

2023 MIC CHAMPIONSHIP



**FRIDAY, MAR. 17, 2023
HOUCK FIELD HOUSE
CAPE GIRARDEAU, MO.**

CENTENARY LADIES



Name	Ht.	Cl.	Hometown / High School	Club
Rose Deshler	5-4	Sr.	Hastings, Minn / Hastings HS	Perpetual Motion Gymnastics
Claire Flores	5-0	Fr.	Oklahoma City, Okla. / Westmoore HS	Bart Conner Gymnastics Academy
Amy Foret	5-1	Fr.	Bedford, Texas / University Prep	Empire Gymnastics
Kendall Huff	5-2	Sr.	Riviera, Texas / Riviera HS	Northwest Kids Sports Complex
Leilani Johnson	5-7	Sr.	Wichita, Kan / Sunrise Christian Academy	JAG
Emma Lavelle	5-3	So.	Mandeville, La. / Lakeshore HS	North Shore Gymnastics
Carissa Martinez	5-3	So.	Albuquerque, New Mexico / Sandia Preparatory School	GForce Gymnastics Academy
Rylie Molina	5-7	Jr.	Moss Bluff, La. / Sam Houston HS	Gymnastics Etc.
Roxanne Myers	5-7	Jr.	Prairieville, La. / University View Academy	Elite Gymnastics
Isabel Plaza	5-5	Jr.	San Antonio, Texas / Communications Arts High School	Aerial Athletics
Sophie Schmitz	5-3	Fr.	Trophy Club, Texas / Steele Accelerated HS	U.S. Gold Gymnastics
Kennedy Stephens	5-4	Sr.	Bella Vista, Ark. / Arkansas Virtual Academy	Aspire
Olivia Stratmann	5-4	Fr.	Houston, Texas / St. Agnes Academy	Houston Gymnastics Center
Mylia Vidtor	5-3	So.	The Colony, Texas / Texas Connections Academy	Kurt Thomas Gymnastics
Lacey Wedge	4-10	Sr.	Belle Chasse, La. / Belle Chasse HS	All Star Gymnastics
Taylor Ann Wilson	5-2	Sr.	Memphis, Tenn. / St. Mary's Episcopal School	Memphis Point Gymnastics

Head Coach: Meg Crowley (First Year)

Assistant Coach: Joseph Hodges



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2023 MIC CHAMPIONSHIPS // HOSTED BY SOUTHEAST MISSOURI

ILLINOIS STATE REDBIRDS



Name	Ht.	Cl.	Hometown / High School	Club
Nirel Bart-Williams	-	Fr.	Murphy, Texas	-
Leah Davis	-	Fr.	Manchester, Missouri / Parkway South HS	-
Isabella DeCroo	-	Jr.	Warrenton, Va. / Kettle Run High School	-
Kaitlin Donovan	-	Jr.	South Lyon, Mich. / Father Gabriel Richards High School	-
McKenzie Flutman	-	Fr.	Lockport, Illinois / Chicago Christian HS	-
Carly Hawksworth	-	Jr.	Mokena, Ill. / Lincoln-Way Central High School	-
J'Chelle Heard	-	Jr.	Milwaukee, Wis. / Rufus King High School	-
Julia Heiner	-	So.	Ellicott City, Md. / Centennial High School	-
Reagan Hestermann	-	Jr.	Firth, Neb. / Norris North High School	-
Madison Kipp	-	Jr.	Slate Hill, New York / Minisink High School	-
Angelica Labat	-	Sr.	Chesapeake, Va. / Oscar F. Smith High School	-
Alana Laster	-	So.	Cape Coral, Fla. / Florida Southwestern Collegiate H.S.	-
Jaye Mack	-	So.	Kansas City, Mo. / Lee's Summit West High School	-
Katherine McGowan	-	Sr.	Kinnelon, N.J. / Kinnelon High School	-
Jazmine Neely	-	Jr.	Allen, Texas / Allen High School	-
Mia Oh	-	Fr.	Columbia, Maryland / Atholton HS	-
Berta Pujadas-Rusiñol	-	Fr.	Barcelona, Spain	-
Mya Robinson	-	So.	Lake Worth, Fla. / Park Vista Community High School	-
Sara wabi	-	So.	Joliet, Ill. / Marist High School	-
Joy Ziegenfelder	-	Fr.	Gainesville, Florida	-

Head Coach: Bob Conkling (17th Year)

Assistant Coaches: Megan Harrington, Jessica Yamzon



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LINDENWOOD LIONS



Name	Ht.	Cl.	Hometown / igh School)	Club
Hannah Appleget	5-0	So.	Mays Landing, N.J. / Atlantic County Inst. of Technology	-
Allie Berkley	5-3	Fr.	Memphis, Tenn.	-
Trinity Caffey	5-2	So.	Suffolk, Va. / A Stable Beginning Christian Academy	-
Kaylee Cooper	5-3	So.	Mokena, Ill. / Providence Catholic	-
Riley Daniels	5-7	Sr.	Rowley, Mass. / Triton	-
Simone Evans	5-4	Jr.	Dallas, Ga. / North Paulding	-
Gayla Griswold	5-3	Sr.	Baton Rouge, La. / Berean Homeschool Co-op	-
Jaly Jones	5-3	Fr.	Williamsburg, Iowa	-
Reagan Jones	5-3	Jr.	Belleville, Ill.	-
Nya Kraus	4-11	Fr.	Saskatchewan, Canada	-
Samantha Krenzel	5-8	Fr.	Shawnee, Kan.	-
Sydney Lopez	5-3	Sr.	Wrentham, Mass. / King Philip Regional	-
Hannah Moon	5-2	Jr.	Easley, S.C. / Easley	-
Savannah Newsome	5-4	Jr.	Murfreesboro, Tenn. / Providence Christian Academy	-
Madison Rush	5-5	Jr.	Tulsa, Okla. / Epic Charter School	-
Carley Scott	5-3	So.	Oak Grove, Mo. / Grain Valley	-
Nicole Wojcik	5-8	Jr.	Douglassville, Pa. / PA Virtual Charter School	-

Head Coach: Catelyn Branson (Second Year)

Assistant Coaches: Sienna Crouse, Sam Scherwinski



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SOUTHEAST MISSOURI REDHAWKS



Name	Ht.	Cl.	Hometown (High School)	Club
Anna Chodon	5-3	Fr.	Lindenhurst, N.Y. (Lindenhurst)	Apex Athletics
Sydney Crouch	5-7	Fr.	Coral Springs, Fla. (Coral Springs Charter School)	American Twisters
Mallory Desch	5-4	Sr.	Lenexa, Kan. (St. Thomas Aquinas)	Great American Gymnastics Express
Taylor Fishkin	5-2	Sr.	Manlius, N.Y. (Fayetteville-Manlius)	CNY Gym Centre
Madison Greene	5-0	So.	Crestwood, Ky. (Oldham County)	Champion Gymnastics
Kailyn Hamilton	5-4	Fr.	Springfield, Mo. (Kickapoo)	Gold Medal Gymnastics
Taylor Ingle	5-6	Fr.	Coppell, Texas (Coppell)	Texas Dreams Gymnastics
Jordan Jones	5-5	Sr.	Buford, Ga. (Mill Creek)	Georgia Gymnastics Academy
Ailey Kuehn	5-3	Fr.	Eagan, Minn. (Eagan)	TAGS South Gymnastics
Janelle Lopez	5-2	So.	Cape Coral, Fla. (Ida S. Baker)	Coast Elite Gymnastics Academy
Molly Maxwell	5-2	Sr.	Milton, Wis. (Milton)	Madtown Twisters
Chaniya Miller	5-2	Fr.	Kansas City, Mo. (Lee's Summit West)	Fuzion Gymnastics
Jolie Miller	5-6	Sr.	Aurora, Colo. (Cherokee Trail)	Adrenaline Gymnastics Academy
Lindsey Moffitt	5-2	Sr.	Ferris, Texas (Laurel Springs School Online)	Texas Dreams Gymnastics
Lindsay Ockler	5-3	So.	Huson, Mont. (Frenchtown)	Mismo Gymnastics
Nyah Reader	5-0	So.	Rexford, N.Y. (Shenendehowa)	World Class Gymnastics Academy
Anna Speller	5-0	Jr.	St. Louis, Mo. (Mary Institute & Saint Louis Country Day)	Team Central Gymnastics Academy
Sophia Studdard	5-2	Jr.	Blue Springs, Mo. (Blue Springs South)	Fuzion Gymnastics
Lydia Webb	5-4	Jr.	Wylie, Texas (Wylie)	World Olympic Gymnastics Academy

Head Coach: Ashley Lawson (Fifth Year)

Assistant Coach: Andavea Alexander

Volunteer Assistant Coach: Taylor Colwell

Student Assistant: Lydia Test



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TEXAS WOMAN'S PIONEERS



Name	Ht.	Cl.	Hometown (High School)	Club
AnnaKate Bickel	-	So.	Franklin, Tenn. / Home School	Let It Shine
Delaney Bruns	-	So.	Germantown, Tenn. / Faith Heritage Christian Academy	Let It Shine
Brooke Ferrari	-	Fr.	Longmont, Colo. / Silver Creek	Airborne Gymnastics
Ruby Goad	-	Fr.	Newnan, Ga. / Newnan	Newnan School of Gymnastics
Madeline Gose	-	Jr.	Carmel, Calif. / Carmel	Elite Gymnastics Academy
Maddie Griffith	-	Sr.	Naperville, Ill. / Neuqua Valley	Naperville Gymnastics
Lainey Hunt	-	So.	The Woodlands, Texas / NFC Online Academy	World Champions Center
Mara Johnson	-	Sr.	Hickory, N.C. / South Caldwell	Shooting Stars Gymnastics
Steelie King	-	Jr.	Longview, Texas / Cumberland Academy	Texas East Gymnastics
MacKenzie Kunzman	-	Sr.	Grand Island, Neb. / Grand Island Senior	Nebraska School of Gymnastics
Beth Lazarus	-	Sr.	Mustang, Okla. / Mustang	Mat Trotters Gymnastics
Alix Pierce	-	Sr.	Saskatoon, Saskatchewan / Aden Bowman Institute	Marian Gymnastics Club
Kyla Podges	-	Sr.	Lexington, Ky. / Lafayette	Legacy Gymnastics
Emily Six	-	So.	Waxahachie, Texas / Waxahachie	Waxahachie Gymnastics
Daisy Woodring	-	Sr.	Bixby, Okla. / Mingo Valley Christian	Ultimate Gymnastics
Kami Zarlengo	-	Fr.	Littleton, Colo. / Chatfield Senior	Incline Gymnastics Training Center

Head Coach: Lisa Bowerman

Assistant Coaches: Kristen Harold, Matthew DeGrandpre



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