

## Gymnasts of the Week – Jan. 18-24, 2010

### Big Ten Conference

#### Gymnast of the Week

**Brandi Personett, Penn State  
Sr., Katy, Texas/Cinco Rancho**

Personett earns her 11th Big Ten Gymnast of the Week award after finishing first in four events, including the all-around, leading Penn State to a win in Saturday's quadrangular against Cornell, Iowa and Yale. The senior recorded an all-around score of 39.575, which included a perfect 10.0 on vault, the Nittany Lions' first in the event since 2003. Personett received a 9.9 on floor and a 9.875 on the balance beam in her other event wins, also recording a 9.8 on the uneven bars, good for a fifth-place finish.

#### Freshman of the Week

**Natalie Beilstein, Michigan  
Butler, Pa./Knoch**

Beilstein records her second Big Ten Freshman of the Week honor after helping Michigan to a dual meet split over the weekend. Against No. 19 Michigan State on Thursday, the freshman recorded two first-place finishes in the Wolverines' victory, notching a 9.875 on vault and a 9.825 in the floor exercise. Against No. 9 Nebraska on Sunday, Beilstein finished second on vault (9.800) and was fourth in the floor exercise (9.850).

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### Big 12 Conference

#### Gymnast of the Week

**Sarah Shire, Missouri, Sr., Columbia, Mo.**

Shire garnered her second award of the season after winning her first all-around title of the year with a score of 39.600. She landed victories in the vault (9.875), beam (9.990) and floor (9.950), while tying for the crown on the bars (9.875). The senior competitor notched career-high marks in the floor exercise and all-around. Shire currently ranks third nationally on beam and is tied for 13th in the all-around, as she helped the Tigers to a 196.400 win over Iowa State.

#### Specialist of the Week

**Hollie Vise, Oklahoma, Sr., Dallas, Texas**

Vise tallied event victories on bars (9.85) and beam (9.95) as she led the No. 2 Sooners to their third-straight win (196.650) over a top-25 opponent at Illinois. The senior posted career-high scores on beam and floor (9.825). She currently holds the top spot nationally on beam and ranks sixth on bars, which also leads the Big 12.

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### East Atlantic Gymnastics League

#### Gymnast of the Week

**Amy Bieski – West Virginia**

A native of Nanticoke, Pa., Bieski secured the award after earning a season-best 39.15 points and finishing first overall in the Mountaineers' sweep of EAGL opponents NC State, George Washington and Maryland on Jan. 24. Bieski's cumulative score is her first 39.0-plus score of the season and eighth career, moving her into a 10th-place tie with Lajuanda Moody for the most career 39.0-plus all-around scores.

### **Specialist of the Week**

Chelsi Tabor – West Virginia

Tabor, a Beckley, W.Va., native, earns her first season honor after winning the vault outright with a season-best 9.875 score. The reigning EAGL vault champion, Tabor has steadily improved her score each week, tallying 9.7 points on Jan. 8 and 9.8 points on Jan. 16. Additionally, Tabor finished fifth on beam with a 9.7 score; the meet marked her first appearance in the lineup this season.

### **Rookie of the Week**

**Rachel Fincham – North Carolina State**

Fincham earned a pair of top-5 finishes in the quad meet on January 24, finishing third on bars (9.750) and fifth on floor (9.775). She also was tied for eighth on vault, scoring a 9.725.

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## **Eastern College Athletic Conference**

### **Gymnast of the Week**

**Alise McDonald, Towson University - Senior, Woodstock, Md.**

McDonald led the undefeated Tigers (5-0) to a stirring come-from-behind victory at Ursinus Quad Meet with 3 first place finishes. She helped the Tigers win the meet on vault, their final event. McDonald led Tigers to a 48.900 team score on vault by tying for first place with teammate Avis Hixon. She also tied for first place on floor (9.70) and finished 5<sup>th</sup> on bars (9.425). McDonald tied for 11<sup>th</sup> place on beam (9.40) and won her first all-around title of the young season with a 38.425 score. McDonald's 9.90 vault score was the 2<sup>nd</sup> highest vault score of her career.

### **Rookie of the Week**

**Jean Alban, Temple University - Freshman, Springfield, Mass.**

This was Alban's debut as an All-Arounder for the Owls as they competed against Towson, the defending ECAC champs. She hit 4 for 4 and was 5th in the all-around standings. She also earned 6th place on balance beam and 8th place on uneven bars.

### **Specialist of the Week**

**Avis Hixon, Towson University - Sophomore, Leesburg, Va.**

Hixon led undefeated the Tigers (5-0) to a stirring come-from-behind victory at Ursinus Quad Meet. She helped Tigers win the meet on vault, their final event. Hixon led Tigers to a 48.900 team score on vault by tying for first place with teammate Alise McDonald. Her clutch performance represented a new career high also tied for first place on floor (9.70).

### **Coach's Choice**

**Jen Stack, William & Mary - Senior, Enfield, Conn.**

Stack is an athlete who has overcome adversity every year of her collegiate career. She has been limited to training only bars due to an unstable ACL, yet the senior co-captain stepped up and competed on vault at the last 2 meets for William & Mary. When two of her teammates were suddenly sidelined with injury, she took charge and was cleared by the sports medicine staff at William & Mary, so she could vault once again. The senior put up one of the highest scores for the Tribe on vault this week (9.4) and tied with teammate Melissa Cream, for posting the Green & Gold's high bar score (9.5). She is a true team player.

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## Mid American Conference

### Gymnast of the Week

#### **Christina Lenny, Kent State, Jr., Broadview Heights, Ohio/Brecksville-Broadview Heights**

In Kent State's dismantling of Eastern Michigan, 195.175-191.000, in its MAC Opener, Lenny tallied the highest All-Around total of the year in the conference with a 39.200. She won her second-straight vault title to begin the season with a 9.850 while matching a career-high on floor with a 9.875 to finish first. Lenny also recorded season-highs on both beam (9.725) and bars (9.750), finishing third and fourth, respectively. Her all-around and floor scores were the highest in the conference this weekend.

### Specialist of the Week

#### **Darrian Tissenbaum, Central Michigan, Fr., Pittsburgh, Pa./Mount Lebanon**

Darrian Tissenbaum turned in the finest performance of her young career in Saturday's tri-meet against No. 14 Denver and Brigham Young. The freshman scored a season-best 9.800 on vault (fifth best in the MAC) to finish seventh place in Denver. Her performance helped Central post a conference-best 49.200 score in the event, the third-highest vault score in CMU history.

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## Mountain Pacific Sports Federation

### Gymnast of the Week

#### **Tanya Ho - UC Davis**

Tanya Ho (Elk Grove, CA) repeats as MPSF Gymnast of the Week by virtue of two titles in a tri-meet victory at Sacramento State. She won both the uneven bars with a season-high (9.775) and her second-straight All-Around (38.375) to lead the Aggies to their first win over the Hornets in eight years. Ho added a 9.70 on beam and 9.55 on floor.

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## Pac-10 Conference

### Gymnast of the Week

#### **Makayla Stambaugh – Oregon State**

Stambaugh, a freshman from Antelope, Calif., snagged four individual titles, including the all-around title with a score of 39.5 as the Beavers defeated then-No. 20 Washington, 195.6-192.8, to improve to 5-0 on the season. She set a career-high on the vault with a 9.875 to finish third in the event. She tied her career-best on bars with a 9.85 to take first. Stambaugh's score of 9.875 on the beam and 9.9 on the floor were also tops in the meet.

### Specialist of the Week

#### **Vanessa Zamarripa – UCLA**

Zamarripa, of O'Fallon, Ill., scored a career-high 9.975 on the beam to take first in the meet against then-No. 8 STANFORD. Her score of 9.975 is the highest score in the nation this year on beam and ranks fourth on UCLA's all-time list of beam scores. It was the highest beam score by a Bruin in the past five seasons. Zamarripa moved up in the national rankings on beam to seventh with an average of 9.85.

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## Southeastern Conference

### Gymnast of the Week

#### **Morgan Dennis - Alabama**

Senior • 5-4 • Westampton, N.J.

Senior Morgan Dennis scored a 39.675 to win the all-around against Arkansas and lead Alabama to the nation's highest team score, 197.450. Dennis' mark was the second highest of her career and included a 9.975 on the vault and a 9.95 on the floor exercise. She also posted Alabama's top score on the balance beam, a 9.875.

### Freshman of the Week

#### **Ashanée Dickerson - Florida**

5-5 • Jacksonville, Fla.

Picked up her third consecutive all-around title at Kentucky with her total of 39.25...she is the first Gator to open a season with three straight all-around wins since former Gator All-American Melissa Miller in 1988. Dickerson leads UF in 2010 with six event titles... Ranked No. t4 in the nation in all-around for season average (39.358) ...holds top-10 rankings for two events – No. T8 vault (9.875 average) and No. T10 floor (9.883 average).

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## Western Athletic Conference

### Gymnast of the Week

#### **Elise Wheeler – Southern Utah**

Wheeler, a senior from San Diego, Calif. (Madison HS) captured her second consecutive all-around title with a 39.175 in a dual meet against conference foe Utah State. The total included a meet-best 9.875 on bars as the San Diego native won four individual titles, including beam (9.775), bars, floor (9.800) and the all-around.

### Co-Specialists of the Week

#### **Eryn Stubblefield – Sacramento State**

Stubblefield, a senior from Salem, Ore. (Corvallis HS) finished first on beam in Sacramento State's home opener against UC Davis and Seattle Pacific with a season-high 9.825. The senior also finished first on vault for her first career victory in the event.

#### **Melissa Johnson – Southern Utah**

Johnson, a senior from St. Charles, Ill. (St. Charles East HS) captured her second consecutive title on vault as the senior scored a 9.825 on the apparatus, helping Southern Utah to a 195.050-191.225 victory over Utah State on Friday night.

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## Wisconsin Intercollegiate Athletic Conference

### Specialist

#### **Gabi Hooper, Senior (New Brighton, Minn./Totino-Grace), of UW-La Crosse**

Hooper won the vault with a score of 9.85 at the Illinois State University Quadrangular on Jan. 24. She won the event competing against three NCAA Division I programs. The 9.85 is tied for the second-best mark in school history. Hooper also competed in the floor exercise (9.35) and uneven parallel bars (8.45) in the quadrangular.

**All-Around**

**Justine Weyer, Senior (Colgate/Germantown), of UW-Whitewater**

Weyer contributed to the Warhawks' overall score, recording a first-place finish in the all-around with a 37.025 against UW-Eau Claire on Jan. 22. Her performance included a fifth-place finish on vault (9.225), second-place finish on the uneven bars (9.25), second-place finish on balance beam (9.2) and winning the floor exercise (9.35). This was Weyer's second-straight meet with a 37+ in the all-around.