

Gymnasts of the Week – Feb. 17-23, 2014

Awards are given by conference offices

Big Ten Conference

Gymnast of the Week

Jessie DeZiel, Nebraska

- Won the all-around with a score of 39.525 to help Nebraska defeat Kentucky, Stout and Bridgeport
- Placed first on the vault (9.975) and bars (9.900), second on the floor exercise (9.850) and third on the beam (9.800)
- Score on the vault was a career-high mark

Event Specialist of the Week

Amber See, Illinois

- Scored a 10.0 on the vault en route to the event title to help Illinois win the State of Illinois Classic
- Tied the program record on vault and became the third Illinois gymnast to score a perfect 10.0
- Placed first on the floor exercise (9.950) to help the Fighting Illini defeat Ohio State and Central Michigan

Freshman of the Week

Erin Buchanan, Illinois

- Tied for second on the vault with a score of 9.900 to help Illinois win the State of Illinois Classic
 - Tied for fourth on the floor exercise (9.875) and vault (9.850) in Illinois' tri-meet win versus Ohio State and Central Michigan
-

Big 12 Conference

Gymnast of the Week

Haley Scaman, Oklahoma

Another week meant another clutch performance for Oklahoma sophomore Haley Scaman. Scaman posted scores of 9.9 or higher on both vault and floor, aiding OU to a 197.200 and victories over Alabama, Michigan and West Virginia at the Perfect 10 Challenge. Scaman's team-best 9.9 on vault was her seventh 9.9+ performance in seven meets. Nowhere was Scaman's performance more crucial than floor, where she competed as OU's anchor for the evening. No. 5 Alabama finished with a 197.200 and Oklahoma coming off a fall on the routine before, Scaman had to deliver at least a 9.85 to secure victory for the Sooners. Scaman did one better, posting a meet-best 9.925 to boost OU to a 197.200 victory on the night. She has now captured the individual floor title for Oklahoma in three consecutive meets—all against top five opponents.

Specialist of the Week

Beth Deal, West Virginia

Following a fall in the lineup's opening position, junior Beth Deal competed the most-flawless beam of her career at Friday's Perfect 10 Challenge, scoring a career-best 9.95 and earning the event win outright. The Parkersburg, W.Va., native outscored ranked gymnasts from OU (No. 15 Erica Brewer, 9.85), UA (No. 17 Aja Sims, 9.575) and UM (No. 23 Joanna Sampson, 9.625). Deal's score tied the second-best beam mark earned by a Mountaineer gymnast in program history, and she was the first WVU gymnast to tally 9.95 on beam since senior Hope Sloanhoffer did so in 2012.

Newcomer of the Week

Kara Lovan, Oklahoma

True freshman Kara Lovan had a career night for the Sooners at the Perfect 10 Challenge, tying her season-bests on both events she competed in. Lovan opened the night on vault with a 9.875, tying for OU's second-highest score of the meet and aiding the Sooners to a 49.350. She followed up by tying her career-best of 9.9 on floor, the second consecutive week that she has posted that score on the event. Lovan's 9.9 tied her for second overall at the meet, trailing only teammate Scaman.

East Atlantic Gymnastics League

Gymnast of the Week

Alexis Gunzelman, Rutgers

Gunzelman recorded a first-place 39.400 mark in a home quad meet that featured nine all-arounders, just 0.100 shy of tying the school record. After scoring a 9.800 on vault and a 9.825 on uneven bars, she raised her level even more to earn a pair of first-place finishes to end meet. She tied her career high with a 9.875 on balance beam to help the Scarlet Knights score a season-best 49.000 as a team, before setting a new personal best with a 9.900 floor exercise routine. RU also had a season-best team score of 49.150 in the final rotation.

Specialist of the Week

Lindsay Offutt, Pittsburgh

Offutt helped lead Pitt to its highest team score of the season with a 195.050, as well as second place all time with a 49.100 team mark on the beam. Her individual scores included a career-high 9.90 on the balance beam to claim the event title, a season-best score on the uneven bars (9.675) and a 9.825 on the floor exercise.

Rookie of the Week

Chelsea Raineri, George Washington

The Telford, Pa., native continued her dominance on vault this past weekend, scoring 9.875 in a dual meet at Missouri to take second place. It marks the fifth time this season that she has scored a 9.875 or better on the event. She added scores of 9.725 on both uneven bars and floor exercise.

Eastern College Athletic Conference – Division I

Co-Gymnasts of the Week

Brittany Stover, William & Mary

Stover helped the Tribe place second at a tri-meet hosted by Towson University with a team score of 192.300. She won the all-around title with a 39.025, which ties the fourth-best mark in school history. Stover also tied for the vault title (9.800) and won the beam title (9.775).

Diana Walters, Brown

Walters captured the Ivy League all-around title with the second-highest score of her career. In addition, she won the Ivy League vault title, leading the Bears to a season-high 193.375 and the first ever back-to-back team Ivy League championships in school history. Her career-high 9.800 on floor helped the Bears break an 11-year-old school record on that event with a 49.125. She also placed second on bars and third on beam.

Rookie of the Week

Liv O'Connor, William & Mary

O'Connor helped the Tribe place second at a tri-meet hosted by Towson University with a team score of 192.300. She placed fifth on floor with a career-high 9.800 and matched a career high on vault (9.675).

Specialist of the Week

Melanie Jorgensen, Cornell

Jorgensen had one of the best meets of her career as she earned a personal best score of 9.800 on the beam, giving her a second-place finish on the event at the Ivy Classic. On bars, she finished in first-place after posting a score of 9.800, earning her the Ivy League bars title for the second time in her career.

Co-Coaches' Choice

Danielle Hoffman, Brown

Hoffman earned a career-high 9.925, and tied the school record on floor, which was set by World Floor Champion and Olympic Silver Medalist Alicia Sacramone. Sacramone set the record seven years ago, and Hoffman is the first to match the feat. Her efforts also led the Bears to break the 11-year-old school record on floor with a 49.125 and she won the Ivy floor title. Additionally, her efforts on all events helped the team make history as the first team ever to win back-to-back Ivy League titles.

Kaitlyn Reszkowski, Pennsylvania

At the Ivy Classic Championships, Reszkowski hurt her shoulder prior Penn rotating to the floor exercise and due to her injury, she was not able to finish her warm up. After being examined by the athletic trainer she was questionable until Penn arrived at the event. Her courage as one of three co-captains and a junior propelled her to overcome the pain, as she competed and led by example to score a 9.775 to help Penn post it's highest team floor score of the season.

Eastern College Athletic Conference – Division II

Gymnast of the Week

Lisette La Fex, Bridgeport

Bridgeport senior Lisette La Fex had an outstanding afternoon on Sunday at the University of Nebraska, finishing third in the all-around with a total score of 39.000 for all four events, a career high. La Fex was her team's top finisher in all four events on Sunday, as she tied for fifth on the bars (9.850), took ninth on the vault (9.800) and was tenth the beam (9.600) and eleventh in the floor exercise (9.750).

Rookie of the Week

Majesta Valentine, West Chester

Valentine finished first in the vault with a career best score of 9.725. She also placed first on the balance beam, recording a 9.725, and first in the all-around with a 37.850.

Specialist of the Week

Jennifer Rochesfort, Southern Connecticut State

Rochesfort earned a 9.675 on the bars, which was good enough for a second-place finish in the Owls' win over West Chester University.

Coaches' Choice

Samantha Menichini, Southern Connecticut State

Menichini finished second in the floor exercise in the Owls' win over West Chester University. She also posted a 9.525 on the vault and 9.375 on the bars.

Eastern College Athletic Conference – Division III

Gymnast of the Week

Abby Clark, Springfield

Clark returned to the all-around competition with strong performances on all four events. She placed first in the all-around (37.55), vault (9.625), beam (9.35) and floor exercise (9.425). Clark obtained a personal best on the bars and vault.

Rookie of the Week

Emily Murphy, Rhode Island College

Murphy has emerged as a freshman leader for Rhode Island College this season, and in her most recent meet she posted a 9.125 on the vault and 9.150 on the beam.

Specialist of the Week

Elise Konikoff, Cortland State

Konikoff is a junior captain, who has rebounded from an Achilles tear sustained last competitive season. This was the first meet she has been able to compete on vault, and she tied for first with a 9.650. She has continued to be impressive on beam, earning a 9.800, and she posted her career best on the floor exercise with a 9.500.

Mid American Conference

Gymnast of the Week

Marie Case, Kent State

Marie Case finished the meet at Ball State on Friday, February 21 with an all-around score of 39.400. Case took first on the bars (9.800), the balance beam (9.850) and tied for first on the floor exercise (9.900). Marie took second on the vault with a score of 9.850, as the Golden Flashes defeated Ball State 195.700-193.950.

Specialist of the Week

Amanda Lievendag, Bowling Green

Amanda Lievendag scored a 9.825 on both events she competed, helping Bowling Green to a 194.825-193.075 Senior Day win over Northern Illinois Sunday. She tied for the highest score in the meet on both vault and bars as Bowling Green improved to 4-1 in MAC play, one win better than a year ago. It marks the third consecutive season the team has improved its MAC win total. She earned two of the four scores of 9.800 or higher handed out on the vault and bars in the meet.

Midwest Independent Conference

Gymnast of the Week

Catherine Dion, Illinois-Chicago

At the Illinois Classic, Dion finished first with a career-high 9.900 on bars, tied her personal best on vault with 9.800 and had UIC's best beam (9.700) and all-around (39.125) scores, while also posting a 9.750 on floor. Just two days later at Iowa, Dion led the Flames on every event as she

took second on vault with 9.775, first on bars with 9.850, third on beam with 9.775, a tie for first on floor with 9.850 and first in the all-around with 39.250.

Specialist of the Week

Sami King, Illinois State

Illinois State junior Sami King finished in the top spot in two events Friday night in a quad meet with UIC, Northern Illinois and Illinois. She scored a career-best 9.925 to win the floor exercise and also won the balance beam competition by posting a 9.825 to tie her season-high.

Mountain Pacific Sports Federation

Gymnast of the Week

Lauren Glover, Seattle Pacific

Seattle Pacific freshman Lauren Glover (Fort Collins, CO) excelled in a trio of events, helping register a school-record team score of 193.950 in a home dual with UC Davis. She finished fourth on the balance beam with a career-high score of 9.825, the second-best mark this season by any SPU gymnast on that apparatus. Glover placed fourth on vault with a 9.750 and posted a seventh-place score of 9.725 on the floor exercise. This is Glover's second career MPSF award, first honored as a newcomer on Jan. 14.

Specialist of the Week

Maria Hundley, Seattle Pacific

Seattle Pacific sophomore Maria Hundley (Littleton, CO) posted the team's highest score of the season on three events and won the vault to lead a school-record team score of 193.950 against UC Davis. She received a first-place mark of 9.875 on vault, tying her career high. Hundley's career-best uneven bars score of 9.825 placed her second, followed by a career-high 9.850 on the balance beam to finish third. This is Hundley's first career MPSF award.

Mountain Rim Gymnastics Championship

Gymnast of the Week

Kelsey Morris, Boise State

Morris recorded a career-best 39.325 in the all-around and finished in the top three of each individual event en route to the all-around title. The Snohomish, Wash. native scored a 9.800 on vault, a 9.850 on bars, a 9.800 on beam and a 9.875 on floor.

Specialist of the Week

Ciera Perkins, Boise State

Perkins picked up three individual titles, scoring a 9.900 or higher on all three events, including matching 9.900's on vault and floor and a 9.925 on bars.

Pac-12 Conference

Gymnast of the Week

Kristina Vaculik, Stanford

Redshirt junior Kristina Vaculik claimed the individual victory in the all-around title to help lead the Cardinal in an upset over No. 4 Utah, 197.000-196.300. The Whitby, Ont., native delivered her

collegiate best 9.950 in the anchor position on floor to secure the victory. She also contributed in the other three events, scoring 9.850 on vault, bars and beam. In a separate meet against UCLA, Vaculik was able to post a 9.825 on bars to tie for the individual victory and scored 9.90 on vault to tie for third.

Specialist of the Week

Sam Peszek, UCLA

Peszek, a senior from Indianapolis, Ind., won all three events in which she competed to help the Bruins to a 196.900-196.250 victory over Stanford. She was able to capture first on beam with a career-high tying 9.95 and tying for top marks on vault (season high 9.925) and uneven bars (9.825). Peszek has been limited this season due to a stress reaction in her foot, being held out of two meets and performing primarily on bars and beam. Her tie for the title in vault helped UCLA achieve a team season-high of 49.4 on the event.

Freshman/Newcomer of the Week

Nicolette McNair, Stanford

Stanford freshman Nicolette McNair recorded five top-five finishes in six events this week against No. 4 Utah and No. 9 UCLA. McNair put together a great meet against Utah, tying for the individual victory on beam with 9.850. McNair placed fourth on vault with a scoring 9.850 and tied her collegiate-best on bars to place fifth with 9.875. She continued her successful week at UCLA scoring 9.80 or higher in three events. She placed fifth on vault (9.875) and bars (9.80), and sixth on beam (9.850).

Southeastern Conference

Co-Gymnasts of the Week

Diandra Milliner, Alabama

Senior Diandra Milliner stepped into the all-around for the first time since mid-way through her sophomore year and produced a career-best 39.525 to win it at the Perfect 10 Challenge, which included then No. 1 Oklahoma and No. 7 Michigan as well as West Virginia. Milliner paced the Crimson Tide to a season-best 49.550 on the vault with a season best of her own, going 9.975 in the anchor spot. Only two teams in the nation have posted a better team score on the vault this season. All this came on the road. Milliner stepped into the uneven bars for the sidelined Sarah DeMeo and scored a 9.825 in her first UB routine since her sophomore year and only the sixth of her collegiate career. She also posted a 9.9 on the floor exercise as part of an outstanding night for the Wichita, Kan., native.

Katherine Grable, Arkansas

Katherine Grable tied her school record in the all-around (39.725) that she shares with former All-American and SEC Gymnast of the Year Jaime Pisani. Swept all five event titles for the first time in her career. Matched her career-best mark on four events (vault, bars, floor, all-around). Helped team tie third-highest score in program history of 197.100. Helped the floor rotation score the second-best mark in program history of 49.450. That makes her sixth all-around and floor titles of the season, 4th vault, 1st bars and 2nd beam. Has recorded 65 career event titles.

Specialist of the Week

Sarie Morrison, LSU

Sarie Morrison tallied her sixth bars title of the season with a 9.95 at Florida. It marked the fifth consecutive meet Morrison has captured at least a share of the bars title, and it is her 26th bars title in her career. Morrison also added a 9.90 on vault, her third straight meet in which she has scored a 9.9+ in both events she competes (vault and bars), and it is the fifth time she has done it

in eight meets this season. Because of her consistency, Morrison ranks No. 1 nationally on bars with a 9.935 regional qualifying score, and she is No. 6 on vault with a 9.920 RQS.

Freshman of the Week

Katie Bailey, Alabama

Katie Bailey posted her fourth 39.3 or better score in the all-around at the Perfect 10 Challenge, with a 39.350. She scored a career-best 9.9 on the vault and led the Tide off on the uneven bars with a 9.85, stepping in for a sidelined Sarah DeMeo who normally gets the Tide's UB rotation started. She also scored a 9.85 on the floor, keeping Alabama in contention against No. 1 Oklahoma.

Wisconsin Intercollegiate Athletic Conference

Specialist

Kaylee Jondahl, UW-Stout

Jondahl set a pair of personal bests as UW-Stout competed at the 24th Annual Masters Meet at the University of Nebraska, along with the University of Kentucky and Bridgeport State University (Conn.) on Feb. 23. Jondahl hit personal bests on the vault (9.675) and the floor exercise (9.675) as UW-Stout set a new school overall team score of 188.650.

All-Around

Katherine Prouty, UW-Stout

Prouty scored a season best and near personal best of 37.950 in the all-around in a quadrangular meet at the University of Nebraska, along with the University of Kentucky and Bridgeport State University (Conn.). Prouty's scores of 9.60 (vault), 9.650 (uneven bars), 9.250 (balance beam) and 9.450 (floor exercise) helped UW-Stout set individual event records on the vault (47.575) and uneven bars (47.40) and the overall team score of 188.65.