



CAROLINA GYMNASTICS
MEDIA GUIDE
2025



CAROLINA GYMNASTICS



QUICK FACTS

Location: Chapel Hill, N.C.
 Founded: 1789
 Enrollment: 20,029 (undergrad)
 Chancellor: Lee H. Roberts
 Director of Athletics: Bubba Cunningham
 Faculty Representative: Lissa Broome
 Senior Women's Administrator: Marielle vanGelder
 Affiliation: NCAA Division I
 Conference: Atlantic Coast Conference (ACC)
 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: Fourth season
 Record at UNC: 31-26
 Assoc. Head Coach: Marie Denick (Kent State '14)
 Years at UNC: Eighth season
 Asst. Coach: Sami Durante (LSU '22)
 Years at UNC: Second season
 Asst. Coach: Matt DeGrandpre (Springfield '20)
 Years at UNC: First season
 2024 Record: 5-12 (1-5 ACC)
 ACC Regular Season Finish: T-3rd
 ACC Championship Finish: T-3rd
 NCAA Regionals Finish: N/A
 Letter winners returning/lost: 14/5
 Newcomers: Three 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

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 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 2025 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.

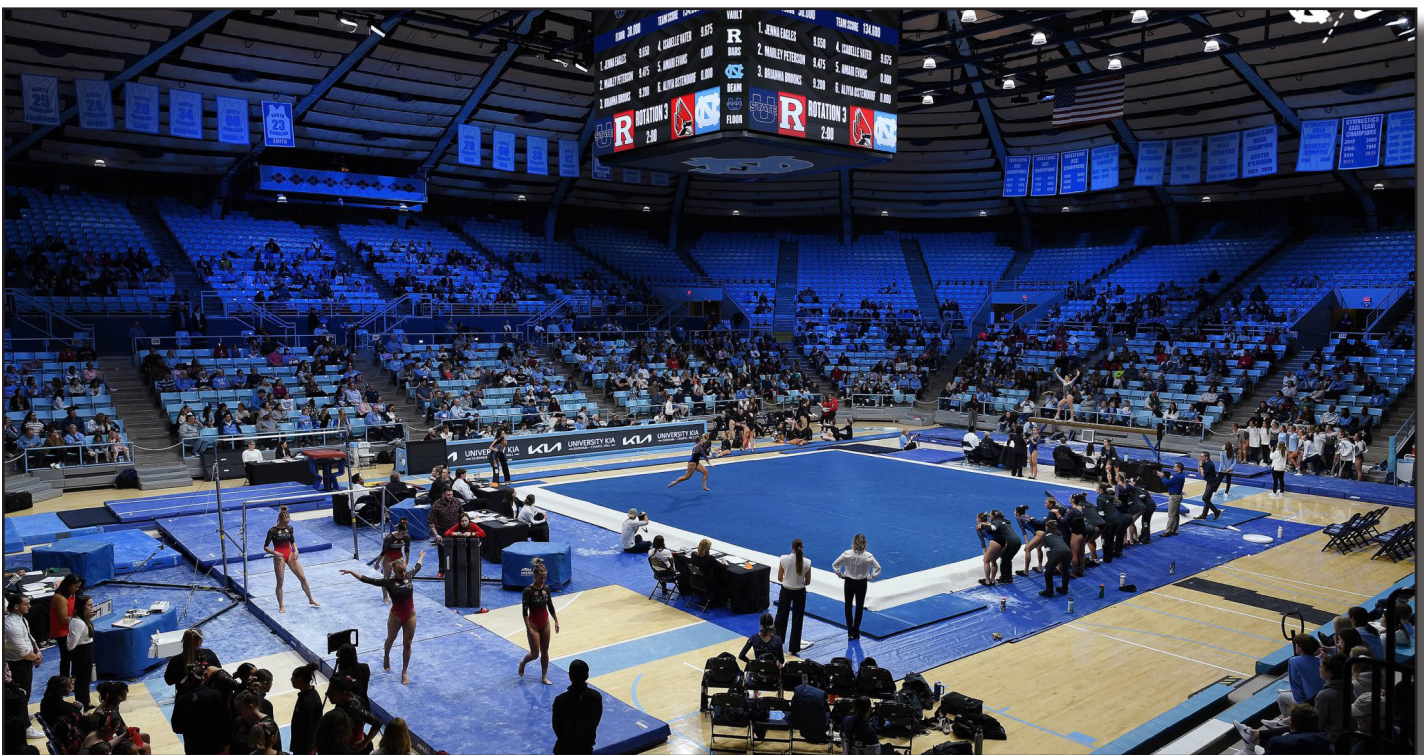
SUPPORTING UNC GYMNASTICS

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.





2025 SCHEDULE

Date	Opponent	Location
Mon., Dec. 16	Blue & White (Exh.)	Chapel Hill, NC
Fri., Jan. 10	at Alabama	Tuscaloosa, AL
Fri., Jan. 17	George Washington	Chapel Hill, NC
Fri., Jan. 24	NC State *	Chapel Hill, NC
Fri., Jan. 31	at Stanford *	Stanford, CA
Sun., Feb. 9	Clemson *	Chapel Hill, NC
Fri., Feb. 14	at Pitt *	Pittsburgh, PA
Fri., Feb. 21	at NC State *	Raleigh, NC
Sun., Feb. 23	vs. Oklahoma ^	Fort Worth, TX
Fri., Feb. 28	Penn, Temple, Yale	Chapel Hill, NC
Sun., March 9	vs. Alabama, Cal *, Michigan State #	Huntsville, AL
Fri., March 14	Western Michigan	Chapel Hill, NC
Sat., March 22	ACC Championships	Greensboro, NC
April 2-6	NCAA Regionals	TBD
April 17-19	NCAA Championships	Fort Worth, TX

Home meets in **bold** and held at Carmichael Arena
 * denotes ACC contest
 ^ Metroplex Challenge
 # Elevate the Stage
 All times TBD and subject to change
 Visit GoHeels.com for schedule updates





CAROLINA GYMNASTICS



ROSTER BY CLASS

SENIORS (5)

Lali Dekanoidze
Julia Knowler
Bella Miller
Isabelle Schaefer
Taylor Schulze

JUNIORS (5)

Gwen Fink
Kaya Forbes
Paige Prejean
Claire Stippich
Amy Wozniak

SOPHOMORES (5)

Elly King
Neve King
Jessica Naranjo
Molly Neinstein
Cami Rueda

FIRST-YEARS (3)

TaeLyn Canty
Regan McBride
JoJo Valahovic

ALPHABETICAL ROSTER

Name	Cl.	Ht.	Pronouns	Hometown / Last School
TaeLyn Canty	Fr.	4-11	She/Her	San Antonio, Texas / Mountain View High School
Lali Dekanoidze	Sr.	5-3	She/Her	Matthews, N.C. / Weddington High School
Gwen Fink	Jr.	5-2	She/Her	Fort Mill, S.C. / Nation Ford High School
Kaya Forbes	Jr.	5-2	She/Her	Gonzales, La. / Dutchtown High School
Elly King	So.	5-1	She/Her	The Woodlands, Texas / The Woodlands College Park
Neve King	So.	5-1	She/Her	The Woodlands, Texas / The Woodlands College Park
Julia Knowler	Sr.	5-6	She/Her	Mandeville, La. / Archbishop Hannan School
Regan McBride	Fr.	5-3	She/Her	Columbia, Mo. / Rock Bridge High School
Bella Miller	Sr.	5-6	She/Her	Coral Springs, Fla. / Marjory Stoneman Douglas
Jessica Naranjo	So.	4-11	She/Her	Hialeah, Fla. / Marjory Stoneman Douglas
Molly Neinstein	So.	4-10	She/Her	Calabasas, Calif. / deToledo High School
Paige Prejean	Jr.	5-5	They/Them	Houston, Texas / Homeschooled
Cami Rueda	So.	5-2	She/Her	Salem, N.H. / Central Catholic High School
Isabelle Schaefer	Sr.	5-1	She/Her	Charlotte, N.C. / Cannon School
Taylor Schulze	Sr.	5-3	She/Her	San Antonio, Texas / Brown University
Claire Stippich	Jr.	5-2	She/Her	Hartland, Wisc. / University of Kentucky
JoJo Valahovic	Fr.	5-0	She/Her	Sagamore Hills, Ohio / Walsh Jesuit High School
Amy Wozniak	Jr.	5-3	She/Her	Wheaton, Ill. / Wheaton North High School

COACHING STAFF

Head Coach: Danna Durante (Fourth season, Arizona State University '95)
Associate Head Coach: Marie Case Denick (Eighth season, Kent State University '14)
Assistant Coach: Sami Durante (Second season, Louisiana State University '22)
Assistant Coach: Matt DeGrandpre (First season, Springfield College '20)

SUPPORT STAFF

Team Manager: Zoe Bender	Strength & Conditioning: Erik Hernandez
Team Manager: Caroline Daniels	Academic Counselor: Harley Martin
Team Manager: Zaria McCarter	Nutritionist: Allison Keim
Sport Administrator: Martina Ballen	Sports Information: Chandler Brandes
Sport Administrator: Tom Livers	Marketing Coordinator: Elizabeth DeCorte
Head Athletic Trainer: Nina Walker	Event Management: Sophia Campana
Athletic Trainer GA: Rhyan Creighton	Arena Manager: Sydney Truehart

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 Knowler	KNOW-er	Claire Stippich	STIP-ick
		JoJo Valahovic	VAL-uh-HOE-vick
		Amy Wozniak	WOZ-knee-ak



MEET THE TEAM

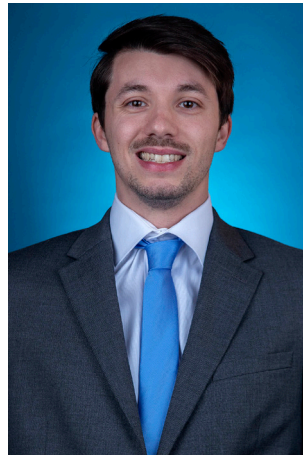


2025 North Carolina Gymnastics Team

Front row (l-r): Bella Miller, Taylor Schulze, Isabelle Schaefer, Lali Dekanoidze, Julia Knowler

First middle row (l-r): Kaya Forbes, Jessica Naranjo, Regan McBride, Amy Wozniak, Paige Prejean, Molly Neinstein

Back row (l-r): Gwen Fink, Neve King, Claire Stippich, JoJo Valahovic, Elly King, Cami Rueda, Taelyn Canty



2025 North Carolina Gymnastics Coaching Staff

(l-r): Danna Durante (head coach), Marie Case Denick (associate head coach), Sami Durante (assistant coach), Matt DeGrandpre (assistant coach)





CAROLINA

GYMNASTICS



**Taelyn
CANTY**

Freshman • 4'11
San Antonio, Texas

She/Her/Hers

PREP:

- Trained with Novaks Gymnastics under coach Juan Carlos Palma
- Two-time Regional and National qualifier
- Also competed for Mountain View High School
- Virginia 5A state team champion
- Virginia 5A state vault champion
- Owns four school records
- Two-time Student Athlete of the Year
- Three-time Academic Excellence Award

PERSONAL:

- Birthday is May 11
- Daughter of Tawanda and Glenn Canty
- Has two younger siblings, Zoe and Cairo
- Her cousin, Chris Curry, played football at UNC
- Plans to double major in neuroscience and biochemistry
- Comes from an athletic family: Four of her cousins played college football with two going on to play in the NFL, four of her uncles played college football with one playing in the NFL, aunt played college basketball and in the WNBA, and her mother ran track and cross country in college
- On why she chose UNC: "I fell in love with the energy and familial dynamics in terms of the coaches and there's just something different about the air in Carolina that's addicting. I felt like I belonged here."



CAROLINA GYMNASTICS



Lali DEKANOIDZE

Senior • 5'3
Matthews, NC
She/Her/Hers

COLLEGIATE BESTS:

Vault: 9.925
(1/5/24)

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 JUNIOR (2024):

- Named All-ACC First Team on vault and bars
- Named to the All-ACC Championship Team on bars
- Competed in 12 vault and bars lineup, winning seven event titles (three vault, four bars)
- Finished the season ranked third in the ACC and sixth in the Southeast Region on bars (9.905 NQS), as well as third and 12th on vault (9.87 NQS)
- Career-high 9.925 on vault on Jan. 5 to tie for first at the UNC Quad Meet on Jan. 5, moving to be tied for third all-time in program history
- Tied for third on bars (9.9) at ESPN Collegiate Quad on Jan. 12
- Tied for first on bars (9.825) and tied for third on vault (9.825) at Pitt on Feb. 2
- Placed second on bars (9.85) and tied for third on vault (9.825) at NC State on Feb. 11
- Tied for second on both vault (9.85) and bars (9.9) vs. Pitt on Feb. 16
- Won bars (9.925) and placed third on vault (9.875) at Clemson on Feb. 23
- Shared the event title on vault (9.85) at the Nebraska Quad Meet on March 3
- Tied for first on both bars (season-high 9.95) and vault (9.875) against No. 6 Kentucky on March 8
- Placed second on vault (9.9) at No. 2 LSU on March 15
- Outright ACC champion on bars (9.95) at the ACC Championships on March 23 to match her season-high
- Competed at the NCAA Gainesville Regional, scoring a 9.825 on vault and 9.9 on bars
- Became the first-ever ACC Gymnast of the Week on Jan. 9
- Named to the All-ACC Academic Team

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**

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

COLLEGIATE BESTS:

Vault: 9.825
(2/19/23 & 2/23/24)

Bars: 9.900
(3/10/23 & 2/16/24)

Beam: 9.850
(Six times)

Floor: 9.875
(1/26/24)

AA: 39.325
(3/15/24)

AS A SOPHOMORE (2024):

- Competed in all 12 meets, appearing in 10 vault lineups, 12 bars lineups, 10 beam lineups, eight floor lineups with eight all-around performances
- Scored 9.8 on vault and bars, as well as 9.825 on beam, at the UNC Quad Meet on Jan. 5
- Posted a 9.725 on vault, 9.775 on bars, 9.8 on beam and 9.7 on floor for a 39.0 all-around score at the ESPN Collegiate Quad on Jan. 12, earning Team MVP honors
- Won all-around (39.275) at NC State on Jan. 19, also tying for first on beam (career-high 9.85) and tying for second on bars (9.825)
- Career-high 9.875 on floor against Clemson on Jan. 26 to tie for third
- Placed third on bars (9.825) at NC State on Feb. 11, also scoring 9.8 on beam
- Matched her career-high 9.9 on bars to tie for second vs. Pitt on Feb. 16
- Matched her career-high 9.825 on vault at Clemson on Feb. 23, placing second in all-around (39.275) and tying for third on bars (9.85)
- Matched her career-high 9.85 on beam at Nebraska Quad on March 3
- Matched her career-high 9.85 on beam at No. 2 LSU on March 15, also scoring 9.8 on vault, 9.875 on bars and 9.8 on floor for a career-high 39.325 all-around
- Matched her career-high 9.85 on beam at the ACC Championships on March 23, finishing with a 39.05 all-around score
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American

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



CAROLINA GYMNASTICS



**Kaya
FORBES**

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

**COLLEGIATE
BESTS:**

Vault: 9.900
(2/23/24)

Bars: 9.775
(2/2/24)

Floor: 9.900
(Four times)

AS A SOPHOMORE (2024):

- Competed in every vault and floor lineup, also making seven appearances on bars
- Placed second on floor (9.875) at the UNC Quad Meet on Jan. 5, also with a 9.875 on vault
- Received a 9.8 on floor at the ESPN Collegiate Quad on Jan. 12
- Tied for second on vault (9.825) vs. NC State on Jan. 19
- Earned a 9.85 on vault and 9.825 on floor vs. Clemson on Jan. 26
- Career-high 9.775 on bars at Pitt on Feb. 2, also matching her career-high 9.9 on floor to tie for second
- Tied for third on vault (9.825) at NC State on Feb. 11
- Tied for third on floor (9.875) vs. Pitt on Feb. 16
- Career-high 9.9 on vault at Clemson on Feb. 23 to place second, moving up to be tied for fourth all-time in program history
- Matched her career-high 9.9 on floor vs. No. 6 Kentucky on March 8
- Tied her career-high 9.9 on floor for the second straight meet at No. 2 LSU on March 15, also scoring a 9.85 on vault
- Scored 9.875 on floor and 9.8 on vault at the ACC Championships on March 23
- Named to the All-ACC Academic Team

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



**Elly
KING**

**Sophomore · 5'1
The Woodlands, TX**

She/Her/Hers

**COLLEGIATE
BESTS:**

Vault: 9.700
(2/2/24)

Bars: 9.650
(2/23/24)

AS A FRESHMAN (2024):

- Competed in four meets, appearing in two vault lineups and three beam lineups
- Made her collegiate debut vs. Clemson on Jan. 26 on vault
- Career-high 9.7 on vault at Pitt on Feb. 2, also making her beam debut
- Career-high 9.65 on beam at Clemson on Feb. 23

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



CAROLINA

GYMNASTICS



**Neve
KING**

Sophomore · 5'1
The Woodlands, TX
She/Her/Hers

AS A FRESHMAN (2024):

- Did not compete during the 2024 season due to injury

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**

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

COLLEGIATE BESTS:

Vault: 9.900
(2/16/24)

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 JUNIOR (2024):

- Named All-ACC Championship Team on floor
- Competed in the all-around in all 12 meets and won six event titles, including two in the all-around
- Tied for second on both vault (9.825) and floor (9.875) vs. NC State on Jan. 19
- Placed second on floor (9.9) and all-around (39.175), as well as tied for third on vault (9.775) vs. Clemson on Jan. 26
- Won the all-around (39.15) and tied for third on beam (9.85) at Pitt on Feb. 2
- Took second in the all-around (39.15) at NC State
- Career-high 9.9 on vault to win the event vs. Pitt on Feb. 16, also winning beam (9.85), floor (season-high 9.925) and all-around (season-high 39.425)
- Tied for first on beam (season-high 9.875) at the Nebraska Quad on March 3, also placing second in the all-around (39.2)
- Finished second in the all-around (39.375) vs. No. 6 Kentucky on March 8, highlighted by a 9.9 on floor and season-high 9.825 on bars
- Scored a 9.9 on floor and 39.375 in the all-around at No. 2 LSU on March 15
- Posted a 9.9 on floor at the ACC Championships on March 23 to finish in the top-6 for All-Championship Team honors
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American
- Named to the College Sports Communicators Academic All-District At Large Team
- ing 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 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 plac-
- 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



**Regan
MCBRIDE**

Freshman • 5'3
Colombia, MO
She/Her/Hers

PREP:

- Trained with Show-Me Gymnastics under coach Kathy Sanford
- Three-time National qualifier
- Placed ninth on floor and 11th on vault at 2023 National Championships
- 9th on floor & 11th on vault at 2023 National Championships,
- 2023 Missouri state floor champion, also taking second in the all-around as well as third on both vault and beam
- 2022, 2023 Regional vault champion
- Third in the all-around at 2023 Regionals
- Graduated with high honors from Rock Bridge High School
- Finalist for Women's Intersport Network Inspiration Award

PERSONAL:

- Birthday is October 7
- Daughter of Julie Dorn and Adrian McBride
- Mother was Missouri's first All-American gymnast and is in the Mizzou Hall of Fame
- Father played college football at Missouri before playing professionally for the Cardinals
- Has one brother, Andrew
- Plans to major in business with an exercise and sport science minor
- On why she chose UNC: "I chose UNC because of the positive atmosphere and team culture. I have always wanted to be a part of a program that is on the rise, the UNC gymnastics program is one that is building and I find that so exciting. The academics at UNC as well as the support staff here is top tier and they prioritize each athlete's success very highly."



CAROLINA GYMNASTICS



**Bella
MILLER**

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

**COLLEGIATE
BESTS:**

Bars: 9.700
(1/5/24)

Floor: 9.875
(3/8/24)

AS A JUNIOR (2024):

- Competed in 11 floor lineups, making one appearance on bars
- Made her collegiate debut on Jan. 5 at the UNC Quad Meet, scoring a career-high 9.7 on bars
- Scored a 9.825 on floor at the ESPN Collegiate Quad on Jan. 12 in just her second time competing the event
- Earned a 9.85 on floor at NC State on Feb. 11
- Career-high 9.875 on floor vs. Kentucky on March 8
- Scored 9.825 on floor at No. 2 LSU on March 15
- Scored 9.85 on floor at ACC Championships on March 23
- Also had floor routines of 9.8 vs. NC State on Jan. 18 and at the Nebraska Quad on March 3
- Named to the All-ACC Academic Team

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**

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

**COLLEGIATE
BESTS:**

Bars: 9.650
(1/12/24)

Beam: 9.875
(3/23/24)

AS A FRESHMAN (2024):

- Named to the All-ACC Championship Team on beam
- Competed in 11 beam lineups and three bars lineups
- Made her collegiate debut at the ESPN Collegiate Quad on Jan. 12, scoring a 9.725 on beam and a career-high 9.65 on bars
- Had 9.825s on beam at NC State on Feb. 11 and Clemson on Feb. 23
- Earned a 9.85 on beam vs. No. 6 Kentucky on March 8
- Scored a 9.825 on beam at No. 2 LSU on March 15
- Career-high 9.875 on beam at the ACC Championships, earning All-ACC Championship Team honors for placing in the top-6
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American

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

Sophomore • 4'10
Calabasas, CA
She/Her/Hers

AS A FRESHMAN (2024):

- Did not compete during the 2024 season
- Named a WCGA Scholastic All-American

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**

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

**COLLEGIATE
BESTS:**

Vault: 9.850
(Three times)

AS A SOPHOMORE (2024):

- Appeared in 10 vault lineups with six routines of 9.75+
- Earned a 9.775 on vault vs. No. 6 Kentucky on March 8
- Season-high 9.8 on vault at No. 2 LSU on March 15
- Scored 9.775 on vault at ACC Championships on March 23
- Saw 9.75s on vault at the ESPN Collegiate Quad on Jan. 12, vs. Pitt on Feb. 16 and at Clemson on Feb. 23

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



**Cami
RUEDA**

Sophomore • 5'2
Salem, NH
She/Her/Hers

**COLLEGIATE
BESTS:**

Beam: 9.825
(1/5/24, 2/16/24)

Floor: 9.875
(2/11/24)

AS A FRESHMAN (2024):

- Competed in nine meets, including nine floor lineups and eight beam lineups
- Became UNC's first-ever ACC Newcomer of the Week on Feb. 12
- Made her collegiate debut on Jan. 5 at the UNC Quad Meet, scoring 9.825 on beam to tie for second place
- Career-high 9.875 on floor at NC State on Feb. 11 to tie for second, crushing her previous career-best of 9.725
- Matched her career-high 9.825 on beam vs. Pitt on Feb. 16
- Posted a 9.85 on floor at No. 2 LSU on March 15
- Scored 9.8 on floor and 9.775 on beam at ACC Championships on March 23
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American

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**

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

**COLLEGIATE
BESTS:**

Vault: 9.825
(3/6/22)

Bars: 9.925
(Seven times)

Beam: 9.300
(1/15/22)

AS A JUNIOR (2024):

- Named All-ACC First Team on bars
- Named to the All-ACC Championship Team on bars
- Competed in every bars lineup as well as five vault lineups
- Finished the season ranked second in the ACC and fifth in the Southeast Region on bars (9.91 NQS)
- Scored 9.875 on bars at the UNC Quad Meet on Jan. 5 to tie for first place and posted a season-high 9.775 on vault
- Matched her career-high 9.925 on bars at the ESPN Collegiate Quad in Utah on Jan. 12 to tie for second place
- Named the program's first-ever ACC Specialist of the Week on Jan. 15
- Matched her career-high 9.925 on bars vs. Clemson on Jan. 26 to win the event, also scoring 9.75 on vault
- Won bars vs. Pitt on Feb. 16 while matching her career-high 9.925
- Placed third on bars vs. No. 6 Kentucky on March 8 with another 9.925
- Runner-up on bars (tied career-high 9.925) at the ACC Championships to earn All-ACC Championship Team honors
- Earned a 9.85 on bars at the NCAA Gainesville Regional, the first individual regional berth of her career
- Named to the All-ACC Academic Team

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**

Senior • 5'3
San Antonio, TX
She/Her/Hers

**COLLEGIATE
BESTS:**

Floor: 9.875
(2/16/24)

Bars: 9.850
(Three times)

Beam: 9.900
(Three times)

AS A JUNIOR (2024):

- Competed in 10 meets, including 10 beam lineups and seven floor lineups
- Posted six beam routines of 9.7+ and four floor routines of 9.75+
- Scored 9.7 on beam at the UNC Quad Meet on Jan. 5
- Saw a 9.75 on beam at the ESPN Collegiate Quad on Jan. 12
- Recorded a 9.775 on beam vs. NC State on Jan. 19
- Scored 9.825 on floor vs. Clemson on Jan. 26, the first time she competed that event at UNC
- Won beam at Pitt on Feb. 2 with a 9.9, which matched her career high
- Earned 9.775 on beam and 9.7 on floor at NC State on Feb. 11
- Career-high 9.875 on floor vs. Pitt on Feb. 16 to tie for third place
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American

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



**Claire
STIPPICH**

Junior • 5'2
Hartland, WI
She/Her/Hers

**COLLEGIATE
BESTS:**

Bars: 9.800
(2/9/24)

AT KENTUCKY (2024):

- Competed on bars vs. Missouri, scoring a 9.8 as a sophomore

AT KENTUCKY (2023):

- Did not compete as a freshman

PREP:

- Trained at Salto Gymnastics Club under the direction of Vitali Rudnitski, Brit-tany Solberg, Julie Holden and Kristen Kremer
- Three-time JO Nationals qualifier
- Placed ninth on floor and 10th in all-around at 2022 JO Nationals
- Placed fourth on bars at 2021 JO Nationals
- Placed second in all-around at 2021 Region 4 Regionals
- All-around, bars, beam and floor champion at 2021 Wisconsin State Cham-pionships, also taking second on vault
- Graduated as salutatorian from Lake Country Lutheran High School

PERSONAL:

- Birthday is August 21
- Daughter of Kristal and Ryan Stippich
- Has two younger siblings: Sarah and Connor
- Mother ran cross country in college
- Aunt attended UNC
- Plans to major in business administration or sports administration with a minor in statistics and analytics
- On why she chose UNC: "I loved the campus atmosphere and it felt like home to me when I visited. I also meshed really well with the team and the coaches."



CAROLINA

GYMNASTICS



JoJo
VALAHOVIC

Freshman • 5'0
Sagamore Hills, OH

She/Her/Hers

PREP:

- Trained at Gymnastics World under the direction of Caroline and Jared Nun
- Four-time Level 10 National qualifier
- 2024 State and Regional vault champion
- 2023 Region 5 All-Star team member
- 2023 Regional floor champion
- 2023 State vault champion
- 2019 Level 9 National all-around champion
- Graduated from Walsh Jesuit High School
- National Honor Society and Spanish Honors Society member

PERSONAL:

- Full name is Jordan, goes by JoJo
- Birthday is November 11
- Daughter of Melinda and Joseph
- Has a twin sister, Olivia, and an older brother, Dominic
- Uncle played football at Penn State
- Plans to major in nursing
- On why she chose UNC: "After visiting other campuses, nothing compared to UNC. As soon as I visited I knew that was where I would choose. The team gets along so well and they were so nice and fun when I met them. The coaches are so nice and were exactly what I was looking for in a team. The atmosphere on campus is great and everyone has so much school spirit."



CAROLINA

GYMNASTICS



Amy
WOZNIAK

Junior • 5'3
Wheaton, IL
She/Her/Hers

**COLLEGIATE
BESTS:**

Bars: 9.825
(3/8/24)

Floor: 9.825
(2/16/24, 3/15/24)

AS A SOPHOMORE (2024):

- Competed in all 12 floor lineups as well as three bars rotations
- Career-high 9.825 on floor vs. Pitt on Feb. 16
- Began the season with six-straight floor routines of 9.725+
- Scored 9.75 on floor at NC State on Feb. 11
- First career appearance on bars with a 9.825 vs. No. 6 Kentucky on March 8, also scoring 9.775 on floor
- Matched her career-high 9.825 on floor at No. 2 LSU on March 15
- Earned a 9.8 on floor at the ACC Championships on March 23
- Named to the All-ACC Academic Team and a WCGA Scholastic All-American

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, 1-5 vs. ACC opponents
- 22 All-EAGL and four All-ACC honors
- 12 All-EAGL and six All-ACC Tournament honors
- 32 EAGL, 13 ACC All-Academic 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-Specialist of the Year after earning WCGA First Team Regular Season All-America honors.

Durante successfully led the Tar Heels into their first season in the Atlantic Coast Conference in 2024. Four gymnasts earned All-ACC Championship Team honors at

the first ACC Championship in 40 years. Dekanoidze and Isabelle Schaefer, who went 1-2 on the uneven bars at the ACC Championships, garnered All-ACC First Team praise and earned individual berths to NCAA Regionals.

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 post-graduate 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. Sami was a gymnast at LSU from 2017-22 and is currently an assistant coach at North Carolina.





CAROLINA GYMNASTICS



MARIE CASE DENICK ASSOC. HEAD COACH



Marie Case Denick is in her eighth season with the Tar Heels, and fourth under head coach Dana Durante. She was elevated to associate head coach ahead of the 2024 season. 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.

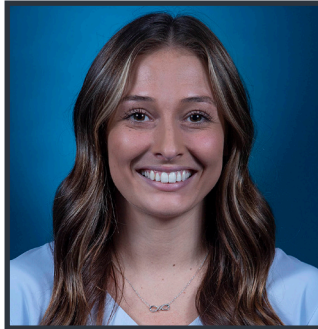
Despite the shortened 2020 season due to COVID-19, Denick helped Khazia Hislop receive her third All-America recognition of her career and her first on vault. In both 2018 and 2019, Hislop earned second team All-America honors and the EAGL championship title on floor exercise. Denick also coached back-to-back 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.

In Denick's first year at BGSU, the Falcons set a school record team score for a single meet and one of her athletes won the all-around at the MAC Championship.

The Erie, Pa., native began her coaching career as a volunteer assistant at her alma mater, Kent State, in 2015. 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.

SAMI DURANTE ASST. COACH



The 2024-25 season marks the second 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.

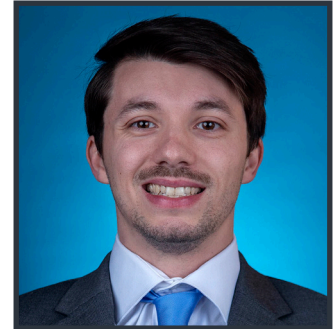
A standout gymnast at Louisiana State University from 2018-22, Durante specialized in bars, beam and vault. She served as LSU's anchor on bars for three straight years and earned WCGA Regular Season All-America recognition on bars in both 2021 and 2022.

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.

MATT DEGRANDPRE ASST. COACH



The 2024-25 campaign marks the first year Matt DeGrandpre is on the North Carolina gymnastics staff as an assistant coach.

DeGrandpre arrived in Chapel Hill having spent the last two seasons as an assistant coach at Texas Woman's University. At the conclusion of both the 2023 and 2024 seasons, DeGrandpre was part of a coaching contingent which was named the WCGA Division II Regional Co-Assistant Coaches of the Year.

During his time in Texas, DeGrandpre was the primary vault and bars coach for the Pioneers while also overseeing academic success and team travel. In 2024, DeGrandpre guided the team to their highest bars score in a decade and coached two individual athletes to school records on vault and bars, both with scores of 9.95.

Prior to his time at Texas Woman's, DeGrandpre served as a graduate assistant coach with the men's gymnastics team at Springfield College – his alma mater – from 2020-22. His duties included helping coordinate practices, planning routines and contributing to the overall success of the program.

In 2022, DeGrandpre helped lead the Pride to their first appearance in the NCAA National Collegiate Championships, becoming the first DIII program to ever compete at the meet. The Springfield coaching staff, including DeGrandpre, was named the ECAC Coaching Staff of the Year.

DeGrandpre competed at Springfield College from 2016-20 where he specialized in vault, pommel horse and floor, earning respective career-highs of 11.5, 11.8 and 12.65. He helped his team finish fourth at the ECAC Championships for three consecutive seasons.

A native of Westfield, Massachusetts, DeGrandpre received his bachelor's degree in movement and sports studies with a concentration in physical and health education from Springfield in May 2020. He earned his master's degree in athletic administration during his time as a graduate assistant. He was also named a USA Gymnastics Academic All-American as an undergraduate.





CAROLINA GYMNASTICS



MEET THE TAR HEELS FUN FACTS

TaeLyn Canty

Plays the violin, guitar and piano

their great-grandma had two sets of twins

Jess Naranjo

Is fluent in Spanish, which was her first language

Isabelle Schaefer

Likes to crochet

Lali Dekanoidze

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

Neve King

Used to play the piano

Taylor Schulze

Has a cat with three legs

Julia Knower

Favorite activity outside of gymnastics is riding jet skis

Molly Neinstein

Member of Team USA at Pan-American Maccabi Games in Mexico City in 2019, helping the U.S. win gold

Claire Stippich

Always watched an episode of The Office while getting ready for each meet

Gwen Fink

Played five sports before focusing on gymnastics

Regan McBride

Has to eat Panera and Sour Patch Watermelons before each meet

Paige Prejean

Is always watching a live stream of otters in Monterey Bay

JoJo Valahovic

Has to eat steak the night before a meet

Kaya Forbes

Has three birthday cake-flavored Hershey's before competition

Bella Miller

Holds tri-citizenship in the U.S., Jamaica and Canada

Cami Rueda

Majoring in exercise & sport science

Amy Wozniak

Has 5 siblings and the youngest three are triplets

Elly King

Twin sister is Neve, their grandma is a twin, and



2025 Seniors





CAROLINA GYMNASTICS

2024 SEASON REVIEW

Date	Opponent	Place	Vault	Bars	Beam	Floor	Total
Jan. 5	Ball State, Rutgers, Utah State	2nd of 4	49.150	48.875	48.075	47.625	193.725
Jan. 12	vs. Arizona, Boise State, Nebraska	4th of 4	48.750	48.950	48.600	48.850	195.150
Jan. 19	NC State *	2nd of 2	48.900	48.525	48.900	49.000	195.325
Jan. 26	Clemson *	2nd of 2	48.750	47.675	48.675	49.150	194.250
Feb. 2	at Pitt *	2nd of 2	48.500	48.600	48.800	48.975	194.875
Feb. 11	at NC State *	2nd of 2	48.800	48.750	48.275	49.100	194.925
Feb. 16	Pitt *	1st of 2	49.100	49.300	49.025	49.225	196.650
Feb. 23	at Clemson *	2nd of 2	49.150	49.150	48.750	48.450	195.500
March 3	at Nebraska; vs. Illinois, SEMO	2nd of 4	48.875	48.950	48.575	48.800	195.200
March 8	Kentucky	2nd of 2	49.025	49.400	48.975	49.125	196.525
March 15	at LSU	2nd of 2	49.125	48.425	49.225	49.300	196.075
March 23	ACC Championships	T-3rd of 4	48.875	49.225	48.975	49.225	196.300

2024 TOP SCORES

Vault		Bars		Beam		Floor	
Lali Dekanoidze.....	9.925	Lali Dekanoidze.....	9.950	Taylor Schulze.....	9.900	Julia Knower.....	9.925
Julia Knower.....	9.900	Isabelle Schaefer.....	9.925	Julia Knower.....	9.875	Kaya Forbes.....	9.900
Kaya Forbes.....	9.900	Gwen Fink.....	9.900	Hallie Thompson.....	9.875	Gwen Fink.....	9.875
Cory Shinohara.....	9.850	Jamie Shearer.....	9.825	Jessica Naranjo.....	9.875	Cami Rueda.....	9.875
Gwen Fink.....	9.800	Julia Knower.....	9.825	Gwen Fink.....	9.850	Taylor Schulze.....	9.875
Paige Prejean.....	9.800	Amy Wozniak.....	9.825	Cami Rueda.....	9.825	Bella Miller.....	9.875

2024 NOTEWORTHY ACCOMPLISHMENTS

- Inaugural ACC season
- First ACC Championship in 40 years
- First ACC victory on Feb. 16 at home against Pitt
- Season-high 196.65 on Feb. 16 is the eighth-highest team score in program history
- Four team scores of 196.0+
- Eighteen rotations of 49.0+
- Part of the first-ever gymnastics meet on ACC Network on Jan. 5
- Eight top-10 performances in program history
- Earned a WCGA preseason team ranking for the second-straight year, and ninth time since 2001
- Lali Dekanoidze was the outright ACC champion on bars
- Isabelle Schaefer was the ACC runner-up on bars
- Four Tar Heels named All-ACC Championship Team
- Thirteen named to inaugural All-ACC Academic Team





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)
3. Kara Wright	9.925	(2/14/10)
Khazia Hislop	9.925	(2/23/20)
Lali Dekanoidze	9.925	(1/5/24)
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)
Julia Knower	9.900	(2/16/24)
Kaya Forbes	9.900	(2/23/24)

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	(3/23/24)
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 2025





CAROLINA GYMNASTICS



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
2024	Danna Durante	5-12	ACC - T-3rd	NCAA Gainesville Regional - Lali Dekanoidze, Vault, Bars; Isabelle Schaefer, Bars



CONFERENCE CHAMPIONSHIP HISTORY*

- 2024 - T-3rd - 196.300 (Atlantic Coast Conference)**
V: 48.875; UB: 49.225; BB: 48.975; FX: 49.225
- 2023 - 3rd - 196.350 (East Atlantic Gymnastics League)**
V: 49.075; UB: 49.300; BB: 49.175; FX: 48.800
- 2022 - 5th - 195.550 (East Atlantic Gymnastics League)**
V: 48.850; UB: 49.150; BB: 48.425; FX: 49.125
- 2021 - 5th - 195.275 (East Atlantic Gymnastics League)**
V: 48.875; UB: 48.250; BB: 49.275; FX: 48.875
- 2020 - Cancelled due to COVID-19**
- 2019 - 5th - 193.950 (East Atlantic Gymnastics League)**
V: 48.750; UB: 47.625; BB: 48.700; FX: 48.875
- 2018 - 6th - 194.775 (East Atlantic Gymnastics League)**
V: 49.250; UB: 48.275; BB: 47.775; FX: 49.475
- 2017 - 4th - 194.525 (East Atlantic Gymnastics League)**
V: 48.825; UB: 47.475; BB: 49.100; FX: 49.125
- 2016 - 4th - 194.975 (East Atlantic Gymnastics League)**
V: 48.550; UB: 48.975; BB: 48.625; FX: 48.825
- 2015 - 5th - 194.800 (East Atlantic Gymnastics League)**
V: 48.550; UB: 48.725; BB: 48.775; FX: 48.775
- 2014 - 7th - 194.150 (East Atlantic Gymnastics League)**
V: 48.350; UB: 48.725; BB: 47.975; FX: 49.100
- 2013 - 5th - 194.225 (East Atlantic Gymnastics League)**
V: 48.800; UB: 48.475; BB: 48.025; FX: 48.925
- 2012 - 4th - 195.550 (East Atlantic Gymnastics League)**
V: 49.800; UB: 48.725; BB: 48.700; FX: 49.125
- 2011 - 1st - 195.300 (East Atlantic Gymnastics League)**
V: 49.000; UB: 48.700; BB: 48.625; FX: 48.975
- 2010 - 1st - 196.025 (East Atlantic Gymnastics League)**
V: 48.900; UB: 49.225; BB: 48.900; FX: 49.000
- 2009 - 3rd - 194.825 (East Atlantic Gymnastics League)**
V: 49.050; UB: 48.900; BB: 48.950; FX: 47.925
- 2008 - 4th - 193.950 (East Atlantic Gymnastics League)**
V: 48.475; UB: 48.600; BB: 48.325; FX: 48.550
- 2007 - 3rd - 194.925 (East Atlantic Gymnastics League)**
V: 48.725; UB: 48.750; BB: 48.525; FX: 48.925
- 2006 - 1st - 195.325 (East Atlantic Gymnastics League)**
V: 49.100; UB: 48.925; BB: 48.250; FX: 49.050
- 2005 - 1st - 195.975 (East Atlantic Gymnastics League)**
V: 48.875; UB: 49.025; BB: 48.975; FX: 49.100
- 2004 - 2nd - 196.725 (East Atlantic Gymnastics League)**
V: 49.200; UB: 49.250; BB: 48.725; FX: 49.550
- 2003 - 3rd - 196.025 (East Atlantic Gymnastics League)**
V: 49.100; UB: 49.000; BB: 48.725; FX: 49.200
- 2002 - 1st - 196.425 (East Atlantic Gymnastics League)**
V: 49.050; UB: 48.825; BB: 49.000; FX: 49.550

INDIVIDUAL CONFERENCE 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

2024 Lali Dekanoidze.....	^ 9.950
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

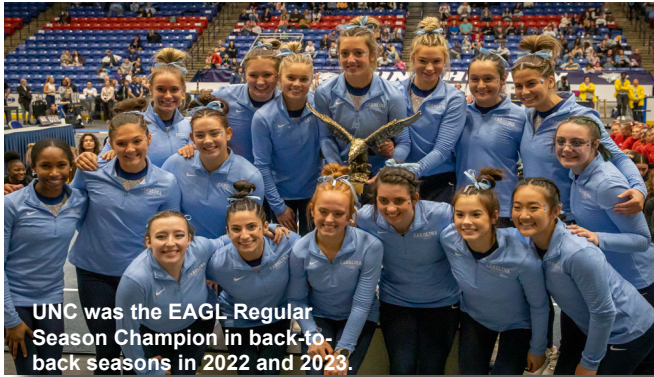
Beam

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

^ Atlantic Coast Conference
* since 2002
** since 1999





CAROLINA GYMNASTICS



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
TaeLyn Canty 2025
 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 2022-23-24-25
 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 2023-24-25
Kaya Forbes 2023-24-25
 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..... 2024-25
Neve King 2024-25
 Chrissy Klonne 2000-01-02-03
Julia Knower 2022-23-24-25
 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
Regan McBride 2025
 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 2022-23-24-25
 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
Jessica Naranjo 2024-25
Molly Neinstein 2024-25
 Christie Nelson 1992-93-94





CAROLINA GYMNASTICS



ALL-TIME LETTERWINNERS

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 2023-24-25

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 2024-25
 Anne Ruppert 1982-83-84-85
 Amber Russell *2022
 Megan Ruzicka 2019

SSS

Janell Sargent 2012-13-14-15
 Pat Sawyer 1976
Isabelle Schaefer 2022-23-24-25
 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
Claire Stippich 2025
 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 Tegethoff 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 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

JoJo Valahovic 2025
 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 2023-24-25
 Kara Wright 2007-08-09-10

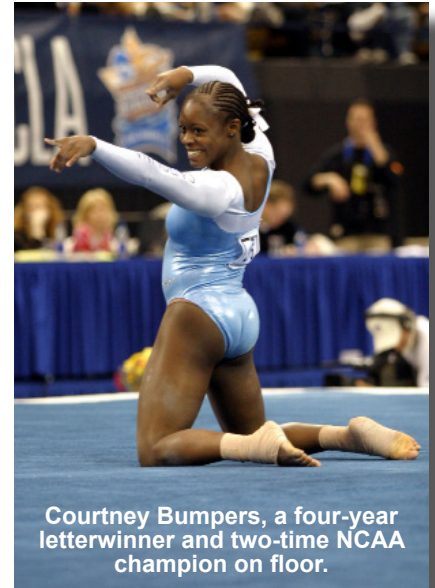
XXX

Alice Xu 2005-06-07-08

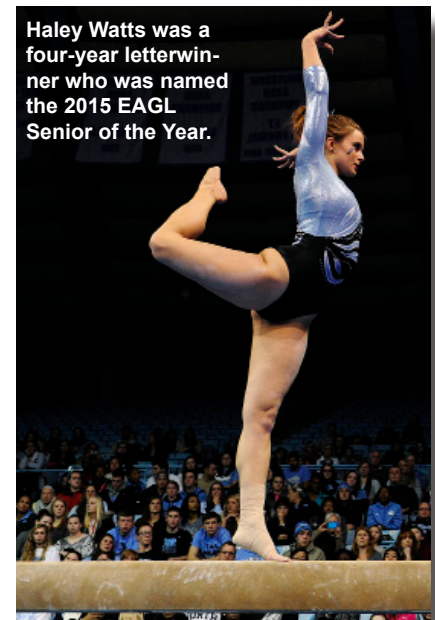
ZZZ

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 2025
 * 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.



