



CAROLINA GYMNASTICS

MEDIA GUIDE

2023



QUICK FACTS

Location: Chapel Hill, N.C.
Founded: 1789
Enrollment: 19,800 (undergrad)
Chancellor: Kevin M. Guskiewicz
Director of Athletics: Bubba Cunningham
Faculty Representative: Lissa Broome
Senior Women's Administrator: Marielle vanGelder
Affiliation: NCAA Division I
Conference: East Atlantic Gymnastics League (EAGL)
UNC Conference: Atlantic Coast Conference
Arena (capacity): Carmichael Arena (6,822)
Nickname: Tar Heels
Mascot: Rameses
School Colors: Carolina blue and white
Athletic Department Web Site: GoHeels.com

CAROLINA GYMNASTICS

Head Coach: Danna Durante (Arizona State '95)
Years at UNC: Second season
Record at UNC: 11-7
Assistant Coach: Marie Case Denick (Kent State '14)
Years at UNC: Sixth season
Assistant Coach: Amelia Hundley (Florida '20)
Years at UNC: Second season
2022 Record: 11-7
EAGL Regular Season Finish: 1st
EAGL Championship Finish: 5th
NCAA Regional Competition Finish: 4th
Letter winners returning/lost: 16/5
Newcomers: 5 (four true freshmen, one transfer)

GOHEELS.COM

Media and fans can follow the Carolina gymnastics team and the rest of UNC Athletics from anywhere in the world on the official site of North Carolina athletics as well as on social media. GoHeels.com offers schedules, rosters, results and more for all 28 of Carolina's varsity sports.

Twitter: twitter.com/uncgymnastics
Instagram: [instagram.com/uncgymnastics](https://www.instagram.com/uncgymnastics)
Facebook: [facebook.com/uncgymnastics](https://www.facebook.com/uncgymnastics)

UNC ATHLETIC COMMUNICATIONS

Gymnastics contact: Chandler Brandes
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Phone: (802) 735-5386
Mailing address: P.O. Box 2126, Chapel Hill, NC 27515

Members of the media seeking further information on the UNC gymnastics program or wishing to conduct interviews with the coaches or gymnasts should contact Chandler Brandes via email at brandesc@unc.edu.

2023 GYMNASTICS MEDIA GUIDE

Credits: The 2023 North Carolina Gymnastics media guide was designed and edited by Chandler Brandes, Associate Director of Athletic Communications. Photos by Jeffrey Camarati and Anthony Sorbellini.

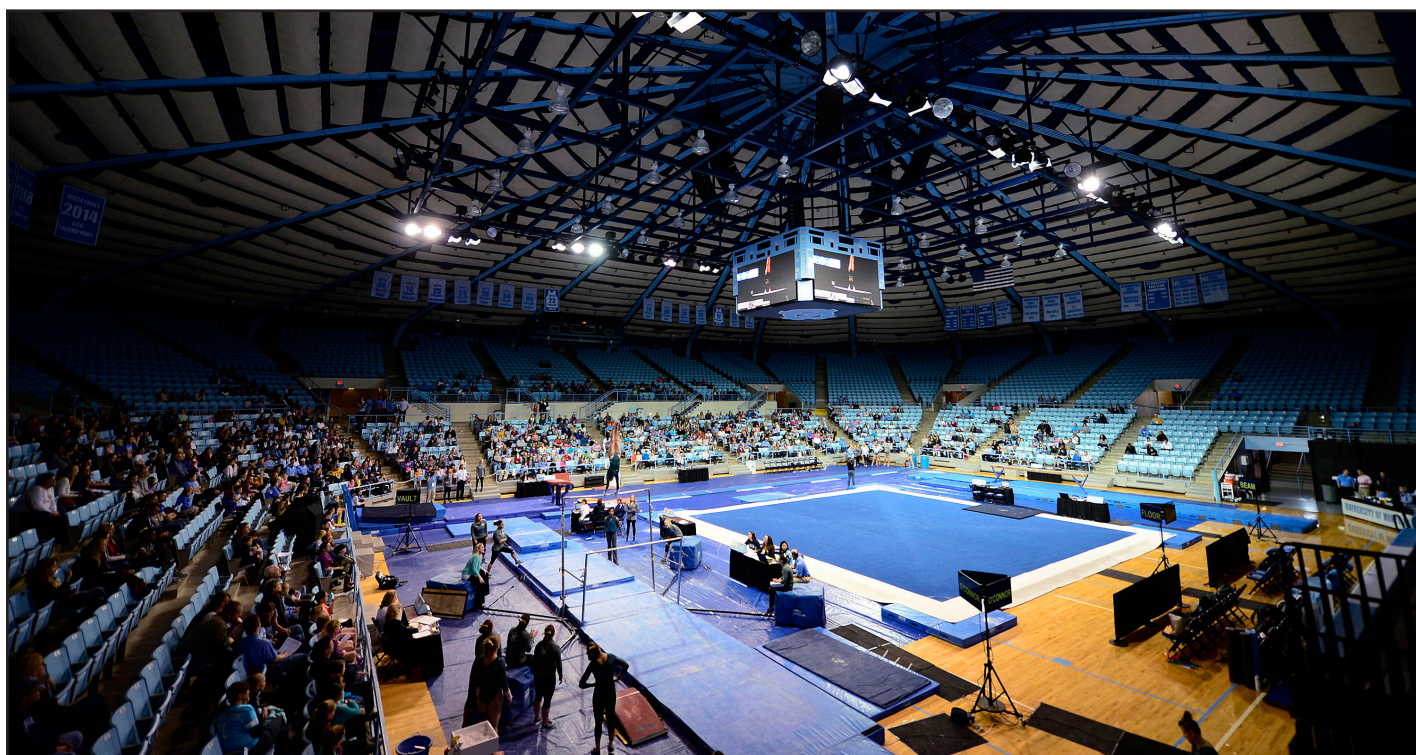
SUPPORTING UNC GYMNASTICS

The University of North Carolina is proud of its long-standing relationship with Nike. The two parties signed a new 10-year contract in December 2018 for Nike to continue as the Tar Heels' exclusive supplier of athletic footwear and apparel through June 2028. As part of the contract, a minimum of \$600,000 per year is guaranteed for licensing, which the University directs for need- and merit-based scholarships. That's more than double the licensing guarantee of the previous contract with Nike. In addition, the University will receive \$200,000 per year in retail product for non-athletic department use, and Nike will hire four student interns each year.

EAST ATLANTIC GYMNASTICS LEAGUE

The East Atlantic Gymnastics League became a reality on July 31, 1995, when eight prominent universities banded together for the purpose of showcasing women's gymnastics on the East Coast. In 2023, the EAGL is currently comprised of George Washington, LIU, New Hampshire, North Carolina, NC State, Pittsburgh, Temple and Towson. In August 1996, the NCAA Council accepted the EAGL as an official affiliated member of the NCAA.

In 2023-24, the Atlantic Coast Conference will once again sponsor gymnastics, featuring Clemson, North Carolina, NC State and Pitt.





2023 SCHEDULE

Date	Opponent	Location
Wed., Dec. 14	BLUE & WHITE (Exh.)	Chapel Hill, NC
Fri., Jan. 6	TBA	TBA
Mon., Jan. 9	NC STATE *	Chapel Hill, NC
Mon., Jan. 23	UW-STOUT	Chapel Hill, NC
Mon., Jan. 23	YALE	Chapel Hill, NC
Sat., Jan. 28	GEORGE WASHINGTON *	Chapel Hill, NC
Sat., Feb. 4	NC State *	Raleigh, NC
Sat., Feb. 4	Western Michigan	Raleigh, NC
Sun., Feb. 12	New Hampshire *	Durham, NH
Sun., Feb. 12	LIU *	Durham, NH
Sun., Feb. 12	George Washington *	Durham, NH
Sun., Feb. 19	Pitt *	Pittsburgh, PA
Fri., Feb. 24	TEMPLE *	Chapel Hill, NC
Sun., Feb. 26	TBA	TBA
Fri., March 3	AIR FORCE	Chapel Hill, NC
Fri., March 10	Missouri	Columbia, MO
Sat., March 18	EAGL Championships	Durham, NH
March 28-April 2	NCAA Regionals	TBA
April 13-15	NCAA Championships	Fort Worth, TX

Home meets in CAPS

Home meets held at Carmichael Arena

* denotes EAGL contest

All times TBA





ROSTER BY CLASS

SENIORS (6)

Elizabeth Culton
Bri Greenlow
Hannah Nam
Sophie Silverstein
Hallie Thompson
Jay Weil

JUNIORS (4)

Kate Greene
Allison LaNasa
Jamie Shearer
Cory Shinohara

SOPHOMORES (7)

Jenna Cashman
Lali Dekanoidze
Julia Knowler
Bella Miller
Isabelle Schaefer
Taylor Schulze
Jayati Sridhar

FIRST-YEARS (4)

Gwen Fink
Kaya Forbes
Paige Prejean
Amy Wozniak

ALPHABETICAL ROSTER

Name	Pos.	Ht.	Cl.	Hometown (Last School)
Jenna Cashman	V, UB, FX	5-7	So.	Belle Mead, N.J. (Montgomery High School)
Elizabeth Culton	AA	5-0	Sr.	Durham, N.C. (C.E. Jordan High School)
Lali Dekanoidze	AA	5-3	So.	Matthews, N.C. (Weddington High School)
Gwen Fink	AA	5-2	Fr.	Fort Mill, S.C. (Nation Ford High School)
Kaya Forbes	AA	5-2	Fr.	Gonzales, La. (Dutchtown High School)
Kate Greene	AA	5-4	Jr.	Durham, N.C. (NC Virtual Public School)
Bri Greenlow	AA	5-0	Sr.	Suwanee, Ga. (The College of William & Mary)
Julia Knowler	AA	5-6	So.	Mandeville, La. (Archbishop Hannan School)
Allison LaNasa	AA	5-5	Jr.	Draper, Utah (Corner Canyon High School)
Bella Miller	AA	5-6	So.	Coral Springs, Fla. (Marjory Stoneman Douglas)
Hannah Nam	AA	5-4	Sr.	West Chester, Ohio (Ohio Connections Academy)
Paige Prejean	AA	5-5	Fr.	Houston, Texas (Homeschooled)
Isabelle Schaefer	AA	5-1	So.	Charlotte, N.C. (Cannon School)
Taylor Schulze	UB, BB	5-3	So.	San Antonio, Texas (Brown University)
Jamie Shearer	V, UB, BB	5-2	Jr.	Apex, N.C. (Holly Springs High School)
Cory Shinohara	V, BB, FX	5-0	Jr.	Wilmington, Mass. (Wilmington High School)
Sophie Silverstein	AA	5-3	Sr.	Longmont, Colo. (Holy Family High School)
Jayati Sridhar	AA	5-5	So.	Morrisville, N.C. (Raleigh Charter High School)
Hallie Thompson	AA	5-5	Sr.	Waxhaw, N.C. (Charlotte Latin School)
Jay Weil	AA	5-0	Sr.	Davidson, N.C. (University of Maryland)
Amy Wozniak	AA	5-3	Fr.	Wheaton, Ill. (Wheaton North High School)

COACHING STAFF

Head Coach: Danna Durante (second season, Arizona State University '95)
Assistant Coach: Marie Case Denick (sixth season, Kent State University '14)
Assistant Coach: Amelia Hundley (second season, University of Florida '20)

SUPPORT STAFF

Director of Operations: Amber Russell
Team Manager: Caroline Daniels
Team Manager: Sarah Hitchcock
Sport Administrator: Martina Ballen
Sport Administrator: Tom Livers
Head Athletic Trainer: Nina Walker
Athletic Trainer: Sean Devlin
Strength & Conditioning: Jordan Conner
Academic Counselor: DaDa Willis-Gregory
Nutritionist: Allison Keim
Sports Information: Chandler Brandes
Marketing Coordinator: Lily Sinclair

PRONUNCIATION GUIDE

Lali Dekanoidze	Deck-AH-noidz-eh	Taylor Schulze	Schultz
Danna Durante	DAN-nuh	Jamie Shearer	SHEER-er
	der-RAN-tee	Cory Shinohara	Shin-ah-HAR-ah
Kaya Forbes	KI-yuh	Jayati Sridhar	Jay-AH-thee
Julia Knowler	KNOW-er		SHREE-ther
Hannah Nam	NAHM	Jay Weil	While
Paige Prejean	PRAY-jahn	Amy Wozniak	WOZ-knee-ak





MEET THE TEAM



2023 North Carolina Gymnastics Team

Front row (l-r): Lali Dekanoidze, Jamie Shearer, Sophie Silverstein, Kate Greene, Amy Wozniak, Taylor Schulze, Kaya Forbes
Middle row (l-r): Gwen Fink, Isabelle Schaefer, Hallie Thompson, Bri Greenlow, Jay Weil, Elizabeth Culton, Cory Shinohara
Back row (l-r): Jayati Sridhar, Julia Knowler, Bella Miller, Hannah Nam, Jenna Cashman, Allison LaNasa, Paige Prejean



2023 North Carolina Gymnastics Coaching Staff
(l-r): Marie Case Denick, Danna Durante, Amelia Hundley





**Jenna
CASHMAN**

**Sophomore • 5'7
Belle Mead, NJ
She/Her/Hers**

AS A FRESHMAN (2022):

- Did not compete during the 2022 season
- Named to the EAGL All-Scholastic Team

PREP:

- Trained at Arena Gymnastics under coaches Valdi and Ann Kolasa
- Eastern National Qualifier and two-time Junior Olympic National Qualifier

PERSONAL:

- Daughter of Cecile Cashman
- Birthday is July 21
- Graduated from Montgomery High School in Montgomery, N.J
- Has three siblings: Ryan, Amanda, Lauren
- Sister, Amanda, competes for Georgia gymnastics
- Brother, Ryan, runs on the Dartmouth track and field team
- Chose UNC for the beautiful campus and balance between academics and athletics
- Plans on majoring in business



**Elizabeth
CULTON**

**Senior • 5'0
Durham, NC**

She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.85
(2/15/20)

Bars: 9.95
(3/7/22)

Beam: 9.975
(3/7/22)

Floor: 9.90
(Three times)

AA: 39.50
(3/13/21)

CAROLINA CAREER NOTES:

- 2022 EAGL Scholar-Athlete of the Year
- 2021 & 2022 Individual NCAA Regional Qualifier
- 2021 WCGA Regular Season All-American
- 2020 EAGL Rookie of the Year
- 2020, 2021 & 2022 WCGA Scholastic All-America
- 2020 & 2021 All-EAGL Selection

AS A JUNIOR (2022):

- 2022 EAGL Scholar-Athlete of the Year
- Named to First Team All-EAGL on bars and beam, Second Team All-EAGL on floor
- Named to the EAGL All-Tournament First Team on floor, beam and bars
- Set new collegiate bests on bars and beam at LIU on March 6: Bars (9.95) and beam (9.975)
- Posted 13 scores of 9.90 or better, four scores of 9.925+
- Qualified to the 2022 NCAA Regional as an individual on beam and bars
- Named to the EAGL All-Scholastic Team

AS A SOPHOMORE (2021):

- Named a regular season All-American for the 2021 season, becoming the first Tar Heel since 2006 (Courtney Bumpers) to earn First Team All-American honors
- Named to First Team All-EAGL on bars, beam and in the all-around, and second-team All-EAGL on floor
- Set two new career-bests and equaled career-best on beam vs. William & Mary: all-around (39.5), beam (9.95), floor (9.9)
- Set new career-best on bars (9.925) at the EAGL Conference Championship
- Qualified as an individual for the 2021 NCAA Athens Regionals
- ACC Academic Honor Roll

AS A FRESHMAN (2020):

- Remainder of the season was canceled due to the COVID-19 pandemic
- Named 2020 East Atlantic Gymnastics League (EAGL) Rookie of the Year
- Earned four All-EAGL honors in her first season with the Tar Heels
- Named to the First Team All-EAGL on bars, on beam and in the all-around
- Received Second Team All-EAGL honors on floor with an NQS of 9.825
- Won 13 individual events titles over the course of the season, including four on bars, three on beam and six in the all-around
- Also had 13 other podium finishes – one on bars, three on beam, six on floor and three in the all-around competitions
- Scored at least 39.000 in the all-around six times, setting a personal best (39.275) versus New Hampshire
- Earned career-high scores of 9.750 in vault (twice), 9.875 on bars versus New Hampshire, 9.900 on beam (twice) and 9.850 on floor (twice)
- Broke 9.90 on beam at the Kentucky quad meet with NC State and Lindenwood and later at New Hampshire
- ACC Academic Honor Roll

PREP:

- Trained at Bull City Gymnastics in Durham, N.C. throughout her high school career •
- Attended C. E. Jordan High School and Trinity Academy
- Qualified for Junior Olympic Nationals in 2016, 2018, and 2019
- Placed fourth in the all-around, 2nd on beam, and 3rd on bars at 2019 Nationals
- 2019 Junior Olympic National Team Member

PERSONAL:

- Daughter of Julian and Cathy Culton
- Birthday is November 8
- Born in Durham, N.C.
- Both of her brothers and parents attended UNC, and her grandfather was athletic director from 1976-1980



**Lali
DEKANOIDZE**

**Sophomore • 5'3
Matthews, NC**

She/Her/Hers

COLLEGIATE BESTS:

Vault: 9.90
(1/15/22 & 1/28/22)

Bars: 9.95
(2/12/22)

Beam: 9.90
(1/7/22 & 1/22/22)

Floor: 9.90
(2/19/22)

AA: 39.550
(2/12/22)

AS A FRESHMAN (2022):

- Suffered a season-ending injury on Feb. 24 vs. West Virginia
- Named to First team All-EAGL on vault, bars and in the all-around
- Earned four all-around titles, three uneven bars titles, five vault titles for 12 individual event titles
- Despite missing last three weeks of the season due to injury, qualified for the 2022 NCAA Raleigh Regional as an individual on vault
- Recorded four of the top-10 all-around scores in the EAGL during the regular season, most of any gymnast in the conference
- Posted four of the top-10 all-around scores in program history
- Earned first career all-around title with a 39.325, the second-best season-opening all-around total in program history, in NCAA debut in tri-meet with Auburn and Bowling Green on Jan. 8
- Named EAGL Gymnast of the Week on Jan. 12, Jan. 26, Feb. 2, Feb. 16 and EAGL Rookie of the Week on Feb. 23, most weekly honors of any gymnast in the conference this season
- Won vault title with a career-best 9.90 at the Rutgers quad meet on Jan. 15
- Matched career best of 39.450 to earn second career all-around title in Carolina tri-meet on Jan. 28
- Earned third all-around title on Feb. 12 against Temple, setting a new-career best of 39.550
- Set a new career-best of 9.95 on bars against Temple on Feb. 12
- Set a new-career-best of 9.90 on floor at NC State on Feb. 19

PREP:

- Trained at Southeastern Gymnastics under coaches Sofia Managadze, Ludmilla Shobe and Vladimir Taran
- Four-time Nastia Liukin Cup Qualifier
- Competed for the country of Georgia in the European Youth Olympic Festival
- Three-time Level 10 Regional Champion
- Two-time Level 10 All-Around National Champion

PERSONAL:

- Born June 19 in Kutaisi, Georgia
- Daughter of Sofia Managadze and David Bello
- Has one sister, Anano
- Mother, Sofia, was a member of the gymnastics national team for the country of Georgia
- Chose UNC because of the welcoming atmosphere and the bond the team has. Also for the amazing combination of athletics and academics



**Gwen
FINK**

Freshman • 5'2
Fort Mill, SC
She/Her/Hers

PREP:

- Trained at Southeastern Gymnastics under coaches Sofia Managadze, Ludmilla Shobe and Vladimir Taran
- Placed fourth in the all-around and second on vault at the 2022 Women's Development Program National Championships
- Placed fourth on vault at the 2021 Women's Development Program National Championships
- 2022 & 2020 Nastia Cup Qualifier
- Two-time Junior Olympic National Championship qualifier, placing first on bars in 2019 and seventh on beam in 2018
- Took the beam title at the 2019 Women's J.O. National Championships
- Ranked as five-star recruited by CollegeGymNews.com

PERSONAL:

- Born September 15
- Daughter of Kevin and Dany Fink
- Older sister to Sydney, Shamus and Brittany



**Kaya
FORBES**

**Freshman • 5'2
Gonzales, LA
She/Her/Hers**

PREP:

- Trained at Peak Athletic Center under coaches Jazz Carmichael, Franki Holmes and Jessica Savona
- 2022 Louisiana State All-Around Champion
- 2021 Louisiana Level 10 Vault State Champion
- Placed ninth in the all around at the 2022 DP Level 10 National Championships
- Two-time Level 10 National Qualifier (2021& 2022)

PERSONAL:

- Born December 10
- Daughter of Lenore and Alvin Forbes
- Has two older siblings, Trey and Ayana



**Kate
GREENE**

**Junior • 5'4
Durham, NC**

She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.80
(Three times)

Bars: 9.875
(3/6/22)

Beam: 9.75
(3/20/21)

Floor: 9.80
(3/20/21)

AS A SOPHOMORE (2022):

- Appeared on vault in 12 of 13 meets, in addition to three lineup appearances on bars
- Set a new career-best on bars (9.875) at LIU on March 6
- Posted three scores of 9.80 on vault, a career-best
- Named to the EAGL All-Scholastic Team

AS A FRESHMAN (2021):

- Competed in all nine meets of the season, appearing in every bar lineup
- Set career-best of 9.85 on bars at the NC State Quad Meet before equaling it at Temple
- Competed on a season-high three events at the EAGL Championship, earning a 9.75 in first career floor routine
- Named All-EAGL Second team on bars
- ACC Academic Honor Roll

PREP:

- Trained at Bull City Gymnastics for 10 years under Stephen and Amanda Maness
- Placed ninth in the all-around at JO Nationals in 2019 and finished fourth in the Nastia Cup

PERSONAL:

- Daughter of Kevin and Renee Greene
- From Durham, N.C.
- Birthday is May 5
- Born in Charlottesville, VA
- Has two sisters, Natalie and Emily
- Graduated high school in three years with honors



**Bri
GREENLOW**

Senior • 5'0
Suwanne, GA
She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.775
(3/13/21)

Bars: 9.825
(2/6/21 & 2/27/21)

Beam: 9.875
(3/30/22)

Floor: 9.875
(2/12/21 & 3/12/22)

AA: 39.175
(3/13/21)

CAREER NOTES:

- 2020, 2021 & 2022 WCGA Scholastic All-America
- 2022 All-EAGL Second Team selection on floor
- 2021 All-EAGL First Team selection in the all-around
- 2020 All-ECAC First Team selection in the all-around

AS A JUNIOR (2022):

- Competed in every meet of the season on floor
- Made eight lineup appearances on bars and six on beam
- Named to Second team All-EAGL on floor
- Set new career-best of 9.875 on beam in first round of NCAA Raleigh Regional on March 30
- Matched career-best on floor (9.875) at Georgia on March 12
- Named to the EAGL All-Scholastic Team

AS A SOPHOMORE (2021):

- Competed in nine meets; eight times competed as an all-arounder
- Set career-bests on beam (9.825) and floor (9.875) vs. NC State on Feb. 12
- Earned first-team All-EAGL honors in the all-around (38.994)
- 2021 WCGA Scholastic All-American
- ACC Academic Honor Roll

AS A FRESHMAN AT WILLIAM & MARY (2020)

- All-ECAC First Team selection in all-around
- Two-time ECAC Rookie of the Week selection
- Earned a career-high 9.725 on bars at NC State and posted career bests on vault (9.700) and floor (9.800) in the win versus West Chester
- Selected as the ECAC Rookie of the Week after totaling career highs in all-around (38.925) and on beam (9.825) at George Washington
- Earned W&M's Provost Award
- 2020 WCGA Scholastic All-American

PREP:

- Trained at Gymnastix Training Center
- Honored as the Forsyth County Gymnast of the Year in 2018 and 2019

PERSONAL:

- Daughter of Greg and Nancy Greenlow
- Birthday is October 17
- Has one brother, Ryan
- Both parents played soccer in college
- Involved in Christian Ministry



**Julia
KNOWER**

**Sophomore • 5'6
Mandeville, LA**

She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.875
(2/19/22)

Bars: 9.825
(2/12/22)

Beam: 9.925
(1/7/22)

Floor: 9.90
(1/28/22 & 3/12/22)

AA: 39.400
(3/12/22)

CAROLINA CAREER HONORS:

- 2022 WCGA Region Six Gymnast of the Year
- 2022 WCGA Scholastic All-America

AS A FRESHMAN (2022):

- 2022 WCGA Region Six Gymnast of the Year
- Named to First Team All-EAGL on beam and in the all-around, Second team on bars and vault
- Named to First Team All-EAGL Tournament on floor and in the all-around, Second team on bars
- Earned four all-around titles, three beam titles, two vault titles and one floor title for 10 total event titles
- Finished the season ranked No. 6 on beam in the EAGL, with five scores of 9.90 or better
- Capped off the regular season with three straight all-around titles
- Three-time EAGL Rookie of the Week - Jan. 26, Feb. 12 and March 16
- Set a new career-best of 39.400 in the all-around in the final meet of the regular season at No. 24 Georgia
- Clinched Carolina's 196-195.975 win over Towson on Jan. 28, earning a 9.90 on floor in the final routine of the meet
- Qualified as an individual in the all-around to the NCAA Raleigh Regionals with an NQS of 39.240
- Posted eight scores of 9.90 or better
- Named to the EAGL All-Scholastic Team

PREP:

- Trained at North Shore Gymnastics under coaches Nataliya Golberg, Jon Zugg and Orry Mejia
- Four-time Level 10 National Qualifier (2017, 2018, 2019, 2021)
- Finished eleventh in the all-around at 2021 Nationals
- 2019 Team National Champion
- 2019 Regional Beam Champion
- 2019 and 2021 Louisiana State All-Around Champion

PERSONAL:

- Daughter of Devona and Mark Knower and sister to one older brother, Austin
- Born on December 27
- Double majoring in psychology and exercise and sport science
- Graduated from Archbishop Hannan High School
- On why she chose Carolina: "After I visited UNC, I knew this was the place I wanted to spend my collegiate years. Everyone here shows so much love for one another, and I wanted to be a part of that."



**Allison
LANASA**

**Junior • 5'5
Draper, UT
She/Her/Hers**

AS A SOPHOMORE (2022):

- Did not compete during the 2022 season
- Named to the EAGL All-Scholastic Team

AS A FRESHMAN (2021):

- Did not compete during the 2021 season
- 2021 & 2022 WCGA Scholastic All-America
- ACC Academic Honor Roll
- Earned Newcomer of the Year Olympic Sports Strength & Conditioning Award

PREP:

- Trained at Gymnastics Training Center under Derick Moellenbeck for four years
- Qualified to Regionals in 2017, 2018, and 2019
- 2017 and 2018 State Champion

PERSONAL:

- Daughter of Michelle and Chris LaNasa
- From Draper, Utah
- Birthday is April 12
- Born in Monroe, Louisiana
- Graduated from Corner Canyon High School
- Has one brother, Anthony



**Bella
MILLER**

Sophomore • 5'6
Coral Springs, FL
She/Her/Hers

CAROLINA CAREER HONORS:

- 2022 WCGA Scholastic All-America

AS A FRESHMAN (2022):

- Did not compete during the 2022 season
- Named to the EAGL All-Scholastic Team

PREP:

- Trained at American Twisters Gymnastics under coach Gary Anderson
- Two-time Junior Olympic National Qualifier
- Regional Vault Champion

PERSONAL:

- Daughter of Wayne Miller and Lynda Falvo-Miller
- Birthday is March 13
- Graduated from Marjory Stoneman Douglas High School
- Majoring in business
- Has tri-citizenship in the United States, Jamaica and Canada
- Dad Wayne played college football in Canada
- Chose UNC because of the family atmosphere, the love for each other radiating from the team and because Carolina has the “best colors in the NCAA”



**Hannah
NAM**

**Senior • 5'4
West Chester, OH**

She/Her/Hers

**COLLEGIATE
BESTS:**

Bars: 9.80
(1/22/2)

Beam: 9.90
(3/31/22)

Floor: 9.875
(3 times)

CAROLINA CAREER NOTES:

- 2022 All-EAGL First Team selection on bars and beam, Second Team All-EAGL on floor
- 2021 All-EAGL Second Team selection on beam
- 2020 All-EAGL Second Team selection on beam and floor

AS A JUNIOR (2022):

- Named to First Team All-EAGL on bars and beam, Second team All-EAGL on floor
- Appeared in every beam and floor lineup of the season, leading Carolina off on floor
- Set a new-career best on beam in the second-round of the NCAA Raleigh Regional, scoring a team-best 9.90
- Posted nine scores of 9.80 or better
- Matched career-best of 9.875 on floor twice on the season
- Named to the EAGL All-Scholastic Team

AS A SOPHOMORE (2021):

- Appeared in seven floor and beam lineups
- Set three career-bests on the season, 9.8 on bars at New Hampshire, 9.875 on beam at NC State and 9.875 on floor vs. NC State
- Earned Most Improved Olympic Sports Strength & Conditioning Award
- ACC Academic Honor Roll

AS A FRESHMAN (2020):

- Remainder of the season was canceled due to the COVID-19 pandemic
- Earned second team All-EAGL honors on beam and floor with national qualifying scores (NQS) of 9.800 and 9.795, respectively
- Made her collegiate-debut in the second meet of the season and went on to become a consistent member of the bars, beam and floor lineups, appearing on beam and floor in nine meets and on vault in the final six
- Earned four podium finishes throughout the season – one on bars, two on beam and one on floor
- Scored at least 9.80 five times on both beam and floor
- ACC Academic Honor Roll

PREP:

- Received her gymnastics training at Cincinnati Gymnastics Academy club team for 12 years
- Attended Ohio Connections Academy
- Level 10 gymnast for five years
- Five-time national qualifier

PERSONAL:

- Daughter of Hoon and Eileen Nam
- Birthday is June 17
- Born in Westchester, Ohio
- Can play the piano and the flute



**Paige
PREJEAN**

**Freshman • 5'5
Houston, TX
They/Them/Theirs**

PREP:

- Trained at Woodlands Gymnastics Academy under coach Jason Waldon
- 2019 Level 10 Texas state and regional vault champion
- 2018 Level 9 regional vault champion
- 2016 Level 8 Texas State all around and vault champion

PERSONAL:

- Born on June 25
- Daughter of Tiffany Lynch and Brett Prejean
- Stepdaughter of Cori and Tim
- Has two stepsisters, Scarlett and Eliza



**Isabelle
SCHAEFER**

**Sophomore • 5'1
Charlotte, NC
She/Her/Hers**

**COLLEGIATE
BESTS:**

Vault: 9.825
(3/6/22)

Bars: 9.925
(3/6/22)

Beam: 9.300
(1/15/22)

AS A FRESHMAN (2022):

- Competed in all but one meet of the season, appearing in the bars lineup 12 times, five times on vault and once on beam
- Named to First team All-EAGL on bars
- Named to First team All-EAGL Tournament on bars
- Shared the first bars title of the season with teammate Lali Dekanoidze on Jan. 7, beating out Olympic all-around gold medalist Suni Lee in her first collegiate meet
- Posted a 9.825 in first vault appearance at LIU on March 6
- Took home second bars title of the season at LIU, setting a career-best of 9.925
- Named to the EAGL All-Scholastic Team

PREP:

- Trained at Everest Gymnastics under coaches Qi Han, Yiwen Chen and Biyu Sun
- 2020 Nastia Liukin Cup Qualifier
- 2017 & 2018 Junior Olympic Nationals Qualifier
- Second place on bar at the 2017 Junior Olympic National

PERSONAL:

- Daughter of Amy and Mark Schaefer
- Born on September 17
- Graduated from Cannon High School
- Has two siblings, Claire and William
- Majoring in biology
- Chose Carolina for the welcoming and inclusive community and because it felt like home



**Taylor
SCHULZE**

**Sophomore • 5'3
San Antonio, TX**

She/Her/Hers

**COLLEGIATE
BESTS:**

Floor: 9.05
(2/12/22)

Bars: 9.85
(Three times)

Beam: 9.90
(4/8/22)

AS A FRESHMAN AT BROWN (2022):

- Appeared in 15 beam, 11 bars and one vault lineup
- Named to First Team All-GEC on bars, Second team on bars
- Named to First Team Gymnastics East Conference Championship on beam
- Named GEC Co-Newcomer of the Week on Feb. 23
- Posted a career-best of 9.90 at the USAG Championships on April 8

PREP:

- Trained at Aerial Athletics under coaches Erine Harley, Jeremy Viet and Heather Schnelzer
- Qualified for the Junior Olympic National Championship in 2018
- Won a regional title on beam in 2018
- Qualified for regionals in 2019
- Placed third on beam and fifth on both vault and floor at the 2019 state meet
- Finished fourth on bars at the 2018 state meet
- Earned team's MVP and Most Improved awards
- Tallied Level 10 career-high scores of 9.350 on vault, 9.500 on bars, 9.625 on beam, and 9.550 on floor

PERSONAL:

- Born on March 27
- Daughter of Kelly and Eddie Schulze
- Has two older brothers, Austin and Joe



**Jamie
SHEARER**

**Junior • 5'2
Apex, NC
She/Her/Hers**

**COLLEGIATE
BESTS:**

Vault: 9.65
(2/12/21)

Bars: 9.85
(3/19/22)

Beam: 9.85
(3/20/21 & 2/22/22)

AS A SOPHOMORE (2022):

- Appeared in every bars lineup of the season, competed 11 times on beam and once on vault
- Named to First Team All-EAGL Tournament on bars
- Set a career-best of 9.85 on bars at the EAGL Championship on March 19
- Matched career-high of 9.85 on beam at NC State on Feb. 19
- Named to the EAGL All-Scholastic Team

AS A FRESHMAN (2021):

- Competed in all nine meets of the season
- Appeared in every bar lineup
- ACC Academic Honor Roll

PREP:

- Trained at Sonshine Gymnastics for 14 years under Heidi and Milan Stanovich
- Qualified to JO Nationals in 2017

PERSONAL

- Daughter of Todd and Gina Shearer
- From Holly Springs, N.C.
- Birthday is August 13
- Born in Bowie, Maryland
- Has two sisters, Jordan and Julia
- Graduated Summa Cum Laude from Holly Springs High
- Member of National Honors Society, Math National Honors Society, Science National Honors Society
- Father played football at Presbyterian College and sister, Julia, was a cheerleader at UNC



**Cory
SHINOHARA**

Junior • 5'0
Wilmington, MA
She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.875
(2/12/22)

AS A SOPHOMORE (2022):

- Appeared in every vault lineup of the season
- Named First Team All-EAGL Tournament on vault
- Set a career-best of 9.875 vs. Temple on Feb. 12, taking home her first career event title
- Recorded eight vaults of 9.80 or better

AS A FRESHMAN (2021):

- Did not compete during the 2021 season
- 2021 WCGA Scholastic All-American
- ACC Academic Honor Roll

PREP:

- Trained at Brestyan's Gymnastics for 12 years under Mihai Brestyan
- Qualified to JO Nationals in 2016, 2017, and 2019
- Competed in Japan for the Japanese gymnastics team

PERSONAL:

- Daughter of Lily and Hiroshi Shinohara
- From Wilmington, Mass.
- Birthday is December 29
- Born in Osaka, Japan
- Graduated from Wilmington High School with high honors
- Has one brother, Kokoro



**Sophie
SILVERSTEIN**

**Senior • 5'3
Longmont, CO
She/Her/Hers**

**COLLEGIATE
BESTS:**

Vault: 9.775
(2/27/21)

Beam: 9.875
(3/8/20)

Bars: 9.775
(2/12/21)

CAROLINA CAREER HONORS:

- 2022 WCGA Scholastic All-America

AS A JUNIOR (2022):

- Made three lineup appearances on bars
- Suffered a season-ending injury midway through the season
- Named to the EAGL All-Scholastic Team

AS A SOPHOMORE (2021):

- Appeared in every vault lineup of the season
- Set a new career-best of 9.775 on vault at NC State on Feb. 27
- 2021 WCGA Scholastic All-American
- ACC Academic Honor Roll

AS A FRESHMAN (2020):

- Remainder of the season was canceled due to the COVID-19 pandemic
- Appeared in the bars lineup in nine meets with one appearance on vault
- Earned scores of 9,750, 9,725 and a career-best 9.800 on bars in the final three meets – at New Hampshire, versus George Washington and at Ball State
- Finished in a three-way tie for first place on bars at Ball State
- Named to the EAGL All-Scholastic team
- ACC Academic Honor Roll

PREP:

- Graduated from Holy Family High School in Broomfield, Colo.
- Team captain junior and senior year
- Qualified for Level 9 Western Nationals in 2015
- Earned second place on vault at state championship in 2017
- Junior Olympic national team alternate in 2019

PERSONAL:

- Daughter of Dave and Kathy Silverstein
- Birthday is October 26
- Born in Boulder, Colo.
- Member of National Honors Society
- Graduated in the top 10% of her class
- Earned a 4.0 GPA all four years of high school



**Jayati
SRIDHAR**

**Sophomore • 5'5
Morrisville, NC**

She/Her/Hers

AS A FRESHMAN (2022):

- Did not compete during the 2022 season
- Named to the EAGL All-Scholastic Team

PREP:

- Trained at Superior Gymnastics
- Trained at Level 10 for three years
- Three-time Regional Qualifier
- Qualified to Level 9 Eastern Nationals in 2018

PERSONAL:

- Born on May 20
- Daughter of Mona and PK Sridhar
- Has two sisters, Mahati and Sumati, who both are UNC graduates
- Graduated Summa Cum Laude from Raleigh Charter High School and was a member of the National Honor Society
- First-generation American
- Majoring in exercise and sports science and psychology
- On why she chose UNC: "Because of the university's passion for athletics as well as academics, and the inclusive atmosphere of the Carolina family."



**Hallie
THOMPSON**

Senior • 5'5
Waxhaw, NC
She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.875
(3/13/21)

Bars: 9.80
(2/6/21)

Beam: 9.90
(3/20/21)

AS A JUNIOR (2022):

- Suffered a season-ending injury in the first meet of the season
- Named to the EAGL All-Scholastic Team

AS A SOPHOMORE (2021):

- 2021 All-EAGL Second Team selection on vault and beam
- Competed in all nine meets, appearing in every vault and beam lineup and eight bar lineups
- Set career-bests of 9.90 on beam, 9.80 on bars and 9.875 on floor
- Earned EAGL All-Scholastic Team honors
- Named to the 2020-21 ACC Academic Honor Roll

AS A FRESHMAN (2020):

- Did not compete during the 2020 season
- Season canceled after 10 meets due to the COVID-19 pandemic
- ACC Academic Honor Roll
- Named to the EAGL All-Scholastic Team

PREP:

- Attended Charlotte Latin High School in Charlotte, N.C.
- 2019 Junior Olympic National Team member
- 2018 and 2019 National Vault Champion
- 2019 Nastia Liukin Cup Qualifier - 10th AA
- Three-time Junior Olympic National team qualifier
- 2018 and 2019 State and Regional AA Champion

PERSONAL:

- Daughter of Derek and Regina Thompson
- Birthday is September 18
- Was a member of National Spanish Honors Society in high school
- Served as yearbook editor in high school
- Began gymnastics in hopes to one day be like her mother who cheered for the Charlotte Hornets and the Carolina Panthers



**Jay
WEIL**

Senior • 5'0
Davidson, NC
They/Them/Theirs

**COLLEGIATE
BESTS:**

Vault: 9.850
(2/19/22)

Floor: 9.825
(Three times)

AS A JUNIOR (2022):

- Competed in all but one meet of the season
- Appeared in 12 vault lineups and seven floor lineups
- Set a career-best of 9.85 on vault at NC State on Feb. 19
- Matched career-high on floor of 9.825 twice

AS A SOPHOMORE (2021):

- Competed in all nine meets, appearing in all nine floor lineups
- Competed twice on vault, setting a career-best of 9.6 vs. New Hampshire on Jan. 22

AS A FRESHMAN AT MARYLAND (2020):

- Did not compete

PREP:

- Competed for Everest Gymnastics
- 2018 Junior Olympic National Qualifier
- 2018 Level 10 Regionals
- 2018 Fourth place All-Around and Floor
- 2018 second place Vault
- 2018 Level 10 NC State: 4th place in the All-Around, 2nd place in vault
- Finished first on three occasions in the 2018 season
- Level 10 career highs: Vault (9.625), Bars (9.4), Beam (9.525), Floor (9.625), All-Around (37.725)

PERSONAL:

- Daughter of Devin and Jennifer Weil
- From Davidson, N.C
- Birthday is October 31
- Born in Colorado Springs, Colorado
- Has one sister, Sasha
- Served as an executive board member of Lake Norman Teen Council



**Amy
WOZNIAK**

**Freshman • 5'3
Wheaton, IL**

She/Her/Hers

PREP:

- Trained at Legacy Elite Gymnastics under coaches Jiani Wu, Anna Li and Yuejiu Li
- Three-time JO National Championship Qualifier (2019, 2021, 2022)
- 2022 Level 10 team state champion
- 2021 Level 10 state floor champion
- 2019 Level 10 team state champion
- 2019 Level 10 bars regional champion
- 2018 Level 9 all-around state and regional champion

PERSONAL:

- Born on May 26
- Daughter of Michele and David Wozniak
- Has five siblings: Sarah, Megan, Hannah, Rachel and Brian
- Sister, Sarah, is a gymnast at William & Mary



DANNA DURANTE, HEAD COACH

Durante Coaching File

- Named head coach in June 2021
- Fourth head coach in UNC Gymnastics history
- 2022 EAGL Regular Season Champion
- 7-0 record vs. EAGL opponents
- 12 All-EAGL honors
- 12 All-EAGL Tournament honors
- 17 EAGL All-Scholastic Team selections
- EAGL Scholar-Athlete of the Year
- 38 First Team All-America honors
- Two individual NCAA champions



Danna Durante was named head coach of the North Carolina gymnastics program in June of 2021, becoming the fourth head coach in program history.

Coaching Career at UNC:

Under Durante's leadership in her first season at UNC, the Tar Heels put together one of the best seasons in program history, earning the team's first NCAA Women's Gymnastics Championship regional berth since 2017.

Carolina opened the 2022 season with the highest season-opening score in program history, setting a new program record for single-meet attendance.

The Tar Heels were crowned the East Atlantic Gymnastics League (EAGL) regular season champions, going a perfect 7-0 against conference opponents.

Carolina recorded its highest NQS since 2004, finishing the season with its best final NCAA ranking since 2012. As a team, the Tar Heels earned 11 All-EAGL regular-season and 12 All-Tournament honors.

Carolina also excelled in the classroom, with 17 gymnasts named to the EAGL All-Scholastic Team. Junior All-American Elizabeth Culton was named the EAGL Scholar-Athlete of the Year.

The Tulsa, Okla., native returned to coaching after spending four years recruiting top talent for executive teams for Fortune 500 companies

and serving as operations director for What Drives Winning.

Coaching Career at Georgia:

Durante led Georgia's gymnastics program from 2012-2017, where the Gymdogs made five straight NCAA Championship appearances (2013-17), including Super Six appearances in 2013, 2014 and 2016.

Durante coached Georgia to a fifth-place NCAA Championship finish in 2014, sixth-place finishes in 2013 and 2016, ninth in 2015 and 12th in 2017.

In 2016, she coached two NCAA individual national champions - Brandie Jay (vault) and Brittany Rogers (bars).

Twenty-four individual athletes earned 38 first-team All-America awards during her tenure at Georgia.

The Gymdogs earned a 100 percent graduation rate and 39 individuals made the SEC Academic Honor Roll. Her teams also garnered 30 NACGC Academic All-America awards, and Noel Couch earned a postgraduate scholarship in 2013.

Prior Coaching Stops:

Prior to her five-year stint in Athens, Durante served as the head gymnastics coach at the University of California in 2011-2012.

From 2002-2011, Durante spent nine seasons at the University of Nebraska and worked as the Huskers' beam coach and choreographer. In 2007, she was promoted to associate head coach, a position she held until 2011.

Under her tutelage, Nebraska gymnasts earned 23 All-America awards and a fourth-place finish at the 2011 NCAA Championship.

Before coaching at Nebraska, Durante was an assistant coach at the University of Washington, where she guided the Huskies to a seventh-place finish at the NCAA Championship and a 1999 NCAA West Regional title. For her efforts with the Huskies, she was named the West Regional Assistant Coach of the Year in 1999 and 2002. Prior to her time at UW, she coached the Arizona Sunrays and Royal (Fla.) Gymnastics Clubs.

As a Gymnast:

An impressive gymnast in her own right, Durante was a two-time member of the U.S. Gymnastics Federation in 1988 and 1990 and qualified for the 1988 Olympic Trials. In addition to competing globally in Bulgaria, France, Germany, South Africa and Canada representing the United States, she won top honors in the all-around in the 1986 and 1987 South African Cup.

An Elite Level Judge from 1996-2000, she graduated from Arizona State in 1995 with a bachelor's degree in exercise science. She turned in an illustrious collegiate career with the Sun Devils where she was an All-Pac 10 gymnast from 1992-95 and scored five perfect 10s.

Personal:

Durante and her husband, Joe, have a daughter, Samantha, and two sons, Jaxson and Jordan. Samantha was a gymnast at LSU from 2017-22.





MARIE CASE DENICK
ASSISTANT COACH



Marie Case Denick is in her sixth season with the Tar Heels and her second as an assistant coach under head coach Danna Durante. Denick was named the East Atlantic Gymnastics League Assistant Coach of the Year in 2021.

Denick served as the interim head coach for the UNC gymnastics program in 2020-21. After one year as an assistant coach and two as the associate head coach and recruiting coordinator, Denick's impact has been evident.

Despite the shortened 2020 season due to the coronavirus pandemic, Denick helped Khazia Hislop receive her third All-America recognition of her career and her first on vault. In both 2018 and 2019, Hislop earned second team All-America honors and the EAGL championship title on floor exercise. Denick also coached back-to-back EAGL champions on vault with Hislop winning the event in 2019 and Madison Nettles in 2018. In 2018, Carolina also finished the season ranked sixth in the nation in floor exercise, largely due to Denick.

Denick comes to Carolina from Bowling Green State where she served as an assistant coach. Her primary duties included coaching the vault and floor exercise and coordinating the team's academics and community service. One of Denick's athletes won the floor exercise and another was the MAC's Freshman of the Year.

The Erie, Pa. native began her coaching career as a volunteer assistant at her alma mater, Kent State. She was the MAC Gymnast of the Year in 2012, 2013 and 2014, the MAC Freshman of the Year in 2011 and the conference's all-around champion as a junior and senior. She qualified for the NCAA Championships in the all-around in 2014 and was the National Association of Collegiate Gymnastics Coaches Regional Gymnast of the Year.

AMELIA HUNDLEY
ASSISTANT COACH



Amelia Hundley is in her second season with Carolina in 2022-23. Her responsibilities include coaching the Tar Heels' uneven bar performers and choreographing all of the floor routines.

Hundley, who joined the Carolina gymnastics program as an assistant coach in July 2021, was named the East Atlantic Gymnastics League Assistant Coach of the Year in her first year in Chapel Hill.

A four-time All-American and two-time All-SEC honoree at the University of Florida, Hundley led the Gators to Southeastern Conference regular-season titles in 2019 and 2020. In 2021, she served as a student assistant coach as the Gators won the 2021 SEC title and NCAA team final.

"I am absolutely honored to have the opportunity to work with Danna and be a part of her coaching staff," said Hundley. "I have always admired her coaching style and believe she knows what it takes to create the best student athlete experience both on-and-off the competition floor."

Before her time as a Gator, Hundley won a gold medal in the 2012 Pacific Rim Gymnastics Championships as a junior international elite gymnast on Team USA.

A three-time gold medalist, she picked up her second and third gold medals as part of Team USA in 2014 Pan-American Championships in Mississauga and 2015 Pan-American Games.

Her decorated career continued with bronze medals at the 2015 Pan-American Games in Toronto for her showing on uneven bars and the 2016 Stuttgart World Cup for her all-around performance.





MEET THE TAR HEELS FUN FACTS

Jenna Cashman

Sister, Amanda, is a gymnast at Georgia

Elizabeth Culton

Can play the violin

Lali Dekanoidze

Mother, Sofia, was a member of The Republic of Georgia National Team

Gwen Fink

Played five sports before focusing on gymnastics

Kaya Forbes

Has three birthday cake-flavored Hershey's before competition

Kate Greene

Loves to eat breakfast food for dinner

Bri Greenlow

Has applied to the TV show 'Survive' four times

Julia Knowler

Favorite activity outside of gymnastics is riding jet skis

Ally LaNasa

Loves to hike/go backpacking and has hiked to the peak of two mountains in Utah

Bella Miller

Holds tri-citizenship in

the U.S., Jamaica and Canada

Hannah Nam

Was bit by a wallaby

Paige Prejean

Is always watching a live stream of otters in Monterey Bay

Isabelle Schaefer

Likes to crochet

Taylor Schulze

Has a cat with three legs

Jamie Shearer

Older sister, Jordan was also a gymnast at UNC

Cory Shinohara

Is bilingual in English and Chinese

Sophie Silverstein

Wants to be an astronaut

Jayati Sridhar

Has been to 22 states

Hallie Thompson

Loves making TikToks

Jay Weil

Can recite over 150 digits of pi

Amy Wozniak

Has 5 siblings and the youngest three are triplets



2023 Seniors





2022 SEASON REVIEW

Date	Opponent	Place	Vault	Bars	Beam	Floor	Total
Jan. 7	vs. Auburn, Bowling Green	2nd of 3	49.025	49.000	48.875	48.800	195.700
Jan. 15	at Rutgers, NC State, New Hampshire	3rd of 4	48.975	48.950	48.500	47.800	194.225
Jan. 22	vs. Missouri, Brown, George Washington	2nd of 4	48.875	48.925	49.350	49.325	196.475
Jan. 28	vs. Pitt, Towson	1st of 2	48.675	48.975	49.125	49.225	196.000
Feb. 4	at Alabama, Western Michigan	2nd of 3	48.700	48.525	49.050	49.050	195.325
Feb. 12	vs. Temple	1st of 2	49.175	48.550	49.125	48.750	195.600
Feb. 19	at NC State	1st of 2	49.225	49.025	49.200	49.175	196.625
Feb. 24	vs. West Virginia	2nd of 2	48.950	49.125	48.650	48.500	195.225
March 6	at LIU	1st of 2	48.975	49.300	49.150	49.050	196.475
March 12	at Georgia	2nd of 2	48.800	49.150	49.175	49.350	196.475
March 19	EAGL Championships	5th of 8	48.850	49.150	48.425	49.125	195.550
March 30	NCAA Regional - Round One	1st of 2	48.950	48.700	49.275	48.800	195.725
March 31	NCAA Regional - Round Two	4th of 4	49.075	48.700	48.325	49.050	195.150

2022 TOP SCORES

Vault	Bars	Beam	Floor
Lali Dekanoidze.....9.900	Elizabeth Culton.....9.950	Elizabeth Culton.....9.975	Elizabeth Culton.....9.900
Emery Summey.....9.875	Lali Dekanoidze.....9.950	Julia Knowler.....9.925	Lali Dekanoidze.....9.900
Cory Shinohara.....9.875	Isabelle Schaefer.....9.925	Hannah Nam.....9.900	Julia Knowler.....9.900
Julia Knowler.....9.875	Kate Greene.....9.875	Lali Dekanoidze.....9.900	Hannah Nam.....9.875
Jay Weil.....9.850	Jamie Shearer.....9.850	Bri Greenlow.....9.875	Bri Greenlow.....9.875

2022 NOTEWORTHY ACCOMPLISHMENTS

- First NCAA Regional berth since 2017
- Advanced to the NCAA Second Round
- Best final NCAA ranking since 2012
- Highest NQS since 2004
- Best season-opening score in program history
- Undefeated EAGL regular season champion
- 12 All-EAGL honors
- Best bar, beam and road scores since 2004
- 25 rotations of 49+
- New program record for single-meet attendance
- EAGL Scholar-Athlete of the Year
- 17 EAGL All-Scholastic Team selections
- Nine WCGA Scholastic All-America honors
- EAGL Assistant Coaches of the Year





2022 INDIVIDUAL SCORES

Elizabeth Culton

1/7	UB - 9.825, BB - 9.650, FX - 9.850
1/15	UB - 9.900, BB - 9.900, FX - 9.150
1/22	UB - 9.900, BB - 9.925, FX - 9.875
1/28	UB - 9.850, BB - 9.775, FX - 9.825
2/4	UB - 9.825, BB - 9.875, FX - 9.775
2/12	UB - 9.125, BB - 9.875, BB - 9.875
2/19	UB - 9.825, BB - 9.775, FX - 9.825
2/24	UB - 9.875, BB - 9.900, FX - 9.600
3/6	UB - 9.950, BB - 9.975, FX - 9.675
3/12	UB - 9.875, BB - 9.900, FX - 9.900
3/19	UB - 9.800, BB - 9.900, FX - 9.900
3/30	UB - 9.850, BB - 9.925, FX - 9.850
3/31	UB - 9.825, BB - 9.875, FX - 9.900

Lali Dekanoidze

1/7	VT - 9.825, UB - 9.875, BB - 9.850
	FX - 9.775, AA - 39.325
1/15	VT - 9.900, UB - 9.850, BB - 9.350
	FX - 9.650, AA - 38.750
1/22	VT - 9.800, UB - 9.875, BB - 9.900
	FX - 9.875, AA - 39.450
1/28	VT - 9.900, UB - 9.825, BB - 9.850
	FX - 9.875, AA - 39.450
2/4	VT - 9.750, UB - 9.850, BB - 9.275
	FX - 9.825, AA - 38.700
2/12	VT - 9.875, UB - 9.950, BB - 9.875
	FX - 9.850, AA - 39.550
2/19	VT - 9.875, UB - 9.800, BB - 9.900
	FX - 9.900, AA - 39.475
2/24	VT - 9.875, UB - 9.875, BB - 9.325

Kate Green

1/15	VT - 9.650
1/22	VT - 9.775
1/28	VT - 9.300
2/4	VT - 9.700
2/12	VT - 9.725
2/19	VT - 9.800
2/24	VT - 9.775
3/6	VT - 9.700, UB - 9.875
3/12	VT - 9.725, UB - 9.800
3/19	VT - 9.800, UB - 9.825
3/30	VT - 9.775, UB - 9.000
3/31	VT - 9.800, UB - 9.700

Bri Greenlow

1/7	BB - 9.650, FX - 9.825
1/15	UB - 8.150, FX - 9.775
1/22	FX - 9.850
1/28	FX - 9.825
2/4	FX - 9.850
2/12	UB - 9.775, FX - 9.100
2/19	UB - 9.800, FX - 9.775
2/24	UB - 9.775, FX - 9.075
3/6	UB - 9.700, BB - 9.675, FX - 9.800
3/12	UB - 9.750, BB - 9.175, FX - 9.875
3/19	UB - 9.750, BB - 9.050, FX - 9.725
3/30	UB - 9.625, BB - 9.875, FX - 9.575
3/31	UB - 9.450, BB - 9.100, FX - 9.775

Julia Knower

1/7	VT - 9.775, UB - 9.775, BB - 9.925
	FX - 9.525, AA - 39.000
1/15	VT - 9.825, UB - 9.700, BB - 9.875
	FX - 9.800, AA - 39.200

1/22	VT - 9.625, UB - 9.700, BB - 9.575
	FX - 9.100, AA - 38.000
1/28	VT - 9.750, UB - 9.800, BB - 9.875
	FX - 9.900, AA - 39.325
2/4	VT - 9.675, UB - 9.600, BB - 9.900
	FX - 9.850, AA - 39.025
2/12	VT - 9.875, UB - 9.825, BB - 9.900
	FX - 9.650, AA - 39.250
2/19	VT - 9.875, UB - 9.800, BB - 9.700
	FX - 9.850, AA - 39.225
2/24	VT - 9.675, UB - 9.825, BB - 9.225
	FX - 9.850, AA - 38.575
3/6	VT - 9.775, UB - 9.800, BB - 9.875
	FX - 9.750, AA - 39.200
3/12	VT - 9.775, UB - 9.825, BB - 9.900
	FX - 9.900, AA - 39.400
3/19	VT - 9.775, UB - 9.825, BB - 9.700
	FX - 9.900, AA - 39.200
3/30	VT - 9.800, UB - 9.700, BB - 9.900
	FX - 9.700, AA - 39.100
3/31	VT - 9.850, UB - 9.625, BB - 9.675
	FX - 9.800, AA - 38.950

Hannah Nam

1/7	BB - 9.800, FX - 9.775
1/15	BB - 9.675, FX - 8.900
1/22	BB - 9.825, FX - 9.875
1/28	BB - 9.800, FX - 9.800
2/4	BB - 9.775, FX - 9.750
2/12	BB - 9.250, FX - 9.775
2/19	BB - 9.850, FX - 9.825
2/24	BB - 9.850, FX - 9.825
3/6	BB - 9.775, FX - 9.875
3/12	BB - 9.875, FX - 9.800
3/19	BB - 9.850, FX - 9.800
3/30	BB - 9.825, FX - 9.775
3/31	BB - 9.900, FX - 9.775

Isabelle Schaefer

1/7	UB - 9.875
1/15	UB - 9.800, BB - 9.300
1/28	UB - 9.775
2/4	UB - 9.600
2/12	UB - 9.875
2/19	UB - 9.800
2/24	UB - 9.725
3/6	VT - 9.825, UB - 9.925
3/12	VT - 9.775, UB - 9.850
3/19	VT - 9.750, UB - 9.850
3/30	VT - 9.750, UB - 9.800
3/31	VT - 9.825, UB - 9.875

Jamie Shearer

1/7	VT - 9.450, UB - 9.650
1/15	UB - 9.700
1/22	UB - 9.700, BB - 9.850
1/28	UB - 9.725, BB - 9.025
2/4	UB - 9.650, BB - 9.700
2/12	UB - 8.125, BB - 9.725
2/19	UB - 9.700, BB - 9.850
2/24	UB - 9.775, BB - 9.750
3/6	UB - 9.750, BB - 9.825
3/12	UB - 9.800, BB - 9.675
3/19	UB - 9.850, BB - 9.150
3/30	UB - 9.725, BB - 9.750
3/31	UB - 9.675, BB - 9.775

Cory Shinohara

1/7	VT - 9.800
1/15	VT - 9.775
1/22	VT - 9.800
1/28	VT - 9.675
2/4	VT - 9.725
2/12	VT - 9.875
2/19	VT - 9.775
2/24	VT - 9.850
3/6	VT - 9.800
3/12	VT - 9.750
3/19	VT - 9.825
3/30	VT - 9.800
3/31	VT - 9.800

Sophie Silverstein

1/22	UB - 9.750
1/28	UB - 9.725
2/4	UB - 9.575

Shailyn St. Brice

1/7	FX - 9.575
1/22	FX - 9.850
1/28	FX - 9.550
2/4	FX - 9.675
2/12	FX - 9.600
2/19	FX - 9.675
2/24	FX - 9.825
3/6	FX - 9.800
3/12	FX - 9.850
3/19	FX - 9.800
3/30	FX - 9.700
3/31	FX - 9.725

Emery Summey

1/7	VT - 9.825, BB - 9.125
1/15	VT - 9.725, BB - 9.700
1/22	VT - 9.725, BB - 9.850
1/28	VT - 9.750, BB - 9.825
2/4	VT - 9.750, BB - 9.800
2/12	VT - 9.800, BB - 9.750
2/19	VT - 9.825, BB - 9.825
2/24	VT - 9.775, BB - 9.825
3/6	VT - 9.875, BB - 9.700
3/12	VT - 9.775, BB - 9.825
3/19	VT - 9.700, BB - 9.825
3/30	VT - 9.825, BB - 9.700
3/31	VT - 9.800, BB - 9.050

Hallie Thompson

1/7	VT - 9.800, UB - 9.150
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Jay Weil

1/15	VT - 9.750, FX - 9.425
1/22	VT - 9.775,
1/28	VT - 9.600
2/4	VT - 9.775
2/12	VT - 9.750
2/19	VT - 9.850
2/24	VT - 9.625, FX - 9.400
3/6	VT - 9.525, FX - 9.825
3/12	VT - 9.725, FX - 9.825
3/19	VT - 9.700, FX - 8.775
3/30	VT - 9.700, FX - 9.775
3/31	VT - 9.750, FX - 9.800





CAROLINA

GYMNASTICS



TOP 10 ALL-TIME SCORES

Vault

1. Courtney Bumpers	9.975	(2/20/04)
2. Amy Williams	9.950	(1/14/02)
Olivia Trusty	9.950	(1/24/04)
Christine Nguyen	9.950	(3/29/08)
5. Kara Wright	9.925	(2/14/10)
Khazia Hislop	9.925	(2/23/20)
7. Anna Wilson	9.900	(2/8/03)
Mikel Hester	9.900	(2/13/04)
Christine Robella	9.900	(4/3/04)
Jen Valby	9.900	(2/15/08)
Zoya Johnson	9.900	(3/24/12)
Morgan Evans	9.900	(3/16/12)
Sarah Peterson	9.900	(1/18/15)
Kaitlynn Hedelund	9.900	(3/4/17)
Madison Nettles	9.900	(3/24/18)
Mikayla Robinson	9.900	(1/25/19)
Lali Dekanoidze	9.900	(1/28/22)

Bars

1. Olivia Trusty	9.950	(2/20/04)
Lali Dekanoidze	9.950	(2/12/22)
Elizabeth Culton	9.950	(3/6/22)
2. Brooke Wilson	9.925	(3/3/00)
Christine Robella	9.925	(1/24/04)
4. Angie Denkins	9.900	(3/23/89)
Jennifer DeLuca	9.900	(3/16/96)
Maddy Curley	9.900	(3/5/04)
Anna Wilson	9.900	(3/5/04)
Elisabeth Alsop	9.900	(2/19/05)
Elizabeth Durkac	9.900	(2/16/13)
Haley Watts	9.900	(3/14/14)
Lexi Cappalli	9.900	(1/25/15)
Kaitlynn Hedelund	9.900	(1/17/16)
Rylie Dewhurst	9.900	(3/17/18)

Beam

1. Brooke Wilson	10.000	(2/3/01)
2. Courtney Bumpers	9.975	(3/5/04)
Elizabeth Culton	9.975	(3/6/22)
3. Natalie Halbach	9.950	(2/3/01)
Christine Robella	9.950	(2/22/04)

Morgan Lane	9.950	(3/11/16)
6. Anna Wilson	9.925	(2/28/03)
Monica Middleton	9.925	(2/18/00)
Christine Nguyen	9.925	(2/20/10)
Khazia Hislop	9.925	(2/1/19)
Julia Knower	9.925	(1/7/22)

Floor

1. Anna Wilson	10.000	(1/31/03)
Courtney Bumpers	10.000	(2/8/03)
3. Brooke Wilson	9.975	(3/3/00)
Christine Robella	9.975	(2/13/04)
Olivia Trusty	9.975	(2/20/04)
Mikel Hester	9.975	(2/22/04)
7. Maddy Curley	9.950	(3/23/02)
Christine Nguyen	9.950	(3/20/10)
Madison Nettles	9.950	(2/17/18)
Khazia Hislop	9.950	(2/15/20)

All-Around

1. Courtney Bumpers	39.725	(2/20/04)
2. Olivia Trusty	39.700	(2/20/04)
3. Christine Robella	39.675	(2/22/04)
4. Christine Nguyen	39.575	(3/20/10)
5. Morgan Lane	39.550	(3/17/18)
Lali Dekanoidze	39.550	(2/12/22)
7. Brooke Wilson	39.500	(3/4/01)
8. Mikel Hester	39.450	(2/13/04)
Anna Wilson	39.450	(3/13/04)
Morgan Evans	39.450	(3/24/12)



In 2021, Elizabeth Culton became UNC's first All-America selection since 2006.





YEAR-BY-YEAR RECORDS

Year	Head Coach	Dual Record	Conf. Finish	Postseason
1972	Barbara Yarborough	2-3	N/A	None
1973	Barbara Yarborough	8-4	N/A	NCAIAW, 3rd
1974	Barbara Yarborough	6-7	N/A	NCAIAW, 2nd
1975	Ken Ourso	3-4	N/A	NCAIAW, 2nd
1976	Ken Ourso	6-3	N/A	NCAIAW, 2nd; Region II, 3rd
1977	Ken Ourso	7-2	N/A	NCAIAW, 1st; Region II, 3rd
1978	Ken Ourso	8-3	N/A	NCAIAW, 1st; Region II, 2nd
1979	Ken Ourso	10-1	N/A	NCAIAW, 1st; Region II, 3rd
1980	Ken Ourso	10-1	N/A	NCAIAW, 1st; Region II, 2nd
1981	Ken Ourso	7-3	N/A	NCAIAW, 1st; Region II, 3rd
1982	Derek Galvin	11-2	N/A	NCAA Southeast Regional, 4th
1983	Derek Galvin	9-7	N/A	NCAA East Regional, 8th
1984	Derek Galvin	4-3	ACC - 3rd	NCAA Southeast Regional, 5th
1985	Derek Galvin	10-3	ACC - 1st	NCAA Southeast Regional, 3rd
1986	Derek Galvin	14-2	ACC - 1st	NCAA Southeast Regional, 3rd; Final No. 16 ranking
1987	Derek Galvin	2-6	ACC - 2nd	NCAA Southeast Regional - Stacy Kaplan, 7th All-Around
1988	Derek Galvin	6-5	ACC - 2nd	NCAA Southeast Regional, 7th
1989	Derek Galvin	4-10	ACC - 3rd	NCAA Southeast Regional - Angie Denkins, 8th All-Around
1990	Derek Galvin	4-5	ACC - 3rd	NCAA Southeast Regional - Debbie Sigler, All-Around, 4th Beam; Carrie Suto, All-Around
1991	Derek Galvin	10-6	ACC - 2nd	NCAA Southeast Regional, 5th
1992	Derek Galvin	11-10	N/A	NCAA Southeast Regional - Tracy Knowles, Shannon Stacy, All-Around
1993	Derek Galvin	13-18	N/A	NCAA Southeast Regional - Alissa Musser, Tracy Knowles, All-Around
1994	Derek Galvin	10-15	N/A	NCAA Southeast Regional - Molly Gardner, Alisa Musser, Shannon Stacy, All-Around
1995	Derek Galvin	11-11	N/A	NCAA Southeast Regional - Mary Jo Austin, Amanda Mitchell, All-Around
1996	Derek Galvin	12-5	EAGL - 6th	NCAA Southeast Regional - Molly Gardner, Amanda Mitchell, All-Around
1997	Derek Galvin	11-5	EAGL - 5th	NCAA Southeast Regional - Amanda Mitchell, 4th All-Around
1998	Derek Galvin	13-4	EAGL - 7th	NCAA Southeast Regional - Amanda Mitchell, All-Around; Brooke Wilson, All-Around
1999	Derek Galvin	17-5	EAGL - 4th	NCAA Southeast Regional - Monica Middleton, All-Around; Brooke Wilson, 9th All-Around
2000	Derek Galvin	10-11	EAGL - 7th	NCAA Southeast Regional - Brooke Wilson, 4th All-Around; Lisa Companioni, Balance Beam; Julie Pasqualini, Uneven Bars
2001	Derek Galvin	11-10	EAGL - 5th	NCAA Southeast Regional - Brooke Wilson 8th All-Around; Maddy Curley 10th All-Around; Natalie Halbach 20th Balance Beam
2002	Derek Galvin	19-7	EAGL - 1st	NCAA Southeast Regional, 4th; Final No. 20 ranking
2003	Derek Galvin	22-4	EAGL - 3rd	NCAA Southeast Regional, 3rd; NCAA National Championships - Courtney Bumpers, 4th Beam Finals; Anna Wilson, Preliminaries, All-Around
2004	Derek Galvin	22-1	EAGL - 2nd	NCAA Southeast Regional, 3rd; Final No. 15 ranking NCAA National Championships - Courtney Bumpers, 1st Floor Exercise
2005	Derek Galvin	14-4-1	EAGL - 1st	NCAA Southeast Regional, 3rd; Final No. 23 ranking; NCAA National Championships - Courtney Bumpers, 1st Floor Exercise
2006	Derek Galvin	17-8	EAGL - 1st	NCAA Southeast Regional, 4th; NCAA National Championships - Christine Robella, 8th Floor Exercise, 14th All-Around
2007	Derek Galvin	16-6	EAGL - 3rd	NCAA Southeast Regional, 6th
2008	Derek Galvin	15-6	EAGL - 4th	NCAA Southeast Regional, 6th
2009	Derek Galvin	16-10	EAGL - 3rd	NCAA Southeast Regional, 5th
2010	Derek Galvin	12-6	EAGL - 1st	NCAA Southeast Regional, 6th
2011	Derek Galvin	11-7	EAGL - 1st	NCAA Southeast Regional, 4th NCAA National Championships - Morgan Evans, All-Around
2012	Derek Galvin	10-5	EAGL - 4th	NCAA Raleigh Regional, 5th NCAA National Championships - Morgan Evans, All-Around
2013	Derek Galvin	12-7	EAGL - 5th	NCAA Morgantown Regional, 6th
2014	Derek Galvin	9-10	EAGL - 7th	NCAA Athens Regional - Haley Watts, All-Around
2015	Derek Galvin	14-11	EAGL - 5th	NCAA Auburn Regional - Lexi Cappalli & Morgan Lane All-Around; Kaitlynn Hedelund, Uneven Bars
2016	Derek Galvin	5-12	EAGL - 4th	NCAA Athens Regional - Morgan Lane, All-Around; Kaitlynn Hedelund, Uneven Bars
2017	Derek Galvin	11-4	EAGL - 4th	NCAA Gainesville Regional, 5th
2018	Derek Galvin	8-9	EAGL - 6th	NCAA National Championships - Morgan Lane, All-Around
2019	Derek Galvin	8-10	EAGL - 5th	NCAA Athens Regional - Khazia Hislop, Vault, Beam, Floor; Mikayla Robinson, Vault
2020	Derek Galvin	7-6	EAGL - N/A	Remainder of 2020 season cancelled due to COVID-19
2021	Derek Galvin	11-3	EAGL - 5th	NCAA Athens Regional - Elizabeth Culton, All-Around
2022	Danna Durante	11-7	EAGL - 5th	NCAA Raleigh Regional - 4th; Final No. 32 ranking





EAGL CHAMPIONSHIP HISTORY*

2022 - 5th - 195.550

V: 48.850; UB: 49.150; BB: 48.425; FX: 49.125

2021 - 5th - 195.275

V: 48.875; UB: 48.250; BB: 49.275; FX: 48.875

2020 - Cancelled due to COVID-19

2019 - 5th - 193.950

V: 48.750; UB: 47.625; BB: 48.700; FX: 48.875

2018 - 6th - 194.775

V: 49.250; UB: 48.275; BB: 47.775; FX: 49.475

2017 - 4th - 194.525

V: 48.825; UB: 47.475; BB: 49.100; FX: 49.125

2016 - 4th - 194.975

V: 48.550; UB: 48.975; BB: 48.625; FX: 48.825

2015 - 5th - 194.800

V: 48.550; UB: 48.725; BB: 48.775; FX: 48.775

2014 - 7th - 194.150

V: 48.350; UB: 48.725; BB: 47.975; FX: 49.100

2013 - 5th - 194.225

V: 48.800; UB: 48.475; BB: 48.025; FX: 48.925

2012 - 4th - 195.550

V: 49.800; UB: 48.725; BB: 48.700; FX: 49.125

2011 - 1st - 195.300

V: 49.000; UB: 48.700; BB: 48.625; FX: 48.975

2010 - 1st - 196.025

V: 48.900; UB: 49.225; BB: 48.900; FX: 49.000

2009 - 3rd - 194.825

V: 49.050; UB: 48.900; BB: 48.950; FX: 47.925

2008 - 4th - 193.950

V: 48.475; UB: 48.600; BB: 48.325; FX: 48.550

2007 - 3rd - 194.925

V: 48.725; UB: 48.750; BB: 48.525; FX: 48.925

2006 - 1st - 195.325

V: 49.100; UB: 48.925; BB: 48.250; FX: 49.050

2005 - 1st - 195.975

V: 48.875; UB: 49.025; BB: 48.975; FX: 49.100

2004 - 2nd - 196.725

V: 49.200; UB: 49.250; BB: 48.725; FX: 49.550

2003 - 3rd - 196.025

V: 49.100; UB: 49.000; BB: 48.725; FX: 49.200

2002 - 1st - 196.425

V: 49.050; UB: 48.825; BB: 49.000; FX: 49.550

INDIVIDUAL EAGL CHAMPIONS**

All-Around

2021 Elizabeth Culton.....	39.375
2010 Kara Wright	39.325
2008 Christine Nguyen	39.475
2007 Christine Robella.....	39.350
2006 Courtney Bumpers	39.525
2005 Courtney Bumpers.....	39.475
2004 Courtney Bumpers.....	39.575
1999 Brooke Wilson.....	39.575

Vault

2019 Khazia Hislop.....	9.875
2018 Madison Nettles.....	9.900
2012 Zoya Johnson	9.900
2010 Zoya Johnson	9.900
2008 Christine Nguyen	9.950

Bars

2021 Elizabeth Culton.....	9.925
2010 Morgan Evans	9.900
2006 Christine Robella.....	9.900
2005 Courtney Bumpers.....	9.875

Beam

2021 Elizabeth Culton/Hallie Thompson.....	9.900
2010 Christine Nguyen	9.875
2005 Courtney Bumpers.....	9.875
2004 Courtney Bumpers.....	9.925
2001 Brooke Wilson.....	9.950
2000 Erica Roberts.....	9.950
1999 Brooke Wilson.....	9.950

Floor

2019 Khazia Hislop	9.900
2018 Khazia Hislop.....	9.950
2015 Morgan Lane.....	9.850
2007 Christine Robella.....	9.925
2006 Courtney Bumpers.....	9.950
2005 Courtney Bumpers.....	9.925
2004 Courtney Bumpers.....	10.00
2002 Anna Wilson.....	9.975

* since 2002

** since 1999





DEREK P. GALVIN GYMNASTICS TRAINING FACILITY

In 2015, the Rams Club and the UNC Athletic Department finished a complete renovation of the gymnastics practice facility within Fetzer Gymnasium. At a ceremony that November, the space was officially named the Derek P. Galvin Gymnastics Facility in honor of Carolina's long-time head coach. Galvin was just the third women's gymnastics coach in school history and was the second-longest tenured coach at UNC during his time in Chapel Hill.

The facility became a reality with the generous donations of 175 contributors who raised more than \$580,000 for the project. The Rams Club and the gymnastics program would like to specifically thank the Nassif Family, Ed and Cathe Hege, Fritz and Kevin Russ, and Claude and Sarah Snow for their generous support.

Former gymnast Claire Smith spearheaded a campaign among former letterwinners to raise more than \$200,000 for the project.

The enhancements provide the gymnastics team with a more comprehensive and efficient practice space than ever before. The floor was elevated to allow for the installation of several foam pits, specifically for training on vault and uneven bars. The gym was converted to LED lighting, and championship banners celebrating Carolina's success in the East Atlantic Gymnastics League are on display.





ALL-TIME LETTERWINNERS

AAA

Christa Abrams 1993-94-95-96
Drew Aldridge 2019-20-21-22
Alexis Allen 2017-18-19-20
Rebecca Allison 1990-91-92-93
Kristin Aloï 2011-12-14-15
Elisabeth Alsop 2002-03-04-05
Karen Anaston 1974
Jamie Antinori 2017-18-19-20
McKenna Appleton 2019-20-21
Mary Jo Austin 1995-96-97-98
Nicole Austin 1996-97-98-99
Shelley Austin 1996-97-98-99

BBB

Lynn Bennett 1991-92-93-94
Cathy Benton 1972-73-74
Carol Berryhill 1981
Kristin Bilotta 1986-87-88-89
Amy Bincarousky 1986-87-88-89
Elizabeth Boulton 1984-85-86-87
Jennifer Britt 1980-81
Margaret Brown 2014
Taylor Brown 2009-10-11-12
Courtney Bumpers 2003-04-05-06

CCC

Barbi Callahan 1984-85-86-87
Tracy Calore 1989-90-91-92
Martha Campbell 1981
Lexi Cappalli 2013-14-15-16
Sonya Cardi 1984-85-86-87
Jenna Cashman 2022-23
Fritzie Cathcart 2000-01-02-03
Lisa Cardillo 1992-93
Diana Cates 1979-80-81-82
Anne Chaffee 2000-01-02-03
Lisa Companioni 1999-00-01-02
Betsy Cook *1990-91-92-93
Nancy Cooper 1973
Emily Cornwell 2011-12-13
Acacia Cosentino 2011-12-14-15
Lynne Cote 1984-85-86-87
Elizabeth Culton 2020-21-22-23
Susan Cunningham 1995-96-97-98
Maddy Curley 2001-02-03-04

DDD

Sara Davis 1995-96-97-98
Mary Dashiell 1975-76
Debbie Daughtry 1974
Caroline Daniels *2023
Kelley Dean 1987
Lily Dean 2018-19-20-21
Jamie DeCicco 2016-17-18-19
Lali Dekanoidze 2022-23
Jennifer DeLuca 1996-97-98-99
Angie Denkins 1989-90, *1991-92

Rylie Dewhurst 2018-19
Teri Diamond 2007-08-09-10
Kathy Dickinson 1984-85
Grace Donaghy 2017-18-19-20
Shannon (Boo) Donoho 2001-02-03
Diane Dorney 1996
Suzanne Drake 1972
Lori Durham 2000
Elizabeth Durkac 2010-11-12-13

EEE

Janet Easterling 1974
Mary Beth Elrod 1977-78-79-80
Morgan Evans 2009-10-11-12

FFF

Gwen Fink 2023
Kaya Forbes 2023
Susan Foreman 1972
Debra Fox 1972-73-74

GGG

Molly Gardner 1994-95-96-97
Stacy Geare 2005
Tina Ghashghaei 2020-21-22
Tammy Gilbert 1983-84-85-86
Leah Gneco 2020-21-22
Lynne Goodlett 1994-95-96-97
Raine Gordon 2018-19
Jill Gray 1984-85
Missy Grich 1974-75
Kate Greene 2021-22-23
Bri Greenlow 2021-22-23

HHH

Cherie Hampton 1991-92-93-94
Natalie Halbach 2000-01-02-03
Madison Hargrave 2016-17-18-19
Joan Healy 1974-75-76-77
Kaitlynn Hedelund 2015-16-17-18
Mikel Hester 2003-04-05-06
Khazia Hislop 2017-18-19-20
Sarah Hitchcock *2023
Susan Hooper 1972-73
Allison Hunter 1983
Ashley Hunter 1988
Ann Hutchinson 1990-91
Susie Hulse 1975-76-77-78

III

Michelle Ikoma 2010-12-13-14
Skylar Inman 2001-02-03-04

JJJ

Tina Jacob 2007-08-09-10
Krista Jasper 2009-10-11-12
Nancy Johnson 1988-89-90
Zoya Johnson 2009-10-11-12

Karli Jones 2008-09-10
Holly Joyner 1990-91-92-93, *94-95

KKK

Shawna Kelly 2005-06-07-08
Karen Kaiser 1981-82-83-84
Stacy Kaplan 1985-86-87-88
Paula Kilpatrick 1974-75
Chrissy Klonne 2000-01-02-03
Julia Knowler 2022-23
Tracy Knowles 1991-92-93-94
Michelle Kucsma 1977-78

LLL

Jennifer Lacroff *1996
Allison LaNasa 2021-22-23
Morgan Lane 2015-16-17-18
Angela Lauten 2005-06-07-08
Lindsey Lemke 2015
Melissa Leonard 1988-99-90-91
Elizabeth Lindley 2009-10-11-12
Cecilia Liu 2003-04-05-06
Terry Lodge 1973-74-75-76
Kerri Logue 1981
Julianna Love 2019-20-21-22

MMM

Josselyn Mackey 2013-14-15-16
Meredith Magjuka 2011-12-13-14
Kim Mann 1995-96-97-98
Emma Marchese 2017-18
Megan Marengi 2014
Bridgett Martin 1972
Maura Masatsugu 2010-11-12-13
Diane Mathews 1972
Janet McCauley 1972
Paula McCormick 1974-75
Meredith McDermott 1997-98-99-00
Jodi Meadows 1997-98-99-00
Karen Meltsch 1992-93-94-95, *96
Wendy Meyer 1982-83, *85
Monica Middleton 1999-00-01-02
Kathy Miles 1978-79-80-81
Bella Miller 2022-23
Helen Miller 1979-80-81
Amanda Mitchell 1995-96-97-98
Meredith Mitchell 1996-97-98-99
Valerie Morgan 1991-92-93
Linda Morrison 1973-74
Alica Moulton 1972
Alisa Musser 1991-92-93-94

NNN

Hannah Nam 2020-21-22-23
Christie Nelson 1992-93-94
Maddie Nettles 2016-17-18
Christine Nguyen 2007-08-09-10
Tienna Nguyen 2021





CAROLINA

GYMNASTICS



ALL-TIME LETTERWINNERS

OOO

Patty O’Conner 1978-79-80-81
Jennifer Owen 1981-82

PPP

Shannon Parry 1991-92
Julie Pasqualini 1997-98-99-00
Nuria Perez-Reyes 1977
Hollis Peterson 1982-83-84
Sarah Peterson 2013-14-15-16
Christina Pheil..... 2014-15-16-17
Lynn Pickard *1988-89-90-91
Megan Piper 1997-98-99-00
Paige Prejean 2023

RRR

Stephanie Richard 1988
Ann Ritter 1975
Christine Robella 2004-05-06-07
Jennifer Roberdeau 1992-93-94-95
Erica Roberts 1997-98-99-00
Mickie Robinson 1981-82-83
Mikayla Robinson 2017-18-19-20
Miranda Ross 2004-05-06-07
Sarrie Rubin 2006-07-08
Anne Ruppert 1982-83-84-85
Amber Russell..... *2022
Megan Ruzicka..... 2019

SSS

Janell Sargent 2012-13-14-15
Pat Sawyer 1976
Isabelle Schaefer 2022-23
Rachel Schneider 2006-07-08-09
Taylor Schulze..... 2023
Missy Shaffner 1985-86-87-88
Jamie Shearer..... 2021-22-23
Cory Shinohara..... 2021-22-23
Debbie Sigler 1988-89-90-91
Sophie Silverstein 2020-21-22-23
Dana Silvio 1991-92-93-94
Ashley Simpson 1996-97-98-99
Elise Slobodin 1980-81-82-83
Amanda Smith 2001-02-03-04
Claire Smith 2004-05-06-07
Joni Smith 1996-97-98-99
Leslie Smith 1977-78
Joany Snider 2001-02, *04
Janet Snow 1973-74
Maricelli Snyder 1990-91-92-*93
Jayati Sridhar..... 2022-23
Shailyn St. Brice 2020-21-22
Shannon Stacy 1991-92-93-94
Morgan Stanley 2002-03-04, *05
Marcy Stephens 1991-93
Faye Strophe 1972
Emery Summey 2019-20-21-22
Ellen Sumner 1976-77

Carrie Suto 1988-89-09-91
Lynn Swisher 1976-77-78-79

TTT

Libby Tate 1986-87
Lisa Tegethoff 2004-05-06-07
Tiffany Terranova 1979-80-81-82
Hallie Thompson 2020-21-22-23
Marie Thompson 1984
Rachel Thompson 1980-81-82
Christine Thorne 1982-83-84-85
Suzanne Tonietto 1983-84-85
Cary Tregellas 1978-79-80-81
Heather Trethewey 1986-87-88-89
Kelly Trewartha 1984
Teresa Trice 1975-76-77-78
Olivia Trusty 2002-03-04-05
Courtney Turco 2004-05-06-07

VVV

Jennifer Valby 2006-07-08-09
Suzie Van Slyke 1984-85-*86-*87

WWW

Kelly Walker 1997-98-99-00
Tia Walker 1977-78-79-80
Haley Watts 2012-13-14-15
Marianna Webster* 1998-99-00-01
Jay Weil 2021-22-23
Lauren Weisel 2015-16-17-18
Emily White 2019-20
Jennifer Wilder 1993-94-95-96
Amy Williams 2002-03-04-05
Catherine Williams 1980-81
Susan Williams 1989-90-91-92
Mekyllah Williams 2017-18-19-20
Ann Williford 1973
Anna Wilson 2002-03-04
Brooke Wilson 1998-99-00-01
Settle Womble 1972
Amy Wozniak 2023
Kara Wright..... 2007-08-09-10

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Alice Xu 2005-06-07-08

ZZZ

Michele Zafrani 1987-88-89-90
Katie Zanone 1994-95-96-97
Keri Zuger 1995, *97
Lee Ann Zukowski 1991-92

Bold indicates current team member in 2023
* Indicates student assistant

