

**2009**

# Stanford Women's Gymnastics



## Postseason Media Guide

---

- **Seventh NCAA appearance since 2001**
- **Two top-three finishes in five years**
- **Back to back Super Sixes**
- **56 All-America honors since 2002**

**STANFORD ATHLETICS  
MEDIA RELATIONS**

641 East Campus Drive  
Stanford, CA 94305  
**(650) 723-4418 phone**  
(650) 725-2957 fax  
www.gostanford.com

**2009  
STANFORD  
WOMEN'S GYMNASTICS****Women's Gymnastics Contact: David Kiefer****Email: dkiefer@stanford.edu • Office Phone: (650) 736-7921 • Cell Phone: (650) 759-0258****Stanford Women's Gymnastics Facts****General Information**

**Location:** Stanford, Calif.  
**Enrollment:** 13,198 (6,584 undergrad)  
**Nickname:** Cardinal  
**Colors:** Cardinal and White  
**Conference:** Pacific-10  
**Home Gyms (capacity):**  
Maples Pavilion (5,488)  
Burnham Pavilion (1,200)  
**Training Facility:**  
Ford Center  
**President:** Dr. John L. Hennessy  
**Athletics Director:** Bob Bowlsby  
**Sport Administrator:** Darrin Nelson  
**Faculty Athletic Rep.:** Ellen Markham  
**Athletics Web site:** gostanford.com  
**National Team Championships:** 109  
**Consecutive Directors' Cups:** 14

**Women's Gymnastics Staff**

**Head Coach:**  
Kristen Smyth (California, '93), eighth year  
**Record at Stanford:** 141-42-1  
**E-mail:** kristen.smyth@stanford.edu  
**Office phone:** (650) 725-6143  
**Assistant Coach:**  
Chris Swircek (San Jose St. '93), sixth year  
**E-mail:** cswircek@stanford.edu  
**Assistant Coach:**  
Mike Lorenzen (Maryland '86), fourth year  
**E-mail:** lorenzen@stanford.edu  
**Office phone:** (650) 724-0457  
**Office fax:** (650) 725-4471  
**Graduate Assistant Coach:**  
Liz Tricase (Stanford '08), 1st year  
**Volunteer Assistant Coach:**  
Aimee Rolston (Stanford '08), 1st year  
**Trainer:** Lindsey Dame  
**Strength and Conditioning Coach:**  
Jason Quan

**Team Information**

**2009 Record:** 21-5  
**2009 Pac-10 Finish:** Third  
**2009 Regional Finish:** Second  
**2008 NCAA Finish:** Third  
**National Ranking:** 4  
**Returning first-team All-Americans:**  
Kelly Fee, Carly Janiga, Nicole Ourada  
**NCAA Super Six Appearances:**  
2002, 2004, 2007, 2008  
**Best National Finish:** Third (2004, 2008)

**Media Relations**

**Women's Gymnastics Contact:**  
David Kiefer  
**Kiefer's Office Phone:** (650) 736-7921  
**Kiefer's Cell Phone:** (650) 759-0258  
**Kiefer's E-mail:** dkiefer@stanford.edu  
**Media Relations Fax:** (650) 725-2957  
**Mailing Address:**  
Stanford Athletics Media Relations  
Arrillaga Family Sports Center  
641 E. Campus Dr.  
Stanford, CA 94305-6150

**Stanford Women's Gymnastics Roster**

<b>Name</b>	<b>Ht.</b>	<b>Yr.</b>	<b>Hometown</b>	<b>High School</b>	<b>Club</b>
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 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 Olympic Gymnastics Academy
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	Jr.	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  
**Volunteer Assistant Coach:** Aimee Rolston (Stanford '08), first season

## 2009 Season in Review

(21-5, 12-2 Pac-10)

Date	Opponent	Result
Jan. 2	at Cancun Classic	3-0
	Stanford	195.6
	Oregon State	194.575
	Denver	193.825
	BYU	189.125
Jan. 16	at Washington quad meet	3-0
	Stanford	196.45
	Washington	194.25
	Sacramento State	193.55
	Seattle Pacific	188.425
<b>Jan. 22</b>	<b>Arizona State (B)</b>	<b>1-0</b>
	Stanford	196.775
	Arizona State	194.6
Jan. 30	at Arizona	1-0
	Stanford	195.575
	Arizona	195.175
<b>Feb. 8</b>	<b>UC Davis (B)</b>	<b>1-0</b>
	Stanford	197.1
	UC Davis	189.35
<b>Feb. 15</b>	<b>Oregon State, UC Davis (M)</b>	<b>2-0</b>
	Stanford	197.025
	Oregon State	196.6
	UC Davis	191.550
Feb. 22	at California	1-0
	Stanford	197.175
	California	190.625
Feb. 27	at UC Davis, San Jose State	1-1
	San Jose State	194.7
	Stanford	193.95
	UC Davis	192.7
March 6	at Alabama	0-1
	Alabama	197.150
	Stanford	196.775
<b>March 21</b>	<b>Pacific-10 Championships (M)</b>	<b>4-2</b>
	UCLA	196.725
	Oregon State	196.550
	Stanford	196.525
	Washington	194.375
	Arizona	194.325
	Arizona State	194.000
	California	191.750
April 4	at NCAA South Central Regional	4-1
	Arkansas	196.300
	Stanford	196.200
	Michigan	195.700
	Arizona	194.350
	Arizona State	193.900
	Southern Utah	192.650
April 16	at NCAA Team Preliminaries	11 a.m.
April 17	at NCAA Super Six	4 p.m.
April 18	at NCAA Individual Event Finals	4 p.m.

**Bold denotes home meet**

(B) Burnham Pavilion; (M) Maples Pavilion

*All times Pacific*

## Meet recaps

### Cancun Classic

CANCUN, Mexico -- Stanford opened its season with solid victories over three schools that advanced to the NCAA postseason in 2008. Carly Janiga won the all-around, but the highlight was the team's performance on beam.

### Washington quad meet

SEATTLE -- Sophomore Shelley Alexander continued her emergence as one of Stanford's most promising young gymnasts by scoring a personal best on the vault. Alexander and Allyse Ishino (uneven bars) each scored 9.9's to tie for the team's top single-event score.

### Arizona State dual meet

STANFORD -- Carly Janiga surpassed her season best with 39.475 points, just ahead of senior Ourada (39.375), who was competing in the all-around for the first time this season.

### Arizona dual meet

TUCSON, Ariz. -- Stanford fell behind after the first rotation and then struggled on the balance beam, but Carly Janiga scored 9.9's on the vault and uneven bars on her way to capturing the all-around competition with 39.45 points.

### UC Davis dual meet

STANFORD -- UC Davis was a late sub for UCLA, which was forced out of their scheduled dual meet when more than half the team grew ill and could not travel. Nicole Ourada scored a career-high 39.625 to win the all-around and also won all four events.

### Oregon State tri meet

STANFORD -- Stanford set 11 individual season-bests, one team event best, and a season-high mark of 9.95 by Carly Janiga on the balance beam. Nicole Ourada captured her second all-around victory in three tries this season, by scoring 39.5 to edge Janiga and Oregon State's Mandi Rodriguez.

### Cal dual meet

BERKELEY, Calif. -- Stanford gymnasts totaled 21 season-bests as the Cardinal piled up a season-high 197.175 points to earn its 17th consecutive victory over California, all without three top gymnasts who were rested.

### UC Davis tri meet

DAVIS, Calif. -- Miscues on the opening two rotations put Stanford into a hole in a loss to San Jose State, ending a school-record 12-0 start.

### Alabama dual meet

TUSCALOOSA, Ala. -- Stanford competed toe-to-toe with host Alabama in a battle of top-five teams in a matchup that went down to the final rotation. Stanford earned a high score on the balance beam, but it wasn't enough to catch the Crimson Tide.

### Pacific-10 Championships

STANFORD -- Carly Janiga won her first conference all-around title, repeated as balance beam winner and earned a share of the uneven bars championship. Nicole Ourada earned her first Pac-10 titles, tying for first on floor and bars. Stanford led until its final rotation when two falls on the floor exercise forced the Cardinal to count one in its score and dropped to third.

### South Central Regionals

FAYETTEVILLE, Ark. -- Carly Janiga captured the all-around title with a score of 39.425 to lead Stanford to a second-place finish and advance to the NCAA Championships for the 10th time. Nicole Ourada tied for first in the vault (9.875) and Allyse Ishino shared first in the bars (9.9).



# Coaching Staff



## Kristen Smyth

**Head Coach**  
Eighth Season  
California '93

Kristen Smyth has coached the Stanford women's gymnastics team to unprecedented success during her eight seasons. She added to her personal achievements by earning her fourth Pac-10 Coach of the Year award after leading the Cardinal to a regular-season No. 4 national ranking and into the NCAA Championships for the sixth time in her tenure.

Smyth coached junior Carly Janiga to the Pac-10 and South Central Regional all-around titles and placed five gymnasts on the all-conference team. In addition, Stanford had nine make the Pac-10s All-Academic team.

Since Smyth arrived at Stanford, the Cardinal has finished as high as third in the country (twice) and last season reached the NCAA Super Six for the second consecutive year and fourth time in the past seven seasons. Four of its gymnasts earned All-America recognition.

Among them was 2008 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 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.

Smyth graduated from Maryknoll School in Honolulu before heading to Cal where she was a three-time All-America and three-time Academic All-America, 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.

### **Team Accomplishments under Smyth:**

- Career record: 137-41-1
- 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
- Four-time Pac-10 Coach of Year



## Chris Swircek

**Assistant Coach**  
Sixth Season  
San Jose State '93

Chris Swircek is in 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 for 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 in bars and floor.



## 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 floor exercise and he assists Swircek on 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 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

# Gymnast Profiles



## Shelley Alexander

Sophomore, 5-2  
Seguin, Texas  
Seguin HS

• **2009 first team All-Pac-10 in vault and floor**

**2009 Season:** After competing exclusively in vault as a freshman, Alexander emerged in several events, including all-around ... named first-team All-Pac-10 on vault and floor ... tied for second in vault in Pac-10 Championships with 9.925 ... set career bests in all three events at the Pac-10 meet ... earned first collegiate victory by capturing the all-around in a career best 39.400 at Cal (2/22) ... tied Alyssa Brown for first in vault the following week at UC Davis (9.85) ... honorable mention Pac-10 All-Academic team.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	9.800	9.750	9.800	9.625	38.975
at Washington	9.900	--	9.825	9.800	--
Arizona State	9.800	--	9.825	9.825	--
at Arizona	9.875	9.650	9.200	9.750	38.475
UC Davis	9.875	--	9.775	9.800	--
Oregon State	9.850	--	9.850	9.850	--
at California	9.900	9.800	9.850	9.850	39.400
at UC Davis	9.850	--	8.300	--	--
at Alabama	9.875	--	--	9.750	--
Pac-10 Champs	9.925	9.825	--	9.875	--
NCAA Regionals	9.850	8.950	9.700	9.850	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.925</b>	<b>9.825</b>	<b>9.850</b>	<b>9.875</b>	<b>39.400</b>
<b>Career Best</b>	<b>9.925</b>	<b>9.825</b>	<b>9.850</b>	<b>9.875</b>	<b>39.400</b>



## Alyssa Brown

Freshman, 5-2  
Oakville, Ontario, Canada  
Abbey Park HS

• **2006 Canadian champion in vault, beam**

**2009 Season:** Suffered knee injury while on a vault landing in warmups to the Pac-10 Championships (3/21) ... doubtful for NCAA postseason ... arrived at Stanford after traveling to Beijing as an alternate for the Canadian Olympic team ... earned first collegiate victories in back-to-back meets at Cal (9.925) and UC Davis (9.85) in the vault.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	9.775	--	--	--	--
at Washington	9.800	9.775	--	--	--
Arizona State	9.775	9.875	--	--	--
at Arizona	9.875	9.750	--	--	--
UC Davis	9.875	9.825	--	--	--
Oregon State	9.800	9.725	--	--	--
at California	9.925	9.875	--	--	--
at UC Davis	9.850	9.825	--	--	--
at Alabama	9.825	9.775	--	--	--
Pac-10 Champs	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.925</b>	<b>9.875</b>	--	--	--
<b>Career Best</b>	<b>9.925</b>	<b>9.875</b>	--	--	--



## Stephanie Carter

Junior, 5-6  
Fair Oaks, Calif.  
Bella Vista HS

**2009 Season:** Did not compete for the second consecutive season because of injury.

Competition	Vault	Bars	Beam	Floor	AA
Did not compete					
<b>Career Best</b>	<b>9.850</b>	--	--	--	--

# Gymnast Profiles



## Kelly Fee

Senior, 5-1  
St. Charles, Ill.  
St. Charles East HS

• **2007 first-team All-American on beam**

**2009 Season:** Tri-captain, along with Carly Janiga and Heather Purnell ... earned All-Pac-10 second-team honors on bars and floor ... she was first-team all-conference on the beam in 2007 ... won the bars at UC Davis (2/27) with a career-high 9.9 ... it was the first uneven bars victory of her collegiate career ... was 11th on beam at the 2007 NCAA Championships ... former member of U.S. senior national team.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	9.825	9.775	9.775	--
at Washington	--	9.825	--	9.800	--
Arizona State	--	9.825	9.250	9.850	--
at Arizona	--	9.775	9.800	9.650	--
UC Davis	--	9.800	9.825	9.775	--
Oregon State	--	9.300	9.725	9.875	--
at California	--	9.850	9.825	9.825	--
at UC Davis	--	9.900	--	9.175	--
at Alabama	--	9.800	9.825	9.850	--
Pac-10 Champs	--	9.850	9.825	9.850	--
NCAA Regionals	--	9.850	--	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	--	<b>9.900</b>	<b>9.825</b>	<b>9.875</b>	--
<b>Career Best</b>	<b>9.675</b>	<b>9.900</b>	<b>9.950</b>	<b>9.900</b>	<b>38.725</b>



## Danielle Ikoma

Sophomore, 4-11  
Naperville, Ill.  
Naperville Central HS

• **2009 Pac-10 All-Academic second team**

**2009 Season:** Emerged as one of the most versatile performers on the team this season ... started in three events at Pac-10 Championships (3/21) ... had three scores of 9.825 or above in victory at Cal (2/22).

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	9.725	--	8.700	9.800	--
at Washington	9.725	--	9.750	9.700	--
Arizona State	9.750	--	--	--	--
at Arizona	9.800	--	--	9.800	--
UC Davis	9.750	--	--	9.850	--
Oregon State	9.725	--	--	9.800	--
at California	9.850	--	9.825	9.875	--
at UC Davis	9.775	--	9.850	9.800	--
at Alabama	9.850	--	9.800	9.725	--
Pac-10 Champs	9.825	--	9.675	9.300	--
NCAA Regionals	9.750	--	9.800	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.850</b>	--	<b>9.825</b>	<b>9.875</b>	--
<b>Career Best</b>	<b>9.850</b>	<b>8.525</b>	<b>9.825</b>	<b>9.875</b>	--

# Gymnast Profiles



## Allyse Ishino

Junior, 5-1  
Santa Ana, Calif.  
Foothill HS

- **2009 South Central Regional bars champion**
- **2009 first team All-Pac-10 on beam**

**2009 Season:** Proven to be one of the most dependable performers on the team ... tied for first in the event at the NCAA South Central Regionals with Michigan's Becky Bernard, scoring 9.9 ... tied for second on beam at the Pac-10 Championships with a score of 9.9 (3/21) ... has scored at least 9.8 in nine of her past 10 performances ... has career bests of 9.9 in three events ... sat out the 2007 season after being diagnosed with a pulmonary embolism and missed the 2008 NCAA meets after injuring her knee on a landing at Pac-10s ... placed fifth all-around at the 2004 U.S. Olympic trials and was an alternative to the team that competed in Athens.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	9.400	9.825	--	--
at Washington	--	9.900	9.800	--	--
Arizona State	--	9.825	9.825	--	--
at Arizona	--	--	9.250	--	--
UC Davis	--	9.800	9.775	--	--
Oregon State	--	9.900	9.850	--	--
at California	--	9.900	9.900	--	--
at UC Davis	--	9.875	9.425	--	--
at Alabama	--	9.875	9.850	--	--
Pac-10 Champs	--	9.800	9.900	--	--
NCAA Regionals	--	9.900	9.700	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	--	<b>9.900</b>	<b>9.900</b>	--	--
<b>Career Best</b>	<b>9.900</b>	<b>9.900</b>	<b>9.900</b>	--	--



## Carly Janiga

Junior, 4-11  
Paradise Valley, Ariz.  
Saguaro HS

- **Three-time first-team All-American**
- **2009 Pac-10 all-around champion**
- **2009 Regional all-around champion**

**2009 Season:** Won both postseason all-around competitions so far ... won her first Pac-10 title by tying her career high of 39.575 at Stanford's Maples Pavilion (3/21) ... won the NCAA South Central Regional title in Fayetteville, Ark., with a 39.425 (4/4) ... entered NCAA postseason ranked No. 13 nationally in all-around with an RQS of 39.44 ... ranked ninth in bars at 9.895 and sixth on beam at 9.905 ... repeated as Pac-10 beam champion with a career-high tying 9.95 and tied teammate Nicole Ourada and three others for the bars title (9.9) ... named to the All-Pac-10 first team ... three-time Pac-10 All-Academic selection ... had 19 first-place finishes, and has earned multiple firsts at six meets ... earned second-team All-America honors in 2008 on floor ... three-time first-team All-American in 2007, in all-around (fourth), floor (eighth) and vault (15th) ... placed ninth all-around in 2004 U.S. Olympic trials.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	9.825	9.900	9.825	9.725	39.275
at Washington	--	9.875	9.875	--	--
Arizona State	9.800	9.900	9.925	9.850	39.475
at Arizona	9.900	9.900	9.775	9.875	39.450
UC Davis	9.850	9.900	9.875	9.925	39.550
Oregon State	9.800	9.925	9.950	9.800	39.475
at California	--	--	--	--	--
at UC Davis	--	--	9.875	--	--
at Alabama	9.825	9.850	9.900	9.875	39.450
Pac-10 Champs	9.875	9.900	9.950	9.850	39.575
NCAA Regionals	9.825	9.875	9.875	9.850	39.425
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.900</b>	<b>9.925</b>	<b>9.950</b>	<b>9.925</b>	<b>39.575</b>
<b>Career Best</b>	<b>9.925</b>	<b>9.950</b>	<b>9.950</b>	<b>9.925</b>	<b>39.575</b>

# Gymnast Profiles



## Catherine Nguyen

Freshman, 5-2  
Plano, Texas  
Spring Creek Academy

**2009 Season:** An option on vault in NCAA postseason ... made first collegiate vault at the NCAA South Central Regionals, scoring 9.525 in the No. 6 position ... had strong bars routine in collegiate debut at Cal, until the score dropped on the landing ... that remains her only performance of the season ... product of World Olympic Gymnastics Academy, the home gym of Olympic gold medalist Nastia Liukin.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	--	--	--	--
at Washington	--	--	--	--	--
Arizona State	--	--	--	--	--
at Arizona	--	--	--	--	--
UC Davis	--	--	--	--	--
Oregon State	--	--	--	--	--
at California	--	--	9.425	--	--
at UC Davis	--	--	--	--	--
at Alabama	--	--	--	--	--
Pac-10 Champs	--	--	--	--	--
NCAA Regionals	9.525	--	--	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.525</b>	--	<b>9.425</b>	--	--
<b>Career Best</b>	<b>9.525</b>	--	<b>9.425</b>	--	--



## Nicole Ourada

Senior, 5-2  
Germantown, Wis.  
Germantown HS

- **Five-time All-American**
- **2009 Pac-10 champion on bars and floor**
- **2009 South Central Regional vault champ**

**2009 Season:** Coming off her first NCAA regional title, tying with Michelle Stout of Arkansas on the vault, with a score of 9.875 (4/4) ... won her first two Pac-10 titles, tying with four others for the bars crown (9.9) and with Oregon State's Mandi Rodriguez for the floor championship (9.9) ... named to the All-Pac-10 second team on floor ... has won five All-America honors ... two-time returning first-team All-America on beam, having finished third in 2007 and 10th in 2008 ... has been a second-team All-American in the all-around the past two years ... also won second-team honors on vault in 2007 ... earned 13 first places this year after combining for nine during her first three seasons ... won the all-around at consecutive home meets, a dual against and a tri-meet involving UCD (career-high 39.625) and Oregon State (39.5) ... she won every event in the UCD dual.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	--	--	--	--
at Washington	9.800	9.850	9.875	--	--
Arizona State	9.825	9.850	9.925	9.775	39.375
at Arizona	9.875	9.275	9.875	--	--
UC Davis	9.900	9.925	9.875	9.925	39.625
Oregon State	9.800	9.925	9.925	9.850	39.500
at California	--	--	--	--	--
at UC Davis	9.800	9.850	9.225	9.900	38.775
at Alabama	9.825	9.650	9.850	9.875	39.200
Pac-10 Champs	9.925	9.900	9.275	9.900	39.000
NCAA Regionals	9.875	9.800	9.750	9.250	38.675
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.925</b>	<b>9.925</b>	<b>9.925</b>	<b>9.925</b>	<b>39.625</b>
<b>Career Best</b>	<b>9.950</b>	<b>9.950</b>	<b>9.925</b>	<b>9.925</b>	<b>39.625</b>



# Gymnast Profiles



## Nicole Pechanec

Freshman, 5-5  
Phillipsburg, N.J.  
Keystone National HS

• **2007 Czech national champion on floor**

**2009 Season:** The Czech national team veteran and two-time World Championships competitor competed in five consecutive meets, and 11 events, with scores of 9.8 or higher ... earned her first two collegiate victories in the same meet, at Cal (2/22) ... tied for first on the beam (9.9), in her collegiate debut in that event, and won on floor (9.925), for her highest collegiate score.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	9.775	--	9.675	--
at Washington	--	9.875	--	9.825	--
Arizona State	--	9.300	--	9.775	--
at Arizona	--	9.750	--	9.775	--
UC Davis	--	9.800	--	9.850	--
Oregon State	--	9.800	--	9.875	--
at California	--	9.800	9.900	9.925	--
at UC Davis	--	9.800	--	9.825	--
at Alabama	--	9.800	--	9.850	--
Pac-10 Champs	--	9.675	--	9.150	--
NCAA Regionals	--	9.700	--	9.800	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	--	<b>9.875</b>	<b>9.900</b>	<b>9.925</b>	--
<b>Career Best</b>	--	<b>9.875</b>	<b>9.900</b>	<b>9.925</b>	--



## Jenny Peter

Freshman, 5-4  
Lincoln, Neb.  
Lincoln Southeast HS

**2009 Season:** A possible starter on vault or bars in the NCAA postseason ... hometown of Lincoln, Neb., is the site of the NCAA Championships ... made her collegiate debut against Cal (2/22) ... scored 9.65 on bars in her first collegiate action, and then scored 9.80 on the next event, the vault, to tie for fourth.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	--	--	--	--
at Washington	--	--	--	--	--
Arizona State	--	--	--	--	--
at Arizona	--	--	--	--	--
UC Davis	--	--	--	--	--
Oregon State	--	--	--	--	--
at California	9.800	9.650	--	--	--
at UC Davis	9.575	9.075	--	--	--
at Alabama	--	--	--	--	--
Pac-10 Champs	--	--	--	--	--
NCAA Regionals	--	--	--	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.800</b>	<b>9.650</b>	--	--	--
<b>Career Best</b>	<b>9.800</b>	<b>9.650</b>	--	--	--

# Gymnast Profiles



## Heather Purnell

Senior, 5-4  
Metcalf, Ontario, Canada  
Gloucester HS

• **2004 Canadian Olympic team captain**

**2009 Season:** Team captain, along with Kelly Fee and Carly Janiga ... extremely consistent, with no scores under 9.7 all season ... won beam (9.85) at season-opening meet in Cancun, Mexico ... Pac-10 All-Academic second-team ... one of six Stanford gymnasts to have competed for their senior national team ... earned a reputation for grace under pressure.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	9.800	9.850	--	--
at Washington	--	--	9.850	--	--
Arizona State	--	--	9.875	--	--
at Arizona	--	--	9.750	--	--
UC Davis	--	--	9.800	--	--
Oregon State	--	--	9.825	--	--
at California	--	--	--	--	--
at UC Davis	--	--	9.700	--	--
at Alabama	--	--	9.850	--	--
Pac-10 Champs	--	--	9.775	--	--
NCAA Regionals	--	--	9.250	--	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	--	<b>9.800</b>	<b>9.875</b>	--	--
<b>Career Best</b>	<b>9.800</b>	<b>9.800</b>	<b>9.875</b>	<b>9.875</b>	<b>39.025</b>



## Blair Ryland

Junior, 4-11  
Woodbridge, Va.  
Woodbridge HS

• **2007 second-team All-American in vault**

**2009 Season:** Sets the tone for the team as the first in the lineup in the opening home event, the vault ... tied her season best in the vault at the NCAA South Central Regional from her leadoff spot in the lineup ... Pac-10 All-Academic team honorable mention ... earned her career best in the vault at the 2008 South Central regional.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	9.750	--	--	9.500	--
at Washington	9.800	--	--	9.750	--
Arizona State	9.775	--	--	--	--
at Arizona	9.825	--	--	9.750	--
UC Davis	9.850	--	--	--	--
Oregon State	9.850	--	--	--	--
at California	9.825	--	--	9.875	--
at UC Davis	9.800	--	--	8.885	--
at Alabama	9.825	--	--	--	--
Pac-10 Champs	9.800	--	--	--	--
NCAA Regionals	9.850	--	--	9.800	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	<b>9.850</b>	--	--	<b>9.875</b>	--



## Alexandra Skoly

Freshman, 5-4  
East Greenwich, R.I.  
La Salle Academy

**2009 Season:** Did not compete because of injury.

Competition	Vault	Bars	Beam	Floor	AA
Did not compete	--	--	--	--	--
<b>Season Best</b>	--	--	--	--	--
<b>Career Best</b>	--	--	--	--	--

# Gymnast Profile



## Tenaya West

RS-So., 5-4  
Davis, Calif.  
Davis HS

### • Two-time Pac-10 All-Academic team

**2009 Season:** Limited by injury, but still a possibility to compete on floor in NCAA postseason ... tied for first with Kelly Fee and Carly Janiga on the floor (9.85) in dual meet against Arizona State ... second-team Pac-10 All-Academic team ... definitely the highest tumbler on the team.

Competition	Vault	Bars	Beam	Floor	AA
at Cancun Classic	--	--	--	--	--
at Washington	--	--	--	9.100	--
Arizona State	--	--	--	9.850	--
at Arizona	--	--	--	--	--
UC Davis	--	--	--	--	--
Oregon State	--	--	--	--	--
at California	--	--	--	--	--
at UC Davis	--	--	--	--	--
at Alabama	--	--	--	--	--
Pac-10 Champs	--	--	--	--	--
NCAA Regionals	--	--	--	9.800	--
NCAA Prelims					
NCAA Finals					
NCAA Individuals					
<b>Season Best</b>	--	--	--	<b>9.850</b>	--
<b>Career Best</b>	--	--	--	<b>9.900</b>	--

# Season Results

## Individual Season Highs

Name	Score	Meet	Date
<b><u>Vault</u></b>			
Alyssa Brown	9.925	California	Feb. 22
Shelley Alexander	9.925	Pac-10	March 21
Nicole Ourada	9.925	Pac-10	March 21
<b><u>Uneven Bars</u></b>			
Nicole Ourada	9.925	UC Davis	Feb. 8
	9.925	Oregon State/UC Davis	Feb. 15
Carly Janiga	9.925	Oregon State/UC Davis	Feb. 15
<b><u>Balance Beam</u></b>			
Carly Janiga	9.950	Oregon State/UC Davis	Feb. 15
	9.950	Pac-10	March 21
<b><u>Floor Exercise</u></b>			
Carly Janiga	9.925	UC Davis	Feb. 8
Nicole Ourada	9.925	UC Davis	Feb. 8
Nicole Pechanec	9.925	California	Feb. 22
<b><u>All-Around</u></b>			
Nicole Ourada	39.625	UC Davis	Feb. 8

## Team Event Scores

Competition	Vault	Bars	Beam	Floor	Total
at Cancun Classic	48.875	49.050	49.075	48.600	195.600
at Washington	49.025	49.325	49.225	48.875	196.450
Arizona State	48.975	49.275	49.375	49.150	196.775
at Arizona	49.350	48.825	48.450	48.950	195.575
UC Davis	49.350	49.250	49.150	49.350	197.100
Oregon State	49.100	49.275	49.400	49.250	197.025
at California	49.300	49.225	49.300	49.350	197.175
at UC Davis	49.075	49.250	48.075	47.550	193.950
at Alabama	49.200	49.100	49.275	49.200	196.775
Pac-10 Champs	49.350	49.275	49.125	48.775	196.525
NCAA Regionals	49.150	49.125	48.825	49.100	196.200
NCAA Prelims					
NCAA Finals					
<b>Season Best</b>	<b>49.350</b>	<b>49.325</b>	<b>49.400</b>	<b>49.350</b>	<b>197.175</b>
<b>School Record</b>	<b>49.600</b>	<b>49.725</b>	<b>49.750</b>	<b>49.925</b>	<b>198.875</b>

## Team Season Highs

Score	Meet	Date
<b><u>Vault</u></b>		
49.350	Arizona	Jan. 30
	Pac-10	March 21
<b><u>Uneven Bars</u></b>		
49.325	Washington	Jan. 16
<b><u>Balance Beam</u></b>		
49.400	Oregon State/UC Davis	Feb. 15
<b><u>Floor Exercise</u></b>		
49.350	UC Davis	Feb. 8
	California	Feb. 22
<b><u>Team Score</u></b>		
197.175	California	Feb. 22

# Postseason History

## Stanford at Conference Championships

Year	Site	Score	Place	Coach	Conf.
2009	Stanford	196.525	3rd	Kristen Smyth	Pac-10
2008	Seattle, Wash.	197.000	1st	Kristen Smyth	Pac-10
2007	Tempe, Ariz.	196.950	2nd	Kristen Smyth	Pac-10
2006	Corvallis, Ore.	197.100	1st	Kristen Smyth	Pac-10
2005	Berkeley, Calif.	194.600	4th	Kristen Smyth	Pac-10
2004	Tucson, Ariz.	197.900	1st	Kristen Smyth	Pac-10
2003	Los Angeles	197.700	2nd	Kristen Smyth	Pac-10
2002	Stanford	196.150	3rd	Kristen Smyth	Pac-10
2001	Seattle, Wash.	197.850	1st	Mark Cook	Pac-10
2000	Tempe, Ariz.	193.850	6th	Mark Cook	Pac-10
1999	Corvallis, Ore.	195.150	4th	Mark Cook	Pac-10
1998	Los Angeles	195.275	1st	Mark Cook	Pac-10
1997	Tucson, Ariz.	196.325	2nd	Lisa Izzi	Pac-10
1996	Corvallis, Ore.	193.000	6th	Lisa Izzi	Pac-10
1995	Tempe, Ariz.	191.825	5th	Breck Greenwood	Pac-10
1994	Seattle, Wash.	191.550	4th	Breck Greenwood	Pac-10
1993	Stanford	189.000	7th	Breck Greenwood	Pac-10
1992	Tucson, Ariz.	191.20	5th	Breck Greenwood	Pac-10
1991	Los Angeles	187.75	5th	Breck Greenwood	Pac-10
1990	Berkeley, Calif.	183.45	7th	Breck Greenwood	Pac-10
1989	Corvallis, Ore.	186.55	6th	Homer Sardina	Pac-10
1988	Tempe, Ariz.	182.55	6th	Homer Sardina	Pac-10
1987	Pullman, Wash.	181.75	6th	Homer Sardina	Pac-10
1986	Stanford	181.25	4th	Homer Sardina	Pac West
1985	Fullerton, Calif.	180.75	4th	Homer Sardina	WCAA
1984	Berkeley, Calif.	180.50	6th	Homer Sardina	WCAA



# Postseason History

## Stanford at Regional Championships

Year	Site	Score	Place
2009	South Central (Fayetteville, Ark.)	196.200	2nd of 6
2008	Central (Baton Rouge, La.)	197.525	2nd of 6
2007	South Central (Stanford)	196.600	1st of 6
2006	West (Stanford)	195.275	3rd of 6
2005	West (Seattle, Wash.)	194.750	4th of 6
2004	North Central (Denver, Colo.)	196.575	1st of 6
2003	North Central (Salt Lake City, Utah)	196.625	2nd of 6
2002	North Central (Denver, Colo.)	196.125	1st of 6
2001	Northeast (Ann Arbor, Mich.)	196.725	2nd of 6
2000	West (Corvallis, Ore.)	195.975	3rd of 6
1999	Region IV (Baton Rouge, La.)	194.675	1st of 6
1998	West (Seattle, Wash.)	194.625	3rd of 7
1997	West (Boise, Idaho)	193.950	5th of 11
1996	West (Los Angeles)	194.700	3rd of 7
1995	West (Corvallis, Ore.)	192.575	3rd of 7
1994	West (Boise, Idaho)	188.775	7th of 11
1993	West (Corvallis, Ore.)	191.875	3rd of 7
1992	West (Berkeley, Calif.)	191.250	4th of 7
1991	West (Corvallis, Ore.)	187.750	6th of 7
1990	West (Los Angeles)	185.900	6th of 7
1989	Western (Fullerton, Calif.)	185.60	6th of 7
1988	West (Corvallis, Ore.)	182.95	5th of 7
1987	West (Seattle, Wash.)	183.80	4th of 7
1986	West (Corvallis, Ore.)	181.50	5th of 6
1985	West (Corvallis, Ore.)	177.15	5th of 6
1984	West (Fullerton, Calif.)	176.80	6th of 6

## Stanford at NCAA Championships

Year	Site	Round	Score	Place (Nat'l finish)
2008	Athens, Ga.	Super Six	196.750	3rd of 6 (3rd)
		Prelims (2)	196.900	3rd of 6
2007	Salt Lake City	Super Six	196.825	5th of 6 (5th)
		Prelims (2)	197.200	2nd of 6
2004	Los Angeles	Super Six	197.125	3rd of 6 (3rd)
		Prelims (1)	196.850	1st of 6
2003	Lincoln, Neb.	Prelims (2)	196.200	5th of 6 (8th)
2002	Tuscaloosa, Ala.	Super Six	196.025	6th of 6 (6th)
		Prelims (2)	196.050	3rd of 6
2001	Athens, Ga.	Prelims (2)	195.400	4th of 6 (8th)
1999	Salt Lake City	Prelims (1)	194.000	5th of 6 (10th)
1996	Tuscaloosa, Ala.	Prelims	194.025	6th of 6 (9th)
1992	Minneapolis	Finals	189.100	10th of 12 (10th)

# Postseason History

## All-Americans

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 52 All-America honors. Of those, 15 were first-team selections,

winning 45 first-team honors. Tabitha Yim (class of '08) earned 13 first-team honors, the most in Stanford history.

With the exception of Marilyn Chapman in 1982, 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.

<b>2008</b> Tabitha Yim – AA, UB, BB (1st team) Nicole Ourada – BB (1st); AA (2nd) Liz Tricase – UB (1st) Carly Janiga – FX (2nd)	<b>2004</b> Natalie Foley – AA, V, UB, FX (1st); BB (2nd) Caroline Fluhner – UB, FX (1st) Lise Leveille – AA (1st); V, UB, BB, FX (2nd) Lindsay Wing – BB (1st); AA, UB (2nd)	<b>2000</b> Katy Herbert – BB (1st) Jennifer Exaltacion – AA, BB (2nd)
<b>2007</b> 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)	<b>2003</b> Natalie Foley – AA (1st); V, UB (2nd) Lindsay Wing – BB (1st); UB (2nd) Glyn Sweets – V, BB (2nd) Caroline Fluhner – UB (2nd)	<b>1999</b> Larissa Fontaine – V (1st) Sarah Harding – FX (1st) Amy Murakami – UB, FX (2nd) Kristin Jensen – UB (2nd)
<b>2006</b> Tabitha Yim – AA, UB, FX (1st) Natalie Foley – V, UB (2nd)	<b>2002</b> Lise Leveille – BB (1st); FX (2nd) Kendall Beck – V (1st) Lindsay Wing – BB (1st)	<b>1998</b> Larissa Fontaine – V (1st)
<b>2005</b> Tabitha Yim – AA, UB, BB, FX (1st)	<b>2001</b> Lindsay Wing – AA, BB (1st) Lise Leveille – FX (1st)	<b>1997</b> Larissa Fontaine – V, UB, FX (2nd)
		<b>1996</b> Amy Murakami – AA (1st); BB, FX (2nd)
		<b>1992</b> Jene Elzie – AA (2nd)
		<b>1982</b> Marilyn Chapman – BB (1st)

## Best finishes at NCAA Individual Event Finals, by place

<b>1st:</b> Larissa Fontaine, vault, 1998	<b>7th:</b> Tabitha Yim, all-around, 2008 Liz Tricase, bars, 2008 Tabitha Yim, beam, 2007 Tabitha Yim, beam, 2005 Natalie Foley, all-around, 2003 Kendall Beck, vault, 2002
<b>2nd:</b> Lindsay Wing, beam, 2001	<b>8th:</b> Carly Janiga, floor, 2007 Tabitha Yim, floor, 2008 Tabitha Yim, all-around, 2006 Natalie Foley, all-around, 2004 Lindsay Wing, all-around, 2001
<b>3rd:</b> Nicole Ourada, beam, 2007 Tabitha Yim, floor, 2006 Tabitha Yim, floor, 2005 Natalie Foley, vault, 2004 Lindsay Wing, beam, 2003 Katy Herbert, beam, 2000 Larissa Fontaine, vault, 1999	<b>9th:</b> Tabitha Yim, bars, 2006 Caroline Fluhner, bars, 2004 Natalie Foley, floor, 2004 Sarah Harding, floor, 1999
<b>4th:</b> Carly Janiga, all-around, 2007	<b>10th:</b> Nicole Ourada, beam, 2008 Tabitha Yim, all-around, 2005 Natalie Foley, bars, 2004
<b>5th:</b> Tabitha Yim, beam, 2008 Caroline Fluhner, floor, 2004	
<b>6th:</b> Tabitha Yim, bars, 2005 Lindsay Wing, beam, 2004 Lise Leveille, beam, 2002	