



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+	7 p.m.
Fri, Feb. 21	West Virginia*	-	6:30 p.m.
Fri, Feb. 28	at BYU*	ESPN+	TBD
Sun, Mar. 9	at Denver*	Midco Sports Plus	2 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 Nadozha (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..... No. 16
Letterwinners Returning/Newcomers 13/5

ASU Media Relations

Assistant Director of Media Relations..... 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

6

#4 Utah

Tempe, Ariz.
Friday, February 14
7:00 p.m. MST
ESPN+

Team Overview

SUN DEVILS	195.740	6-4, 1-1 Big 12	
	Average	Record	
	24	Jay Santos	
	Rank	Head Coach	

UTES	197.271	8-4, 4-0 Big 12	
	Average	Record	
	4	Carly Dockendorf	
	Rank	Head Coach	

Field Comparison

Road to Nationals

	ASU	Utah
TEAM	24th	4th
VAULT	31st	6th
BARS	17th	3rd
BEAM	27th	2nd
FLOOR	25th	8th

Sun Devil Gymnastics Notes

National Rankings

Road to Nationals Week 6

Rank	Team	Average
1.	Oklahoma	197.746
2.	LSU	197.400
3.	Florida	197.290
4.	<i>Utah*</i>	<i>197.204</i>
5.	UCLA	197.133
6.	Michigan State	197.079
7.	<i>Cal</i>	<i>197.025</i>
8.	Kentucky	196.975
9.	Missouri	196.858
10.	Oregon State	196.785
11.	Georgia	196.760
12.	<i>Auburn</i>	<i>196.725</i>
13.	<i>Stanford</i>	<i>196.690</i>
14.	Alabama	196.615
15.	Arkansas	196.525
T16.	Minnesota	196.350
T16.	Michigan	196.350
18.	<i>Arizona*</i>	<i>196.067</i>
19.	NC State	196.021
20.	Ohio State	195.990
21.	<i>Denver*</i>	<i>195.967</i>
22.	North Carolina	195.860
23.	Nebraska	195.742
24.	<i>Arizona State</i>	<i>195.740</i>
25.	<i>Penn State</i>	<i>195.713</i>

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

ASU Individual Rankings (Top 25)

Beam

Emily White - T18, 9.880 (avg)

All-Around

Emily White - T23, 39.342 (avg)

Last Meet

The Gym Devils won their second meet in a row, taking down Texas Woman's University and producing a new season-high team score with a 196.600. Friday was the first time the Gym Devils surpassed 196 this season.

Graduate Emily White took home the all-around title for a second-consecutive week, scoring a 39.400. White also won beam with a 9.875, tied with Lilia Purler on floor with a 9.875, and tied with Jada Mangahas and Sarah Clark on bars, also with a 9.875. Mangahas also won the vault title with a 9.850.

Big 12 Weekly Awards

After winning two event titles last week, graduate Jada Mangahas is this week's Big 12 Event Specialist of the Week, the first Big 12 weekly award for the Sun Devil Gymnastics. For Mangahas, it is her second weekly award in her career, her first since her freshman year.

Mangahas won the vault and bars titles in ASU's win over Texas Woman's University last Friday. She scored a 9.850 on vault to match her season high. On bars, she set a new season high with a 9.875, tying for the event title with teammates Sarah Clark and Emily White. That was her first bars title in her five years as a Sun Devil. Mangahas' career total for event titles is now up to eight.

White is Golden

Graduate Emily White has been a standout for the team this season. She has scored below a 9.800 just three times across all four events. She has four scores of 9.900 or better, two coming on floor. Her best score is a 9.925, which she scored on floor.

White is coming off of a strong 2024 campaign, where she earned seven event titles, including three on floor, two on beam, and one on bars and in the all-around. Her career-best all-around score of 39.625 at Southern Connecticut, which ranks 15th in program history, highlighted her impressive performances.

Super Sarah Clark

Clark had an outstanding senior season in 2024, consistently excelling on bars and beam. She competed in every meet on both events, earning five scores of 9.900 or better on bars and four on beam. Clark won a total of five event titles, including three on beam and two on bars. Clark tied for the beam title against Washington with a season-high 9.925, and she won the bars event title at Stanford with a career-best 9.950.

Main Event: Jada Mangahas

Mangahas had an exceptional senior season in 2024, competing in all but one meet and participating in 10 all-around competitions. Mangahas won four event titles, including three in the all-around and one on vault. She qualified for the NCAA Championships on bars after scoring a 9.900 at the Cal Regional, going on to score a 9.875 at the championships.

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.

One More Year

Three gymnasts returned for fifth years in 2025: Sarah Clark, Jada Mangahas and White. Between the three of them, they had 26 scores of 9.9 or better this year, led by 12 from White. They also had 16 total event titles in 2024.

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

Gymnastics Contact..... Kimberlie Haner
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Director..... Doug Tammara
Office..... 480-965-6592
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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..... 4/5/24 (A. Smith)
On bars1/20/25 (E. White)
On beam.....1/26/25 (E. White)
On floor1/20/25 (E. White)

Scored a 9.925...

On vault.....3/15/24 (A. Smith)
On bars1/26/25 (S. Clark)
On beam..... 3/15/24 (H. Scharf)
On floor1/31/25 (E. White)

Scored a 9.950...

On vault..... 4/7/24 (H. Gregoire)
On bars3/15/24 (E. White)
On beam.....3/15/24 (E. White)
On floor3/15/24 (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 floor1/7/05 (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.....

.....3/15/24 (E. White, 39.625)

Won the event in...

Vault.....2/7/25 (J. Mangahas, 9.875)
Bars.....2/7/25 (3 people, 9.875)
Beam2/7/25 (E. White, 9.875)
Floor ..2/7/25 (L. Purler & E. White, 9.875)
AA 2/7/25 (E. White, 39.400)

LAST TIME THE SUN DEVILS...

Scored a 196.000+..... 1/7/25 (196.600)
Scored a 197.000+..... 4/5/24 (197.150)
Scored a 198.000+.....3/12/04 (198.125)

Took first 2/7/25 vs. Texas Woman's

SEASON EVENT BESTS

2025 Team Totals (Highest to lowest)

196.600 Feb. 7, Texas Woman's
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.....48.975, Feb. 7 vs. Texas Woman's
Bars.....49.325, Feb. 7 vs. Texas Woman's
Beam.....49.050, 2x last Feb. 7 vs. Texas Woman's
Floor49.250, 2x last Feb. 7 vs. Texas Woman's

2025 Individual Event Bests

Vault.....9.875, Alex Theodorou (Jan. 11 at Lone Star)
Bars.....9.925, Sarah Clark (Jan. 26 vs. Arizona)
Beam.....9.900, Emily White (Jan. 26 vs. Arizona)
Floor9.925, Emily White (Jan. 31 at Iowa State)
All-Around.....39.400, 2x last Emily White (Feb. 7 vs Texas Woman's)

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

2025 EVENT TITLES (15TOTAL)

BY EVENT

Vault (1)

Jada Mangahas1 (last 2/7 vs TWU)

Bars (4)

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

Jada Mangahas1 (last: 2/7 vs. TWU)

Emily White.....1 (last: 2/7 vs. TWU)

Beam (4)

Sarah Clark.....1 (last: 1/31 at Iowa State)

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

Emily White.....2 (last: 2/7 vs. TWU)

Floor (3)

Lilia Purler1 (last: 2/7 vs. TWU)

Emily White.....2 (last: 2/7 vs. TWU)

All-Around (3)

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

Emily White.....2 (last: 2/7 vs. TWU)

BY INDIVIDUAL

Sarah Clark (3)

Bars, 9.9251/26 vs. Arizona

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

Bars, 9.8751/7 vs. TWU

Kayla Lee (1)

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

Jada Mangahas (2)

Vault, 9.8502/7 vs. TWU

Bars, 9.8752/7 vs. TWU

Lilia Purler (1)

Floor, 9.8752/7 vs. TWU

Kimberly Smith (1)

All-Around, 39:1001/20 at Wasatch Classic

Emily White (7)

Floor, 9.9001/20 at Wasatch Classic

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

All-Around, 39.2251/31 at Iowa State

Bars, 9.8752/7 vs. TWU

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

Floor, 9.8752/7 vs. TWU

All-Around, 39.4002/7 vs. TWU

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

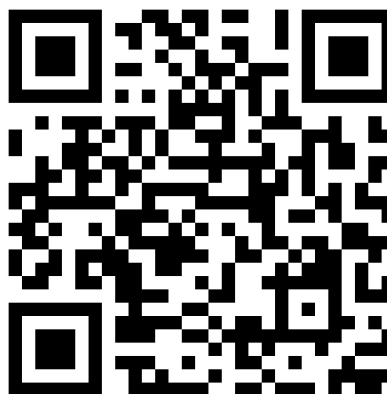
CAREER EVENT TITLES

NAME	VAULT	BARS	BEAM	FLOOR	ALL-AROUND
Sarah Clark	--	10	5	--	--
Halle Gregoire	1	--	--	1	--
Kayla Lee	-	--	2	--	--
Jada Mangahas	2	1	--	2	3
Lilia Purler	--	--	--	1	--
Kimberly Smith	--	--	--	--	1
Alex Theodorou	5	--	--	--	--
Emily White	2	4	9	8	5

BIG 12 STANDINGS

	SCHOOL	BIG 12	OVERALL	RTN	AVG	HIGH
1.	Utah	4-0	8-4	4	197.271	197.950
2.	Arizona	2-1	8-2	18	196.067	196.775
3.	Denver	2-1	7-2	21	195.967	196.625
4.	Arizona State	1-1	6-4	24	195.740	196.600
5.	Iowa State	1-2	4-6	36	195.071	195.825
6.	BYU	0-2	2-10	39	194.957	195.825
7.	West Virginia	0-3	1-6	52	193.904	195.475

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 86-67-3

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	6	4	0	.600
Total	59	59	2	.491

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
9.750	9.600	-	9.850	-

Season Highs

VT	UB	BB	FX	AA
9.750	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	-	-	-	-	-
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	-	-	-	-	-



SARAH CLARK

Graduate | 5'4"
Huntington Beach, Calif.

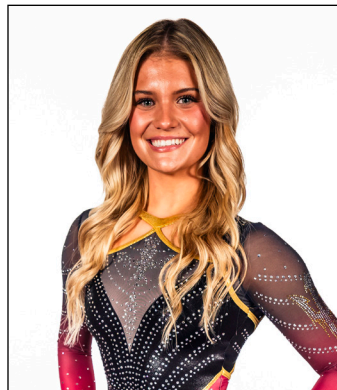
Career Highs

VT	UB	BB	FX	AA
-	9.975	9.950	9.900	-

Season Highs

VT	UB	BB	FX	AA
-	9.925	9.875	9.800	-

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	-	-	-	-	-
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	-	-	-	-	-



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
-	-	9.775	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	9.775	-	-

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	-	-	-	-	-
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	-	-	-	-	-



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

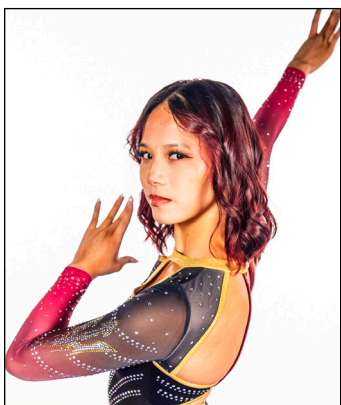
VT	UB	BB	FX	AA
-	9.850	9.925	9.875	-

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	-	-	-	-	-
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



CAROLINE LICHTMAN
Junior | 5'2"
San Marino, Calif.

Career Highs

VT	UB	BB	FX	AA
9.775	-	9.750	-	-

Season Highs

VT	UB	BB	FX	AA
9.775	-	9.750	-	-

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	-	-	-	-	-
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	-	-	-	-	-



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
9.850	9.875	-	-	-

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	-	-	-	-	-
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	-	-	-	-	-



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

Career Highs

VT	UB	BB	FX	AA
-	9.775	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	9.775	-	-	-

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	-	-	-	-	-
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	-	-	-	-	-



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	-	-	-	-	-
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



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	9.850	9.850	9.925	39.250

Season Highs

VT	UB	BB	FX	AA
9.825	9.850	9.800	9.900	39.250

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	-	-	-	-	-
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	-	-	-	-	-



ALEX THEODOROU

Senior | 5'3"
Phoenix, Ariz.

Career Highs

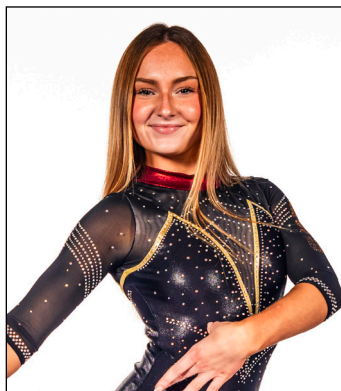
VT	UB	BB	FX	AA
9.925	9.875	9.575	9.900	39.100

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
9.825	9.900	9.900	9.925	39.400

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	-	-	-	-	-
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	-	-	-	-	-

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)

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)

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)

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 (9.875).....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)

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