



CAROLINA GYMNASTICS
MEDIA GUIDE
2024



CAROLINA

GYMNASTICS



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: Atlantic Coast Conference (ACC)
Old Conference: East Atlantic Gymnastics League (EAGL)
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: Third season
Record at UNC: 26-14
Asst. Coach: Marie Case Denick (Kent State '14)
Years at UNC: Seventh season
Asst. Coach: Mackenzie Caquatto-Jaworski (Florida '14)
Years at UNC: First season
Asst. Coach: Sami Durante (LSU '22)
2023 Record: 15-7 (6-0 EAGL)
EAGL Regular Season Finish: 1st
EAGL Championship Finish: 3rd
NCAA Regionals Finish: 2nd, first round
Letter winners returning/lost: 14/7
Newcomers: Five true freshmen

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
Email address: brandesc@unc.edu
Phone: (802) 735-5386
Mailing address: P.O. Box 2126, Chapel Hill, NC 27515

Media seeking further information on the UNC gymnastics team or wishing to conduct interviews with the coaches or gymnasts should contact Chandler Brandes via email.

2024 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, Ainsley Fauth, Jerome Ibrahim and Anthony Sorbellini.

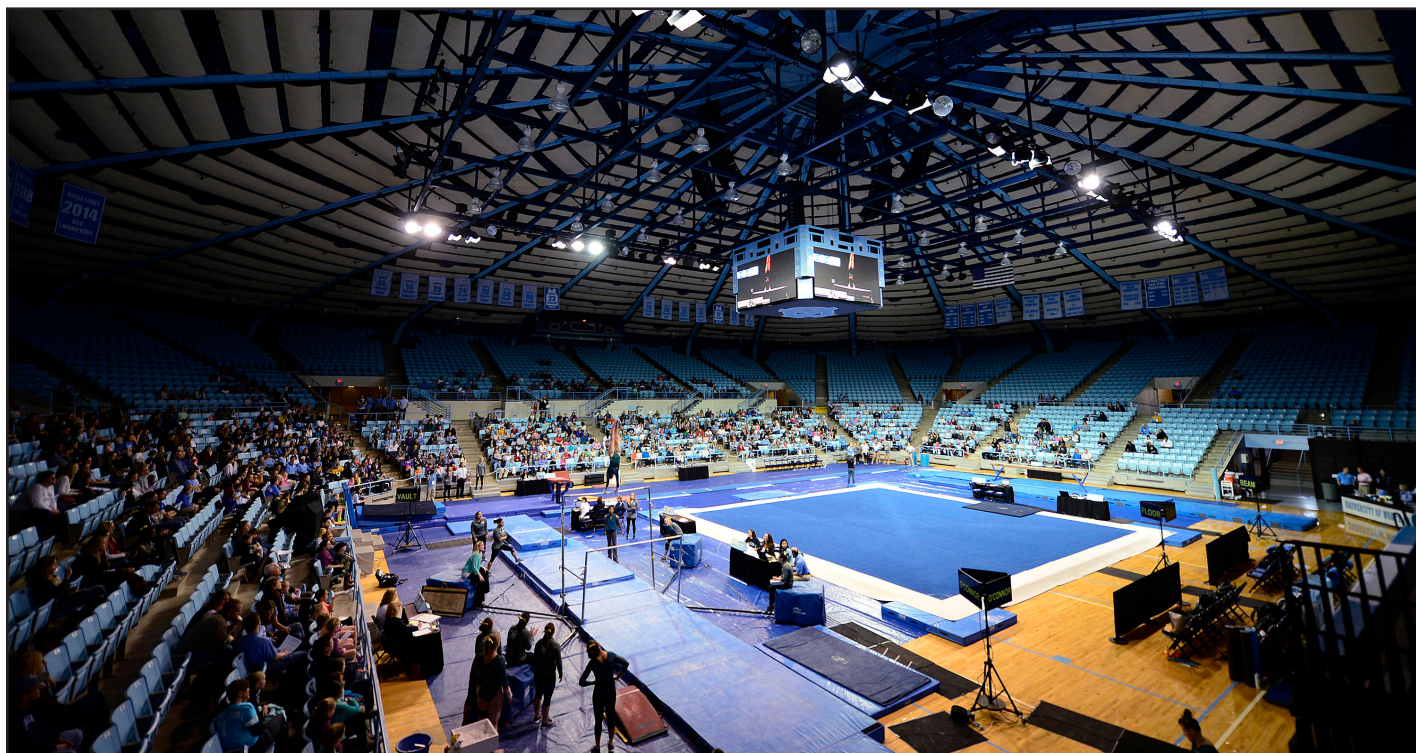
SUPPORTING UNC GYMNASTICS

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.

ATLANTIC COAST CONFERENCE

The Atlantic Coast Conference announced on June 17, 2021, that women's gymnastics would become the league's 28th sponsored sport beginning with the 2023-24 academic year. July 1, 2023, was the first official day of the ACC sponsoring gymnastics.

According to the league's sports operation code, the ACC shall conduct a championship in any NCAA sport in which at least four member institutions field intercollegiate teams. The ACC now sponsors 15 women's and 13 men's sports and will have the most women's sports offerings of any Power 5 conference.





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





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-rahn-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





MEET THE TEAM



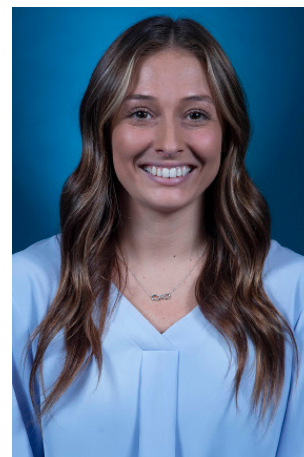
2024 North Carolina Gymnastics Team

Front row (l-r): Elly King, Jessica Naranjo, Molly Neinstein, Neve King

First middle row (l-r): Ally LaNasa, Jamie Shearer, Cory Shinohara, Kate Greene, Hallie Thompson

Second middle row (l-r): Taylor Schulze, Gwen Fink, Kaya Forbes, Cami Rueda, Isabelle Schaefer

Back row (l-r): Lali Dekanoidze, Paige Prejean, Bella Miller, Julia Knowler, Amy Wozniak



2024 North Carolina Gymnastics Coaching Staff

(l-r): Danna Durante (head coach), Marie Case Denick (assistant coach), Mackenzie Caquatto-Jaworski (assistant coach), Sami Durante (assistant coach)





CAROLINA

GYMNASTICS



**Lali
DEKANOIDZE**

**Junior • 5'3
Matthews, NC
She/Her/Hers**

COLLEGIATE BESTS:

Vault: 9.900
(Nine times)

Bars: 9.975
(Three times)

Beam: 9.900
(1/7/22 & 1/22/22)

Floor: 9.900
(2/19/22)

AA: 39.550
(2/12/22)

AS A SOPHOMORE (2023):

- Earned WCGA Regular Season First Team All-America honors, the fifth Tar Heel in school history to reach All-America status
- Finished the season ranked eighth nationally and first in the EAGL on bars with an NQS of 9.955
- Was the highest nationally-ranked gymnast in the EAGL
- Named First Team All-EAGL on vault and bars
- Named First Team EAGL All-Tournament on vault and bars
- Earned 16 individual event titles, including nine on bars and seven on vault
- Broke the UNC program record on bars (9.975) on Jan. 9 vs. NC State
- Matched her career-high 9.900 on vault on Jan. 9, her first time competing in Carmichael Arena since a season-ending injury in 2022
- Matched her program record of 9.975 on bars vs. UW Stout and Yale on Jan. 23, also tying for first on vault (9.825)
- Won bars (9.950) and tied for first on vault (9.850) on Feb. 4 at the NC State tri-meet with Western Michigan
- Won bars (9.975) and tied for first on vault (9.900) on Feb. 12 at the UNH quad meet with LIU and George Washington, matching her career-bests on both
- Won bars (9.925) and vault (9.875) at Pitt on Feb. 19
- Won bars (9.900) and tied for third on vault (9.775) vs. Temple on Feb. 24
- Won bars (9.925) and vault (9.900) vs. Air Force on March 3
- Named EAGL Specialist of the Week on Jan. 18, Feb. 15 and March 8
- Won bars (9.950) at the EAGL Championships on March 18, also tying for fourth on vault (9.850)
- Placed first on vault (9.850) and bars (9.900) on March 30 vs. Arizona in NCAA Regional First Round, marking the seventh time she won bars and vault in the same meet
- Tied for second on bars (9.950) in NCAA Regional Second Round on March 31
- Named Female Breakthrough Athlete of the Year at RAMMY Awards
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Gwen
FINK**

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

COLLEGIATE BESTS:

Vault: 9.825
(2/19/23)

Bars: 9.900
(3/10/23)

Beam: 9.850
(3/3/23, 3/30/23)

Floor: 9.775
(3/3/23, 3/30/23)

AA: 39.100
(3/3/23)

AS A FRESHMAN (2023):

- Named First Team EAGL All-Tournament in all-around, Second Team on bars and beam
- Competed on beam (9.700) and bars (9.750) in her Carolina debut at the Super 16 on Jan. 6
- Entered the vault (9.675) lineup in the home opener on Jan. 9 vs. NC State
- Posted a season-high score of 9.850 on beam vs. UW Stout and Yale on Jan. 23, placing second on both beam and bars
- Had a score of 9.800 on vault and matched her career-best on beam (9.850) at the UNH quad meet with LIU and GWU on Feb. 12
- Placed second on vault (9.825) for a career best at Pitt on Feb. 19
- Tied for third on bars (9.850) to match her career best vs. Temple on Feb. 24
- Won all-around (39.100) vs. Air Force on March 3 which was her first time competing on all four events, also posting a 9.775 in her first-ever floor routine
- Set a new career-best on bars (9.900) at the Mizzou Quad Meet on March 10, moving to be tied for fourth all-time in program history
- Named to the EAGL All-Scholastic Team
- ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Kaya
FORBES**

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

COLLEGIATE BESTS:

Vault: 9.875
(1/9/23, 2/24/23)

Floor: 9.900
(1/28/23)

AS A FRESHMAN (2023):

- Named Second Team All-EAGL on vault
- Named First Team EAGL All-Tournament on vault and floor
- Placed second with team-high scores on floor (9.850) in her Carolina debut at the Super 16 on Jan. 6
- Set a career-best 9.875 on vault in the home opener on Jan. 9 vs. NC State to finish second
- Won floor (9.875) on floor vs. UW Stout and Yale for her first outright individual event title, also tying for first on vault (9.825)
- Notched a career-best 9.900 on floor vs. George Washington to finish second, also taking second on vault (9.850)
- Named the EAGL Co-Rookie of the Week on Feb. 1, the first weekly honor of her career
- Tied for second on vault (9.850) at the GWU quad meet with Temple and Yale on Feb. 17
- Tied for third on vault (9.800) at Pitt on Feb. 19
- Won vault (9.875) to match her career best vs. Temple on Feb. 24, also tying for first on floor (9.850)
- Placed third on vault (9.775) vs. Air Force on March 3
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Kate
GREENE**

**Senior • 5'4
Durham, NC
She/Her/Hers**

COLLEGIATE BESTS:

Vault: 9.800
(Three times)

Bars: 9.875
(3/6/22)

Beam: 9.750
(3/20/21)

Floor: 9.850
(2/4/23)

AS A JUNIOR (2023):

- Earned a 9.825 on floor vs. George Washington on Jan. 28, breaking her previous personal record of 9.800 from 3/20/21
- One week later, set another new career-high 9.850 on floor at the NC State tri-meet with Western Michigan on Feb. 4
- Set a season-high 9.775 on vault at the George Washington quad meet with Temple and Yale on Feb. 17
- Matched her season-high 9.775 on vault at Pitt on Feb. 19
- Named to the EAGL All-Scholastic Team
- ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Elly
KING**

**Freshman • 5'1
The Woodlands, TX**

She/Her/Hers

PREP:

- Trained at World Champion Center under coaches Cecile Landi and Laurent Landi
- Two-time National qualifier
- Five-time Region 3 and Texas State qualifier
- 2022, 2023 Region 3 Level 10 vault champion
- 2023 Texas state runner-up on bars, third in all-around
- 2022 Women's Development Nationals bronze medalist on floor
- 2021 Texas state bronze medalist on vault and all-around

PERSONAL:

- Birthday is October 2
- Daughter of Colleen and Corey King
- Twin sister, Neve, is also on the UNC Gymnastics team
- Has one younger brother, Evan
- Double majoring in communication and psychology



**Neve
KING**

Freshman • 5'1
The Woodlands, TX
She/Her/Hers

PREP:

- Trained at World Champion Center under coaches Cecile Landi and Laurent Landi
- Four-time National qualifier
- Two-time Texas state team champion
- 2021-22 Texas state vault, bars and all-around champion
- 2021-22 Region 3 vault, beam, floor and all-around champion
- 2021-22 National runner-up in all-around

PERSONAL:

- Birthday is October 2
- Daughter of Colleen and Corey King
- Twin sister, Elly, is also on the UNC Gymnastics team
- Has one younger brother, Evan
- Majoring in business administration



CAROLINA

GYMNASTICS



**Julia
KNOWER**

**Junior • 5'6
Mandeville, LA
She/Her/Hers**

COLLEGIATE BESTS:

Vault: 9.875
(2/19/22)

Bars: 9.900
(2/17/23)

Beam: 9.925
(1/7/22)

Floor: 9.950
(1/28/23, 3/3/23)

AA: 39.450
(1/9/23)

AS A SOPHOMORE (2023):

- Named First Team All-EAGL on floor and all-around, Second Team on vault and beam
- Named First Team EAGL All-Tournament on floor and all-around, Second Team on vault
- Won seven floor, four all-around, three beam and one bar titles for 15 individual titles
- Finished the season ranked first in the EAGL and 25th nationally on floor with an NQS of 9.925
- Set a career-high in all-around (39.450) in the home opener on Jan. 9 vs. NC State, moving to No. 8 all-time in UNC history
- Won floor (9.925), beam (9.875) and all-around (39.450) vs. the Wolfpack
- Named EAGL Gymnast of the Week on Jan. 18
- Won the all-around (39.125) vs. UW Stout and Yale on Jan. 23
- Set a new career-best 9.950 on floor vs. George Washington on Jan. 28 to win that event and move to No. 7 all-time in UNC history
- Also won beam (9.850) and all-around (39.350) vs. George Washington
- Tied for first on floor (9.925) on Feb. 4 at the NC State tri-meet with Western Michigan, also taking third in the all-around (39.325)
- Won floor (9.925) and tied for third on vault (9.850) at the UNH quad meet with LIU and GWU on Feb. 12, also sharing the all-around title (39.425)
- Won bars (9.900) at the GWU quad meet with Temple and Yale on Feb. 17, setting a career best and moving to be tied for fourth all-time in UNC history
- Won floor (9.900) at Pitt on Feb. 19, also placing second on beam (9.80)
- Won beam (9.000) for a season-high vs. Temple on Feb. 24, also placing second on vault (9.825)
- Won floor (9.950) vs. Air Force on March 3
- Co-champion on floor (9.900) at the EAGL Championships on March 18
- Placed third on vault (9.800), beam (9.825) and in all-around (38.925) in NCAA Regionals First Round on March 30
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Allison
LANASA**

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

AS A JUNIOR (2023):

- Did not compete during the 2023 season
- Named to the EAGL All-Scholastic Team
- ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Bella
MILLER**

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

AS A SOPHOMORE (2023):

- Did not compete during the 2023 season
- Named to the EAGL All-Scholastic Team
- ACC Academic Honor Roll

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”



CAROLINA

GYMNASTICS



**Jessica
NARANJO**

Freshman • 4'11
Hialeah, FL
She/Her/Hers

PREP:

- Trained with American Twisters Gymnastics under coaches Gary Anderson and Christina Ramirez
- Two-time Level 10 state champion
- 2021 Level 10 regional champion

PERSONAL:

- Birthday is January 12
- Daughter of Yuleidi Herrera and Carlos Naranjo
- Has one older brother, Carlos
- Majoring in exercise & sport science
- Is also fluent in Spanish
- Attended the same high school and competed with the same club team as UNC teammate Bella Miller



CAROLINA

GYMNASTICS



Molly
NEINSTEIN

Freshman • 4'10
Calabasas, CA

She/Her/Hers

PREP:

- Trained with Flight School Gymnastics under coaches Chris Kelley, Loana Cruz, Katrina Zuniga and Michel Brito
- Western National vault champion, runner-up on floor and all-around
- Member of Team USA at Pan-American Maccabi Games in Mexico City in 2019, helping the U.S. win gold
- Also won gold medals in all-around as well as on vault and floor, in addition to silver on bars

PERSONAL:

- Birthday is August 26
- Daughter of Barbra and Paul Neinstein
- Has a twin brother, Jeremy
- Also has two older brothers, Geordan and Adam
- Majoring in exercise & sport science



CAROLINA

GYMNASTICS



**Paige
PREJEAN**

**Sophomore • 5'5
Houston, TX**

They/Them/Theirs

**COLLEGIATE
BESTS:**

Vault: 9.850
(Three times)

AS A FRESHMAN (2023):

- Named First Team EAGL All-Tournament on vault
- Made their Carolina debut on Jan. 23 vs. UW Stout and Yale on vault (9.475)
- Increased their season-high to 9.550 on vault vs. George Washington on Jan. 28
- In their third UNC appearance, posted a 9.725 on vault on Feb. 4 at the NC State tri-meet with Western Michigan
- Improved their vault score yet again on Feb. 12 at the UNH quad meet with LIU and GWU with a mark of 9.825
- Placed third on vault (9.775) vs. Temple on Feb. 24
- Placed second on vault vs. Air Force on March 3 in a career-best 9.850
- Tied their career-high 9.850 on vault at the Mizzou Quad Meet on March 10 with their first stick
- Tied for fourth on vault (9.850) at the EAGL Championships on March 18, matching their career-high for the third-straight meet

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



CAROLINA

GYMNASTICS



**Camryn
RUEDA**

Freshman • 5'2
Salem, NH
She/Her/Hers

PREP:

- Trained with Brestyan's Gymnastics under coaches Mihai Brestyans, Sylvie Brestyans and Juston Ziegler
- Three-time National qualifier
- 2022 Regional champion
- Two-time Regional vault champion
- Elite qualifier

PERSONAL:

- Birthday is March 22
- Daughter of Vonda and Bo Rueda
- Has one older brother, Cody
- Majoring in exercise & sport science



CAROLINA

GYMNASTICS



**Isabelle
SCHAEFER**

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

COLLEGIATE BESTS:

Vault: 9.825
(3/6/22)

Bars: 9.925
(3/6/22, 2/12/23)

Beam: 9.300
(1/15/22)

AS A SOPHOMORE (2023):

- Named Second Team All-EAGL on bars
- Named First Team EAGL All-Tournament on bars
- Competed in every bar lineup of the year, making four appearances on vault
- Earned marks of 9.825 on bars in the first three meets of the season
- Posted a 9.900 on bars vs. George Washington on Jan. 28 to win that event, the third event title of her career
- Tied for second on bars (9.875) on Feb. 4 at the NC State tri-meet with Western Michigan
- Placed third on bars (9.925) at the UNH quad meet with LIU and GWU on Feb. 12, matching her career-high
- Season-high 9.775 on vault on March 10 at Mizzou Quad Meet
- Runner-up on bars (9.900) at the EAGL Championships on March 18
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Taylor
SCHULZE**

**Junior • 5'3
San Antonio, TX**

She/Her/Hers

COLLEGIATE BESTS:

Floor: 9.050
(2/12/22)

Bars: 9.850
(Three times)

Beam: 9.900
(4/8/22, 3/10/23)

AS A SOPHOMORE (2023):

- Transferred to UNC after spending her freshman year at Brown
- Competed on beam in every meet, making one appearance on bars
- Recorded a 9.825 on beam to tie for second vs. Temple on Feb. 24
- Posted another 9.825 on beam vs. Air Force on March 3 to tie for third
- Matched her career-best 9.900 at the Mizzou Quad Meet on March 10
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Jamie
SHEARER**

Senior • 5'2
Apex, NC
She/Her/Hers

COLLEGIATE BESTS:

Vault: 9.650
(2/12/21)

Bars: 9.850
(3/19/22, 3/3/23)

Beam: 9.850
(3/20/21 & 2/22/22)

AS A JUNIOR (2023):

- Competed on bars in every meet as the leadoff
- Posted a 9.825 vs. UW Stout and Yale on Jan. 23
- Matched her career-best 9.850 on bars vs. Air Force on March 3 to place third
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Cory
SHINOHARA**

Senior • 5'0
Wilmington, MA

She/Her/Hers

COLLEGIATE BESTS:

Vault: 9.875
(2/12/22)

Floor: 9.825
(1/9/23)

AS A JUNIOR (2023):

- Entered the floor lineup for the first time in her career on Jan. 6 in the season opener at the Super 16
- Set a career-high 9.825 on floor vs. NC State in the home opener on Jan. 9
- Placed third on vault (9.775) vs. UW Stout and Yale on Jan. 23
- Season ended in late-January due to injury
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



**Hallie
THOMPSON**

**Graduate • 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 SENIOR (2023):

- Named First Team EAGL All-Tournament on beam
- Rejoined the beam lineup on Jan. 23 after suffering a season-ending injury 381 days prior
- Posted a score of 9.825 vs. UW Stout and Yale on Jan. 23
- Tied for third on beam (9.750) at Pitt on Feb. 19
- Season-high 9.875 on beam was at the EAGL Championships
- Earned the John Lotz Award at the RAMMY Awards
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

GYMNASTICS



Amy
WOZNIAK

Sophomore • 5'3
Wheaton, IL
She/Her/Hers

COLLEGIATE BESTS:

Floor: 9.725
(2/19/23)

AS A FRESHMAN (2023):

- Entered the floor lineup on Feb. 12 at the UNH quad meet with LIU and George Washington, posting a 9.650
- Bettered that floor score to 9.675 at the GWU quad meet with Temple and Yale on Feb. 17
- Set a career-high 9.725 on floor at Pitt on Feb. 19
- Named to the EAGL All-Scholastic Team and ACC Academic Honor Roll

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



CAROLINA

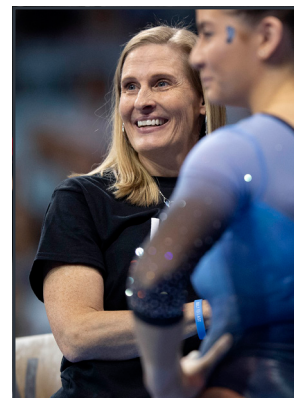
GYMNASTICS



DANNA DURANTE, HEAD COACH

Durante Coaching File

- Named head coach in June 2021
- Fourth head coach in UNC Gymnastics history
- 2022, 2023 EAGL Regular Season Champion
- 13-0 record vs. EAGL opponents
- 22 All-EAGL honors
- 12 All-EAGL Tournament honors
- 32 EAGL All-Scholastic Team selections
- EAGL Scholar-Athlete, Co-Specialist of the Year
- 39 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 in 2022, 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. She then guided the Tar Heels back to NCAA Regionals in 2023.

Carolina opened the 2022 season with the highest season-opening score in program history, setting a new program record for single-meet attendance. UNC then began the 2023 season with the program's highest home-opening score in history.

The Tar Heels were crowned the East Atlantic Gymnastics League (EAGL) regular season champions in back-to-back years, going a perfect 7-0 in 2022 and 6-0 in 2023 against conference opponents. UNC's third place finish at the 2023 EAGL Championships was the team's best conference finish since 2011.

Carolina recorded its highest NQS since 2004 in 2022, 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.

UNC then earned 10 All-EAGL regular-season and 15 All-Tournament accolades in 2023. Lali Dekanoidze was named the 2023 EAGL Co-Spe-

cialist of the Year after earning WCGA First Team Regular Season All-America honors.

Durante, born in Tulsa, Okla., returned to coaching after spending four years recruiting top talent for executive teams for Fortune 500 companies and serving as the 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.





CAROLINA

GYMNASTICS



MARIE CASE DENICK

ASST. COACH



Marie Case Denick is in her seventh season with the Tar Heels and her third as an assistant coach under head coach Danna Durante. Denick was named the 2022 East Atlantic Gymnastics League Assistant Coach of the Year in 2021.

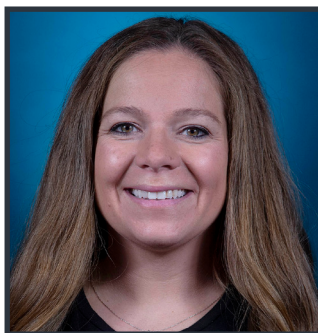
Denick served as the interim head coach for the Carolina gymnastics program in 2020-21. After one year as an assistant coach and two as the associate head coach and recruiting coordinator, Denick's impact has been evident.

Despite the shortened 2020 season due to COVID-19, 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 UNC from Bowling Green State University where she served as an assistant coach the last two seasons. Her primary duties at BGSU included coaching the vault and floor exercise and coordinating the team's academics and community service. The Falcons finished second in the MAC last year, the team's highest finish in the conference since 1987. One of Denick's athletes won the floor exercise and another was the MAC's Freshman of the Year. In addition, the team improved its grade point average to 3.65 and recorded more than 1,000 hours of community service.

MACKENZIE CAQUATTO-JAWORSKI

ASST. COACH



Mackenzie Caquatto-Jaworski enters her first year as an assistant coach of Carolina Gymnastics ahead of the 2023-24 season.

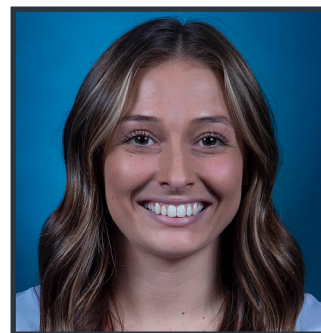
Caquatto-Jaworski arrived in Chapel Hill having previously spent the 2023 season as an assistant coach at Simpson College in Indianola, Iowa, during its inaugural season. She served as the primary beam coach for the Storm, also assisting with vault and choreographing floor routines. Helping build Simpson's program from scratch, Caquatto-Jaworski also assisted in creating conditioning and rehab programs for student-athletes, organized winter clinics and summer camps, and coordinated team travel, retreats and community service opportunities.

Prior to entering the coaching ranks, Caquatto-Jaworski had a successful elite and NCAA gymnastics career. As an elite gymnast, she was a four-year member of the USA National Team and represented Team USA in Germany, France, Italy, Japan and the Netherlands. She was a 2008 Olympic Trials competitor, a 2009 World Team alternate and a member of the Worlds Team in 2010 that earned silver.

A bars and beam specialist, Caquatto-Jaworski saw a standout collegiate career at the University of Florida where she graduated as a nine-time All-American. She led the Gators to two Southeastern Conference championship crowns and two NCAA national championship titles. She collected 28 all-around wins and event titles during her time in Gainesville, finishing as high as fourth at the NCAA Championships on three occasions on bars and beam.

SAMI DURANTE

ASST. COACH



The 2023-24 season marks the first year for Sami Durante as an assistant coach with Carolina Gymnastics. In this role, she assumes all director of operations responsibilities as well as assists on all four events.

A standout gymnast at Louisiana State University from 2018-22, Durante specialized in bars, beam and vault. She served as LSU's anchor on bars for three straight years and earned WCGA Regular Season All-America recognition on bars in both 2021 and 2022.

She was part of an NCAA Championship squad each year during her time in Baton Rouge, finishing second in the team final as a sophomore. She was also a member of two Southeastern Conference championship teams and was named to the SEC All-Freshman Team as a rookie. Durante was twice nominated for the prestigious AAI Award, given to the nation's top gymnast.

At the conclusion of her competitive career, Durante stayed on staff with LSU as a graduate assistant during the 2022-23 season where she aided the staff with day-to-day operations of the program. The Tigers experienced a successful season with her on staff, winning their NCAA semifinal and advancing to the team final for the ninth time in school history.

A native of Athens, Georgia, Durante is a two-time graduate of LSU. She earned her bachelor's degree in sport administration with a double minor in business and leadership and human resource development in May 2021. She earned her master's in sport management in May 2023.



MEET THE TAR HEELS

FUN FACTS

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 Elly King Twin sister is Neve, their	grandma is a twin, and their great-grandma had two sets of twins Neve King Used to play the piano 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 Jess Naranjo Is fluent in Spanish, which was her first language Molly Neinstein Paige Prejean Is always watching a live stream of otters in Monterey Bay Cami Rueda Isabelle Schaefer Likes to crochet Taylor Schulze Has a cat with three legs	Jamie Shearer Older sister, Jordan, was a cheerleader at UNC Cory Shinohara Is bilingual in English and Chinese Hallie Thompson Loves making TikToks Amy Wozniak Has 5 siblings and the youngest three are triplets
---	---	---	---



2024 Seniors



CAROLINA

GYMNASTICS

2022 SEASON REVIEW

Date	Opponent	Place	Vault	Bars	Beam	Floor	Total
Jan. 6	at Fisk, Southern Utah, Washington	3rd of 4	48.825	48.850	48.325	48.625	194.625
Jan. 9	vs. NC State	1st of 2	49.050	49.200	48.775	49.200	196.225
Jan. 23	vs. UW Stout, Yale	1st of 3	48.800	49.325	49.125	49.000	196.250
Jan. 28	vs. George Washington	1st of 2	49.000	49.075	48.900	49.350	196.325
Feb. 4	at NC State, Western Michigan	2nd of 3	48.925	49.225	48.825	49.000	195.975
Feb. 12	at EAGL Quad Meet	1st of 3	49.100	49.300	49.175	48.700	196.275
Feb. 17	at George Washington, Temple, Yale	2nd of 4	49.050	49.225	47.275	48.525	194.075
Feb. 19	at Pitt	1st of 2	49.050	49.025	48.500	49.125	195.700
Feb. 24	vs. Temple	1st of 2	49.000	49.100	49.125	48.600	195.825
March 3	vs. Air Force	1st of 2	49.000	49.225	49.050	49.200	196.475
March 10	at Missouri, Ball State, SEMO	3rd of 4	49.125	49.425	49.000	48.725	196.275
March 18	EAGL Championships	3rd of 8	49.075	49.300	49.175	48.800	196.350
March 29	NCAA Regionals - First Round	2nd of 2	48.800	48.900	49.000	47.900	194.600

2023 TOP SCORES

Vault	Bars	Beam	Floor
Lali Dekanoidze.....9.900	Lali Dekanoidze.....9.975	Elizabeth Culton.....9.950	Julia Knowler.....9.950
Kaya Forbes.....9.875	Isabelle Schaefer.....9.925	Julia Knowler.....9.900	Kaya Forbes.....9.900
Julia Knowler.....9.850	Julia Knowler.....9.900	Gwen Fink.....9.850	Elizabeth Culton.....9.900
Paige Prejean.....9.850	Elizabeth Culton.....9.900	Hannah Nam.....9.850	Bri Greenlow.....9.850
Gwen Fink.....9.825	Gwen Fink.....9.900	Paige Prejean.....9.850	Kate Greene.....9.850
	Jamie Shearer.....9.850		

2023 NOTEWORTHY ACCOMPLISHMENTS

- Highest preseason WCGA ranking in program history
- Ranked No. 1 in the EAGL preseason poll
- Highest home-opener team score in program history
- Back-to-back undefeated regular season EAGL champions
- Highest conference championship finish since 2011 (third place)
- 32 rotations of 49+, seven more than in 2022
- Bars lineup outscored opponents in 11 straight meets
- Highest score on bars (49.425) of all EAGL teams
- 15 All-EAGL Tournament selections
- 10 All-EAGL selections
- Lali Dekanoidze, WCGA First Team Regular Season All-America and EAGL Co-Specialist of the Year
- Two EAGL champions: Dekanoidze (bars), Julia Knowler (floor)
- 19 EAGL All-Scholastic Team honors





CAROLINA GYMNASTICS



2023 INDIVIDUAL SCORES

Elizabeth Culton

1/6.....UB - 9.175, BB - 9.825, FX - 9.875
1/9.....UB - 9.800, BB - 9.850, FX - 9.625
1/23.....UB - 9.850, BB - 9.900, FX - 9.800
1/28.....UB - 9.650, BB - 9.825, FX - 9.875
2/4.....UB - 9.875, BB - 9.825, FX - 9.850
2/12.....UB - 9.850, **BB - 9.950**
2/17.....UB - 9.750, BB - 9.000
2/19.....UB - 9.825, BB - 9.150
2/23.....UB - 9.875, BB - 9.800
3/3.....UB - 9.900, BB - 9.850, **FX - 9.900**
3/10.....**UB - 9.925**, BB - 9.850, FX - 9.825
3/18.....UB - 9.850, BB - 9.900, FX - 9.800

Lali Dekanoidze

1/6.....VT - 9.775, UB - 9.850
1/9.....**VT - 9.900, UB - 9.975**
1/23.....VT - 9.825, **UB - 9.975**
1/28.....VT - 9.825, UB - 9.875
2/4.....VT - 9.850, UB - 9.950
2/12.....**VT - 9.900, UB - 9.975**
2/17.....VT - 9.850, UB - 9.875
2/19.....VT - 9.875, UB - 9.925
2/24.....VT - 9.775, UB - 9.900
3/3.....**VT - 9.900**, UB - 9.925
3/10.....VT - 9.875, UB - 9.925
3/18.....VT - 9.850, UB - 9.950
3/30.....VT - 9.850, UB - 9.000
3/31.....**VT - 9.900**, UB - 9.950

Gwen Fink

1/6.....VT - 9.625, UB - 9.750, BB - 9.700
1/9.....VT - 9.675, UB - 9.750, BB - 9.650
1/23.....UB - 9.850, **BB - 9.850**
1/28.....VT - 9.750, UB - 9.850, BB - 9.200
2/4.....VT - 9.725, UB - 9.700, BB - 9.750
2/12.....VT - 9.800, UB - 9.525, **BB - 9.850**
2/17.....VT - 9.800, UB - 9.850, BB - 9.450
2/19.....**VT - 9.825**, UB - 9.775, BB - 9.625
2/24.....VT - 9.750, UB - 9.850, BB - 9.775
3/3.....VT - 9.725, UB - 9.825, BB - 9.775
.....**FX - 9.775, AA - 39.100**
3/10.....VT - 9.800, **UB - 9.900**, BB - 9.600
.....FX - 9.650, AA - 38.950
3/18.....VT - 9.675, UB - 9.825, BB - 9.825
.....FX - 9.050, AA - 38.375
3/30.....VT - 9.775, UB - 9.800, BB - 9.700
.....FX - 9.775, AA - 39.050

Kaya Forbes

1/6.....VT - 9.800, FX - 9.850
1/9.....VT - 9.875, FX - 9.800
1/23.....VT - 9.825, FX - 9.875
1/28.....VT - 9.850, **FX - 9.900**
2/4.....VT - 9.800, FX - 9.725
2/12.....VT - 9.350, FX - 9.675
2/17.....VT - 9.850, FX - 9.600
2/19.....VT - 9.800, FX - 9.825
2/24.....**VT - 9.875**, FX - 9.850
3/3.....VT - 9.775, FX - 9.675
3/10.....VT - 9.725, FX - 9.675
3/18.....VT - 9.825, FX - 9.850
3/30.....VT - 9.525, FX - 9.825

Kate Greene

1/6.....VT - 9.700, FX - 9.725
1/9.....VT - 9.625
1/23.....VT - 9.650, FX - 9.725
1/28.....VT - 9.750, FX - 9.825
2/4.....VT - 9.700, **FX - 9.850**
2/12.....VT - 9.725, FX - 9.600
2/17.....**VT - 9.775**, FX - 9.750

2/19.....**VT - 9.775**, FX - 9.725
2/24.....VT - 9.675, FX - 9.000

Bri Greenlow

1/6.....**BB - 9.325**, FX - 9.575
1/9.....BB - 9.225, **FX - 9.850**
1/23.....FX - 8.225
1/28.....FX - 9.750
2/4.....FX - 9.100
2/12.....FX - 9.700
2/17.....FX - 9.775
2/19.....**FX - 9.850**
2/24.....FX - 9.800
3/3.....FX - 9.725
3/10.....FX - 8.950
3/18.....FX - 9.675
3/30.....FX - 9.000

Julia Knowler

1/6.....VT - 9.775, UB - 9.725, BB - 9.750
.....FX - 9.575, AA - 38.825
1/9.....VT - 9.800, UB - 9.850, BB - 9.875
.....FX - 9.925, **AA - 39.450**
1/23.....VT - 9.725, UB - 9.825, BB - 9.775
.....FX - 9.850, AA - 39.175
1/28.....VT - 9.825, UB - 9.725, BB - 9.850
.....**FX - 9.950**, AA - 39.350
2/4.....VT - 9.825, UB - 9.775, BB - 9.800
.....FX - 9.925, AA - 39.325
2/12.....**VT - 9.850**, UB - 9.825, BB - 9.825
.....FX - 9.925, AA - 39.425
2/17.....VT - 9.775, **UB - 9.900**, BB - 9.625
2/19.....VT - 9.600, UB - 9.750, BB - 9.800
.....FX - 9.900, AA - 39.050
2/24.....VT - 9.825, UB - 9.750, **BB - 9.900**
.....FX - 9.800, AA - 39.275
3/3.....VT - 9.700, UB - 9.650, BB - 9.750
.....**FX - 9.950**, AA - 39.050
3/10.....VT - 9.825, UB - 9.825, BB - 9.075
.....FX - 9.825, AA - 38.550
3/18.....VT - 9.800, UB - 9.650, BB - 9.775
.....FX - 9.900, AA - 39.125
3/30.....VT - 9.800, UB - 9.750, BB - 9.825
.....FX - 9.550, AA - 38.925
3/31.....VT - 9.825, UB - 9.800, BB - 9.775
.....FX - 9.900, AA - 39.300

Hannah Nam

1/6.....BB - 9.725
1/9.....BB - 9.800, FX - 9.800
1/23.....BB - 9.775
1/28.....BB - 9.825, FX - 9.800
2/4.....BB - 9.450, FX - 9.650
2/12.....BB - 9.775, FX - 9.750
2/17.....BB - 9.350, FX - 9.725
2/19.....BB - 9.750, FX - 9.825
2/24.....BB - 9.800, FX - 9.625
3/3.....**BB - 9.850, FX - 9.850**
3/10.....**BB - 9.850**, FX - 9.750
3/18.....BB - 9.725, FX - 9.575
3/30.....BB - 9.825, FX - 9.750

Paige Prejean

1/23.....VT - 9.475
1/28.....VT - 9.550
2/4.....VT - 9.725
2/12.....VT - 9.825
2/17.....VT - 9.725
2/19.....VT - 9.775
2/24.....VT - 9.775
3/3.....**VT - 9.850**
3/10.....**VT - 9.850**

3/18.....**VT - 9.850**
3/30.....VT - 9.650

Isabelle Schaefer

1/6.....UB - 9.825
1/9.....UB - 9.825
1/23.....UB - 9.825
1/28.....UB - 9.900
2/4.....UB - 9.875
2/12.....**UB - 9.925**
2/17.....UB - 9.850
2/19.....UB - 9.750
2/24.....UB - 9.675
3/3.....VT - 9.750, UB - 9.725
3/10.....**VT - 9.775**, UB - 9.850
3/18.....VT - 9.750, UB - 9.900
3/30.....VT - 9.725, UB - 9.775

Taylor Schulze

1/6.....BB - 9.150
1/9.....BB - 9.600
1/23.....BB - 9.725
1/28.....BB - 9.625
2/4.....BB - 9.700
2/12.....BB - 9.775
2/17.....BB - 9.150
2/19.....BB - 9.575
2/24.....BB - 9.825
3/3.....BB - 9.825
3/10.....**BB - 9.900**
3/18.....BB - 9.800
3/30.....**UB - 8.775**, BB - 9.800

Jamie Shearer

1/6.....UB - 9.700
1/9.....UB - 9.750
1/23.....UB - 9.825
1/28.....UB - 9.725
2/4.....UB - 9.750
2/12.....UB - 9.725
2/17.....UB - 9.725
2/19.....UB - 9.050
2/24.....UB - 9.725
3/3.....**UB - 9.850**
3/10.....UB - 9.700
3/18.....UB - 9.775
3/30.....UB - 9.675, **BB - 9.825**

Cory Shinohara

1/6.....VT - 9.775, FX - 9.600
1/9.....**VT - 9.800, FX - 9.825**
1/23.....VT - 9.775, FX - 9.750

Hallie Thompson

1/23.....BB - 9.825
1/28.....BB - 9.775
2/4.....BB - 9.750
2/12.....BB - 9.775
2/17.....BB - 9.700
2/19.....BB - 9.750
2/24.....BB - 9.800
3/3.....BB - 9.750
3/10.....BB - 9.800
3/18.....**BB - 9.875**
3/30.....BB - 9.725

Amy Wozniak

2/12.....FX - 9.650
2/17.....FX - 9.675
2/19.....**FX - 9.725**
2/24.....FX - 9.525
3/30.....FX - 8.900





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)
3. Kara Wright	9.925	(2/14/10)
Khazia Hislop	9.925	(2/23/20)
4. 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	(3/31/23)

Bars

1. Lali Dekanoidze.....	9.975	(2/12/23)
2. Olivia Trusty	9.950	(2/20/04)
Elizabeth Culton.....	9.950	(3/6/22)
3. Brooke Wilson	9.925	(3/3/00)
Christine Robella	9.925	(1/24/04)
Isabelle Schaefer.....	9.925	(2/12/23)
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)
Julia Knower.....	9.900	(2/17/23)
Gwen Fink.....	9.900	(3/10/23)

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)
4. 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)
2. 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)
3. 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)
Julia Knower.....	9.950	(3/3/23)

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)
6. Brooke Wilson	39.500	(3/4/01)
Elizabeth Culton.....	39.500	(3/13/21)
7. Mikel Hester	39.450	(2/13/04)
Anna Wilson	39.450	(3/13/04)
Morgan Evans.....	39.450	(3/24/12)
Julia Knower.....	39.450	(1/9/23)

Bold indicates current team member in 2024





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
2023	Danna Durante	15-7	EAGL - 3rd	NCAA Denver Regional - 2nd (Round 1); Final No. 36 ranking





EAGL CHAMPIONSHIP HISTORY*

2023 - 3rd - 196.350

V: 49.075; UB: 49.300; BB: 49.175; FX: 48.800

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

2023 Lali Dekanoidze	9.950
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

2023 Julia Knowler	9.900
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.





CAROLINA

GYMNASTICS



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 2022-23-23
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 2023-24
Kaya Forbes 2023-24
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 2021-22-23-24
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
Elly King 2024
Neve King 2024
Chrissy Klonne 2000-01-02-03
Julia Knowler 2022-23-24
Tracy Knowles 1991-92-93-94
Michelle Kucsma 1977-78

LLL

Jennifer Lacroff *1996
Allison LaNasa 2021-22-23-24
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 2022-23-24
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
Alicia Moulton 1972
Alisa Musser 1991-92-93-94

NNN

Hannah Nam 2020-21-22-23
Jessica Naranjo 2024
Molly Neinstein 2024





CAROLINA

GYMNASTICS



ALL-TIME LETTERWINNERS

Christie Nelson 1992-93-94
Maddie Nettles 2016-17-18
Christine Nguyen 2007-08-09-10
Tienna Nguyen 2021

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 2023-24

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
Camryn Rueda 2024
Anne Ruppert 1982-83-84-85
Amber Russell *2022
Megan Ruzicka 2019

SSS

Janell Sargent 2012-13-14-15
Pat Sawyer 1976
Isabelle Schaefer 2022-23-24
Rachel Schneider 2006-07-08-09
Taylor Schulze 2023-24
Missy Shaffner 1985-86-87-88
Jamie Shearer 2021-22-23-24
Cory Shinohara 2021-22-23-24
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 Strobe 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 Tegethoeff 2004-05-06-07
Tiffany Terranova 1979-80-81-82
Hallie Thompson 2020-21-22-23-24
Marie Thompson 1984
Rachel Thompson 1980-81-82
Christine Thorne 1982-83-84-85
Suzanne Toniello 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 2023-24
Kara Wright 2007-08-09-10

XXX

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



Courtney Bumpers, a four-year letterwinner and two-time NCAA champion on floor.



Haley Watts was a four-year letterwinner who was named the 2015 EAGL Senior of the Year.



