

# **Gymnasts of the Week – Jan. 21-27, 2013**

**Awards are given by conference offices**

## **Big Ten Conference**

### **Gymnast of the Week**

**Sharaya Musser, Penn State**

- Recorded three first-place finishes and one third-place effort en route to the all-around title (39.525) in Penn State's meet with Iowa, No. 22 Pittsburgh and Rutgers
- Won the all-around title and placed first on the vault (9.875), bars (9.875) and balance beam (9.925) and third in the floor exercise (9.850)
- Led the Nittany Lions to a first-place team finish in the quad meet

### **Event Specialist of the Week**

**Sarah Miller, Ohio State**

- Tied her career-best score (9.950) for first place on the balance beam in No. 19 Ohio State's meet against No. 6 Nebraska
- Also tied for first on the vault (9.925) and in the floor exercise (9.900)

### **Freshman of the Week**

**Lindsay Mable, Minnesota**

- Finished first in the all-around (39.450) and placed in the top 10 in every event to help No. 12 Minnesota win its quad meet against No. 1 Michigan, No. 20 Central Michigan and Iowa State
- Placed first on the balance beam (9.900) and in the floor exercise (9.925), tied for sixth on the vault (9.850) and tied for 10<sup>th</sup> on the bars (9.775)
- Her scores on the balance beam and in the floor exercise were personal bests, which helped the Gophers to their first-ever win over a No. 1 ranked team

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## **Big 12 Conference**

### **Gymnast of the Week**

**Taylor Spears, Oklahoma**

Spears tied for the all-around title at the Metroplex Challenge, a meet featuring No. 7 LSU, No. 9 Georgia and No. 16 Oregon State. Led by a season-high bars score of 9.875 and the second-best score on beam of any gymnast on the night (9.875), Spears won her third all-around title in four meets this year. The junior is currently No. 7 in the nation with a 39.413 all-around average, second-best among competitors with at least four all-around scores or more this season.

### **Specialist of the Week**

**Laura Albright, Oklahoma**

Albright totaled a season high and tied a career high with a 9.9 on floor at the Metroplex Challenge. Leading off the rotation for the No. 2 Sooners, Albright scored a team high under pressure, with the Sooners needing a 49.100 or higher going into floor in order to win the Challenge. Performing on podium for the first time this season, Albright set the Sooners up for the win with the second-highest score on floor of the night among some of the country's best competition.

### **Newcomer of the Week**

**Lauren Alexander, Oklahoma**

Alexander received a 9.975 on beam at the Metroplex Challenge, the highest score earned on beam by any gymnast in the country this season. The mark was the highest of any gymnast on any apparatus at the Challenge and the highest score by a Sooner this season. Alexander was given a 9.95 by one judge and a perfect 10.0 by another. The sophomore is competing for the first time in her career this season. After suffering two ACL injuries her junior year of high school, Alexander was forced to sit out her senior season. She joined the Sooners in fall 2011, but her injury forced her to quit before the 2012 season began. After sitting out the season, Alexander made it back on the roster this fall.

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## **East Atlantic Gymnastics League**

### **Co-Gymnasts of the Week**

#### **Austyn Fobes, New Hampshire**

Fobes, who previously was tabbed the EAGL Gymnast of the Week on Jan. 8, placed first in vault and all-around to power UNH to a tri-meet victory against Brown and Temple on Jan. 26 at Lundholm Gymnasium. The senior scored a 9.825 on vault, secured second place on uneven bars with a 9.850 and finished third on floor exercise with a 9.775. Her all-around mark of 39.175 highlighted the Wildcats' season-high score of 195.650.

#### **Elizabeth Durkac, North Carolina**

Durkac had her highest event score on floor exercise where she notched a 9.850 to place second. She was third on the balance beam with a 9.775, fifth on bars with a 9.800 and fifth on vault with a 9.775.

### **Specialist of the Week**

#### **Ally Krikorian, Maryland**

After winning specialist of the week honors for her performance at Pittsburgh on Jan. 19, Krikorian tied season highs on both vault and floor Saturday night against North Carolina. The senior tied with teammate Katy Dodds for first on vault and won the honor outright on floor.

### **Rookie of the Week**

#### **Katy Tang, Maryland**

Tang tallied her second-best score of the season in the all-around and placed second on Saturday. In all, Tang took home three medals on the night. She also placed second on bars and third on vault. Her scores on vault and bars tied for the second highest scores of the meet.

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## **Eastern College Athletic Conference – Division I**

### **Co-Gymnasts of the Week**

#### **Dana Bonincontri, Pennsylvania**

Bonincontri won three of the four events Sunday, January 27th at Yale. She also finished first in the all-around with a 38.850. Dana is the top ranked division I gymnast in the ECAC on vault, bars and the all-around.

#### **Jean Alban, Temple**

Not expected to compete on vault, Alban was called upon to be an alternate when a teammate had to be pulled. The change set Alban up to compete as a four-event competitor for the first time since her freshman year. Alban took a second place score in the all-around with her career-high score of 38.150, placing her only behind New Hampshire's Austyn Forbes (39.175).

### **Co-Rookies of the Week**

#### **Corey Holman, Brown**

Holman is first up on beam and floor for the Bears. She steps up every meet and hits her sets, handling the pressure like a pro. Not only is she first up, but she earns one of the top scores for the Bears on her events each meet and sets the tone for the entire lineup.

#### **Elyse Shenberger, Pennsylvania**

Shenberger finished 3rd on beam this past Sunday and stepped up into the vault line up to replace an injured teammate. Her effort earned her a 9.6 on vault, 9.675 on beam and a 9.525 on floor to help Penn win a dual meet over Ivy rival Yale.

### **Specialist of the Week**

#### **Julia Meyer, Brown**

Meyer was solid on both of her events in the second meet of her final season for the Bears. She helped Brown earn another solid team score of 191.75, as she earned the top score on bars and second highest score on beam.

### **Coaches' Choice**

#### **Ashley O'Connor, Yale**

O'Connor has been working with an injured shoulder getting over a ankle stress fracture and chronic back pain. She has persevered to be in the beam line up and placed second for the Yale team.

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## **Eastern College Athletic Conference – Division II**

### **Gymnast of the Week**

#### **Nicole Pruchnik, Southern Connecticut State**

Pruchnik earned first place marks on the floor exercise (9.75) and beam (9.475) and was the runner-up on the vault as the Southern Connecticut State University gymnastics team defeated Rhode Island College on Saturday evening to improve to 5-0 on the year.

### **Specialist of the Week**

#### **Monica Mesalles Sallares, Bridgeport**

Sallares was outstanding last Saturday in a Quad Meet hosted by Towson University as she led the Purple Knights to a season-high team total of 194.600. Sallares took first place in the floor exercise with a score of 9.925 and was second on the vault at 9.825. So far this year, she is the third ranked gymnast in all divisions of NCAA Gymnastics (I, II, III) in the floor exercise event with an average of 9.913.

### **Rookie of the Week**

#### **Meghan Brannon, West Chester**

Brannon placed 1st on the Uneven Parallel bars, scoring a West Chester University school record 9.775. She also placed 3rd on the Floor Exercise scoring her season best of a 9.450.

### **Coaches' Choice of the Week**

#### **Lissette La Fex, Bridgeport**

La Fex continues to be one of the team leaders for the undefeated University of Purple Knights so far in 2013 as she helped UB to a season-best team score of 194.600 and a first place finish in Saturday's Quad Meet hosted by Towson University. La Fex took first place on the bars (9.775) and was solid in the beam (9.600) and the vault (9.650).

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## Eastern College Athletic Conference – Division III

### **Gymnast of the Week**

#### **Brittany Baglow, Springfield**

Baglow took 1st place in the all around and vault in a home meet against Ithaca College on Sunday January 21, 2013. This was the 1st time Brittany has competed all-around and vault since she ruptured her achilles tendon last competitive season. It was an exceptionally great vault with a stuck landing. Baglow placed 3rd on floor with the highest score for Springfield, and was 4th on beam. Not only was it Baglow's first meet in the all-around competition in over a year, but it was also her last Senior Day home meet.

### **Rookie of the Week**

#### **Megan Harrington, Ithaca**

Harrington was able to hit all three of her events at Ithaca's meet at Springfield College. She led Ithaca on the beam in its 0.275 loss to Springfield College.

### **Specialist of the Week**

#### **Abby Clark, Springfield**

Clark took 1st place on beam, 3rd on vault, and 4th on floor this week in a home meet against Ithaca College. She scored her season high on all three events. Clark also preformed an exhibition on bars, scoring a scoring a personal best 9.1 for the season.

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## Mid American Conference

### **Gymnast of the Week**

#### **Marie Case, Kent State**

Marie Case took home three of the five events of the evening for the Golden Flashes in what may have been her best performance of the year during Kent State's home opener against conference foe Western Michigan and George Washington. Case took the balance beam event with a score of 9.800, topping the other 17 competitors. Case also earned a 9.925 from the judges on the floor exercise, the highest score given to any gymnast during the event. Case had another strong performance on the bars where she posted a 9.850, good for third overall for the event. In her final event of the evening Case received a 9.625 on the vault, finishing 16th. Case was also named the top all-around performer of the tri-meet, when she earned a 39.200 overall for her efforts.

### **Specialist of the Week**

#### **Rachel Guida, Kent State**

Rachel Guida broke two personal records during Kent State's win over conference opponent Western Michigan and George Washington. Guida won the uneven bars event for the Golden Flashes when she posted a 9.900, the second highest score of the evening by any gymnast. Guida also performed on the vault where she tied her previous mark when she was awarded a 9.825. That score was good for third overall for the event, concluding a strong outing by Guida.

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## Midwest Independent Conference

### **All-Arounder of the Week**

#### **Chantel Turk, Illinois-Chicago**

Turk earned the honor after her performance against Illinois State, which was held Jan. 27 inside the Horton Field House in Normal, Ill. Turk placed first on the floor exercise with a 9.850, while collecting the second-highest score (9.750) on the beam to capture a career best. She then claimed a 9.775 on the vault and a 9.750 on the bars for a career-best 39.125 effort in the all-around for a career high.

#### **Specialist of the Week**

##### **Bethany Larimer, Texas Woman's**

Larimer tied her career-high on vault at the quad meet at Air Force on Saturday en route to an event title – marking her second event title of the season. The Carrollton, Texas, native recorded a 9.875 in the event to help the Pioneers to an overall score of 191.400. The senior has scored a 9.725 or better on the vault in all three meets this season for TWU.

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## **Mountain Pacific Sports Federation**

#### **Gymnast of the Week**

##### **M'Rcy Matsunami, Alaska-Anchorage**

Alaska-Anchorage freshman M'rcy Matsunami (Omaha, NE) won the all-around both nights in duals against Seattle Pacific, posting three scores of 9.8 or better. Friday, she scored a 38.675, boosted by a 9.85 vault, to help UAA defeat SPU in a dual meet for the first time ever. She also had a 9.75 on bars and a 9.7 on beam in that meet. Saturday, she sprung a 9.825 vault and earned a 9.8 on bars to record a 38.750, tying the 11th-best all-around in UAA history.

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## **Pac-12 Conference**

#### **Gymnast of the Week**

##### **Ashley Morgan, Stanford**

Senior captain, Morgan earned three individual titles to help Stanford claim first place over California, 196.450-195.775. Morgan won vault (9.925), floor (9.925) and the all-around (39.225). Her score on vault tied her career-best, while she recorded a new season-best on floor. She tied her season-best on bars with a 9.850 which placed fourth. Earlier in the week against No. 9 Georgia, Morgan posted a 39.225 to win the all-around. She scored a 9.850 on bars in the meet to lead the Cardinal team on the event.

#### **Specialist of the Week**

##### **Natasha Sundby, Arizona State**

Sundby, an El Dorado Hills, Calif., native scored a career-high 9.90 on floor to lead the Sun Devils to a season-high floor team score of 49.150. Arizona State topped the Bruins on the event who were ranked No. 1 nationally on the event coming into the meet. Sundby placed first on floor, her first individual title on the event.

#### **Freshman/Newcomer of the Week**

##### **Sophina DeJesus, UCLA**

Bruin freshman DeJesus earned a first place and two second place finishes in the Bruins' 196.275-195.600 victory over Arizona State. DeJesus tied for first place on beam with a 9.875, a mark that set a new career-high. She continued her success on floor where she set another career-high with a second 9.875, which tied for second place. She tied for second on bars as well with a 9.80.

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## **Southeastern Conference**

### **Gymnast of the Week**

#### **Kytra Hunter, Florida**

Sophomore Kytra Hunter posted scores of 9.90 or better in each event in Florida's win over Auburn on Friday. She equaled her collegiate vault best of 9.975 for the third time of her career to take that title and claimed her second floor win of 2013, anchoring the Gators' lineup with a 9.925. Hunter also matched her season-best on balance beam of 9.90 to take the win and upped her national-leading all-around total from 39.675 to 39.70 to take the all-around win. That total is the second-highest of her young collegiate career.

### **Specialist of the Week**

#### **Maliah Mathis, LSU**

Maliah Mathis turned in the best meet of her career as she propelled LSU to the first 197 team score in three seasons. Mathis only competed on vault and floor for the Tigers at the Metroplex Challenge and turned in a pair of 9.90s on both events. Both scores are season highs for her, and the 9.90 on vault matches her career-high she scored as a freshman in 2011. Mathis finished second in the meet in both events and was a key reason LSU scored a 49.500 on vault, the highest total in that event since 2008, and a 49.400 on floor on the way to a 197.100 final score.

### **Freshman of the Week**

#### **Brittany Rogers, Georgia**

Georgia freshman Brittany Rogers scored career-highs on three events to help the Gym Dogs post a 196.775 road score at the Metroplex Challenge on Saturday. Rogers tied for second on vault with a team-high 9.9 and tied for fifth on bars with a 9.9. She also tied for the team lead on the balance beam with a 9.825. All three scores were career-highs.

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## **Western Athletic Conference**

### **Gymnast of the Week**

#### **Kalliah McCartney, Sacramento State**

McCartney, a sophomore from Vancouver, Wash. (CAM HS) won the all-around for the fourth time in as many meets this season. The sophomore scored 39.350 for the highest four-event total. The mark is the second-highest score in school history. McCartney tied for first on vault with a 9.775, was second on bars (9.825) and first on both beam (9.850) and floor (9.900). Her all-around score is the highest by a WAC gymnast this season.

### **Specialist of the Week**

#### **Rochelle Bernier, Southern Utah**

Bernier, a sophomore from Edmonton, Alberta (St. Francis Xavier), bounced back from a fall on balance beam to score a 9.900 on vault, the sixth-highest mark in SUU history. The career high score earned Bernier the individual title on the apparatus and helped SUU capture its first victory of the season with wins over Utah state and Hamline.

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## **Wisconsin Intercollegiate Athletic Conference**

### **Specialist**

#### **Samantha Opsahl, Gustavus Adolphus**

Opsahl turned in Gustavus' top performance of the season in a third-place finish at the John Zuerlein Invitational on Jan. 25. She recorded the squad's first individual event win of the year, taking the balance-beam competition after scoring a season-best 9.450. Opsahl's beam routine was her best performance since a 9.475 on Feb. 3, 2012 at the Gershon/McLellan Invitational. Along with her first place mark, she also placed fourth on the floor exercise with a score of 9.200.

### **All-Around**

#### **Katie Thompson, UW-Whitewater**

Thompson placed atop the field in three events in UW-Whitewater's record breaking win over UW-Oshkosh on Jan. 26. Her 9.7 led the Warhawks to a new school record for team score on the uneven bars. Thompson's vault routine also scored the highest in the meet, 9.55. She added the all-around title with a total of 38.30 after finishing third on the balance beam (9.5) and sixth on the floor exercise (9.55).