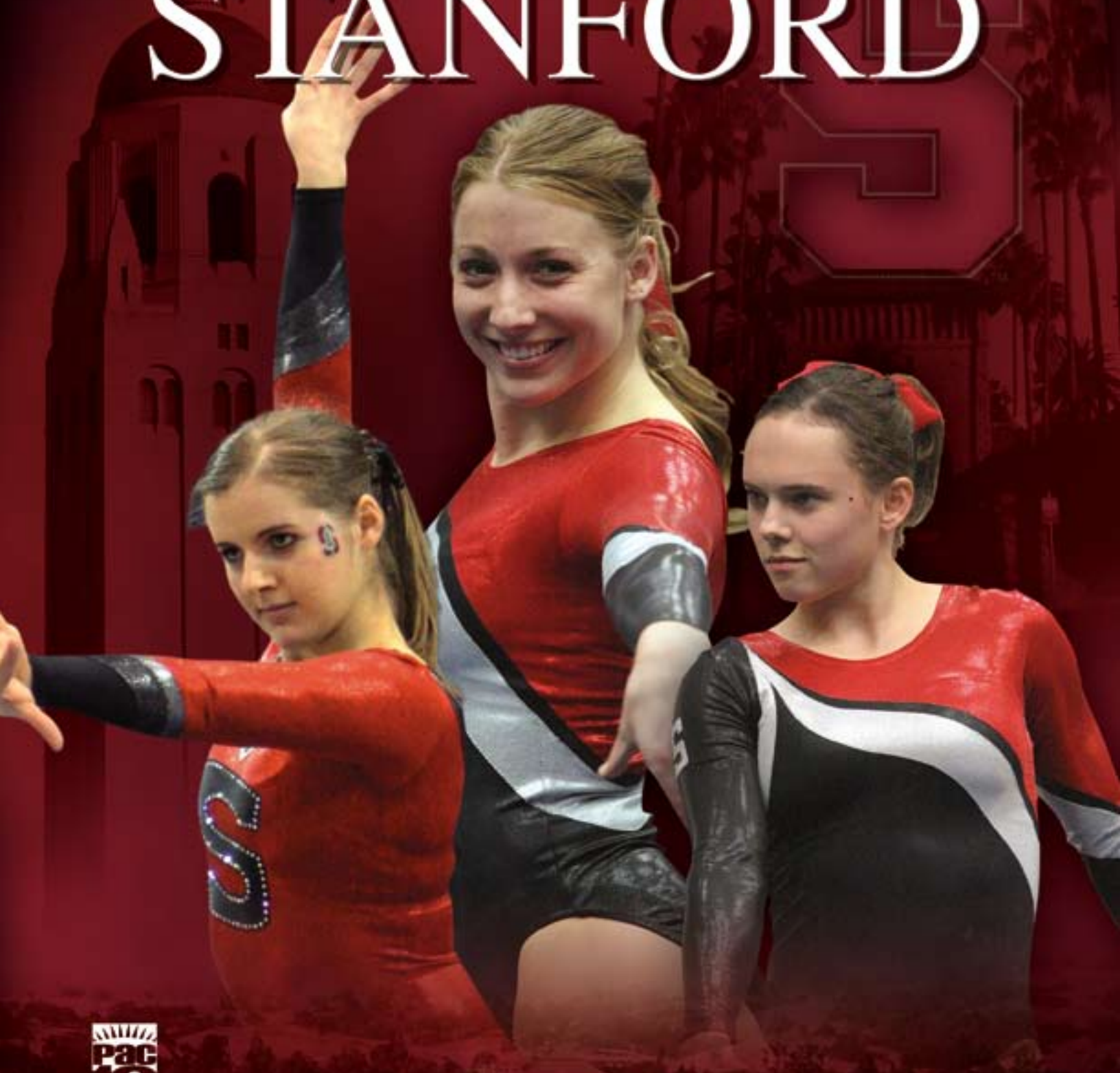


STANFORD



2009 WOMEN'S GYMNASTICS GUIDE

STANFORD ATHLETICS

A Tradition of Excellence

- 116** NCAA Postgraduate Scholarship award winners, including 10 in 2007-08.
- 109** National Championships won by Stanford teams since 1926.
- 95** Stanford student-athletes who earned All-America status in 2007-08.
- 78** NCAA Championships won by Stanford teams since 1980.
- 48** Stanford-affiliated athletes and coaches who represented the United States and seven other countries in the Summer Olympics held in Beijing, including 12 current student-athletes.
- 32** Consecutive years Stanford teams have won at least one national championship.
- 31** Stanford teams that advanced to postseason play in 2007-08.
- 19** Different Stanford teams that have won at least one national championship.
- 18** Stanford teams that finished ranked in the Top 10 in their respective sports in 2007-08.
- 14** Consecutive U.S. Sports Academy Directors' Cups.
- 14** Stanford student-athletes who earned Academic All-America recognition in 2007-08.
- 9** Stanford student-athletes who earned conference athlete of the year honors in 2007-08.
- 8** Regular season conference championships won by Stanford teams in 2007-08.
- 6** Pacific-10 Conference Scholar Athletes of the Year Awards in 2007-08.
- 5** Stanford teams that earned perfect scores of 1,000 in the NCAA's Academic Progress Report Rate in 2007-08.
- 3** National Freshmen of the Year in 2007-08.
- 3** National Coach of the Year honors in 2007-08.
- 2** National Players of the Year in 2007-08.
- 2** National Championships won by Stanford teams in 2007-08 (women's cross country, synchronized swimming).
- 1** Walter Byers Award Winner in 2007-08.





Back to back Super Sixes

Two top-three NCAA finishes in five years

Three Pac-10 titles in five years

12 All-Americans and 56 All-America honors since 2002

38 Academic All-Americans

S Stanford University The Nation's Premier University

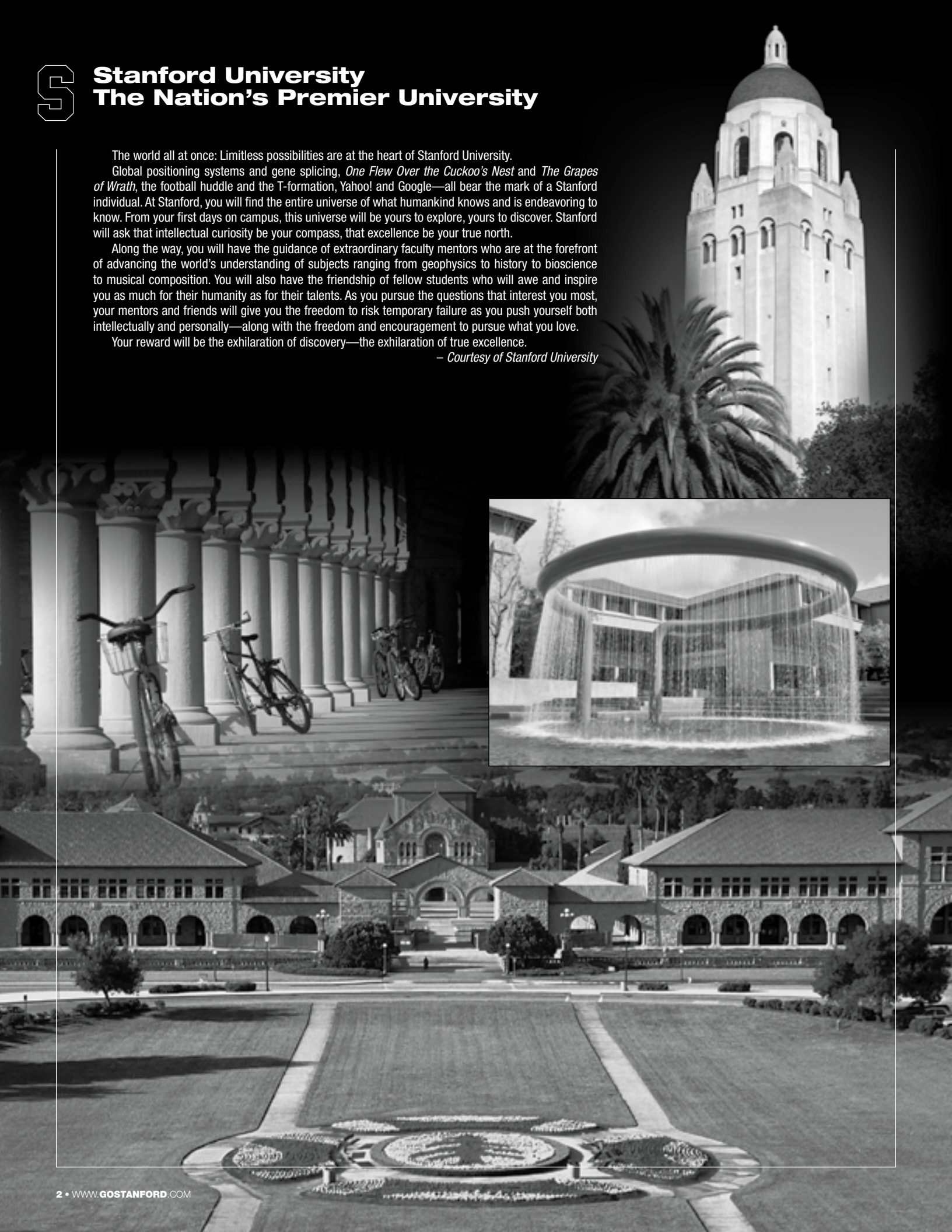
The world all at once: Limitless possibilities are at the heart of Stanford University.

Global positioning systems and gene splicing, *One Flew Over the Cuckoo's Nest* and *The Grapes of Wrath*, the football huddle and the T-formation, Yahoo! and Google—all bear the mark of a Stanford individual. At Stanford, you will find the entire universe of what humankind knows and is endeavoring to know. From your first days on campus, this universe will be yours to explore, yours to discover. Stanford will ask that intellectual curiosity be your compass, that excellence be your true north.

Along the way, you will have the guidance of extraordinary faculty mentors who are at the forefront of advancing the world's understanding of subjects ranging from geophysics to history to bioscience to musical composition. You will also have the friendship of fellow students who will awe and inspire you as much for their humanity as for their talents. As you pursue the questions that interest you most, your mentors and friends will give you the freedom to risk temporary failure as you push yourself both intellectually and personally—along with the freedom and encouragement to pursue what you love.

Your reward will be the exhilaration of discovery—the exhilaration of true excellence.

— *Courtesy of Stanford University*





Stanford gymnasts are challenged to excel in both the classroom and the gym. In the latest Academic Progress Rate (APR) scores, which measure eligibility, retention and graduation over a four-year period, all 35 teams at Stanford exceeded the NCAA's standards. The women's gymnastics team was one of five Cardinal teams to earn a perfect 1,000 score.

The women's gymnastics program continued to prove its commitment to academic excellence in 2007-08 when the team earned a combined grade-point average of 3.46 and placed seven on the Academic All-America team. Graduating seniors Lauren Elmore, Alex Pintchouk and Aimee Precourt earned Academic All-America honors all four years.

Current gymnasts Kelly Fee and Carly Janiga have the distinction of earning both NCAA first-team All-America and Academic All-America honors and are among nine at Stanford to have accomplished such a double since 2000.

Stanford's Academic All-Americans

Hillary Anderson	1993	Allyse Ishino	2007
Kendall Beck	2004	Carly Janiga	2007, 2008
Brittany Billmaier	2004, 2005	Katie Jennings	1994
Jennifer Bloom	1990	Tara LaMorte	1998
Molly Brown	1992, 1993, 1994	Lise Leveille	2002, 2003, 2004
Katie Clancy	1992, 1993, 1994	Julie McGraw	2000
Alissa Cooper	2000, 2002, 2003	Keri Monahan	1998
Amanda Delgado	2004, 2005	Amy Neio	1998
Julie Dunhill	1990, 1991	Gretchen O'Henley	2008
Lauren Elmore	2005, 2006, 2007, 2008	Robin Phelps	2002
Kelly Fee	2006, 2007, 2008	Alex Pintchouk	2005, 2006, 2007, 2008
Caroline Fluhrer	2002, 2003, 2004	Aimee Precourt	2005, 2006, 2007, 2008
Natalie Foley	2003, 2006	Stacy Sprando	2004, 2006, 2008
Marietta Frey	1990, 1991	Glyn Sweets	2006
Abby Gair	2000	Ann Thananopavarn	1998
Erin Geary	2004	Jenny Ward	1993, 1994
Shelly Goldberg	2002, 2003, 2004	Jenny Wilson	1998, 1999, 2000
Sarah Harding	2000	Lindsay Wing	2003, 2004
Katy Herbert	2002	Kim Young	1998, 1999, 2000





Super Six Success



Kelly Fee



Since Kristen Smyth arrived as coach in 2002, Stanford has thrust itself into the realm of the nation's elite women's gymnastics programs.

Nowhere was that clearer than at the 2008 NCAA Super Six, when Stanford completed its second top-three finish since 2004. Among the schools left in the Cardinal's wake were UCLA and Alabama, and their combined nine national championships.

The NCAA conducts its team championships over three stages. First, 36 teams are invited into regional competitions. The top two in each of those six regionals advance to the NCAA team preliminaries at the national-championship site.

In one day, the field is cut in half and the result is the Super Six – the Final Four of women's gymnastics and the ultimate collegiate team competition. For years, Stanford looked at the event from the outside. That no longer is the case.

Stanford has reached the Super Six four times in the past seven years – one of seven schools to accomplish the feat – and has three appearances since 2004.

The select group shrinks to four when considering the number of schools that have reached the Super Six the past two years. But Stanford is indeed among them too.

There's no doubt that Stanford has begun to establish itself as one of the nation's most consistently strong programs, but that success is joined with an even greater sense of promise. Not only has Stanford women's gymnastics arrived, but it remains on the rise.

Stanford's All-Americans

The Stanford All-America list began in 1982, with just one name, Marilyn Chapman. Others appeared sporadically at first, and then with more frequency. These days, it's become more of an avalanche.

Since 1998, Stanford has had at least one first-team All-American each year, and there's no reason to believe the streak will end soon, because four – Kelly Fee, Carly Janiga, Nicole Ourada and Blair Ryland – are on the current Stanford roster.

In all, 20 different Stanford gymnasts have won a total of 76 All-America honors. Of those, 15 were first-team selections, winning 43 first-team honors. Just-graduated Tabitha Yim earned 13 first-team honors, the most in Stanford history.

With the exception of Chapman, all Stanford's first-team recognition has come since 1996. Ten gymnasts have performed in the Kristen Smyth Era that began in 2002 and combined for 36 first-team All-American honors. Their success continues to fortify the belief that Stanford is a place where gymnasts can reach their full potential.

2008

Tabitha Yim – AA, UB, BB (1st)
 Nicole Ourada – BB (1st); AA (2nd)
 Liz Tricase – UB (1st)
 Carly Janiga – FX (2nd)

2000

Katy Herbert – BB (1st)
 Jennifer Exaltacion – AA, BB (2nd)

2007

Tabitha Yim – AA, BB, FX (1st); UB (2nd)
 Carly Janiga – AA, V, FX (1st)
 Nicole Ourada – BB (1st); AA, V (2nd)
 Kelly Fee – BB (1st)
 Liz Tricase – V (1st)
 Blair Ryland – V (2nd)

1999

Larissa Fontaine – V (1st)
 Sarah Harding – FX (1st)
 Amy Murakami – UB, FX (2nd)
 Kristin Jensen – UB (2nd)

1998

Larissa Fontaine – V (1st)

2006

Tabitha Yim – AA, UB, FX (1st)
 Natalie Foley – V, UB (2nd)

1997

Larissa Fontaine – V, UB, FX (2nd)

2005

Tabitha Yim – AA, UB, BB, FX (1st)

1996

Amy Murakami – AA (1st); BB, FX (2nd)

2004

Natalie Foley – AA, V, UB, FX (1st); BB (2nd)
 Caroline Fluhrer – UB, FX (1st)
 Lise Leveille – AA (1st); V, UB, BB, FX (2nd)
 Lindsay Wing – BB (1st); AA, UB (2nd)

1992

Jene Elzie – AA (2nd)

1982

Marilyn Chapman – BB (1st)

2003

Natalie Foley – AA (1st); V, UB (2nd)
 Lindsay Wing – BB (1st); UB (2nd)
 Glyn Sweets – V, BB (2nd)
 Caroline Fluhrer – UB (2nd)

2002

Lise Leveille – BB (1st); FX (2nd)
 Kendall Beck – V (1st)
 Lindsay Wing – BB (1st)

2001

Lindsay Wing – AA, BB (1st)
 Lise Leveille – FX (1st)



Carly Janiga



Natalie Foley



Lise Leveille



Amy Murakami



Larissa Fontaine



Stanford's Pac-10 Champions

1998

The Team:

She-Rae Chen, Fr.
 Jennifer Exaltacion, Fr.
 Katie Fitzpatrick, Jr.
 Larissa Fontaine, So.
 Sarah Harding, So.
 Christie Jones, Sr.
 Tracey Kohl, Jr.
 Tara LaMorte, So.
 Keri Monahan, Sr.
 Amy Murakami, Jr.
 Amy Neil, Sr.
 Ann Thananopavarn, So.
 Jenny Wilson, Fr.
 Kim Young, So.

Head Coach:

Mark Cook

Assistant Coaches:

Rene Lyst
 Wayne Wright

2001

The Team:

Kendall Beck, Fr.
 Alissa Cooper, So.
 Jennifer Exaltacion, Sr.
 Caroline Fluhrer, Fr.
 Abby Gair, So.
 Shelly Goldberg, Fr.
 Katy Herbert, Jr.
 Kristin Jensen, Jr.
 Lise Leveille, Fr.
 Becky Meldrum, Jr.
 Robin Phelps, Fr.
 Kelsey Stillinger, So.
 Lindsay Wing, Fr.

Head Coach:

Mark Cook

Assistant Coaches:

Rene Lyst Cook
 Wayne Wright

2004

The Team:

Kendall Beck, Sr.
 Caroline Fluhrer, Sr.
 Natalie Foley, So.
 Shelly Goldberg, Sr.
 Lise Leveille, Sr.
 Jessica Louie, So.
 Stacy Sprando, Fr.
 Glyn Sweets, So.
 Lindsay Wing, Sr.

Head Coach:

Kristen Smyth

Assistant Coaches:

Larissa Fontaine
 Chris Swircek

Over the past five years, no Pacific-10 school has won more conference titles than Stanford. The Cardinal has captured three since 2004 and five in the past 11 years.

Since the Pac-10 first held championships in women's gymnastics in 1987, seven Stanford gymnasts have won a total of 15 individual titles. But those numbers are deceptive. All of those titles have been won since 2001.

In 2008, Tabitha Yim earned Pac-10 Gymnast of the Year honors by capturing her second conference all-around title. Liz Tricase earned her third consecutive uneven bars championship, and Carly Janiga, the 2007 conference Freshman of the Year, won the balance beam crown.

Kristen Smyth has earned three conference Coach of the Year honors since 2004 and has coached the Cardinal to three Pac-10 team titles.

Individual Pac-10 Champions

Natalie Foley 2004 – All-Around, Bars, Vault	Liz Tricase 2006 – Bars 2007 – Bars 2008 – Bars
Caroline Fluhrer 2001 – Vault	Lindsay Wing 2001 – Beam 2002 – Beam 2003 – Beam 2004 – Beam
Carly Janiga 2008 – Beam	Tabitha Yim 2006 – All-Around, Beam 2008 – All-Around
Lise Leveille 2001 – Beam 2002 – Beam	

Stanford's Pac-10 Team Champions

1998, 2001, 2004, 2006, 2008

Tabitha Yim



Liz Tricase



Lindsay Wing



Caroline Fluhrer

Stanford's Pac-10 Champions



1998



2001



2004



2006

2006

The Team:

Lauren Elmore, So.
 Kelly Fee, Fr.
 Natalie Foley, Sr.
 Stephanie Gentry, So.
 Jessica Louie, Sr.
 Nicole Ourada, Fr.
 Alex Pintchouk, So.
 Aimee Precourt, So.
 Heather Purnell, Fr.
 Stacy Sprando, Jr.
 Glyn Sweets, Sr.
 Liz Tricase, So.
 Tabitha Yim, So.

Head Coach:

Kristen Smyth

Assistant Coaches:

Mike Lorenzen
 Chris Swircek

2008

The Team:

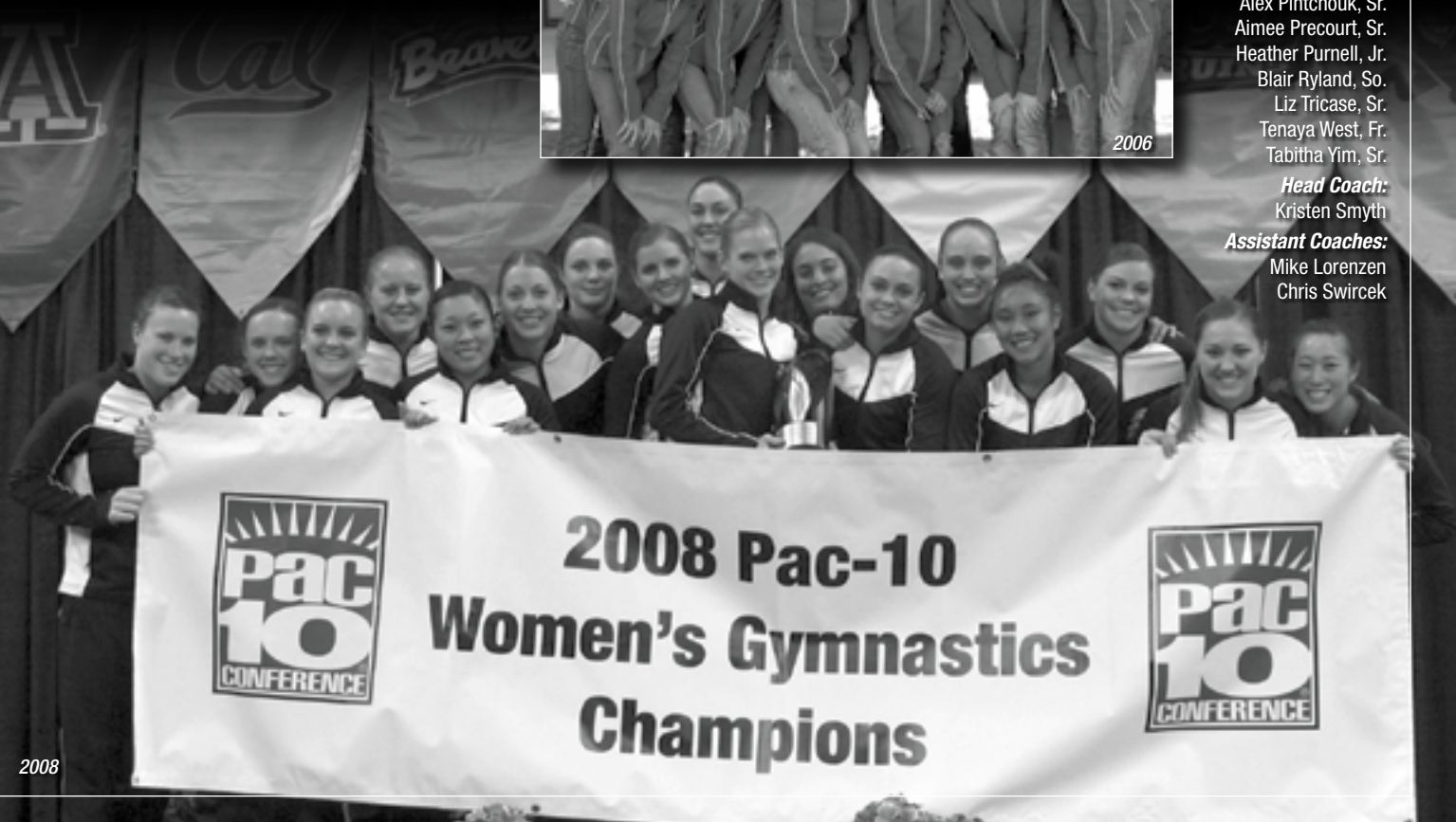
Shelley Alexander, Fr.
 Stephanie Carter, So.
 Lauren Elmore, Sr.
 Kelly Fee, Jr.
 Stephanie Gentry, Sr.
 Danielle Ikoma, Fr.
 Allyse Ishino, Fr.
 Carly Janiga, So.
 Gretchen O'Henley, Fr.
 Nicole Ourada, Jr.
 Alex Pintchouk, Sr.
 Aimee Precourt, Sr.
 Heather Purnell, Jr.
 Blair Ryland, So.
 Liz Tricase, Sr.
 Tenaya West, Fr.
 Tabitha Yim, Sr.

Head Coach:

Kristen Smyth

Assistant Coaches:

Mike Lorenzen
 Chris Swircek



**2008 Pac-10
 Women's Gymnastics
 Champions**



2008

S Stanford's Gymnastics Facilities Among the Best in the Nation



Stanford boasts some of the finest gymnastics facilities in the nation, with a specialized training gym at Ford Center and competition venues at Burnham Pavilion and Maples Pavilion.

When Ford Center was dedicated in 1990, longtime Stanford men's gymnastics coach Sadao Hamada said, "In my many years of coaching, I've seen facilities everywhere and the Ford Center will give us by far the best gymnastics facility in the United States."

The 11,000-square foot Ford Center was renovated in 2004, adding a new tumble track, an in-ground trampoline, an open foam pit for the uneven bars and a new resi pit for bar landings. It is joined by the Ford Center Plaza, which includes a park and a sand volleyball court and adds to the beauty and versatility of the facility.

Burnham Pavilion (capacity 1,200) is the team's main competition venue. Known as Stanford Pavilion when it was built in 1921 at a cost of \$153,000, the brick structure gained historical significance as the largest facility built exclusively for basketball at the time and where Hall of Famer Hank Liuseti developed his revolutionary one-handed shot in the 1930s. Burnham, which was renovated in 1989, now is the home of men's and women's gymnastics, men's volleyball and wrestling.

Maples Pavilion (capacity 5,488), built in 1969 and renovated in 2004-05, will host the Pac-10 women's gymnastics championships on March 21, marking the fifth women's conference championship meet held there. Maples also hosted the 2006 NCAA women's gymnastics regionals and 2008 NCAA men's championships.



Maples Pavilion



Stanford's Gymnastics Facilities

Among the Best in the Nation



Ford Center



Burnham fans



Ford Center



Burnham Pavilion



Seniors (l. to r.): Heather Purnell, Kelly Fee, Nicole Ourada.



Juniors (l. to r.): Tenaya West, Blair Ryland, Carly Janiga, Stephanie Carter, Allyse Ishino.

2008-09 Stanford Women's Gymnastics Quick Facts

General Information

Location: Stanford, California
Enrollment: 13,198 (6,584 undergraduates)
Founded: 1891
Nickname: Cardinal
Colors: Cardinal and White
Conference: Pacific-10
President: John Hennessy
Athletic Director: Bob Bowlsby
Faculty Representative: Ellen Markham
Sport Administrator: Darrin Nelson
Mailing Address:
 Women's Gymnastics
 Department of Athletics
 Arrillaga Family Sports Center
 Stanford University
 Stanford, CA 94305-6150

Coaching Staff

Head Coach: Kristen Smyth (California, '93), eighth year
Career Record: 120-37-1
Office Phone: (650) 725-6143
E-mail: kristen.smyth@stanford.edu
Assistant Coach: Chris Swircek (San Jose State, '93), sixth year
Office Phone: (650) 724-0457
E-mail: cswircek@stanford.edu
Assistant Coach: Mike Lorenzen (Maryland, '86), fourth year
Office Phone: (650) 724-0457
E-mail: lorenzen@stanford.edu
Graduate Assistant Coach: Liz Tricase (Stanford, '08), first year
Volunteer Assistant Coach: Aimee Rolston (Stanford, '08), first year
Gymnastics Fax: (650) 725-4471
Trainer: Lindsey Dame
Strength and Conditioning Coach: Jason Quan

Team Information

2008 Record (national finish): 20-4 (third)
2008 Pac-10 Record (Finish): 3-1 (first)
Letterwinners Returning/Lost: 10/6
Returning first-team All-Americans: Kelly Fee, Carly Janiga, Nicole Ourada
Newcomers: 5
Home gyms: Maples Pavilion (5,488), Burnham Pavilion (1,200)
Training gym: Ford Center
NCAA Super Six appearances: 2002, 2004, 2007, 2008
Pac-10 Conference championships: 1998, 2001, 2004, 2006, 2008

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Credits: The 2008 Stanford women's gymnastics media guide was written and edited by David Kiefer. Photography by David Gonzales, Kyle Terada, Mike Lorenzen, Daniel Harris, Heather Maynez, Rod Searcey. Design and layout by Maggie Oren, MB Design. Printing by Dumont Printing



Sophomores (l. to r.): Shelley Alexander, Gretchen O'Henley, Danielle Ikoma.



Freshmen (l. to r.): Alexandra Skoly, Catherine Nguyen, Jenny Peter, Alyssa Brown, Nicole Pechanec.





Front row (l. to r.): Catherine Nguyen, Jenny Peter, Blair Ryland, Alyssa Brown, Allyse Ishino. Middle row (l. to r.): Carly Janiga, Tenaya West, Shelley Alexander, Nicole Ourada, Kelly Fee. Back Row (l. to r.): Danielle Ikoma, Stephanie Carter, Heather Purnell, Nicole Pechanec, Alexandra Skoly, Gretchen O'Henley.

2009 Cardinal Women's Gymnastics Roster

Name	Ht.	Yr.	Hometown	High School	Club
Shelley Alexander	5-2	So.	Seguin, Texas	Seguin	USA Aerial Gymnastics
Alyssa Brown	5-2	Fr.	Oakville, Ontario, Canada	Abbey Park	Gymnastics Mississauga
Stephanie Carter	5-6	Jr.	Fair Oaks, Calif.	Bella Vista	Byers Gymnastics Center
Kelly Fee	5-1	Sr.	St. Charles, Ill.	St. Charles East	Illinois Gymnastics Institute
Danielle Ikoma	4-11	So.	Naperville, Ill.	Naperville Central	Arena Gymnastics
Allyse Ishino	5-1	Jr.	Santa Ana, Calif.	Foothill	Gliders Gymnastics
Carly Janiga	4-11	Jr.	Paradise Valley, Ariz.	Saguaro	Desert Devils Gymnastics
Catherine Nguyen	5-2	Fr.	Plano, Texas	Spring Creek Academy	World Olympics Gymnastics Academy
Gretchen O'Henley	5-8	So.	Oakland, Calif.	St. Mary's	Head Over Heels
Nicole Ourada	5-2	Sr.	Germantown, Wis.	Germantown	LaFleur's Academy of Gymnastics
Nicole Pechanec	5-5	Fr.	Phillipsburg, N.J.	Keystone National	Aiken Gymnastics
Jenny Peter	5-4	Fr.	Lincoln, Neb.	Lincoln Southeast	Solid Rock Gymnastics
Heather Purnell	5-4	Sr.	Metcalfe, Ontario, Canada	Gloucester	Ottawa Gymnastics Club
Blair Ryland	4-11	Jr.	Woodbridge, Va.	Woodbridge Senior	Capital Gymnastics
Alexandra Skoly	5-4	Fr.	East Greenwich, R.I.	La Salle Academy	Aim High Gymnastics
Tenaya West	5-4	So.	Davis, Calif.	Davis	International Gymnastics Centre

Coaching Staff

Head Coach: Kristen Smyth (California '93), eighth season

Assistant Coaches: Chris Swircek (San Jose State '93), sixth season
Mike Lorenzen (Maryland '86), fourth season

Graduate Assistant Coach: Liz Tricase (Stanford '08), first season

Student Assistant Coach: Aimee Rolston (Stanford '08), first season

Pronunciation Guide

Danielle Ikoma (Ih-KOH-ma)	Nicole Ourada (O-RAH-da)
Allyse Ishino (Ah-LEES Ih-SHEE-no)	Nicole Pechanec (Pe-CHAN-ec)
Carly Janiga (JA-ni-ga)	Alexandra Skoly (SKOLE-ee)
Catherine Nguyen (Win)	





For years, the elite of collegiate women's gymnastics had been a fairly exclusive club, dominated by a select few. Stanford, however, has forced its way in.

Stanford's third-place national finish last season was the most visible indication that the Cardinal has arrived, but it is only the latest in a series of signs:

- Stanford has two top-three NCAA finishes in five years.
- Stanford is among four schools to reach the Super Six – the Super Bowl and Final Four of collegiate women's gymnastics all in one – in each of the past two years.
- Stanford is one of seven schools to reach the Super Six four times in the past seven years.
- Stanford is the defending Pacific-10 Conference champion and has captured three conference titles in the past five years.
- Twelve Stanford gymnasts have won 56 All-America honors since coach Kristen Smyth arrived in 2002.
- Seven Cardinal gymnasts have won Pac-10 individual titles in that time.

"The athletes have worked hard over the last decade and have bought into the program philosophy," Smyth said. "We have history now and a program rich in tradition. It has been through years of building that we are now recognized as a top tier program.

"We have been fortunate to have great student-athletes at Stanford that have been able to gracefully balance the rigors of school and athletics. They are a committed group and always fighting to prove themselves. They love their sport and find real joy in training together and sacrificing for each other. It is exciting to watch their confidence build over their four years in the program and even more rewarding to follow them as they move on in their lives. They

are a confident and successful group of young women and it has been a privilege to work with them and watch them grow."

Part of establishing tradition is creating memorable events that become part of its lore. Stanford got one from Heather Purnell, at April's Super Six in Athens, Ga.

The pressure was on Purnell as she leaped to the balance beam as Stanford's last performer in that event.

As a replacement for an injured teammate, Purnell's appearance may have seemed somewhat of a gamble. She hadn't competed for six weeks because of a knee injury, until performing in a relatively tamer situation at the team preliminaries the night before.

This time, Purnell was following a teammate's miss and, if she suffered a similar fate, the Cardinal may have been condemned to a poor finish.

Instead, Purnell shined.

It was "the routine of her life," Smyth said.

Purnell scored a 9.850 to keep Stanford alive for a top-three finish. By finishing ahead of three of the four schools from the heralded Southeastern Conference, the Cardinal earned further respect and stamped itself as one of the nation's rising powers.

But last season has passed and a new one begins. Purnell's performance, however, transcends years and seasons and teams because it underscores the essence of Stanford women's gymnastics.

In one routine, the performance embodied many principles of Smyth's coaching philosophy: being ready when called upon, picking up your teammates, handling pressure and feeling comfortable on a big stage – all while having fun.



Last spring, the Cardinal graduated a stellar senior class that included 14-time All-America Tabitha Yim, three-time conference uneven bars champion Liz Tricase, and five Super Six starters.

Despite losing much experience, the Cardinal still has plenty of firepower. Eleven returnees have been part of Super Six teams and eight have been part of two.

The Cardinal has four returning All-Americans: Kelly Fee, Carly Janiga, Nicole Ourada, and Blair Ryland. Of those, Janiga and Ourada are among nine in school history to have earned all-around All-America honors.

In addition, a strong five-member freshman class includes Canadian Olympic first alternate Alyssa Brown, Czech Republic national-team veteran Nicole Pechanec and former United States junior national team member Catherine Nguyen.

In all, six current Cardinal gymnasts have competed for their country's senior national teams: Brown (Canada), Fee (U.S.), Allyse Ishino (U.S.) Janiga (U.S.), Pechanec (Czech Republic) and Purnell (Canada).

"Every year brings potential, renewed excitement and promise," Smyth said. "This team has great leadership and determination. They understand the team concept and have a lot of heart. I'm really encouraged."

The following is an event-by-event breakdown of Stanford's team:

All-Around

Stanford has begun to create a tradition of success in the all-around, earning individual All-America honors the past six years, and eight of the past nine. Yim captured the Pac-10 title last season on the way to earning conference Gymnast of the Year honors.

Janiga and Ourada are contenders to succeed Yim as conference champion. Janiga was fourth nationally as a freshman in 2007, while Ourada has received All-America second-team honors the past two years. Each has a career-best of 39.575.

"Carly looks better than ever. She is in top shape and has been extremely consistent in practice during the preseason," Smyth said. "She has taken her role as a team captain seriously and has emerged as a great leader. Our challenge will be to slow her down a little bit, so that she can peak in April.

"Nikki came to Stanford not very well known, but over the years, with hard work and dedication, she has steadily proven herself on the national scene. Now people know her name, appreciate her work and will expect great things from her."

Brown, Canada's top all-around performer at the 2007 world championships, could see action in this position, as could Nguyen, 15th at the U.S. senior nationals in 2007, if she recovers sufficiently from injury. Nguyen tore a bicep tendon before she arrived and had surgery in August. She could be ready by midseason.

Vault

Janiga, Ourada and Ryland have each earned All-America honors in this event, and are joined by Brown, the 2006 Canadian national champion.

Even though Stanford enters the season with questions about depth on vault, this should be a solid event.

"We have been looking good on vault in the preseason," Smyth said. "Dani Ikoma, Shelley Alexander and Gretchen O'Henley have really stepped up and made big improvements and our core of Blair, Carly, Nikki and Brown are well prepared and ready to go. We are lean on vault this year and will be starting the season without Allyse Ishino, Cat Nguyen and Stephanie Carter. All three are fantastic vaulters and we are looking forward to having them back in the lineup by midseason."

Ishino tore the anterior cruciate ligament of her knee on a landing at Pac-10s last season, but has been rehabbing well and should be a big contributor.

Bars

The depth in this event is unquestionably strong. Ishino scored 9.90 three times last season and hit at least 9.825 in 10 meets. Janiga, Ourada, and Fee are returning starters and form the nucleus of one of the best groups in the country.

They should be pushed by Brown, Purnell and Pechanec, who has perfected her own unique move in the event. Ikoma, Alexander and O'Henley could factor in as well.

Beam

This could be the team's strongest event. Fee and Ourada are first-team All-Americans, Janiga the defending Pac-10 champ, Ikoma a Junior Olympic national champion, Pechanec a World Cup winner, and Brown a Canadian titlist.

Ourada, third in the 2007 NCAA's and a two-time first-team All-American, leads the way, but there will be much competition and support. Purnell, the captain of Canada's 2004 Olympic team, has proven herself in pressure-packed situations in this event. Ishino was a beautiful and consistent performer for the Cardinal last year as well.

Floor

Janiga has earned All-America honors the past two years, placing eighth in 2007, and leads a group that should please the crowd with its combination of explosiveness and elegance.

Ourada, Janiga, Fee, Purnell and Tenaya West are returning starters on the floor. West, in particular, has been a revelation. The junior walk-on scored a 9.900 at UC Davis and a solid 9.850 at the NCAA regionals, and continues to improve.

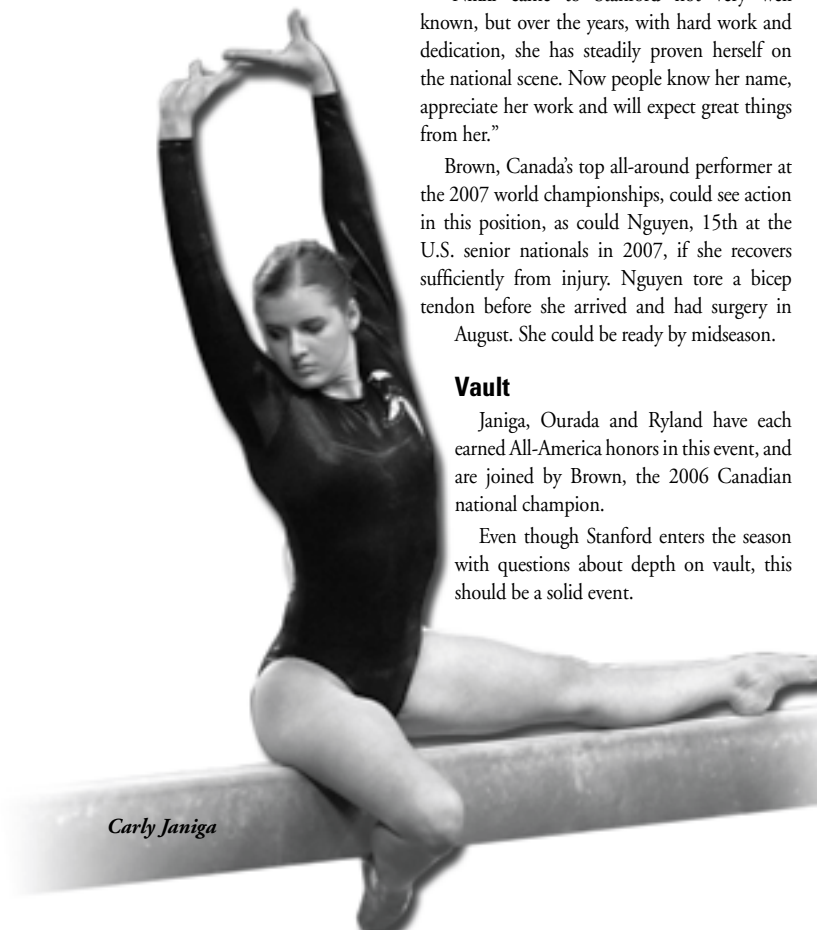
Alexander, Ikoma, Pechanec, Peter, and Ryland also are among those in the mix for the six starting spots.

Overall, "I'm excited about this team and what they bring," Smyth said. "They're going to grow and improve throughout the year, all while knowing that there is a history of success and a level of expectation.

"Our goal is to compete on the last day of the year and I am excited about our chances with this group. We are a deep team and all of the athletes will see action throughout the year. Top to bottom there have been big improvements from everybody during the preseason. In the end, staying healthy, hitting 24 routines and landing well are the keys to success. This year will be no different."



Nicole Ourada



Carly Janiga



KRISTEN SMYTH

HEAD COACH

Eighth Season
California '93



Kristen Smyth not only has coached Stanford women's gymnastics to unprecedented success in her seven seasons, but has done so in her own unique style. It's no coincidence that the two go hand-in-hand.

Yes, Stanford wins. And, yes, Stanford enjoys itself.

"The one thing that stood out most to people who watched our team perform and compete was that our girls had so much fun," Smyth said.

Their joy is not only evident at meets, but every day in practice. A typical session might find each gymnast wearing tie-dyed T-shirts they created together on a whim before practice, or standing in a line cheering for every tumbling pass during warmups.

Smyth realizes that a true team concept may be foreign to many young gymnasts, but it is emphasized from the start at Stanford.

"The entire SWG experience is about building relationships over time and having the student-athletes feel like they're part of a family," Smyth said. "They need to know that we care about them not only in the gym but in their lives as well."

Smyth has created a fun environment that is also challenging and dynamic, and prepares them so well for the pressure they will face at the end of the season to the point where there is no worry or lack of confidence. The work has been put in.

Part of what makes the program so unique is Smyth's approach, a program based on five principles: family, belief, balance, passion and commitment. The goal is to foster individual and collective excellence without compromising their love of the sport or narrowing their horizons or academic potential.

Cardinal gymnasts have bought in. None has transferred out of Stanford during Smyth's tenure, and her program has a 100 percent graduation rate. Smyth also has never failed to renew a scholarship.

Smyth now returns for her eighth season following a successful 2008 in which the Cardinal reached the NCAA Super Six for the second consecutive year and fourth time in the past seven seasons. Stanford finished third in the country, tying the best finish in school history, and four of its gymnasts earned All-America recognition.

Among them was Pacific-10 Gymnast of the Year Tabitha Yim, who completed her career with 13 first-team All-America honors. In all, Smyth has coached 12 gymnasts to a total of 56 All-America honors.

In addition, seven Stanford gymnasts won Academic All-American

Kristen Smyth's Career Record						
Year	W	L	T	Pct.	Conf.	NCAA
2002	13	5	0	.722	3rd	6th
2003	16	3	1	.825	2nd	8th
2004	20	3	0	.870	1st	3rd
2005	9	14	0	.391	4th	--
2006	21	5	0	.808	1st	--
2007	21	3	0	.875	2nd	5th
2008	20	4	0	.833	1st	3rd
Totals	120	37	1	.763	3 titles	4 Super Sixes

The Smyth File

Team Accomplishments

Career Record: 120-37-1
Four Super Six appearances
Two NCAA top-three finishes
Three regional championships
Three Pac-10 championships

Coaching Awards

2004 National Coach of the Year
2004 Regional Coach of the Year
Three-time Pac-10 Coach of Year

honors in 2008 for having grade-point averages of 3.50 or above. In all, Smyth has coached 20 different Academic All-Americans.

Smyth arrived at Stanford in 2002 from Arizona State, where she spent five seasons (1997-2001), the final three as associate head coach. In 1998, she was named Regional Assistant Coach of the Year for her role in helping the Sun Devils to a sixth-place national finish.

Prior to that, Smyth spent three years as a professional dancer in the Bay Area.

While growing up, Smyth moved often as a child in a military family before graduating from Maryknoll School in Honolulu. She went on to Cal where she was a three-time All-American and three-time Academic All-American, and led the Bears to their best-ever national finish (eighth in 1992). She became the first gymnast inducted into the Cal Athletic Hall of Fame, in 2008.

Smyth and her husband, Scott Green, have a daughter, Maya, and son, Zach.



Kristen Smyth has led the program to unprecedented success.



CHRIS SWIRCEK

ASSISTANT COACH

Sixth season
San Jose State '93



Chris Swircek returns for his sixth season. His primary coaching responsibilities are vault and uneven bars. Swircek also coordinates team travel, assists with recruiting and oversees the club and summer camp programs.

Swircek, the 2007 NCAA regional assistant coach of the year, joined the Stanford staff after coaching at the West Valley Gymnastics Club, a national-team training center in Campbell, Calif., for seven years. There, he tutored four Junior Olympic national champions and 15 members of the TOP national team, and led his 2003 Level-10 squad to the state championships.

Swircek, a native of Omaha, Neb., competed on the men's gymnastics team at San Jose State, graduating with a bachelor's degree in criminal justice in 1993. He served as an undergraduate assistant for the Spartans' men in 1994.

Swircek has helped coach Stanford athletes to 17 All-America honors (11 first team) in bars and on floor. In addition, he has helped coach the Cardinal to two top-three national finishes, three Super Six appearances and three Pac-10 titles.

Chris and his wife Shelley reside in Morgan Hill.

MIKE LORENZEN

ASSISTANT COACH

Fourth season
Maryland '86



Mike Lorenzen, in his fourth season at Stanford, has had collegiate and club coaching success for more than 20 years. Lorenzen's main responsibility is the floor exercise and he assists Swircek with the uneven bars.

Immediately before arriving at Stanford, Lorenzen was the Gymnastics program director at Woodward Camp in central Pennsylvania, the world's largest gymnastics and action sports training camp. Lorenzen served in a multitude of roles, including promotions, management and the creation of training programs.

Prior to that, Lorenzen was head coach of the University of Iowa's women's team from 1999-2004, twice leading the Hawkeyes into the NCAA team championships for the first times in school history. He coached seven Big Ten individual champions and five NCAA All-Americans.

Lorenzen began his coaching career as a Yale graduate assistant (1987-89), and served as an assistant at Rhode Island (1989-90), Maryland (1992-93) and as head coach at Indiana (Pa.) in 1995. Lorenzen was Junior Olympic program director at Cincinnati Gymnastics Academy (1996-99) and was named USA Gymnastics regional coach of the year in 1999, when the club was recognized at the top J.O. program in the country.

Lorenzen received his B.A. in government and politics from University of Maryland in 1986 and earned his master's in international relations from Yale in 1989.

Lorenzen is a doctoral student of educational administration and leadership, has been elected to the USA Gymnastics Board of Directors, and is president of the National Association of Collegiate Gymnastics Coaches/Women.

LIZ TRICASE

GRADUATE ASSISTANT COACH

First season
Stanford '08



Liz Tricase recently completed her Stanford career as a first-team All-American in vault and uneven bars and a three-time Pac-10 bars champion. Tricase once scored a perfect 10.000 on the uneven bars at Stanford and finished seventh in the event at the 2007 NCAA Championships.

A native of Elmhurst, Ill., Tricase competed four times for the U.S. national team and placed 10th at the 2004 Olympic trials, advancing to the final Olympic selection camp. She served as co-captain for Stanford's Super Six teams in 2007 and '08 and was the team's 2008 Gymnast of the Year.

AIMEE ROLSTON

STUDENT ASSISTANT COACH

First season
Stanford '08



The former Aimee Precourt was a four-time Academic All-American at Stanford, one of three gymnasts in school history to accomplish the feat.

Rolston was a starter on the beam in 2008. She was a four-time winner of the team's Academic Achievement award and, in 2007, was the Cardinal's Gymnast of the Year.

Rolston, who graduated with a 3.96 grade-point average in human biology, plans to attend medical school.



SHELLEY ALEXANDER

Class: Sophomore
 Height: 5-2
 Hometown: Seguin, Texas
 High School: Seguin Matadors
 Club: USA Aerial Gymnastics



2008 Season (Freshman): A starter on vault, Alexander posted a season best of 9.850 at the NCAA Central Regional to help the Cardinal to a 49.525, its best team score of the season in any event ... twice scored 9.825 in the vault, against Georgia and UC Davis ... competed in vault in 11 of team's 12 meets through the regionals.

Club/High School: Was valedictorian of the class of 2007 at Seguin High School in Seguin, Texas ... competed for USA Aerial Athletics of San Antonio, Texas, where she was coached by Heather Schnelzer and Mike Hunsucker ... in 2007, was Region III Level-10 vault champ, and captured Texas state titles in vault, beam and all-around.

Personal: Won the Grand Prize award for physics from the Alamo Regional Junior Academy of Science in San Antonio ... enjoys snow skiing, water skiing and wakeboarding ... daughter of Jud and Jody Alexander ... has two siblings, Whitney and Jud III.

GETTING TO KNOW SHELLEY ALEXANDER:

My earliest gymnastics memory is ... swinging on the bars in the tree-house my grandpa built us

Growing up in gymnastics, I always pretended to be ... able to fly

When I was in younger, I was always in trouble for ... climbing too high on whatever was around when I was really little, and then, of course, aggravating my brother and sister once I figured that out

The most unforgettable venue I ever competed in was ... Burnham Pavilion

The best advice my parents ever gave me was ... to be proud of my best effort and to always keep my faith

If a movie were made about your team, who would play your coach on-screen? Sarah Jessica Parker

My greatest athletic moment was ... skiing a double black diamond at age 5

Since coming to Stanford, I have learned ... who I am

The best thing about Stanford women's gymnastics is ... We are completely a TEAM. We are truly best friends and our strengths complement each other in the best ways

I'm most thankful for ... being born a Texan - and for my wonderful life including the best family and friends, and for the opportunity I have been given to be here



ALYSSA BROWN

Class: Freshman
 Height: 5-2
 Hometown: Oakville, Ontario, Canada
 High School: Abbey Park Eagles
 Club: Gymnastics Mississauga



Club/High School: Brown is a Canadian national team member, with a wealth of international experience ... Canada's first alternate at the 2008 Olympic Games in Beijing ... represented Canada at two world championships - in 2007 in Stuttgart, Germany, and 2006 in Aarhus, Denmark ... Canada's highest-scoring all-around performer at the 2007 worlds, in the team competition ... Canada placed 14th in both 2007 and 2006 ... second in the vault at the 2006 Commonwealth Games in Melbourne, Australia ... fourth all-around, fourth on the uneven bars, and fifth on the beam and floor at the 2008 Canadian national championships ... Canadian national champion in the vault and beam in 2006 ... coached by Alex Bard at Gymnastics Mississauga.

Personal: A 2007 graduate of Abbey Park High School in Oakville, Ontario, Canada ... parents are Clifford and Lori Brown ... hopes to major in human biology with a goal of becoming a sports medicine doctor ... has a brother, Scott.

GETTING TO KNOW ALYSSA BROWN:

The coolest thing I had in my bedroom growing up was ... probably the millions of stuffed animals!

When I was in younger, I was always in trouble for ... sneaking into the cupboard and eating Cheerios

If you could have a superpower, what would it be and why? To have amazing eyesight because my eyes are terrible!

What is your hidden talent? Scrapbooking

I'd be the perfect person to ... make someone smile and see the bright side in every situation

If you could trade places with anyone on the team, who would it be and why? Tenaya because I want to know what it feels like to touch the roof when I tumble!

The most unforgettable venue I ever competed in was ... Madison Square Garden

Something people would be surprised to know about me is ... I played hockey for five years

My greatest athletic moment was ... winning the silver medal on vault at the 2006 Commonwealth Games

The best advice my parents ever gave me was ... that pressure is self-imposed

The best advice my coach ever gave me was ... to only focus on myself and not to worry about the things around me that I couldn't control

Since coming to Stanford, I have learned ... that biking can be very dangerous and also that it is possible to get through a day on less than nine hours of sleep!

The best thing about Stanford women's gymnastics is ... the team, coaches and support staff; knowing that there are people behind you, supporting you 100 percent, is the best feeling in the world



STEPHANIE CARTER

Class: Junior
 Height: 5-6
 Hometown: Fair Oaks, Calif.
 High School: Bella Vista Broncos
 Club: Byers Gymnastics Center



2008 Season (Sophomore): Did not compete because of injury.
2007 Season (Freshman): A regular on the vault ... scored a season-high 9.850 on the vault against UCLA ... earned three other scores of 9.800.
Club/High School: A 2006 graduate of Bella Vista High School in Fair Oaks, Calif. ... a California state assembly scholastic achievement award winner in 2006 ... won the 2006 President's Award for Educational Excellence ... trained at the Byers Gymnastics Center in Sacramento ... a 2005 Junior Olympic national qualifier ... placed eighth on vault and fifth on bars ... the Level-10 NorCal champion in 2006.
Personal: Parents are Steve and Janet Carter ... enjoys reading, shopping, listening to music and hanging out with friends.

GETTING TO KNOW STEPHANIE CARTER

My earliest gymnastics memory is ... Going to Gymboree classes with my mom.
The coolest thing I had in my bedroom growing up was ... my Minnie Mouse canopy bed
The best nickname I ever had was ... Shopping Carter, Carty-Cart, or Cartman (thanks to Kelly Fee)
Something people would be surprised to know about me is ... I love math... especially integrals!
The best advice my parents ever gave me was ... "Attitude is everything."
The best advice my coach ever gave me was ... Before my first competition at Stanford – "It doesn't matter whether you land on your face or stick it cold, we'll always love you."

My greatest athletic moment was ... Finding out that I would have the opportunity to attend Stanford and compete on one of the best teams in the nation
Since coming to Stanford, I have learned ... about the true meaning of teamwork and camaraderie. I have learned what it takes to compete on a team and what it feels like to see all of your hard work and dedication come together at the right moment
The best thing about Stanford women's gymnastics is ... The team chemistry. It's amazing, without even trying. We all love each other so much, which we use for fuel in the gym everyday. We all know that it's not only about doing it for yourself, but doing it for the 15 other girls who are training right alongside you
I'm most thankful for ... My family, friends, and the opportunity that I have been given to reach my full potential



KELLY FEE

Class: Senior
 Height: 5-1
 Hometown: St. Charles, Ill.
 High School: St. Charles East Fighting Saints
 Club: Illinois Gymnastics Institute



2008 Season (Junior): A 2009 tri-captain alongside Heather Purnell and Carly Janiga, Fee has taken on the role of motivator for her team, keeping the energy high and her teammates focused ... earned her third Academic All-American honor ... was named to the Pac-10 All-Academic team for the second consecutive year ... scored a career-best 9.900 on floor against Nebraska and Alabama ... scored 9.800 or above in all 13 of her floor performances ... scored at least 9.800 in seven of her final eight beam performances ... has career bests of 9.875 in vault, 9.950 on bars, 9.950 on beam and 9.900 on floor.
2007 Season (Sophomore): Finished 11th in nation in beam (9.725), earning first-team All-America honors ... All-Pac-10 selection ... competed all season on bars, beam and floor ... achieved season-high 9.900 on beam at NCAA South Central regional ... scored 9.900 on floor vs. UCLA.
2006 Season (Freshman): Fifth on bars (9.850) and sixth on beam (9.850) at NCAA West regional ... finished 10th on bars (9.800) at Pac-10 championships.
Club/High School: An international elite gymnast and member of the U.S. national team ... ranked among the top 15 gymnasts in the country ... qualified for the U.S. national championships four times and competed three times ... a 2000 Junior Olympic national team member (fourth in all-around, first on bars, third on beam) .. placed fifth in the all-around at the 2005 U.S. Classic in Rochester, N.Y.
Personal: A 2005 graduate of St. Charles East High School in St. Charles, Ill. ... daughter of Dan and Elaine Fee ... has two sisters, Colleen and Catherine ... majoring in international relations.

GETTING TO KNOW KELLY FEE

My earliest gymnastics memory is ... having my mom braid my hair before a pre-level 5 meet (I cried ha-ha)
Growing up in gymnastics, I always pretended to be ... the best
When I was in younger, I was always in trouble for ... nothing. I was too afraid to break the rules
What is your hidden talent? My ability to memorize the lyrics to musicals – yes, I'm a nerd
The best nickname I ever had was ... GooFee
I'd be the perfect person to ... lift your spirit
The best advice my parents ever gave me was ... You can do anything
My greatest athletic moment was ... Sticking my beam routine in the prelims of NCAA Championships in 2007
Since coming to Stanford, I have learned ... that education and service are ways of life and not just actions we take
The best thing about Stanford women's gymnastics is ... that we're a family



DANIELLE IKOMA

Class: Sophomore
 Height: 4-11
 Hometown: Naperville, Ill.
 High School: Naperville Central Redhawks
 Club: Arena Gymnastics



2007 Season (Freshman): Broke into the lineup against Arizona on Jan. 20 and scored a 9.825 on vault, her best score in four meets ... also performed on floor against Arizona (9.425) and bars at Chicago Style (8.525) on Feb. 8.

Club/High School: A 2007 graduate of Naperville Central High School in Naperville, Ill. ... placed fourth in the all-around and second on bars at the 2007 Junior Olympic nationals ... third in the all-around at the 2006 J.O. nationals ... second on all-around and bars at the 2005 JOs ... two-time Level 10 national champion on beam ... three-time junior national team member (2005-2007) ... competed for Arena Gymnastics of Joliet, Ill. ... Naperville Central is the only high school in the country to house an authentic Egyptian mummy, "Butch."

Personal: Daughter of Denise and Allan Ikoma ... has a brother, Derek, and sister, Michelle, who will compete for University of North Carolina in 2010.

GETTING TO KNOW DANIELLE IKOMA

My earliest gymnastics memory is ... being jealous of the girl in my class who could do the splits when I couldn't

The coolest thing I had in my bedroom growing up was ... my little sister (we shared a room when we were little)

When I was younger, I was always in trouble for ... I never really got in trouble, but I did color on the floor in second grade with a purple crayon and that got me in a lot of trouble

If you could have a superpower, what would it be and why? To fly because airline tickets are so expensive!

The best nickname I ever had was ... Noody, short for noodle, which is short for dan dan noodles, the classic dish of Chinese Sichuan cuisine, according to Wikipedia

The name of my first pet was ... I don't remember the name of my first pet, but I know it was a fish that I won at a carnival, and it died within a few days

I'd be the perfect person to ... get chicken recipes from

If you could trade places with anyone on the team, who would it be and why? It would be Gretchen O'Henley so that I can see what it's like to be tall

The most unforgettable venue I ever competed in was ... in Marseille, France

Something people would be surprised to know about me is ... I don't like chocolate milk, chocolate ice cream or brownies

If a movie was made about your team, what would it be called? It would definitely be a musical, probably titled, "Get in the Zone"

Who would play your coach? I don't know. Probably someone I would like to meet in person, like Johnny Depp, Hugh Laurie, or Angelina Jolie

My greatest athletic moment was ... being with my team at NCAA's last year

The best thing about Stanford women's gymnastics is ... the awesome girls on the team!

I'm most thankful for ... all the people who support me



ALLYSE ISHINO

Class: Junior
 Height: 5-1
 Hometown: Santa Ana, Calif.
 High School: Foothill Knights
 Club: Gliders Gymnastics



2008 Season (Sophomore): One of Stanford's most versatile performers in her first season of collegiate competition ... season ended when she tore the anterior cruciate ligament in her knee as she landed a Yurchenko full on the vault at the Pac-10 championships ... until then, she had been a regular on the vault (9.900 vs. Georgia), bars (three 9.900's) and beam (9.875 at Iowa State) ... scored 9.825 or above in all 10 of her bar routines.

2007 Season (Freshman): Sat out the entire season after being diagnosed with a pulmonary embolism in November, 2006.

Club/High School: A 2004 U.S. Olympic team alternate ... placed fifth in all-around at the Olympic trials ... U.S. national team member for four years ... won the all-around, was second on floor, and fourth on bars and beam at the 2004 Pacific Alliance Games ... fourth in the all-around at the 2003 Pan-American Games ... a 2006 graduate of Foothill High School in Santa Ana, Calif. ... trained at Charter Oak Gymnastics in Covina, Calif., under Steve and Beth Rybacki, and then at Wildfire Gymnastics in Tustin, Calif., under Bill Callander.

Personal: daughter of Glenn and Arlene Ishino ... hobbies include dancing, snowboarding, and rollerblading at the beach ... human biology major.

GETTING TO KNOW ALLYSE ISHINO

The coolest thing I had in my bedroom growing up was ... A Michael Jackson Barbie

The name of my first pet was ... Nike

I'd be the perfect person to ... Dance with

The most unforgettable venue I ever competed in was ... Anaheim Pond for 2004 Olympic trials

Something people would be surprised to know about me is ... I seriously can't do two things at once

Who would play you on-screen? Lucy Liu

My greatest athletic moment was ... when I totally mastered the "wave" board and circled our tennis court 10 times without stopping ... best day ever

Since coming to Stanford, I have learned ... that having a fender on your bike greatly reduces the size of the stripe formed on your backpack when riding in the RIDICULOUSLY horrible rain

The best thing about Stanford women's gymnastics is ... Our ability to have so much fun all the time

I'm most thankful for ... My amazing family and friends



CARLY JANIGA

Class: Junior
 Height: 4-11
 Hometown: Paradise Valley, Ariz.
 High School: Saguaro Sabercats
 Club: Desert Devils Gymnastics



2008 Season (Sophomore): Enters 2009 season as a tri-captain, with Heather Purnell and Kelly Fee ... earned second-team All-America honors on floor in 2008, making her a four-time All-American ... won her first Pac-10 individual championship, scoring 9.950 on the beam to tie Oregon State's Jami Lanz for the title ... scored 9.900 on the beam at the Super Six ... season bests: vault (9.850), bars (9.900), beam (9.950), floor (9.875), and all-around (39.375) ... named to her second Academic All-America team.

2007 Season (Freshman): Three-time first-team All-American, in all-around, vault and floor exercise ... placed fourth in the NCAA all-around, eighth on floor and 15th on vault ... Pac-10 Freshman of the Year ... Cardinal team MVP ... competed all season in all four events ... season bests: vault (9.925), bars (9.950), beam (9.900), floor (9.925).

Club/High School: Placed ninth in all-around, sixth on vault, seventh on beam, and eighth on floor at the 2004 Olympic trials ... one of 10 invited to the 2004 Olympic selection camp ... earned golds in two international meets while representing the U.S. in 2004 ... won the 2006 Junior Olympic bar and all-around titles ... trained at Desert Devils Gymnastics in Mesa, Ariz., under Geoff Eaton, Shelly Eaton and Kristin Fanning ... a 2006 graduate of Saguaro High School in Scottsdale, Ariz. ... member of National Honor Society ... participated in the Tour of Gymnastics Superstars on Sept. 21, 2008, at San Jose's HP Pavilion, alongside Olympic gold medalists Nastia Liukin and Shawn Johnson.

Personal: Parents are Bill and Ellen Janiga ... majoring in psychology.

GETTING TO KNOW CARLY JANIGA



My earliest gymnastics memory is ... Trying to make it over the vault horse when I was 4 during a competition. (It took me a couple of times)

Growing up in gymnastics, I always pretended to be ... The older (better) gymnasts at my gym on my trampoline in my backyard

The coolest thing I had in my bedroom growing up was ... My white board. I used to always do my homework and pretend I was the teacher with it

If you could have a superpower, what would it be and why?
 Teleportation. Sometimes it would just be so cool to get places without having to travel there. (Especially when it's cold or raining outside and I have to bike somewhere)

The best nickname I ever had was ... The Jaginaut. (J-Face gets an honorable mention though)

Who would play you on-screen?
 Cheri Oteri (the Spartan cheerleader on SNL)

Who would play your coach?
 Mike: Vin Diesel; Chris: Arnold Schwarzenegger; Kristen Smyth: Audrey Hepburn

CATHERINE NGUYEN

Class: Freshman
 Height: 5-2
 Hometown: Plano, Texas
 High School: Spring Creek Academy
 Club: World Olympic Gymnastics Academy



Club/High School: An international elite gymnast who placed 15th in the all-around at the 2007 U.S. senior national championships ... named to the U.S. junior national team in 2006 ... trained at the World Olympic Gymnastics Academy (WOGA), the gym founded and owned by Valeri Liukin, a 1988 Olympic gold medalist for the Soviet Union and father of 2008 Olympic all-around champion Nastia Liukin ... coached by Evgeny Marchenko and Natasha Boyarskaya ... placed eighth all-around at the 2006 U.S. junior nationals ... has been competing in gymnastics seriously since only 2004 ... a 2008 graduate of Spring Creek Academy of Plano, Texas.

Personal: Daughter of Hien and Tho Nguyen ... two sisters, Crystal and Christine ... Christine is a former U.S. senior national team member who now competes at University of North Carolina.

GETTING TO KNOW CATHERINE NGUYEN

My earliest gymnastics memory is ... going to those awesome gym summer camps. I loved doing all the activities that they had for us, which included swimming, playing games, and going ice-skating. This was way before I was actually serious about gymnastics

Growing up in gymnastics, I always pretended to be ... like my sister =)

When I was in younger, I was always in trouble for ... eating with my fingers instead of using my utensils

If you could have a superpower, what would it be and why? I'd want to be able to read people's minds!

What is your hidden talent? My hidden talent is that I can make most people laugh when I laugh

Other than my parents, who would you consider as your mentor? My teammates and coaches

The best nickname I ever had was ... Jackie Chan! Jet Li

The name of my first pet was ... Lucky, my dog

Something people would be surprised to know about me is ... that I love talking to people and I love meeting new people

The best advice my parents ever gave me was ... Don't give up because it's never over until you decide it's over. No one can tell you to give up, only you can decide whether you want to work hard and succeed or just stop and give up

The best advice my coach ever gave me was ... work hard because hard work never disappears

Since coming to Stanford, I have learned ... that time management is key to being successful

The best thing about Stanford women's gymnastics is ... everything! Whether you're talking about the girls on the team, the coaches, the positive attitudes, the team work...etc.

I'm most thankful for ... my parents and this awesome Stanford opportunity. I'm really thankful to be part of such an



GRETCHEN O'HENLEY

Class: Sophomore
 Height: 5-8
 Hometown: Oakland, Calif.
 High School: Saint Mary's Panthers
 Club: Head Over Heels



2008 Season (Freshman): Earned Academic All-America honors ... competed both on vault and bars in two meets, against Georgia and Iowa State ... earned best scores of 9.825 in the vault, against Georgia, and 9.700 on bars, at Iowa State.

Club/High School: A 2007 graduate of Saint Mary's College High School in Berkeley, Calif. ... competed at the 2006 Junior Olympic national championships ... third in the California state championships in all-around in 2006 and 2007 ... third on floor and fifth on vault at regional championships in 2007 ... coached by Katreece Roberts and Oleg Kosyak at Head Over Heels Gymnastics in Emeryville, Calif.

Personal: Enjoys music and singing, and Broadway musicals and baseball ... daughter of Neil and Joan O'Henley ... has an older brother, Peter.

GETTING TO KNOW GRETCHEN O'HENLEY

My earliest gymnastics memory is ... *being inspired by the U.S. women's team winning the gold medal in the 1996 Olympics*

Growing up in gymnastics, I always pretended to be ... *Dominique Moceanu*
The coolest thing I had in my bedroom growing up was ... *a lamp shaped like an elephant*

What is your hidden talent? *I can sing and play the piano*

Other than my parents, who would you consider as your mentor? *My friend Lillian from my club team*

The name of my first pet was ... *Spot (a fish)*

I'd be the perfect person to ... *Live in a tree for a while*

If you could trade places with anyone on the team, who would it be and why?

Allyse Ishino because then I wouldn't have to think so hard in my floor routine about the dance, it would just come naturally

The most unforgettable venue I ever competed in was ... *SWG's first home meet last year against Georgia. It was awesome!*

The best advice my parents ever gave me was ... *Stop worrying so much*

The best advice my coach ever gave me was ... *Trust the work you've done and be confident*

Who would play you on-screen? *My first pick would be Tom Hanks, except I'm a girl so that doesn't really work, so I'll go with Hilary Swank*

Who would play your coach? *Eva Longoria?*

My greatest athletic moment was ... *getting to compete for Stanford!*

Since coming to Stanford, I have learned ... *There are more opportunities here to find things that you have a passion for than anywhere else in the world, so you have to take advantage of them!*

The best thing about Stanford women's gymnastics is ... *As a team we keep challenging and pushing ourselves to reach our potential while at the same time having fun!*



NICOLE OURADA

Class: Senior
 Height: 5-2
 Hometown: Germantown, Wis.
 High School: Germantown Warhawks
 Club: LaFleur's Academy of Gymnastics



2008 Season (Junior): Earned second-team All-America honors in the all-around, her second such feat ... finished 10th on the balance beam (9.800) to become a first-team All-America in the event for the second consecutive year ... has earned five career All-America honors, including two first team ... Pac-10 All-Academic team ... season bests: vault (9.925), bars (9.875), beam (9.925), floor (9.900) and all-around (39.350) ... competed in all four disciplines at each postseason meet.

2007 Season (Sophomore): Third in the nation on beam, scoring 9.850, to earn All-America first-team honors ... was second-team All-American in vault and all-around ... an All-Pac-10 Conference selection ... scored an all-around season-best of 39.575 in tri-meet at San Jose State ... other season bests: vault (9.900), bars (9.875), beam (9.875) and floor (9.925).

2006 Season (Freshman): Fifth on bars (9.950) and 12th all-around at NCAA South Central Regional ... sixth on beam at Pac-10 ... scored all-around season best of 39.300 against Washington.

Club/High School: A 2005 graduate of Germantown (Wis.) High School ... sixth all-around at the 2004 Junior Olympic nationals, where she also placed among the top three on the vault, bars and beam ... member of the 2005 Junior Olympic national team ... five-time national qualifier ... competed for LaFleur's Academy of Gymnastics in Germantown ... also played two years of high school tennis.

Personal: Enjoys spending time with family and friends, playing tennis and listening to music ... daughter of Dave and Sue Ourada ... has a brother, Chris ... majoring in human biology.

GETTING TO KNOW NICOLE OURADA

My earliest gymnastics memory is ... *Warming up to a Mickey Mouse sing along*

Growing up in gymnastics, I always pretended to be ... *Shannon Miller*

The coolest thing I had in my bedroom growing up was ... *Easy Bake Oven*

When I was in younger, I was always in trouble for ... *Wearing sandals in the winter*

What is your hidden talent? *Tying water balloons*

Other than my parents, who would you consider as your mentor? *Natalie Wiesen (Stanford gymnastics alum '05)*

The best nickname I ever had was ... *Pinacolenada*

The name of my first pet was ... *Bert and Ernie (fish)*

I'd be the perfect person to ... *Just listen*

My greatest athletic moment was ... *Signing my National Letter of Intent for Stanford*

The best thing about Stanford women's gymnastics is ... *The love we have for each other. We are in it for more than just the sport. Instead it is more for the relationships and experience that we are able to embrace*



NICOLE PECHANEC

Class: Freshman
 Height: 5-5
 Hometown: Phillipsburg, N.J.
 High School: Keystone National
 Club: Aiken Gymnastics

Club/High School: Member of the Czech Republic senior national team ... won the balance beam at the 2007 World Cup in Ostrava, Czech Republic, and was second on floor ... member of Czech world championship teams in 2006 and 2007 ... also competed in two European Championships (2007, 2008), qualifying for the 2007 all-around finals in Amsterdam ... first in the all-around and second on beam and floor at a five-nation international meet in Brno, Czech Republic, that also included Austria, Great Britain, Poland, and Switzerland ... Czech 2007 national champion on floor and runner-up on beam ... 2005 U.S. Junior Olympic national runner-up on beam, and eighth all-around ... Level 10 regional uneven bar champion in 2003 ... trained at her mother's club until age 12 ... trained at Aiken (S.C.) Gymnastics from 2002-05 ... later trained at Parkettes National Gymnastics Training Center of Allentown, Pa., while coached by Yvette Pechanec, and Bill and Donna Strauss ... a 2008 graduate of Keystone National High School, which offers an online curriculum for homeschooled students, and is based in Bloomsburg, Pa.

Personal: Born in Newark, N.J., to Czech parents, Tomas and Yvette Pechanec ... mother competed on the Czech national gymnastics team ... father sailed for the Czech national team, in the Europa and Fin classes, and later sailed in the U.S., competing at the U.S. nationals ... has a sister, Monica ... speaks several languages ... enjoys art, playing the piano, and traveling.

GETTING TO KNOW NICOLE PECHANEC

My earliest gymnastics memory is ... My first glide kip... I remember struggling – one arm, then the other – and making it!

The coolest thing I had in my bedroom growing up was ... a little horse my best friend gave me from her trip to Italy.

When I was in younger, I was always in trouble for ... running around the gym

Other than my parents, who would you consider as your mentor? My old coaches, Draha and Radek Kriz

The best nickname I ever had was ... Nicoliebolle and now, Peach!

The name of my first pet was ... Prcek (It's Czech)

I'd be the perfect person to ... be your tour guide on any trip

If you could trade places with anyone on the team, who would it be and why?

Allyse, because I love her confidence and enthusiasm

The most unforgettable venue I ever competed in was ... the 2007 European Championships in Amsterdam. I qualified to the all-around finals and my mom was able to come on the podium with me

The best advice my parents ever gave me was ... "No one is going to do it for you" – My mom

Who would play your coach on-screen? Kristen: Catherine Zeta-Jones; Chris: Vince Vaughn; Mike: Bruce Willis

My greatest athletic moment was ... completely sweeping an international competition with Britain, Switzerland, and Austria

JENNY PETER

Class: Freshman
 Height: 5-4
 Hometown: Lincoln, Neb.
 High School: Lincoln Southeast Knights
 Club: Solid Rock Gymnastics

Club/High School: Four-time Junior Olympic national qualifier (2005-08) ... eighth all-around at Level 10 (Senior B) Junior Olympic nationals (2007) ... two-time Junior Olympic Region IV Level 10 champ (2006, 2007) ... six-time all-around Nebraska state champion (Level 10 in 2005, 2007) ... a 2008 graduate of Lincoln (Neb.) Southeast High School ... captain of cheerleading team ... class vice president ... student council vice president ... prom princess ... coached by Danielle Catlett at Rock Solid Gymnastics in Lincoln, Neb.

Personal: Daughter of Paul and Tammy Peter ... has a brother, Mike ... father played football at Nebraska-Kearney ... uncle, Steve Johnson, was an all-conference baseball player at University of Nebraska ... paternal grandfather, Victor Peter, was a three-sport athlete at Concordia (Neb.) University ... maternal grandfather, Ray Johnson, played two years in the St. Louis Cardinals farm system and, after World War II, played semipro ball with players such as Dizzy Dean, Billy Martin, and Satchell Paige ... enjoys rollerblading, ultimate Frisbee, cooking and scrapbooking.

GETTING TO KNOW JENNY PETER

My earliest gymnastics memory is ... doing a cartwheel on the soccer field after scoring a goal.

Growing up in gymnastics, I always pretended to be ... Catwoman who could jump with no fear. Oh yeah, and Shannon Miller

The coolest thing I had in my bedroom growing up were ... beanie babies!

When I was in younger, I was always in trouble for ... climbing the neighbor's trees

What is your hidden talent? writing

Other than my parents, who would you consider as your mentor? One of my former coaches and role model, Tanya Gifford

I'd be the perfect person to ... plan and prepare for a tasty dinner

If you could trade places with anyone on the team, who would it be and why?

Nicole Ourada so that I could sing

Something people would be surprised to know about me is ... that my second cousin is "Lutz" on 30 Rock

The best advice my parents ever gave me was ... go confidently in the direction of your dreams. Live the life you've imagined

The best advice my coach ever gave me was ... relax!

Who would play you on-screen? Evangeline Lilly, the actress who plays Kate in my favorite TV show "Lost". She has freckles, too

Who would play your coach? Kristen would be played by an older version of the classy Kiera Knightley (Elizabeth Swann in Pirates of the Caribbean). Chris would be played by a male version of Dory (Finding Nemo) for his comic relief. Mike would be played by the insightful Ian McKellen (Gandalf in the Lord of the Rings)!

My greatest athletic moment was ... being called by Kristen and asked to become a part of the team at Stanford



HEATHER PURNELL

Class: Senior
 Height: 5-4
 Hometown: Metcalfe, Ontario, Canada
 High School: Gloucester Gators
 Club: Ottawa Gymnastics Center



2008 Season (Junior): A 2009 tri-captain, along with Kelly Fee and Carly Janiga ... a starter on bars, beam and floor before suffering a knee injury Feb. 29 at Arizona State and missing five meets ... returned at NCAA team prelims and scored a 9.800 on beam ... one night later, produced a pressure-packed 9.850 on beam at the Super Six to help Stanford to third place ... season bests: bars (9.775), beam (9.850) and floor (9.875) ... Pac-10 All-Academic team.

2007 Season (Sophomore): Competed individually in all four rotations and scored a season-best of 39.025 in the all-around ... Other season bests: vault (9.800), bars (9.800), beam (9.850) and floor (9.775).

2006 Season (Freshman): Scored a 38.425 in the all-around in her collegiate debut, in a victory over UCLA ... season bests: vault (9.800), bars (9.800), beam (9.825) and floor (9.800) ... won Stanford's Most Improved Gymnast award.

Club/High School: Team captain of Canada's 2004 Olympic gymnastics team in Athens ... second all-around at the 2002 and 2003 Canadian national championships ... Canadian runner-up in bars (2002), vault (2004) and floor (2004) ... third all-around in 2004 Olympic trials ... competed in Olympic prelims in vault (17th), floor (21st) and all-around (40th) ... member of 10th place team ... two-time all-around winner at Elite Canada (2002, 2004) ... 2000 Canadian junior all-around champion ... a 2005 graduate of Gloucester High School in Ottawa, Ontario ... trained at the Ottawa Gymnastics Centre in Ottawa.

Personal: Daughter of Ted and Gini Purnell ... father played for the Ottawa Rough Riders of the Canadian Football League ... mother played professional golf and squash ... sister, Ashley, was a sprinter at Stanford ... majoring in psychology.

GETTING TO KNOW HEATHER PURNELL

My earliest gymnastics memory is ... Doing a back walkover in a show and getting stuck in the handstand for five seconds

Growing up in gymnastics, I always pretended ... My thumbs were rocket launch buttons and I would press them to help me run fast on vault

When I was in younger, I was always in trouble for ... Climbing on top of the fridge, and running down the stairs

If you could have a superpower, what would it be and why? To become invisible, so I could observe the world without my influence

I'd be the perfect person to ... Become a professional napper

The most unforgettable venue I ever competed in was ... Pan American Games in Dominican Republic. There was no air conditioning and they had holes in the walls instead of windows, so there were a bunch of moths lying all over the floor and it was super hot

Something people would be surprised to know about me is ... I'm pretty quiet

The best advice my parents ever gave me was ... It will be better in the morning

BLAIR RYLAND

Class: Junior
 Height: 4-11
 Hometown: Woodbridge, Va.
 High School: Woodbridge Vikings
 Club: Capital Gymnastics



2008 Season (Sophomore): A consistently high scorer in the vault, scored 9.800 or higher eight times in the event ... scored a season-best 9.900 in the vault at the NCAA South Central Regional, helping the Cardinal to a team score of 49.525, the team's highest in any event all season ... Pac-10 All-Academic team.

2007 Season (Freshman): Earned second-team All-America honors in the vault ... a valuable contributor on vault, floor and bars ... season bests: vault (9.800), bars (9.700) and floor (9.850).

Club/High School: An international elite gymnast for five years ... won the team title at the national training camp and qualified for the 2005 U.S. Classic ... a 2006 graduate of Woodbridge Senior High School in Woodbridge, Va., with a grade-point average of over 4.0 ... member of the National Honor Society and Beta Club ... trained at Capital Gymnastics in Burke, Va.

Personal: Daughter of Bill and Sally Ryland ... majoring in human biology ... enjoys playing the guitar, listening to music and reading.

GETTING TO KNOW BLAIR RYLAND

My earliest gymnastics memory is ... practicing my handstand forward roll on the floor of my parents' bedroom

Growing up in gymnastics, I always pretended to be ... Shannon Miller

The coolest thing I had in my bedroom growing up was ... my huge pile of stuffed animals

When I was in younger, I was always in trouble for ... stealing cookies from the cookie jar

What is your hidden talent? I'm really good at football. If I weren't doing gymnastics here, I'd probably play football :)

Other than my parents, who would you consider as your mentor? Aimee Precourt, a former SWGgle who graduated last year

The best nickname I ever had was ... Blur

If you could trade places with anyone on the team, who would it be and why? Allyse, because she's ridiculously awesome and I want to be able to dance like her!

Something people would be surprised to know about me is ... that I actually think organic chemistry is cool. Yea, I know. I'm weird.

The best advice my parents ever gave me was ... that hard work always pays off

My greatest athletic moment was ... standing on the podium with the rest of my teammates at 2008 NAAs

Since coming to Stanford, I have learned ... that the journey, not the outcome, makes everything worthwhile

The best thing about Stanford women's gymnastics is ... that we have fun no matter what we're doing
I'm most thankful for ... my family, friends, teammates, and coaching staff; they are the best support system anyone



ALEXANDRA SKOLY

Class: Freshman
 Height: 5-4
 Hometown: East Greenwich, R.I.
 High School: La Salle Academy Rams
 Club: Aim High Gymnastics



Club/High School: An explosive gymnast with strong athleticism and power ... competed at Level 10 at the Aim High Academy in Providence, R.I. ... coached by Ricky Harris ... performs difficult tumbling routines and could make an immediate impact on floor and vault ... a 2008 graduate of La Salle Academy in Providence, R.I. ... state high school champion on floor.

Personal: Daughter of Stephen and Carol Skoly ... has a brother, Nick ... enjoys playing sports, watching the New England Patriots and Boston Red Sox, drawing and doing crafts.

GETTING TO KNOW ALEXANDRA SKOLY

My earliest gymnastics memory is ... being the last girl to get a bridge kickover
Growing up in gymnastics, I always pretended to be ... nothing. I started gymnastics later than most so pretending to be something would have probably not been very cool at the time

The coolest thing I had in my bedroom growing up was ... a wicked awesome fort

When I was in younger, I was always in trouble for ... everything. I was the worst, most stubborn child ever

If you could have a superpower, what would it be and why? I wish I could fly because then I wouldn't have to worry about other people getting in the way and I would get places much faster

What is your hidden talent? I am crazy good at impersonating people
I'd be the perfect person to ... make you laugh

If you could trade places with anyone on the team, who would it be and why?
CJ because she is AMAZING and always looks like she's on a mission

Something people would be surprised to know about me is ... I get nervous and usually I'm shy when I first meet people

The best advice my coach ever gave me was ... Don't think

If a movie was made about your team, what would it be called? Super Sixteen

Who would play you on-screen? I would play me. I don't think anyone would be able to figure me out well enough to be me

Who would play your coach?
 Kristen- Julia Roberts; Mike- Vin Diesel; Chris- Vince Vaughn

Since coming to Stanford, I have learned ... the world is super big and I have a lot more to learn

The best thing about Stanford women's gymnastics is ... we want it. I'm most thankful for ... having the opportunity to go to the most amazing school ever



TENAYA WEST

Class: Sophomore
 Height: 5-4
 Hometown: Davis, Calif.
 High School: Davis Blue Devils
 Club: International Gymnastics Centre



2008 Season (Redshirt Freshman): Former walk-on earned Stanford's Most Improved Gymnast award ... scored a 9.825 on floor against Georgia, in her first collegiate event ... performed exclusively on floor and scored 9.800 or higher six times ... achieved season best of 9.900 at UC Davis, in her hometown ... scored 9.875 at Pac-10 championships and 9.850 at NCAA South Central regionals ... Pac-10 All-Academic team ... has perhaps the highest vertical leap on team.

2007 Season (Freshman): Did not compete.

Club/High School: Four-time Junior Olympic national competitor ... Level 10 state all-around, beam and floor champion in 2005 and 2006 ... 2005 state champion in vault and third in all-around ... trained at International Gymnastics Centre in Sacramento, Calif. ... a 2006 graduate of Davis (Calif.) Senior High School.

Personal: Daughter of Ed and Kathy West ... majoring in human biology ... enjoys spending time with family, friends and animals ... hobbies include animal training, filmmaking and photography.

GETTING TO KNOW TENAYA WEST

My earliest gymnastics memory is ... free time at the end of class when we would get to dance to Disney music. I think I spent 99 percent of the time jumping up and down or trying to tumble

Growing up in gymnastics, I always pretended to be ... Tigger

The coolest thing I had in my bedroom growing up was ... my zoo of pets

If you could have a superpower, what would it be and why? Time travel! Mostly just for fun... but could come in handy for paper deadlines too

What is your hidden talent? Baking chocolate chip banana bread

People say I look like ... Casper

Other than my parents, who would you consider as your mentor? The coaches and all the SWG girls that came before me have been amazing mentors for gym, school, and life. Also my former coach from club has been a continued source of support

The best nickname I ever had was ... Tenyoyo

The name of my first pet was ... Kiska (Alaskan Husky)

Something people would be surprised to know about me is ... I love sailing

The best advice my parents ever gave me was ... to believe in myself

The best advice my coach ever gave me was ... "Love the game so much that you will pass on your love of the game to another athlete who has seen your dedication, your work, your challenges, your triumphs. ... and then that athlete will, because of you, love the game."

My greatest athletic moment was ... becoming part of Stanford Gymnastics

Since coming to Stanford, I have learned ... how many amazing people there are putting their own lives on hold in order to reach out and make a difference in communities around the world. It's truly inspirational.

The best thing about Stanford women's gymnastics is ... the love that we have for each other, the program, and the sport



2008 Results (20-4 overall, 3-1 Pac-10)

Date	Opponent/Event	Location	Result
Jan. 13	Georgia	Burnham Pavilion	L, 196.150-196.875
<i>Winner: Janiga (BB 9.90)</i>			
Jan. 20	Arizona	Burnham Pavilion	W, 194.600-194.125
<i>Winners: Ishino (BB 9.80; UB 9.875), Fee (FX 9.875), Gentry, Ikoma (V 9.825)</i>			
Jan. 27	at UCLA	Los Angeles	L, 195.025-195.050
<i>Winners: Ishino, Yim (bars, 9.90)</i>			
Feb. 8	at Chicago Style Invitational	Chicago	2nd of 4, 196.700
<i>Team: UCLA 96.875, STAN 196.700, ILL 194.775, WASH 194.250</i>			
<i>Winner: Yim (V 9.90)</i>			
Feb. 10	at Iowa State	Ames, Iowa	W, 195.800-194.550
<i>Winners: Ishino (UB 9.90; BB 9.875), Yim (UB 9.90; FX 9.90)</i>			
Feb. 15	at Oregon State	Corvallis, Ore.	2nd of 3, 196.375
<i>Team: OSU 196.700, STAN 196.375, Seattle Pacific 188.350</i>			
<i>Winners: Tricase (V 9.925; UB 9.875), Yim (UB 9.875)</i>			
Feb. 24	California	Burnham Pavilion	W, 197.375-193.100
<i>Winners: Yim (BB 9.95; FX 9.90; AA 39.625), Tricase (V 9.95; UB 9.90), Ishino (UB 9.90), Elmore (FX 9.90)</i>			
Feb. 29	UNO's Flip for the Cure	Tempe, Ariz.	1st of 4, 195.800
<i>Team: STAN 195.800, SJSU 194.200, ASU 194.000, Wis.-Oshkosh 181.125</i>			
<i>Winners: Ourada (V 9.925), Tricase (UB 9.925), Ishino (BB 9.825), Elmore (FX 9.875)</i>			
March 7	Alabama/Nebraska	Maples Pavilion	1st of 3, 196.775
<i>Team: STAN 196.775, Nebraska 196.050, Alabama 195.775</i>			
<i>Winners: Yim (V 9.95, UB 9.875, BB 9.90, AA 39.60), Ishino (UB 9.875), Elmore (FX 9.90)</i>			
March 23	Quad Meet	Davis, Calif.	1st of 4, 197.000
<i>Team: STAN 197.000, Sac. St. 194.600, UCD 194.275, SJSU 193.900</i>			
<i>Winners: Yim (AA 39.450), Tricase (V 9.95), Ourada, Ishino (UB 9.875), West (FX 9.90)</i>			
March 29	Pac-10 Championships	Seattle, Wash.	1st of 7, 197.000
<i>Team: STAN 197.000, OSU 196.550, UCLA 196.200, Arizona 195.725, Cal 193.400, Washington 193.375, ASU 191.925</i>			
<i>Winners: Yim (AA 39.55), Tricase (bars, 9.95), Janiga (beam, 9.95)</i>			
April 12	NCAA Central Regional	Baton Rouge, La.	2nd of 6, 197.525
<i>Team: LSU 197.625, STAN 197.525, Ohio St. 195.125, Missouri 195.100, Kentucky 194.950, Kent St. 193.700</i>			
<i>Winners: Tricase (UB 9.95), Yim (BB 9.95), Fee (BB 9.95)</i>			
April 24	NCAA Prelims (Session 2)	Athens, Ga.	3rd of 6, 196.900
<i>Team: Georgia 197.625, Utah 196.950, STAN 196.900, UCLA 196.725, Michigan 196.075, Denver 194.200</i>			
April 25	NCAA Super Six	Athens, Ga.	3rd of 6, 196.750
<i>Team: Georgia 197.450, Utah 197.125, STAN 196.750, Florida 196.700, LSU 196.350, Alabama 196.125</i>			

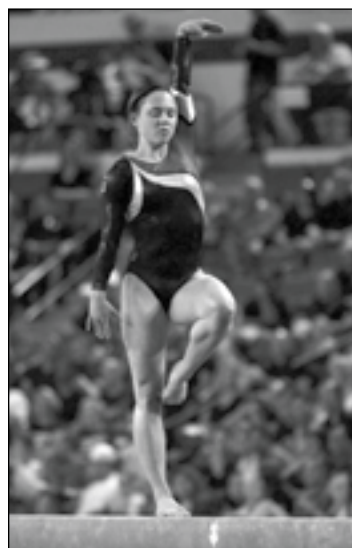
Home meets in **bold**
Stanford winners only

Stanford's Top Individual Scores

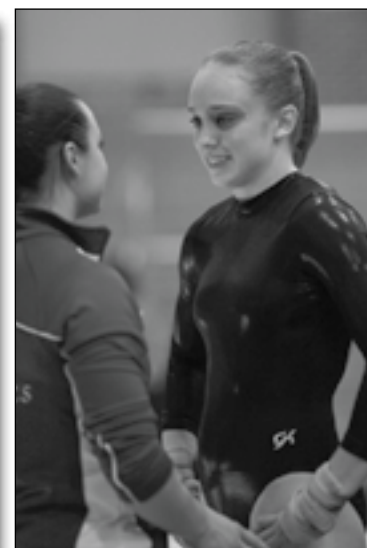
	Vault	Bars	Beam	Floor	AA
Shelley Alexander	9.850	--	--	--	--
Lauren Elmore	--	--	9.850	9.900	--
Kelly Fee	--	9.875	9.950	9.900	--
Stephanie Gentry	9.825	--	--	9.150	--
Danielle Ikoma	9.825	8.525	--	9.425	--
Allyse Ishino	9.900	9.900	9.875	--	--
Carly Janiga	9.850	9.900	9.950	9.875	39.375
Gretchen O'Henley	9.825	9.700	--	--	--
Nicole Ourada	9.925	9.875	9.925	9.900	39.425
Alex Pintchouk	9.850	9.825	9.850	9.850	38.450
Aimee Precourt	--	--	9.775	8.900	--
Heather Purnell	--	9.775	9.800	9.875	--
Blair Ryland	9.900	--	--	--	--
Liz Tricase	9.950	9.950	--	9.175	--
Tenaya West	--	--	--	9.900	--
Tabitha Yim	9.950	9.900	9.950	9.925	39.725

Stanford's Team Scores

	Vault	Bars	Beam	Floor	Totals
Georgia	49.275	49.225	49.150	49.300	196.150
Arizona	48.925	48.925	48.400	48.350	194.600
@ UCLA	48.975	49.125	48.750	48.175	195.025
@ Chicago Style	49.225	49.025	49.050	49.400	196.700
@ Oregon State	49.300	49.225	48.750	49.100	196.375
California	49.425	49.325	49.250	49.375	197.375
@ Arizona State	49.250	49.400	48.300	48.850	195.800
Alabama/Nebraska	49.225	49.050	49.275	49.225	196.775
@ UC Davis	49.350	49.275	49.050	49.325	197.000
Pac-10 Championships	49.100	49.300	49.375	49.225	197.525
NCAA Central Regionals	49.525	49.150	49.500	49.350	197.525
NCAA Prelims	49.200	49.325	49.200	49.175	196.900
NCAA Super Six	49.125	49.225	49.175	49.225	196.750
Season Best	49.525	49.400	49.500	49.400	197.525
All-Time Best	49.600	49.525	49.750	49.750	198.875



Kelly Fee



Tenaya West



CARDINAL RECORD BOOK

Team Results

NCAA Championship Appearances

Year	Site	Finish
2008	Athens, Ga.	3rd
2007	Salt Lake City	5th
2004	Los Angeles	3rd
2003	Lincoln, Neb.	8th
2002	Tuscaloosa, Ala.	6th
2001	Athens, Ga.	8th
1999	Salt Lake City	10th
1996	Tuscaloosa, Ala.	9th
1992	Minneapolis	10th

NCAA Super Six Appearances

Year	Site	Finish
2008	Athens, Ga.	3rd
2007	Salt Lake City	5th
2004	Los Angeles	3rd
2002	Tuscaloosa, Ala.	6th

NCAA Regional Championships

Year	Site	Region
2007	Stanford	South Central
2004	Denver	North Central
2002	Denver	North Central
1999	Baton Rouge, La.	Region IV

Individual Records

All-Around

Score	Name	Date
39.825	Larissa Fontaine	2/21/00
	Natalie Foley	2/20/04
	Lindsay Wing	2/20/04

Vault

Score	Name	Date
10.000	Kendall Beck	3/7/03
	Natalie Foley	3/20/04

Uneven Bars

Score	Name	Date
10.000	Amy Murakami	3/26/99
	Liz Tricase	1/19/07

Balance Beam

Score	Name	Date
10.000	Lindsay Wing	3/22/03
	Lise Leveille	2/20/04

Floor Exercise

Score	Name	Date
10.000	Tracey Kohl	3/12/99
	Amy Murakami	3/26/99
	Sarah Harding	3/26/99
	Larissa Fontaine	2/21/00
	Caroline Fiuhrer	2/20/04
	Lise Leveille	2/20/04
	Lindsay Wing	2/20/04

Team Records

Overall

Score	Opponent	Date
198.875	California	2/20/04
197.900	Pac-10 Champs	3/20/04
197.850	Pac-10 Champs	3/24/01

Vault

Score	Opponent	Date
49.600	California	2/20/04
49.525	Maryland	3/6/04
49.525	NCAA regionals	4/12/08

Uneven Bars

Score	Opponent	Date
49.725	California	3/26/99
49.600	Oklahoma	3/22/03

Balance Beam

Score	Opponent	Date
49.750	California	2/20/04
49.650	Pac-10 Champs	3/20/04

Floor Exercise

Score	Opponent	Date
49.925	California	2/20/04
49.775	California	3/26/99



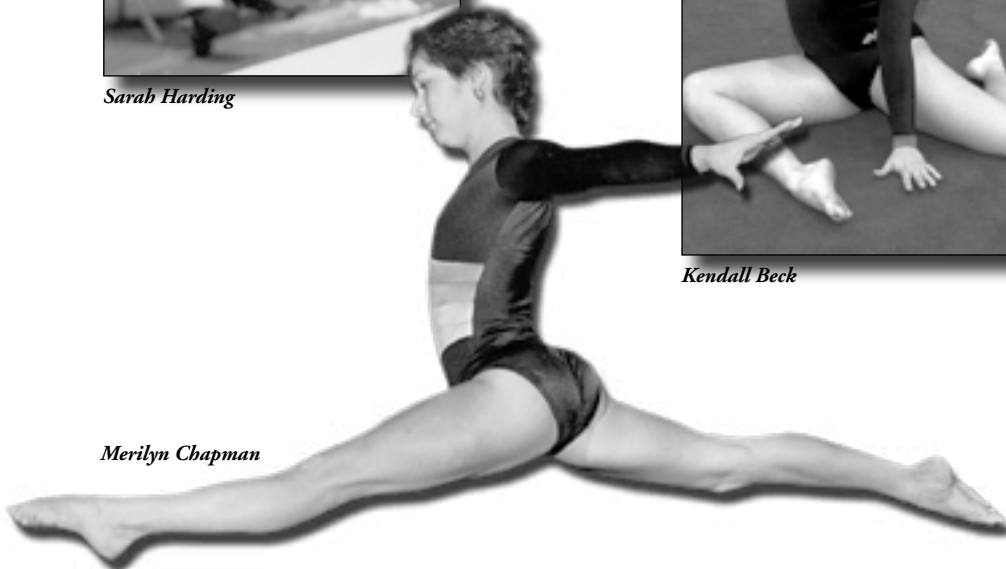
Sarah Harding



Kendall Beck



Katy Herbert



Merylyn Chapman





Stanford University at a Glance

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."



Current Perspectives

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 less than hour's drive south of San Francisco and just a few minutes north of the Silicon Valley, an area dotted with computer and high technology firms largely spawned by the university's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, tremendous sports and recreation facilities, and comfortable residences. Contemporary sculpture, as well as pieces from the Stanford Museum's extensive collection of sculpture by Auguste Rodin, is placed throughout the campus, providing unexpected pleasures at many turns. At the Stanford Medical Center, world-renowned for its research, teaching, and patient care, scientists and physicians are searching for answers to fundamental questions about health and disease. Ninety

Ideas of "Practical Education"

Governor and Mrs. Stanford had come from families of modest means and had built their way up through a life of hard work. So it was natural that their first thoughts were to establish an institution where young men and women could "grapple successfully with the practicalities of life." As their thoughts matured, these ideas of "practical education" enlarged to the concept of producing cultured and useful citizens who were well-prepared for professional success.

Nearly 116 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 Stanford's 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."



miles down the coast, at Stanford's Hopkins Marine Station on the Monterey Bay, scientists are working to better understand the mechanisms of evolution, human development, and ecological systems.

The university is organized into seven schools: Earth Sciences, Education, Engineering, the Graduate School of Business, Humanities and Sciences, Law and Medicine. In addition, there are more than 30 interdisciplinary centers, programs, and research laboratories – including the Hoover Institution on War, Revolution and Peace; the Institute for International Studies; the Stanford Linear Accelerator Center; and the Stanford Center for the Study of Families, Children and Youth – where faculty from a wide range of fields bring different perspectives to bear on issues and problems. Stanford's Overseas Studies Program offers students in all fields remarkable opportunities for study abroad, with campuses in Australia, Beijing, Berlin, Cape Town, Florence, Kyoto, Madrid, Moscow, Oxford, Paris, and Santiago.



Stanford People

By any measure, Stanford's faculty – which numbers just over 1,800 – is one of the most distinguished in the nation. As of the June of 2007, the faculty included 18 Nobel Laureates, four Pulitzer Prize winners, 24 MacArthur Fellows, 21 recipients of the National Medal of Science, three National Medley of Technology recipients, 228 members of the National Academy of Arts and Sciences, 135 members of the National Academy of Sciences, 83 National Academy of Engineering members, 29 members of the National Academy of Education, seven Wolf Foundation Prize winners, seven winners of the Koret Foundation Prize and three Presidential Medal of Freedom winners. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

Currently 14881 students, of which 6689 are undergraduates, live and study on campus. A little more than 40 percent come from California, but all 50 states and approximately 68 countries are represented as well. Among undergraduates, approximately 55 percent are African American, Asian American, International, Mexican American, Native American, Native Hawaiian or Other Hispanic in ethnicity. Like the faculty, the Stanford student

body is distinguished. Approximately 10 students apply to Stanford for every place in the freshman class with 89% of those admitted finishing in the top 10% of their high school class. Ninety-four Stanford students have been named Rhodes Scholars, 74 have been selected Marshall Award winners, and 49 have been chosen 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 many community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 36 Division I varsity sports (15 men, 20 women, 1 co-ed). Of Stanford's 95 NCAA titles (107 national), 55 have been captured since 1990, by far the most in the nation. Thirty-eight of Stanford's athletes and coaches participated in the 1992



U.S. News and World Report 2008 Top 10 Rankings of National Universities

1. Princeton
2. Harvard
3. Yale
4. **STANFORD**
5. Pennsylvania Cal Tech
7. Massachusetts Institute of Technology
8. Duke
9. Columbia Chicago

Olympics in Barcelona, 49 competed in Atlanta at the 1996 Games, 34 represented Stanford at the 2000 Games in Sydney, and 43 Stanford associates competed at the 2004 Games in Athens. Intramural and club sports are also popular; over 1,000 students take part in the club sports program, while participation in the intramural program has reached 9,000, with many students active in more than one sport.

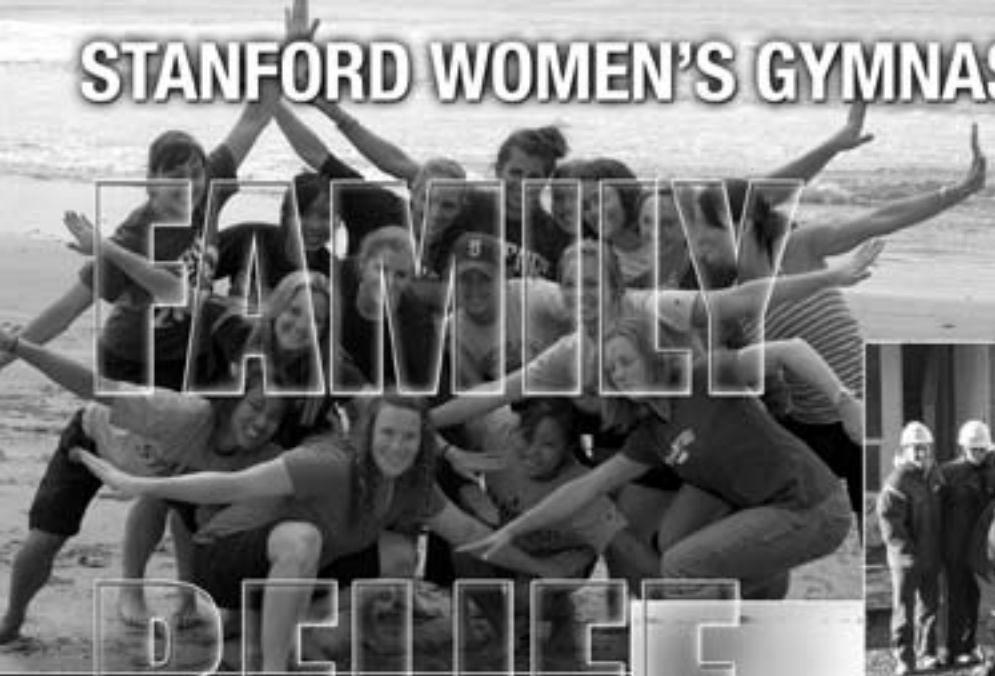
Looking Ahead

In her address to the Board of Trustees, in 1904, Jane Stanford said, “. . . Let us not be afraid to outgrow old thoughts and ways, and dare to think on new lines as to the future of the work under our care.”

Her thoughts echo in the words of former Stanford President Gerhard Casper, who has said, “The true university must reinvent itself every day . . . At Stanford, these are days of such reconsideration and fresh support for our fundamental tasks – teaching, learning, and research.”

STANFORD WOMEN'S GYMNASTICS PRINCIPLES

FAMILY



BELIEF



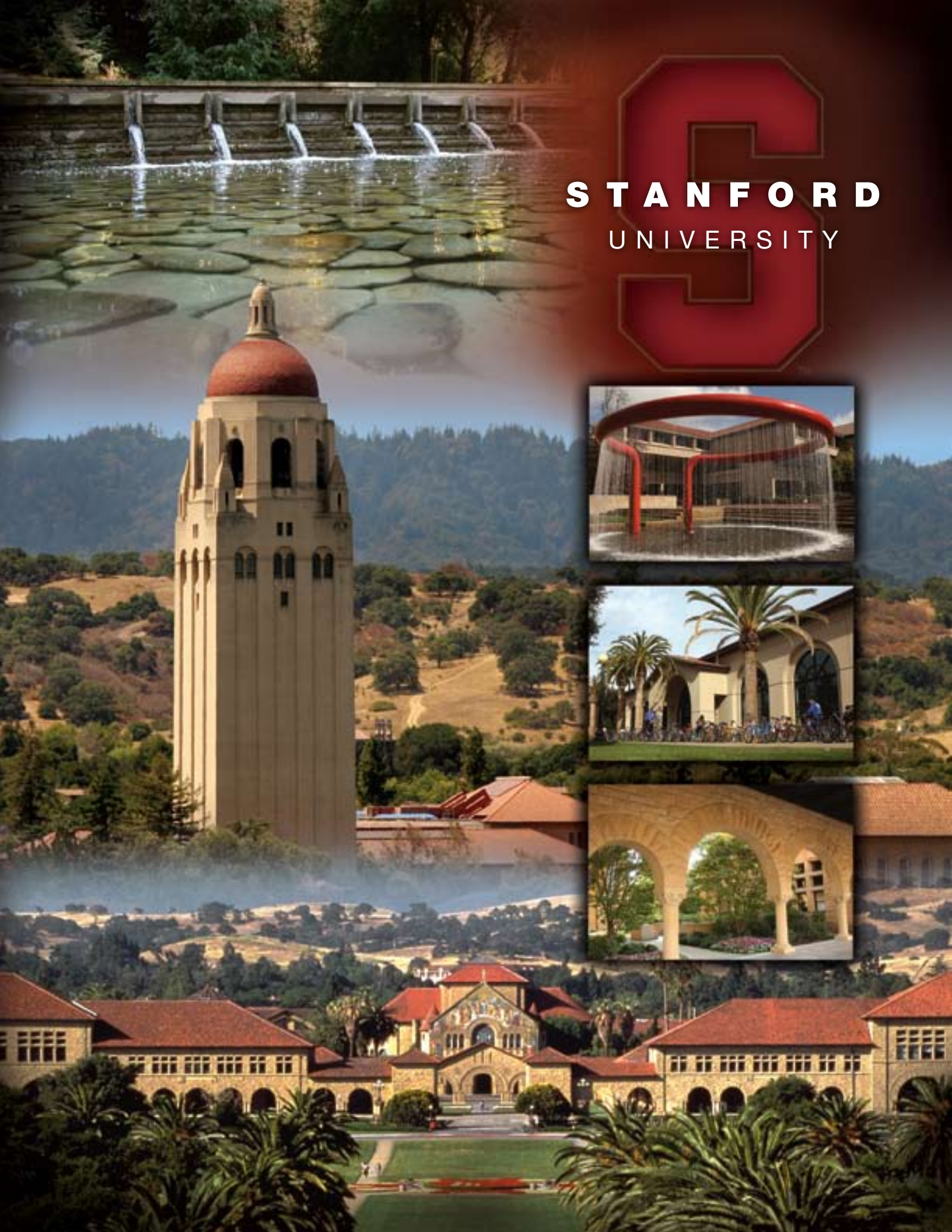
BALANCE



PASSION



COMMITMENT



S T A N F O R D
UNIVERSITY





2009 STANFORD WOMEN'S GYMNASTICS SCHEDULE

Date	Opponent	Location	Time
Jan. 2	Cancun Classic	Cancun, Mexico	All day
Jan. 16	at Washington* and Sac. State, Seattle Pacific	Seattle, Wash.	7 p.m.
Jan. 22	Arizona State*	Burnham Pavilion	7 p.m.
Jan. 30	at Arizona*	Tucson, Ariz.	6 p.m.
Feb. 8	UCLA*	Burnham Pavilion	2 p.m.
Feb. 15	Oregon State* and UC Davis	Maples Pavilion	2 p.m.
Feb. 22	at California*	Berkeley, Calif.	2 p.m.
Feb. 27	at UC Davis and San Jose State	Davis, Calif.	7 p.m.
March 6	at Alabama	Tuscaloosa, Ala.	5:30 p.m.
March 21	Pacific-10 Championships*	Maples Pavilion	4 p.m.
April 4	NCAA Regional Championships	TBD	TBA
April 16-18	NCAA Championships	Lincoln, Neb.	TBA

Home events in bold

** Pac-10 Conference*

All times Pacific

