

Gymnasts of the Week – Feb. 29-March 4, 2012

Awards are given by conference offices

Big Ten Conference

Co-Gymnasts of the Week

Sarah Miller, Ohio State

- Finished in the top two in all three of her events to help No. 14 Ohio State past Kent State
- Tied career highs on the vault and balance beam with identical 9.950 scores en route to titles in both events
- Added a 9.900 in the floor exercise to tie for second place
- Collects her second straight weekly award

Sharaya Musser, Penn State

- Won three event titles and the all-around competition to lead No. 11 Penn State past No. 23 Michigan and North Carolina
- Took first place on the vault, tying a career-best 9.950, and added titles in the floor exercise (9.925) and on the balance beam (9.900)
- Finished third on the bars with a score of 9.875, bringing her winning all-around score to 39.650
- Earns her fifth Big Ten weekly award this season and the 10th of her career

Freshman of the Week

Jessie DeZiel, Nebraska

- Tied for first in the all-around competition, adding two event titles in No. 6 Nebraska's dual against No. 1 Florida
 - Posted an all-around score of 39.450, winning the vault (9.900) and floor exercise (9.875) crowns
 - Took sixth place on the bars (9.850) and balance beam (9.825)
 - Wins the Freshman of the Week Award for the seventh time
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Big 12 Conference

Gymnast of the Week

Kayla Nowak, Oklahoma

In her first all-around competition this season, Nowak posted a career-high-tying 39.375 to take a share of second place in the all-around. The junior posted a 9.800 in her first appearance in the vault lineup this season, as well as registering a season-high 9.875 on bars and floor. She tied for fifth in the bars, beam and floor events, helping the Sooners hand then-No. 5 Alabama its first loss of the season 197.300-197.150.

Specialist of the Week

Megan Ferguson, Oklahoma

In senior night for the Sooners, Ferguson finished her last home meet in winning fashion. The Olathe, Kan.-native needed to score a 9.825 or higher in the final routine of the night for OU to beat the reigning national champions, Alabama. Ferguson matched her career-high of 9.95 on floor, clinching the win to help OU best the Crimson Tide. She added another 9.900 on bars in the anchor spot, as well as a 9.85 on beam. Ferguson has scored a 9.9 or higher in 15 out of her last 18 routines this season. She is currently ranked first in the country on floor and second on both bars and beam. Ferguson ties Missouri's Updike for the most consecutive weekly awards earned with five.

Newcomer of the Week

Rachel Updike, Missouri

Updike took home the vault title for the fifth time this season, after tying her season high of 9.950 Friday at the Winterfest Invitational in Denver, Colo. The freshman also earned a share of the floor title after posting a 9.875. Updike currently ranks 13th in the nation in vault and 15th in floor.

East Atlantic Gymnastics League

Gymnast of the Week

Morgan Evans, North Carolina

Evans posted a career-best 39.375 to place second in the all-around competition, scoring a 9.800 or better in every event. She tied her personal best on the vault at 9.850, tied her best career score with a 9.875 on floor and posted 9.850 on bars and a 9.800 on balance beam. It is the first EAGL Gymnast of the Week honor for Evans this season.

Specialist of the Week

Zoya Johnson, North Carolina

Johnson made her return on balance beam, after sitting out for two weeks with a back injury. She earned an impressive 9.800, tying for seventh place and tying her personal best score. Johnson also landed a beautiful vault, scoring a 9.900, also tying her career best and tying for second place overall. She also performed a well-executed routine on the uneven bars, earning a 9.850. It is the first EAGL Specialist of the Week honor for Johnson this season.

Rookie of the Week

Haley Bodenheimer

Bodenheimer scored an impressive 39.200 in the all-around, setting career-high scores in the all-around, on the vault (9.850) and on the bars (9.825). Additionally, Bodenheimer scored a 9.800 on the beam and a 9.725 on the floor. Bodenheimer's scores in the all-around and vault were good enough for first in the meet, while she finished second on both the bars and the beam and sixth on the floor with the fourth-best score of the day.

Eastern College Athletic Conference – Division I

Co-Gymnasts of the Week

Michelle Shnayder, Brown University

In a tough competition at UNH vs. Maryland and Bridgeport, Michelle showed great leadership and poise. She finished second all-around, earning a career high 38.825, while scoring a career high on vault with a 9.775 and earning the Bears' top score on that event. She was the top performer on floor as well with a 9.8. Shnayder's performance helped the Bears earn a 191.575 overall score.

Lindsay Poplaski, Towson University

Poplaski matched her career high with a 38.875 all-around score as she finished first, leading Towson to a pair of wins over William and Mary and Yale. It marked her third all-around title of the season as she tied for second place on vault with a 9.75 score and won the balance beam with a 9.675 score. On floor, she tied for fourth place with a 9.775 score and tied for seventh on bars with a 9.675 score.

Rookie of the Week

Stacia Ruse, College of William & Mary

Ruse earned a career-high 38.550 in all-around, and was the team's top performer on bars and finished second overall by equaling a career high (9.775). The freshman tied for the team's top score on beam and placed tied for third overall with a 9.550. Ruse nearly equaled a career high on vault with a 9.625 (her career high is 9.650).

Specialist of the Week**Alexandra Uscatu, Temple University**

Participating in just one event, Uscatu continued to show her consistency on the vault, as he posted her season-best score on the apparatus with an earned total of 9.625, which was strong enough to place second among Temple participants in the event.

Coaches' Choice**Jasmine Johnson, Temple University**

Due to battling tonsillitis the week leading up to Saturday's quad-meet at Cornell, Johnson was listed as a scratch for the competition. However, moments after head coach Aaron Murphy turned in his lineup sheet, Temple would have one of its competitors pull out of the floor exercise event. Needing someone to step up and fill the void, Johnson answered the call from Coach Murphy and would go on to not only take part in the floor routine, but on the vault. In her unexpected performance on the mat, Johnson posted a very strong score of 9.675 in her routine on the floor, helping the Owls win the event title.

Eastern College Athletic Conference – Division II

Gymnast of the Week**Monica Mesalles Sallares, University of Bridgeport**

Mesalles Sallares broke two school records with a pair of first-place finishes in the vault and all-around to help Bridgeport defeat Division I programs New Hampshire, Maryland and Brown in Durham, N.H., on Saturday. She broke her own benchmark in the all-around with a total of 39.45, helping the Purple Knights shatter a team record for single-meet points (196.35). She won the vault with a 9.925 score and tied for first in the floor exercise at 9.9. This is the fourth time this season that she has earned the gymnast of the week award, including the third week in a row.

Specialist of the Week**Amber Miller, West Chester University**

Miller posted a career high on the balance beam and placed first in the event with a 9.775 score against Springfield College. The Golden Rams defeated the Pride, 189.025-185.025, on Sunday in Springfield.

Rookie of the Week**Sasha Tsikhanovich, University of Bridgeport**

Tsikhanovich contributed to Bridgeport breaking a school record for points in a single meet (196.35) as the Purple Knights won the NCAA Division I-dominated New Hampshire Invitational by topping No. 29-ranked and host UNH, No. 32 Maryland and Brown. Tsikhanovich tied for first on the beam with a career- and school-record-tying 9.990. Sasha also took sixth place on the bars with a career-high 9.825 and tied for fifth on the floor with a career-best 9.85.

Coaches' Pick of the Week**Mallory Miller, Southern Connecticut State University**

In a loss to Division I Penn, Miller recorded scores of 9.25 on the beam, 9.6 on the floor exercise and 9.55 on the uneven parallel bars. The senior is being cited this week for her consistent performance on the squad all year and for her willingness to up the "bar" in the latter. She hit her bar routine and yielded a personal-best that included a new bonus connection and a new e-

valued dismount. It's rare for a collegiate gymnast to make such dramatic upgrades to their routine at all during their final season. The Southern Connecticut coaching staff looks for her to improve on that mark as she gains more confidence with a difficult routine.

Eastern College Athletic Conference – Division III

Gymnast of the Week

Elizabeth Levy, College at Brockport

Levy helped Brockport set a new school record with a 190.8 team score with a personal high of 38.475 in the all-around competition.

Rookie of the Week

Olivia Sylvestro, College at Brockport

Sylvestro set a Brockport freshman record on the vault doing a new routine that earned her a 9.7 in the win over Rhode Island College and Wilson College.

Specialist of the Week

Marissa Goodstein, SUNY Cortland

Goodstein had another strong day on the vault and floor exercise, continuing her season streak of successful routines in these events since adding her double back to her floor routine. She finished first on the vault and sixth on the floor exercise in Cortland's road loss to Ithaca College.

Coaches' Choice

Lauren Moroch, Ithaca College

Moroch hit her beam routine for the first time this season by scoring a 9.575, finishing second and assisting in the 0.175 win over favored SUNY Cortland. Moroch has always demonstrated the work ethic and talent to display her confidence on her favorite event.

Mid American Conference

Gymnast of the Week

Marie Case, Kent State

Facing No. 14 Ohio State on the road, Case led the Golden Flashes to a team season-high in scoring with her all-around victory Friday against the Buckeyes. Case scored a 39.250, just off her MAC-leading mark from a week ago, to claim all-around honors. Along the way, Case led Kent State with a season-tying high 9.875 on the floor and scored a season-best 9.825 to pace the Golden Flashes on the balance beam. Case also tied for seventh on the bars as Kent State finished with a season-best 195.775.

Specialist of the Week

Megan Melendez, Northern Illinois

NIU's Megan Melendez won both the uneven parallel bars and balance beam events Sunday as the Huskies defeated Illinois State on the road with a team-season high score of 195.100. NIU's overall score tied for the second-highest mark in school history and was the best mark since the 2004 season. Melendez' 9.850 on beam is the highest beam score by a Huskie gymnast on that event this year and is her fourth beam title of the season. She raised both her bars and beam all-time bests by .075.

Midwest Independent Conference

All-Arounder of the Week

Kim Genereux, Illinois State

Genereux placed first in the all-around competition against Northern Illinois for the fourth consecutive week in a row, with a score of 39.100. Her performance on the floor exercise earned her a first place finish with a career high score of 9.825. Genereux also placed third on vault (9.800) and fifth on the uneven bars (9.775).

Specialist of the Week

Cynthia Lemieux-Guillemette, Illinois-Chicago

Lemieux-Guillemette competed against Michigan State on the parallel bars, balance beam and floor exercise, where she tied-for-second-place on each event. She posted a 9.850 to tie her season-high score on the parallel bars and a 9.800 on both the balance beam and floor exercise, which marked a personal best.

Mountain Pacific Sports Federation

Co-Gymnasts of the Week

Linnaea Hance, Air Force

Sophomore Linnaea Hance (Naperville, IL) led Air Force to its second-highest team total of the six-year Doug Day era, a 93.025 in a meet with No. 22 Denver and Western Michigan. She tallied three career-bests, tying for fourth on beam (9.80), third all-around (38.775), as well as hitting a 9.775 on floor. Hance added a second-place bars (9.775) and all-around (38.125), and fourth-place floor (9.70) vs. SPU.

Samantha Taylor, Seattle Pacific

Seattle Pacific senior Samantha Taylor (San Carlos, CA) posted a first-place performance on beam (9.70) and placed third on bars (9.75) and vault (9.60) last Friday, leading a dual meet win at Air Force (192.475-191.100). The overall team score was SPU's second-highest of the season.

Pac-12 Conference

Gymnast of the Week

Nicole Pechanec, Stanford

On senior night, Nicole Pechanec had one of her best performances of her career. The Kenilworth, N.J., native, helped Stanford win its tri meet with Arizona and California. The senior scored a career-best 39.450 to win the all-around crown. She also won the bars competition, scoring a 9.925. On the night, Pechanec would tie or set four season-best, including two career-best.

Special Performance of the Week

Kyndal Roberts, Utah

Kyndal Roberts had another strong performance this week, earning Special Performance of the Week honors for the second time in as many weeks. Roberts was a rock on the vault for the Utes, leading Utah to its season-high score of 49.425. Roberts won the event as she posted a 9.975 for

the second straight week. The San Marcos, Texas, native also scored a 9.850 on the floor to help Utah beat Oregon State.

Southeastern Conference

Gymnast of the Week

Jamie Pisani, Arkansas

On senior night in her final regular-season appearance in Barnhill Arena, Jaime Pisani won all five individual event titles in the win over No. 18 Minnesota. Pisani won vault with a 9.90, bars with a 9.925, beam with a 9.90 and floor with a 9.95, and the all-around with a 39.675. She now has 23 wins for the year and 81 for her career. The 9.925 on bars ties for the third-best score in school history, the 9.95 on floor ties for second-best and the 39.675 in the all-around ties for third best.

Freshman of the Week

Lloimincia Hall, LSU

Hall led LSU to a victory over No. 20 North Carolina State as she claimed her second all-around title of the season with a 39.425, just .025 off her season high. She tied the nation's top floor score with a 9.975 to cap LSU's victory, and it marked her fifth title in the event. She became only the 10th gymnast in LSU history to earn a 9.975 or higher in a meet.

Western Athletic Conference

Gymnast of the Week

Thomasina Wallace, San Jose State

Wallace, a senior from Pomona, Calif. (Diamond Ranch HS) won the all-around for a sixth consecutive week. Wallace posted a score of 39.300 at a quad meet at UC Davis with Arizona and Alaska Anchorage. She won the bars title with a 9.900 and floor with a 9.825. Wallace also tied for second on beam with a 9.850 and added a 9.726 on vault.

Specialist of the Week

Moriah Martin, Denver

Martin, a sophomore from Lake Mary, Fla. (Lake Mary HS) turned in her fifth-straight vault score of 9.900 or higher last Saturday with a 9.900 at the Winterfest quad meet. Martin anchored the vault group that opened the meet with a 48.825. Martin is currently tied for fourth in the nation in vault with an RQS of 9.915.