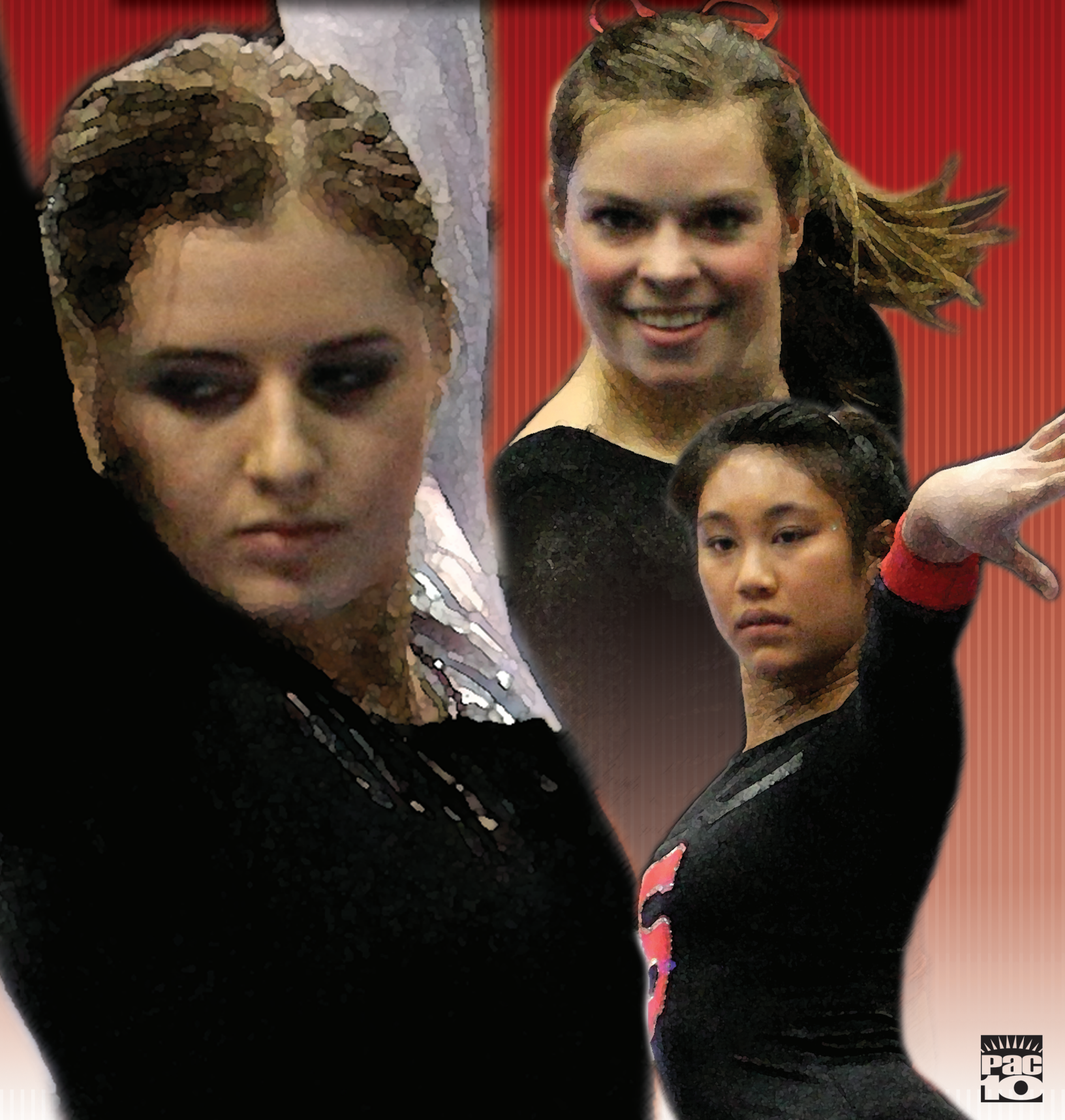


STANFORD

2010 **WOMEN'S GYMNASTICS** POSTSEASON GUIDE



**STANFORD ATHLETICS
MEDIA RELATIONS**

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

**2010
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: 15,140 (6,812 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 Markman
Athletics Web site: gostanford.com
National Team Championships: 111
Consecutive Directors' Cups: 15

Women's Gymnastics Staff

Head Coach:
Kristen Smyth (California, '93),
ninth year
Record at Stanford: 140-38-1
E-mail: kristen.smyth@stanford.edu
Office phone: (650) 725-6143
Assistant Coach:
Chris Swircek (San Jose St. '93),
seventh year
E-mail: cswircek@stanford.edu
Assistant Coach:
Mike Lorenzen (Maryland '86),
fifth year
E-mail: lorenzen@stanford.edu
Office phone: (650) 724-0457
Office fax: (650) 725-4471
Volunteer Assistant Coach:
Lindsay Wing (Stanford '04), 1st year
Trainer: Lindsey Dame
Strength and Conditioning Coach:
Jason Quan

Team Information

2010 Record: 19-3
2010 Pac-10 Finish: Second
2010 Regional Finish: First
2010 National Ranking: 6
2009 NCAA Finish: Eighth
Returning first-team All-American:
Carly Janiga
NCAA Super Six Appearances:
2002, 2004, 2007, 2008
Best NCAA Finish: Third (2004, 2008)
Letterwinners Ret/Lost: 11/3

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 Women's Gymnastics Roster

Name	Ht.	Yr.	Hometown	High School	Club
Shelley Alexander	5-2	Jr.	Seguin, Texas	Seguin	USA Aerial Gymnastics
Alyssa Brown	5-2	So.	Oakville, Ontario, Canada	Abbey Park	Gymnastics Mississauga
Stephanie Carter	5-6	Sr.	Fair Oaks, Calif.	Bella Vista	Byers Gymnastics Center
Nicole Dayton	5-4	Fr.	Grand Rapids, Mich.	East Grand Rapids	Geddert's Twistars USA
Danielle Ikoma	4-11	Jr.	Naperville, Ill.	Naperville Central	Arena Gymnastics
Allyse Ishino	5-1	Sr.	Santa Ana, Calif.	Foothill	Gliders Gymnastics
Carly Janiga	4-11	Sr.	Paradise Valley, Ariz.	Saguaro	Desert Devils Gymnastics
Ashley Morgan	5-1	Fr.	Danville, Calif.	Carondelet	Bay Aerials Gymnastics
Nicole Pechanec	5-5	So.	Phillipsburg, N.J.	Keystone National	Aiken Gymnastics
Jenny Peter	5-4	So.	Lincoln, Neb.	Lincoln Southeast	Solid Rock Gymnastics
Blair Ryland	4-11	Sr.	Woodbridge, Va.	Woodbridge Senior	Capital Gymnastics
Alexandra Skoly	5-4	So.	East Greenwich, R.I.	La Salle Academy	Aim High Gymnastics
Tenaya West	5-4	Sr.	Davis, Calif.	Davis	International Gymnastics Centre
Ming Ya Zhou	5-1	Fr.	Framingham, Mass.	Framingham	Brestyan's American Gym

Coaching Staff

Head Coach: Kristen Smyth (California '93), ninth season
Assistant Coaches: Chris Swircek (San Jose State '93), seventh season; Mike Lorenzen (Maryland '86), fifth season
Volunteer Assistant Coach: Lindsay Wing (Stanford '04), first season

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2010 Schedule and Results

Date	Opponent	Time/Result
JANUARY...		
9 (Sat.)	at Georgia	195.050 (2nd)
17 (Sun.)	Arizona (B)	196.025 (1st)
24 (Sun.)	UCLA (B)	196.425 (1st)
29 (Fri.)	at Oregon State, Seattle Pacific	195.775 (2nd)
FEBRUARY...		
7 (Sun.)	Washington, San Jose State, Sacramento State (B)	196.650 (1st)
14 (Sun.)	at UCLA	195.975 (1st)
19 (Fri.)	at Arizona State	196.675 (1st)
28 (Sun.)	vs. California, North Carolina, Eastern Michigan (M)	196.525 (1st)
MARCH...		
5 (Fri.)	at San Jose State, Cal	196.800 (1st)
21 (Sun.)	at UC Davis	196.600 (1st)
27 (Sat.)	at Pac-10 Champs (1)	196.550 (2nd)
APRIL...		
10 (Sat.)	at NCAA SEast Reg. (2)	196.775 (1st)
22 (Thu.)	at NCAA Team Prelims (3)	4 p.m.
23	at NCAA Super Six Finals (3)	3 p.m.
24	at NCAA Individual Finals (3)	3 p.m.

Times listed are Pacific

(B) Burnham Pavilion

(M) Maples Pavilion

(1) In Tucson, Ariz.

(2) In Morgantown, W.Va.

(3) In Gainesville, Fla.

bold indicates home meet

Stanford Gymnasts Return to NCAA Championships

Cardinal heads to NAAs for eighth time in 10 years

April 22-24 • Gainesville, Fla.

What's Ahead

The Stanford women's gymnastics team returns to the NCAA Championships for the fourth consecutive season and eighth time in the past 10 years. The meet takes place April 22-24 in Gainesville, Fla., and begins with the team preliminaries where Stanford is among 12 remaining teams. Each prelim is broken up into groups of six (Stanford is in the evening session, 4 p.m. PDT), with the top three teams in each advancing to Friday's Super Six finals, which determines the national team champion. The all-around champion, All-American status, and qualifiers for Saturday's Individual Events finals are also determined at the team prelim event. Stanford has reached the Super Six a total of four times, and has finished a school-best third on two occasions.

Follow the Action

Links to a live stats and live streaming video can be found at gostanford.com, or on ncaa.com. The meet will be televised by CBS and aired May 8, from noon-2 p.m. PDT. Tim Brando and Olympic gold medalist Amanda Borden will call the action.

Regional Success

Stanford collected its fifth regional championship April 10 by building two strong scores on its first two rotations (floor and vault) and carried the momentum to the NCAA Southeast Regional title in Morgantown, W.Va. Stanford scored 196.775 points, its second highest of the season, to join Michigan as the region's two qualifying teams. Shelley Alexander won two events, the vault (9.95) and balance beam (9.90), and was among Stanford gymnasts to finish second through fourth in the all-around.

Returning All-Americans

- **Carly Janiga** is a six-time All-American with four first-team selections. Janiga, a senior captain, enters this year's NCAA meet as one of only three returning second-place finishers from 2009 (there are no individual champions back). Janiga became Stanford's highest individual NCAA finisher since 2001 when she finished second on the uneven bars (9.9125) behind only Georgia's Courtney Kupets (9.95), in Lincoln, Neb., last year. She also has top-10 finishes in all-around (fourth, 2007) and on floor (eighth, 2007).
- **Blair Ryland**, a senior, earned second-team All-America honors in 2007 as a freshman. Ryland has grown into a vital leadoff role on the vault, providing solid scores with precision and setting the tone for the rest of the team on meet day.

Top All-America Contenders

- **Shelley Alexander**, a junior captain, won the vault (9.95) and balance beam (9.90) at the NCAA Southeast Regional in Morgantown, W.Va., on April 10. It marked the first time in her collegiate career that Alexander won multiple events in the same meet. Alexander set personal collegiate career bests on the vault and in the all-around (39.500). In the latter, she placed third overall. Last year, Alexander missed first-team All-America recognition, and qualifying for the Individual Event finals, by one place on the vault.
- **Allyse Ishino**, a senior captain, was the 2009 NCAA regional champion on the uneven bars, and is having her best season in 2010. She missed her entire freshman year and the postseason of her sophomore year because of illness and injury, and needed additional time in the fall of her junior year to rehab. Now, she is fully healthy and has added floor and the all-around. She was fourth all-around at regionals.

SWG Facts**General Information**

Location: Stanford, California

Enrollment: 15,140 (6,812 undergraduates)

Founded: 1891

Nickname: Cardinal

Colors: Cardinal and White

Conference: Pacific-10

President: John Hennessy

Athletic Director: Bob Bowlsby

Sport Administrator: Darrin Nelson

Coaching Staff

Head Coach: Kristen Smyth, 9th year

Career Record: 140-38-1

Associate Head Coach: Chris Swircek, 7th year

Assistant Coach: Mike Lorenzen, 5th year

Team Information

Record: 19-3 regular season (24-3 overall)

National ranking: 6

Returning first-team All-American: Carly Janiga

Home gyms: Maples Pavilion (5,488),

Burnham Pavilion (1,200)

NCAA Experience

Stanford is competing in the NCAA Championships for the fourth consecutive year. The following are current Stanford gymnasts with experience in past NCAA Championships.

• **NCAA Championships (7):** Shelley Alexander (2009), Danielle Ikoma (2009), Allyse Ishino (2009), Carly Janiga (2007, 2008, 2009), Nicole Pechanec (2009), Blair Ryland (2007, 2008, 2009), Tenaya West (2009).

• **Super Six (2):** Carly Janiga (2007, 2008), Blair Ryland (2007).

Team Seeding

The following is the seeding for Thursday's evening session (4 p.m. PDT), based on national rankings:

No. 2, Florida; No. 3 Alabama; **No. 6 Stanford**; No. 7 Arkansas; No. 10 Missouri; No. 11, Michigan.

* * *

The following is the seeding for Thursday's afternoon session (10 a.m. PDT), based on national rankings:

No. 1 UCLA; No. 4, Oklahoma; No. 5, Utah; No. 8 Oregon State; No. 9, LSU; No. 12, Nebraska.

The top three teams in each advance to the NCAA Super Six finals Friday at 3 p.m. PDT.

Rotation Schedule

Here is the order for the second session of the team preliminaries, beginning Thursday at 4 p.m. PDT.:

<u>Rot.</u>	<u>Vault</u>	<u>Bye</u>	<u>Bars</u>	<u>Beam</u>	<u>Bye</u>	<u>Floor</u>
1	Ala.	Florida	Ark.	Mich.	Mizzou	Stanford
2	Stanford	Ala.	Florida	Ark.	Mich.	Mizzou
3	Mizzou	Stanford	Ala.	Florida	Ark.	Mich.
4	Mich.	Mizzou	Stanford	Ala.	Florida	Ark.
5	Ark.	Mich.	Mizzou	Stanford	Ala.	Florida
6	Florida	Ark.	Mich.	Mizzou	Stanford	Ala.

Stanford vs. Other NCAA Qualifiers in 2010

The Cardinal is 4-2 against NCAA Championship teams this season, with the following results:

• **Jan. 24 (Stanford):** Stanford 196.425, UCLA 195.825.

• **Jan. 29 (Corvallis, Ore.):** Oregon State 196.225, Stanford 195.775.

• **Feb. 14 (Los Angeles):** Stanford 195.975, UCLA 195.625.

• **March 27 (Pac-10 Championships; Tucson, Ariz.):** UCLA 197.350, Stanford 196.550, Oregon State 195.950.

• **April 10 (NCAA Southeast Regional; Morgantown, W.Va.):** Stanford 196.775, Michigan 195.800.

Stanford's NCAA Championship History

The Cardinal has reached the NCAA Championships 11 times, all since 1992, and has qualified eight of the past 10 years. Stanford has reached the Super Six four times, all since 2002 under current coach Kristen Smyth. Stanford has reached the Super Six two of the past three years. Its best finish has been third, achieved in 2004 and 2008.

Stanford at the 2009 NCAA Championships

Stanford was fourth in Session I of the 2009 team preliminaries, scoring 196.225 points, missing the Super Six by 0.075 behind third-place LSU in Lincoln, Neb., and was eighth overall. Carly Janiga (second) and Nicole Ourada (10th) advanced to the uneven bars finals and were named first-team All-Americans.

Stanford's Most Recent Lineup

This was the lineup Stanford used in winning the NCAA Southeast Regional in Morgantown, W.Va., on April 10:

<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>
Ryland	Alexander	Brown	West
Janiga	Pechanec	Ishino	Ishino
Morgan	Brown	Ikoma	Morgan
Brown	Ishino	Janiga	Pechanec
Ishino	Janiga	West	Janiga
Alexander	Peter	Alexander	Alexander

Best-Ever Record

No Stanford squad has had a better record than the 19-3 mark of this year's team (including dual meets and conference championship). The .864 winning percentage edges the .857 set in 2006 and 2001 during 18-3 seasons. Including NCAA events, no previous Stanford team has gone this far into the season with fewer than three losses. Overall (including the NCAA regional), Stanford is 24-3 and has beaten 21 of its past 22 opponents over a span of eight meets. The Cardinal has a 9-3 record this season against teams in the final GymInfo Top 25.

Last Time: Stanford vs. Other NCAA Competitors

The following are results of Stanford's most recent meetings with teams from Session II:

• **Alabama:** In a dual meet in Tuscaloosa, Ala., the Crimson Tide beat Stanford, 197.150-196.775 on March 6, 2009.

• **Arkansas:** Won the 2009 NCAA South Central Regional on its home floor with 196.300 to second-place Stanford's 196.200, with both advancing to the NCAA Championships.

• **Florida:** The Gators finished second (196.375) to Stanford's fourth (196.225) in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Michigan:** Stanford (196.775) and Michigan (195.800) finished 1-2 at the NCAA Southeast Regional on April 10 in Morgantown, W.Va., with Stanford bettering Michigan's team scores on three of the four events.

• **Missouri:** At the 2008 NCAA Central Regional in Baton Rouge, La., Stanford (197.525) finished second to advance, with Missouri (195.100) finishing fourth.

* * *

The following are results of Stanford's most recent meetings with teams from Session I:

• **LSU:** The third-place Tigers (196.300) edged Stanford (196.225) for the final qualifying spot in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Nebraska:** On March 7, 2008, Stanford (196.775) was first, Nebraska (196.050) second, and Alabama third in a tri-meet at Stanford's Burnham Pavilion.

• **Oklahoma:** Stanford (196.225) finished fourth to Oklahoma's sixth (195.825) in Session I of the 2009 NCAA team preliminaries in Lincoln, Neb.

• **Oregon State:** Stanford split its 2010 season series with the Beavers, losing in a tri-meet in Corvallis, Ore., on Jan. 29, and finishing just ahead (196.550) of third-place OSU (195.950) at the Pac-10 Championships on March 27 in Tucson, Ariz.

• **UCLA:** Stanford and UCLA faced each other three times this season, with Stanford winning both ends of their home-and-home dual-meet series, and finishing second (196.550) behind the Bruins (197.350) at the Pac-10 Championships March 27 in Tucson, Ariz.

• **Utah:** At the 2008 Super Six in Athens, Ga., Utah (197.125) finished second to Stanford's third (196.750), both behind Georgia.

2010 Season in Review
(19-3 regular season, 24-3 overall)

Date	Opponent	Result
Jan. 9	Dual meet at Georgia	0-1
	Georgia 195.150 STANFORD 195.050	
Jan. 17	Dual meet at Stanford (Burnham Pavilion)	1-0
	STANFORD 196.025	
	Arizona 194.675	
Jan. 24	Dual meet at Stanford (Burnham Pavilion)	1-0
	STANFORD 196.425	
	UCLA 195.825	
Jan. 29	Tri meet at Oregon State	1-1
	Oregon State 196.225	
	STANFORD 195.775	
	Seattle Pacific 188.100	
Feb. 7	Quad meet at Stanford (Burnham Pavilion)	3-0
	STANFORD 196.650	
	Washington 194.075	
	Sacramento State 193.225	
	San Jose State 192.800	
Feb. 14	Dual meet at UCLA	1-0
	STANFORD 195.975	
	UCLA 195.625	
Feb. 19	Dual meet at Arizona State	1-0
	STANFORD 196.675	
	Arizona State 195.900	
Feb. 28	Quad meet at Stanford (Maples Pavilion)	3-0
	STANFORD 196.525	
	North Carolina 192.975	
	Eastern Michigan 190.125	
	California 188.825	
March 5	Tri meet at San Jose State	2-0
	STANFORD 196.800	
	San Jose State 195.075	
	California 190.775	
March 21	Dual meet at UC Davis	1-0
	STANFORD 196.600	
	UC Davis 194.575	
March 27	Pac-10 Championships (Tucson, Ariz.)	5-1
	UCLA 197.350	
	STANFORD 196.550	
	Oregon State 195.950	
	Arizona 195.875	
	Washington 193.825	
	California 191.475	
	Arizona State 190.675	
April 10	NCAA Southeast Regional (Morgantown, W.Va.)	5-0
	STANFORD 196.775	
	Michigan 195.800	
	Southern Utah 193.325	
	West Virginia 195.100	
	Kent State 194.825	
	North Carolina State 193.425	
April 22	NCAA Team Preliminaries (Gainesville, Fla.)	

Meet recaps

Georgia dual meet

ATHENS, Georgia -- Stanford nearly ended Georgia's 28-meet home winning streak. Senior captain Carly Janiga won the all-around competition for Stanford's only victory, but freshman Ashley Morgan may have provided the Cardinal's biggest highlight with her sterling collegiate debut, averaging a meet-best 9.83 for three events.

Arizona dual meet

STANFORD -- Shelley Alexander's 9.90 helped Stanford to a strong vault score of 49.250 in its home-opening victory over Arizona.

UCLA dual meet

STANFORD -- No. 8 Stanford upset No. 1 UCLA, 196.425-195.825, before a standing-room only crowd at Burnham Pavilion. Carly Janiga won two events, established one career high and tying another. Stanford had seven career bests while closing out with four consecutive 9.9+ performances on the final rotation, the floor.

Oregon State tri meet

CORVALLIS, Ore. -- Shelley Alexander gave the Cardinal its only individual victory, scoring a 9.90 to tie for first on the vault as the Cardinal lost to Oregon State, but beat Seattle Pacific.

Washington quad meet

STANFORD -- Freshman Ashley Morgan earned her first collegiate victories, including her debut all-around (39.450), to lead Stanford to a quad-meet victory. Morgan also won the vault and balance beam. Stanford improved to 29-0-1 against Pac-10 teams at Burnham since its last loss, in 1998, and is 42-1 overall in that span.

UCLA dual meet

LOS ANGELES -- Stanford rallied from a deficit after two rotations to earn its second dual victory over UCLA of the season, with Allyse Ishino making her collegiate debuts on floor and in the all-around.

Arizona State dual meet

TEMPE, Ariz. -- Competing before family and friends near her home in Paradise Valley, senior Carly Janiga scored a career best in the all-around (39.650), tied another best on beam (9.95) and while winning three of the four events.

North Carolina quad meet

STANFORD -- Stanford completed its home season undefeated (8-0) with Allyse Ishino winning three events, including her first career all-around victory (39.450), on Senior Day at Maples Pavilion.

San Jose State tri meet

SAN JOSE, Calif. -- Stanford fired off six scores of 9.9 and above to earn a season-high team score of 196.800 and beat rival California for the 20th consecutive time, dating back to 2000, and San Jose State..

UC Davis dual meet

DAVIS, Calif. -- Stanford earned four career bests on the vault, including a winning 9.95 by Carly Janiga in the Cardinal's dual-meet final.

Pac-10 Championships

TUCSON, Ariz. -- Carly Janiga won her fourth career Pac-10 individual title by tying for first on the floor (9.925) to help the Cardinal to a second-place finish.

NCAA Southeast Regional

MORGANTOWN, W.Va. -- Stanford started with a strong floor (49.300) and followed with a stronger vault (49.400) to cruise to its fifth regional title. Junior captain Shelley Alexander won the vault (9.95) and beam (9.90) for her first multi-victory meet of her collegiate career.

Coaching Staff



Kristen Smyth

Head Coach
Ninth Season
California '93

Kristen Smyth has coached the Stanford women's gymnastics team to unprecedented success during her nine seasons.

- Of Stanford's 81 All-America honors, 60 have come in Smyth's tenure.
- There have been 56 Scholastic All-American honors in that span.
- Smyth has coached the Cardinal into the NCAA Super Six finals four times -- Stanford had never advanced that far before -- and finished among the top-three twice.
- Of Stanford's seven NCAA top-10 finishes, Smyth has coached the team to six of them.
- Smyth, in her ninth year, is the longest tenured and winningest coach in the history of the 33-year-old program.
- Smyth has a 140-38-1 record at Stanford and, this year, coached the team to a 19-3 record, the best in program history.
- Smyth's gymnasts have won 24 individual regional titles, 21 Pac-10 titles, four team regional championships and three conference titles.

In 2009, Smyth added to her personal achievements last season by earning Pac-10 and West Region Coach of the Year honors. It was her fourth conference award.

In 2010, Stanford advanced to the NCAA Championships for the seventh time in Smyth's tenure. No other Stanford coach had reached the NCAA's more than twice.

Shelley Alexander won two regional titles and three Stanford gymnasts placed among the top four at the same meet.

In addition, five Stanford gymnasts were named to the All-Pac-10 team and seven were conference All-Academic selections, with Carly Janiga winning the prestigious Pac-10 Scholar-Athlete Award for her sport.

Janiga, now a senior, has conference and regional all-around titles to her credit and is a six-time All-America. In fact, Stanford's six most decorated gymnasts, according to All-America honors, were all coached by Smyth.

Team Accomplishments under Smyth:

- Career record: 140-38-1
- Four Super Six appearances
- Two NCAA top-three finishes
- Four regional championships
- Three Pac-10 championships

Coaching Awards:

- 2004 National Coach of the Year
- 2004, 2009 Regional Coach of the Year
- Four-time Pac-10 Coach of Year



Chris Swircek

Associate Head Coach
Seventh Season
San Jose State '93

Chris Swircek is in his seventh season and first in his new position of associate head coach. 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 has helped coach Stanford athletes to 20 All-America honors (14 first team) in bars and on vault, and coached Shelley Alexander to 2010 regional titles in each event. In addition, he has helped coach the Cardinal to two top-three national finishes, three Super Six appearances and three Pac-10 titles.

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.



Mike Lorenzen

Assistant Coach
Fifth Season
Maryland '86

Mike Lorenzen, in his fifth 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.

At Stanford, Lorenzen has been integral part of two Pac-10 and two regional championship teams, and two that advanced to the Super Six.

Lorenzen also is an Advisory Council Director on the USA Gymnastics Board of Directors, and represents the National Association of Collegiate Coaches -- Women.

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. 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.

Gymnast Profiles



Shelley Alexander

Junior, 5-2
Seguin, Texas
Seguin HS

• **2010 Regional vault and beam champion**

2010 Season: Won the vault (9.95) and balance beam (9.90) at the NCAA Southeast Regional in Morgantown, W.Va., on April 10, marking the first time she had won multiple events in the same meet as a collegian ... has six of the team's seven highest scores on the vault, all 9.90 or above ... third all-around at regions with a career best 39.500 ... had four dual-meet vault victories and one on beam ... team tri-captain, along with Carly Janiga and Allyse Ishino ... Pac-10 All-Academic team honorable mention selection.

Earlier Stanford: Missed first-team All-America honors and the chance to advance to the NCAA Individual Event finals by one place at the 2009 NCAA Championships on vault ... her score of 9.875 placed her 10th in her session, but just behind a six-way tie for fourth ... the top four places advanced and were first-team All-Americans ... competed exclusively on vault as a freshman, but emerged in several events, including all-around as a sophomore in 2009 and was named first-team All-Pac-10 on vault and floor ... tied for second in vault in Pac-10 Championships with 9.925.

Background: Was valedictorian at Seguin (Texas) High School in 2007 ... competed for USA Aerial Athletics of San Antonio ... majoring in science, technology, and society.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.847	9.655	9.686	9.764	39.075
Season Bests	9.950	9.850	9.925	9.900	39.500
Career Bests	9.950	9.850	9.925	9.900	39.500



Alyssa Brown

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

• **2010 All-Pac-10 second team on beam**

2010 Season: A regular on the bars and beam all season ... a late addition to the vault lineup, after rehabbing from a knee injury suffered on a vault landing in 2009 ... has competed in each vault lineup since March 21 ... won the bars at Cal quad meet (Feb. 28) and UC Davis dual (March 21) ... named to the All-Pac-10 second team on balance beam.

Earlier Stanford: Suffered knee injury on a vault landing in warmups to the 2009 Pac-10 Championships ... earned first collegiate victories in 2009 back-to-back meets at Cal and UC Davis in the vault.

Background: Canada's first alternate at the 2008 Olympic Games in Beijing ... represented Canada at two World Championships, 2007 in Stuttgart, Germany, and 2006 in Aarhus, Denmark ... Canada's highest-scoring all-around performer in the team competition at the 2007 worlds ... second in the vault at the 2006 Commonwealth Games in Melbourne, Australia ... Canadian national champion on the vault and beam in 2006 ... Trained at Gymnastics Mississauga.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.850	9.807	9.735	--	--
Season Bests	9.850	9.900	9.875	--	--
Career Bests	9.925	9.900	9.875	--	--



Stephanie Carter

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

2010 Season: Did not compete for third consecutive season because of elbow injury.

Earlier Stanford: A regular on the vault in 2007 with four scores of 9.800 or higher.

Background: Has become another coach on the floor for teammates and an inspirational leader ... trained at Sacramento's Byers Gymnastics Center ... majoring in engineering.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	Did not compete				
Career Bests	9.850	--	--	--	--

Gymnast Profiles



Nicole Dayton

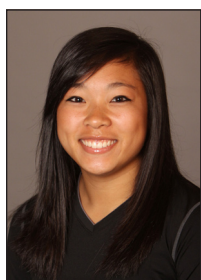
Freshman, 5-4
Grand Rapids, Mich.
East Grand Rapids HS

2010 Season: Scored a 9.825 to finish second on vault in Stanford's dual-meet victory at UCLA on Feb. 14 ... it was her first collegiate vault and would stand as her season best ... is a possibility for the NCAA vault lineup.

Background: A three-time national Junior Olympic vault champion ... trained at Geddert's Twistars USA of Diamondale, Mich.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.769	9.575	--	--	--
Season Bests	9.825	9.575	--	--	--
Career Bests	9.825	9.575	--	--	--



Danielle Ikoma

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

• 2010 Pac-10 All-Academic second team

2010 Season: A regular on beam, with five scores of 9.80 and higher ... scored career collegiate bests of 9.875 twice within a three-meet span ... earned her first collegiate victory in Washington quad meet on Feb. 7, on beam.

Earlier Stanford: A starter on vault, floor and beam through most of the 2009 season ... has competed in three events the past two years.

Background: Placed among the top four in all-around at Junior Olympic nationals from 2005-07 ... a three-time junior national team member (2005-07) ... competed for Arena Gymnastics of Joliet, Ill. ... sister Michelle is a freshman on the team at North Carolina.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.772	9.475	9.557	--	--
Season Bests	9.875	9.725	9.800	--	--
Career Bests	9.875	9.725	9.875	--	--



Allyse Ishino

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

• 2010 All-Pac-10 second team on bars

2010 Season: Emerged in the second half of the season as a top all-around performer ... had never competed on the floor or all-around in collegiate competition until debuting in both in the Feb. 14 dual-meet victory at UCLA ... scored 9.90 or above on bars four times and has victories in the event ... won the all-around in Cal quad meet with a career high 39.425 on Feb. 28 ... choreographed own floor routine, which showcases her extraordinary dance skills and includes two, rather than three, tumbling passes ... an All-Pac-10 second-team selection on bars ... named to the Pac-10 All-Academic second team ... team tri-captain with Carly Janiga and Shelley Alexander.

Earlier Stanford: Missed entire freshman season because of a pulmonary embolism that came to light as she struggled to breathe during a practice session. As a sophomore, she blew out her knee on a vault landing at the Pac-10 Championships. As a junior, her early-season training was curtailed as she recovered from the knee injury, though she rebounded to capture a regional bars title.

Background: A 2004 U.S. Olympic team alternate ... placed fifth in the all-around at the 2004 Olympic trials ... U.S. national team member for four years ... four in the all-around at 2003 Pan American Games ... trained at Charter Oak Gymnastics in Covina, Calif., and then at Wildfire Gymnastics in Tustin, Calif. ... majoring in human biology ... spent two weeks during the summer of 2009 in Nepal with teammate Tenaya West doing volunteer work at a children's hospital.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.830	9.818	9.741	9.771	39.130
Season Bests	9.900	9.925	9.900	9.875	39.425
Career Bests	9.900	9.925	9.900	9.875	39.425

Gymnast Profiles



Carly Janiga

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

- **Six-time All-American**
- **Pac-10 Scholar-Athlete for gymnastics**

2010 Season: Has proven to be Stanford's most valuable gymnast, not only for her quality, but for her durability ... Janiga has competed in every event in every meet this season ... she has set collegiate career bests on vault (9.95), floor (9.95), and all-around (39.650), and tied career bests on bars (9.95) and beam (9.95) ... tied for the floor exercise title March 27 in Tucson, Ariz., for her fourth Pac-10 career individual title ... named Pac-10 Scholar-Athlete for gymnastics for excellence in the gym and the classroom ... has team's highest average scores on bars (9.877), beam (9.823), and all-around (39.364) ... has Stanford's highest scores in every event ... has 18 individual event victories this season ... scored collegiate career highs on beam (9.95) and all-around (39.650), and won three events and all-around, in front of family and friends at Arizona State, near her home in Paradise Valley, Ariz., on Feb. 19 ... Pac-10 and NCAA Southeast Regional all-around runner-up ... First-team All-Pac-10 in the all-around ... Pac-10 All-Academic first team ... in third year as team captain.

Earlier Stanford: NCAA runner-up on the uneven bars in 2009, scoring 9.9125 in Lincoln, Neb. ... is a six-time All-American with four first-team honors ... won the 2009 Pac-10 all-around title, and beam and bars ... three-time first-team All-American as a freshman ... placed fourth in NCAA's all-around and eighth on floor.

Background: Placed ninth all-around, sixth on vault, seventh on beam and eighth on floor at 2004 Olympic trials ... one of 10 invited to the 2004 Olympic selection camp ... move she's most proud of pulling off: a Gaylord II on bars ... trained at Desert Devils Gymnastics in Mesa, Ariz. ... has a cumulative GPA of 3.78 ... majoring in psychology.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.823	9.877	9.741	9.841	39.364
Season Bests	9.950	9.950	9.950	9.950	39.650
Career Bests	9.950	9.950	9.950	9.950	39.650



Ashley Morgan

Freshman, 5-1
Danville, Calif.
Carondelet HS

- **2010 All-Pac-10 second team on floor**

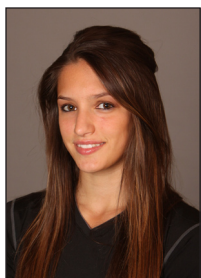
2010 Season: Made an immediate impact in her collegiate debut before more than 10,000 at Georgia, averaging 9.83 in three events, the highest individual average of the meet ... her best all-around score of 39.450 is the highest for a Stanford freshman since current senior Carly Janiga in 2007 ... a regular on vault and beam throughout the season ... earned her first collegiate victories in the all-around (39.450) and vault (9.875) in the Washington quad meet Feb. 7 ... has the team's highest scoring average on floor (9.870) ... has two floor victories this year, including a 9.925 to tie Nicole Pechanec for first in Cal quad meet (Feb. 28) ... named to the All-Pac-10 second team for floor exercise.

Background: Has drawn much attention in the Bay Area as the daughter of Baseball Hall of Fame second baseman Joe Morgan ... twin sister Kelly is a freshman soccer player at USC ... third all-around at the 2007 Junior Olympic nationals ... trained at Bay Aerials Gymnastics in Fremont, Calif., and before that at Diablo Gymnastics in San Ramon, Calif.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.824	9.575	9.597	9.870	39.113
Season Bests	9.875	9.800	9.875	9.925	39.450
Career Bests	9.875	9.800	9.875	9.925	39.450

Gymnast Profiles



Nicole Pechanec

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

• All-Pac-10 second team on floor

2010 Season: Tied for first with a collegiate career high 9.95 on the floor, the final rotation, to help close out a 196.425-195.825 victory over No. 1 UCLA before a standing-room only crowd at Burnham Pavilion on Jan. 24 ... a regular on bars and floor ... has scored at least 9.85 on floor for each of her past 10 meets ... has three floor victories this year, all with scores of 9.925 or above ... an All-Pac-10 second team selection on floor ... a Pac-10 All-Academic honorable mention selection.

Earlier Stanford: The only Cardinal to compete on floor in every meet and one of two to compete on bars in every meet in 2009 ... was the only Stanford freshman to compete in 2009 NCAA Championships.

Background: Former member of the Czech Republic national team ... competed under the name Nicole Pechancova ... member of Czech world championship teams in 2006 and 2007 ... qualified for the 2007 all-around finals at the European Championships ... national Czech champion on floor in 2007 ... born in Newark, N.J., to Czech parents ... mother Yvette competed on the Czech national gymnastics team ... father Tomas competed for the Czech national sailing team.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	--	9.748	9.642	9.864	--
Season Bests	--	9.875	9.850	9.950	--
Career Bests	--	9.875	9.900	9.950	--



Jenny Peter

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

2010 Season: Hampered by injuries early in the season, Peter broke into the bars lineup on Feb. 28 and has started in Stanford's past three meets ... has averaged 9.82 in her four meets on bars ... recorded her best of 9.875 in UC Davis dual (March 21) to tie for second.

Earlier Stanford: Contributed to Stanford's 2009 season-high score of 197.175, against Cal, with a 9.8 in her first collegiate appearance.

Background: Trained at Solid Rock Gymnastics in Lincoln, Neb. ... grandfather, Ray Johnson, played semipro baseball with Satchel Paige and Dizzy Dean ... sportswriter for the *Stanford Daily*.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	--	9.817	--	--	--
Season Bests	--	9.875	--	--	--
Career Bests	9.800	9.875	--	--	--

Gymnast Profiles



Blair Ryland

Senior, 4-11
Woodbridge, Va.
Woodbridge HS

• **2007 All-America second team on vault**

2010 Season: Sets the tone for the team as its leadoff performer in the vault, the first event at home meets ... a four-year starter on vault ... scored her season high of 9.875 in UC Davis dual March 21 ... has scored 9.75 or above on vault in her past 34 meets ... has started eight times on floor ... placed fourth in floor at Pac-10s with 9.875 ... named to Pac-10 All-Academic second team.

Earlier Stanford: Earned 2007 second-team All-America honors on vault as a freshman ... scored 9.8 or above in her final nine meets on vault.

Background: An international elite gymnast for five years ... majoring in human biology.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	9.802	--	--	9.763	--
Season Bests	9.875	--	--	9.875	--
Career Bests	9.900	9.700	--	9.875	--



Alexandra Skoly

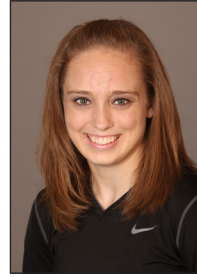
Sophomore, 5-4
East Greenwich, R.I.
La Salle Academy

2010 Season: Did not compete for the second consecutive season because of injury ... team blogger during NCAA post-season.

Background: Has shown explosive ability and athleticsim ... strong candidate to break into the lineup on vault or floor next season.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
Season Bests	--	--	--	--	--
Career Bests	--	--	--	--	--



Tenaya West

Senior, 5-4
Davis, Calif.
Davis HS

• **Three-time Pac-10 All-Academic team**

2010 Season: In her first year as a full-time starter on floor, has scored 9.825 or better in five of her past six meets ... the team's highest and most athletic tumbler ... had competed solely on floor as a collegian, but was called upon at the Pac-10 Championships to make her debut on the beam and scored a 9.80 ... named to the Pac-10 All-Academic first team for the first time.

Earlier Stanford: Has received Pac-10 All-Academic honors three times ... scored 9.80 at 2009 regionals and NCAAs despite competing with a torn plantar fascia injury in her foot.

Background: Spent part of summer of 2009 with teammate Allyse Ishino in Nepal, doing volunteer work at a children's hospital ... majoring in human biology ... hobbies include film-making and photography.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
2010 Average	--	--	9.800	9.730	--
Season Bests	--	--	9.800	9.875	--
Career Bests	--	--	9.800	9.900	--



Ming Ya Zhou

Freshman, 5-1
Framingham, Mass.
Brestyan's American Gym

2010 Season: Did not compete because of injury ... team blogger during NCAA postseason.

Background: Born in Guangzhou, China ... trained at the Chinese National Training Center from age 6, until she moved at age 8 to the United States ... two-time Junior Olympic national champion on vault.

Individual Statistics

	Vault	Bars	Beam	Floor	AA
Season Bests	--	--	--	--	--
Career Bests	--	--	--	--	--

2010 STANFORD INDIVIDUAL RESULTS

SHELLEY ALEXANDER • Junior • Seguin, Texas

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.650	9.525	9.725	38.700
Arizona	9.900	9.825	9.675	9.825	39.225
UCLA	9.900	9.775	--	9.900	--
at Oregon St., Sea. Pacific	9.900	9.750	9.675	9.800	39.125
Washington, SJS, Sac. St.	9.700	9.850	9.875	9.875	39.300
at UCLA	9.775	9.750	9.850	9.825	39.200
at Arizona State	9.825	9.825	9.850	9.225	38.725
Cal, N. Carolina, E. Mich.	9.925	9.775	9.025	--	--
at San Jose State, Cal	9.900	9.550	9.925	9.875	39.250
at UC Davis	--	9.825	9.775	9.825	--
Pac-10 Championships	--	8.625	--	--	--
NCAA Southeast Regional	9.950	9.800	9.900	9.850	39.500
NCAA Preliminaries	--	--	--	--	--
Season Best	9.950	9.850	9.925	9.900	39.500
Career Best	9.950	9.850	9.925	9.900	39.500

DANIELLE IKOMA • Junior • Naperville, Ill.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.525	9.300	--	--
Arizona	9.775	9.725	9.800	--	--
UCLA	9.800	9.175	8.825	--	--
at Oregon St., Sea. Pacific	9.800	--	9.700	--	--
Washington, SJS, Sac. St.	9.750	--	9.875	--	--
at UCLA	--	--	9.600	--	--
at Arizona State	9.725	--	9.875	--	--
Cal, N. Carolina, E. Mich.	--	--	9.775	--	--
at San Jose State, Cal	9.875	--	9.800	--	--
at UC Davis	9.650	--	9.300	--	--
Pac-10 Championships	--	--	9.275	--	--
NCAA Southeast Regional	--	--	9.800	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	9.725	9.875	--	--
Career Best	9.875	9.725	9.875	9.875	--

ALYSSA BROWN • Sophomore • Oakville, Ontario, Canada

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	9.700	--	--	--
Arizona	--	9.800	9.800	--	--
UCLA	--	9.900	9.750	--	--
at Oregon St., Sea. Pacific	--	9.775	9.725	--	--
Washington, SJS, Sac. St.	--	9.825	9.175	--	--
at UCLA	--	9.775	9.750	--	--
at Arizona State	--	9.825	9.875	--	--
Cal, N. Carolina, E. Mich.	--	9.875	9.750	--	--
at San Jose State, Cal	--	9.775	9.850	--	--
at UC Davis	9.850	9.900	9.875	--	--
Pac-10 Championships	9.850	9.725	9.800	--	--
NCAA Southeast Regional	9.800	9.875	9.525	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.850	9.900	9.875	--	--
Career Best	9.925	9.900	9.875	--	--

ALLYSE ISHINO • Senior • Santa Ana, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.800	9.825	9.675	--	--
Arizona	9.850	9.350	9.775	--	--
UCLA	9.800	9.900	9.775	--	--
at Oregon St., Sea. Pacific	9.800	9.850	9.850	--	--
Washington, SJS, Sac. St.	9.800	9.925	9.775	--	--
at UCLA	9.800	9.825	9.675	9.800	39.100
at Arizona State	9.850	9.925	9.900	9.350	39.025
Cal, N. Carolina, E. Mich.	9.850	9.875	9.825	9.875	39.425
at San Jose State, Cal	--	9.900	9.900	9.875	--
at UC Davis	9.900	9.825	9.225	9.850	38.800
Pac-10 Championships	9.850	9.800	9.775	9.875	39.300
NCAA Southeast Regional	9.900	9.875	9.700	9.875	39.350
NCAA Preliminaries	--	--	--	--	--
Season Best	9.900	9.925	9.900	9.875	39.425
Career Best	9.900	9.925	9.900	9.875	39.425

STEPHANIE CARTER • Senior • Fair Oaks, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	9.850	--	--	--	--

CARLY JANIGA • Senior • Paradise Valley, Ariz.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.825	9.825	9.800	9.850	39.300
Arizona	9.850	9.850	9.750	9.875	39.325
UCLA	9.775	9.950	9.875	9.950	39.550
at Oregon St., Sea. Pacific	9.800	9.875	9.850	9.625	39.150
Washington, SJS, Sac. St.	9.775	9.925	9.675	9.725	39.100
at UCLA	9.750	9.900	9.775	9.900	39.325
at Arizona State	9.850	9.925	9.950	9.925	39.650
Cal, N. Carolina, E. Mich.	9.800	9.825	9.625	9.725	38.975
at San Jose State, Cal	9.825	9.850	9.950	9.925	38.550
at UC Davis	9.950	9.875	9.925	9.825	39.575
Pac-10 Championships	9.850	9.850	9.875	9.925	39.500
NCAA Southeast Regional	9.875	9.900	9.875	9.875	39.525
NCAA Preliminaries	--	--	--	--	--
Season Best	9.950	9.950	9.950	9.950	39.650
Career Best	9.950	9.950	9.950	9.950	39.650

NICOLE DAYTON • Freshman • Grand Rapids, Mich.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	9.575	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	9.825	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	9.725	--	--	--	--
at San Jose State, Cal	9.725	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	9.800	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.825	9.575	--	--	--
Career Best	9.825	9.575	--	--	--

ASHLEY MORGAN • Freshman • Danville, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.875	--	9.850	9.825	--
Arizona	9.825	--	9.200	9.850	--
UCLA	9.800	--	9.850	9.925	--
at Oregon St., Sea. Pacific	9.850	--	9.275	9.800	--
Washington, SJS, Sac. St.	9.875	9.800	9.875	9.900	39.450
at UCLA	9.800	9.800	9.300	9.875	38.775
at Arizona State	9.875	9.700	--	9.825	--
Cal, N. Carolina, E. Mich.	9.875	--	--	9.925	--
at San Jose State, Cal	9.775	9.000	9.575	--	--
at UC Davis	9.875	--	9.650	9.900	--
Pac-10 Championships	9.750	--	9.800	9.875	--
NCAA Southeast Regional	9.875	--	--	9.850	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	9.800	9.875	9.925	39.450
Career Best	9.875	9.800	9.875	9.925	39.450

CATHERINE NGUYEN • Sophomore • Plano, Texas

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	9.200	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	9.200	--	--
Career Best	9.525	--	9.425	--	--

NICOLE PECHANEC • Sophomore • Phillipsburg, N.J.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	9.725	9.425	9.825	--
Arizona	--	9.850	--	9.650	--
UCLA	--	9.800	--	9.950	--
at Oregon St., Sea. Pacific	--	9.825	--	9.850	--
Washington, SJS, Sac. St.	--	9.775	--	9.925	--
at UCLA	--	9.775	--	9.875	--
at Arizona State	--	9.275	9.850	9.900	--
Cal, N. Carolina, E. Mich.	--	9.825	9.650	9.925	--
at San Jose State, Cal	--	9.700	--	9.875	--
at UC Davis	--	9.875	--	9.850	--
Pac-10 Championships	--	9.800	--	9.875	--
NCAA Southeast Regional	--	9.775	--	9.850	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	9.875	9.850	9.950	--
Career Best	--	9.875	9.900	9.950	--

JENNY PETER • Sophomore • Lincoln, Neb.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	9.800	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	9.875	--	--	--
Pac-10 Championships	--	9.775	--	--	--
NCAA Southeast Regional	--	9.825	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	9.875	--	--	--
Career Best	9.800	9.875	--	--	--

BLAIR RYLAND • Senior • Woodbridge, Va.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	9.825	--	--	9.700	--
Arizona	9.825	--	--	9.725	--
UCLA	9.750	--	--	9.750	--
at Oregon St., Sea. Pacific	9.800	--	--	9.600	--
Washington, SJS, Sac. St.	9.800	--	--	9.750	--
at UCLA	9.775	--	--	--	--
at Arizona State	9.775	--	--	--	--
Cal, N. Carolina, E. Mich.	9.775	--	--	9.875	--
at San Jose State, Cal	9.850	--	--	9.825	--
at UC Davis	9.875	--	--	--	--
Pac-10 Championships	9.775	--	--	9.875	--
NCAA Southeast Regional	9.800	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	9.875	--	--	9.875	--
Career Best	9.900	9.700	--	9.875	--

ALEXANDRA SKOLY • Sophomore • East Greenwich, R.I.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

TENAYA WEST • Senior • Davis, Calif.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	9.625	--
Arizona	--	--	--	9.150	--
UCLA	--	--	--	9.850	--
at Oregon St., Sea. Pacific	--	--	--	9.675	--
Washington, SJS, Sac. St.	--	--	--	9.800	--
at UCLA	--	--	--	9.775	--
at Arizona State	--	--	--	9.850	--
Cal, N. Carolina, E. Mich.	--	--	--	9.875	--
at San Jose State, Cal	--	--	--	9.825	--
at UC Davis	--	--	--	9.850	--
Pac-10 Championships	--	--	9.800	9.750	--
NCAA Southeast Regional	--	--	9.100	9.825	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	9.800	9.875	--
Career Best	--	--	9.800	9.900	--

MING YA ZHOU • Freshman • Framingham, Mass.

Competition	Vault	Bars	Beam	Floor	AA
at Georgia	--	--	--	--	--
Arizona	--	--	--	--	--
UCLA	--	--	--	--	--
at Oregon St., Sea. Pacific	--	--	--	--	--
Washington, SJS, Sac. St.	--	--	--	--	--
at UCLA	--	--	--	--	--
at Arizona State	--	--	--	--	--
Cal, N. Carolina, E. Mich.	--	--	--	--	--
at San Jose State, Cal	--	--	--	--	--
at UC Davis	--	--	--	--	--
Pac-10 Championships	--	--	--	--	--
NCAA Southeast Regional	--	--	--	--	--
NCAA Preliminaries	--	--	--	--	--
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--

**2010 STANFORD WOMEN'S GYMNASTICS
TEAM SCHEDULE/RESULTS
(19-3 regular season, 24-3 overall)**

Date	Teams	Vault	Bars	Beam	Floor	Overall	Time/Result
Jan. 9	Dual meet at Georgia						0-1
	STANFORD	49.125	48.725	48.275	48.925	195.050	
	Georgia	49.125	48.850	48.950	48.225	195.150	L
Jan. 17	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	49.250	49.050	48.800	48.925	196.025	
	Arizona	49.075	48.950	47.850	48.800	194.675	W
Jan. 24	Dual meet at Stanford (Burnham Pavilion)						1-0
	STANFORD	49.075	49.325	48.450	49.575	196.425	
	UCLA	49.300	49.200	49.300	48.025	195.825	W
Jan. 29	Tri meet at Oregon State						1-1
	STANFORD	49.150	49.075	48.800	48.750	195.775	
	Oregon State	49.125	49.400	49.225	48.475	196.225	L
	Seattle Pacific	47.450	47.375	45.950	47.325	188.100	W
Feb. 7	Quad meet at Stanford (Burnham Pavilion)						3-0
	STANFORD	49.000	49.325	49.075	49.250	196.650	
	Washington	48.525	48.700	48.075	48.775	194.075	W
	Sacramento State	48.200	48.550	48.300	48.175	193.225	W
	San Jose State	48.125	48.675	47.175	48.825	192.800	W
Feb. 14	Dual meet at UCLA						1-0
	STANFORD	48.975	49.075	48.650	49.275	195.975	
	UCLA	48.975	49.550	48.550	48.550	195.625	W
Feb. 19	Dual meet at Arizona State						1-0
	STANFORD	49.175	49.200	49.450	48.850	196.675	
	Arizona State	48.950	48.900	48.775	49.275	195.900	W
Feb. 28	Quad meet at Stanford (Maples Pavilion)						3-0
	STANFORD	49.225	49.200	48.625	49.475	196.525	
	North Carolina	48.325	48.450	48.125	48.075	192.975	W
	Eastern Michigan	47.775	47.150	47.175	48.025	190.125	W
	California	47.500	47.175	46.450	47.700	188.825	W
March 5	Tri meet at San Jose State						2-0
	STANFORD	49.225	48.775	49.425	49.375	196.800	
	San Jose State	48.525	48.475	48.775	49.300	195.075	W
	California	47.875	46.825	47.975	48.100	190.775	W
March 21	Dual meet at UC Davis						1-0
	STANFORD	49.450	49.350	48.525	49.275	196.600	
	UC Davis	48.650	48.525	48.550	48.850	194.575	W
March 27	Pacific-10 Conference Championships in Tucson, Ariz.						5-1
	STANFORD	49.125	48.950	49.050	49.425	196.550	
	UCLA	49.350	49.300	49.275	49.425	197.350	L
	Oregon State	48.950	48.675	49.325	49.000	195.950	W
	Arizona	49.050	48.975	48.875	48.975	195.875	W
	Washington	48.825	48.450	47.925	48.625	193.825	W
	California	47.475	48.250	48.375	47.375	191.475	W
	Arizona State	47.500	47.850	47.600	47.725	190.675	W
April 10	NCAA Southeast Regional in Morgantown, W.Va.						5-0
	STANFORD	49.400	48.275	48.800	49.300	196.775	
	Michigan	49.300	49.375	47.975	49.150	195.800	W
	Southern Utah	48.825	48.625	48.825	49.050	195.325	W
	West Virginia	48.800	48.600	48.850	48.850	195.100	W
	Kent State	48.775	48.800	48.550	48.700	194.825	W
	North Carolina State	48.925	48.525	46.800	49.175	193.425	W

INDIVIDUAL SEASON HIGHS

Name	Score	Meet	Date
Vault			
Carly Janiga	9.950	UC Davis	March 21
Shelley Alexander	9.950	NCAA Southeast Regional	April 10
Shelley Alexander	9.925	Cal, UNC, E. Michigan	Feb. 28
Shelley Alexander	9.900	Arizona	Jan. 17
Shelley Alexander	9.900	UCLA	Jan. 24
Shelley Alexander	9.900	Oregon State, Seattle Pacific	Jan. 29
Shelley Alexander	9.900	San Jose State, Cal	March 5
Allyse Ishino	9.900	UC Davis	March 21
Allyse Ishino	9.900	NCAA Southeast Regional	April 10
Uneven Bars			
Carly Janiga	9.950	UCLA	Jan. 24
Allyse Ishino	9.925	Washington, Sac. St., SJSU	Feb. 7
Carly Janiga	9.925	Washington, Sac. St., SJSU	Feb. 7
Allyse Ishino	9.925	Arizona State	Feb. 19
Carly Janiga	9.925	Arizona State	Feb. 19
Alyssa Brown	9.900	UCLA	Jan. 24
Allyse Ishino	9.900	UCLA	Jan. 24
Carly Janiga	9.900	UCLA	Feb. 14
Allyse Ishino	9.900	San Jose State, Cal	March 5
Alyssa Brown	9.900	UC Davis	March 21
Carly Janiga	9.900	NCAA Southeast Regional	April 10
Balance Beam			
Carly Janiga	9.950	Arizona State	Feb. 19
Carly Janiga	9.950	San Jose State, Cal	March 5
Carly Janiga	9.925	UC Davis	March 21
Allyse Ishino	9.900	Arizona State	Feb. 19
Shelley Alexander	9.900	NCAA Southeast Regional	April 10
Carly Janiga	9.875	UCLA	Jan. 24
Shelley Alexander	9.875	Washington, Sac. St., SJSU	Feb. 7
Danielle Ikoma	9.875	Washington, Sac. St., SJSU	Feb. 7
Ashley Morgan	9.875	Washington, Sac. St., SJSU	Feb. 7
Alyssa Brown	9.875	Arizona State	Feb. 19
Danielle Ikoma	9.875	Arizona State	Feb. 19
Alyssa Brown	9.875	UC Davis	March 21
Carly Janiga	9.875	Pac-10 Championships	March 27
Carly Janiga	9.875	NCAA Southeast Regional	April 10
Floor Exercise			
Carly Janiga	9.950	UCLA	Jan. 24
Nicole Pechanec	9.950	UCLA	Jan. 24
Ashley Morgan	9.925	UCLA	Jan. 24
Nicole Pechanec	9.925	Washington, Sac. St., SJSU	Feb. 7
Carly Janiga	9.925	Arizona State	Feb. 19
Ashley Morgan	9.925	Cal, UNC, E. Michigan	Feb. 28
Nicole Pechanec	9.925	Cal, UNC, E. Michigan	Feb. 28
Carly Janiga	9.925	San Jose State, Cal	March 5
Carly Janiga	9.925	Pac-10 Championships	March 27
All-Around			
Carly Janiga	39.650	Arizona State	Feb. 19
Carly Janiga	39.575	UC Davis	March 21
Carly Janiga	39.550	UCLA	Jan. 24
Carly Janiga	39.550	San Jose State, Cal	March 5
Carly Janiga	39.550	NCAA Southeast Regional	April 10
Carly Janiga	39.500	Pac-10 Championships	March 27
Shelley Alexander	39.500	NCAA Southeast Regional	April 10
Ashley Morgan	39.450	Washington, Sac. St., SJSU	Feb. 7
Allyse Ishino	39.425	Cal, UNC, E. Michigan	Feb. 28
Allyse Ishino	39.350	NCAA Southeast Regional	April 10

TEAM SEASON HIGHS

Score	Meet	Date
Vault		
49.450	UC Davis	March 21
49.400	NCAA Southeast Regional	April 10
49.250	Arizona	Jan. 17
49.225	Cal, UNC, E. Michigan	Feb. 28
49.225	San Jose State, Cal	March 5
49.175	Arizona State	Feb. 19
49.150	Oregon State, Seattle Pacific	Jan. 29
Uneven Bars		
49.350	UC Davis	March 21
49.325	UCLA	Jan. 24
49.325	Washington, Sac. St., SJSU	Feb. 7
49.275	NCAA Southeast Regional	April 10
49.200	Arizona State	Feb. 19
49.200	Cal, UNC, E. Michigan	Feb. 28
49.075	Oregon State, Seattle Pacific	Jan. 29
49.075	UCLA	Feb. 14
Balance Beam		
49.450	Arizona State	Feb. 19
49.425	San Jose State, Cal	March 5
49.075	Washington, Sac. St., SJSU	Feb. 7
49.050	Pac-10 Championships	March 27
48.800	Arizona	Jan. 17
48.800	Oregon State, Seattle Pacific	Jan. 29
48.800	NCAA Southeast Regional	April 10
48.650	UCLA	Feb. 14
Floor Exercise		
49.575	UCLA	Jan. 24
49.475	Cal, UNC, E. Michigan	Feb. 28
49.425	Pac-10 Championships	March 27
49.375	San Jose State, Cal	March 5
49.300	NCAA Southeast Regional	April 10
49.275	UCLA	Feb. 14
49.275	UC Davis	March 21
49.250	Washington, Sac. St., SJSU	Feb. 7
Team Score		
196.800	San Jose State, Cal	March 5
196.775	NCAA Southeast Regional	April 10
196.675	Arizona State	Feb. 19
196.650	Washington, Sac. St., SJSU	Feb. 7
196.600	UC Davis	March 21
196.550	Pac-10 Championships	March 27
196.525	Cal, UNC, E. Michigan	Feb. 28
196.425	UCLA	Jan. 24

STANFORD'S INDIVIDUAL FIRST PLACES

<u>Date</u>	<u>Opponent</u>	<u>Name</u>	<u>Event</u>	<u>Score</u>
Jan. 9	Georgia	Carly Janiga	All-around	39.300
Jan. 17	Arizona	Carly Janiga	All-around	39.325
		Shelley Alexander	Vault	9.900
		Carly Janiga	Floor	9.875
Jan. 24	UCLA	Carly Janiga	Bars	9.950
		Carly Janiga	Floor	9.950
		Nicole Pechanec	Floor	9.950
Jan. 29	OSU, Sea. Pac.	Shelley Alexander	Vault	9.900
Feb. 7	UW, Sac, SJSU	Ashley Morgan	All-around	39.450
		Ashley Morgan	Vault	9.875
		Allyse Ishino	Bars	9.925
		Carly Janiga	Bars	9.925
		Shelley Alexander	Beam	9.875
		Danielle Ikoma	Beam	9.875
		Ashley Morgan	Beam	9.875
		Nicole Pechanec	Floor	9.925
Feb. 14	UCLA	Carly Janiga	Floor	9.900
Feb. 19	Arizona State	Carly Janiga	All-Around	39.650
		Allyse Ishino	Bars	9.925
		Carly Janiga	Bars	9.925
		Carly Janiga	Beam	9.950
		Carly Janiga	Floor	9.925
Feb. 28	Cal, UNC, EMU	Allyse Ishino	All-Around	39.425
		Shelley Alexander	Vault	9.925
		Allyse Ishino	Bars	9.875
		Alyssa Brown	Bars	9.875
		Allyse Ishino	Beam	9.825
		Ashley Morgan	Floor	9.925
		Nicole Pechanec	Floor	9.925
March 5	SJSU, Cal	Carly Janiga	All-Around	39.550
		Shelley Alexander	Vault	9.900
		Allyse Ishino	Bars	9.900
		Carly Janiga	Beam	9.950
		Carly Janiga	Floor	9.925
March 21	UC Davis	Carly Janiga	All-Around	38.575
		Carly Janiga	Vault	9.950
		Alyssa Brown	Bars	9.900
		Carly Janiga	Beam	9.925
		Ashley Morgan	Floor	9.900
March 27	Pac-10	Carly Janiga	Floor	9.925
April 10	NCAA SE Reg.	Shelley Alexander	Vault	9.950
		Shelley Alexander	Beam	9.900

Conference History

Stanford at Conference Championships

Year	Site	Score	Place	Coach	Conf.
2010	Tucson, Ariz.	196.550	2nd	Kristen Smyth	Pac-10
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
1983	San Diego, Calif.	174.65	5th	Homer Sardina	WCAA
1982	Berkeley, Calif.	N/A	1st	Jackie Walker	NorCal
1981	Fresno, Calif.	139.20	1st	Jackie Walker	NorCal
1980	San Jose, Calif.	134.80	1st	Jackie Walker	NorCal
1979	Berkeley, Calif.	127.25	2nd	Jackie Walker	NorCal
1978	San Jose, Calif.	104.55	2nd	Jackie Walker	NorCal

Conference Individual Champions

Year	Name	Event	Score	Year	Name	Event	Score
				2001	Lindsay Wing	Beam	9.975
2010	Carly Janiga	Floor	9.925		Carolyn Fluhrer	Vault	9.975
2009	Carly Janiga	All-Around	39.575		Lise Leveille	Beam	9.975
		Bars	9.90	1984	Nanci Goldsmith	Beam	9.55
		Beam	9.95	1982	Merilyn Chapman	All-Around	36.85
	Nicole Ourada	Bars	9.90			Bars	N/A
		Floor	9.90			Beam	N/A
2008	Tabitha Yim	All-Around	39.550			Floor	N/A
	Carly Janiga	Beam	9.95		Linda Bledsoe	Vault	N/A
	Liz Tricase	Bars	9.95	1981	Merilyn Chapman	All-Around	36.85
2007	Liz Tricase	Bars	9.95			Bars	9.35
2006	Tabitha Yim	All-Around	39.650			Beam	9.25
		Beam	9.975			Floor	9.35
	Liz Tricase	Bars	9.925	1980	Karen Hall	All-Around	35.85
2004	Natalie Foley	All-Around	39.800			Bars	9.05
		Vault	10.00			Beam	9.00
		Bars	9.95			Floor	9.10
	Carolyn Fluhrer	Beam	9.95	1979	Karen Hall	All-Around	34.95
	Lindsay Wing	Beam	9.95		Anne Smith	Vault	9.15
2003	Lindsay Wing	Beam	9.975			Beam	8.50
2002	Lise Leveille	Beam	9.90				
	Lindsay Wing	Beam	9.90				

Regional History

Stanford at Regional Championships

Year	Site	Score	Place
2010	Southeast (Morgantown, W.Va.)	196.775	1st of 6
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
1983	Did not qualify		
1982	West (Tucson, Ariz.)	142.55	5th
1981	WIAAW Region 8 (Fullerton, Calif.)	138.10	6th
1980	WIAAW Region 8 (San Diego, Calif.)	135.40	6th of 8
1979	Did not qualify		
1978	Did not qualify		

Regional Individual Champions

Year	Name	Event	Score	Year	Name	Event	Score
2010	Shelley Alexander	Vault	9.95	2003	Natalie Foley	Vault	9.90
		Beam	9.90	2002	Lindsay Wing	All-Around	39.525
2009	Carly Janiga	All-Around	39.425			Beam	9.90
	Allyse Ishino	Bars	9.90		Caroline Fluhrer	Bars	9.925
	Nicole Ourada	Vault	9.875		Lise Leveille	Beam	9.90
2008	Kelly Fee	Beam	9.95	2001	Lindsay Wing	All-Around	39.525
	Liz Tricase	Bars	9.95			Beam	9.95
	Tabitha Yim	Beam	9.95		Lise Leveille	Floor	9.95
2007	Tabitha Yim	All-Around	39.475		Robin Phelps	Vault	9.925
		Bars	9.90	2000	Katy Herbert	Beam	9.925
	Liz Tricase	Vault	9.90	1999	Katy Herbert	Beam	9.875
2006	Tabitha Yim	All-Around	39.525	1998	Larissa Fontaine	Vault	9.95
		Bars	9.95	1996	Amy Murakami	All-Around	39.375
		Beam	9.90	1993	Hillary Anderson	Bars	9.90
2004	Lise Leveille	All-Around	39.425		Jene Elzie	Bars	9.90
	Lindsay Wing	Bars	9.90	1985	Beth Pope	Vault	9.60
		Beam	9.925	1979	Karen Hall	Floor	9.10
	Natalie Foley	Vault	9.90				
	Jessica Louie	Vault	9.90				

National Championships History

Stanford All-Americans

2009 Carly Janiga -- UB (1st); AA (2nd) Nicole Ourada -- UB (1st); FX (2nd)	2004 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)	1999 Larissa Fontaine -- V (1st) Sarah Harding -- FX (1st) Amy Murakami -- UB, FX (2nd) Kristin Jensen -- UB (2nd)
2008 Tabitha Yim -- AA, UB, BB (1st team) Nicole Ourada -- BB (1st); AA (2nd) Liz Tricase -- UB (1st) Carly Janiga -- FX (2nd)	2003 Natalie Foley -- AA (1st); V, UB (2nd) Lindsay Wing -- BB (1st); UB (2nd) Glyn Sweets -- V, BB (2nd) Caroline Fluhner -- UB (2nd)	1998 Larissa Fontaine -- V (1st)
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)	2002 Lise Leveille -- BB (1st); FX (2nd) Kendall Beck -- V (1st) Lindsay Wing -- BB (1st)	1997 Larissa Fontaine -- V, UB, FX (2nd)
2006 Tabitha Yim -- AA, UB, FX (1st) Natalie Foley -- V, UB (2nd)	2001 Lindsay Wing -- AA, BB (1st) Lise Leveille -- FX (1st)	1996 Amy Murakami -- AA (1st); BB, FX (2nd)
2005 Tabitha Yim -- AA, UB, BB, FX (1st)	2000 Katy Herbert -- BB (1st) Jennifer Exaltacion -- AA, BB (2nd)	1992 Jene Elzie -- AA (2nd)
		1982 Marilyn Chapman -- BB (1st)

Best finishes at NCAA Individual Event Finals, by place

Event	Name	Place	Score	Year	Event	Name	Place	Score	Year
All-Around	Carly Janiga	4th	39.50	2007	Beam	Lindsay Wing	2nd	9.925	2001
	Tabitha Yim	7th	39.50	2008		Nicole Ourada	3rd	9.85	2007
	Tabitha Yim	7th	39.450	2007		Lindsay Wing	3rd	9.338	2003
	Natalie Foley	7th	39.375	2003		Katy Herbert	3rd	9.863	2000
	Tabitha Yim	8th	39.375	2006		Tabitha Yim	5th	9.875	2008
	Natalie Foley	8th	39.525	2004		Marilyn Chapman	5th	9.30	1982
	Lindsay Wing	8th	39.275	2001		Lindsay Wing	6th	9.85	2004
	Marilyn Chapman	8th	36.25	1982		Lise Leveille	6th	9.838	2002
	Marilyn Chapman	9th	N/A	1981		Tabitha Yim	7th	9.8375	2007
	Tabitha Yim	10th	39.45	2005		Tabitha Yim	7th	9.8375	2005
				Nicole Ourada	10th	9.80	2008		
Vault	Larissa Fontaine	1st	9.8625	1998	Floor	Tabitha Yim	3rd	9.9125	2006
	Natalie Foley	3rd	9.894	2004		Tabitha Yim	3rd	9.925	2005
	Larissa Fontaine	3rd	9.8125	1999		Caroline Fluhner	5th	9.888	2004
	Kendall Beck	7th	9.763	2002		Carly Janiga	8th	9.8875	2007
	Karen Hall	9th	9.10	1979		Natalie Foley	9th	9.85	2004
Bars	Carly Janiga	2nd	9.9125	2009	Sarah Harding	9th	9.75	1999	
	Tabitha Yim	6th	9.875	2005					
	Liz Tricase	7th	9.8625	2008					
	Karen Hall	8th	8.40	1979					
	Tabitha Yim	9th	9.325	2006					
	Caroline Fluhner	9th	9.825	2004					
	Nicole Ourada	10th	9.8125	2009					
Natalie Foley	10th	9.90	2004						

National Championships History

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)

2010 Stanford Women's Gymnastics



Front row (l. to r.): Carly Janiga, Alyssa Brown, Danielle Ikoma, Blair Ryland, Ashley Morgan. **Middle row:** Ming Ya Zhou, Catherine Nguyen, Stephanie Carter, Shelley Alexander, Allyse Ishino, Nicole Dayton. **Back row:** Alexandra Skoly, Nicole Pechanec, Tenaya West, Jenny Peter.

2010 Stanford Roster

Name	Ht.	Yr.	Hometown	High School	Club
Shelley Alexander	5-2	Jr.	Seguin, Texas	Seguin	USA Aerial Gymnastics
Alyssa Brown	5-2	So.	Oakville, Ontario, Canada	Abbey Park	Gymnastics Mississauga
Stephanie Carter	5-6	Sr.	Fair Oaks, Calif.	Bella Vista	Byers Gymnastics Center
Nicole Dayton	5-4	Fr.	Grand Rapids, Mich.	East Grand Rapids	Geddert's Twistars USA
Danielle Ikoma	4-11	Jr.	Naperville, Ill.	Naperville Central	Arena Gymnastics
Allyse Ishino	5-1	Sr.	Santa Ana, Calif.	Foothill	Gliders Gymnastics
Carly Janiga	4-11	Sr.	Paradise Valley, Ariz.	Saguaro	Desert Devils Gymnastics
Ashley Morgan	5-3	Fr.	Danville, Calif.	Carondelet	Bay Aerials Gymnastics
Nicole Pechanec	5-5	So.	Phillipsburg, N.J.	Keystone National	Aiken Gymnastics
Jenny Peter	5-4	So.	Lincoln, Neb.	Lincoln Southeast	Solid Rock Gymnastics
Blair Ryland	4-11	Sr.	Woodbridge, Va.	Woodbridge Senior	Capital Gymnastics
Alexandra Skoly	5-4	So.	East Greenwich, R.I.	La Salle Academy	Aim High Gymnastics
Tenaya West	5-4	Sr.	Davis, Calif.	Davis	International Gymnastics Centre
Ming Ya Zhou	5-1	Fr.	Framingham, Mass.	Framingham	Brestyan's American Gym

Coaching Staff

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

Associate Head Coach: Chris Swircek (San Jose State '93), seventh season

Assistant Coach: Mike Lorenzen (Maryland '86), fifth season

Pronunciation Guide

Danielle Ikoma (Ih-KOH-ma)

Allyse Ishino (Ah-LEES Ih-SHEE-no)

Carly Janiga (JA-ni-ga)

Nicole Pechanec (Pe-CHAN-ec)

Alexandra Skoly (SKOLE-ee)

Ming Ya Zhou (Minya Zow)