



9250 E. Costilla Ave., Suite #300
 Englewood, CO 80112-3662
 Phone: 303-799-9221
 Fax: 303-799-3888

www.wacsports.com

WAC GYMNASTICS
 January 20, 2010

Jason Erickson, Director of Media Relations (Gymnastics Contact)
 E-Mail: jerickson@wac.org • Phone: 303-962-4206

	WAC Meets			All Meets			High Score
	W	L	Pct.	W	L	Pct.	
Boise State	0	0	.000	2	0	1.000	194.200
Southern Utah	0	0	.000	1	0	1.000	194.100
San Jose State	0	0	.000	4	1	.800	192.400
Cal State Fullerton	0	0	.000	1	2	.333	188.000
Utah State	0	0	.000	1	3	.250	191.650
Sacramento State	0	0	.000	0	2	.000	188.925

Schedule: Week #3

Friday, January 22

	Time
Utah State at Southern Utah	7:00 p.m. MT
Sacramento State at Sacramento Quad	7:00 p.m. PT
San Jose State at Cal Tri	7:30 p.m. PT

Results: Weeks #1/2

Sunday, January 10

	Result
Cal State Fullerton at Davis Quad Meet	3rd/4, 188.000
San Jose State at Davis Quad Meet	1st/4, 191.800

Thursday, January 14

Southern Utah at Brigham Young	W, 194.100
--------------------------------	------------

Friday, January 15

Utah State at Central Michigan	L, 187.275
Bosie State at Flips Invite	1st/3, 194.200
Sacramento State at Flips Invite	3rd/3, 188.925
San Jose State at Flips Invite	2nd/3, 192.400

Sunday, Jan. 17

Utah State at New Hampshire Quad	3rd/4, 191.650
----------------------------------	----------------



2010 WAC Gymnastics

BOISE STATE'S REDMON AND SOUTHERN UTAH'S JOHNSON NAMED WAC GYMNASTS OF THE WEEK

Boise State's Hannah Redmon and Southern Utah's Melissa Johnson have been named the Verizon Wireless Western Athletic Conference Gymnast of the Week and Specialist of the Week, respectively, for the week of January 11-17.

Redmon, a junior from Sparks, Nevada (Reed HS) captured two individual event titles and finished just .50 out of first place for the all-around as Boise State won the Flips Invitational Triangular meet in Reno. Redmon recorded two 9.90 scores on vault and floor, winning both events. She also placed fifth on bars (9.725), ninth on beam (9.40) and second in the all-around with a score of 38.925 in her first all-around competition since 2008.

Johnson, a senior from St. Charles, Ill. (St. Charles East HS) scored the highest mark for Southern Utah with a 9.875 on vault at a dual meet against Brigham Young. Johnson's score on the event secured her the individual title on the apparatus. Johnson's score helped the Thunderbirds to a 194.100-193.050 victory over the Cougars.

CAL STATE FULLERTON TO HOST 2010 WAC GYMNASTICS CHAMPIONSHIP

This year's Western Athletic Conference Gymnastics Championship will take place at Cal State Fullerton's Titan Gym on March 27. The event will begin at 6 p.m. (PT). For more information on the event, visit the WAC Championships page at www.wacsports.com.



WAC Media Services

Internet

Information on the Western Athletic Conference can be accessed many ways. The WAC's website is www.wacsports.com. Standings, top performances, team notes, meet stories, and releases will be available on the website along with PDFs of records and links to school sites.

E-Mail Lists

Media may contact **Jason Erickson** at the WAC (303-962-4206 or jerickson@wac.org) to be included on the league's e-mail lists.

WAC Gymnastics Media Contacts

Boise State - Michelle Railsback

Phone (208) 426-3438
 Fax..... (208) 426-3361
 Press Row (208) 426-1503
 Email..... michellerailsback@boisestate.edu
 Website..... broncospports.com

Cal State Fullerton - Jason Spencer

Phone (714) 278-3970
 Fax..... (714) 278-3141
 Cell..... (714) 904-7547
 Email..... jspencer@fullerton.edu
 Website..... fullertontitans.com

Sacramento State - Brian Berger

Phone (916) 278-4313
 Fax..... (916) 278-5429
 Cell..... (916) 397-4325
 Email..... bwberger@csus.edu
 Website..... hornetsports.com

San Jose State - Amy Villa

Phone (408) 924-1208
 Fax..... (408) 924-1291
 Cell..... (408) 421-8604
 Email..... amy.villa@email.sjsu.edu
 Website..... sjsuspartans.com

Southern Utah - Kyle Cottam

Phone (435) 586-7752
 Fax..... (435)
 Cell..... (812) 251-6901
 Email..... cottam@suu.edu
 Website..... suutbirds.com

Utah State - Zach Fisher

Phone (435) 797-2066
 Fax..... (435) 797-2615
 Cell..... (435) 213-0318
 Email..... zach.fisher@usu.edu
 Website..... utahstateaggies.com

Gymnastics Coaches

Boise State - Tina Bird and Neil Resnick

Phone (208) 426-1657
 Email..... tbird@boisestate.edu

Cal State Fullerton - Jill Hicks

Phone (714) 278-3842
 Email..... jhicks@fullerton.edu

Sacramento State - Kim Hughes

Phone (916) 278-5361
 Email..... kwhughes@csus.edu

San Jose State - Wayne Wright

Phone (408) 924-1390
 Email..... wwright@sjsu.edu

Southern Utah - Scott Bauman

Phone (435) 586-7825
 Email..... bauman@suu.edu

Utah State - Jeff Richards

Phone (435) 797-1494
 Email..... jeff.richards@usu.edu

2010 WAC GYMNAST OF THE WEEK

Jan. 11 Thomasina Wallace, So., San Jose State.
 Jan. 18..... Hannah Redmon, Jr., Boise State
 Jan. 25.....
 Feb. 1.....
 Feb. 8.....
 Feb. 15.....
 Feb. 22.....
 Mar. 1.....
 Mar. 8.....
 Mar. 15.....
 Mar. 22.....

2010 WAC SPECIALIST OF THE WEEK

Jan. 11 Lily Swann, Jr., San Jose State
 Jan. 18... Melissa Johnson, Sr., Southern Utah
 Jan. 25.....
 Feb. 1.....
 Feb. 8.....
 Feb. 15.....
 Feb. 22.....
 Mar. 1.....
 Mar. 8.....
 Mar. 15.....
 Mar. 22.....

2010 WAC Gymnastics Schedule

Boise State (2-0, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Sacramento State, San Jose State	Reno	1st/3, 194.200
Jan. 29	*Utah State	Logan	7:00 p.m.
Feb. 7	*Cal State Fullerton	Fullerton	3:00 p.m.
Feb. 12	*Sacramento State	Boise	7:00 p.m.
Feb. 19	Denver, Southeast Missouri	Denver	6:00 p.m.
Feb. 26	*Southern Utah, Centenary	Cedar City	7:00 p.m.
Mar. 5	Utah State, BYU	Boise	7:00 p.m.
Mar. 12	BYU, Arizona St.	Provo	7:00 p.m.
Mar. 19	*San Jose State	Boise	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Cal State Fullerton (1-2, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 10	San Jose State, UC Davis, Wisc.-WV	Davis	3rd/4, 188.000
Jan. 29	*Sacramento State, Southern Utah	Sacramento	7:00 p.m.
Feb. 7	*Boise State	Fullerton	12:00 p.m.
Feb. 12	*San Jose State	San Jose	7:00 p.m.
Feb. 21	UC Davis	Fullerton	2:00 p.m.
Feb. 26	*Utah State, UCLA	Fullerton	7:00 p.m.
Mar. 12	Michigan State	Fullerton	7:00 p.m.
Mar. 14	UCLA	Los Angeles	2:00 p.m.
Mar. 19	*Southern Utah	Cedar City	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Sacramento State (0-2, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Boise State, San Jose State	Reno	3rd/3, 188.925
Jan. 22	UC Davis, Seattle Pacific	Sacramento	7:00 p.m.
Jan. 29	*Cal State Fullerton, *Southern Utah	Sacramento	7:00 p.m.
Feb. 7	Stanford, San Jose State, Washington	Stanford	2:00 p.m.
Feb. 12	*Boise State	Boise	7:00 p.m.
Feb. 19	San Jose State	Sacramento	7:00 p.m.
Feb. 26	*San Jose State	San Jose	7:00 p.m.
Mar. 5	UC Davis, Eastern Michigan	Davis	7:00 p.m.
Mar. 12	Texas Woman's	Sacramento	7:00 p.m.
Mar. 19	*Utah State	Logan	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

San Jose State (4-1, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 10	UC Davis, Cal State Fullerton, Wisc.-WV	Davis	1st/4, 191.800
Jan. 15	Boise State, Sacramento State	Reno	2nd/3, 192.400
Jan. 22	California, UCLA	Berkely	7:30 p.m.
Jan. 30	*Southern Utah	San Jose	7:00 p.m.
Feb. 7	Stanford, Washington, Sacramento St.	Stanford	2:00 p.m.
Feb. 12	*Cal State Fullerton	San Jose	7:00 p.m.
Feb. 19	Sacramento State	Sacramento	7:00 p.m.
Feb. 26	*Sacramento State, UC Davis	San Jose	7:00 p.m.
Mar. 5	California, Stanford	San Jose	7:00 p.m.
Mar. 12	*Utah State	Logan	7:00 p.m.
Mar. 19	*Boise State	Boise	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Southern Utah (1-0, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 14	Brigham Young	Provo	W, 194.100
Jan. 22	Utah State	Cedar City	7:00 p.m.
Jan. 29	*Sacramento State, Cal State Fullerton	Sacramento	7:00 p.m.
Jan. 30	*San Jose State, Cal State Fullerton	San Jose	7:00 p.m.
Feb. 6	Kent State	Cedar City	7:00 p.m.
Feb. 15	*Utah State	Logan	7:00 p.m.
Feb. 26	*Boise State	Cedar City	7:00 p.m.
Mar. 7	Iowa	Iowa City	7:00 p.m.
Mar. 12	Utah, Penn State, Oregon State	Salt Lake City	7:00 p.m.
Mar. 19	*Cal State Fullerton	Cedar City	7:00 p.m.
Mar. 22	Brigham Young	Cedar City	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet

Utah State (1-3, 0-0 WAC)

Date	Opponent (s)	Location	Time/Result
Jan. 15	Central Michigan	Mount Pleasant	L, 187.275
Jan. 17	New Hampshire	Durham	3rd/4, 191.650
Jan. 22	Southern Utah	Cedar City	7:00 p.m.
Jan. 29	*Boise State	Logan	7:00 p.m.
Feb. 5	Brigham Young, Denver	Provo	7:00 p.m.
Feb. 12	Utah	Salt Lake City	7:00 p.m.
Feb. 15	*Southern Utah	Logan	7:00 p.m.
Feb. 19	Brigham Young	Logan	7:00 p.m.
Feb. 26	*Cal State Fullerton, UCLA	Fullerton	7:00 p.m.
Mar. 5	Boise State	Boise	7:00 p.m.
Mar. 12	*San Jose State	Logan	7:00 p.m.
Mar. 19	*Sacramento State	Logan	7:00 p.m.
Mar. 27	WAC Championship	Fullerton	6:00 p.m.

*WAC Meet



2010 WAC Team Notes

Boise State Broncos (2-0, 0-0 WAC)

The Broncos opened up their season with a solid 194.200 score ... the Broncos captured wins on vault, bars and floor as a team and showed early talent and depth for the 2010 season ... BSU's Hannah Redmon was named WAC Gymnast of the Week after finishing with a pair of victories on the vault and in the floor exercise as well as finishing second for the all-around title by a slim margin ... the junior scored a 9.90 on both the vault and the floor



San Jose State Spartans (4-1, 0-0 WAC)

Thomasina Wallace tied for first on the beam and won the all-around, while the San Jose State women's gymnastics team scored a 192.400 to finish second at the Flips Invitational in Reno ... Wallace tied for first on the beam with a season best 9.825 ... she won the all-around by just .050, scoring a 38.975 and edging out Hannah Redmon from Boise State who had a 38.925 ... Wallace finished second on the vault with a 9.850 and tied for second on the bars with a 9.775.



Cal State Fullerton Titans (1-2, 0-0 WAC)

Freshman Cami Casimere finished first on beam and junior Alaina Baker tied for third on bars to help lead the Titans to a third-place finish in a quad meet hosted by UC Davis this past week ... the Titans finished with a team score of 188.000 to finish ahead of Wisconsin-Whitewater (181.725) and behind team champion San Jose State (191.800) and the second-place Aggies (191.000) ... Casimere won her first individual event at the collegiate level, scoring a 9.675 on beam.



Southern Utah Thunderbirds (1-0, 0-0 WAC)

SUU surrendered the lead following the third rotation on Thursday night, but a strong showing on the road during the final rotation on beam swung the lead back to the T-Birds favor as SUU captured a 194.100 to 193.050 season-opening victory at Brigham Young University ... the win marks the fourth straight for the T-Birds over the Cougars in as many meets ... Melissa Johnson recorded the top mark of the night, tallying a 9.875 to lead SUU on the event and to claim the individual title.



Sacramento State Hornets (0-2, 0-0 WAC)

Sacramento State opened its 2010 season by placing third at the Flips Invitational in Reno this past week ... the Hornets scored 188.925 to finish behind 19th-ranked Boise State (194.200) and 23rd-ranked San Jose State (192.400) ... Sacramento State's team score was its lowest since posting a 188.075 at the Oahu Invitational on Jan. 3, 2006 ... that team ended up winning the WAC title and advancing to the NCAA West Regional.



Utah State Aggies (1-3, 0-0 WAC)

USU placed third at the New Hampshire Invitational on Sunday with a team-total of 191.650 ... the Aggies had five top-three finishers, led by senior Heather Heinrich winning the vault with a 9.800 while junior Lyndsie Boone was second on vault with a 9.75, tying her career-best ... Boone was also second in the all-around with a 37.825 ... sophomore Chelsea Marquardt and Brandie Dickson were part of a five-way tie for third on bars with 9.775's.



2010 GymInfo Poll (Jan. 18 - by Scoring Average)

Rk.	School	Avg.	Team High
1	UCLA	196.362	196.600
2	Oklahoma	196.275	196.300
3	Alabama	195.962	196.275
4	Florida	195.925	196.575
5	Oregon State	195.875	196.125
6	Utah	195.712	196.300
7	Arkansas	195.662	195.925
8	Stanford	195.537	196.025
9	Nebraska	195.450	195.700
10	Georgia	195.325	195.500
11	Auburn	195.262	195.325
12	Kentucky	195.187	195.525
13	Missouri	195.175	195.625
14	Denver	195.112	195.575
15	Michigan	194.875	194.875
16	L.S.U.	194.862	195.350
17	Iowa State	194.325	195.350
18	Boise State	194.200	194.200
19	Michigan State	194.175	194.425
20	Washington	194.162	194.875
21	Southern Utah	194.100	194.100
22	Penn State	194.025	194.150
23	North Carolina State	193.825	193.825
24	Arizona	193.662	194.675
25	Illinois-Champaign	193.112	193.375
26	Minnesota	193.075	193.375
27	Brigham Young	193.050	193.050
-	Ohio State	193.050	193.050
29	Arizona State	192.750	192.825
30	Iowa	192.712	193.200

WAC Schools in the Top 50

34	San Jose State	192.100	192.400
49	Utah State	189.462	191.650
50	Sacramento State	188.920	188.920

GymInfo - Women's Regional Ranking for: Team Total Jan. 18 - by Scoring Average

West

Rank	Team	Avg.	High
1	UCLA	196.362	196.600
2	Oregon State	195.875	196.125
3	Stanford	195.537	196.025
4	Boise State	194.200	194.200
5	Washington	194.162	194.875
6	San Jose State	192.100	192.400
7	California	191.800	191.800
8	UC Davis	189.912	191.000
9	Sacramento State	188.920	188.920
10	Seattle Pacific	188.400	188.400
11	Cal State-Fullerton	188.000	188.000
12	Alaska	183.833	185.350

North Central

Rank	Team	Avg.	High
1	Utah	195.712	196.300
2	Denver	195.112	195.575
3	Iowa State	194.325	195.350
4	Southern Utah	194.100	194.100
5	Minnesota	193.075	193.375
6	Brigham Young	193.050	193.050
7	Iowa	192.712	193.200
8	Utah State	189.462	191.650
9	Air Force Academy	185.162	185.850
10	Wisconsin-Whitewater	182.400	183.075
11	Wisconsin-La Crosse	178.987	183.675
12	Winona State	172.937	173.275

Bold = WAC Schools

2010 WAC Gymnastics Superlatives

INDIVIDUAL (top 10)

ALL-AROUND

<u>Athlete</u>	<u>School</u>	<u>Score</u>	<u>Date</u>
Thomasina Wallace	San Jose State	38.975	1/15
Elise Wheeler	Southern Utah	38.925	1/14
Hannah Redmon	Boise State	38.925	1/15
Amy Glass	Boise State	38.775	1/15
Amelia Montoya	Utah State	37.925	1/15
Lyndsie Boone	Utah State	37.825	1/17
Alaina Baker	Cal State Fullerton	37.675	1/10
Heather Heinrich	Utah State	37.650	1/17
Chelsea Marquardt	Utah State	35.500	1/15

VAULT

<u>Athlete</u>	<u>School</u>	<u>Score</u>	<u>Date</u>
Hannah Redmon	Boise State	9.900	1/15
Melissa Johnson	Southern Utah	9.875	1/14
Thomasina Wallace	San Jose State	9.850	1/15
Lily Swann	San Jose State	9.825	1/10
Elise Wheeler	Southern Utah	9.825	1/14
Hailey Gaspar	Boise State	9.800	1/15
Amy Glass	Boise State	9.800	1/15
Heather Heinrich	Utah State	9.800	1/17
Brittany Potvin-Green	Boise State	9.775	1/15
Yvette Leizorek	Boise State	9.750	1/15
Sarah Smith	Boise State	9.750	1/15
Katie Merritt	San Jose State	9.750	1/10
Caitlin Kennedy	Southern Utah	9.750	1/14
Lyndsie Boone	Utah State	9.750	1/17

UNEVEN BARS

<u>Athlete</u>	<u>School</u>	<u>Score</u>	<u>Date</u>
Thomasina Wallace	San Jose State	9.925	1/10
Amy Glass	Boise State	9.825	1/15
Taylor Jacob	Boise State	9.775	1/15
Katie Tuller	Boise State	9.775	1/15
Bailey Baker	Southern Utah	9.775	1/14
Brandie Dickson	Utah State	9.775	1/17
Chelsea Marquardt	Utah State	9.775	1/17
Alaina Baker	Cal State Fullerton	9.750	1/10
Jessica Khoshknook	San Jose State	9.750	1/10
Jackie Dillon	Utah State	9.750	1/17

BALANCE BEAM

<u>Athlete</u>	<u>School</u>	<u>Score</u>	<u>Date</u>
Lindsay Kazandjian	Boise State	9.825	1/15
Thomasina Wallace	San Jose State	9.825	1/15
Lily Swann	San Jose State	9.800	1/15
Ari Lamb	Southern Utah	9.800	1/14
Alyssa Click	Southern Utah	9.775	1/14
Hailey Gaspar	Boise State	9.750	1/15
Brooke Cersosimo	Southern Utah	9.750	1/14
Elise Wheeler	Southern Utah	9.750	1/14
Heather Heinrich	Utah State	9.725	1/17
Cayla Boyce	Sacramento State	9.700	1/15

FLOOR EXERCISE

<u>Athlete</u>	<u>School</u>	<u>Score</u>	<u>Date</u>
Hannah Redmon	Boise State	9.900	1/15
Yvette Leizorek	Boise State	9.800	1/15
Lyndsie Boone	Utah State	9.775	1/17
Amy Glass	Boise State	9.750	1/15
Gabrielle Targosz	San Jose State	9.750	1/15
Shannon Coughlin	Southern Utah	9.750	1/14
Bailey Baker	Southern Utah	9.750	1/14
Heather Heinrich	Utah State	9.725	1/17
Amelia Montoya	Utah State	9.725	1/17
Sarah Smith	Boise State	9.700	1/15
Jasmine Lipka	Sacramento State	9.700	1/15

TEAM

TEAM TOTAL

<u>School</u>	<u>Score</u>	<u>Date</u>
Boise State	194.200	1/15
Southern Utah	194.100	1/14
San Jose State	192.400	1/15
Utah State	191.650	1/17
Sacramento State	188.925	1/15
Cal State Fullerton	188.000	1/10

VAULT

<u>School</u>	<u>Score</u>	<u>Date</u>
Boise State	49.025	1/15
Southern Utah	48.900	1/14
San Jose State	48.425	1/10
Utah State	48.325	1/17
Cal State Fullerton	48.100	1/10
Sacramento State	47.800	1/15

UNEVEN BARS

<u>School</u>	<u>Score</u>	<u>Date</u>
Boise State	48.800	1/15
Southern Utah	48.525	1/14
San Jose State	48.475	1/10
Cal State Fullerton	48.050	1/10
Utah State	47.950	1/15
Sacramento State	47.925	1/15

BALANCE BEAM

<u>School</u>	<u>Score</u>	<u>Date</u>
Southern Utah	48.800	1/14
San Jose State	47.975	1/15
Boise State	47.600	1/15
Utah State	47.475	1/17
Sacramento State	46.425	1/15
Cal State Fullerton	46.175	1/10

FLOOR EXERCISE

<u>School</u>	<u>Score</u>	<u>Date</u>
Boise State	48.775	1/15
Utah State	48.075	1/17
San Jose State	48.025	1/15
Southern Utah	47.875	1/14
Sacramento State	46.775	1/15
Cal State Fullerton	46.175	1/10