

SUN DEVIL

GYMNASTICS







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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	-	12 p.m.	
Mon, Jan. 20	Wasatch Classic	-	1 p.m.	
Sun, Jan. 26	Arizona*	ESPN2	2 p.m.	
Fri, Jan. 31	at Iowa State*	ESPN+	6:30 p.m.	
Fri, Feb. 7	Texas Woman's University	ESPN+	6:30 p.m.	
Fri, Feb. 14	Utah*	ESPN+	7 p.m.	
Fri, Feb. 21	West Virginia*	ESPN+	6:30 p.m.	
Fri, Feb. 28	at BYU*	ESPN+	TBD	
Sun, Mar. 9	at Denver*	ESPN+	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 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 Finish6th			
2024 Final RankNo. 1			
Letterwinners Returning/Newcomers13/5			

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

Lone Star College Invitational

San Antonio, Texas Saturday, January 11 1:00 p.m. CST/12:00 p.m. MST

Team Overview

DEVILS-	196.920 2024 NQS	8-5, 4-3 Pac-12 2024 Record	
- SUN D	20 Preseason Rank	Jay Santos Head Coach	

Rotation Order

ASU: Off, Bars, Beam, Floor, Vault Penn State: Vault, Off, Bars, Beam Floor Auburn: Bars, Beam, Floor, Vault, Off Temple: Beam, Floor, Vault, Off, Bars Maryland: Floor, Vault, Off, Bars, Beam

Field Comparison Road to Nationals (2024 final)

	ASU	Auburn	Maryland	PSU	Temple
TEAM	16th	20th	26th	15th	52nd
VAULT	16th	17th	24th	21st	51st
BARS	24th	18th	22nd	34th	52nd
BEAM	19th	11th	31st	23rd	52nd
FLOOR	37th	16th	30th	31st	51st

National Rankings

WCGA Preseason Poll

Preseason

Rank	Team	Points
1.	Oklahoma	1963
2.	LSU	1871
3.	Florida	1806
4.	California	1785
5.	Utah*	1733
6.	Alabama	1641
7.	Kentucky	1455
8.	Arkansas	1453
9.	Missouri	1407
10.	UCLA	1406
11.	Michigan State	1397
12.	Denver*	1341
13.	Michigan	1338
14.	Georgia	1264
15.	Stanford	1144
16.	Ohio State	1117
17.	Auburn	1069
18.	Minnesota	1062
19.	Oregon State	966
20.	Arizona State	902
21.	Penn State	853
22.	Illinois	681
23.	Nebraksa	645
24.	Maryland	630
25.	NC State	598

Italicized indicates 2025 opponents *Big 12 opponents

2024 ASU Weekly Rankings (National)

<u>Week</u>	Team	V	UÉ	BB	FX
1	-	-	-	-	-
2	24	20	17	9	54
3	28	13	18	30	48
4	23	14	17	27	43
5	20	14	18	21	41
6	20	17	16	18	39
7	20	15	17	17	36
8*	18	15	21	12	30
9	18	15	21	14	30
10	20	15	26	21	33
11	21	15	23	19	36
12	22	16	24	19	37

^{*}Start of NQS

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.

Newcomers

There are four freshmen for the Gym Devils this season in Halle Braaflat, Nina Laurito, Tiara Platkin, and Jenna Timmons. The freshman class is geographically diverse, with four competitors hailing from Canada, Florida, North Dakota and Texas. Additionally, senior transfer Jenna Blair joined the team after three seasons at Northern Illinois University.

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 careerbest 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. She consistently led off on vault, scoring 9.800 or higher in all but two meets, and never scored below a 9.800 on bars, earning three scores of 9.900 or higher. On floor, she maintained consistency, scoring 9.800 or better in all but one meet. 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. Mangahas scored 9.925s on both bars and beam during the season, the bars score matching her career high and the beam mark a new personal best. Notably, she earned a career-high 39.450 in the all-around at Stanford.

White is Golden

White had a standout senior season as well, competing in every meet on bars, beam, and floor and appearing in the all-around in the final four meets. She earned seven event titles, including three on floor, two on beam, and one on bars and in the all-around. White scored at least a 9.800 in all but two meets on bars, and had five scores of 9.900 or higher on beam, where she anchored the team all year. On floor, she scored 9.900 or better in six meets. Her career-best all-around score of 39.625 at Southern Connecticut, which ranks 15th in program history, highlighted her impressive performances.

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.

TEAM HISTORY First year of gymnastics......1979 NCAA appearances/Last.....25/2024

All-Americans......29

COACHING STAFF Head Coach

Head Coach	
Alma mater	Massachusetts '95
Years at ASU	Ninth season
Assistant Coach	James Williams
Assistant Coach	
Coaching Assistant	
Gymnastics office numb	per480-965-0540

2024 RECAP Average team score.....

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

2023 TROPHY CASE

All-America	Anaya Smith (VT 1st)
All Pac-12	Anaya Smith (VT 1st)
	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

Pennsylvania.....1 Texas.....2

Canada.....2

By Class	Returning Letterwinners
Freshman4	Sarah Clark
Sophomore4	McClaine Daigle
Junior5	Halle Gregoire
Senior2	Isabella Kowan
Graduate3	Kayla Lee
	Caroline Lichtman
By Geography	Jada Mangahas
Arizona2	Lilia Purler
Arkansas1	Chloe Seaga
California4	Chavala Shepard
Florida2	Kimberly Smith
Minnesota1	Alex Theodorou
Missouri1	Emily White
New York1	•
North Dakota1	

LAST TIME A SUN DEVIL... SEASON EVENT BESTS 2024 Team Totals (Highest to lowest) Scored a 9.900... 197.600 ______Mar. 15, vs. Southern Connecticut 197.250 _______Feb. 2, vs. Cal, Oklahoma On bars4/5/24 (C. Samilev & J. Mangahas) On beam.....3/23/24 (S. Clark) 196.975Feb. 9, at Stanford On floor. 4/7/24 (E. White, J. Mangahas, H. Scharf) 196.825......Feb. 23, vs. Washington Scored a 9.925... 196.750 _____Apr. 7, NCAA Regional Finals On vault......3/15/24 (A. Smith) 196.625 ______Mar. 9, vs. UCLA On beam......3/15/24 (H. Scharf) 196.625 Mar. 1, at Oregon State On floor......3/15/24 (H. Scharf) 196.550 Mar. 23, Pac-12 Championships 196.375Jan. 14, at Denver Scored a 9.950... On vault......4/7/24 (H. Gregoire) On bars3/15/24 (E. White) 2024 Team Event Bests On beam......3/15/24 (E. White) On floor.....3/15/24 (E. White) Scored a 9.975... On vault......3/10/06 (A. Kellv) On bars2/20/23 (H. Scharf & S. Clark) **2024 Individual Event Bests** On beam......3/14/03 (A. Kelly) Bars.......9.950 2x, last Emily White (Mar. 15 vs. Southern Connecticut) On floor.....1/7/05 (A. Kelly) Beam......9.950, Emily White (Mar. 15 vs. Southern Connecticut) Floor ______9.950, Emily White (Mar. 15 vs. Southern Connecitcut) Scored a 10.000... On vault......3/10/06 (A. Boone) **ALL-TIME BESTS** On beam......3/2/07 (A. Boone) All-Time Team Total Scores On floor......3/12/04 (M. Germaine) 1. vs. E. Michigan '04......198.450 Scored a 39.500+ in AA.....3/15/24 (E. White, 39.625) Won the event in... Vault.......4/5/24 (A. Smith, 9.900) **All-Time Perfect 10s** Bars.....3/15/24 (E. White, 9.950) Beam.....3/15/24 (E. White, 9.950) Floor3/15/24 (E. White, 9.950) Bars (4).....most recent, Ashely Kelly '03 AA......3/15/24 (E. White, 9.950) Beam (13)most recent, April Boone '07 Floor (13).....most recent, Maggie Germaine x4, Ashley Kelly and Kari Muth '04 **Team Event Records** (3/12/04)49.525 Vault Beam LAST TIME THE SUN DEVILS... (2/27/04)......49.650 1. (2/16/03).......49.875 1. Scored a 196.000+......4/7/24 (196.750) (3/21/03)......49.650 (2/28/03)......49.675 (3/10/06) 49.625 Scored a 197.000+.......4/5/24 (197.150) (3/1/02)49.650 Scored a 198.000+.....3/12/04 (198.125) Floor Took first 3/15/24 vs. Southern Connecticut (3/5/04) 49.600 1. (2/27/04)......49.825 (2/20/23)......49.550

(2/20/22)......49.525

3.

(3/5/04) 49.750

(3/12/04)49.750

SEASON STATS

2024 TEAM AND EVENT SCORES				
DateOpponent	Total	Vault	Bars	Beam Floor
Jan. 8Central Michigan	195.725	49.125	49.175	49.100 48.325
Jan. 14at Denver				
Jan. 19at SUU, Utah Stateat				
Jan. 26at Utah				
Feb. 2Cal, Oklahoma	197.250	49.275	49.225	49.425 49.325
Feb. 9at Stanford				
Feb. 15at Arizonaat				
Feb. 23Washington				
Mar. 1at Oregon State				
Mar. 9UCLA	196.625	49.150	49.150	49.02549.300
Mar. 15Southern Connecticut	197.600	49.250	49.350	49.550 49.450
Mar. 23Pac-12 Championships	196.550	49.100	49.100	49.175 49.175
Apr. 5NCAA Regionals				
Apr. 7NCAA Regional Finals	196.750	49.075	49.225	49.07549.375

Sarah Clark (5)

2024 EVENT TITLES (34 TOTAL)

BY EVENT

Vault (13)	
Halle Gregoire	1 (last: 1/19 at SUU, USU)
Jada Mangahas	1 (last: 2/23 vs. UW)
Gracie Reeves	1 (last: 2/23 vs. UW)
Hannah Scharf	1 (last: 1/8 vs. Central Michigan)
Anaya Smith	7 (last: 4/5 at NCAA Regionals)
Alex Theodorou	2 (last: 2/23 vs. UW)
Bars (3)	
Sarah Clark	2 (last: 3/9 vs. UCLA)
Emily White	1 (last: 3/15 vs. Southern Connecticut)
Beam (6)	
Sarah Clark	3 (last: 2/23 vs. UW)
Kayla Lee	1 (last: 1/14 at Denver)
Emily White	2 (last: 3/15 vs. Southern Connecticut)
Floor (8)	
Halle Gregoire	1 (last: 2/23 vs. UW)
Hannah Scharf	4 (last: 2/15 at Arizona)
Emily White	3 (last: 3/15 vs. Southern Connecticut)
All-Around (4)	
Jada Mangahas	3 (last: 2/15 at Arizona)
Emily White	1 (last: 3/15 vs. Southern Connecticut)

BY INDIVIDUAL

Beam, 9.875 Bars, 9.950 Beam, 9.925 Beam, 9.925 Bars, 9.900	2/9 at Stanford 2/9 at Stanford 2/23 vs. UW
Halle Gregoire (2) Vault, 9.925 Floor, 9.900	1/19 at SUU, USU 2/23 vs. UW
Kayla Lee (1) Beam, 9.925	1/14 at Denver
Jada Mangahas (4) All-Around, 39.200 All-Around, 39.450 All-Around, 39.225 Vault, 9.875	2/9 at Stanford2/15 at Arizona
Gracie Reeves (1) Vault, 9.875	2/23 vs. UW
Hannah Scharf (5) Vault, 9.850 Floor, 9.875 Floor, 9.925 Floor, 9.900 Floor, 9.900	1/8 vs. Central Michigan 1/26 at Utah 2/9 at Stanford
Anaya Smith (7) Vault, 9.850 Vault, 9.925 Vault, 9.950 Vault, 9.900 Vault, 9.905 Vault, 9.900 Vault, 9.900	
Alex Theodorou (2) Vault, 9.900 Vault, 9.875	2/15 at Arizona 2/23 vs. UW
Emily White (7) Floor, 9.900 Floor, 9.900 Beam, 9.925 Bars, 9.950 Beam, 9.950 Floor, 9.950 All-Around, 39.625	2/15 at Arizona 3/9 vs. UCLA 3/15 vs. Southern Connecticut 3/15 vs. Southern Connecticut 3/15 vs. Southern Connecticut



JAY SANTOS Head Coach

Hometown Brocktown, Mass. Education...... Massachusetts '95 Bachelor's Business Administration All-Time HC Record.....80-63-3

SANTOS YEAR-BY-YEAR AT ASU

YEAR	W	L	Т	%
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
Total	53	55	2	.482

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 an 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 caancelations 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 a 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 whiile 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.



Hometown......Houston, Texas Education......Houston

- 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.



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 La'Bradford and they have a daughter Tyleigh and a son Ariyon.



Education.....San 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.



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

Career Highs

VT	UB	BB	FX	AA
9.850	9.875	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	9.875	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

<u>Date</u>	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	_



SARAH CLARK Graduate | 5'4" Huntington Beach, Calif.

Career Highs

VT	UB	BB	FX	AA
-	9.975	9.950	9.900	-

2024 Season Highs

VT	UB	BB	FX	AA
-	9.950	9.925	9.800	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



McCLAINE DAIGLE Junior | 5'5" Katy, Texas

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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 GREGOIRE Sophomore | 5'2" Moorhead, Minn.

Career Highs

	VT	UB	BB	FX	AA
Γ	9.950	-	-	9.900	-

2024 Season Highs

VT	UB	BB	FX	AA
9.950	-	-	9.900	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



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 San Antonio Invite	-	-	-	-	-
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
-	1	9.925	9.875	-

VT	UB	BB	FX	AA
-	-	9.925	9.875	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



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

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



JADA MANGAHAS Graduate | 5'5" Allentown, Pa.

Career Highs

VT	UB	BB	FX	AA
9.900	9.925	9.925	9.950	39.450

2024 Season Highs

VT	UB	BB	FX	AA
9.900	9.925	9.925	9.900	39.450

<u>Date</u>	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



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

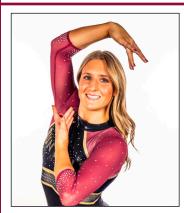
Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



LILIA PURLER Sophomore | 5'3" Holt, Mo.

Career Highs

VT	UB	BB	FX	AA		
9.750	-	-	9.750	-		

VT	UB	BB	FX	AA
9.750	-	-	9.750	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



CHLOE SEAGA Sophomore | 5'3" Miami, Fla.

Career Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Season Highs

VT	UB	BB	FX	AA
-	-	-	-	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



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 San Antonio Invite	-	-	-	-	-
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	-

2024 Season Highs

VT	UB	BB	FX	AA
-	-	9.800	9.925	-

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-



ALEX THEODOROU Senior | 5'3"

Career Highs

Phoenix, Ariz.

VT	UB	BB	FX	AA
9.925	9.875	9.575	9.900	39.100

VT	UB	BB	FX	AA
9.900	-	-	8.325	-

<u></u>	Date	Opponent	Vault	Bars	Beam	Floor	AA
J	lan. 11	at San Antonio Invite	-	-	-	-	-
J	lan. 20	at Wasatch Classic	-	-	-	-	-
J	lan. 26	Arizona	-	-	-	-	-
J	lan. 31	at Iowa State	-	-	-	-	-
F	eb. 7	Texas Woman's University	-	-	-	-	-
F	eb. 14	Utah	-	-	-	-	-
F	eb. 21	West Virginia	-	-	-	-	-
F	eb. 28	at BYU	-	-	-	-	-
٨	/lar. 9	at Denver	-	-	-	-	-
٨	/lar. 14	at Cal, BYU, UW	-	-	-	-	-
٨	/lar. 16	at Cal, SJSU, Stanford	-	-	-	-	-
٨	/lar. 22	Big 12 Championship	-	-	-	-	-
Α	Apr. 2-6	NCAA Regionals	_	-	-	-	-



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 San Antonio Invite	-	-	-	-	-
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

			J	
VT	UB	BB	FX	AA
9.800	9.950	9.950	9.950	39.625

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 11	at San Antonio Invite	-	-	-	-	-
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	-	-	-	-	-

2024 LINEUPS BY MEET

VAULT

1/8 Central MichJada Mangahas (9.825)
1/14 at DenverEmily White (9.750)
1/19 at SUU, USUJada Mangahas (9.900)
1/26 at UtahJada Mangahas (9.850)
2/2 Cal, OU Jada Mangahas (9.800)
2/9 at Stanford Jada Mangahas (9.875)
2/15 at Arizona Jada Mangahas (9.825)
2/23 UW
3/1 at OSU
3/9 UCLAJada Mangahas (9.850)
3/15 SCUJada Mangahas (9.775)Emily White (9.775) Halle Gregoire (9.250)Gracie Reeves (9.875) Hannah Scharf (9.900) Anaya Smith (9.925)
3/23 Pac-12sLilia Purler (9.750)
4/5 RegionalsEmily White (9.800)
4/7 Reg. FinalsEmily White (9.775)

BARS

1/8 Central MichGracie Reeves (9.825)
1/14 at Denver
1/19 at SUU, USUGracie Reeves (9.775)
1/26 at Utah
2/2 Cal, OU
2/9 at Stanford
2/15 at Arizona Cassi Barbanente (9.725)Cienna Samiley (9.775)
2/23 UW
3/1 at OSU
3/9 UCLA
3/15 SCU
3/23 Pac-12sGracie Reeves (9.850)
4/5 Regionals
4/7 Reg. Finals

BEAM

1/8 Central MichKayla Lee (9.725)Kimberly Smith (9.775)
1/14 at DenverKayla Lee (9.925)
1/19 at SUU, USUKayla Lee (9.825)
1/26 at Utah
2/2 Cal, OU
2/9 at Stanford Kayla Lee (9.025)
2/15 at ArizonaKayla Lee (9.875)
2/23 UW
3/1 at OSU
3/9 UCLA
3/15 SCUKayla Lee (9.875)Gracie Reeves (9.900)Jada Mangahas (9.800)Sarah Clark (9.900)Hannah Scharf (9.925)Emily White (9.950)
3/23 Pac-12s Kayla Lee (9.850 Kimberly Smith (9.800) Gracie Reeves (9.750) Sarah Clark (9.900) Hannah Scharf (9.200) Emily White (9.875)
4/5 Regionals
4/7 Reg. Finals

FLOOR

1/8 Central MichLilia Purler (9.750)
1/14 at DenverLilia Purler (9.650)
1/19 at SUU, USUKayla Lee (9.750)
1/26 at Utah
2/2 Cal, OU
2/9 at Stanford Kayla Lee (9.800)
2/15 at Arizona Kayla Lee (9.775)
2/23 UW
3/1 at OSU
3/9 UCLA
3/15 SCU
3/23 Pac-12sKayla Lee (9.775)
4/5 Regionals Kayla Lee (9.825)
4/7 Reg. Finals







McCLAINE DAIGLE
AA · 5-5 · JR
Katy, Texas





























