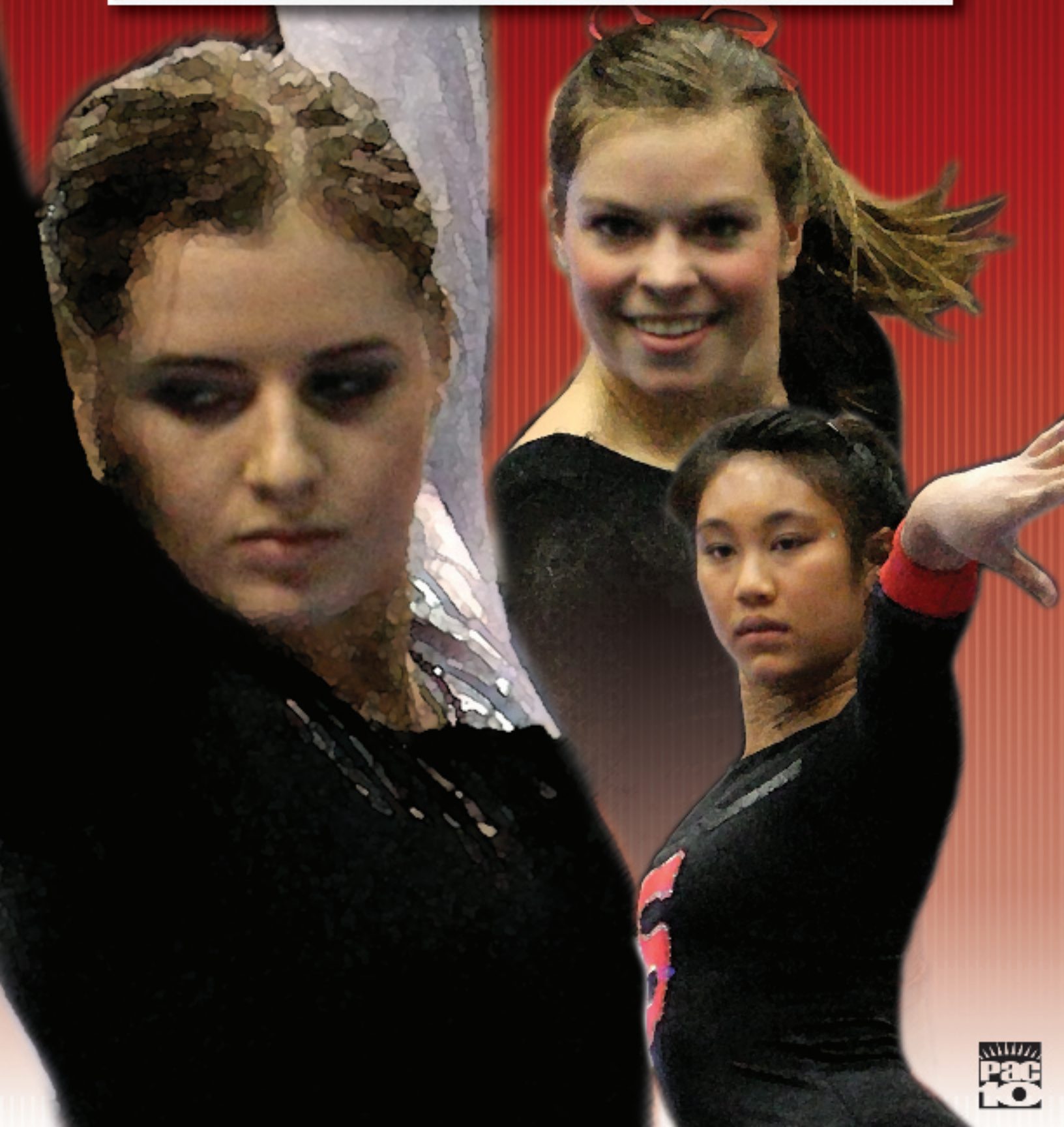


STANFORD

2010 **WOMEN'S GYMNASTICS** GUIDE



QUICK FACTS

2010 STANFORD WOMEN'S GYMNASTICS



Stanford 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: 121-35-1
E-mail: kristen.smyth@stanford.edu
Office phone: (650) 725-6143

Associate Head 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), first year

Trainer:

Lindsey Dame
Performance Specialist: Jason Quan

Team Information

2009 Record: 17-4
2009 Pac-10 Finish: Third
2009 Regional Finish: Second
2009 NCAA Finish: Eighth
National Ranking: 4
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, CA 94305-6150

Table of Contents

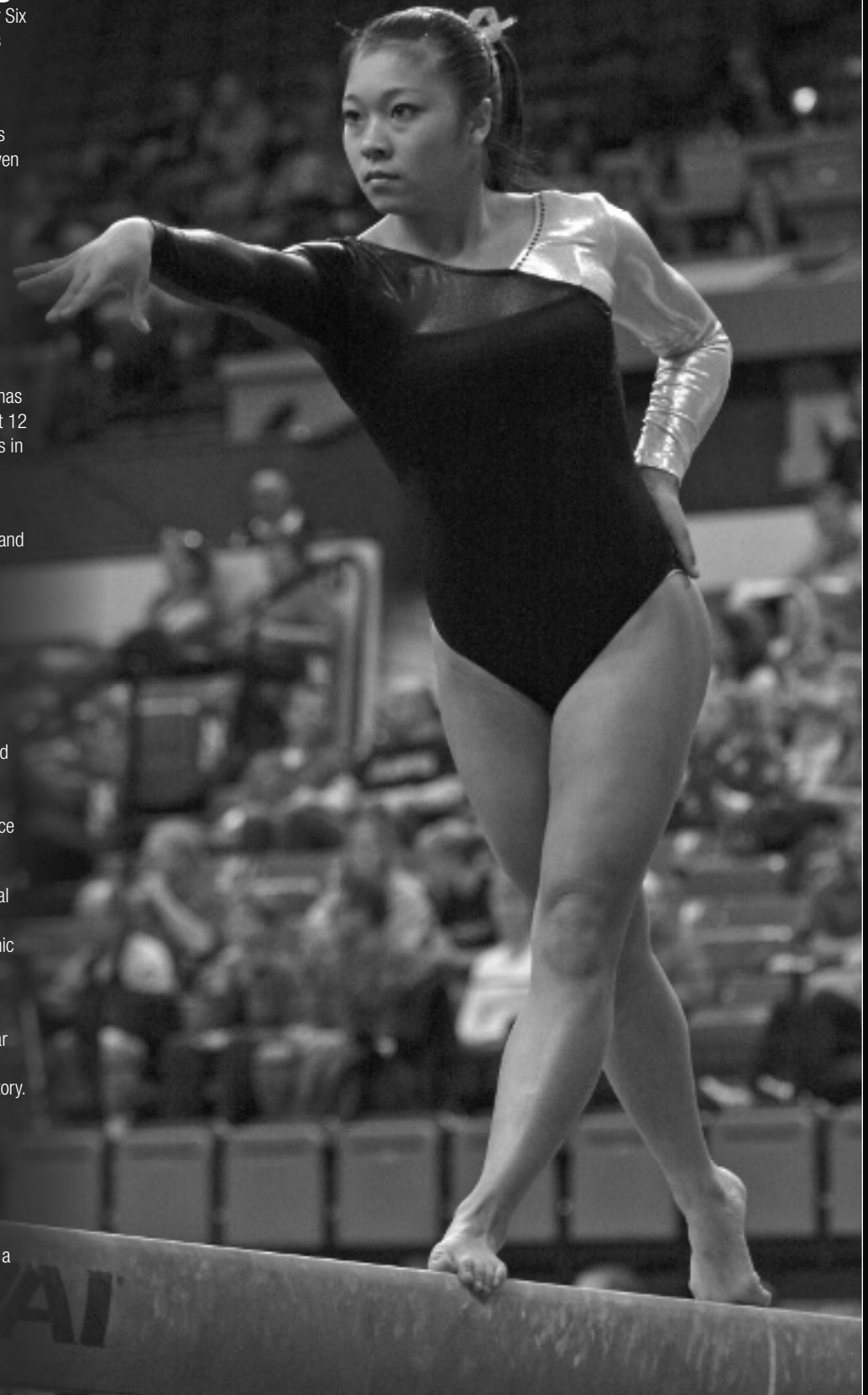
1	Stanford Facts
2-3	This is Stanford Gymnastics
4	National Success
5	Pac-10 Champions
6	The Nation's Premier University
7	Academic Excellence
8	Facilities
9	Roster
10-11	Season Outlook: The Fire Within
12	Head Coach Kristen Smyth
13	Assistant Coaches/Support Staff
14-26	Individual Profiles
27	2009 In Review
28	2009 Individual Scores
29	Conference History
30	Regional History/All-Americans
31	NCAA History/All-Americans
32	Record Book
33	All-Time Letterwinners
34-35	Stanford University at a Glance
36	Stanford's National Titles
BC	Schedule

Credits: The 2010 Stanford women's gymnastics guide was written and edited by David Kiefer. Photography by David Gonzales, Heather Maynez, and Kyle Terada. Design by Dumont Printing.



S STANFORD WOMEN'S GYMNASTICS IS ...

- **National Contending:** Stanford has reached the NCAA Super Six team finals two of the past three years and has two top-three finishes since 2004.
- **NCAA Bound:** Stanford has reached the NCAA Championships seven times in the past nine years.
- **Internationally Recognized:** Four current Cardinal gymnasts, and many more in recent years, have competed for elite senior national teams.
- **Championship Gymnastics:** The Cardinal has won five Pac-10 team titles in the past 12 years, eight conference championships in all, and four NCAA Regional crowns.
- **Winning:** Stanford has had 12 winning seasons in the past 13 years and eight 20-victory seasons since 2001.
- **All-Americans:** Cardinal gymnasts have combined to win 81 All-America honors, including 60 in Kristen Smyth's coaching tenure that began in 2002.
- **All-Conference:** Stanford gymnasts have combined for 56 All-Pac-10 honors – 45 since 2000 – and 21 individual conference titles since 2001.
- **All-Academic:** The Cardinal has totaled 85 Scholastic All-America honors and 44 conference All-Academic awards.
- **Well-Coached:** Reigning Regional and Pac-10 Coach of the Year Kristen Smyth is the winningest and longest-tenured coach in program history.
- **Well-Rounded:** Kristen Smyth's program is based on the principles of Family, Belief, Balance, Passion, and Commitment. There are students and there are athletes, but nowhere does "Student-Athlete" carry a truer meaning.



SWG IS ...



"A family. Together we have had some amazing experiences and have overcome tough challenges. But no matter what happens, we have an unconditional love for each other, which is motivation to work harder every day in the gym, because we want to be the best that we can be. Not for ourselves, but for one another."

– SENIOR STEPHANIE CARTER

"Unbelievably hot."

– SENIOR ALLYSE ISHINO

"On a mission. Watch out!"

– SENIOR TENAYA WEST

"Athletic, talented, funny, goofy, random, lovable, loving, one of a kind, happy, full of heart, determined, relentless, resilient ... one of the greatest things I have gotten to be a part of."

– JUNIOR SHELLEY ALEXANDER

"The best group of people I have been involved with in my life. Every day I love being able to spend time with all the members of SWG, because we are truly a family."

– SOPHOMORE ALEXANDRA SKOLY

"The most fun sporting team to watch in the country. Whether you're on the team or watching from the stands, our enthusiasm and love for the sport is contagious."

– SENIOR CARLY JANIGA

"The best thing that's ever happened to me. It got me to Stanford, which is an incredible opportunity/place to study, and showed me what it feels like to be part of a team."

– FRESHMAN MING YA ZHOU

"Going to be unstoppable this year."

– FRESHMAN ASHLEY MORGAN

"The most amazing team in the world. We truly care for each other and would do anything and everything to support each other every day. SWG is family."

– SOPHOMORE CATHERINE NGUYEN

"The best experience, team, and activity I've ever had."

– SOPHOMORE JENNY PETER

"On fire!"

– SOPHOMORE NICOLE PECHANEC



S NATIONAL SUCCESS

Since Kristen Smyth arrived as coach in 2002, Stanford has thrust itself into the national gymnastics elite, earning 60 All-America honors and reaching the NCAA Super Six team finals four times in that span.

In the national spotlight, Stanford gymnasts have been spectacular. Returning captain Carly Janiga finished second on the uneven bars at the NCAA Individual Event finals last season and has six All-America honors. Larissa Fontaine was a national champion on vault, Tabitha Yim won 14 All-America honors, Natalie Foley 10, Lindsay Wing nine and Lise Leveille eight.

With seven NCAA top-10 finishes in the past nine years and two top-three finishes since 2004, Stanford has made the collegiate gymnastics world take notice and seems poised for even greater success.



Lise Leveille



Larissa Fontaine

SUPER SIX TEAMS:



2002



2004



2007



2008



Lindsay Wing

PAC-10 CHAMPIONS



2004 All-around champion
Natalie Foley



Since 2004, Stanford has set the Pacific-10 Conference standard for excellence. Indeed, no school has won more conference team championships (three) or individual all-around titles (four) than Stanford in that time.

Last season, Carly Janiga won Stanford's fourth individual all-around title in the past six years to follow the achievements of Tabitha Yim (2006, '08) and Natalie Foley (2004). Janiga's three victories (in addition to bars and beam), combined with Nicole Ourada's on the floor and bars, gave Stanford shares of championships in all but one event.

Since 2001, Stanford has won 21 individual conference championships. This falls in line with the Cardinal's team success of five titles in the past 12 years. In all, Stanford has eight conference team championships in its 32-year history.

2009 floor and bars champion
Nicole Ourada



2008 All-around champion
Tabitha Yim



2006-08 bars champion
Liz Tricase



2009 All-around champion
Carly Janiga



S **STANFORD UNIVERSITY**

THE NATION'S PREMIER UNIVERSITY

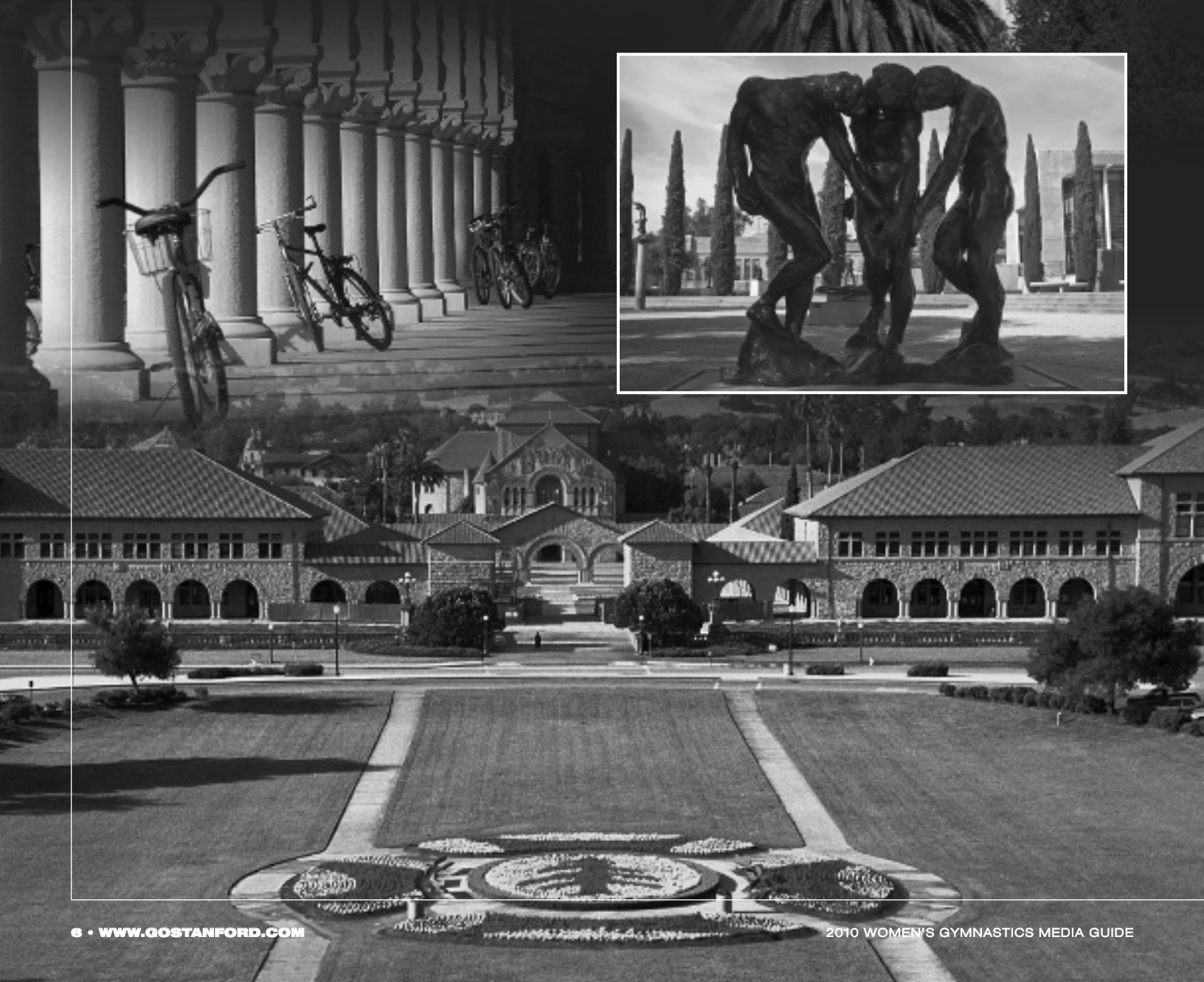
The world all at once: Limitless possibilities are at the heart of Stanford University.

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

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

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

— *Courtesy of Stanford University*



ACADEMIC EXCELLENCE



Stanford gymnasts are challenged to excel in both the classroom and the gym. In the latest Academic Progress Rate (APR) scores, which measure eligibility, retention and graduation over a four-year period, all 35 teams at Stanford exceeded the NCAA's standards. The women's gymnastics team received a perfect 1,000 score – one of six Cardinal teams to do so – and received the NCAA Public Recognition Award, honoring teams among the top 10 percent in the APR.

During the 2008-09 academic year, the Stanford gymnastics team had a combined GPA of 3.45 and placed more gymnasts on the National Association of Collegiate Gymnastics Coaches/Women Scholastic All-Academic team (10) than ever before. All three graduating seniors – Kelly Fee, Nicole Ourada and Heather Purnell – were among those honored.

Current gymnast Carly Janiga has the distinction of earning both NCAA first-team All-America and Scholastic All-America honors and is among nine at Stanford to have accomplished such a double since 2000.

STANFORD'S SCHOLASTIC ALL-AMERICANS

Hillary Anderson	1993	Tara LaMorte	1998
Kendall Beck	2004	Lise Leveille	2002, 2003, 2004
Brittany Billmaier	2004, 2005	Julie McGraw	2000
Jennifer Bloom	1990	Keri Monahan	1998
Molly Brown	1992, 1993, 1994	Amy Neio	1998
Katie Clancy	1992, 1993, 1994	Gretchen O'Henley	2008, 2009
Alissa Cooper	2000, 2002, 2003	Nicole Ourada	2009
Amanda Delgado	2004, 2005	Jenny Peter	2009
Julie Dunhill	1990, 1991	Robin Phelps	2002
Lauren Elmore	2005, 2006, 2007, 2008	Alex Pintchouk	2005, 2006, 2007, 2008
Kelly Fee	2006, 2007, 2008, 2009	Aimee Precourt	2005, 2006, 2007, 2008
Caroline Fluhrer	2002, 2003, 2004	Heather Purnell	2009
Natalie Foley	2003, 2006	Blair Ryland	2009
Marietta Frey	1990, 1991	Alexandra Skoly	2009
Abby Gair	2000	Stacy Sprando	2004, 2006, 2008
Erin Geary	2004	Glyn Sweets	2006
Shelly Goldberg	2002, 2003, 2004	Anne Thananopavarn	1998
Sarah Harding	2000	Jenny Ward	1993, 1994
Katy Herbert	2002	Tenaya West	2009
Allyse Ishino	2007, 2009	Jenny Wilson	1998, 1999, 2000
Carly Janiga	2007, 2008, 2009	Lindsay Wing	2003, 2004
Katie Jennings	1994	Kim Young	1998, 1999, 2000

Former gymnasts Aimee Precourt Rolston and Lauren Elmore, and coach Kristen Smyth, flank 2009 graduates (from left to right) Nicole Ourada, Heather Purnell and Kelly Fee.





TOP-LEVEL FACILITIES

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

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

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

Burnham Pavilion (capacity 1,200), adjacent to the Ford Center training gym, is the team's main competition home and offers an intimate and loud home-gym advantage. Known as the Stanford Pavilion when it was built in 1921, the facility was renovated in 1989 and is the home of the Cardinal men's and women's gymnastics, men's volleyball and wrestling teams.

Maples Pavilion (5,488), built in 1969 and renovated in 2005, provides the Cardinal with a championship venue and typically is the site for the team's final home meet. Maples has hosted four conference championships and two NCAA regional meets, and was the site of the 2008 NCAA men's gymnastics championships.



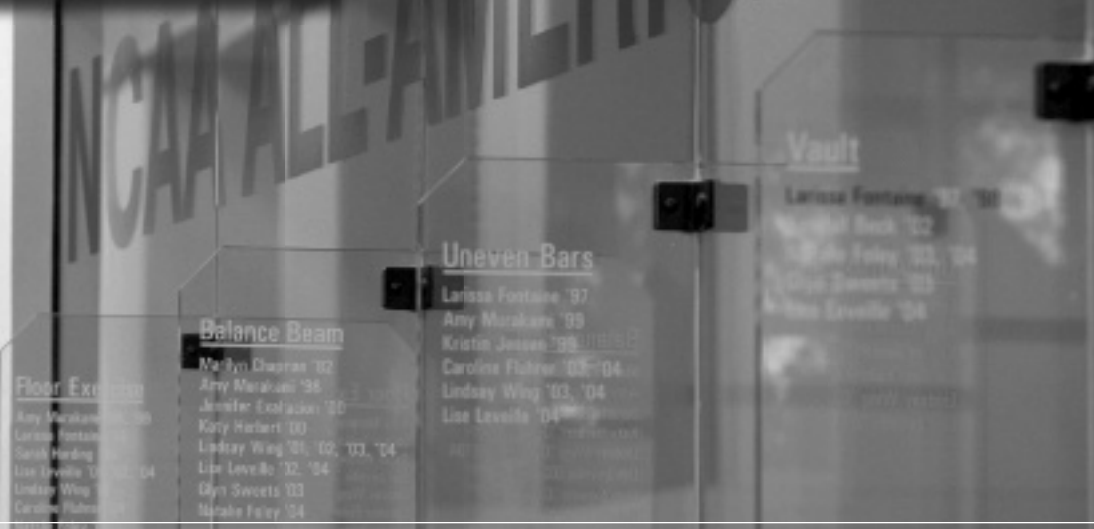
Burnham Pavilion



Maples Pavilion



Ford Center



Floor Exercise

Amy Murakami '06, '08
Larissa Fontaine '07
Sarah Harding '08
Lise Leveille '02, '03, '04
Lindsay Wing '03, '04
Caroline Fubler '03

Balance Beam

Melissa Dumas '02
Amy Murakami '06
Jennifer Exadaktylos '07
Kory Hubert '08
Lindsay Wing '06, '07, '03, '04
Lise Leveille '02, '04
Dawn Sweet's '03
Marika Feby '04

Uneven Bars

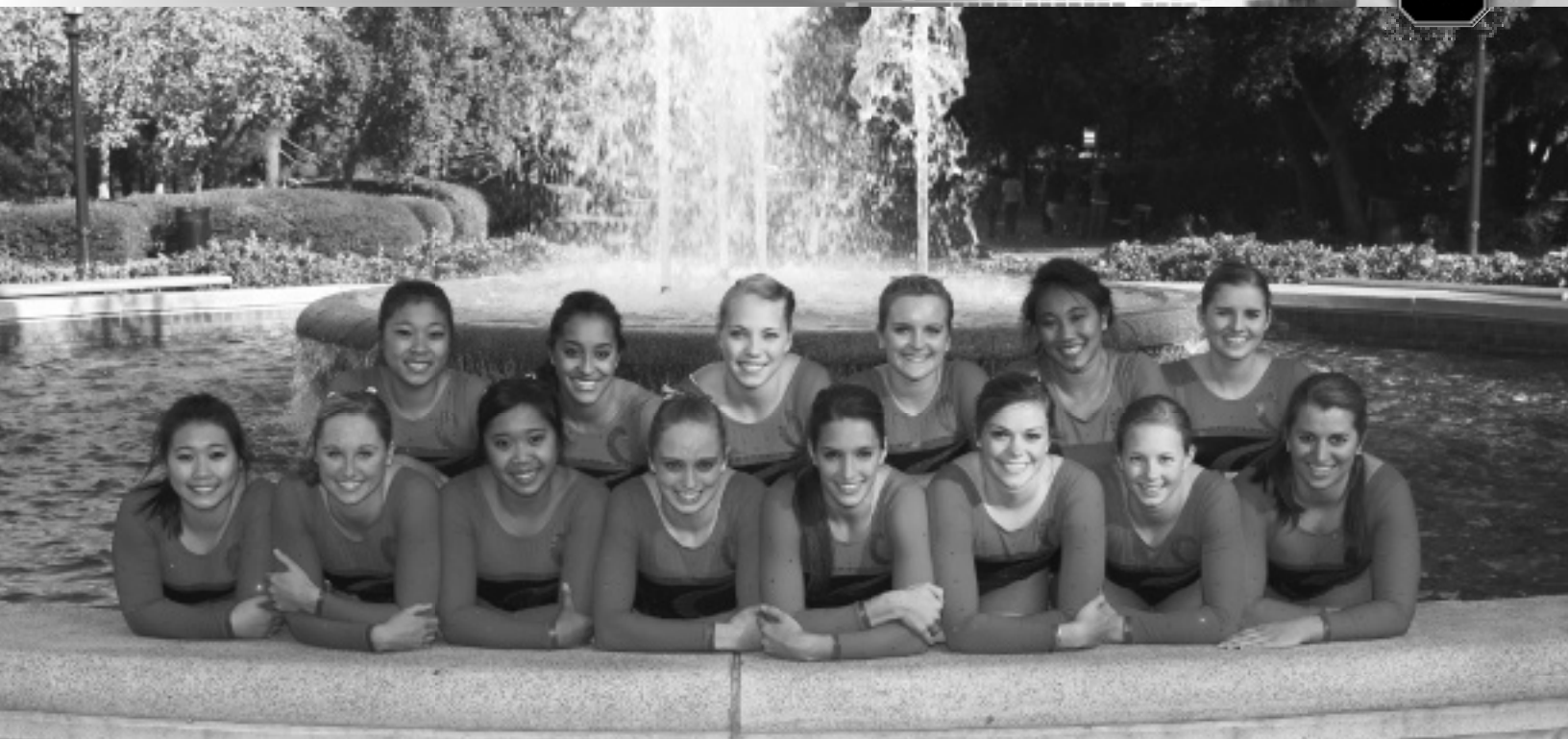
Larissa Fontaine '07
Amy Murakami '09
Kristin Jozsa '05
Caroline Fubler '03, '04
Lindsay Wing '03, '04
Lise Leveille '04

Vault

Larissa Fontaine '07, '08
Nicola Beck '02
Lise Leveille '03, '04
Dawn Sweet's '03
Lise Leveille '04

2010 STANFORD ROSTER

2010 STANFORD WOMEN'S GYMNASTICS



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

2010 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
Catherine Nguyen	5-2	So.	Plano, Texas	Spring Creek Academy	World Olympic Gym. Academy
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

Volunteer Assistant Coach: Lindsay Wing (Stanford '04), first season

Pronunciation Guide

Danielle Ikoma (Ih-KOH-ma)

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

Carly Janiga (JA-ni-ga)

Catherine Nguyen (Win)

Nicole Pechanec (Pe-CHAN-ec)

Alexandra Skoly (SKOLE-ee)

Ming Ya Zhou (Minya Zow)

Stanford Gymnastics 2010:

The Fire Within

It didn't seem like it at the time, but watching the NCAA Super Six team finals from the stands last spring may have been the best thing to happen to the 2010 Stanford women's gymnastics team.

The view from the upper tier of University of Nebraska's Bob Devaney Sports Center was humbling considering Stanford had missed qualifying by 0.075 of a point at the NCAA team preliminaries the day before.

But the Cardinal left Lincoln, Neb., that weekend with a purpose, focused on returning to its rightful place in the Super Six. Over the previous seven years Stanford had reached the Super Six four times and twice finished among the top three.

"This team has a fire underneath," coach Kristen Smyth said. "They're hungry for success. It was good for them to sit in the stands and watch. They really want to be one of those teams that competes on the last day of the year."

That desire was evident when the Cardinal reported for fall practice in outstanding shape, perhaps the best in Smyth's nine seasons at Stanford. That allowed the team to begin adding gymnastics earlier than usual.

Stanford has 11 returning letterwinners and eight starters – including defending Pacific-10 Conference all-around champion Carly Janiga – from last year's team. That squad finished No. 8 in the country and achieved its eighth NCAA top-10 finish in 11 years. Stanford indeed seems poised to shock those who may have counted the Cardinal out.

Though the 2009 season ended too soon, it had its share of highlights: Stanford (17-4) was ranked No. 3 in the nation for four consecutive weeks, produced three consecutive scores of more than 197 points for the first time in five years, and began the season at 12-0 for the best start in school history.

The Cardinal won four Pac-10 individual titles, three NCAA South Central Regional crowns and placed 10 on the Scholastic All-America team. Janiga, the NCAA uneven bars runner-up, and Nicole Ourada were All-Americans, marking the 11th consecutive season Stanford produced multiple All-America honors. Since Smyth arrived in 2002, the team has had 60 All-America honors.

But while there was much to be proud of, the Cardinal suffered disappointment at the NCAA Team Preliminaries, lost the lead on the final rotation at the Pac-10 Championships to fall to third, and was a frustrating second at regionals.

"To come up short in those three arenas was tough and it is something that's motivating us this year," Smyth said. "We have made it a focus of ours to finish meets strong."

If there's a theme for 2010, it's turning frustration into determination. During the fall, Smyth and her staff instituted weekly "Gamedays" to simulate the pressure of a meet environment. The team dressed for competition, underwent pre-meet routines and competed in meet-like rotations.

Normally, Gamedays are saved for in-season, but by creating meet tension – which includes teammates competing against each other for lineup spots – Stanford hopes the nerves of championship meets will become close to second nature.

Smyth was pleased with the results. Not only did the intra-squad competitions push each gymnast to compete at a higher level, but it cultivated the leadership skills of a team that had to overcome the graduation losses of Kelly Fee, Heather Purnell and Ourada, who made up a strong class of leaders.



SEASON PREVIEW

2010 STANFORD WOMEN'S GYMNASTICS



Smyth has discovered that “more athletes are stepping up, willing to and wanting to push themselves to be leaders on this team,” she said. “It has been refreshing to see new leaders emerge in the program. I have been most impressed with my three captains, Carly, Allyse, and Shelley, who have always been great leaders by example, but now have stepped up as emotional leaders as well.”

While Janiga is a six-time All-American, Smyth expects “breakout” years from Allyse Ishino and Shelley Alexander.

Ishino, a 2004 U.S. Olympic alternate, has been hampered by health issues, but capped last season with the regional bars title and enters her senior year in excellent condition, with a chance to pull off some surprises.

After limited action as a freshman, Alexander blossomed as a strong all-around performer with two All-Pac-10 first-team honors. With her work ethic and passion for the sport, even more is expected in her junior year.

The wild cards could be a freshman class that includes Ashley Morgan, an explosive gymnast who could make an immediate impact on vault, beam and floor, and a sophomore class led by Nicole Pechanec, an international competitor with unmatched artistry.

Blended together, “This team has great potential,” Smyth said. “They’re underdogs who are coming back with something to prove.”

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

All-Around

Stanford is in good hands with Janiga, who captured both the conference and regional all-around titles last season. With the graduation of Georgia’s Courtney Kupets, the battle for the NCAA all-around title should be wide open, and Janiga, with a best of 39.575, is expected to be among the contenders.

Janiga became Stanford’s fourth conference all-around champion in the past six years and does not have a weak event.

Ishino should also be one of the top all-around competitors this season. “She is strong and healthy and ready to lead our team on all four events,” Smyth said.

Alexander earned collegiate career bests across the board last season, and scored an all-around victory in the duel with Cal. All this came after competing exclusively on the vault as a freshman.

“Shelley is one of those gymnasts that came in under the radar and will end up being one of our very best of all time,” Smyth said. “Even if she doesn’t have the accolades on the wall, she has more heart and determination than I’ve ever seen. She’s willing to do anything it takes, and everything it takes, to be great.”

Danielle Ikoma, a junior who shared Stanford’s 2009 Most Improved Award with Alexander, could compete in her first collegiate all-around after competing as a three-event starter last year.

Vault

This event should be one of Stanford’s strongest and deepest, with five returning starters, including four-year starter Blair Ryland, a 2007 All-American. Ryland has been a fixture in the leadoff spot and will continue in that role, providing the Cardinal with consistency and dependability in a key spot.



Shelley Alexander

Alexander, Janiga, Ikoma and Ishino will continue to be regulars, but sophomore Alyssa Brown, last year’s strongest vaulter, will be brought along slowly after injuring her knee during warmups at Pac-10s.

Freshmen Morgan and Nicole Dayton could work themselves into starting spots, as could sophomores Jenny Peter and Allie Skoly.

Uneven Bars

The bars lineup does not have great depth, but does have great quality. This event has been a perennial strength for the Cardinal, with five individual regional titles in the past six years, not to mention a pair of 2009 All-American honors.

Considered together, the group of Janiga, Ishino, Brown and Pechanec “are a powerful force and could be some of the top bar performers in the country,” Smyth said.

Alexander should take the fifth spot, with the sixth up for grabs among Ikoma, Peter, Dayton and sophomore Catherine Nguyen, who spent much of the fall recovering from a summer knee injury.

Balance Beam

The team’s highest event score in 2009 (a 49.40 against Oregon State and UC Davis) came in this event, which has been a program strength. The beam team will rely heavily upon four returning starters – Alexander, Ikoma, Ishino and Janiga, the two-time defending Pac-10 beam champion.

Pechanec, who scored a 9.9 in her only beam routine last season, and Morgan should step right in, with Nguyen competing for a spot as well. And Brown, a former beam leadoff for the Canadian national team, is capable of bringing a steely presence to the lineup.

Floor Exercise

No other event speaks to Stanford’s artistry and personality better than this one.

Alexander is simply “a great performer,” Smyth said. “You can’t help but fall in love with her when she steps on the floor. Her smile is contagious.”

Pechanec is “outstanding in the way she can pull in the audience,” Smyth said. “She’s gorgeous, has beautiful lines, and her skill selection is unique. I think she could be one of our top artists of all time, challenging some of the best floor performers that have come through the program.”

Tenaya West offers incredible athleticism and sky high tumbling, and Morgan adds a routine that won her a Junior Olympic national title.

But the highlight on this event could come from Ishino, who has yet to compete on floor in her collegiate career. Ishino’s dancing is the envy of her teammates and she has choreographed her own floor routine this season that showcases her incredible ability.

Besides being talented, the Cardinal should be entertaining.

“Because our gymnasts are so different, you’re not seeing the same skill selection or the same type of athlete,” Smyth said. “Some gymnasts are more elegant and flexible, and some are more dynamic and powerful. I think it makes a nice combination. And their personalities show through in their work, which will make for an enjoyable experience for the fans.”

Kristen Smyth

Head Coach
Ninth Season
California '93



Since Kristen Smyth arrived as head coach in 2002, the Stanford women's gymnastics team has had unprecedented success.

Numbers tell much of the story:

- 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 not only has coached Stanford to great success, but has done so in her own unique style. It's no coincidence that the two go hand-in-hand.

Despite spending so much time in the gym, Stanford gymnasts are not one dimensional. Some of the team activities in the past year: Hip Hop dance, Habitat for Humanity, cross training, team-building retreats, and, of course, the annual Halloween costume extravaganza.

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

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

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

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

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

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

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

Smyth now returns for her ninth season following a successful 2009 season in which the Cardinal finished eighth in the country and had four All-America honors and an NCAA runner-up, Carly Janiga, on the uneven bars.

In addition, 10 Stanford gymnasts won Scholastic All-American honors for having grade-point averages of 3.50 or above.

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

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

While growing up, Smyth moved often as a child in a military family before graduating from Maryknoll School in Honolulu. She went on to Cal where she was a three-time All-America and three-time Scholastic 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.

Smyth and her husband, Scott Green, have a daughter, Maya, and two sons, Zach and Noah.

The Smyth File

Team Accomplishments

Career record: 121-35-1 (.774)
Two NCAA top-three finishes
Four Super Six appearances
Six NCAA Championship berths
Three regional championships
Three Pac-10 titles

Coaching Awards

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

Kristen Smyth's Career Record

Year	Regular Season			Overall		
	W	L	T	W	L	T
2002	13	5	0	21	12	0
2003	16	3	1	21	8	1
2004	14	3	0	27	5	0
2005	8	10	0	10	13	0
2006	18	3	0	21	5	0
2007	15	3	0	25	8	0
2008	20	4	0	30	9	0
2009	17	4	0	23	8	0
Totals: Eight seasons	121	35	1	178	68	1

COACHING STAFF

2010 STANFORD WOMEN'S GYMNASTICS



Chris Swircek

Associate Head Coach
Seventh Season
San Jose State '93



Chris Swircek returns for his seventh season and first in his new position as associate head coach.

His primary coaching responsibilities are vault and uneven bars. Swircek also coordinates team travel, oversees the club and summer camp programs, and this year takes on additional responsibilities in recruiting.



Swircek has helped coach Stanford athletes to 20 All-America honors (14 first team) in bars and on floor. In addition, he has helped coach the Cardinal to two top-three national finishes, three Super Six appearances and three Pac-10 titles.

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

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

Chris and his wife Shelley reside in Morgan Hill.

Lindsay Wing

Volunteer Assistant Coach
First Season
Stanford '04



Lindsay Wing, one of Stanford's great gymnasts, returns to the program as a volunteer assistant coach.

Wing's nine All-America honors are the third-highest total in Stanford history. She was a four-time Pac-10 balance beam champion and a member of two conference championship teams.

Wing was captain of the 2004 team that captured conference and regional titles and finished third at the NCAA Super Six finals, Stanford's first top-three national finish. She also was part of a 2004 class that reached the NCAA Championships all four years and remains the only Cardinal team to accomplish the feat. She had a best NCAA individual finish of second, in 2001, on the beam and helped Stanford to its first Super Six appearance, a year later.

After graduation, Wing spent time working with the Positive Coaching Alliance and at Yahoo! HotJobs. Now living in San Francisco, she works for StubHub.

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 the floor exercise and he assists Swircek with the uneven bars.

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

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

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

Lorenzen received his B.A. in government and politics from University of Maryland in 1986, his M.A. in international relations from Yale in 1989, and will be completing an Ed. D. in Higher Education Administration and Leadership from the University of the Pacific this spring. He is in his third term as president of the National Association of Collegiate Gymnastics Coaches/Women and is on the USA Gymnastics Board of Directors.



Support Staff



Lindsey Dame
Trainer



Darrin Nelson
Assistant Athletic Director



Jason Quan
Performance Specialist

Shelley Alexander

Junior
5-2
Seguin, Texas
Seguin High School
USA Aerial Gymnastics



• 2009 first team All-Pac-10, vault and floor

2009 Season (Sophomore): After competing exclusively in vault as a freshman, Alexander emerged in several events, including all-around ... missed first-team All-America honors in the vault by one place, scoring 9.875 in Session I at the NCAA Team Preliminaries ... 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 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 the vault the following week at UC Davis (9.85) ... honorable mention Pac-10 All-Academic team ... winner of Stanford's Most Improved award.

2008 Season (Freshman): A starter on vault, Alexander posted a season best of 9.85 at the NCAA Central Regional to help the Cardinal to a 49.525, its best team score of the season in any event ... twice scored 9.825 in the vault, against Georgia and UC Davis ... competed in vault in 11 of team's 12 meets through the regionals.

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

Personal: Daughter of Jud and Jody Alexander ... has a sister, Whitney, and brother, Jud III ... majoring in science, technology and society ... won the Grand Prize award for physics from the Alamo Regional Junior Academy of Science in San Antonio ... enjoys snow skiing, water skiing and wakeboarding.

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.925	9.825	9.850	9.875	39.400

GETTING TO KNOW SHELLEY ALEXANDER

If I had free time, I would ... read or play hide and seek

The talent I'd most like to have is ... being able to draw

On my bedroom wall are ... crosses, a deer head (my wall at home), and a Texas flag

My worst habit is ... never washing my wristbands (my teammates love it)

My hero is ... my brother and sister

The thing I need to work on the most this year is ... not procrastinating

Words to live by are ... "What lies behind us and what lies before us are tiny matters compared to what lies within us." -Ralph Waldo Emerson

Back home, people know me for ... my smile

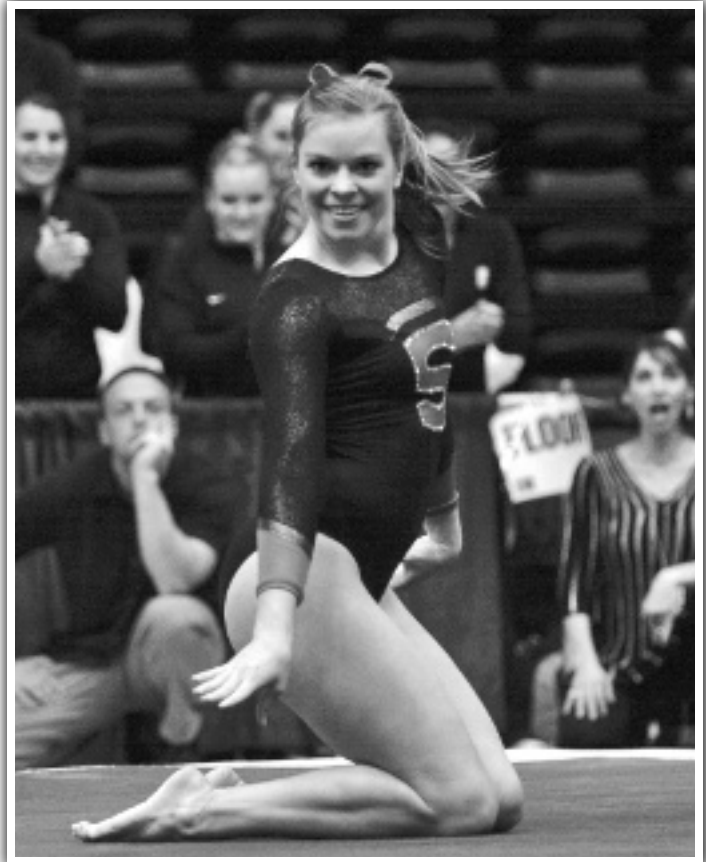
I overcame the odds because ... "When she was 3 years old on her daddy's knee he said you can be anything you want to be" -Faith Hill song

I was inspired to become a gymnast by ... I don't know. My parents put me in every sport and gymnastics is the one I ended up sticking with.

My motivation comes from ... God

The move I'm most proud of pulling off was ... well the skill I always wanted to do when I was little was a Tkatchev on bars

The greatest skill or attribute that I possess in gymnastics is ... letting my happiness show



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Alyssa Brown

Sophomore
5-2

Oakville, Ontario, Canada
Abbey Park High School
Gymnastics Mississauga



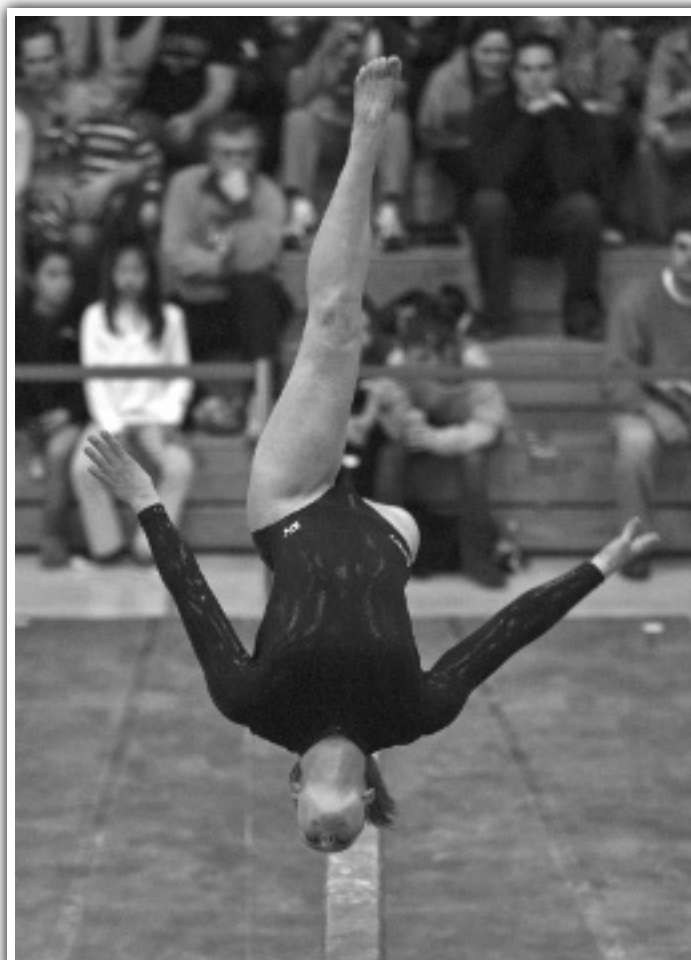
• 2009 team-high vault score (9.925)

2009 Season (Freshman): Earned first collegiate victories in back-to-back meets at Cal (2/22, 9.925) and UC Davis (2/27, 9.85) in the vault ... Her Cal vault score tied for Stanford's season high in the event ... competed exclusively on the vault and bars, scoring collegiate bests in both events against Cal, including a 9.875 on the bars, to help Stanford to its season-best overall score (197.175) ... suffered knee injury on a vault landing in warmups for the Pac-10 Championships (3/21) and missed the NCAA postseason.

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

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.925	9.875	--	--	--



GETTING TO KNOW ALYSSA BROWN

My pre-meet routine consists of ... getting a lot of sleep the night before and playing crazy games with my teammates the day of the meet

If I had free time, I would ... take a walk to the Quad and relax!

The talent I'd most like to have is ... the ability to sing!

On my bedroom wall are ... millions of pictures and a Canadian flag of course!

My worst habit is ... worrying way too much.

My hero is ... my brother

Sleep is ... wonderful!

Words to live by are ... live each day to the fullest

I overcame the odds because ... I always try to put 100% into everything I do

The person who does the best imitation of Coach Smyth is ... Josh Dixon (a member of the men's gymnastics team)

I was inspired to become a gymnast by ... watching the older girls at my gym and wanting to be just like them!

My motivation comes from ... being at Stanford! I really try to embrace all of the opportunities Stanford has given me, whether it's during training or performing at competitions with this incredible team, or learning something from a super cool professor in class.

The move I'm most proud of pulling off was ... I would have to say all of the crazy skills I use to do as a "young" gymnast!

The greatest skill or attribute that I possess in gymnastics is ... the ability to stay calm under pressure.

Stephanie Carter

Senior
5-6
Fair Oaks, Calif.
Bella Vista High School
Byers Gymnastics Center



2009 Season (Junior): Did not compete because of injury.

2008 Season (Sophomore): Did not compete because of injury.

2007 Season (Freshman): A regular on the vault ... scored a season-high 9.850 on the vault against UCLA ... earned three other scores of 9.800.

Club/High School: A 2006 graduate of Bella Vista High School in Fair Oaks, Calif. ... a California state assembly scholastic achievement award winner in 2006 ... won the 2006 President's Award for Educational Excellence ... trained at the Byers Gymnastics Center in Sacramento ... a 2005 Junior Olympic national qualifier ... placed eighth on vault and fifth on bars ... the Level 10 NorCal champion in 2006.

Personal: Parents are Steve and Janet Carter ... majoring in engineering ... enjoys reading, shopping, listening to music and hanging out with friends.

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.850	--	--	--	--

GETTING TO KNOW STEPHANIE CARTER

If I had free time, I would ... go to the beach and lay out in the sun. Or read...for pleasure of course

The talent I'd most like to have is ... the ability to dance like Weedge (Allyse Ishino)

On my bedroom wall are ... pictures of my family and friends

My worst habit is ... vigorously cleaning when I get stressed out

My hero is ... my dad. He has been through so much in his lifetime and somehow always manages to come out stronger and with a good attitude

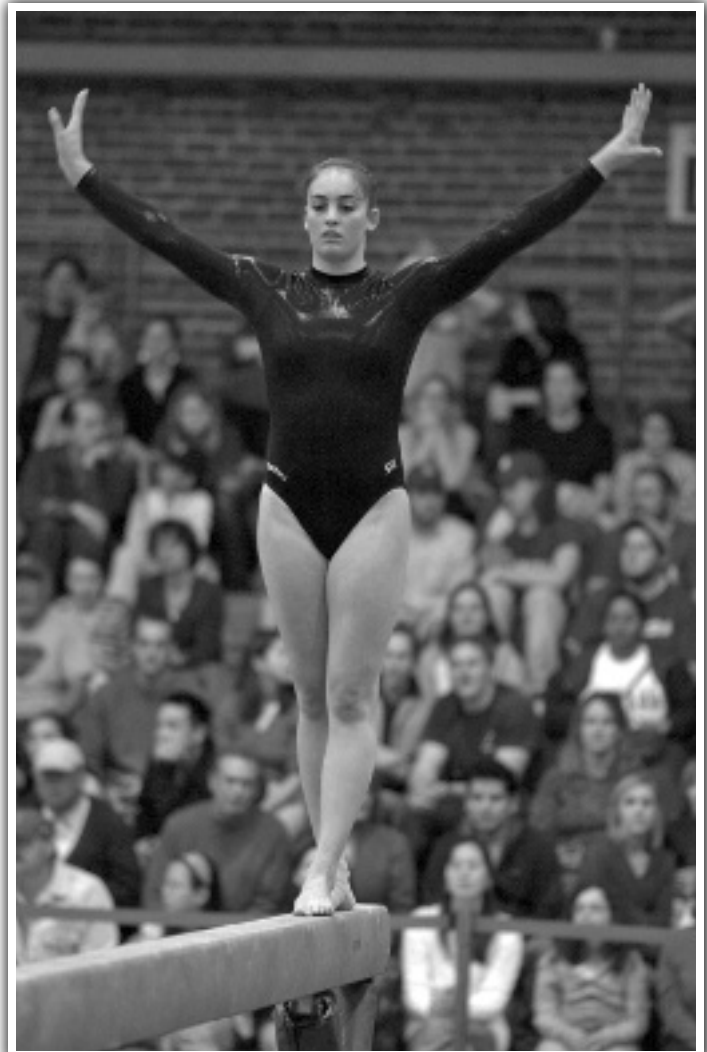
Sleep is ... the best thing ever

Words to live by are ... attitude is everything

I overcame the odds because ... because I set a goal for myself and never gave up until I achieved it. I put in the extra hours and extra effort just so that I knew that I did everything that I could to reach my full potential

My motivation comes from ... people telling me that I can't do something. I really enjoy proving people wrong

The move I'm most proud of pulling off was ... my Jaeger, only because my club coach never thought that I would learn a high bar release. As I said, I like to prove people wrong, and I got the move in my senior year. Every time I caught the bar my coach would be so happy and I really liked that sense of accomplishment



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Danielle Ikoma



Junior
4-11

Naperville, Ill.
Naperville Central High School
Arena Gymnastics

• 2009 Pac-10 All-Academic second team

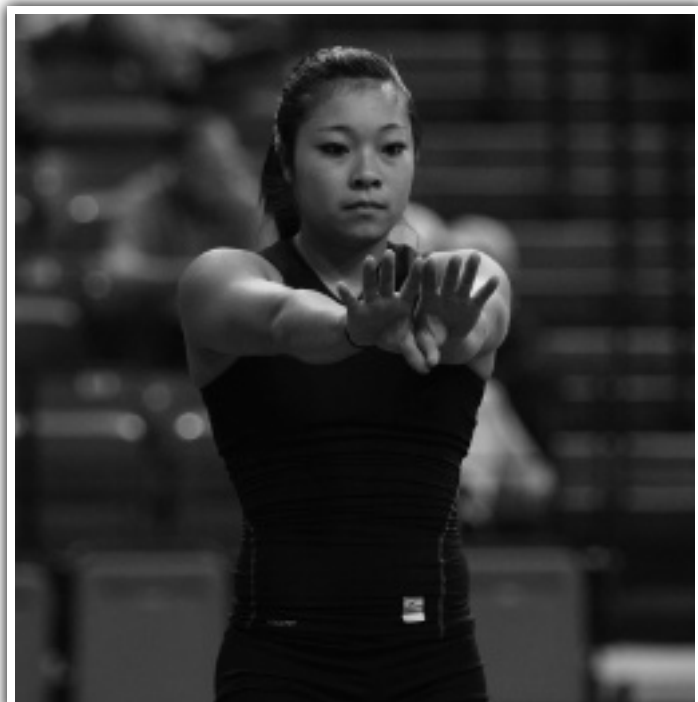
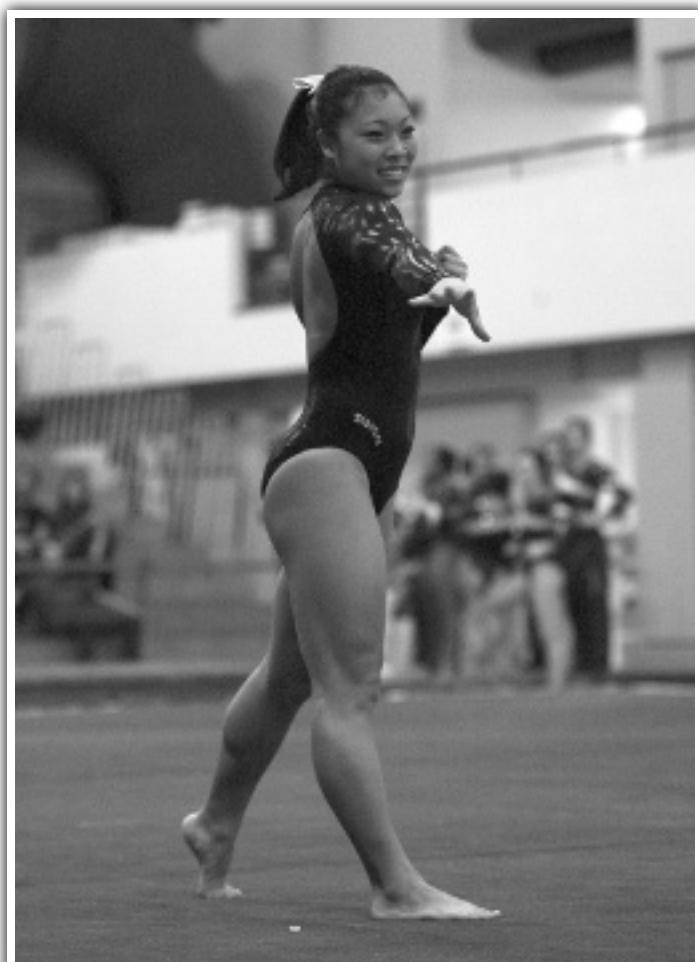
2009 Season (Sophomore): Emerged as one of the most versatile performers on the team ... started in three events -- vault, beam and floor -- at the Pac-10 Championships (3/21) ... had three scores of 9.825 or above in victory at Cal (2/22) ... Pac-10 All-Academic second team ... named Stanford's Most Improved gymnast.

2008 Season (Freshman): Broke into the lineup against Arizona on Jan. 20 and scored a 9.825 on vault, her best score in four meets ... also performed on floor against Arizona (9.425) and bars at Chicago Style (8.525) on Feb. 8.

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

Personal: Daughter of Denise and Allan Ikoma ... has a brother, Derek, and sister, Michelle, a freshman on the University of North Carolina gymnastics team ... majoring in biology.

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.850	8.525	9.825	9.875	--



GETTING TO KNOW DANIELLE IKOMA

If I had free time, I would ... create a line of computers called Orange and become a billionaire

The talent I'd most like to have is ... to dance like Allyse Ishino

On my bedroom wall are ... pictures, the gym schedule, cards and hats ... lots and lots of hats

My worst habit is ... eating way too fast

Sleep is ... rare

The thing I need to work on the most this year is ... life in general

Funniest thing anyone ever said to me was ... "you seem like you would be a good singer"...definitely false.

Back home, people know me for ... I don't know what people know me for back home, but here, people know me for my blunt comments and honest opinions

I overcame the odds because ... of the support I receive everyday from my family, my teammates, my coaches and my friends

The routine I can do in my sleep is ... it's a special kind of routine called the REM cycle

I was inspired to become a gymnast by ... nothing in particular. I was just put in classes when I was little and never escaped.

The move I'm most proud of pulling off was ... my first backhand spring by myself without spot when I was in Mighty Mights (a recreational gymnastics class) about 14 years ago.

The greatest skill or attribute that I possess in gymnastics is ... my confidence

Allyse Ishino

Senior
5-1
Santa Ana, Calif.
Foothill High School
Gliders Gymnastics



• 2009 NCAA South Central Regional bars champion

2009 Season (Junior): Proved to be one of the team's most dependable performers in her first full collegiate season ... tied for first in the uneven bars at the NCAA South Central Regionals with Michigan's Becky Bernard, scoring a 9.9 ... tied for second on beam at the Pac-10 Championships (3/21) with a 9.9 ... scored at least 9.8 on the bars nine times ... has collegiate career bests of 9.9 in three events.

2008 Season (Sophomore): One of Stanford's most versatile performers in her first season of collegiate competition ... season ended when she tore the anterior cruciate ligament in her knee as she landed a Yurchenko full on the vault at the Pac-10 championships ... until then, she had been a regular on the vault (9.9 vs. Georgia), bars (three 9.9's) and beam (9.875 at Iowa State) ... scored 9.825 or above in all 10 of her bars routines.

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

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

GETTING TO KNOW ALLYSE ISHINO

My pre-meet routine consists of ... taking a deep breath and visualizing my routines

If I had free time, I would ... visit my new baby niece, Amaya, more often

The talent I'd most like to have is ... playing the drums or riding a unicycle!

On my bedroom wall are ... pictures of my best friends and family, hats, and a poster of Taylor Lautner

My worst habit is ... mixing all of my food together

My heroes are ... Elizabeth Ayer and Lan Bui

Sleep is ... the cousin of death (as quoted by Jackson Ryland), ha ha it just takes up too much time. I would much rather spend that time doing something really exciting

The thing I need to work on the most this year is ... my hair-braiding abilities.

Funniest thing anyone ever said to me was ... I don't know, but pretty much everything Dan Dan Ikoma says

Words to live by are ... be happy

I overcame the odds because ... I had other goals I wanted to accomplish and any obstacles/injuries were not going to be the reason I did not accomplish them

The routine I can do in my sleep is ... beam

I was inspired to become a gymnast by ... my older sister, Genine

My motivation comes from ... my teammates

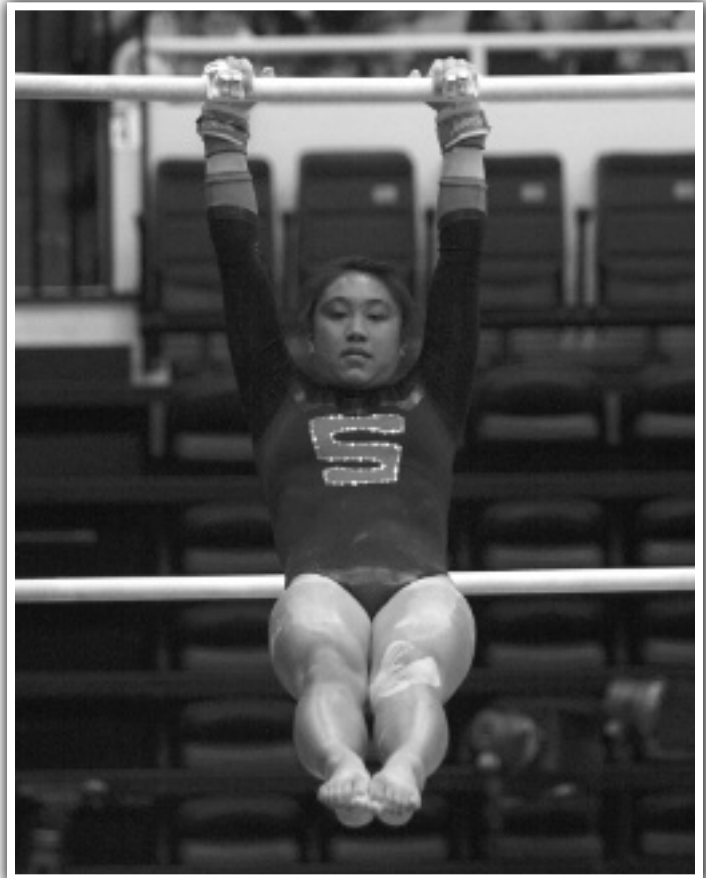
The move I'm most proud of pulling off was ... Tkatchevs!

The greatest skill or attribute that I possess in gymnastics is ... my ability to dance in a somewhat acceptable manner?

at Charter Oak Gymnastics in Covina, Calif., under Steve and Beth Rybacki, and then at Wildfire Gymnastics in Tustin, Calif., under Bill Callander.

Personal: Daughter of Glenn and Arlene Ishino ... human biology major ... spent part of 2009 summer with teammate Tenaya West in Nepal, doing volunteer work at a children's hospital ... hobbies include dancing, snowboarding, and rollerblading at the beach.

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.900	9.900	9.900	--	--



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Carly Janiga



Senior
4-11
Paradise Valley, Ariz.
Saguaro High School
Desert Devils Gymnastics

- **Six-time All-American**
- **2009 Pac-10 and Regional all-around champion**

2009 Season (Junior): NCAA runner-up on the uneven bars for Stanford's highest NCAA finish since 2001 ... scored 9.9125 to finish behind the 9.95 of Georgia's 2004 Olympic bars bronze medalist Courtney Kupets ... also was a second-team All-America in the all-around ... has six All-America honors (four first team), the sixth-highest total in school history ... won the NCAA South Central Regional title in Fayetteville, Ark., with a 39.425 (4/4) ... won three events at the Pac-10 Championships at Stanford's Maples Pavilion (3/21) ... captured the all-around by tying her collegiate high of 39.575, becoming the fifth Stanford gymnast to win a conference all-around title ... repeated as Pac-10 beam champion with a 9.95, tying her collegiate high ... tied teammate Nicole Ourada, and three others, for the Pac-10 bars title (9.9) ... named to the All-Pac-10 first team, and earned conference All-Academic honors for the third consecutive season ... had 19 first-place finishes, and had multiple firsts in six meets ...

GETTING TO KNOW CARLY JANIGA

My pre-meet routine consists of ... trying not to think too much about the competition, relaxing, getting rid of nerves, getting a rub-down from our trainer, Lindsey

If I had free time, I would ...go shopping, get a massage, watch a movie, or go visit a friend

The talent I'd most like to have is ...to be funny enough to become a writer for *The Office* or *SNL*.

On my bedroom wall are ...John Lennon's "Imagine" poster above my bed, Harry Potter wall calendar, pictures of friends, a Chinese painting given to me by my friend from Beijing, and dried out flowers

My worst habit is ... running in front of the Stanford Men's Gymnastics team when they are tumbling on floor.

My hero is ...I don't really have one. I do admire people like my parents and past team leaders

Sleep is ... really hard for me to do

The thing I need to work on the most this year is ... making the most of my senior year and appreciating my time at Stanford

Funniest thing anyone ever said to me was ... muffins (in an English accent)

Words to live by are ... all you can do is your best (-my dad)

Back home, people know me for ...my gymnastics

I overcame the odds because ...my Level 5 teammate said I would never make it past level 6

The person who does the best imitation of Coach Smyth is ... Kristen Smyth

The routine I can do in my sleep is ...none. When I don't think about what I'm doing, bad things happen

I was inspired to become a gymnast by ...myself

My motivation comes from ...my teammates

The move I'm most proud of pulling off was ...Gaylord II on bars (usually only boys do it. I don't do it anymore and rarely ever caught it, but it was cool while it lasted)

The greatest skill or attribute that I possess in gymnastics is ...that when I decide to do something, I'll work until I get it.

had two 9.95s on the beam, Stanford's highest scores of the year ... team captain ... Academic Award winner and named MVP at team banquet ... named Conference Female Athlete of the Year at Stanford Athletic Board Awards.

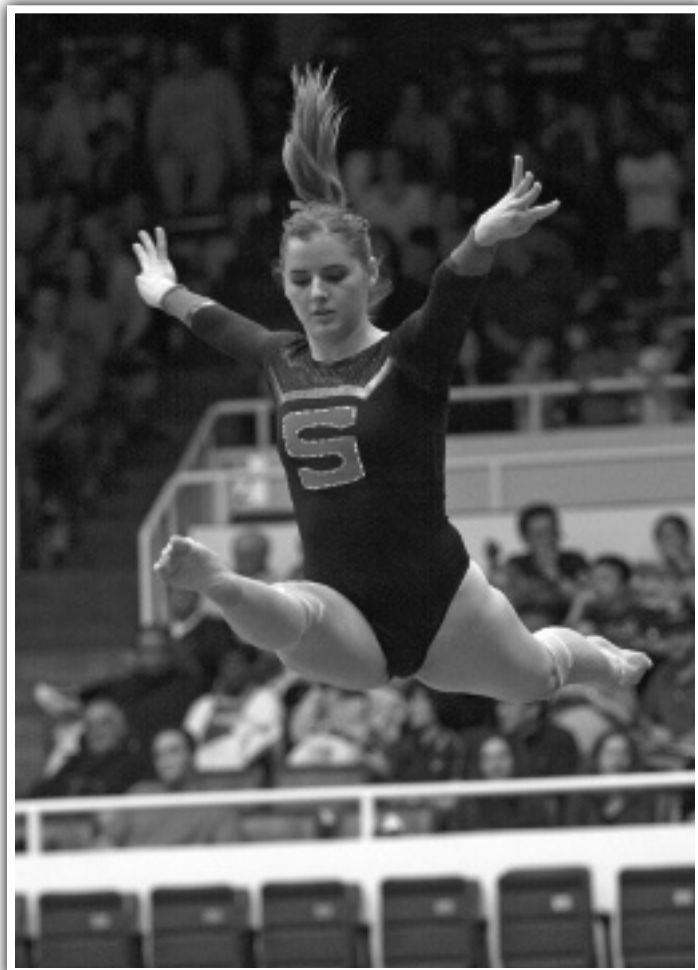
2008 Season (Sophomore): Served as a tri-captain with Heather Purnell and Kelly Fee ... earned second-team All-America honors on floor in 2008, making her a four-time All-American ... won her first Pac-10 individual championship, scoring 9.95 on the beam to tie Oregon State's Jami Lanz for the title ... scored 9.9 on the beam at the Super Six ... season bests: vault (9.85), bars (9.9), beam (9.95), floor (9.875), and all-around (39.375) ... named to her second Scholastic All-America team.

2007 Season (Freshman): Three-time first-team All-American, in all-around, vault and floor exercise ... Placed fourth in the NCAA all-around, eighth on floor and 15th on vault ... Pac-10 Freshman of the Year ... Cardinal team MVP ... competed all season in all four events ... season bests: vault (9.925), bars (9.95), beam (9.9), floor (9.925).

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

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.925	9.950	9.950	9.925	39.575



Catherine Nguyen

Sophomore
5-2
Plano, Texas
Spring Creek Academy
World Olympic Gymnastics Academy



2009 Season (Freshman): Made first collegiate vault at the NCAA South Central Regional, scoring 9.525 in the No. 6 position ... had strong bars routine in collegiate debut at Cal, until score dropped on the landing.

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

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.525	--	9.425	--	--

GETTING TO KNOW CATHERINE NGUYEN

My pre-meet routine consists of ... my pre-meet routine usually goes something like this: wake up, eat, do some reading or hang out with teammates, then I usually take a nap or lay in bed, then get up and get ready

If I had free time, I would ... travel or go on road trips with my friends

The talent I'd most like to have is ... to be able to know what people are actually thinking and feeling

My worst habit is ... procrastination!

Sleep is ... necessary in order for me to function

The thing I need to work on the most this year is ... being more confident in myself and my work

I was inspired to become a gymnast by ... my sister. She was also a gymnast and was always the person I looked up to as a child

My motivation comes from ... the love and support I get from the team. I do things more for the team than I do for myself

The greatest skill or attribute that I possess in gymnastics is ... being able to stay calm under pressure situations. When I do that, it shows in my body language and reminds the rest of the team that if we are ever in a pressured situation, they know that everyone has each other's backs



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Nicole Pechanec

Sophomore
5-5

Phillipsburg, N.J.
Keystone National High School
Aiken Gymnastics



• 2009 team-high floor score (9.925)

2009 Season (Freshman): The only team member to compete on floor in every meet, and one of two to compete on bars in every competition ... scored at least 9.8 seven times in each event ... earned her first two collegiate victories at Cal (2/22) by tying for first on the beam (9.9) in her collegiate debut in that event, and scoring a 9.925 on floor ... The latter score tied for Stanford's highest of the season in that event ... was the only Stanford freshman to compete in the NCAA Championships.

Club/High School: Member of the Czech Republic senior national team under the name of Nicole Pechancova ... won the balance beam at the 2007 World Cup in Ostrava, Czech Republic, and was second on floor ... member of Czech world championship teams in 2006 and 2007 ... also competed in two European Championships (2007, 2008), qualifying for the 2007 all-around finals in Amsterdam ... first in the all-around and second on beam and floor at a five-nation international meet in Brno, Czech Republic, that also included Austria, Great Britain, Poland, and Switzerland ... Czech 2007 national champion on floor and runner-up on beam ... 2005 U.S. Junior Olympic national runner-up on beam, and eighth all-around ... Level 10 regional uneven bar champion in 2003 ... trained at her mother's club until age 12 ... trained at Aiken (S.C.) Gymnastics from 2002-05 ... later trained at Parkettes National Gymnastics Training Center of

GETTING TO KNOW NICOLE PECHANEC

My pre-meet routine consists of ... taking a nap and then listening to music, most likely I'll be dancing or singing

If I had free time, I would ... travel

The talent I'd most like to have is ... to throw a ball with aim

On my bedroom wall are ... lots of pictures

My worst habit is ... parking my car wherever I want and never answering my phone

My hero is ... my mom

Sleep is ... now the best thing ever

The thing I need to work on the most this year is ... not parking my car wherever I want and answering my phone

Funniest thing anyone ever said to me was ... Swiz calling me the "Duchess of Dork"

Words to live by are ... "Moment's like these remind me that what I have done was worthwhile, everything I am doing is promising, and anything I dream of is possible."

Back home, people know me for ... being the girl who would constantly disappear for a few months and then show up again

I overcame the odds because ... I got into Stanford

The routine I can do in my sleep is ... my beam routine with 10 falls

My motivation comes from ... the sweat, the hard work, the team, and the belief that you can be better than your best ...and also fortune cookies

The move I'm most proud of pulling off was ... catching a Gienger with one hand, slipping off, doing two cartwheels in mid-air, and landing on my feet

The greatest skill or attribute that I possess in gymnastics is ... my poise and gracefulness maybe

Allentown, Pa., while coached by Yvette Pechanec, and Bill and Donna Strauss ... a 2008 graduate of Keystone National High School, which offers an online curriculum for homeschooled students.

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	--	9.875	9.900	9.925	--



Jenny Peter

Sophomore
5-4

Lincoln, Neb.
Lincoln Southeast High School
Solid Rock Gymnastics



2009 Season (Freshman): Made her collegiate debut against Cal (2/22), competing in the vault and on bars as Stanford earned its highest overall score of the season ... scored 9.8 on vault to tie for fourth ... competed in both events the following week at UC Davis ... was part of the team that traveled to her hometown of Lincoln, Neb., for the NCAA Championships, though she did not compete.

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

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.800	9.650	--	--	--

GETTING TO KNOW JENNY PETER

If I had free time, I would ... shop, talk, read a book, scrapbook, cook, and hang out with the people I love

The talent I'd most like to have is ... to be able to sing!

On my bedroom wall are ... pictures of family, friends, and the team, a cross, and my class schedule

My worst habit is ... applying chapstick even when I don't need it

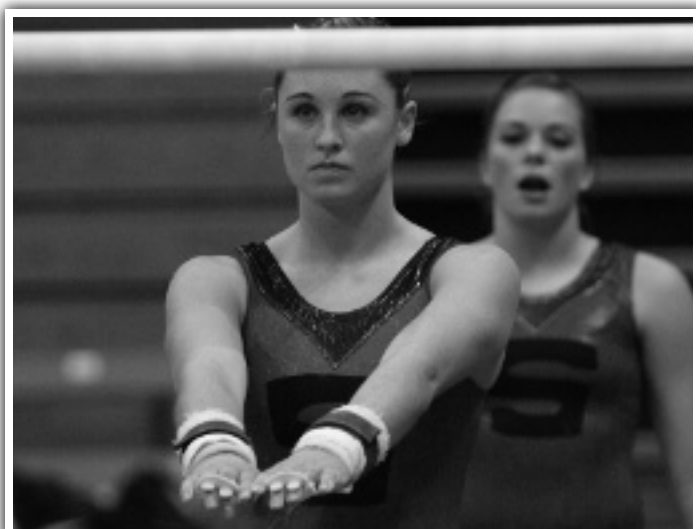
Back home, people know me for ... my gentle spirit and happy smile

I overcame the odds because ... I was one of the first gymnasts from my club gym to go on to college gymnastics

I was inspired to become a gymnast ... after doing cartwheels on the soccer field and having people tell me I needed to be put in a padded room if I wanted to flip around all the time

My motivation comes from ... my competitive drive and my teammates around me

The move I'm most proud of pulling off ... was doing my first kip during my Level 4 state meet



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Blair Ryland

Senior
4-11

Woodbridge, Va.
Woodbridge Senior High School
Capital Gymnastics



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

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	9.850	--	--	9.875	--

• 2007 second team All-America, vault

2009 Season (Junior): Set the tone for the team as its leadoff performer in the vault, the first event at home meets ... consistently strong in the event, scoring at least 9.75 in every meet, and at least 9.8 in the final nine competitions ... tied her season best in the vault at the NCAA South Central Regional, scoring 9.85 ... Pac-10 All-Academic team honorable mention ... a part-time starter on the floor, scoring her collegiate high in the event with a 9.875 at Cal.

2008 Season (Sophomore): A consistently high scorer in the vault, scored 9.8 or higher eight times in the event ... scored a season-best 9.9 in the vault at the NCAA South Regional, helping the Cardinal to a team score of 49.525, the team's highest in any event all season ... Pac-10 All-Academic team.

2007 Season (Freshman): Earned second-team All-America honors in the vault ... a valuable contributor on vault, floor and bars ... season bests: vault (9.8), bars (9.7) and floor (9.85).

GETTING TO KNOW BLAIR RYLAND

My pre-meet routine consists of ... dancing, singing, taking pictures, and being silly in the locker room with all my SWGgles

The talent I'd most like to have is ... the ability to fly. Because, really, who wouldn't want to fly?

On my bedroom wall are ... photos of family and friends, dozens of favorite quotes, my Virginia flag, and a poster of a tropical beach

The worst pickup line I've ever heard was ... "I wish I were a derivative so I could lie tangent to your curves"

Sleep is ... essential. I simply don't function if I get less than 8 hours a night

The thing I need to work on the most this year is ... remembering to live in the moment

Funniest thing anyone ever said to me was ... probably something Allyse Ishino said

Words to live by are ... "It's supposed to be fun." -Tabitha Yim

I overcame the odds because ... my parents instilled in me the belief that, with enough hard work, I could achieve any goal I set for myself

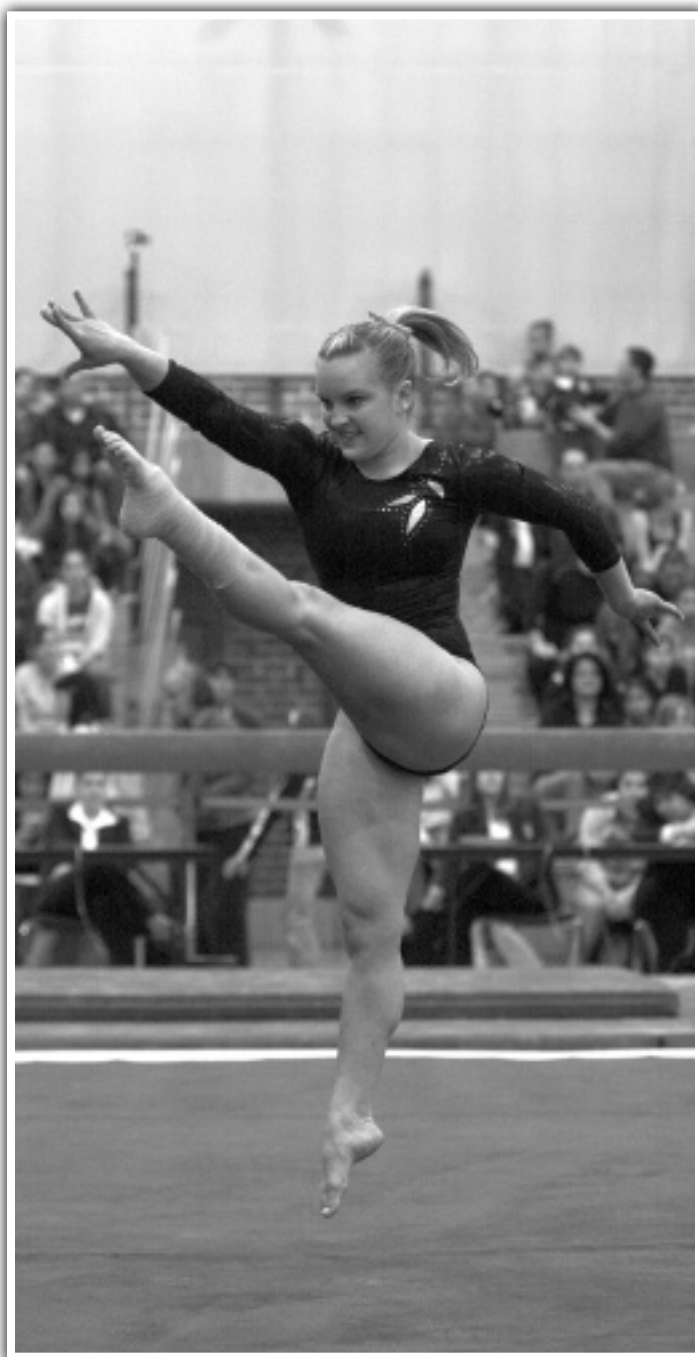
The routine I can do in my sleep is ... my "hitting-the-snooze-button" routine. I should get a 10.0 for that

I was inspired to become a gymnast by ... accident; however, Elena Produnova of Russia was one of my favorite gymnasts to watch on TV when I was younger

My motivation comes from ... my teammates because we all share and are working toward a common goal, my university because it is what I represent when I don a Stanford leotard, the gymnasts in this program who have come before me because it is their path in which I am following, and the young girls who aspire to be college gymnasts because they see how much fun we have

The move I'm most proud of pulling off was ... my kip because my grandma thought I'd never get it!

The greatest skill or attribute that I possess in gymnastics is ... my positive attitude



Alexandra Skoly

Sophomore
5-4

East Greenwich, R.I.
La Salle Academy
Aim High Gymnastics



2009 Season (Freshman): Did not compete because of injury.

Club/High School: Showed explosive ability with strong athleticism and power ... competed at Level 10 at the Aim High Academy in Providence, R.I. ... coached by Ricky Harris ... performed difficult tumbling routines and stood out on the floor and vault ... a 2008 graduate of La Salle Academy in Providence, R.I. ... state high school champion on floor.

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

	Vault	Bars	Beam	Floor	AA
Collegiate bests	--	--	--	--	--

GETTING TO KNOW ALEXANDRA SKOLY

My pre-meet routine consists of ... I don't have a particular routine. I just try to have fun because I compete best when I'm having a good time and enjoying the sport

If I had free time, I would ... run to the beach, lay in the sand for hours, and go shopping for the rest of the day

The talent I'd most like to have is ... the ability to sing well

On my bedroom wall are ... posters, photos, decoration lights and my most prized possession: a picture of Tom Brady right beside my bed

My worst habit is ... I can only get out of bed when the number of the hour is equal to the two numbers of the minutes added together. So at like 6:06, 7:34, or 8:44. I only set my alarm for those times

Sleep is ... a wonderful thing. I LOVE sleeping but also hate it because there are so many things to do in your life and sleep takes time away from doing exciting things!

The thing I need to work on the most this year is ... staying out of PT!

Funniest thing anyone ever said to me was ... probably one night at training table. Usually we all end up laughing hysterically at something (some of us tend to spit our drinks at everyone)

The routine I can do in my sleep is ... getting changed for morning weights. Unless I put on the wrong shirt, put it on backwards, or just forget to put a shirt on at all

I was inspired to become a gymnast by ... hhhmm. I think I just wanted to be able to flip around. Anytime I saw someone doing flips I got wicked excited and wanted to learn how to do them

The move I'm most proud of pulling off was ... probably a triple back into the pit on floor



GYMNAST PROFILES

2010 STANFORD WOMEN'S GYMNASTICS



Tenaya West

Senior
5-4
Davis, Calif.
Davis Senior High School
International Gymnastics Centre



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

2009 Season (Junior): Season limited to four meets because of a torn plantar fascia tendon in her foot ... though confined to a boot, she removed it to score 9.8s on the floor at the NCAA South Central Regional and NCAA Team Preliminaries in back-to-back meets ... tied for first with teammate Carly Janiga in Arizona State dual on Jan. 22 with a 9.85, her final meet until the regionals April 4 ... named to Pac-10 All-Academic second team ... highest tumbler on the team.

2008 Season (Sophomore): Former walk-on earned Stanford's Most Improved Gymnast award ... scored a 9.825 on floor against Georgia, in her first collegiate event ... performed exclusively on floor and scored 9.800 or higher six times ... achieved season best of 9.90 at UC Davis, in her hometown ... scored 9.875 at Pac-10 Championships and 9.850 at NCAA South Regionals ... Pac-10 All-Academic team.

2007 Season (Freshman): Did not compete.

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

Personal: Daughter of Ed and Kathy West ... majoring in human biology ... spent part of 2009 summer with teammate Allyse Ishino in Nepal, doing volunteer work at a children's hospital ... enjoys spending time with family, friends and animals ... hobbies include animal training, filmmaking and photography.

	Vault	Bars	Beam	Floor	AA
Collegiate bests	--	--	--	9.900	--



GETTING TO KNOW TENAYA WEST

My pre-meet routine consists of ... eating a good meal, resting/visualizing, and hanging out/singing/being ridiculously silly with the girls in the hotel and locker room.

If I had free time, I would ... find something really cool and make a movie about it

The talent I'd most like to have is ... a photographic memory

On my bedroom wall are ... pictures of friends and family

My worst habit is ... thinking too much

Sleep is ... amazing

Words to live by are ... whether you think you can or think you can't, you're right

The routine I can do in my sleep is ... usually ended by twitching violently awake when the beam mysteriously disappears mid-skill

I was inspired to become a gymnast by ... how fun it was to flip around in what I thought was a giant playground at my beginning gym classes

My motivation comes from ... working towards a common goal alongside an amazing group of girls. We all share a love for the sport, the program, and each other, and it is exciting to come into the gym every day and see what we can accomplish

The move I'm most proud of pulling off was ... pranking the coaches on April Fool's

The greatest skill or attribute that I possess in gymnastics is ... working hard



Nicole Dayton

Freshman
5-4

Grand Rapids, Mich.
East Grand Rapids High School
Geddert's Twistars USA



Club/High School: A 2009 graduate of East Grand Rapids (Mich.) High School ... a powerful and dynamic gymnast, who is especially strong on floor and vault ... a five-time Junior Olympic national qualifier, a three-time national vault champion and a four-time Region 5 All-Star team member ... won Region 5 all-around title three times and was the Michigan state all-around champion from 2004-2009 ... captured the Region 5 vault title in 2009 at Level 10, as well as state titles in beam, vault and all-around ... represented Geddert's Twistars USA of Diamondale, Mich., where she was coached by John and Kathryn Geddert.

Personal: Daughter of Rick and Margi Dayton ... has three brothers, Alec, Joel and Ryan, and a sister, Anna ... father played running back at Utah State ... enjoys reading, boating, scrapbooking and walking.

GETTING TO KNOW NICOLE DAYTON

If I had free time, I would ... take a nap

The talent I'd most like to have is ... the ability to sing (well)

On my bedroom wall are ... TONS of pictures of friends and family!

My worst habit is ... peeling off nail polish when it starts chipping

My hero is ... I have a lot of different heroes for different reasons

Sleep is ... the way to cure most of my problems or illnesses

The thing I need to work on the most this year is ... not stressing about the little things

Words to live by are ... Do something everyday that makes you happy

Back home, people know me for ... getting into Stanford and gymnastics

The routine I can do in my sleep is ... my vault

I was inspired to become a gymnast by ... my 1st grade soccer coach (He encouraged me to do gymnastics because I loved doing cartwheels up and down the field instead of playing soccer)

My motivation comes from ... my competitiveness and desire to contribute to such an amazing team

The greatest skill or attribute that I possess in gymnastics is ... competitiveness

Ashley Morgan

Freshman
5-1

Danville, Calif.
Carondelet High School
Bay Aerials Gymnastics



Club/High School: A 2009 graduate of Carondelet High School in Concord, Calif. ... a four-time Junior Olympic national qualifier ... placed third all-around at the 2009 Junior Olympic nationals, earning a spot on the J.O. national team ... went undefeated on the beam in 2008 and won a Level 10 national title on floor in 2007 ... won state and regional all-around titles while representing Bay Aerials Gymnastics in Fremont, Calif. ... won five state golds in 2007 ... trained under coaches Lisa Aguirre and Neal Gallant ... previously trained at Diablo Gymnastics in San Ramon, Calif.

Personal: Daughter of Joe and Theresa Morgan ... father is one of the greatest second basemen of all-time and is enshrined in the Baseball Hall of Fame ... sister Kelly is a freshman soccer player at USC.

GETTING TO KNOW ASHLEY MORGAN

My pre-meet routine consists of ... listening to my ipod and visualizing

If I had free time, I would ... draw or talk to my sister

The talent I'd most like to have is ... Brownie's bar ability

On my bedroom wall are ... lots and lots of pictures

My worst habit is ... being a worry wart

My hero is ... my dad

Sleep is ... incredibly and totally amazing

The thing I need to work on the most this year is ... building my confidence

Funniest thing anyone ever said to me was ... anything Ming Ya Zhou has said

Words to live by are ... "Live each day to the fullest, because yesterday is gone and tomorrow may never come"

I overcame the odds because ... my father did the same

I was inspired to become a gymnast by ... Dominique Dawes

My motivation comes from ... my family and my teammates

The move I'm most proud of pulling off was ... my Jaegar on bars

The greatest skill or attribute that I possess in gymnastics is ... my quickness

Ming Ya Zhou

Freshman
5-1

Framingham, Mass.
Framingham High School
Brestyan's American Gym



Club/High School: A 2009 graduate of Framingham (Mass.) High School ... captured the 2006 Junior Olympic national all-around title ... two-time Junior Olympic national champion in the vault ... one of the top Level 10 gymnasts in the country ... competed at the junior international elite level in 2005, competing at the U.S. Classic.

Personal: Daughter of Xiao Chow and Mei Chan ... has a brother, Jimmy Chow ... born in Guangzhou, China ... trained at the Chinese National Training Center from ages 6-8 ... came to the United States at age 8 without speaking any English ... "but now I'm at Stanford!" she wrote. "Land of opportunity, seriously." ... enjoys swimming, walking, playing on the playground and running with her dog.

GETTING TO KNOW MING YA ZHOU

My pre-meet routine consists of ... napping and a shower

If I had free time, I would ... sleep or lay outside in the sun. If it happens to be raining and I'm not tired ... Dota

The talent I'd most like to have is ... the ability to dance like Weedge or play the piano

On my bedroom wall are ... pictures of my friends and family, a clock

My worst habit is ... I swear ... like a lot

My hero is ... my brother

Sleep is ... a waste of time but it's important to stay healthy

The thing I need to work on the most this year is ... getting healthy so I can train again

Funniest thing anyone ever said to me was ... always remember you're unique. Just like everyone else. And, I think the freezer deserves a light as well

Words to live by are ... carry laughter with you wherever you go. ~ Huge Sidey

Back home, people know me for ... always being at the gym doing gymnastics

I overcame the odds because ... many people helped me along the way, because my family never gave up on me and because I worked hard

The routine I can do in my sleep is ... vault I guess but it's not really a routine

I was inspired to become a gymnast by ... my bro, he was a gymnast when we were younger so I obviously had to be one too

My motivation comes from ... The SWG team. I see them working hard and loving every second of it, it makes me want to be better and work harder so I can contribute to the team

The move I'm most proud of pulling off was ... Arabian double fronts on floor

The greatest skill or attribute that I possess in gymnastics is ... probably the ability to keep situations light and relaxed

2009 IN REVIEW

2010 STANFORD WOMEN'S GYMNASTICS



2009 Team Results (17-4 regular season, 23-8 overall)

Date	Opponent	Time/Result	Date	Opponent	Time/Result	Date	Opponent	Time/Result
Jan. 2	at Cancun Classic	W, 3-0	Feb. 15	Oregon State, UC Davis (M)	W, 2-0	April 4	NCAA South Central Regional	W 4, L 1
	Stanford	195.6		Stanford	197.025		Arkansas	196.300
	Oregon State	194.575		Oregon State	196.6		Stanford	196.200
	Denver	193.825		UC Davis	191.550		Michigan	195.700
	BYU	189.125	Feb. 22	at California	W, 1-0		Arizona	194.350
Jan. 16	at Washington, Sacramento State, Seattle Pacific	W, 3-0		Stanford	197.175		Arizona State	193.900
	Stanford	196.45		California	190.625	April 16	NCAA Team Preliminaries	W 2, L 3
	Washington	194.25	Feb. 27	at UC Davis, San Jose State	W 1, L 1		Georgia	197.450
	Sacramento State	193.55		San Jose State	194.7		Florida	196.375
	Seattle Pacific	188.425		Stanford	193.95		LSU	196.300
Jan. 22	Arizona State (B)	W, 1-0		UC Davis	192.7		Stanford	196.225
	Stanford	196.775	March 6	at Alabama	L, 0-1		Penn State	196.100
	Arizona State	194.6		Alabama	197.150	April 18	NCAA Individual Event Finals	
Jan. 30	at Arizona	W, 1-0	March 21	Pacific-10 Championships (M)	W 4, L 2		Oklahoma	195.825
	Stanford	195.575		UCLA	196.725		Stanford	196.225
	Arizona	195.175		Oregon State	196.550		Penn State	196.100
Feb. 8	UC Davis (B)	W, 1-0		Stanford	196.525		Oklahoma	195.825
	Stanford	197.1		Washington	194.375			
	UC Davis	189.35		Arizona	194.325			
				Arizona State	194.000			
				California	191.750			

Bold denotes home meet
 (B) Burnham Pavilion
 (M) Maples Pavilion
 All times Pacific

Individual Season Highs

Name	Score	Meet	Date
Vault			
Alyssa Brown	9.925	California	Feb. 22
Shelley Alexander	9.925	Pac-10	March 21
Nicole Ourada	9.925	Pac-10	March 21
Uneven Bars			
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
Balance Beam			
Carly Janiga	9.950	Oregon State/UC Davis	Feb. 15
	9.950	Pac-10	March 21
Floor Exercise			
Carly Janiga	9.925	UC Davis	Feb. 8
Nicole Ourada	9.925	UC Davis	Feb. 8
Nicole Pechanec	9.925	California	Feb. 22
All-Around			
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 Championships	49.350	49.275	49.125	48.775	196.525
South Central Regional	49.150	49.125	48.825	49.100	196.200
NCAA Preliminaries	49.125	49.175	48.975	48.950	196.225
Season Best	49.350	49.325	49.400	49.350	197.175
School Record	49.600	49.725	49.750	49.925	198.875

Photo caption: Kelly Fee, Stanford's 2009 Gymnast of the Year

Team Season Highs

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

2009 Award Winners

Stanford Team Awards

Gymnast of the Year: Kelly Fee

MVP: Carly Janiga

Academic Award: Carly Janiga

Most Inspirational: Nicole Ourada

Most Improved: Shelley Alexander, Danielle Ikoma

Stanford Athletic Board Awards

Conference Female Athlete of the Year: Carly Janiga

All-American Honors

First team: Carly Janiga, bars; Nicole Ourada, bars

Second team: Carly Janiga, all-around; Nicole Ourada, floor

NACGC/W Scholastic All-Americans: Kelly Fee, Allyse Ishino, Carly Janiga, Nicole Ourada, Gretchen O'Henley, Jenny Peter, Heather Purnell, Blair Ryland, Alexandra Skoly, Tenaya West

Pacific-10 Conference Honors

First team: Shelley Alexander, vault & floor; Carly Janiga, all-around; Allyse Ishino, beam

Second team: Kelly Fee, bars & floor; Nicole Ourada, bars

All-Academic, first team: Kelly Fee, Carly Janiga

All-Academic, second team: Danielle Ikoma, Nicole Ourada, Heather Purnell, Tenaya West

Honorable Mention: Shelley Alexander, Allyse Ishino, Blair Ryland

Coach of the Year: Kristen Smyth

CONFERENCE HISTORY

2010 STANFORD WOMEN'S GYMNASTICS

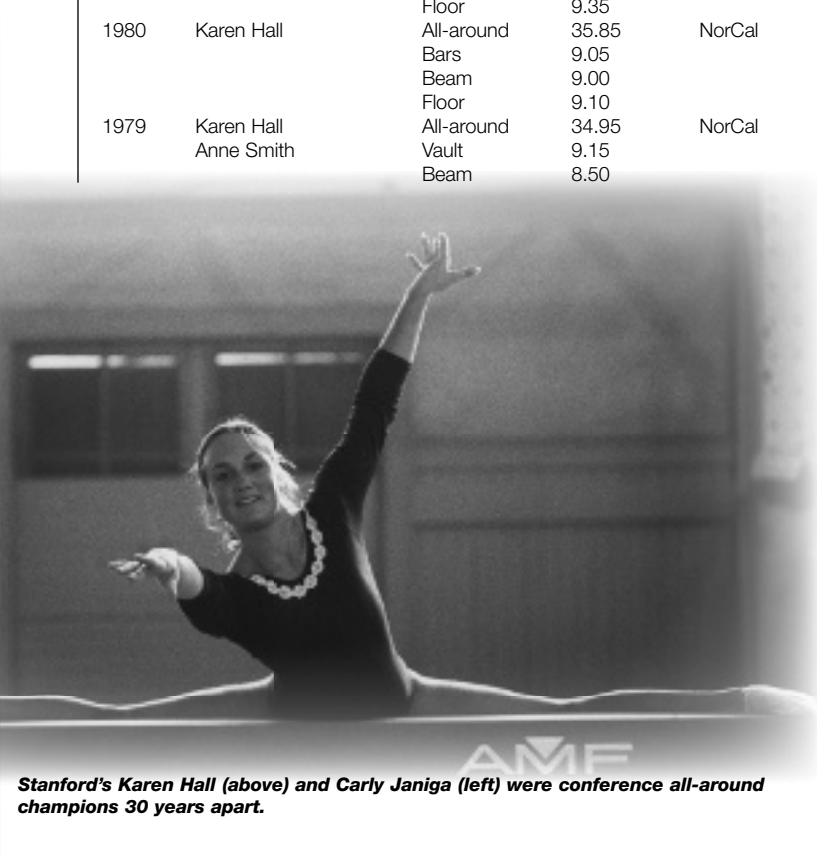


Stanford at Conference Championships

Year	Site	Score	Place	Conf.
2009	Stanford, Calif.	196.525	3rd	Pac-10
2008	Seattle, Wash.	197.000	1st	Pac-10
2007	Tempe, Ariz.	196.950	2nd	Pac-10
2006	Corvallis, Ore.	197.100	1st	Pac-10
2005	Berkeley, Calif.	194.600	4th	Pac-10
2004	Tucson, Ariz.	197.900	1st	Pac-10
2003	Los Angeles	197.700	2nd	Pac-10
2002	Stanford, Calif.	196.150	3rd	Pac-10
2001	Seattle, Wash.	197.850	1st	Pac-10
2000	Tempe, Ariz.	193.850	6th	Pac-10
1999	Corvallis, Ore.	195.150	4th	Pac-10
1998	Los Angeles, Calif.	195.275	1st	Pac-10
1997	Tucson, Ariz.	196.325	2nd	Pac-10
1996	Corvallis, Ore.	193.000	6th	Pac-10
1995	Tempe, Ariz.	191.825	5th	Pac-10
1994	Seattle, Wash.	191.550	4th	Pac-10
1993	Stanford, Calif.	189.000	7th	Pac-10
1992	Tucson, Ariz.	191.20	5th	Pac-10
1991	Los Angeles	187.75	5th	Pac-10
1990	Berkeley, Calif.	183.45	7th	Pac-10
1989	Corvallis, Ore.	186.55	6th	Pac-10
1988	Tempe, Ariz.	182.55	6th	Pac-10
1987	Pullman, Wash.	181.75	6th	Pac-10
1986	Stanford, Calif.	181.25	4th	Pac West
1985	Fullerton, Calif.	180.75	4th	WCAA
1984	Long Beach, Calif.	180.50	6th	WCAA
1983	San Diego, Calif.	174.65	5th	WCAA
1982	Berkeley, Calif.	N/A	1st	NorCal
1981	Fresno, Calif.	139.20	1st	NorCal
1980	San Jose, Calif.	134.80	1st	NorCal
1979	Berkeley, Calif.	127.25	2nd	NorCal
1978	San Jose, Calif.	104.55	2nd	NorCal

Stanford's Individual Conference Champions

Year	Name	Event	Score	Conf.
2009	Carly Janiga	All-around	39.575	Pac-10
		Bars	9.90	
		Beam	9.95	
	Nicole Ourada	Bars	9.90	
		Floor	9.90	
2008	Tabitha Yim	All-around	39.550	Pac-10
	Carly Janiga	Beam	9.95	
	Liz Tricase	Bars	9.95	
2007	Liz Tricase	Bars	9.95	Pac-10
2006	Tabitha Yim	All-around	39.650	Pac-10
		Beam	9.975	
	Liz Tricase	Bars	9.925	
2004	Natalie Foley	All-around	39.800	Pac-10
		Vault	10.00	
		Bars	9.95	
	Carolyn Fluhrer	Beam	9.95	
	Lindsay Wing	Beam	9.95	
2003	Lindsay Wing	Beam	9.975	Pac-10
2002	Lise Leveille	Beam	9.90	Pac-10
	Lindsay Wing	Beam	9.90	
2001	Lindsay Wing	Beam	9.975	Pac-10
	Caroline Fluhrer	Vault	9.975	
	Lise Leveille	Beam	9.975	
1984	Nanci Goldsmith	Beam	9.55	WCAA
1982	Merilyn Chapman	All-around	36.85	NorCal
		Bars		
		Beam		
		Floor		
	Linda Bledsoe	Vault		
1981	Merilyn Chapman	All-around	36.85	NorCal
		Bars	9.35	
		Beam	9.25	
		Floor	9.35	
1980	Karen Hall	All-around	35.85	NorCal
		Bars	9.05	
		Beam	9.00	
		Floor	9.10	
1979	Karen Hall	All-around	34.95	NorCal
	Anne Smith	Vault	9.15	
		Beam	8.50	



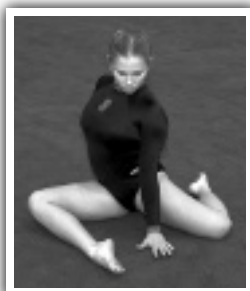
Stanford's Karen Hall (above) and Carly Janiga (left) were conference all-around champions 30 years apart.



REGIONAL HISTORY

2010 STANFORD WOMEN'S GYMNASTICS

Stanford's All-Americans



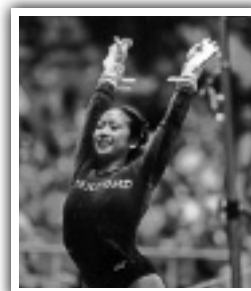
Kendall Beck
2002: V (1st)



Merilyn Chapman
1982: BB (1st)



Jene Elzie
1992: AA (2nd)



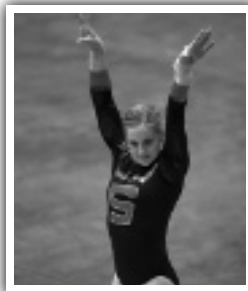
Jennifer Exaltacion
2000: AA, BB (2nd)



Kelly Fee
2007: BB (1st)



Caroline Fluhrer
2004: UB, FX (1st)
2003: UB (2nd)



Natalie Foley
2006: V, UB (2nd)
2004: AA, V, UB, FX (1st); BB (2nd)
2003: AA (1st); V, UB (2nd)



Larissa Fontaine
1999: V (1st)
1998: V (1st)
1997: V, UB, FX (2nd)

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	Region I (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	WAIWA Region 8 (Fullerton, Calif.)	138.10	6th
1980	WAIWA Region 8 (San Diego, Calif.)	135.40	6th of 8
1979	did not qualify	--	--
1978	did not qualify	--	--

Stanford's Individual Regional Champions

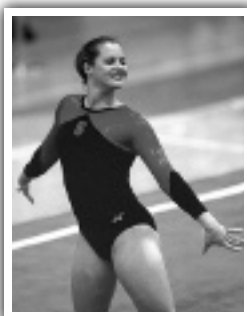
Year	Name	Event	Score	Regional
2009	Carly Janiga	All-around	39.425	South Central
	Allyse Ishino	Bars	9.90	
	Nicole Ourada	Vault	9.875	
2008	Kelly Fee	Beam	9.95	Central
	Liz Tricase	Bars	9.95	
	Tabitha Yim	Beam	9.95	
2007	Tabitha Yim	All-around	39.475	South Central
		Bars	9.90	
	Liz Tricase	Vault	9.90	
2006	Tabitha Yim	All-around	39.525	West
		Bars	9.95	
		Beam	9.90	
2004	Lise Leveille	All-around	39.425	North Central
	Lindsay Wing	Bars	9.90	
		Beam	9.925	
	Natalie Foley	Vault	9.90	
	Jessica Louie	Vault	9.90	
2003	Natalie Foley	Vault	9.90	North Central
2002	Lindsay Wing	All-around	39.500	North Central
		Beam	9.90	
	Caroline Fluhrer	Bars	9.925	
	Lise Leveille	Beam	9.90	
2001	Lindsay Wing	All-around	39.525	Northeast
		Beam	9.95	
	Lise Leveille	Floor	9.95	
	Robin Phelps	Vault	9.925	
2000	Katy Herbert	Beam	9.925	Region I
1999	Katy Herbert	Beam	9.875	Region IV
1998	Larissa Fontaine	Vault	9.95	West
1996	Amy Murakami	All-around	39.375	West
1993	Hillary Anderson	Bars	9.90	West
	Jene Elzie	Bars	9.90	
1985	Beth Pope	Vault	9.60	West
1979	Karen Hall	Floor	9.10	WAIWA Region 8

NCAA HISTORY

2010 STANFORD WOMEN'S GYMNASTICS



Sarah Harding
1999: FX (1st)



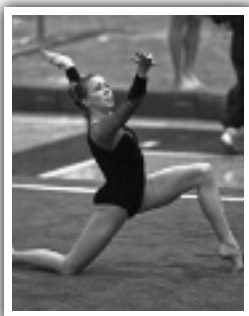
Katy Herbert
2000: BB (1st)



Carly Janiga
2009: UB (1st); AA (2nd)
2008: FX (2nd)
2007: AA, V, FX (1st)

Stanford at NCAA Championships

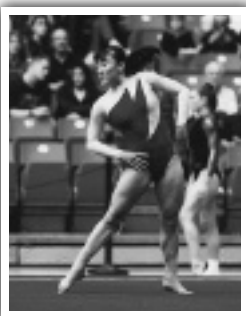
Year	Site	Round	Score	Place (finish)
2009	Lincoln, Neb.	Prelims (1)	196.225	4th of 6 (8th)
2008	Athens, Ga.	Super Six	196.750	3rd of 6 (3rd)
		Prelims (2)	196.900	3rd of 6
2007	Salt Lake City	Super Six	196.825	5th of 6 (5th)
		Prelims (2)	197.200	2nd of 6
2004	Los Angeles	Super Six	197.125	3rd of 6 (3rd)
		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)



Kristin Jensen
1999: UB (2nd)



Lise Leveille
2004: AA (1st); V, UB, BB, FX (2nd)
2002: BB (1st); FX (2nd)
2001: FX (1st)



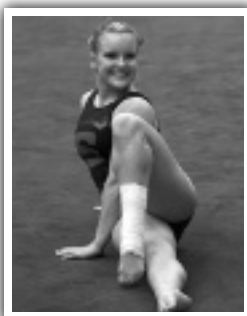
Amy Murakami
1999: UB, FX (2nd)
1996: AA (1st); BB, FX (2nd)

Top 10 Finishes by Event

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



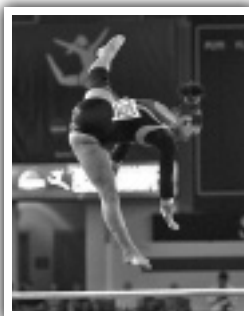
Nicole Ourada
2009: UB (1st); FX (2nd)
2008: BB (1st); AA (2nd)
2007: BB (1st); AA, V (2nd)



Blair Ryland
2007: V (2nd)



Glyn Sweets
2003: V, BB (2nd)



Liz Tricase
2008: UB (1st)
2007: V (1st)



Lindsay Wing
2004: BB (1st); AA, UB (2nd)
2003: BB (1st); UB (2nd)
2002: BB (1st)
2001: AA, BB (1st); FX (2nd)



Tabitha Yim
2008: AA, UB, BB (1st)
2007: AA, BB, FX (1st); UB (2nd)
2006: AA, UB, BB, FX (1st)
2005: AA, UB, BB, FX (1st)



RECORD BOOK

2010 STANFORD WOMEN'S GYMNASTICS

Individual Records

Score	Name	Date
All-Around		
39.825	Larissa Fontaine	2/21/00
	Natalie Foley	2/20/04
	Lindsay Wing	2/20/04
Vault		
10.000	Kendall Beck	3/7/03
	Natalie Foley	3/20/04
Uneven Bars		
10.000	Amy Murakami	3/26/99
	Liz Tricase	1/19/07
Balance Beam		
10.000	Lindsay Wing	3/22/03
	Lise Leveille	2/20/04
Floor Exercise		
10.000	Tracey Kohl	3/12/99
	Amy Murakami	3/26/99
	Sarah Harding	3/26/99
	Larissa Fontaine	2/21/00
	Caroline Fluhrer	2/20/04
	Lise Leveille	2/20/04
	Lindsay Wing	2/20/04

Team Records

Score	Opponent	Date
Overall		
198.875	California	2/20/04
197.900	Pac-10 Champs	3/20/04
197.850	Pac-10 Champs	3/24/01
Vault		
49.600	California	2/20/04
49.525	Maryland	3/6/04
49.525	NCAA regionals	4/12/08
Uneven Bars		
49.725	California	3/26/99
49.600	Oklahoma	3/22/03
Balance Beam		
49.750	California	2/20/04
49.650	Pac-10 Champs	3/20/04
Floor Exercise		
49.925	California	2/20/04
49.775	California	3/26/99



The 1998 team captured the first of Stanford's five Pac-10 titles.

Year by Year Records

Year	Coach	Regular Season			Overall		
		W	L	T	W	L	T
2009	Kristen Smyth	17	4	0	23	8	0
2008	Kristen Smyth	20	4	0	30	9	0
2007	Kristen Smyth	15	3	0	25	8	0
2006	Kristen Smyth	18	3	0	21	5	0
2005	Kristen Smyth	8	10	0	10	13	0
2004	Kristen Smyth	14	3	0	27	5	0
2003	Kristen Smyth	16	3	1	21	8	1
2002	Kristen Smyth	13	5	0	21	12	0
2001	Mark Cook	18	3	0	24	7	0
2000	Mark Cook	10	8	0	13	10	0
1999	Mark Cook	9	6	1	15	10	1
1998	Mark Cook	14	4	0	18	6	0
1997	Lisa Izzi	11	8	0	17	12	0
1996	Lisa Izzi	3	12	0	7	19	0
1995	Breck Greenwood	14	10	0	18	12	0
1994	Breck Greenwood	10	11	0	14	17	0
1993	Breck Greenwood	5	12	0	9	14	0
1992	Breck Greenwood	8	11	0	13	23	0
1991	Breck Greenwood	14	12	0	15	17	0
1990	Breck Greenwood	11	22	0	12	27	0
1989	Homer Sardina	9	18	0	10	23	0
1988	Homer Sardina	1	6	0*	3	10	0*
1987	Homer Sardina	11	15	0	14	18	0
1986	Homer Sardina	10	15	0	11	16	0
1985	Homer Sardina	20	9	0	21	13	0
1984	Homer Sardina	18	11	0	18	16	0
1983	Homer Sardina	1	6	0*	1	6	0*
1982	Jackie Walker	3	1	0*	3	5	0*
1981	Jackie Walker	3	1	0*	3	6	0*
1980	Jackie Walker	13	5	0	15	10	0
1979	Jackie Walker	7	6	0	7	6	0
1978	Jackie Walker	5	6	0	5	6	0

NOTE: Regular season include conference championship meets

* incomplete



The 2001 team was Stanford's second Pac-10 champion.



The 2006 Pac-10 championship team matched the finest regular season record in school history, at 18-3.

ALL-TIME LETTERWINNERS

2010 STANFORD WOMEN'S GYMNASTICS



-- A --

Shelley Alexander 2008, 09
 Dina Amoroso 1987, 88, 89, 90
 Hillary Anderson 1993, 94
 Jessica Armstrong 1986, 87
 Becky Ashton 1987, 88, 89, 90

-- B --

Julie Banfe 1978
 Susan Banta 1987, 88, 89, 90
 Angie Barnes 1982, 83, 84, 85
 Robin Bayer 1987
 Kendall Beck 2002, 03, 04
 Julie Bledsoe 1980, 81, 82, 83
 Pamela Blom 1983, 84, 85, 86
 Jennifer Bloom 1988, 89, 90, 91
 Cindy Boyd 1984, 85, 87, 88
 Alyssa Brown 2009
 Mollie Brown 1991, 92, 93, 94

-- C --

Stephanie Carter 2007
 Merilyn Chapman 1981, 82, 83, 84, 85
 She-Rae Chen 1998
 Linda Chun 1993, 94, 95, 96
 Katie Clancy 1992, 93, 94, 95
 Robin Close 1984, 85, 86
 Alissa Cooper 2000, 01, 02, 03
 Loretta Cordova 1978

-- D --

Mandy Delgado 2002, 03
 Kristen Derr 1999, 2000
 Cheryl Doo 1986, 87, 88, 89
 Adriana Duffy 1989
 Julie Dunhill 1988, 89, 90, 91

-- E --

Jackie Eaby 1978
 Lauren Elmore 2005, 06, 07, 08
 Jene Elzie 1992, 93, 94, 95
 Sheri Evenson 1986, 87, 88, 89
 Jennifer Exaltacion 1998, 99, 2000, 01

-- F --

Kelly Fee 2006, 07, 08, 09
 Katie Fitzpatrick 1996, 97, 98, 99
 Caroline Fluhrer 2001, 02, 03, 04
 Natalie Foley 2003, 04, 05, 06
 Larissa Fontaine 1997, 98, 99, 2000
 Marietta Frey 1987, 88, 89, 90, 91
 Anne Friend 1981, 83

-- G --

Abby Gair 2000, 02
 Stephanie Gentry 2005, 06, 07, 08
 Laurence George 1986, 87, 88, 89
 Lauren Gleitman 2000
 Shelly Goldberg 2001, 02, 03, 04
 Nanci Goldsmith 1984, 85, 86, 87
 Karen Gryler 1987

-- H --

Karen Hall 1979, 80, 81, 82, 83
 Sarah Harding 1997, 98, 99, 2000
 Katy Herbert 1999, 2000, 01, 02

-- I --

Danielle Ikoma 2008, 09
 Allyse Ishino 2008, 09

-- J --

Carly Janiga 2007, 08, 09
 Katie Jennings 1994, 95
 Kristin Jensen 1999, 2000, 01, 02
 Jennifer Johnson 1987
 Christie Jones 1995, 96, 97

-- K --

Kerri Kanuka 1991, 92
 Kerrie Kelley 1991, 92
 Tracey Kohl 1996, 97, 98, 99
 Kerry Koller 1978
 Nicki Korbrine 1989, 90
 Carly Kurth 1993

-- L --

Jeanette LaCoste 1979, 80, 81, 82
 Tara LaMorte 1997, 98
 Meegan Lannin 1992, 93, 94, 95
 Danielle Leone 1990
 Lise Leveille 2001, 02, 03, 04
 Jessica Louie 2003, 04, 05, 06
 Julie Love 1979
 Caryn Lucido 1981, 82, 83, 84

-- M --

Erin McCann 1990, 91, 92
 Julia McCraw 2000
 Jeannie McCray 1983
 Alison McGann 1985, 86, 87, 88
 Becky Meldrum 1999, 2000, 01, 02
 Keri Monahan 1995, 96, 97, 98
 Misty Moore 1995, 96
 Amy Murakami 1996, 97, 98, 99
 Sam Muramatsu 1978

-- N --

Amy Neil 1995, 96, 97, 98
 Catherine Nguyen 2009

-- O --

Gretchen O'Henley 2008, 09
 Pilar Ossorio 1979
 Nicole Ourada 2006, 07, 08, 09

-- P --

Dana Padden 1978
 Amy Paris 1995
 Linda Park 1978, 79
 Ariel Passanisi 1994, 95, 96
 Nicole Pechanec 2009
 Jenny Peter 2009
 Robin Phelps 2001
 Alex Pintchouk 2005, 06, 07, 08
 Amy Plaut 1983
 Jennifer Polanski 1986
 Beth Pope 1985, 86, 87
 Aimee Precourt 2005, 06, 07, 08
 Beth Puccio 1983
 Heather Purnell 2006, 07, 08, 09
 Laura Putnam 1984, 85

-- R --

Marni Rager 1988, 89
 Marla Ranieri 2002, 03
 Jinny Rhee 1986, 87, 88
 Jennifer Roberts 1980, 81, 82
 Blair Ryland 2007, 08, 09



Nicole Ourada was a seven-time All-American.

-- S --

Cindy Sedlund 1978, 79
 Jennifer Sey 1989
 Anne Smith 1979, 80, 81, 82
 Tina Snowden 1992, 93, 94, 95
 Alyssa Solomon 1989, 90
 Pam Spira 1978
 Stacy Sprando 2004, 05, 06
 Cindy Stevenson 1979, 80
 Kelsey Stillinger 2000, 01, 02, 03
 Kim Strauss 1982, 83
 Glyn Sweets 2003, 04, 05, 06

-- T --

Carolyn Tarkington 1982, 83
 Ann Thananopavarn 1997, 98
 Liz Tricase 2005, 06, 07, 08

-- V --

Denise Villars 1989, 90
 Christie Volastro 1988

-- W --

Jenny Ward 1993, 94
 Lisa Weinstock 1985
 Laurie West 1991, 92, 93, 94
 Tenaya West 2008, 09
 Trina Wiggins 1980, 81
 Dell Wilkinson 1983, 84
 Jenny Wilson 1998, 99, 2000
 Lindsay Wing 2001, 02, 03, 04
 Shira Wohlberg 1989, 90
 Vicki Worden 1983, 84, 85

-- Y --

Doe Yamashiro 1989
 Tabitha Yim 2005, 06, 07, 08
 Kim Young 1998, 99, 2000



Stanford University at a Glance

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

For the Stanford's on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew students from all over the country; many from California; some who followed professors hired from other colleges and universities; and some simply seeking adventure in the West. Though there were many difficulties during the first months – housing was inadequate, microscopes and books were late in arriving from the East – the first year foretold of greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."

Ideas of "Practical Education"

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

Nearly 116 years later, the university still enjoys the original 8,180 acres (almost 13 square miles) of grassy fields, eucalyptus groves, and rolling hills that were the Stanford's generous legacy, as well as the Quadrangle of "long corridors with their stately pillars" at the center of campus. It is still true, as the philosopher William James said, during his stint as a visiting professor, that the climate is "so friendly ... that every morning wakes one fresh for new amounts of work."

Current Perspectives

In other ways, the university has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is less than hour's drive south of San Francisco and just a few minutes north of the Silicon Valley, an area dotted with computer and high technology firms largely spawned by the university's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, tremendous sports and recreation facilities, and comfortable residences. Contemporary sculpture, as well as pieces from the Stanford Museum's extensive collection of sculpture by Auguste Rodin, is placed throughout the campus, providing unexpected pleasures at many turns. At the Stanford Medical Center, world-renowned for its research, teaching, and patient care, scientists and physicians are searching for answers to fundamental questions about health and disease. Ninety miles down the coast, at Stanford's Hopkins Marine Station on the Monterey Bay, scientists are working to better understand the mechanisms of evolution, human development, and ecological systems.

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



THE UNIVERSITY

2010 STANFORD WOMEN'S GYMNASTICS



Stanford People

By any measure, Stanford's faculty – which numbers 1,874 – is one of the most distinguished in the nation. As of the June of 2009, the faculty included 16 Nobel Laureates, four Pulitzer Prize winners, 23 MacArthur Fellows, 19 recipients of the National Medal of Science, two National Medal of Technology recipients, 244 members of the National Academy of Arts and Sciences, 136 members of the National Academy of Sciences, 83 National Academy of Engineering members, 46 American Philosophical Society members, 27 members of the National Academy of Education, eight Wolf Foundation Prize winners, six winners of the Koret Foundation Prize and three Presidential Medal of Freedom winners. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

Currently, 15,140 students, of which 6,812 are undergraduates, study on campus. A little more than 40 percent come from California, but all 50 states and 8 countries are represented as well. Among undergraduates, approximately 55 percent are African American, Asian American, International, Mexican American, Native American, Native Hawaiian or Other Hispanic in ethnicity. Like the faculty, the Stanford student body is distinguished.

Approximately 10 students apply to Stanford for every place in the freshman class with 89% of those admitted finishing in the



top 10% of their high school class. Ninety-eight Stanford students have been named Rhodes Scholars, 78 have been selected Marshall Award winners, and 53 have been chosen Truman Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in many community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 35 Division I varsity sports. Of Stanford's 97 NCAA titles (111 national), 57 have been captured since 1990, by far the most in the nation. Forty-nine Stanford-affiliated athletes competed in the 2008 Olympics in Beijing, collecting a school-record 25 medals (eight gold, 13 silver and four bronze. Intramural

and club sports are also popular; over 1,300 students take part in the club sports program, while participation in the intramural program is more than 4,600, with many students active in more than one sport.

Looking Ahead

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

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

U.S. News and World Report 2009 Top 10 Rankings of National Universities

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



Stanford's National Titles

NCAA championships are commonplace at Stanford University, as Cardinal teams have won national titles at an unprecedented rate, including a national-best 80 since 1980 and 57 since 1990. Stanford has won at least one NCAA championship for 33 consecutive years and has won four national titles in a single season nine times.

Nine different Stanford teams have won at least five national titles, including men's tennis (18), women's tennis (16), men's water polo (11), women's swimming and diving (9), men's swimming and diving (8), men's golf (8), women's volleyball (6), synchronized swimming (6) and women's cross country (5). A total of 19 Stanford teams have won at least one national championship.

Stanford teams have won a total of 111 national championships. In NCAA competition, Cardinal teams have won 97 team titles, including 59 men's championships and an NCAA-best 38 women's titles.

Titles By Sport

* AIAW + Helms ^ ICYRA † Rissman • Unofficial title # U.S. Collegiate Note: NCAA titles unless otherwise noted

Baseball (2)

- 1987 Mark Marquess
- 1988 Mark Marquess

Men's Basketball (3)

- 1937 John W. Bunn+
- 1938 John W. Bunn+
- 1942 Everett Dean

Women's Basketball (2)

- 1990 Tara VanDerveer
- 1992 Tara VanDerveer

Men's Cross Country (4)

- 1996 Vin Lananna
- 1997 Vin Lananna
- 2002 Vin Lananna
- 2003 Andy Gerard

Women's Cross Country (5)

- 1996 Vin Lananna
- 2003 Dena Evans
- 2005 Peter Tegen
- 2006 Peter Tegen
- 2007 Peter Tegen

Football (1)

- 1926 Glenn "Pop" Warner†

Men's Golf (8)

- 1938 Eddie Twigg
- 1939 Eddie Twigg
- 1941 Eddie Twigg
- 1942 Eddie Twigg
- 1946 Eddie Twigg
- 1953 Eddie Twigg
- 1994 Wally Goodwin
- 2007 Conrad Ray

Men's Gymnastics (4)

- 1992 Sadao Hamada
- 1993 Sadao Hamada
- 1995 Sadao Hamada
- 2009 Thom Glielmi

Women's Rowing (1)

- 2009 Yasmin Farooq

Co-ed Sailing (1)

- 1997^ Steve Bourdow

Men's Swimming & Diving (8)

- 1967 Jim Gaughran
- 1985 Skip Kenney
- 1986 Skip Kenney
- 1987 Skip Kenney
- 1992 Skip Kenney
- 1993 Skip Kenney
- 1994 Skip Kenney
- 1998 Skip Kenney

Synchronized Swimming (6)

- 1998# Vickey Weir
- 1999# Gail Emory
- 2005# Heather Olson
- 2006# Heather Olson
- 2007# Heather Olson
- 2008# Heather Olson

Women's Swimming & Diving (9)

- 1980* Claudia Kolb Thomas
- 1983 George Haines
- 1989 Richard Quick
- 1992 Richard Quick
- 1993 Richard Quick
- 1994 Richard Quick
- 1995 Richard Quick
- 1996 Richard Quick
- 1998 Richard Quick

Men's Tennis (18)

- 1942• John Lamb
- 1973 Dick Gould
- 1974 Dick Gould
- 1977 Dick Gould
- 1978 Dick Gould
- 1980 Dick Gould
- 1981 Dick Gould
- 1983 Dick Gould
- 1986 Dick Gould
- 1988 Dick Gould
- 1989 Dick Gould
- 1990 Dick Gould
- 1992 Dick Gould

- 1995 Dick Gould
- 1996 Dick Gould
- 1997 Dick Gould
- 1998 Dick Gould
- 2000 Dick Gould

Women's Tennis (16)

- 1978* Anne Gould
- 1982 Frank Brennan
- 1984 Frank Brennan
- 1986 Frank Brennan
- 1987 Frank Brennan
- 1988 Frank Brennan
- 1989 Frank Brennan
- 1990 Frank Brennan
- 1991 Frank Brennan
- 1997 Frank Brennan
- 1999 Frank Brennan
- 2001 Lele Forood
- 2002 Lele Forood
- 2004 Lele Forood
- 2005 Lele Forood
- 2006 Lele Forood

Men's Track & Field (4)

- 1925 Dink Templeton
- 1928 Dink Templeton
- 1934 Dink Templeton
- 2000 Vin Lananna

Men's Volleyball (1)

- 1997 Ruben Nieves

Women's Volleyball (6)

- 1992 Don Shaw
- 1994 Don Shaw
- 1996 Don Shaw
- 1997 Don Shaw
- 2001 John Dunning
- 2004 John Dunning

Men's Water Polo (11)

- 1963• Jim Gaughran
- 1976 Art Lambert
- 1978 Dante Dettamanti
- 1980 Dante Dettamanti
- 1981 Dante Dettamanti
- 1985 Dante Dettamanti
- 1986 Dante Dettamanti
- 1994 Dante Dettamanti
- 1995 Dante Dettamanti
- 2001 Dante Dettamanti
- 2002 John Vargas

Women's Water Polo (1)

- 2002 John Tanner

Head Coach Conrad Ray guided the Cardinal to its eighth NCAA men's golf championship in 2007.



Stanford won back-to-back College World Series titles in 1987 and '88.

Stanford Championship Facts

Total National Championships.....	111
Total NCAA Championships.....	97
Men's	59
Women's	38
Other National Championships	14



STANFORD

2010 WOMEN'S GYMNASTICS SCHEDULE

Date	Opponent	Location	Time
Jan. 9	at Georgia	Athens, Ga.	1 p.m.
Jan. 17	Arizona	Burnham Pavilion	2 p.m.
Jan. 24	UCLA	Burnham Pavilion	2 p.m.
Jan. 29	at Oregon State, and Seattle Pacific	Corvallis, Ore.	7 p.m.
Feb. 7	Washington, San Jose State, and Sacramento State	Burnham Pavilion	2 p.m.
Feb. 14	at UCLA	Los Angeles	2 p.m.
Feb. 19	at Arizona State	Tempe, Ariz.	6:30 p.m.
Feb. 28	California, North Carolina, and Eastern Michigan	Maples Pavilion	2 p.m.
March 5	at San Jose State, and California	San Jose, Calif.	7 p.m.
March 21	at UC Davis	Davis, Calif.	2 p.m.
March 27	Pacific-10 Championships	Tucson, Ariz.	3 p.m.
April 10	NCAA Regionals	TBA	TBA
April 22	NCAA Team Preliminaries	Gainesville, Fla.	TBA
April 23	NCAA Super Six Finals	Gainesville, Fla.	TBA
April 24	NCAA Individual Event Finals	Gainesville, Fla.	TBA

Home events in bold

All times Pacific

