

## **Gymnasts of the Week – Feb. 2-8, 2015**

Awards are given by conference offices

### **Big Ten Conference**

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

##### **Lindsay Mable, Minnesota**

- Won the all-around with a score of 39.575 in No. 22 Minnesota's dual meet with No. 15 Illinois
- Placed first on the beam (9.925), vault (9.900) and floor (9.875)
- Claimed her sixth consecutive all-around title and set a season-high mark on the beam

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

##### **Austin Sheppard, Michigan**

- Placed first on the uneven bars with a score of 9.925
- Guided No. 5 Michigan to a dual meet win over Maryland

#### **Freshman of the Week**

##### **Briannah Tsang, Penn State**

- Won the all-around with a score of 39.475 in No. 11 Penn State's dual meet win over Michigan State, marking her second best all-around score of the season
  - Scored a 9.875 on the beam, vault and floor, and tallied a score of 9.850 on the bars
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### **Big 12 Conference**

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

##### **Chayse Capps, Oklahoma**

Capps captured event titles on vault and balance beam in Oklahoma's 198.150-195.675 win over Iowa State on Friday night. She posted season-high performances on both events while also tying her career-best on vault with a 9.95 and added a 9.825 on floor exercise. Capps aided Oklahoma to season-high efforts on vault (49.575), floor (49.500) and beam (49.550) and boosted OU to the nation's highest team score this season with a 198.150. Oklahoma became the NCAA's first team since 2011 to be ranked No. 1 overall and No. 1 on every event nationally.

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

##### **McKenzie Wofford, Oklahoma**

Wofford posted a 9.95 to capture the uneven bars title against Iowa State, tying her season-best on the event. She has claimed the uneven bars title in three straight meets for Oklahoma and owns five scores of 9.9 or better in six meets this season. She helped OU to a 49.525 on bars in its 198.150-195.675 win over Iowa State and is ranked No. 4 nationally on uneven bars - Oklahoma's highest individual ranking on the event.

#### **Newcomer of the Week**

##### **Haylee Young, Iowa State**

Young took first place in the all-around at the meet against Centenary with a score of 48.925. She also set a career high on bars with a 9.85 and tied her previous career high on all-around. She is the highest all-around scorer as a freshman for Iowa State since 2004.

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### **East Atlantic Gymnastics League**

**Gymnast of the Week****Meghan Pflieger, New Hampshire**

Sophomore Meghan Pflieger of UNH (Barnefield, New York) earned the EAGL Gymnast of the Week honor for Week Five after winning her fourth consecutive all-around championship with a personal-best 39.375 in the Wildcats' quad-meet victory over West Virginia, Towson and Brown on Sunday, February 8th at home. The sophomore tied for first on balance beam with a 9.875 and shared the top spot on floor with a personal-best 9.950. That floor mark was the fourth highest in program history and spearheaded UNH's all-time best floor score (49.475). She assisted the Wildcatsto total a 196.525 for the fourth-highestscore in school history.

**Specialist of the Week****Kelsey Aucoin, New Hampshire**

Junior Kelsey Aucoin of UNH (Double Oak, Texas) was honored as EAGL Specialist of the Week on February 10th. In Week Five of competition, Aucoin, who battled injuries earlier in the season, flourished in her season debut on vault by tying for first place with a 9.875. The junior added a first-place score with a season-high 9.875 on beam and wrapped up her meet with a personal-best 9.900 on floor to tie for third place. Her floor score added in the Wildcats' all-time high on floor (49.475) and posted fourth-best total score in school history with a 196.525 to defeat West Virginia, Towson and Brown.

**Rookie of the Week****Tyra McKellar, Towson**

Freshman Tyra McKellar of Towson (Frederick, Maryland) earned the EAGL Rookie of the Week honor after the fifth weekend of the 2015 season. McKellar set career-highs on three events in a quad meet against UNH, West Virginia and Brown. She won bars with a score of 9.900. Her score on beam tied for third overall in the event (9.650). McKellar also finished second among the Tigers on beam (9.650), vault (9.725) and floor(9.900). She finished third overall in the all-around with a career-high score of 39.175

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

**Gymnast of the Week****Rookie of the Week****Specialist of the Week****Coaches' Choice**

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

**Gymnast of the Week****Rookie of the Week****Specialist of the Week****Coaches' Choice**

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## Eastern College Athletic Conference – Division III

### Gymnast of the Week

### Rookie of the Week

### Specialist of the Week

### Coaches' Choice

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## Mid American Conference

### Gymnast of the Week

#### **Alyssa Nocella, Bowling Green**

Alyssa Nocella – a junior from Gilbertsville, Pennsylvania – won the all-around on Friday, Feb. 6 against Ohio State, and also in Bowling Green's Mid-American Conference victory against Ball State on Sunday, Feb. 8. On Friday, Nocella scored a 39.175 in the all-around, and set season highs on bars (9.725), beam (9.825) and floor (9.850). Nocella placed tied for second on floor and beam, while also scoring a 9.775 on vault to place tied for fourth on that apparatus. On Sunday, Nocella stole the show. She earned a 39.350 in the all-around, which is tied for third best in program history. The junior won floor by posting a career-best 9.925, which is tied for the fifth-best routine on floor in BGSU gymnastics history. Nocella also surpassed her season high on bars, which she set two nights earlier, by scoring a 9.825 to place tied for the second in the event. While also posting a 9.800 on beam, Nocella placed tied for third on vault by earning a 9.800. The 9.800 on vault tied a career best. In total, Nocella earned seven top-three finishes over the weekend, which includes the two all-around titles, as well as the first-place finish on floor on Sunday. Nocella played a huge role in building Bowling Green's two team scores (195.200, 195.500), both of which rank in the top 10 in program history.

### Specialist of the Week

#### **Laura Mitchell, Bowling Green**

Freshman Laura Mitchell – who hails from London, England – earned a pair of first-place finishes on bars in Bowling Green's two competitions over the weekend. On Friday (Feb. 6) – in Bowling Green's dual meet with Ohio State – Mitchell scored a career-high 9.825 to finish tied for first on bars, and also scored a 9.825 on beam to finish tied for second on that apparatus. On Sunday (Feb. 8) – in Bowling Green's Mid-American Conference victory over Ball State – Mitchell claimed the outright title on bars, and topped her 9.825 that she posted on Friday, by registering a career-best 9.850. Her 9.850 helped BGSU score a 49.000 on the event, which stands as the team's highest score on an apparatus this season. The freshman also recorded a 9.725 on beam. Mitchell has now placed first on an apparatus across the first four competitions of her collegiate career. The freshman's first-place finishes helped Bowling Green score a 195.200 on Friday and a 195.500 on Sunday – the two team scores rank in the top 10 in BGSU gymnastics history.

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## Midwest Independent Conference

### Gymnast of the Week

#### **Valeri Ingui, Lindenwood**

Ingui set Lindenwood's all-around record last weekend in a dual at Missouri. She finished second overall at the competition with a score of 39.075. Ingui set career-highs on the bars and floor with a 9.850 and 9.825, respectively. Both of those marks were top-five Lindenwood records. Ingui finished in the top-five at the event in the bars, beam, floor, and all-around, and led the Lady Lions in the bars and floor.

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

##### **Madison Nettles, Texas Woman's**

Nettles, competing in her second career collegiate meet, scored a career-high 9.850 to capture the vault title in the dual meet at Air Force on Saturday, Feb. 7. She helped the Pioneers capture the team vault title with a score of 48.650. Nettles also posted the best score of the night among all gymnasts (all four events) in the dual meet. She has posted a 9.825 or better in the two meets she has competed this season and has placed in the top-2 in both meets.

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## **Mountain Pacific Sports Federation**

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

##### **Dani Judal, UC Davis**

UC Davis junior Dani Judal (Antelope, CA) scored 9.825 or higher in all three of her events in the home meet with George Washington (Feb. 8), including a share of two event wins. She opened the meet with a career-high 9.850 on vault, tied her season-best with a 9.825 on bars, then scored her highest beam mark (9.850) dating back to Feb. 7, 2014. Judal's bars score helped her to a three-way tie for first-place and boosted UC Davis to a season-high 48.825; while her beam score was good for a two-way meet title.

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

##### **Cassandra Quebral, UC Davis**

UC Davis junior Cassandra Quebral (Stockton, CA) continued her breakout season with a 9.825 on balance beam, matching her career-high (set last week at Utah State) and finishing tied for 3rd in the dual meet with George Washington (Feb. 8). Quebral held the conference's highest average (9

#### **Newcomer of the Week**

##### **Ariana Harger, Seattle Pacific**

Seattle Pacific freshman Ariana Harger (Castro Valley, CA) registered career-high scores on both the vault (9.825) and balance beam (9.725), on Feb. 6 at Utah State. She achieved the highest vault score of the season for a Falcon gymnast, claiming second-place against the NCAA Division I Aggies. Harger's sixth-place beam score, improved her previous best by 0.15.

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## **Mountain Rim Gymnastics Championship**

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

##### **Jill Van Mierlo, BYU**

Van Mierlo is the first Cougar to receive the weekly honor this season. She tied for first place in the all-around with a career-best score of 39.325 and recorded career-highs on bars (9.800) and beam (9.925).

##### **Kelsey Morris, Boise State**

Morris shared the all-around title with BYU's Jill Van Mierlo in the tri-meet in Provo, with a score of 39.325. Morris also took home a share of the vault title with a 9.925 for her career-best in the event. The senior posted a 9.875 on bars, a 9.675 on beam and a 9.850 on floor exercise, helping the Broncos to a first-place team finish with a 196.625, ahead of Denver (196.150) and BYU (196.450).

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

##### **Leah Lamonte, Denver**

Lomonte earned a new career-best 9.950 on balance beam during the Pioneers' conference meet at BYU with Boise State on Saturday. Her score was the highest for any MRGC gymnast not competing in the all-around this week, and it earned her the event title at Saturday's meet. This is Lomonte's first weekly conference award in her career.

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## **Pac-12 Conference**

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

##### **Georgia Dabritz, Utah**

Utah senior Georgia Dabritz earned gymnast of the week honors for the second week in a row and the third time this season after her performance in the Utes' victory over Arizona State on Feb. 6. Dabritz won the all-around and three events, including a perfect 10.0 on the vault and a pair of 9.95s on the bars and floor. Dabritz is the No. 1 all-arounder in the nation for the fourth week in a row this week and is ranked No. 1 on floor, No. 2 on vault, and No. 3 on bars.

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

##### **Tory Wilson, Utah**

Tory Wilson, also a Utah senior, earned Special Performance of the Week honors for her vault performance in the Utes' victory over Arizona State. Wilson scored a perfect 10.0 on vault to tie for first place in the event with teammate Georgia Dabritz. Wilson also scored a season-high 9.90 on the bars to finish second in the event. This is the second Pac-12 weekly award for Wilson this season, after being named Gymnast of the Week on Jan. 12.

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

##### **Toni-Ann Williams, California**

California freshman Toni-Ann Williams earned Freshman/Newcomer of the Week honors for the fourth week in a row this week. Williams came in first in the all-around in the Golden Bears' upset of Stanford. California was down by three-tenths of a point with only Williams' floor routine remaining when she pulled off a program-record 9.975 to lead the team to victory over the Cardinal for the first time since 1996. Williams is ranked at No. 4 nationally on the floor.

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## **Southeastern Conference**

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

##### **Rheagan Courville, LSU**

Courville delivered the best performance of her career as she swept all five individual titles, including a career-high 39.825 all-around total, to help the Tigers beat Georgia, 198.075-196.850. LSU's 198.075 is the second-highest score in the nation, the highest in the SEC, and the third-highest score in LSU history. Courville's 39.825 ranks as the highest all-around total in the nation this season and the second-highest in program history. Courville won the vault and bars titles with 9.95s in each event, won the floor title with a career-high tying 9.975 and won a share of the

beam title with a 9.95. She now has 26 career vault titles, second-most in LSU history, and she has 24 all-around titles which is one shy of tying April Burkholder for most in school history.

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

##### **Erin Macadaeg, LSU**

Macadaeg competed on beam against Georgia, and she came up with a career-high 9.95 to tie for the event title. It marked the first individual title of her young career, and her score helped propel LSU to a 49.625 that ranks as the highest beam total in the nation this season and the second-best beam score in program history. Macadaeg's 9.95 is the highest beam score in the nation, tying her with 12 other gymnasts across the country (including two LSU teammates). It also marked her second beam score of 9.9 or higher this season. She became the first freshman in LSU history to score a 9.90 in the first beam routine of her career, which she accomplished in the season opener against Iowa.

#### **Freshman of the Week**

##### **Ericha Fassbender, Florida**

Fassbender became the ninth Gator to win in her all-around debut, claiming the dual meet title at then No. 8 Arkansas with a 39.375. She stepped into Florida's uneven bars lineup for the first time this season to replace injured teammate Kennedy Baker. Fassbender shared the bars meet title at 9.85 with teammates Claire Boyce and Bridgette Caquatto and Arkansas' Paige Zaziski. She also registered collegiate-best marks for vault (9.875) and balance beam (9.85) at Arkansas.

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## **Wisconsin Intercollegiate Athletic Conference**

#### **Specialist**

##### **Lewa Evans, UW-Whitewater**

Evans tied for her season-high on the vault to lead the Warhawks to a 189.025-178.950 win over Gustavus Adolphus College (Minn.) on Feb. 7. Her vault scored a 9.55 to win the event. She added a 9.45 on the balance beam to finish fourth in her first time entering the competition rotation this season. Evans' floor routine scored 9.425 to finish fifth in the event and help UW-Whitewater to an event total of at least 47.700 for the fourth straight meet.

#### **All-Around**

##### **Amy Enright, UW-La Crosse**

Enright captured the all-around title (37.425) at the UW-Stout Zuerlein Invitational on Feb. 6. She also won the uneven parallel bars (9.725), while tying for third on the vault (9.175) in helping lead UW-La Crosse to the team title. Her score of 9.725 on the uneven parallel bars tied a career-best.