Halle Gregoire	1	--	--	1	--
Isabella Kowan	--	--	1	--	--
Kayla Lee	--	--	2	--	--
Jada Mangahas	4	--	--	2	3
Lilia Purler	--	--	--	1	--
Kimberly Smith	--	--	--	--	1
Alex Theodorou	5	--	--	--	--
Emily White	2	5	10	10	7

BIG 12 STANDINGS

	SCHOOL	BIG 12	OVERALL	RTN	NQS	HIGH
1.	Utah	6-0	10-4	5	197.465	198.075
2.	Arizona	4-1	12-3	22	196.180	196.775
3.	BYU	3-2	5-10	31	195.750	196.775
	Denver	3-2	12-3	18	196.680	197.525
5.	Arizona State	2-3	7-6	25	196.065	196.600
6.	Iowa State	1-5	5-9	41	195.250	195.825
7.	West Virginia	0-6	1-9	48	194.735	195.825

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 87-69-3

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	7	6	0	.538
Total	60	61	2	.487

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
9.800	9.600	-	9.850	-

Season Highs

VT	UB	BB	FX	AA
9.800	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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



SARAH CLARK

Graduate | 5'4"
Huntington Beach, Calif.

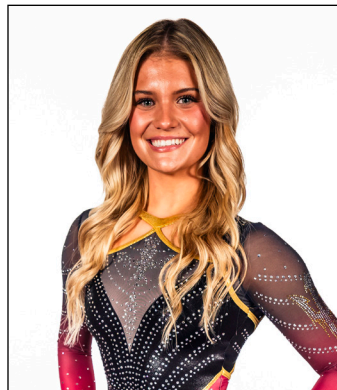
Career Highs

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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
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	-	-	9.900	-

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	-	-	-	-	-



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

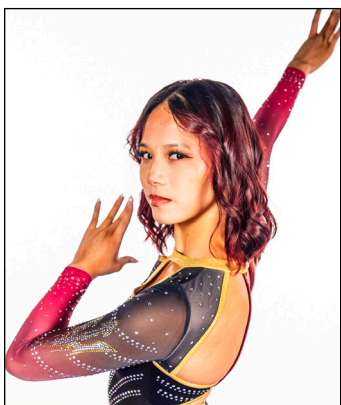
VT	UB	BB	FX	AA
-	9.850	9.925	9.875	-

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	-	-	-	-	-
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



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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
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	-	-	-

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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



TIARA PLATKIN
Freshman | 5'4'
Boca Raton, Fla.

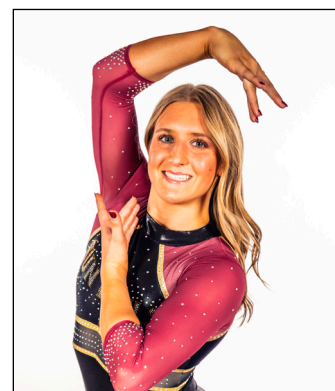
Career Highs

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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
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	-	-	-	-	-
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



CHLOE SEAGA

Sophomore | 5'3"
Miami, Fla.

Career Highs

VT	UB	BB	FX	AA
-	-	9.250	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	9.250	-	-

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	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
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
9.825	9.875	9.850	9.925	39.350

Season Highs

VT	UB	BB	FX	AA
9.825	9.875	9.825	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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
Apr. 2-6	NCAA Regionals	-	-	-	-	-



ALEX THEODOROU

Senior | 5'3"
Phoenix, Ariz.

Career Highs

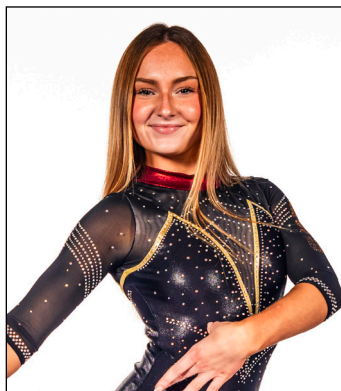
VT	UB	BB	FX	AA
9.925	9.875	9.575	9.900	39.100

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	-	-	-	-	-
Mar. 14	at Cal, BYU, UW	-	-	-	-	-
Mar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
Mar. 22	Big 12 Championship	-	-	-	-	-
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)

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)

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)

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)

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