



QUICK FACTS

GENERAL INFORMATION

Location Chapel Hill, North Carolina
Founded 1789
Enrollment 20,029 undergraduates
Nickname Tar Heels
Mascot Rameses
Colors Carolina Blue and White
Conference Atlantic Coast Conference
Chancellor Kevin M. Guskiewicz
Athletic Director Bubba Cunningham
Faculty Representative Lissa Broome
Senior Woman Administrator Marielle vanGelder

COACHING STAFF

Head Coach Danna Durante
Years at UNC Third Year
Record at UNC 26-14 (.650)
Alma Mater Arizona State, '95
Assistant Coach Marie Case Denick
Years at UNC Seventh Year
Assistant Coach Mackenzie Caquatto-Jaworski
Years at UNC First Year
Assistant Coach Sami Durante
Years at UNC First Year

ARENA INFORMATION

Stadium Carmichael Arena
Address 310 South Road Chapel Hill, NC 27514
Year Built 1965
Capacity 6,822

TEAM INFORMATION

2024 Preseason Ranking TBA
2023 Overall Record 15-7
2023 EAGL Record 6-0
2023 EAGL Regular Season Finish First
2023 EAGL Championship Finish Third
2023 NCAA Regional Finish Second, First Round
2023 Preseason Ranking 27th
2023 Final Ranking 36th
Letterwinners 14 returning/Seven lost
Newcomers Five true freshmen

TOP STATISTICAL RETURNERS

Vault 9.900
 Lali Dekanoidze
Bars 9.975
 Lali Dekanoidze
Beam 9.990
 Julia Knowler, Taylor Schulze
Floor 9.950
 Julia Knowler
All-Around 39.450
 Julia Knowler

MEDIA RELATIONS

Contact Chandler Brandes
Mobile Phone 802-735-5386
Email brandesc@unc.edu
Website GoHeels.com/ /sports/womens-gymnastics
Social Media @uncgymnastics





ROSTER BY CLASS

GRAD STUDENTS (1)

Hallie Thompson

SENIORS (4)

Kate Greene
Allison LaNasa
Jamie Shearer
Cory Shinohara

JUNIORS (5)

Lali Dekanoidze
Julia Knower
Bella Miller
Isabelle Schaefer
Taylor Schulze

SOPHOMORES (4)

Gwen Fink
Kaya Forbes
Paige Prejean
Amy Wozniak

FIRST-YEARS (5)

Elly King
Neve King
Jessica Naranjo
Molly Neinstein
Cami Rueda



ALPHABETICAL ROSTER

Name	Cl.	Ht.	Pos.	Hometown (Last School)
Lali Dekanoidze	Jr.	5-3	AA	Matthews, N.C. / Weddington High School
Gwen Fink	So.	5-2	AA	Fort Mill, S.C. / Nation Ford High School
Kaya Forbes	So.	5-2	AA	Gonzales, La. / Dutchtown High School
Kate Greene	Sr.	5-4	AA	Durham, N.C. / NC Virtual Public School
Elly King	Fr.	5-1	AA	The Woodlands, Texas / The Woodlands College Park
Neve King	Fr.	5-1	AA	The Woodlands, Texas / The Woodlands College Park
Julia Knower	Jr.	5-6	AA	Mandeville, La. / Archbishop Hannan School
Allison LaNasa	Sr.	5-5	AA	Draper, Utah / Corner Canyon High School
Bella Miller	Jr.	5-6	AA	Coral Springs, Fla. / Marjory Stoneman Douglas
Jessica Naranjo	Fr.	4-11	AA	Hialeah, Fla. / Marjory Stoneman Douglas
Molly Neinstein	Fr.	4-10	V, UB, FX	Calabasas, Calif. / deToledo High School
Paige Prejean	So.	5-5	AA	Houston, Texas / Homeschooled
Cami Rueda	Fr.	5-2	AA	Salem, N.H. / Central Catholic High School
Isabelle Schaefer	Jr.	5-1	UB	Charlotte, N.C. / Cannon School
Taylor Schulze	Jr.	5-3	UB, BB	San Antonio, Texas / Brown University
Jamie Shearer	Sr.	5-2	UB, BB	Apex, N.C. / Holly Springs High School
Cory Shinohara	Sr.	5-0	V, BB, FX	Wilmington, Mass. / Wilmington High School
Hallie Thompson	Gr.	5-5	AA	Waxhaw, N.C. / Charlotte Latin School
Amy Wozniak	So.	5-3	AA	Wheaton, Ill. / Wheaton North High School

COACHING STAFF

Head Coach: Danna Durante (Third season, Arizona State University '95)

Assistant Coach: Marie Case Denick (Seventh season, Kent State University '14)

Assistant Coach: Mackenzie Caquatto-Jaworski (First season, University of Florida '14)

Assistant Coach: Sami Durante (First season, Louisiana State University '22)

SUPPORT STAFF

Team Manager: Caroline Daniels

Team Manager: Erika Krasner

Sport Administrator: Martina Ballen

Sport Administrator: Tom Livers

Head Athletic Trainer: Nina Walker

Athletic Trainer GA: Rhyann Creighton

Strength & Conditioning: Jordan Conner

Academic Counselor: DaDa Willis-Gregory

Nutritionist: Allison Keim

Sports Information: Chandler Brandes

Marketing Coordinator: Elizabeth DeCorte

Event Management: Sophia Campana

PRONUNCIATION GUIDE

Lali Dekanoidze	LAL-ee Deck-AH-noidz-eh	Jessica Naranjo	NUH-rahnh-hoe
Danna Durante	DAN-nuh der-RAN-tee	Molly Neinstein	NINE-steen
Sami Durante	der-RAN-tee	Paige Prejean	PRAY-jahn
Kaya Forbes	KY-yuh (like 'tie')	Cami Rueda	REW-A-duh
Neve King	NEV (not 'neev')	Taylor Schulze	Schultz w/o the "t"
Julia Knower	KNOW-er	Jamie Shearer	SHEER-er
		Cory Shinohara	Shin-ah-HAR-ah
		Amy Wozniak	WOZ-knee-ak





2024 SCHEDULE

Date	Opponent	Location
Sun., Dec. 3	Blue & White (Exh.)	Chapel Hill, NC
Fri., Jan. 5	UNC Quad (Ball State Rutgers, Utah State)	Chapel Hill, NC
Fri., Jan. 12	ESPN Events (Arizona, Boise State, Nebraska) ^	West Valley City, UT
Fri., Jan. 19	NC State *	Chapel Hill, NC
Fri., Jan. 26	Clemson *	Chapel Hill, NC
Fri., Feb. 2	at Pitt *	Pittsburgh, PA
Sun., Feb. 11	at NC State *	Raleigh, NC
Fri., Feb. 16	Pitt *	Chapel Hill, NC
Fri., Feb. 23	at Clemson *	Clemson, SC
Sun., March 3	Nebraska Quad (Illinois State, Nebraska, SEMO)	Lincoln, NE
Fri., March 8	Kentucky	Chapel Hill, NC
Fri., March 15	at LSU	Baton Rouge, LA
Sat., March 23	ACC Championships	Greensboro, NC
April 3-7	NCAA Regionals	TBD
April 18-20	NCAA Championships	Fort Worth, TX

Home meets in **bold**

^ Sprouts Farmers Market Collegiate Quad

* denotes ACC contest

All home meets held at Carmichael Arena

All times TBD and subject to change

Visit GoHeels.com for schedule updates

