

# Gymnasts of the Week – Feb. 22-28, 2016

Awards are given by conference offices

## Big Ten Conference

### Co-Gymnasts of the Week

#### **Giana O'Connor, Illinois**

- Claimed two all-around titles on the week, scoring a 39.525 against Iowa State and a 39.375 at Lindenwood
- Earned two first-place finishes against Iowa State, posting scores of 9.925 on the beam and 9.900 in the floor exercise competition. Finished first on the vault at Lindenwood with a mark of 9.875

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

- Won the all-around title with a score of 39.525 in the Golden Gophers' victories against Hamline, Gustavus and Winona State
- Earned first-place finishes on the bars (9.925), floor (9.950) and vault (9.875)

### Event Specialist of the Week

#### **Sunny Kato, Illinois**

- Posted four first-place finishes in wins against Iowa State and at Lindenwood
- Recorded a mark of 9.925 on the beam in both meets, and posted a 9.900 on the bars against Iowa State

### Freshman of the Week

#### **Olivia Karas, Michigan**

- Finished second in the all-around competition with a score of 39.450 against Oklahoma
- Matched career highs on the vault and in the floor exercise with scores of 9.950 in both events

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## Big 12 Conference

### Gymnast of the Week

#### **Nina McGee, Denver**

McGee broke the Denver school record for all-around score and shattered her previous career high on her way to Gymnast of the Week honors, posting a 39.775 in the all-around. Her perfect 10.0 on floor exercise is her second this season, and her all-around score matches the highest of any gymnast in the nation this season. The senior from Cincinnati is now the only gymnast to hold two perfect 10.0s on floor this year. She won at least a share of the event titles on vault, bars, floor and the all-around, which gave her the most career individual titles in Denver's program history.

### Specialist of the Week

#### **Natalie Brown, Oklahoma**

Brown matched her career-best mark with a 9.925 on floor in No. 1 Oklahoma's 198.075-197.275 victory over No. 4 Michigan on her way to back-to-back Event Specialist of the Week honors. She helped the Sooners to a 49.700 on floor, the second-best mark in program history, while also contributing a 9.9 in the No. 4 spot on beam, her fourth straight mark of at least 9.9 on the event. The sophomore from Dallas is currently ranked in a tie for fourth nationally on beam with a RQS of 9.900.

### Newcomer of the Week

**Nicole Lehrmann, Oklahoma**

Lehrmann matched her career high with a 9.95 on bars to claim her fifth-consecutive Newcomer of the Week award. It marks the second time she has posted the score this season and also marks the fifth time this season she has scored at least a 9.9 on the event. The freshman from Austin added a 9.825 in the No. 2 spot on beam. Her marks aided the No. 1 Sooners to the 198.075-197.275 victory over No. 4 Michigan. Lehrmann is currently ranked in a tie for sixth nationally on bars (9.905 RQS) and in a tie for 19th on beam (9.870 RQS).

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## East Atlantic Gymnastics League

**Gymnast of the Week****Brittini Watkins, NC State**

Senior Brittini Watkins (Albany, New York) earned Gymnast of the Week honors on March 1st, for her all-around performance in NC State's quad meet win over GW, Towson, and William & Mary. Watkins earned first-place finishes on vault (9.900), floor (9.925), and all-around (39.525). Her floor and all-around performances tied her career bests. Additionally, she finished second on beam (9.850) and tied for sixth on bars (9.850).

**Specialist of the Week****Michaela Woodford, NC State**

NC State senior Michaela Woodford (Gainesville, Florida) won the EAGL Specialist of the Week Honor on March 1st for her three event performance in NC State's quad win. Woodford tied for second on bars (9.875), tied for third on beam (9.825), and tied for eighth on floor (9.800). Her score on uneven bars marked a career high on the event.

**Rookie of the Week****Mary Elle Arduino, Towson**

Freshman Mary Elle Arduino (Albany, New York) of Towson was voted EAGL Rookie of the Week on March 1st. Arduino had a historic weekend for the Tigers. She shared the balance beam individual title on Sunday, scoring a career-best 9.925. Her score matches the program record for the event and she is just the third Tiger and first since 2009 to record a 9.925 for that event. She saw a drastic improvement from her balance beam score on Friday, a 9.875 that then tied her career-high and won the event. Arduino is tied for fourth among the league gymnasts for balance beam. She has a season-average of 9.819 that leads freshman EAGL gymnasts.

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## Eastern College Athletic Conference – Division I

**Gymnast of the Week****Briana Gironda, William & Mary**

Gironda posted a career-high in the all-around with a score of 38.925 at last week's Towson quad meet, marking the third-consecutive week she has established a new career-best in all-around competition. The junior recorded a season-high 9.825 on the balance beam, tying for third in the event, and also topped the Tribes' bars scores with a mark of 9.775. Gironda's efforts helped William & Mary compiled its second-best team score of the season (192.975)

**Rookie of the Week****Malia Mackey, Cornell**

Mackey posted identical marks of 9.775 on the vault and beam at last week's Ivy Classic. Her vault score placed her first in the event, while her beam score was good for second, helping Cornell tie for first in the championship.

### **Specialist of the Week**

#### **Kaitlin Green, Cornell**

Green had the highest score total of her career at the Ivy Classic last weekend. The freshman scored a 9.85 on bars and a 9.875 on the beam to win both events and help the Big Red capture a share of the championship.

### **Coaches' Choice**

#### **Camilla Opperman, Yale**

Opperman posted scores of 9.475 on the vault and 9.65 on the floor exercise at last weekend's Ivy Classic. The senior continues to show her versatility and leadership, training and competing in any event in which Yale needs.

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

### **Gymnast of the Week**

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

Pruchnik led the Owls with two top-10 finishes against Penn State, West Virginia, Temple and West Chester. She was sixth on the beam with a 9.825 and 10th on the floor exercise with a 9.825. Her mark on the beam matched the school record in that event, set by Justine Basley in 2009 and Kelly Wildowsky in 1999.

### **Rookie of the Week**

#### **Emily Loughery, West Chester**

Loughery posted a season-best 9.8 on the beam, and also turned in a score of 9.625 in the floor exercise to help West Chester break the program record for highest overall team score.

### **Specialist of the Week**

#### **Brianna Comport, Bridgeport**

Comport took third place on the balance beam with a score of 9.850 at last weekend's Master's Classic hosted by the University of Nebraska. The junior also scored a 9.850 on the floor exercise.

### **Coaches' Choice**

#### **Abigail Bensley, Southern Connecticut State**

Bensley set a new personal-best score on the floor with a mark of 9.8, while also hitting on the bars (9.25) in the Owls' meet against Penn State, West Virginia, Temple and West Chester.

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## **Mid American Conference**

### **Gymnast of the Week**

#### **Victoria Heath, Bowling Green**

Victoria Heath had a career-high meet on Sunday against Ball State, as she tied two personal best scores and recorded another personal best in the three apparatuses she competed on. Heath began her day on vault, where she has shown great consistency, tying her for a team-high 9.800 and tied for third overall. Over the last three meets, she has scored all 9.800s. The junior then recorded a career-high 9.875 on floor, earning her a second place finish on the event. Heath was co-beam champion as she tied her career-best score with a 9.750.

### **Specialist of the Week**

#### **Denasiha Christian, Ball State**

Denasiha Christian took home first place on vault with a score of 9.950 against Mid-American Conference rival Bowling Green Sunday, February 28. Christian tied for third place on floor with a score of 9.850.

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## Midwest Independent Conference

### Gymnast of the Week

#### **Alexis Brawner, Southeast Missouri State**

Brawner continued her strong sophomore campaign this past weekend. In two meets, she set a new career-high in the all-around with a score of 39.125. That is now the highest in the conference for the season. Brawner also tallied a score of 9.700 or higher in all but one event, including new season-highs on vault (9.875) and floor (9.825).

### Specialist of the Week

#### **Rachel Zabawa, Lindenwood**

Zabawa had a great meet against Illinois, highlighted by her floor performance. She won the overall title after scoring a 9.875. That mark tied a career-high for Zabawa, and was the second-best score in program history on the floor. The 9.875 also tied a career-high for Zabawa in that event. Zabawa also scored a 9.800 on the vault, which was second on the team, and she had a 9.700 for her beam performance.

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## Mountain Pacific Sports Federation

### Gymnast of the Week

#### **Maria Hundly, Seattle Pacific**

Seattle Pacific senior Maria Hundley (Littleton, CO) won the all-around, uneven bars and balance beam titles in a home meet against San Jose State and Alaska Anchorage (Feb. 26). Hundley posted an all-around score of 39.125, tying for the third-highest in school history. The meet marked just the fourth time she competed in all four events as a collegian. Hundley topped the beam field with a season-best 9.875 and tied for first on the bars with a 9.800. She placed third on vault with a 9.775 and received a score of 9.675 on the floor exercise. This is Hundley's second career MPSF Weekly honor (specialist, Feb. 25, 2014)

### Specialist of the Week

#### **Stephanie Stamates, UC Davis**

UC Davis senior Stephanie Stamates (Alamo, CA) hit 9.875 on both balance beam and floor exercise in the home dual with Alaska Anchorage (Feb. 28). She tied for the win on beam, matching her personal record for the second time this season. The 9.875 on floor finished second, part of a top-four sweep in the event. UC Davis scored a season-high 195.225 overall, ninth in school history and 24th all-time in the MPSF. UCD also had a season-best 49.100 on floor, while the 48.950 on beam is tied for seventh for the program. This is the all-time conference record eighth career MPSF Specialist award for Stamates, and fourth in the last five weeks. Others Nominated: Allison Bellingham (SJSU)

### Newcomer of the Week

#### **Yasmine Yektaparast, UC Davis**

UC Davis freshman Yasmine Yektaparast (Petaluma, CA) led a top-four Aggie sweep on floor exercise with her career-high 9.90 in the home dual with Alaska-Anchorage (Feb. 28). She became the 11th UC Davis gymnast, and only the second freshman, to score a 9.90 on floor.

Yektaparast added season-highs 9.70 on vault and 9.675 on beam. The Aggies totaled a 2016-best 195.225, ninth in school history and 24th all-time in the MPSF. The floor squad also posted a season-best 49.100. This is the second MPSF Newcomer honor for Yektaparast (Feb. 2).

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## Mountain Rim Gymnastics Championship

### **Gymnast of the Week**

#### **Shani Remme, Boise State**

Remme – a native of Loomis, Calif. – earned a 9.775 on vault, a 9.750 on bars and a 9.8 on floor. The 9.85 on beam ties for her second-highest beam score of the season and also is her seventh-straight beam score over 9.8. Her 9.83 RQS on beam ties her for 69th in the country and puts her third in the MRGC. The all-around title gives Remme her third all-around win of the season.

### **Specialist of the Week**

#### **Stacie Webb, Southern Utah**

Webb, a redshirt junior from Phelan, Calif., recorded a 9.925 on beam to finish first on the event and help the Thunderbirds post a 196.000-195.750 win at BYU in Provo. Webb tallied a pair of runner-up finishes on vault and floor, scoring a 9.850 and 9.875, respectively.

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## Pac-12 Conference

### **Gymnast of the Week**

#### **Allison Northey, Washington**

Washington senior Allison Northey earned Gymnast of the Week honors for the first time in her career after winning the all-around in the Huskies' meet with No. 19 Arizona on Saturday. Northey's 39.500 all-around score was the second-highest of her collegiate career. She also won titles on the vault, beam, and floor—scoring a 9.875, a 9.925, and a 9.875 respectively. Her vault score tied her season-high and her beam score marked a new personal best. Northey also finished in third on the bars, scoring a 9.825.

### **Specialist of the Week**

#### **Breanna Hughes, Utah**

Utah senior Breanna Hughes earned Specialist of the Week honors this week, marking her second weekly honor of the season. Hughes won three of four events for the No. 6 Utes as they defeated No. 12 California 197.025-196.75. Winning the first three events of the day, Hughes scored a 9.90 on bars, a 9.90 on vault, and a 9.925 on floor. Her vault score tied a career high.

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

#### **Katelyn Ohashi, UCLA**

UCLA freshman Katelyn Ohashi earned Freshman / Newcomer of the Week honors for the third time this season after helping the Bruins to a win over Arizona State. Ohashi missed the last four meets with a sternum fracture, but returned to competition Saturday and picked up right where she left off. She scored a career-high 9.9 on beam to take first place in No. 7 UCLA's 196.625-192.950 win over the Sun Devils. Ohashi returned to the apparatus where she was initially injured at Arizona and achieved her highest score of the year on beam to claim her first collegiate beam title. Her 9.9 led the Bruins to a team total of 49.225 on beam.

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## Southeastern Conference

### Gymnast of the Week

#### **Ashleigh Gnat, LSU**

Gnat returned to her home state and delivered three outstanding performances on vault, beam and floor to lead the Tigers to an upset at No. 2 Florida. She tallied 9.95s on vault, beam and floor to win all three titles. With the meet tied at 197.700, it was Gnat's career-high tying 9.95 in the anchor spot of the beam lineup that clinched LSU's first win in Gainesville since 1994 and the Gators' first regular-season home loss since 2008. Her performance led LSU to a season-high 197.900 that also ranks as the highest road score in program history. Gnat was the only gymnast in the SEC this week to score a 9.95 or higher in at least three events. By winning all three event titles, she increased her team-leading total to 17 individual titles this season. Gnat currently ranks No. 1 nationally on both vault and floor.

### Specialist of the Week

#### **Lauren Beers, Alabama**

Beers scored a career-best 10.0 to win the vault against No. 10 Georgia, leading Alabama to tie its highest vault total of the season with a 49.400. She then finished off the meet by scoring a career-best 9.975 on the floor exercise, leading Alabama to tie its highest floor exercise tally of the season with a 49.500. Overall, she led the Crimson Tide to a 197.550-195.700 win over the Bulldogs, using the Tide's highest team score of the season. Her 10.0 on vault is the first 10.0 by the Tide since the 2014 season.

### Freshman of the Week

#### **Sarah Finnegan, LSU**

Finnegan played a big role in LSU's season-high 197.900 and upset victory at No. 2 Florida. She tied her career high with a 9.925 on beam that helped guide LSU to a 49.575 on beam in the final rotation to defeat Florida. It marked LSU's first win in Gainesville since 1994 and the Gators' first regular-season home loss since 2008. Finnegan's 9.925 also contributed to what is currently the nation's highest beam score of 49.575. She placed second in the meet on bars with a 9.90, her second-straight score of 9.90 in the event and her fourth of the season. She currently ranks 16th nationally on bars to lead the Tigers.

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## Wisconsin Intercollegiate Athletic Conference

### Specialist

#### **Samantha Ardy, Gustavus Adolphus**

Ardy scored career highs on the uneven bars and vault helping Gustavus to a third-place finish at the Best of Minnesota and season high scores. Ardy scored a 9.575 on the uneven bars - the fourth-highest score in Gustavus history. She led the Gusties and all Division III competitors placing sixth in the meet. Ardy also helped the Gusties break a 12-year school record team bar score with a 45.95. The previous record was a 45.85. On the vault, in her first collegiate competition on the event, she scored a career-high 9.575, the seventh-highest score in program history. She helped the Gusties break the school vault record, which was a 47.15, with a team score of 47.35. Ardy's efforts helped the Gusties to a season-high team score and the second-highest score in school history, a 184.3.

### All-Around

#### **Courtney Pickett, UW-Whitewater**

Pickett won the all-around with a season-best mark of 38.400 to help the Warhawks post their top team score of the 2016 campaign in a 190.775-190.175 victory over UW-La Crosse at Russell Arena on Feb. 27. She won the floor exercise with a tally of 9.800, the fifth-best result in program

history, to help lead the group to a 48.025, tied for 12th in the school record book. Pickett also tied for the team lead on the balance beam with a 9.600, good for a tie for second overall, to help the team record a 47.600 on the apparatus, tied for the seventh-highest score in the program record book. She has now won the all-around at two of UW-Whitewater's last four meets.

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## **National Collegiate Acrobatics & Tumbling Association**

### **Player of the Week**

#### **Kelsey Rule, Quinnipiac**

Junior Kelsey Rule helped lead the Bobcats to their highest score (280.545) of the season this weekend against Gannon. Rule competed in seven different heats in the meet. The junior was part of the Compulsory Acro routine for QU which scored a 9.7 before helping the Bobcats submit a 9.95 in the Toss heat. Rule and the Bobcats then won the 6-Element Acro heat with a 9.95 before scoring a 9.85 in the first Pyramid heat. She also took part in two of the Toss event heats, scoring a 9.65 in heat two and a 9.30 in heat three. Her final event came in the Trio Pass, combining with her teammates to score an 8.25.