

# WE'RE ALL BACK







# 2005



|             |                             |      |              |
|-------------|-----------------------------|------|--------------|
| January 6   | Cancun Invitational         | Away |              |
| January 15  | Davis, SJSU, Sac State      | Home | 2:00 pm      |
| January 27  | at Oregon State             | Away |              |
| February 3  | at Cal-Berkeley             | Away |              |
| February 10 | at Arizona State            | Away |              |
| February 17 | Arizona                     | Home | 7:30 pm      |
| February 24 | Washington                  | Home | 7:30 pm      |
| March 3     | at Cal State-Fullerton      | Away |              |
| March 5     | at UCLA                     | Away |              |
| March 10    | at Alabama                  | Away |              |
| March 25    | at Pac 10 Championships     |      | Oregon State |
| April 8     | NCAA Regional Championships |      | Stanford     |
| April 20-22 | NCAA National Championships |      | Oregon State |





## Stanford Quick Facts

|                        |   |
|------------------------|---|
| Location.....          | Stanford, CA  |
| Founded.....           | 1891  |
| Enrollment.....        | 14,454<br>(6,654 undergraduates, 7,800 graduates)       |
| Nickname.....          | Cardinal  |
| Colors.....            | Cardinal and White                                      |
| President.....         | Dr. John Hennessy                                       |
| Athletic Director..... | Dr. Ted Leland  |
| Home Facility.....     | Maples Pavilion (7,233) and<br>Burnham Pavilion (1,500) |
| Conference.....        | Pac-10  |

## Team Info

|                             |        |
|-----------------------------|--------|
| 2005 Overall Record.....    | 9-14-0 |
| 2005 Pac-10 Record.....     | 7-8    |
| 2005 Pac-10 Finish.....     | 4th    |
| 2005 Final Rank.....        | 17     |
| Letterwinners Ret/Lost..... | 10/0   |
| Newcomers.....              | 3      |

## Women's Gymnastics Office

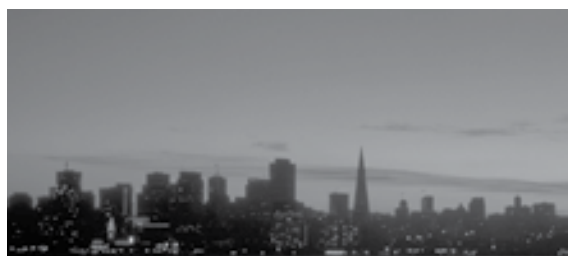
|                         |                      |
|-------------------------|----------------------|
| Head Coach.....         | Kristen Smyth        |
| Career Record.....      | 69-28-3              |
| Record at Stanford..... | 69-28-3              |
| Office Phone.....       | (650) 725-6143       |
| Email.....              | kmsmyth@stanford.edu |
| Assistant Coach.....    | Chris Swircek        |
| Assistant Coach.....    | Mike Lorenzen        |
| Athletic Trainer.....   | Manami Kato          |
| Strength Coach.....     | Mike Coffey          |
| Academic Advisor.....   | Ronit Stahl          |
| Gymnastics Fax.....     | (650) 725-4471       |

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## Mailing Address

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Department of Athletics  
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641 E. Campus Drive  
Stanford, CA 94305-150



## Stanford Directory

|  |                |
|--|----------------|
| Media Relations Office.....                          | (650) 723-4418 |
| Gary Migdol, Sr. Asst. Athletic Director             |                |
| Bob Vasquez, Media Relations Director (WGym Contact) |                |
| Aimee Dombroski, Asst. Media Relations Director      |                |
| Kyle McRae, Asst. Media Relations Director           |                |
| Jessica Raber, Asst. Media Relations Director        |                |
| Will Kiss, Media Relations Assistant                 |                |
| DeRonnie Pitts, Media Relations Assistant            |                |
| FAX.....   | (650) 725-2957 |
| Maples Pavilion Press Row.....                       | (650) 723-4418 |
| There is no press row phone at Burnham Pavilion      |                |

## Athletic Department

|  |                |
|--|----------------|
| Athletic Department.....                                 | (650) 723-4591 |
| Dr. Ted Leland, Athletic Director.....                   | (650) 723-4596 |
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| Gary Hazelitt, Equipmt. Mgr.....                         | (650) 723-1158 |
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| Karen Peters, Asst. AD/Recruiting.....                   | (650) 723-5090 |

## Web Address

|             |  |
|-------------|--|
| Athletics:  | <a href="http://www.gostanford.com">www.gostanford.com</a> |
| University: | <a href="http://www.stanford.edu">www.stanford.edu</a>     |

## Credits

The 2006 Stanford Women's Gymnastics Guide was written and edited by Mike Lorenzen. Cover and inside photography by Mike Lorenzen and David Gonzales. Media guide design and layout by Mike Lorenzen. Printing by Craig Rockhold.

*The 2006 Princeton Review ranked Stanford University as having the overall happiest students in the country of the 361 universities evaluated...can you tell?*



*Unbelievable  
Upperclass*



*Super Sophs*



*Fabulous Frosh*





# Season Preview

The 2006 Stanford Women's Gymnastics team is a group with great potential. The Cardinals return all of their starters and add three outstanding freshmen--Kelly Fee, Nicole Ourada, and Heather Purnell. This gives the program more depth and greater talent than the team has had in past years. According to Smyth, "The team has put in the work, brought a consistent effort and maintained a great attitude in practice this preseason. I am confident that their hard work will pay off as the competition season approaches. This is also an upbeat team with great energy and it should be an exciting group to watch."

## *All-Around Competitors*

Natalie Foley is a two-time First Team All American in the All Around, an eight time All American, a three-time All Pac-10 All Around performer, and one of the nation's best collegiate gymnasts. An early season injury slowed her down through most of last year, but she is healthy again and expected to compete for top honors at the Conference, Regional and NCAA Championship levels. Two years ago Foley tallied a 39.4 in the all around at the NCAA Super Six, including a 9.90 on the vault. Foley also captured the Pac-10 All Around title with a



career-best 39.8 to become the first Stanford gymnast ever to earn that honor.

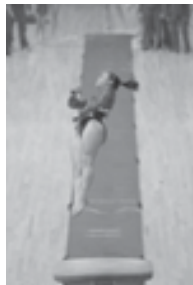
Tabitha Yim, one of the top All Around competitors in the US and a top athlete at the 2004 Olympic Team Trials, became a First Team All American in the All Around at the 2005 NCAA National Championships. Yim competed in the All Around event only once prior to that meet, recording a team-high 39.25 at the NCAA West Regional Championship. That performance earned her an individual spot at NCAA Nationals where she finished as the top-scoring All Around performer among the at-large individual competitors. A remarkable 39.45 was the highest All Around score posted by a Cardinal gymnast all season. After earning four First Team All American honors by virtue of her performances on Bars, Beam, Floor and the All Around, Yim continued to impress in the NCAA Event Finals. Her 9.925 score resulted in a third place finish on Floor for the freshman, in addition to a sixth on place finish on Bars with a 9.875 and seventh place finish on Beam with a 9.837.

Another great All Arounder to watch for this season is Liz Tricase, who was a top performer at the 2004 US Olympic Team Trials. Liz's explosive style has always made her a crowd favorite and if she stays healthy she will be one of

the top gymnasts in the country this year.

## *Vault*

Stanford is going to be a stronger and more experienced team on Vault this year. Natalie Foley not only won the Pac-10 Championship and the NCAA Central Regional on Vault in 2004, but proceeded to gain All American honors with a 9.90. Tabitha Yim posted a season-best 9.75 at the NCAA West Regional and has looked strong in pre-season workouts. Senior Glyn Sweets, a Second Team All American on Vault in 2003, and Senior Jessica Louie are powerful vaulters as well and should be competing



in the starting line-up for the Cardinal. Sophomore Liz Tricase showed she was another one of the top vaulters in the country in 2005 after posting a score of 9.90 against Pac-10 rivals Oregon State and UCLA. Another top competitor in the vault is Sophomore Stephanie Gentry, who displays impeccable form and execution. Gentry recorded a season-best 9.85 on two occasions in 2005. Three outstanding freshmen join an already strong vault contingent. Look for Fee, Ourada, and Purnell (2004 Canadian Olympic Team Captain) to all compete regularly on Vault.

## *Bars*

This is an event where Stanford can separate themselves by their artistry and unique skill selection. The Bar team is deep with 12 athletes vying for one of the six spots, making the choice of lineups a great challenge for the coaching staff. Tabitha Yim, Liz Tricase and Natalie Foley are three of the top Bar performers in the country. Yim, who is training a double pirouette into a Geinger, captured First Team All American honors at the NCAA National Championships last year as a freshman with a mark of 9.875. She showed even greater potential throughout the season (typified by a 9.925 at San Jose State) and Yim finished second at the Pac-10 Conference Championship. Tricase is known for her high flying releases while Yim is known for her releases and pirouette work. Tricase tallied a season-high 9.95 in two meets in 2005. Foley's strengths are her major releases and she is looking to upgrade her dismount this year. Foley, who finished fourth at the Pac-10 Conference Championship last year with a season-best 9.85, is looking to repeat her All American performance at the 2004 NCAA National Championships. The Bar squad has quality depth and a variety of athletes capable of scoring greater than 9.8 returning, including Seniors Sweets and Louie, Junior Stacy Sprando and Sophomores Lauren Elmore and Alex Pintchouk. As a group, they are seasoned, talented Bar workers. Adding to that list







are freshmen Fee, Purnell and Ourada. "Ourada is especially stunning on this event...people are really going to be impressed with her skill selection--her routine has multiple releases and unique staldler work," remarked Smyth.

### *Beam*

Coach Smyth is nationally recognized for her excellent beam squads and she is very excited about this team's potential on the "make or break" event. Yim and Foley are two key gymnasts to watch because of their difficulty, consistency, and competitive experience. Smyth knows well that this may be the event that requires the most mental toughness and it is always the event that separates the great teams from the good teams. Yim gained First Team All American honors last year with a score of 9.837 in the Event Finals at NCAA National Champion-



best score of the a 9.925 in the NCAA lims. Foley set a 9.875 at the Pac-10 year and is a Second on this event. Smyth roles that the three men will play in the Ourada and Purnell more Lauren Elmore ships. However, her 2005 campaign was Championship pre-season-high best of Championship last Team All American again notes the major outstanding fresh-team's success. Fee, as well as Sopho-

(a starter in 2005 as a Freshman) are all highly talented athletes who will challenge for regular spots in a very competitive event. Elmore, who chalked up a season-best 9.90 last year at the NCAA West Regional to finish in third place, is recovering from a toe injury but hopes to be back by February. This is definitely an event where athletes will have to compete hard to make the lineup that could include any of the aforementioned athletes as well as Gentry, Pintchouk, Precourt, Sprando, Sweets, and Tricase, all of whom are capable of scoring in the 9.8 range or better. Fans should look for high levels of difficulty throughout the lineup, including double back dismounts and triple series.

### *Floor Exercise*

This is an event loaded with outstanding dancers and performers. Yim, Tricase, Foley, Gentry, Pintchouk, and Precourt, plus the three freshmen (Fee, Purnell, and Ourada) should be an entertaining floor group to watch with some of the most difficult tumbling displayed by any team in the NCAA, according to Smyth. Yim, a beautiful dancer, gained First Team All American honors as a freshman last year at the NCAA National Championships. Yim's score of 9.925 in the finals earned her a third place medal in the Event Finals session. Tricase, one of the top floor performers in the country, posted a season-best mark of 9.900 on two occasions last season. Foley should be back to full strength this season and the senior displays a wonderful mix of tumbling

and upbeat music, a trademark that that made her a First Team All American on Floor Exercise in 2004. Gentry and Pintchouk are both stunning performers who gained valuable experience competing on Floor during the 2005 season and Precourt will provide valuable depth, having shown great potential on floor exercise as a freshman last season.

### *Schedule*

Coach Smyth, her staff and her squad are excited about the 2006 schedule. It is the toughest schedule the Cardinal has faced since Smyth arrived on the Stanford campus five years ago. The season will begin in Cancun, Mexico against NCAA champion Georgia, Oklahoma, Arizona, Denver, and North Carolina. The Cardinal also has back-to-back meets at Cal State Fullerton and UCLA, which, according to Smyth, is great preparation for the post-season. Five days later the Cardinal heads south to Alabama to compete before a crowd of more than 10,000 fans against the powerful Crimson Tide. This will be a tremendous experience for a young Stanford team (6 sophomores, 3 freshmen). "Alabama is a great place to compete. The atmosphere should be fantastic as they have some of the largest and most appreciative crowds in the country," commented Smyth. Along the way Stanford travels to Tempe, Arizona to face the always tough Sun Devils. Stanford will also visit Oregon State two times this year before the NCAA National Championships in April, once for a dual meet in January and then for the Pac-10 Conference Championship in March. Those two trips give the Cardinal an unusual number of opportunities to compete in that venue and get comfortable with the equipment before the NCAA National Championships are held there in April.

Another highlight for the Cardinal is that Stanford will be hosting the NCAA Regional Championships at Maples Pavilion in April. The \$25 million renovation of Maples Pavilion has allowed the University to now host such events as the West Regional and possibly the Nationals in the years ahead. It also gives the senior class of Natalie Foley, Jessica Louie and Glyn Sweets another opportunity to perform before their home crowd at the Regional Championships. "There is nothing more exciting than that ... to compete at home, in a spectacular venue like Maples Pavilion in front of friends and family," remarked Smyth.

This will also be the first time in school history that Stanford has hosted the NCAA Gymnastics Regional at Maples Pavilion.





# Kristen Smyth

Head Coach, 5th year

Kristen Smyth returns for her fifth year as Stanford women's gymnastics head coach after an injury plagued and challenging 2005 season. She looks this year to raise the bar that the team set in an incredible 2004 campaign that saw her sweep the annual coaching awards, garnering Pac-10, West Region, and NACGC/W National Coach of the Year honors. She has quickly made her mark as one of the nation's best recruiters, an accomplishment highlighted by this year's signing of three of the top prospective student-athletes in the country.

During her time at Stanford, Smyth has quickly turned the Cardinal program into one of the nation's elite. Smyth came to The Farm in June of 2001 and in her first season led Stanford to its first-ever NCAA Super Six appearance. She followed that up with another NCAA Championship appearance in 2003, marking the third straight year that the Cardinal advanced to the NCAA Championships. In 2004 she guided Stanford gymnastics to its fourth straight NCAA Championships berth and capped the most successful season in program history by tying for third at the NCAA Super Six Championships. Last year the Cardinal missed qualifying for the NCAA Championships as a team but freshman Tabitha Yim represented Stanford proudly by earning All American honors in the All Around, Uneven Bars, Balance Beam, and Floor Exercise.

The 2004 Stanford gymnastics squad put together an amazing campaign, capturing the Pac-10 title as well as a championship at the North Central Regional. The Cardinal garnered 15 All-American awards in 2004, eclipsing the previous season's program-high of eight. The team also posted a national season-high score with a 198.875 against California on February 20, and set national event season-high scores on floor (49.925) and beam (49.750).

In 2003, Smyth and the Cardinal turned in another outstanding performance at the NCAA Championships, coming within 0.425 of a point from advancing to their second straight NCAA Super Six. The Cardinal earned eight All-American honors, garnering two first team honors and six second team accolades. The Cardinal finished the season with a 20-4-1 overall record and a No. 8 final national ranking.

En route to the Super Six in 2002, the Cardinal ended the regular season at 13-5 overall and captured first place honors at the NCAA North Central Regional Championships after defeating perennial powerhouse Georgia for the first time. Smyth coached two Pacific-10 Champions on beam and the conference's co-Freshman of the Year, Mandy Delgado. The Cardinal also boasted four regional champions and three athletes who competed in the NCAA Individual Event Finals. Earning First Team All American honors were Kendall Beck on Vault and Lise Léveillé and Lindsay Wing on Beam.

Recruiting is an area where the Cardinal program has continued to excel. When recruiting future student-athletes, Smyth looks for well-rounded, balanced athletes who excel in the classroom and the community as well as on the competition floor. In her first year at Stanford she signed one of the top recruiting classes in the country in Natalie Foley, Jessica Louie and Glyn Sweets, and followed that up with another solid recruiting class in Brit-



tany Billmaier, Erin Geary, and Stacy Sprando in 2003. The class that entered in 2004 set another standard for excellence and included Lauren Elmore, Stephanie Gentry, Alex Pintchouk, Aimee Precourt, Elizabeth Tricase, and Tabitha Yim. Tricase and Yim were both top contenders for positions on the US Olympic Team in 2004. The freshmen class of 2005 includes Canadian Olympian Heather Purnell, International Elite Kelly Fee, and Junior Olympic National Team member Nicole Ourada.

Her team also ranks among the leaders in the classroom and the community. In 2005 five Cardinals earned National Association of Collegiate Gymnastics Coaches/Women (NACGC/W) Academic All American honors and nine did so in 2004. In 2003 the team boasted six NACGC/W Academic All Americans, following a 2002 season in which Stanford put eight student-athletes on the Academic All-America Team. The 2002 squad also earned the Stanford Athletic Board's Thomas W. Ford, presented to the team whose student-athletes have demonstrated a special commitment to participation in community outreach programs.

Smyth came to The Farm after previously serving as the associate head coach at Arizona State. Smyth went to Tempe as an assistant coach prior to the 1997 season, and was promoted to associate head coach in 2000. She was named the 1998 Regional Assistant Coach of the Year after helping the Sun Devils to a sixth-place finish at the NCAA Championships. During her tenure, Arizona State advanced to the NCAA Super Six in three of her five seasons.

While at Arizona State, she enjoyed tremendous success coaching the Sun Devils on Floor Exercise and Balance Beam. She led Sun Devil gymnasts to seven All American honors on Floor and five All American honors and one NCAA Individual Championship (Elizabeth Reid in 1997) on Beam. In addition to her responsibilities with the Sun Devils, Smyth was president of the Lady Devil Gymnastics Camp, which is an elite summer program for girls from the ages of 5-17. Prior to her arrival at Arizona State, Smyth danced professionally for three years in the San Francisco Bay Area.

In the collegiate athletic arena, Smyth is one of the top gymnasts in both Pacific-10 Conference and University of California history. A 1993 graduate of California, Smyth was named the Golden Bears' Gymnast of the Decade, and was a nominee for Pacific-10 Conference Gymnast of the Decade honors. She was both a three-time All-American and three-time Academic All-American, and led the Golden Bears to their first-ever NCAA Championship berth in 1992.

Smyth and her husband Scott Green have a four-year old daughter, Maya, and a five-month old son, Zach, and the couple resides in San Jose.





# Chris Swircek

*Assistant Coach, 3rd year*

Chris Swircek enters his third season as an assistant coach with the Stanford women's gymnastics team. He serves as the primary coach for uneven bars, coordinates team travel, assists with recruiting, and assists in overseeing the Club and Stanford summer camp programs.

Swircek joined the Cardinal staff after coaching at the West Valley Gymnastics Club for seven years. During his tenure at West Valley, Swircek tutored four Junior Olympic National Champions and 15 members of the T.O.P. National Team. He led his 2003 Level-10 squad to the state championships.

Former Cardinal gymnast Mandy Delgado competed for the West Valley Gymnastics Club under Swircek.

Swircek, a native of Omaha, Neb., competed on the men's gymnastics team at San Jose State from 1988 - 1993, graduating with a bachelor's degree in criminal justice in 1993. He served as an undergraduate assistant men's gymnastics coach with the Spartans during the 1993-94 season.



In a relatively short period of time Chris has had a significant impact on the Cardinal program. In just two years he has led the team to eight All American finishes on Floor Exercise and Uneven Bars. Stanford has also wracked up four All American awards in the All Around during that time.

Swircek's first season at Stanford was a historic one as the Card qualified to NCAA National Championships and competed in the Super Six round, finishing third overall for the program's best finish ever. That season's honors included the Regional Team Champions title, the Regional Individual Champion titles on Bars and Floor, the Pac-10 Team Champion title, the Pac-10 Individual All Around and Bar Champion titles and several team scoring records, including an incredible and nearly perfect 198.875.

Chris and his wife Shelley (Engel) Swircek currently reside in Morgan Hill, CA.

# Mike Lorenzen

*Assistant Coach, 1st year*

Since 2004, Lorenzen has been the Gymnastics Program Director at Woodward Camp (Pa). Woodward Camp is the largest gymnastics and action sports training camp in the world. His responsibilities included promotions and marketing, hiring and evaluation of staff, managing of summer gymnastics programming, and design and execution of summer training programs for staff and athletes. In addition he is in his second year as President of the National Association of Collegiate Gymnastics Coaches/Women.



Lorenzen enjoyed collegiate success as the head coach at the University of Iowa (1999-2004). During his tenure with the Hawkeyes the GymHawks completely rewrote the Iowa record book--Mike coached the Iowa program to its second ever team trip to NCAA Regionals in 2001, their first trip to NCAA Nationals in 2003 and a second appearance in 2004. Lorenzen coached seven Big10 individual champions, and five NCAA All-Americans. In 2004, Iowa was ranked #1 in the conference, and for his efforts Mike was named Big-10 Coach of the Year, adding to his Coach of the Year honors from 2001.

Lorenzen began his collegiate coaching career at Yale University (1987-89) as a graduate assistant coach, and then later as an assistant coach at the University of Rhode Island (1989-90) and the University of Maryland (1992-93). Mike earned his first head coaching position at the Indiana University of Pennsylvania in 1995.

From 1996-99 Lorenzen served as Junior Olympic Program Director, Head Level 10 Coach, and Assistant Elite Coach at the Cincinnati Gymnastics Academy, where he had the opportunity to work with numerous USA Olympic, World, and National Team members. During Lorenzen's tenure at CGA the team produced three Level 10 Junior Olympic national champions and was recognized as the top JO Program in the country in 1999. That same year Mike was named USA Gymnastics' Region V Coach of the Year.

Lorenzen obtained his Bachelor of Arts degree in Government and Politics from the University of Maryland in 1986. He graduated Summa Cum Laude, and was Phi Beta Kappa. Mike also obtained a Masters degree in International Relations in 1989 from Yale University and did two years of graduate study in theology at Trinity Lutheran Seminary.



High School: Cherry Creek  
Club: Colorado Aerials

Coach Smyth on Foley:

*"I am looking for Nat to lead the team this season. She is healthy, stronger than ever physically and mentally and has a sense of purpose that only comes with being a senior. Nat, one of the most decorated gymnasts in Stanford history, has been such an integral part of our build over the last 5 years. She is one of the most positive personalities in the gym and is unequivocally dedicated to her sport and Stanford. Nat was my first recruit to verbally commit at Stanford—she will always have a special place in my heart. I feel so lucky to have had her leadership and passion for four wonderful years."*

**As a Junior in 2005:** Co-captain of the 2005 squad ... Saw a steady climb in her all around scores after rebounding from an early season injury ... Named Pac-10 All Conference in the all-around for the third time in her collegiate career ... Also received Pac-10 All Academic honorable mention honors ... Scored a 39.025 in the all around at the West Regional in Seattle (4/9) to finish eighth ... Tied for fourth on the uneven bars with a 9.800 mark ... Had one of her top performances at the Pac-10 Championship (3/26), scoring a 39.075 in the all-around to finish sixth ... Set personal season-highs on vault with a 9.825 and on beam with a 9.875, while matching a personal season-high on bars with a 9.850 ... Tied for fourth on bars at the Pac-10 Championship.

**As a Sophomore in 2004:** Established herself as one of the best all around performers in the country ... Earned First Team All America honors on the vault and Second-Team All-America recognition on the bars and floor ... Scored a 39.400 in the all around at the NCAA Super Six, including a 9.900 on the vault ... Earned All Pac-10 in the all around, uneven bars, and vault ... Tied for first on the vault at the North Central Regional with a 9.900 ... Finished the regular season ranked in the top 25 in the all-around (8th-39.800), bars (T14th-9.920), and the vault (T21st-9.920) ... Captured the all around title at the Pac-10 Championship with a score of 39.800, becoming the first Stanford gymnast to earn top honors ... Finished in the top 10 in all four events, including tying for first on the vault and bars ... Earned her first career perfect 10 at the Pac-10 Championship to tie for first ... Was selected as a 2004 Pac-10 All-Academic honorable mention performer.

**As a Freshman in 2003:** Earned First Team All America honors as an all rounder and earned Second Team All America honors on vault and bars ... Competed primarily as an all rounder ... Earned seventh place in the all-around (39.375), tied for ninth place on vault (9.875), tied for 10th place on bars (9.85), placed in a tie for 14th on beam (9.85) and recorded a 9.80 on floor in the preliminary round of NCAA Championships ... Took second place in the all around (39.350) tied for first on vault (9.90), placed fifth on beam (9.875), seventh on bars (9.825) and 13th on floor (9.835) at NCAA Regional Championships ... Earned all conference honors as an all rounder ... Matched season-high marks at Pac-10 Championships, tying for fourth on beam (9.925) and fifth on floor (9.95) ... Placed fourth in the all-around with a 39.625.

**Club/High School:** International Elite gymnast ... Earned a spot as an alternate on the bronze medal-winning U.S. World Championship Team ... 2001 U.S. Classic vault champion ... Member of the 2000 Level 10 national team.

**Personal:** Born January 1, 1984 ... Daughter of Steve and Cindy Foley ... Father played football at Tulane and spent 12 years playing for the Denver Broncos where he holds the interception record ... Enjoys traveling and hanging out with friends.

# Natalie Foley

Senior, Englewood, CO

**Stanford Gymnastics Will Be Fun To Watch This Year Because:** Our team is amazing!!! We have three awesome freshmen and our whole team from last year is back, more determined than ever. I think our gymnastics is going to be better, bigger, and more exciting this year than any other year.

**My Greatest Athletic Moment Was:** Being in the Super Six and getting third place as a team my sophomore year. Our team was unstoppable that year. We were so unified, passionate, determined, committed, and confident. We hit 54 for 54 routines the whole weekend. It was an exciting competition that I will never forget.

**The Athlete I Admire Most:** My dad

**Since Coming To Stanford, I Have Learned:** So many things. I have learned a lot of stuff academically. I have learned what it means to be a team and how to work together as a team. I have learned a lot about who I am and what makes me tick.

**Best Book I Have Ever Read:** The Bible or the Mark of the Lion series by Francine Rivers

**My Favorite Class:** Mental aspects of sports and performing arts

**Favorite Food:** Eggplant parmesan, good soup, ice cream (and all of my mom's yummy cooking)

**If I Had To Cook All Of My Meals, I'd Probably Survive On:** Soup, oatmeal, salad, yogurt, cereal, fruit

**My Favorite Movie:** Dumb and Dumber, Tommy Boy, Best in Show, The Passion, Gladiator, The Patriot

**My Ultimate SportsCenter Highlight Would Be:** When I broke the bars in Oklahoma my sophomore year

**The Person Or People Who Have Had The Greatest Influence In My Career:** My mom and dad. They have given me so much love and support throughout my gymnastics career. They have helped me keep everything in perspective, have always let me know that my worth is not based on my performance, and have loved me no matter what. My dad gave me so much advice and wisdom on sports and the mental aspects of overcoming hard times.

**If I Could Invite Three People To Dinner In History, They Would Be:** Jesus, the apostle Paul, and Dallas Willard

**My Advice To Youngsters:** Don't be afraid to dream big. Passion, hard work, commitment, faith, and perseverance through hard times will take you far in life... Treat other people, and especially your parents, with love and respect. You may not understand everything they tell you to do, but they do everything out of love for you.







# Jessica Louie

Senior, Loomis, CA

High School: Del Oro

Club: Byer's Gymnastics Center

*Coach Smyth on Louie:*

*"I am looking for Lou to be a starter and set the tone for us on bars and vault this season. Nothing can compare to senior leadership and experience... Lou knows what it takes to compete on the last day of the year in a Super Six and has the confidence to lead us in style."*

**As a Junior in 2005:** Co-captain of the 2005 squad ... Began competing late in the campaign following early season injuries ... Scored a 9.65 on bars and a 9.35 on vault at the West Regional (4/9) ... Registered a personal season-high vault score at the Pac-10 Championship (3/26) with a 9.625... Also registered a 9.825 on bars against the Crimson Tide.

**As a Sophomore in 2004:** Competed on the vault, bars, and floor at the NCAA Super Six ... Scored a 9.925 on the vault ... Tied for first on the vault at the North Central Regional with a score of 9.90 ... Finished fifth on bars and tied for eighth on floor at the regional ... Finished first on the vault at Maryland with a career-high 9.975 ... Finished second on the vault at Oregon State with a 9.900 ... Set a career-high on floor with a 9.975, while scoring a 9.925 on vault in Stanford's dual meet versus Cal ... Earned a 9.875 on vault at Oklahoma to capture first in that event ... Competed on the vault and in the floor exercise in Stanford's dual meet at UCLA, earning a 9.90 on floor which tied her for the second best score on that event at the meet.

**As a Freshman in 2003:** Competed on vault and floor, making eight appearances ... Recorded a 9.775 on floor in the preliminary round of NCAA Championships ... Posted a career-high 9.875 on floor to tie for 17th place at Pac-10 Championships.

**Club/High School:** Level-10 gymnast ... Placed third on the vault, second on floor exercise and seventh in the all-around at the 2001 Level-10 Nationals ... An explosive vaulter and tumbler.

**Personal:** Born September 27, 1984 ... Daughter of Clifford and Mary Louie ... Father was a member of the Cal crew team ... Enjoys reading and talking with friends and family.



**Stanford Gymnastics Will Be Fun To Watch This Year Because:** It's going to be a season of domination by us...who wouldn't want to see that?

**My Greatest Athletic Moment Was:** Contributing to our third place finish in NCAA Super Six of the 03-04 season

**The Athlete I Admire Most:** There isn't one person that I admire, it's more of the qualities of a great athlete that I admire—passion, dedication, love for their sport and determination to not give up when they run into an obstacle

**The Current Or Former Stanford Athlete I Most Enjoying Watching Perform:** My roommate Leah Tapscott (soccer) she isn't afraid to run head on into an opponent if it means getting the ball :)

**Best Book I Have Ever Read:** I've read so many but one of my favorite authors is Toni Morrison

**My Favorite Class:** I liked my Mapping and Wrapping class, and although the Humbio core was rough it was really interesting

**Favorite Food:** Chocolate--it should be its own food group

**If I Had To Cook All Of My Meals, I'd Probably Survive On:** cereal and fruit

**My Favorite Movie:** It changes every time I see a new one but for now it's Crash--I also love musicals

**My Favorite TV Show:** There's a slew of them but America's Next Top Model and Nip/Tuck are right up there

**Favorite Actor:** Denzel Washington, and of course Brad Pitt (can't get past that hot body...)

**Favorite Actress:** Catherine Zeta-Jones, she's a very classy woman

**The Best Advice I Ever Received Was:** Forget what happened in the past and work with what you have now

**The Person Or People Who Have Had The Greatest Influence In My Career:** I try to take a little from everyone in my life

**I'd Like To Switch Places For A Day With:** Queen Elizabeth always looks like she's having some fun

**If I Could Bring Anything From My Hometown To Stanford It Would Be:** The county roads—I love driving fast on the windy narrow roads at night

**One Wish I Would Make For The 21st Century:** To rule the world





# Glyn Sweets

Senior, Reston, VA

High School: Magruder  
Club: Hill's Gymnastics

*Coach Smyth on Sweets:*

*"I am rooting for Glyn to have a special year. She has many gifts. Given a sense of urgency in her approach she has the opportunity to be one of the top bar and beam performers in the nation."*

**As a Junior in 2005:** Returned to the form that saw her garner All American honors as a freshman ... Did not compete in Stanford's last six meets due to injury ... Was outstanding against UCLA (2/18), scoring a 9.800 on vault, a personal season-high 9.850 on bars, and a team-high 9.725 on beam ... Continued to excel on vault, tying for first place at Arizona (2/11) with a score of 9.825 ... Also competed on bars and beam against the Wildcats ... Scored a 9.775 on beam at Central Michigan (2/4) ... Also competed on vault and bars against the Chippewas ... Was outstanding against Oregon State (1/28), scoring a 9.825 to tie for second on the vault.

**As a Sophomore in 2004:** Battled injuries through much of 2004 season ... Earned a 9.775 on the bars at the NCAA Super Six ... Tied her second highest career score on the vault with a 9.925 in Stanford's dual meet at UCLA ... Participated in the all around for the first time this season in Stanford's dual meet versus Washington, finishing second on bars (9.925) and tying teammate Stacy Sprando for fifth place on beam (9.825)... Made season debut at dual meet with Arizona State, registering a 9.750 on vault and a 9.800 on balance beam.

**As a Freshman in 2003:** Earned Second Team All America honors on vault and beam ... Competed primarily on vault, bars and beam ... Competed on bars and tied for ninth place on vault (9.875) in the preliminary round of NCAA Championships ... Tied for third place on vault (9.875), placed fourth on bars (9.85) and tenth on beam (9.85) at NCAA Regional Championships ... Tied for third with a 9.925 on vault, placed 13th on bars (9.875) and 25th on beam (9.80) at Pac-10 Championships ... Recorded a 9.80 or better in eight-of-nine meets.

**Club/High School:** 2002 Level-10 Junior Olympic National Champion ... Member of the National Elite Team ... Took fourth place on the balance beam in the Senior International US Championships in 2001 ... Placed fourth in the All Around at the 1999 Junior International US Championships.

**Personal:** Born July 12, 1985 ... Daughter of Fred Sweets and Denise Borders ... Hobbies include reading, writing, drawing, listening to music and watching movies.



**Stanford Gymnastics Will Be Fun To Watch This Year Because:** We have an amazing group of girls with much improved depth and big skills...our team chemistry is apparent, and when you're having that much fun doing gymnastics it's contagious

**My Greatest Athletic Moment Was:** My first national championships as an elite...that, and our 2004 Nationals here

**The Athlete I Admire Most:** Dominique Dawes

**The Current Or Former Stanford Athlete I Most Enjoy Watching Perform:** Ogonna Nnamani

**Since Coming To Stanford, I Have Learned:** To work hard and take full advantage of the opportunity we've been given. To be a part of the athletic program here and earn a Stanford degree is an incredible thing.

**Best Book I Have Ever Read:** Their Eyes Were Watching God by Zora Neale Hurston

**My Favorite Class:** Hemingway, Hurston, Faulkner, and Fitzgerald (English, 2004) and Mapping and Wrapping the Body

**Favorite Food:** Everything, but especially Thai and anything my mom or grandma makes. And ice cream.

**My Favorite Movie:** Love and Basketball, The Shawshank Redemption

**Favorite Actor:** Denzel Washington

**Favorite Actress:** Sanaa Lathan

**The Best Advice I Ever Received Was:** "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

**The Person Or People Who Have Had The Greatest Influence In My Career:** My parents--they have sacrificed so much for me and supported my decisions throughout my life in gymnastics, and helped me become a better person in and out of the gym--as well as Kelli Hill and all of my club teammates and coaches

**If I Could Invite Three People To Dinner In History, They Would Be:** Martin Luther King, Jr., Boris Kodjoe, and Toni Morrison

**My Advice To Youngsters:** Don't ever take anything for granted and live life doing the things you enjoy ☺  
Never settle.

**If I Had One CD To Listen To It Would Be:** Acoustic Soul by India Arie

**One Wish I Would Make For The 21st Century:** World peace...and competent leadership for our country





# Stacy Sprando

Junior, Portland, OR

**Stanford Gymnastics Will Be Fun To Watch This Year Because:** We have thirteen amazing girls on the team who are all ready to kick some serious butt this year!

**My Greatest Athletic Moment Was:** I have two "greatest athletic moments." One was finding out I had gotten accepted to Stanford and that I would be on the gymnastics team here and the other was when we won PAC-10's as a team my freshmen year

**The Athlete I Admire Most:** Ogonna Nnamani (volleyball player from Stanford). She is one of the most inspirational people and athletes I have ever met. She is passionate about excelling at her sport but she keeps a great perspective on life and the big picture

**Since Coming To Stanford, I Have Learned:** You can always learn something new if you take the time to really listen to people

**Best Book I Have Ever Read:** I have a few: "Searching for God Knows What" by Donald Miller, "The House of Spirits" by Isabel Allende and "The Power of One" by Bryce Courtenay

**Favorite Food:** Sushi!

**Least Favorite Food:** clams

**My Favorite Movie:** I can't pick just one so I'd have to go with: Million Dollar Baby, Love Actually and Dirty Dancing (the original)

**Favorite Actor:** Orlando Bloom

**Favorite Actress:** Kiera Knightly

**The Best Advice I Ever Received Was:** I don't know if this is considered advice or encouragement but my mom always tells me, "everything happens for a reason" and thus far in my life it seems to have been true whether I understand what the reason is or not.

**The Person Or People Who Have Had The Greatest Influence In My Career:** Tracy Meador, my club coach from back home in Oregon

**If I Could Invite Three People To Dinner In History, They Would Be:** The Dalai Lama, William Shakespeare and Anne Frank

**I'd Like To Switch Places For A Day With:** I'd probably like to switch places with Liz, Fee or Nat for a day just so I would know what it feels like to have a crazy amount of energy all the time!

**My Advice To Youngsters:** This is pretty simple but my advice would be: do what you love

High School: St. Mary's Academy

Club: Metro Gymnastics

*Coach Smyth on Sprando:*

*"Stacy cares deeply about the team, the program and Stanford University... she is the heart and soul of the team. Stacy has made some strategic changes to her bar and beam routines this season to highlight her strengths."*

**As a Sophomore in 2005:** A strong beam and bar worker for the Cardinal ... Added the floor exercise to her repertoire in 2005 ... Named Pac-10 All-Academic honorable mention ... Competed on beam at the West Regional in Seattle (4/9) ... Saw action on bars and beam at the Pac-10 Championship (3/26) ... Competed on bars and beam at the San Jose State tri-meet (3/19), tying a personal season-high with a 9.725 on beam ... Saw action on bars against Alabama (3/6), receiving a 9.725 ... Competed on bars at the Utah Quad (3/4), scoring a 9.750 ... Recorded a personal season-high on bars against Arizona State (2/25), tying for fourth with a 9.800 score ... Registered a then-personal season-high on bars with a 9.750 against UCLA (2/18).

**As a Freshman in 2004:** Significant contributor as a freshman ... Scored a 9.700 on beam at the NCAA Super Six ... Posted a score of 9.700 on the bars at the NCAA Team Preliminaries ... Earned a 9.700 on the balance beam at the North Central Regional ... Turned in a solid performance on the balance beam at the Pac-10 Championship with a 9.825, tying her second best career score ... Tied for second on the balance beam at Oregon State with a career-high 9.925 ... Earned a career-high 9.900 on bars in Stanford's dual meet versus Cal ... Scored a 9.825 on beam at Oklahoma... Competed on bars and beam versus Arizona State, earning a 9.800 on bars in just her second collegiate meet.

**Club/High School:** A former National Elite competitor, Sprando finished first on bars at the 2003 National Championships, while finishing fifth in the all-around competition ... Placed second on the floor exercise and on uneven bars at the 2003 regionals ... Placed first on balance beam and in the all around at the Regional Championships in consecutive years (2002, 2003) ... 2002 State All Around champion ... Member of Junior National training squad (1999, 2000).

**Personal:** Daughter of Dave and Teri Sprando ... Majoring in Human Biology ... Hobbies include bike riding, listening to music, doing arts and crafts, watching movies and hanging out with friends.







# Lauren Elmore

Sophomore, Bloomington, IN

High School: Bloomington North

Club: Wright's Gymnastics

*Coach Smyth on Elmore:*

*"Lauren, our MVP in 2004, will have a late start due to a toe injury but should be back later this year. Lauren is one of our best competitors especially on balance beam... where her focused approach set the standard on beam for her teammates."*

**As a Freshman in 2005:** Emerged as a reliable all around competitor during her freshman season ... Competed in the all around in 10 of Stanford's 11 meets ... Scored a 38.875 in the all-around at the West Regional in Seattle (4/9) ... Set a personal season-high on beam with a 9.90 to tie for third place ... Led the Cardinal to a season-high team score of 49.00 on beam at the West Regional ... Returned to all around competition at the Pac-10 Championship (3/26), scoring a 38.925 to finish seventh ... Matched a personal season-high on vault with a 9.60, and set a personal season-high on beam with a 9.825... Had the best meet of her collegiate career against Alabama (3/6), setting personal season-highs in the all around (39.05) and beam (9.80), while tying season-highs on vault (9.60) and floor (9.80)... Was Stanford's top all around finisher against UCLA (2/18), finishing fourth with a 38.700 ... Tied a season-high with a 9.825 on floor against the Bruins ... Competed in the all around at Arizona (2/11), finishing fifth with a score of 38.35 ... Finished third in the all around at Central Michigan (2/4), scoring a 38.85 ... Also set personal season-high in the floor exercise with a 9.825.

**Club/High School:** Five-time Level-10 Junior Olympic Nationals competitor ... Junior Olympic National all around champion in 2003, placing third in the floor exercise and fourth on the beam ... Named Region 5 Junior Olympic Athlete of the Year in 2003 ... Member of the 2003

Region 5 All-Star Team ... Competing for Wright's American Gymnastics, she placed 10th in the all-around at the 2000 Junior Olympic Nationals ... A graduate of Bloomington High School North.

**Personal:** Born November 1, 1985 in Bloomington, IN ... Daughter of D.G. and Virginia Elmore ... Is the second oldest of six siblings ... Hobbies include reading, hanging out with friends and family, and watching movies ... Undeclared major.

**Stanford Gymnastics Will Be Fun To Watch This Year Because:** Everyone is doing big, exciting gymnastics, and we have an amazing chemistry and enthusiasm that will show through.

**My Greatest Athletic Moment Was:** Winning JO Nationals in 2003

**The Athlete I Admire Most:** Lance Armstrong

**Best Book I Have Ever Read:** Hmm, this is hard. I have a lot. Overall life, the Bible. Pure enjoyment, Pride and Prejudice. Learned from and enjoyed, Atlas Shrugged.

**Favorite Actor:** I'm going to go with Brad Pitt—looks always prevail over personality and talent

**My Ultimate Sportscenter Highlight Would Be:** A beam routine where I nail all of my skills and finish with a stuck landing at NCAA Finals

**My Favorite Musical Group:** Jars of Clay

**The Person Or People Who Have Had The Greatest Influence In My Career:** My parents, who've supported me through it

**If I Could Invite Three People To Dinner In History, They Would Be:** C.S. Lewis, Paul, and Winston Churchill

**My Advice To Youngsters:** set goals, and work towards them

**If I Could Bring Anything From My Hometown To Stanford It Would Be:** my family

**Favorite Food:** Ice Cream (especially the peppermint, unfortunately they usually only have it at Christmas)

**Least Favorite Food:** peas \*\*side note: any shade of green that resembles peas is also gross

**My Favorite Movie:** comedies are good and anything that gives me a good cry, chic flicks







# Stephanie Gentry

Sophomore, Plano, TX

High School: Alpha Omega Academy  
Club: World Olympic Gymnastics Academy

*Coach Smyth on Gentry:*

*"Stephanie is one of the most artistic gymnasts in program history with exceptional form and execution. Steph has everything a gymnast could possibly want--incredible ranges of motion, beauty, power and grace. As Steph continues to grow within our program she will undoubtedly take her place among the Stanford greats."*

**As a Freshman in 2005:** Emerged as one of Stanford's top performers on vault and a solid competitor on beam and floor during her freshman campaign ... Tied for first place with teammate Natalie Foley on vault at the San Jose State tri-meet (3/19) with a 9.80 ... Tied a personal season-high with a 9.80 score on beam at SJSU ... Competed on vault, beam, and bars against Alabama (3/6) ... Scored a 9.85 on vault for the second straight week, tying a personal season-high ... Set her personal season-high with a 9.85 on vault at the Utah Quad (3/4) ... Also received a 9.825 in the floor exercise at Utah ... Placed first on the balance beam with a score of 9.80 against Arizona State (2/25) ... Also tied for third on vault with a 9.775, and tied for third in the floor exercise with a 9.80 against the Sun Devils... Was one of three Cardinal gymnasts to tie for fourth in the floor exercise against the Bruins, scoring a 9.825.

**Club/High School:** Two-time USA Championships competitor ... A member of the National Team from 2000-2001 ... Competed internationally in France, Ukraine, and Russia ... Finished fourth in the all around at the 2004 National Podium Meet ... Placed 23rd at the 2003 National Championships ... Sixth in the all around at the 2002 Golden Lilia Cup in Donetsk, Ukraine ... Placed eighth in the all around at the 2002 Voronin Cup in Moscow, Russia ... Finished 10th in the all around at the 2000 National Championships ... Member of the first place team at the 2000 Friendship Cup in Saint Etienne, France ... Competed for the World Gymnastics Academy ... Coached by Evgeny Marchenko and Natasha Boyarska ... Attended high school at Spring Creek Academy and Alpha Omega Academy online.



**Personal:** Born June 23, 1987 in Houston, TX ... Daughter of Tim and Tammie Gentry ... The oldest of three siblings ... Lists competing in the 2002 Voronin Cup in Moscow as her most exciting experience in sports ... Hobbies include swimming, skiing, watching movies, and shopping ... Undeclared major.

**Stanford Gymnastics Will Be Fun To Watch This Year Because:** Our levels of energy and enthusiasm are very high and we are very excited to compete and show what we can do

**My Greatest Athletic Moment Was:** Being named to the National Team in 2000 and receiving a full scholarship to Stanford

**The Athlete I Admire Most:** Nolan Ryan

**Best Book I Have Ever Read:** The Bible

**My Favorite Class:** Russian

**Favorite Food:** Pizza and ice cream

**If I Had To Cook All Of My Meals, I'd Probably Survive On:** Pop Tarts

**My Favorite Movie:** The Notebook, A Walk to Remember, The Lion King, Mean Girls, Pirates of the Caribbean, Shrek 2, Finding Nemo

**Favorite Actor:** Orlando Bloom, Chad Michael Murray, Michael Vartan

**Favorite Actress:** Rachel McAdams, Reese Witherspoon, Jennifer Garner

**The Best Advice I Ever Received Was:** Stay positive and happy no matter what because no one likes a moper

**The Person Or People Who Have Had The Greatest Influence In My Career:** Mom and Dad, coaches, teammates

**If I Could Invite Three People To Dinner In History, They Would Be:** The Apostle Peter, Sam Houston, Squanto

**If I Could Bring Anything From My Hometown To Stanford It Would Be:** The mall, my dogs, Tex-Mex food

**If I Had One CD To Listen To It Would Be:** Kelly Clarkson's Breakaway

**If I Could Trade Places With Anyone For The Day It Would Be:** Harry Potter

**One Wish I Would Make For The 21st Century:** World peace





# Alex Pintchouk

Sophomore, Mt. Laurel, NJ

High School: Stuart Country Day School

Club: Will-Moor Gymnastics

## Coach Smyth on Pintchouk:

*"Alex took the summer as an opportunity to get better and stronger. She has untapped potential and I believe will get better every year in our program. She is always a crowd favorite - a beautiful gymnast with fantastic presentation and showmanship."*

**As a Freshman in 2005:** Solid performer competed in the all around five times last season, while participating on vault and floor in all 11 meets ... Posted a personal season-high all around score of 38.95 at the West Regional in Seattle (4/9), finishing ninth ... Also recorded a personal season-high 9.75 on the balance beam ... Competed on vault, bars, and floor at the Pac-10 Championship (3/26), scoring a 9.75 on vault ... Tied a personal season-high with a 9.75 on bars at the San Jose State tri-meet (3/19) ... Also competed on vault and floor at SJSU ... Was outstanding against Alabama (3/6), registering personal season-highs on vault (9.80) and bars (9.75)..on vault, and matching a personal season-high on floor with a 9.80 ... Competed in the all around for the first time since February 4th, finishing third against Arizona State (2/25) ... Set a personal season-high in the all around with a 38.725 against the Sun Devils ... Set a then-personal season-high on vault with a 9.75 against UCLA (2/18).

**Club/High School:** Two-time Level-10 New Jersey state champion (2003-2004) ... Finished first in the all around, vault, beam, and floor at the 2003 New Jersey state championships and first in the all around, floor, and beam in 2004 ... Level-10 Region 7 champion, finishing first in the all around and beam ... A three-time Level-10 Nationals qualifier ...

Established a New Jersey state floor record in 2004 and a state record on the beam in 2003 ... Competed for the Will-Moor School of Gymnastics.

**Personal:** Born on August 21, 1986 in Minsk, Belarus ... Daughter of Peter and Valentina Pintchouk ... Mother was a member of the Russian national gymnastics team ... Lists competing at the Parkette Invitational as her most exciting experience in sports ... Hobbies include shopping, hanging out with friends, going to the beach, and listening to music ... Undeclared major.

**Stanford Gymnastics Will Be Fun To Watch This Year Because:** We lost no one from last year and gained Heather, Kelly, and Nicole, so the talent is awesome and team chemistry is great

**The Athlete I Admire Most:** Lance Armstrong, surviving cancer and still managing to win 7 Tours de France

**The Current Or Former Stanford Athlete I Most Enjoying Watching Perform:** Nikki because she has such beautiful lines and can do pretty much anything perfectly. I am always amazed by her gymnastics and how humble she is

**Best Book I Have Ever Read:** The DaVinci Code

**My Favorite Class:** An introductory-seminar that I am taking this year called Mapping and Wrapping the Body. It is really interesting and fulfills multiple GER's

**Favorite Food:** Coffee ice cream and chocolate covered strawberries

**If I Had To Cook All Of My Meals, I'd Probably Survive On:** grilled chicken

**My Favorite TV Show:** The OC...what can I say, I got hooked

**Favorite Actor:** Paul Walker

**Favorite Actress:** Julia Roberts

**The Best Advice I Ever Received Was:** Don't dwell on the negatives because life is too short to be anything but happy and live every day as if it were your last

**The Person Or People Who Have Had The Greatest Influence In My Career:** My mom because she was also my coach. Everything I learned came from her

**If I Could Invite Three People To Dinner In History, They Would Be:** A great ancestor of mine, Anastasia (Russian princess), anyone else that wants to join

**My Advice To Youngsters:** Enjoy the days that you are a kid because they go by way too fast and before you know it, you have to act like an adult

**If I Had One CD To Listen To It Would Be:** A mix my friend made me that reminds me of all my friends and memories from back east

**One Wish I Would Make For The 21st Century:** Graduate from college and find a job that I love







# Aimee Precourt

Sophomore, Pasadena, TX

High School: Deer Park

Club: Champion Gymnastics Academy

*Coach Smyth on Precourt:*

*"Aimee epitomizes the student-athlete at Stanford University, putting in maximum effort in both the classroom and the gym. She is a strong leader and an extremely determined gymnast who is improving all the time."*

**As a Freshman in 2005:** Saw increased action as the season progressed, competing in the all around for the first time at the West Regional in Seattle (4/9) ... Was outstanding at the Pac-10 Championship (3/26), setting a personal season-high on vault with a 9.675 and matching personal season-highs on beam (9.725) and floor (9.800)...Also competed on beam and floor at SJSU ... Registered a personal season-high 9.80 score on floor against Alabama (3/6) ... Saw action on beam and the floor exercise for the second straight meet at the Utah Quad (3/4) ... Competed on beam for the first time in her career against Arizona State (2/25), tying for third with a score of 9.725.

**Club/High School:** Two-time Junior Olympic Nationals competitor ... 2004 Level-10 Texas State all around champion and co-champion on uneven bars ... Finished second in the all-around at the Region 3 championships in both 2003 and 2004 ... Competed for Champion Gymnastics Academy ... Placed 13th in the all around at the 2003 Nationals and 17th at the 2004 Nationals ... Finished fourth on the floor exercise at the 2004 Nationals ... A graduate of Deer Park High School.

**Personal:** Born December 28, 1985 on Edwards Air Force Base, CA ... Daughter of Charles and Lynne Precourt ... Is the youngest of three sisters ... Hobbies include church activities, reading, and spending time with family and friends ... Father played ice hockey at the Air Force Academy ... Lists qualifying for Nationals for the first time as her most exciting experience in sports ... Considering a major in Human Biology and contemplating a career as an orthopedic surgeon following college.



**Stanford Gymnastics Will Be Fun To Watch This Year**

**Because:** Everyone on the team loves to do gymnastics and I think this will show through our performances. I expect our passion to overflow and get the audience excited (not to mention the fact that we are going to be *awesome* this year!)

**My Greatest Athletic Moment Was:** When I qualified to JO Nationals for the first time and all my family and teammates were there to share the moment

**Since Coming To Stanford, I Have Learned:** Wow, do I actually have to pick just one?! That's crazy. The more I learn, the more I realize there's so much more to learn—how about that? Let's see, if you really want something tangible...I have learned how to do my own laundry ☺

**Best Book I Have Ever Read:** The Bible

**My Favorite Class:** Right now, Human Biology. I also really liked my PWR professor last year

**Favorite Food:** My mom's homemade fajitas and scallops

**My Favorite Movie:** Man, this is a hard one to choose...if I'm in the mood for a comedy it would have to be *Napolean Dynamite* or *Tommy Boy*. Otherwise, *Radio* or *Remember the Titans*

**My Favorite TV Show:** *Friends* and *The Amazing Race*

**Favorite Actor:** Denzel Washington

**Favorite Actress:** Julia Roberts

**My Ultimate Sportscenter Highlight Would Be:** A triple on floor or my flight on beam

**The Best Advice I Ever Received Was:** "Don't quit while you're down because then you'll always be left wondering "what if". Stick it out, get back on top, and then decide. That way, you're making the decision, not giving in."—my dad (paraphrased)

**The Person Or People Who Have Had The Greatest Influence In My Career:** My mom and dad—there's no way I would have ever been blessed with the opportunity to compete for Stanford (my long time dream) if it hadn't been for their love, support, and guidance!

**If I Could Invite Three People To Dinner In History, They Would Be:** Colin Powell, Jesus, and Mother Theresa

**My Advice To Youngsters:** Believe in yourself and never give up on your dreams—anything is possible! Enjoy life and make sure you get at least one good laugh in a day! ☺





# Liz Tricase

Sophomore, Itasca, IL

High School: Lake Park  
Club: Illinois Gymnastics Institute

## Coach Smyth on Tricase:

*"Liz is extraordinarily self-motivated and passionate about gymnastics. She is one of the most exciting athletes to work with because of her explosive tumbling, high flying releases and great attitude. She is an emotional leader on our team... warm, positive and upbeat."*

**As a Freshman in 2005:** Explosive performer emerged as one of the top freshman gymnasts in the nation ... Missed the final portion of the season after re-injuring her ankle prior to the meet against Alabama (3/6) ... Was Stanford's top all-around performer at the Utah Quad (3/4), scoring a 39.375 to finish fourth and set a team individual season-high ... Captured fifth on vault (9.85), sixth on beam (9.825), and third in the floor exercise (9.90) at the quad meet ... Earned her second Pac-10 Gymnast of the Week honor after her performance against Arizona State (2/25) ... Captured first place in three events against the Sun Devils, scoring a 9.875 on vault, a 9.95 on bars, and a 9.90 on floor ... Placed first on bars at Central Michigan (2/4) with a score of 9.925, marking the third straight meet that she took first in that event... Excelled against Oregon State (1/28), placing first in vault and bars with scores of 9.90 and 9.95, respectively ... Named Pac-10 Gymnast of the Week after her performance against the Beavers.

**Club/High School:** A four-time United States National Team member ... Captured 10th place at the 2004 Olympic Trials and qualified to the Final Olympic Selection Camp ... The 2002 U.S. vault champion ... 2000 Level-10 Junior Olympics National all-around champion ... Three-time USAG Sportsperson of the Year (2002-2004) ... Competed for the Illinois Gymnastics Institute (IGI) ... Coached by Todd Gardiner and Cathy Pineda ... A graduate of Lake Park High School.

**Personal:** Born July 26, 1986 in Elmhurst, IL ... Daughter of Pino and Sheila Tricase ... Has a younger brother named Nick ... Enjoys shopping and watching movies in her free time ... Considering a major in Human Biology and contemplating a career in the medical field.



**Stanford Gymnastics Will Be Fun To Watch This Year Because:** We have so many amazing aspects of gymnastics picked into our team, and everybody's style is unique. We have a very entertaining team to watch, and this is going to be a very exciting year!

**My Greatest Athletic Moment Was:** This one's a tough call. Definitely being voted Sportsperson of the year by the girls on the National Team, competing in the Olympic Trials and finding out I was going to be able to do gymnastics for Stanford!! It's a three-way tie!

**The Athlete I Admire Most:** Without a doubt Tabitha Yim because she made a game-winning shot against her big brother in a basketball game

**The Current Or Former Stanford Athlete I Most Enjoy Watching Perform:** David Sender from the men's gymnastics team because he's my motivation to learn how to jump higher. He proves that white men CAN jump

**Best Book I Have Ever Read:** El Autobús Mágico: En El Cuerpo de Ralphie because it was the catalyst for my interests in the human body and the Spanish language

**The Best Advice I Ever Received Was:** Well, Chris Swircek once told me that it's okay to pick your friends, and it's okay to pick your nose, but it's not okay to pick your friend's nose

**The Person Or People Who Have Had The Greatest Influence In My Career:** My family, my friends, all of my coaches and all of my teammates...everyone has been so encouraging and supportive of me. They believed in me, they never got down on me, and loved me regardless of how I did. I'm so lucky to have been surrounded by such wonderful people who helped me take my love for the sport of gymnastics even farther

**One Wish I Would Make For The 21st Century:** That Tabitha Yim is again able to experience another astonishing victory in one-on-one basketball

**My Favorite Class:** "Images of Women in French Cinema." Just ask me about it and I'll tell you all you need to know. Or perhaps my Italian class with Professor Giovanni Tempesta because he's quite possibly the coolest man walking on the face of this earth today

**I'd Like Yo Switch Places For A Day With:** Aerial from The Little Mermaid because I've always wondered what it's like to live under the sea. Plus by the end of the day I'd have legs again and be married to Prince Eric, who's pretty hot (for a cartoon)





# Tabitha Yim

Sophomore, Irvine, CA

High School: Northwood  
Club: Gliders Gymnastics

## Coach Smyth on Yim:

*"Tabitha is a crowd favorite and one of the greatest performers of all time. Tab is also a fierce competitor with a wealth of experience. When the pressure is on Tab rises up and is at her finest. She is a phenomenal all around gymnast and has already made history at Stanford, being the first freshman in SWG history to be a 4 - time First Team All American."*

**As a Freshman in 2005:** World class gymnast capped an outstanding freshman campaign with an exceptional showing at the NCAA Championships ... Garnered First Team All American honors in the all around, bars, beam, and floor exercise following her performance at nationals ... Placed third in the floor exercise at the NCAA Event Finals (4/23) with a 9.925 score ... Also competed in the event finals on the uneven bars (9.875) and the balance beam (9.837) ... Posted solid numbers at the NCAA Team Prelims (4/21), setting a team season-high with a 39.45 in the all-around ... Set a team season season-high and a personal season-high with a 9.925 on the beam, capturing first place in the first session of the team prelims ... Tied for second place in the first session with a 9.90 on bars and tied for third with a 9.900 on floor ... Was the nation's top scoring individual qualifier to the NCAA Championships after scoring a 39.250 in the all-around at the West Regional in Seattle (4/9), marking the first time she competed in the all around... Finished second at the Pac-10 Championship (3/26) with a 9.90 score on bars.

**Club/High School:** Competed for Charter Oak Gliders club ... Coached by Steve and Beth Rybacki ... Member of bronze medal team at the 2001 World Championships ... A 2003 graduate of Northwood High School.

**Personal:** Born November 2, 1985 in Los Angeles, CA ... Daughter of Howard and Inja Yim ... Has an older brother named Jonathan ... Undeclared major.



**Stanford Gymnastics Will Be Fun To Watch This Year Because:** What about Stanford Gymnastics is not fun is the question you should be asking. Come watch and TRY to find something "not fun" b/c this year we are on a mission to kick butt!

**My Greatest Athletic Moment Was:** ...different than someone might expect. It happened one bright, shining, sunny day in July when I was playing 1 on 1 with my brother. We were playing best to 5 and he did give me a 3 point lead, but he caught up really fast and we were soon tied 4-4. What happened next still astonishes me! Somehow I was able to drive past him and make a game winning jump shot! That was "the greatest" athletic moment that I have ever experienced and that I will probably never experience again

**The Athlete I Admire Most:** I don't know his name, but I remember watching him swim in the 2000 Summer Olympics. He was from a country where they did not have sufficient resources or equipment for him to prepare. I believe that when he swam in the Olympics it was the first time he had ever been in an Olympic size pool. For some reason the other participants in his group were disqualified or did not compete so he was the only person swimming. I really admired him for his effort and for the heart that he showed when he swam

**Since Coming To Stanford, I Have Learned:** I have learned that when you cram a giant comforter into the washer after already putting in sheets and pillow covers there is an undesirable outcome. Instead of clean bedding one is left with suds and BUBBLES!

**Favorite Food:** Haagen Daz coffee ice cream & home-cooked meals

**My Favorite Movie:** Roman Holiday, My Sassy Girl, all chick flicks!

**My Favorite TV Show:** Family guy, Friends, the O.C., and the Korean Dramas I watch with my Mom haha

**Favorite Actress:** Audrey Hepburn

**My Ultimate Sportscenter Highlight Would Be:** The ultimate Sportscenter highlight will be when the 2005-06 Stanford Women's Gymnastic Team wins the NCAA Championships this year ☺

**My Favorite Musical Group:** Billiam

**The Best Advice I Ever Received Was:** "Walk by faith"

**The Person Or People Who Have Had The Greatest Influence In My Career:** My family: my brother, Mom, Dad, godparents, Beth & Steve Rybacki, church, physical therapist, doctors. I wouldn't be where I am today if it weren't for all these people. I am so lucky and grateful to have them in my life

**My Advice To Youngsters:** "Take too many pictures, laugh too hard, & love too much because every 60 seconds you spend upset is a minute of happiness you'll never get back"



*Coach Smyth on Fee: "Kelly is a fireplug- -a spark- -the energy that fires up our team. She has unbridled enthusiasm for Stanford gymnastics and a positive attitude that is simply contagious. She is bright, funny, quick witted, and brutally honest. What you see is what you get from Fee, she wears her emotions on her sleeve...I love that about her!"*

High School: St. Charles

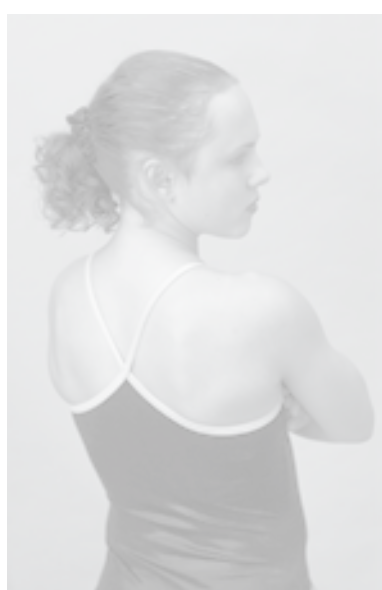
Club: Illinois Gymnastics Institute

**Club/High School:** An international elite gymnast and member of the U.S. National team...Ranked among the Top 15 gymnasts in the country her last year in high school...Has competed at the U.S. National Championships three times and qualified four times...1999, 2000, and 2001 Region 5 national qualifier...2000 Junior Olympic team member (4th in the all around, first in bars, third on beam)...Placed fifth in the all around at the 2005 U.S. Classics in Rochester, New York...Illinois State scholar-athlete.

**Personal:** Born June 19, 1987 in Crownpoint, Indiana...daughter of Dan and Elaine Fee...has an older sister, Colleen (20), and a younger sister, Catherine (17)...loves watching her favorite show, Desperate Housewives, shopping, hanging out with friends, and seeing musicals...considering a major in Political Science or Public Policy.



**Kelly Fee**  
Freshman, St. Charles, IL



*Coach Smyth in Ourada: "Nicole is focused, hard working and efficient...she has complete control of her program. Nicole will be a top all around for us and is going to surprise many people this season. On bars and beam she has unique skill selection and beautiful body lines. She is a strong performer on floor and is very dynamic on vault and tumbling."*

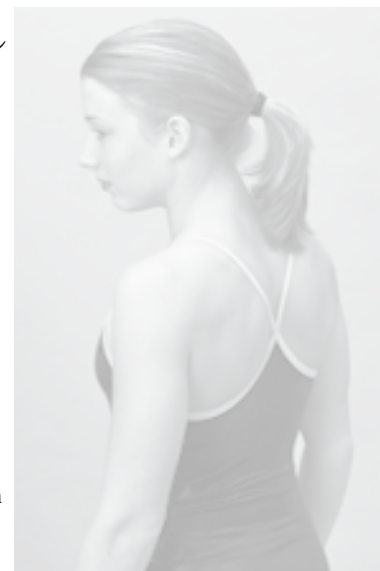
High School: Germantown

Club: LaFleur's Academy of Gymnastics

**Club/High School:** Placed sixth in the All Around at the 2004 Junior Olympic National Championships where she also placed in the top three on vault, bars, and beam...member of the 2005 Junior Olympic National team...five time JO National qualifier...competed for LaFleur's Gymnastics Academy...graduated in the top 10 percent of her class at Germantown High School...also played two years of varsity tennis.

**Personal:** Born July 5, 1987 in Milwaukee, WI...daughter of Dave and Sue Ourada...has a brother, Chris (15)...hobbies include spending time with family and friends, playing tennis and listening to music...considering a major in Human Biology.

**Nicole Ourada**  
Freshman, Germantown, WI



*Coach Smyth on Purnell: "We are so fortunate to have someone like Heather in our program. While she is only a freshman, she is a natural leader. She is an aggressive competitor who is cool and calm under pressure. She has a maturity well beyond her years and great self confidence...it is no surprise that she was the captain of the 2004 Canadian Olympic Team."*

High School: Gloucester

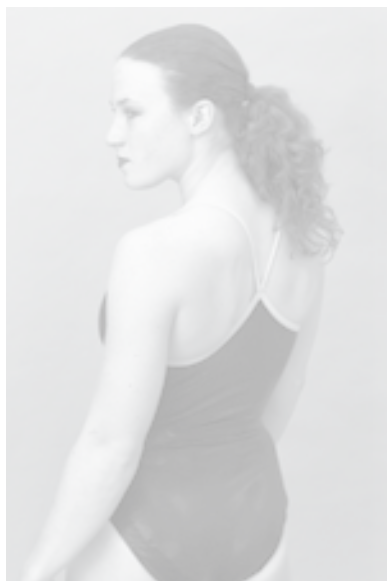
Club: Ottawa Gymnastics Center

**Club/High School:** An international elite gymnast, and a leading member of the senior Canadian National team...second at the 2005 Canadian National Championships and third at the Canadian Olympic Trials...team captain for Canada's 2004 Olympic team...performed at the 2003 World Championships in Anaheim, CA, and the Pan American Games in Santo Domingo.

**Personal:** Born November 5, 1986...daughter of Ted (former Canadian pro football player) and Gini Purnell (former professional golfer)...sister, Ashley, is a sprinter on the Stanford track & field team...undeclared major.



**Heather Purnell**  
Freshman, Metcalfe, Ontario, CAN







# The San Francisco Bay Area



From bustling cosmopolitan cities to quiet coastal retreats, the San Francisco Bay Area is incomparable. First-class attractions, world-class athletics, cultural diversity, remarkable skylines and breathtaking views make this region one of the world's most popular destinations.

And at the hub of this great region is Stanford University, located within an hour's drive of San Francisco to the north, Silicon Valley to the south and the coastal cities which line the Pacific Ocean to the west.

San Francisco has been named the world's top city twice and the country's top city on seven occasions. Surrounded by three sides of the Pacific Ocean and San Francisco Bay, San Francisco's compact 46 square miles crowd the tip of the San Francisco Peninsula. "The City" has a population of 730,000 and is the centerpiece of the San Francisco Bay Area, which is the nation's fifth largest metropolitan region and registers a population of over six million and hosts over 16 million visitors each year.

The City is a cultural wonderland, an ethnic treasure chest where custom, tradition and history are preserved, celebrated and shared. From the vibrant counterculture in Haight-Ashbury to the young and glamorous tech survivors in their South of Market lofts, San Francisco is a golden dream come true.

Visitors and residents of San Francisco have a playground of diversity at their fingertips. Fisherman's Wharf, a must-see for all, includes waterfront marketplaces such as PIER 39, The Cannery and Ghiradelli Square. Golden Gate Park, Chinatown, North Beach, Union Square, Pacific Bell Park, the Embarcadero Center and, world famous cable cars and trolleys are just an example of what The City has to offer. The Golden Gate Bridge, San Francisco's signature landmark, looms as the gateway to the City by the Bay.

To the south of Stanford are Santa Clara and San Jose, the anchors to the Silicon Valley. Computer firms and software companies can be found throughout the region, which is considered the leader among the world's high technology industry.

One of the world's great stretches of coastline is located within a short drive from Stanford University. To the south is the Monterey Peninsula, which includes the picturesque coastal towns of Monterey, Carmel and Santa Cruz. The Monterey Bay Aquarium, Cannery Row and 17-Mile Drive along Pebble Beach are musts for visitors.





# Stanford University



On October 1, 1891, the 465 new students who were on hand for opening day ceremonies at Leland Stanford Junior University greeted Leland and Jane Stanford enthusiastically, with a chant they had made up and rehearsed only that morning. Wah-hoo! Wah-hoo! L-S-J-U! Stanford! Its wild and spirited tone symbolized the excitement of this bold adventure. As a pioneer faculty member recalled, "Hope was in every heart, and the presiding spirit of freedom prompted us to dare greatly."

For the Stanfords on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew students from all over the country: many from California; some who followed professors hired from other colleges and universities; and some simply seeking adventure in the West.

More than one hundred years later, the university still enjoys the original 8,180 acres (almost 13 square miles) of grassy fields, eucalyptus groves, and rolling hills that were the Stanfords' generous legacy, as well as the Quadrangle of "long corridors with their stately pillars" at the center of campus. It is still true, as the philosopher William James said, during his stint as a visiting professor, that the climate is "so friendly ... that every morning wakes one fresh for new amounts of work."

In other ways, the university has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is an hour's drive south of San Francisco and just a few miles north of the Silicon Valley, an area dotted with high technology firms largely spawned by the university's faculty and graduates.







# Life as a Cardinal



Currently 13,900 students, of which 6,500 are undergraduates, live and study on campus. About 40 percent come from California, but all 50 states and approximately 100 countries are represented as well. Among undergraduates, 44 percent are African American, Asian American, Hispanic or Native American. Like the faculty, the Stanford student body is distinguished. Approximately 10 students apply to Stanford for every place in the freshman class. Eighty-four Stanford students have been named Rhodes Scholars, 66 have been named Marshall Scholars, and 48 have been named Truman Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in dozens of community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.



Student-athletes at Stanford have accepted the challenge of pursuing excellence both in the classroom and on the playing field. It is often said that Stanford offers the best of both worlds – top flight academics and unparalleled athletics. Stanford is consistently ranked as one of the best overall colleges in the nation, including a #5 overall in the 2006 US News and World Report ranking of America's Best Colleges (and the only school in the top 20 of that ranking that offers major conference Division I gymnastics), and the 2006 Princeton Review's #1 ranking for happiest students.



**NCAA Championship Appearances**  
1992, 1996, 1999, 2001, 2002, 2003, 2004**NCAA Super Six Appearances**  
2002, 2004**NCAA Individual Champions**  
1998 Larissa Fontaine VT**NCAA All-Americans**

|      |                     |                    |
|------|---------------------|--------------------|
| 1982 | Merilyn Chapman     | BB                 |
| 1992 | Jene Elzie          | AA                 |
| 1996 | Amy Murakami        | AA, BB, FX         |
| 1997 | Larissa Fontaine    | VT, UB, FX         |
| 1998 | Larissa Fontaine    | VT                 |
| 1999 | Larissa Fontaine    | VT                 |
|      | Sarah Harding       | FX                 |
|      | Amy Murakami        | UB, FX             |
|      | Kristin Jensen      | UB                 |
| 2000 | Jennifer Exaltacion | AA, BB             |
|      | Katy Herbert        | BB                 |
| 2001 | Lise Leveille       | FX                 |
|      | Lindsay Wing        | AA, BB, FX         |
| 2002 | Kendall Beck        | VT                 |
|      | Lise Leveille       | BB, FX             |
|      | Lindsay Wing        | BB                 |
| 2003 | Caroline Fluhrrer   | UB                 |
|      | Natalie Foley       | AA, VT, UB         |
|      | Glyn Sweets         | VT, UB             |
|      | Lindsay Wing        | UB, BB             |
| 2004 | Caroline Fluhrrer   | UB, FX             |
|      | Natalie Foley       | AA, VT, UB, BB, FX |
|      | Lise Leveille       | AA, VT, UB, BB, FX |
|      | Lindsay Wing        | AA, UB, BB         |
| 2005 | Tabitha Yim         | AA, UB, BB, FX     |

**NACGC Academic All-Americans**

|      |  |
|------|--|
| 1990 | Jennifer Bloom, Julie Dunhill, Marietta Frey   |
| 1991 | Julie Dunhill, Marietta Frey   |
| 1992 | Mollie Brown, Katie Clancy   |
| 1993 | Hillary Anderson, Katie Clancy, Jenny Ward, Mollie Brown   |
| 1994 | Mollie Brown, Katie Clancy, Katie Jennings, Jenny Ward   |
| 1998 | Tara LaMorte, Keri Monahan, Amy Neil, Ann Thananopavarn, Jenny Wilson, Kim Young   |
| 1999 | Jenny Wilson, Kim Young  |
| 2000 | Alissa Cooper, Abby Gair, Sarah Harding, Julia McGraw, Jenny Wilson, Kim Young   |
| 2001 | Alissa Cooper, Caroline Fluhrrer, Shelly Goldberg, Katy Herbert, Lise Leveille, Robin Phelps   |
|      | Alissa Cooper, Caroline Fluhrrer, Abby Gair, Shelly Goldberg, Katy Herbert, Lise Leveille, Becky Meldrum, Robin Phelps                     |
|      | Alissa Cooper, Caroline Fluhrrer, Natalie Foley, Shelly Golberg, Lise Leveille, Lindsay Wing   |
| 2004 | Kendall Beck, Brittany Billmaier, Mandy Delgado, Caroline Fluhrrer, Erin Geary, Shelly Golberg, Lise Leveille, Stacy Sprando, Lindsay Wing |

2005 Brittany Billmaier, Amanda Delgado, Lauren Elmore, Aimee Precourt, Alex Pintchouck

**Regional Team Champions**  
1999, 2002, 2004**NCAA Regional Champions**

|      |                   |            |
|------|-------------------|------------|
| 1993 | Jene Elzie        | UB         |
| 1993 | Hillary Anderson  | UB         |
| 1996 | Amy Murakami      | AA         |
| 1998 | Larissa Fontaine  | VT         |
| 1999 | Katy Herbert      | BB         |
| 2000 | Katy Herbert      | BB         |
| 2001 | Lise Leveille     | BB         |
|      | Robin Phelps      | VT         |
|      | Lindsay Wing      | AA, BB     |
| 2002 | Caroline Fluhrrer | UB         |
|      | Lise Leveille     | BB         |
|      | Lindsay Wing      | AA, BB     |
| 2003 | Natalie Foley     | VT         |
| 2004 | Caroline Fluhrrer | BB         |
|      | Natalie Foley     | AA, UB, VT |
|      | Lindsay Wing      | BB         |

**Pacific 10 Team Champions**  
1998, 2001, 2004**Pacific 10 Individual Champions**

|      |                   |            |
|------|-------------------|------------|
| 2001 | Caroline Fluhrrer | VT         |
|      | Lise Leveille     | BB         |
|      | Lindsay Wing      | BB         |
| 2002 | Lise Leveille     | BB         |
|      | Lindsay Wing      | BB         |
| 2003 | Lindsay Wing      | BB         |
| 2004 | Natalie Foley     | AA, VT, UB |
|      | Caroline Fluhrrer | BB         |
|      | Lindsay Wing      | BB         |

**Pacific 10 Academic Team Selections**

|      |  |
|------|--|
| 1991 | Mollie Brown   |
| 1992 | Julie Dunhill, Marietta Frey, Kerri Kanuka, Laurie West  |
| 1992 | Mollie Brown, Kerri Kanuka   |
| 1993 | Mollie Brown, Katie Clancy, Jene Elzie, Meegan Lannin  |
| 1994 | Hillary Anderson, Linda Chun, Jene Elzie, Meegan Lannin, Jenny Ward  |
| 1995 | Amy Murakami   |
| 1997 | Tracey Kohl, Keri Monahan  |
| 1998 | Katie Fitzpatrick, Larissa Fontaine, Keri Monahan, Amy Neil, Kim Young   |
| 1999 | Katie Fitzpatrick, Larissa Fontaine, Sarah Harding, Tracey Kohl, Jenny Wilson, Kim Young   |
| 2000 | Larissa Fontaine, Sarah Harding, Katy Herbert  |
| 2001 | Alissa Cooper, Katy Herbert  |
| 2002 | Kendall Beck, Alissa Cooper, Caroline Fluhrrer, Abby Gair, Shelly Goldberg, Katy Herbert, Kristin Jensen, Lise Leveille, Becky Meldrum |
| 2003 | Kendall Beck, Alissa Cooper, Caroline Fluhrrer, Shelly Goldberg, Lise Leveille, Lindsay Wing   |
| 2004 | Kendall Beck, Caroline Fluhrrer, Natalie Foley, Shelly Goldberg, Lise Leveille, Lindsay Wing   |

2005 Natalie Foley, Stacy Sprando

**All Time High Performances****Vault**

| Rank | Name              | Score  | Date    |
|------|-------------------|--------|---------|
| 1.   | Kendall Beck      | 10.000 | 5/7/03  |
|      | Natalie Foley     | 10.000 | 3/20/04 |
| 3.   | Caroline Fluhrrer | 9.975  | 3/24/01 |
|      | Larissa Fontaine  | 9.975  | 2/13/00 |
|      | Jessica Louie     | 9.975  | 3/6/04  |
|      | Keri Monahan      | 9.975  | 1/24/97 |

**Uneven Bars**

|    |                   |        |                          |
|----|-------------------|--------|--------------------------|
| 1. | Amy Murakami      | 10.000 | Twice, last on 3/26/99   |
| 2. | Natalie Foley     | 9.975  | Twice, last on 2/20/04   |
|    | Caroline Fluhrrer | 9.975  | 3/22/03                  |
|    | Amy Murakami      | 9.975  | 4 times, last on 1/29/99 |
|    | Kristin Jensen    | 9.975  | 3/26/99                  |

**Balance Beam**

|    |               |        |                          |
|----|---------------|--------|--------------------------|
| 1. | Lindsay Wing  | 10.000 | Twice, last on 1/30/04   |
|    | Lise Léveill  | 10.000 | 2/20/04                  |
| 3. | Lindsay Wing  | 9.975  | 3 times, last on 2/20/04 |
|    | J. Exaltacion | 9.975  | 2/19/99                  |
|    | Natalie Foley | 9.975  | 2/20/04                  |
|    | Lise Léveill  | 9.975  | 3/24/01                  |

**Floor Exercise**

|    |                   |        |                        |
|----|-------------------|--------|------------------------|
| 1. | Caroline Fluhrrer | 10.000 | 2/20/04                |
|    | Lise Léveill      | 10.000 | 2/20/04                |
|    | Lindsay Wing      | 10.000 | 2/20/04                |
|    | Sarah Harding     | 10.000 | 3/26/99                |
|    | Larissa Fontaine  | 10.000 | 2/21/00                |
|    | Amy Murakami      | 10.000 | Twice, last on 3/26/99 |
|    | Tracey Kohl       | 10.000 | 3/12/99                |

**All-Around**

|    |                  |        |         |
|----|------------------|--------|---------|
| 1. | Natalie Foley    | 39.825 | 2/20/04 |
|    | Lindsay Wing     | 39.825 | 2/20/04 |
|    | Larissa Fontaine | 39.825 | 2/21/00 |

**Team Records****Vault**

|    |        |                            |
|----|--------|----------------------------|
| 1. | 49.600 | vs. California (2/20/04)   |
| 2. | 49.525 | at Maryland (3/6/04)       |
| 3. | 49.500 | at San Jose State (3/7/03) |

**Uneven Bars**

|    |        |                          |
|----|--------|--------------------------|
| 1. | 49.725 | vs. California (3/26/99) |
| 2. | 49.600 | vs. Oklahoma (3/22/03)   |
|    | 49.600 | vs. California (2/20/04) |

**Balance Beam**

|    |        |                                   |
|----|--------|-----------------------------------|
| 1. | 49.750 | vs. California (2/20/04)          |
| 2. | 49.650 | at Pac-10 Championships (3/20/04) |
| 3. | 49.625 | at Oregon State (2/27/04)         |

**Floor Exercise**

|    |        |                                  |
|----|--------|----------------------------------|
| 1. | 49.925 | vs. California (2/20/04)         |
| 2. | 49.775 | vs. California (3/26/99)         |
| 3. | 49.600 | at Pac-10 Championship (3/24/01) |
|    | 49.600 | vs. Oregon State (3/2/01)        |

**Team Score**

|    |         |                                   |
|----|---------|-----------------------------------|
| 1. | 198.875 | vs. California (2/20/04)          |
| 2. | 197.900 | at Pac-10 Championships (3/20/04) |
| 3. | 197.850 | at Pac-10 Championships (3/24/01) |
|    | 197.850 | at Oregon State (2/27/04)         |





Kristin Jensen-  
UB



Marilyn  
Chapman-BB



Jen Exaltacion-  
AA, BB

# Stanford's All Americans



Amy Murakami-  
AA, UB, BB, FX



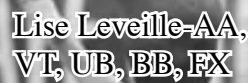
Jene Elzie-AA



Lindsay Wing-  
AA, UB, BB, FX



Caroline Fluhrer-  
UB, FX



Lise Leveille-AA,  
VT, UB, BB, FX



Sarah Harding-  
FX



Kendall Beck-VT



Natalie Foley-  
AA, VT, UB, BB,  
FX



Glyn Sweets-BB,  
VT



Tabitha Yim-AA,  
UB, BB, FX



Katy Herbert- BB



Larissa Fontaine-  
VT, UB, FX



# Home of Champions



**Mark Madsen**  
*NBA Championship*  
*Los Angeles Lakers*



**Jennifer Azzi**  
*Olympic Gold Medalist*  
*Women's Basketball*



**Summer Sanders**  
*Olympic Gold Medalist*  
*Women's Swimming*



**Mike Mussina**  
*World Series Champion*  
*New York Yankees*



**Pablo Morales & Jeff Rouse**  
*Olympic Gold Medalists*  
*Men's Swimming*

“Home of Champions.” Those are the bywords for the Stanford University Athletic Department.

And for good reason. No athletic department in the country can boast of the kind of success that Stanford has accomplished since the 1980's. NCAA team champions. NCAA individual champions. Olympic medalists. Stanford University athletes have been all over the world capturing championships.

The statistics speak for themselves: Stanford University has won 73 NCAA team championships since 1980, the most in the nation; Cardinal athletes have won 50 NCAA championships since 1990 – again the most in the nation. Stanford has brought home 29 NCAA championship trophies the past seven years, including an unprecedented six NCAA team titles in 1996-97. In 1991-92, Stanford athletes took home 29 individual NCAA titles – an NCAA record. Cardinal athletes won 21 individual championships during the 1992-93 season, the second most in history.

Even more impressive is Stanford's string of 11 consecutive NACDA Directors' Cup titles (1995-05). The award honors the nation's top overall athletic program and with 11 straight victories in the competition, it is no wonder Stanford is considered the dominant athletic program in the nation.

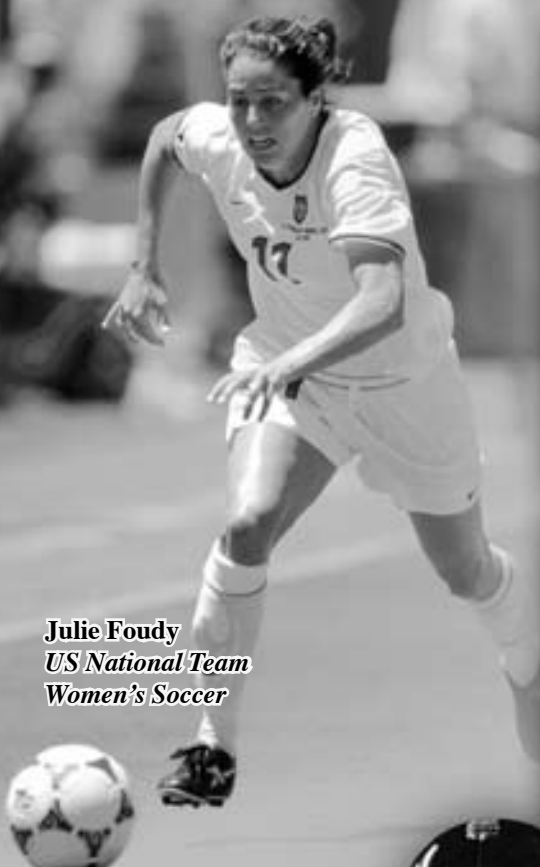
Stanford captured its 11th straight Directors' Cup in 2004-05. The Cardinal won a total of three national team crowns (two NCAA) in synchronized swimming (U.S. Collegiate), women's tennis and women's volleyball. Stanford had a total of 16 Top 10 finishes with lightweight crew, women's cross country, men's swimming, women's swimming, men's water polo and women's water polo joining the national champions in the Top Five. The Cardinal also picked up nine individual national titles (seven NCAA) and 13 team conference championships.

Stanford has now won at least one NCAA team championship for 28 straight years. Cardinal teams have also won four or more NCAA team titles in a single year nine times, an NCAA best.

All totaled, Stanford has won 101 collegiate team titles (90 NCAA championships) and 391 NCAA individual titles. Cardinal women have won an NCAA-best 33 team championships while men's teams have captured 57 NCAA team titles, third-best in the nation. Overall, Stanford's 90 NCAA team championships rank second in the nation.

In the last 12 years (since 1993-94), Stanford has claimed 41 national team championships and 37 NCAA team titles – the best in the country.

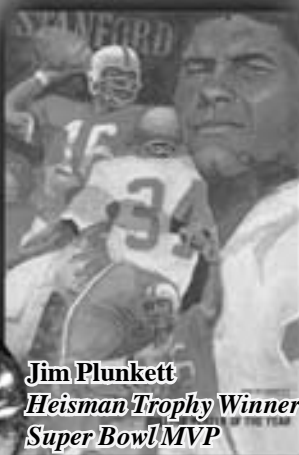




**Julie Foudy**  
*US National Team*  
*Women's Soccer*



**Jenny Thompson**  
*Olympic Champion*  
*Women's Swimming*



**Jim Plunkett**  
*Heisman Trophy Winner*  
*Super Bowl MVP*



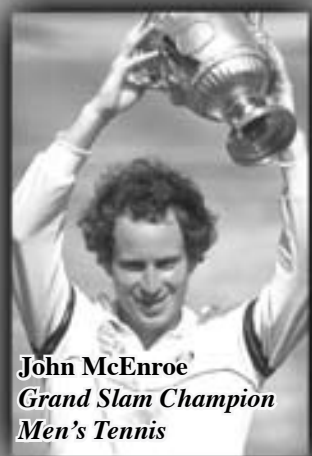
**Bob Mathias**  
*Two-time Olympic*  
*Decathlon Champion*



**Logan Tom**  
*US National Team*  
*Women's Volleyball*



**Tiger Woods**  
*Grand Slam Champion*  
*Men's Golf*



**John McEnroe**  
*Grand Slam Champion*  
*Men's Tennis*



**John Elway**  
*Super Bowl MVP*  
*2004 NFL Hall of Fame*  
*Inductee*



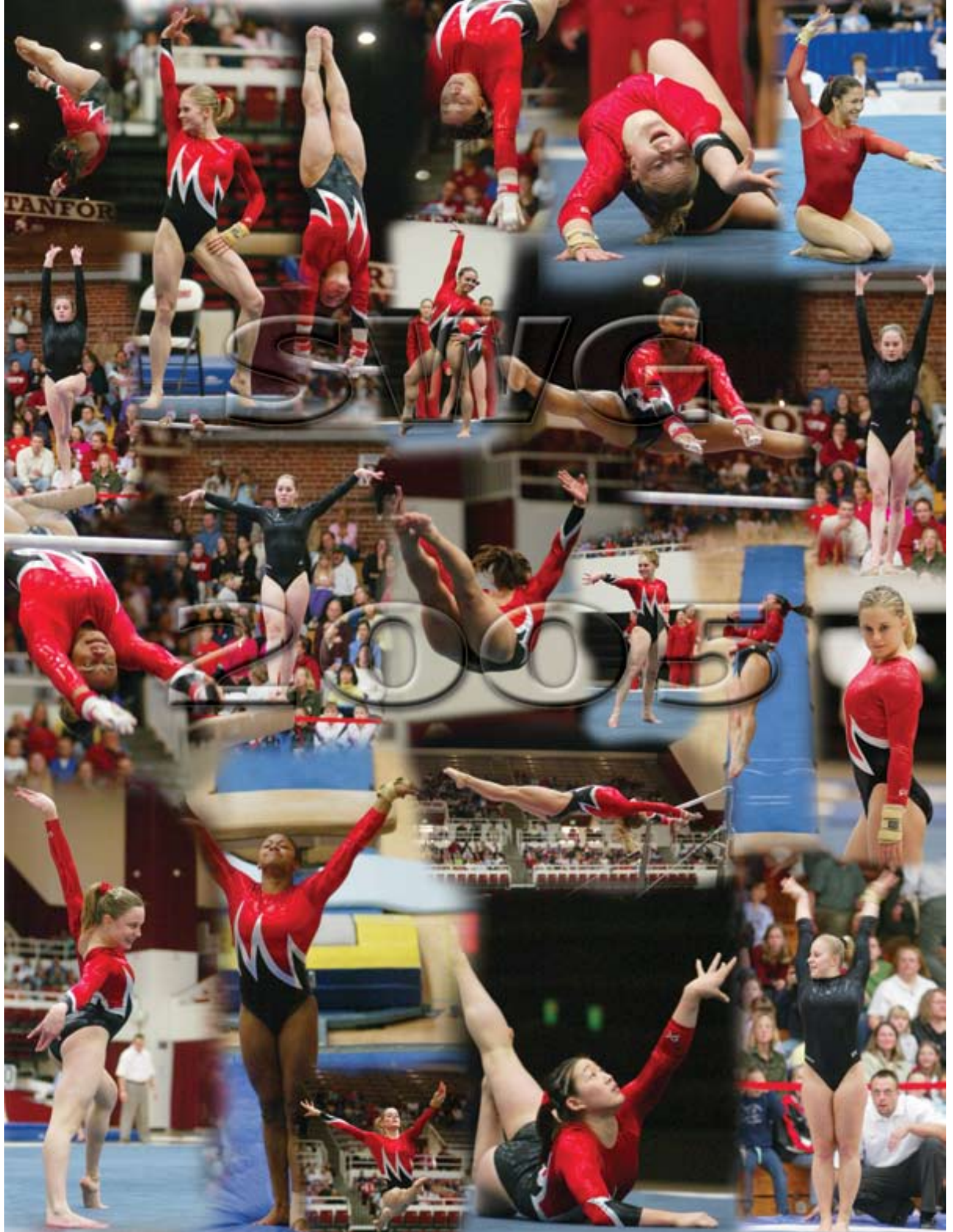
**Jack McDowell**  
*Cy Young Award Winner*  
*Major League Baseball*



The Ford Gymnastics Training Center











**STANFORD WOMEN'S GYMNASTICS 2006**