

# WOMEN'S JO NATIONAL CHAMPIONSHIPS 2009

**N**early 450 of the USA's best Level 10 gymnasts competed in the 2009 Women's U.S. Junior Olympic National Championships May 14-17 at the Puyallup (Wash.) Fair Showplex.

Congratulations to Region 5 the overall team champions for the seventh consecutive year! Also, congratulations to the top four all-around in each age division who qualified to the Junior Olympic National Team and attended a training camp June 19-23 at the U.S. Olympic Training Center in Colorado Springs. Special congratulations go to Jr. B all-around champion Keeley Kmiecik who also won all four individual events—an unprecedented feat!

The JO National Championships, once again, proved to be an outstanding competition and all of the athletes and coaches should be commended for their dedication and effort to qualify to this event.

The Junior Olympic National Invitational Tournament (NIT) was held in conjunction with the Junior Olympic Championships. The JO-NIT was developed to allow an additional 192 athletes an opportunity to compete at the national level and features gymnasts who ranked eighth, ninth and 10th in the all-around in each of the eight age divisions at the Regional Championships.

For full results of the JO National Championships or the JO-NIT, go to [www.usa-gymnastics.org](http://www.usa-gymnastics.org), click on women, then click on women's program events to locate the event icon.

Special thanks to GK Elite Sportswear for its continued support of the Junior Olympic Program.

PHOTO BY KRISTIN MOORE



Region 5 won the Super Team award for the seventh consecutive year. This photo shows Region 5 Jr. and Sr. D teams along with a few other girls who were there to watch the session. The gymnasts on the floor in front of the podium are the second and third place regions. Region 1 was second and Region 3 and 7 tied for third.

## RESULTS



### Junior A All-Around

	Team	Score
1. Lizzy Le Duc	WGA Texans-TX	37.750
2. Brenna Dowell	GAGE-MO	37.700
3. Baely Rowe	Auburn GC-WA	37.650
4. Katelyn Ohashi	GAGE-MO	37.575
5. Alex Mc Murtry	Richmond Olympiad-VA	37.525
6. Danielle Dessaints	Gymcats-NV	37.500
7. Maggie Nichols	Twin City Tw-MN	37.450
7. Jessica Howe	Eagle's Wing-TX	37.450
9. Becca Mc Robbie	WOGA-TX	37.200
10. Mandy Klun	Illinois Gym-IL	37.125

### Junior A Team

1. Region 3	150.350
2. Region 4	149.725
3. Region 7	149.250



### Junior B All-Around

	Team	Score
1. Keeley Kmiecik	Phenom Gym-IL	38.450
2. Kyra Trowbridge	Paragon Gym-VA	37.900
3. Lindsay Offutt	Oakland Gym-MI	37.775
4. Rachel Spicer	Texas Dreams-TX	37.750
5. Hollie Blanske	Twin City Tw-MN	37.725
6. Stephanie Stowe	Desert Devils-AZ	37.675
7. Maggie Dunn	Brestyan's-MA	37.625
8. Erin Freier	Oakland Gym-MI	37.600
9. Ashleigh Gnat	ACE Gymnastics-FL	37.550
10. Jessie Jordan	MGA Gym-TX	37.525

### Junior B Team

1. Region 5	151.650
2. Region 7	150.950
3. Region 3	149.625



## Junior C All-Around

	Team	Score
1. Jaclyn Mc Cartin	CO Gliders-CA	38.400
2. Shelby Edwards	Carter's-AZ	38.125
3. Kailah Delaney	KIPS-CA	38.100
4. Brianna Guy	Docksiders-MD	38.050
5. Breanna Hughes	Twin City Tw-MN	38.000
6. Brianna Gades	Phoenix Gym Acad-AZ	37.875
7. Taylor Rice	Gymcats-NV	37.800
8. Maile'ana Kanewa	The Gym Academy-MN	37.750
8. Keara Glover	Dynamo Gym-OK	37.750
10. Haley Watts	Southeastern Gym-NC	37.725

\*Non-citizen ineligible for JO Team

## Junior C Team

1. Region 1	152.900
2. Region 5	150.525
3. Region 4	150.300



## Junior D All-Around

	Team	Score
1. Kayla Williams	Bozhi's Gym-WV	38.525
2. Lindsey Cheek	Georgia Elite-GA	38.250
3. Dayah Haley	Hill's Gymnastics-MD	38.025
4. Jordan Williams	Precision Gym-CA	37.900
5. Lloimincia Hall	Texas Dreams-TX	37.875
6. Hayden Ward	Dynamo Gym-OK	37.850
6. Cerise Witherby	Wildfire Gym-CA	37.850
8. Kelsey Morris	Leading Edge-WA	37.800
8. Krystal Welsh	Docksiders-MD	37.775
9. Rebecca Tutka	Parkettes Gym-PA	37.775

## Junior D Team

1. Region 7	152.775
2. Region 5	151.675
3. Region 3	151.200



## Senior A All-Around

	Team	Score
1. Kaylan Earls	Arena Gymnastics-IL	38.400
2. Diandra Milliner	Folger's Gym-KS	38.075
3. Erica Brewer	Champion Gym-KY	37.750
4. Liz Green	Texas Dreams-TX	37.425
4. Jillian Hudson	Galaxy Gym-NY	37.425
6. Kiersten Wang	Colorado Aerials-CO	37.400
6. Brittany Harris	Krafft Academy-OK	37.400
8. Lucy Meyer	Twin City Tw-MN	37.375
9. Bailee Zumwalde	Twin City Tw-MN	37.275
10. Scarlett Williams	Elite Gymnastics-LA	37.200

## Senior A Team

1. Region 5	151.000
2. Region 3	150.325
3. Region 4	149.750



## Senior B All-Around

	Team	Score
1. Abbey Habicht	Orlando Metro-FL	38.050
2. Amanda Schulberg	Gymcats-NV	38.025
3. Caitlyn Cioakajo	Twistars USA-MI	37.850
4. Marie Case	Lakettes Gym-PA	37.750
5. Sarah De Meo	Eagle's Gym-MO	37.725
5. Lauren Caldemeyer	DeVeau's-IN	37.725
7. Rachel Finham	Docksiders-MD	37.400
8. Victoria Aepfl	Integrity Gym-OH	37.375
9. Jenna Courtney	Orlando Metro-FL	37.325
10. Diahanna Ham	Gymcats-NV	37.300

## Senior B Team

1. Region 5	150.550
2. Region 1	150.375
3. Region 8	150.325



## Senior C All-Around

	Team	Score
1. Noel Couch	North Stars Gym-NJ	38.250
2. Marissa Gutierrez	WGA Texans-TX	38.225
3. Kelsi Blalock	Gym East-WA	38.150
4. Hailey Gaspar	American Gym-CA	38.075
5. Petrina Yokoy	Technique-CA	37.900
6. Sarah Fiedler	Libertyville-IL	37.825
7. Meaghan Birros	Illinois Gym-IL	37.775
8. Rebekah Bennetts	Georgia All-Star-GA	37.650
9. Amber See	TAGS South-MN	37.625
9. Kayla Nowak	Illinois Gym-IL	37.625

## Senior C Team

1. Region 1	151.775
2. Region 5	151.475
3. Region 7	151.050



## Senior D All-Around

	Team	Score
1. Makayla Stambaugh	Byers Sacramento-CA	38.500
2. Sharaya Musser	Colorado Aerials-CO	38.400
3. Ashley Morgan	Bay Aerials-CA	38.150
4. Brittnee Martinez	Colorado Aerials-CO	38.125
5. Jaclyn Kantecki	Naperville Gym-IL	38.025
6. Mykle Douglas	WOGA-TX	37.975
7. Lauren Rodgers	Northeast Gym-PA	37.950
7. Lauren Swankowski	First State Gym-DE	37.950
9. Michelle Ikoma	Arena Gymnastics-IL	37.900
10. Bethany Neubauer	Dynamo Gym-OK	37.775

## Senior D Team

1. Region 3	152.575
2. Region 1	151.525
3. Region 5	151.375

# MEN'S JO NATIONAL CHAMPIONSHIPS 2009

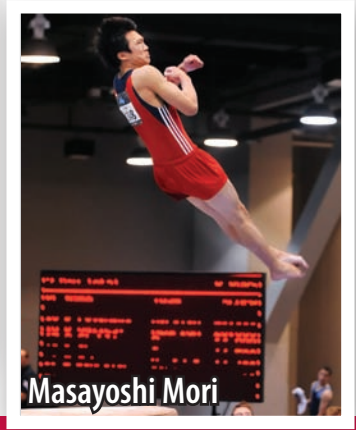
This year marked the 35th Men's Junior Olympic National Championships which took place at the Duke Energy Center in Cincinnati, Ohio, May 7-10, and was hosted by Queen City Gymnastics. Thanks to Keith Pettit, Dara Brock, Patti Hawkins, Kirk TenEyck, Norm Stultz and all of the event volunteers for all of their hard work in hosting the event.

Region 1 won all three Junior Olympic division regional team titles. Also congratulations to the all-around champions **Alex Naddour** who won the Level 10 16-18 year old division; **John Orozco** who won the Level 10 14-15 year old division; and **Allan Bower** who won the Level 9 12-13 year old division.

A few special awards were presented at the competition. The Mas Watanabe award was given to the Level 10, 16-18 year old division all around champion, **Alex Naddour**. The Frank Cumiskey Award was presented to **Roger Baldwin**, Region 1 Chairman.

This past year the gymnastics community lost a dear friend, a devoted and successful coach and a philosopher of life. Roberto Pumpido's passion for gymnastics truly inspired hundreds of athletes and coaches. The JO Program Committee created the Roberto Pumpido Award to be presented annually to the coach of the Level 10, 16 to 18 year old division all-around champion. The first Roberto Pumpido Award went to **Mike Naddour**.

Special thanks to GK Elite Sportswear for its continued support of the Junior Olympic Program.



## RESULTS

### Level 10: 16-18 All-Around Winners (top 36)

	Club	DAY 1	DAY 2	TOTAL	
1	Alex Naddour	USA Flairs-AZ	89.350	88.750	178.100
2	Jake Dalton	Gymnastics Nevada	88.050	89.200	177.250
3	Masayoshi Mori	New Hope-CA	87.950	89.200	177.150
4	CJ Meastas	Gold Cup-NM	87.500	88.900	176.400
5	Christopher Stehl	Cypress Acad-TX	88.300	87.400	175.700
6	Dylan Akers	Cypress Acad-TX	87.750	86.650	174.400
7	Josh Wokurka	Bartlett-Illinois	87.250	86.550	173.800
8	Edward Mesa	Universal-FI	87.550	86.000	173.550
9	Jesse Silverstein	US Development-NJ	86.300	87.000	173.300
10	Christopher Turner	West Coast Olympic-C	87.950	85.100	173.050
11	Presten Ellsworth	World Olympic-TX	86.600	86.400	173.000
12	Matthew Chelberg	Hocking Valley-OH	87.150	85.400	172.550
13	Kyle Voissem	Swiss Turners-WI	87.100	85.200	172.300
14	Donothan Bailey	Azarian-CA	84.650	87.400	172.050
15	Parker Raque	Champion KY	85.700	86.250	171.950
16	Ben Rudolph	Bartlett-Illinois	86.400	85.500	171.900
17	Cameron Rogers	Weyandt's-NC	85.100	86.700	171.800
18	Matthew McGrath	Bartlett-Illinois	85.200	85.400	170.600
19	Jeremy Adams	Colorado Training	85.400	84.250	169.650
19T	Eric Schryver	World Olympic-TX	85.500	84.150	169.650
21	Jeffrey Langenstein	San Mateo-CA	85.400	83.050	168.450
22	Colton Wulf	5280gym-CO	83.700	84.150	167.850
23	Mario West	Preston-MD	84.700	83.050	167.750
24	Anton Gryshayev	5280gym-CO	84.750	82.750	167.500
25	Jesse Moravec	Great Northern-MN	83.150	84.050	167.200
26	Alex Bubnov	Surgent's Elite-NJ	83.200	83.550	166.750
27	1017 Craig Noreen	Diamondelite-CA	83.500	83.000	166.500
28	Mackenzie Dow	Surgent's Elite-NJ	83.600	82.600	166.200
29	Alex Tighe	Swiss Turners-WI	84.400	80.900	165.300
30	Christopher Schaaf	Cypress Acad-TX	82.700	82.500	165.200
31	Daniel Potemski	AcroTex-TX	82.950	81.950	164.900
32	Louis Klein	GTC-Michigan	83.850	80.700	164.550
33	Broderick Shemansky	California Sports	84.250	79.950	164.200
34	Drew Moling	Hocking Valley-OH	83.000	80.900	163.900
35	Matt Felleman	New England-MA	84.250	79.350	163.600
36	Cale Robinson	Premier-TN	82.950	80.050	163.000

## Men's Service Awards

### 20 Years of Service

David Klein, Region II Chairman, Oregon State Chairman & Jr. National Coaching Staff

Barry Mattern, Pennsylvania State Chairman

Chris Moon, Connecticut State Chairman

### 15 Years of Service

Dave Contreras, Nebraska State Chairman

Tim Trimble, South Dakota State Chairman

### 10 Years of Service

Ed Friedman, Washington State Chairman

Doug Lubking, Virginia State Chairman

Leonard Spivey, Oregon State Chairman

Mike Tataru, Tennessee State Chairman

### 5 Years of Service

Karl Abraham, Southern California State Chairman

Shawn Clement, Michigan State Chairman

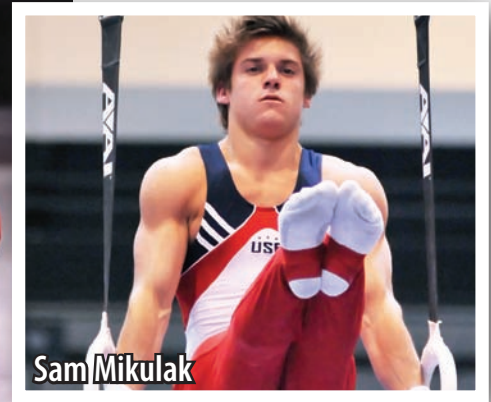
Lorenzo Macaluso, Jr. National coaching Staff Member

PHOTO BY CHAMPIONSHIP IMAGES

## Level 10: 14-15 All-Around Winners (top 36)

	Club	DAY 1	DAY 2	TOTAL
1 John Orozco	World Cup-NY	91.150	89.350	180.500
2 Sam Mikulak	SCATS HB-CA	88.800	88.500	177.300
3 Adrian De Los Angeles	SCATS HB-CA	85.550	84.650	170.200
4 Jesse Glenn	SCATS HB-CA	85.100	83.550	168.650
5 Konner Ackerman	Metropolitan-WA	83.700	84.150	167.850
6 Trevor Howard	Hocking Valley-OH	83.150	84.300	167.450
7 Jake Martin	Orlando Metro-FL	83.400	83.850	167.250
8 Dominic Morris	Black Hills-WA	82.550	83.750	166.300
9 Alex Strait	Champion-TX	82.400	83.100	165.500
10 Sean Senters	Parkette-PA	82.150	83.300	165.450
11 Danny Berardini	Buff Grove-Illinois	82.700	82.250	164.950
12 Kevin Wolting	Azarian-CA	82.400	82.350	164.750
13 Josh Ungar	Daggett-MA	81.950	82.550	164.500
14 Joseph Hodges	Rochester-NY	80.750	83.550	164.300
15 Alex Powarzynski	Black Hills-WA	82.400	81.800	164.200
16 Jonathan Deaton	Daggett-MA	81.200	82.600	163.800
17 Maximilian Mayr	Universal-FI	82.900	80.850	163.750
18 James Jindra	Capital NTC Of VA	81.600	82.000	163.600
19 Stacey Ervin	Mills-Michigan	80.450	83.100	163.550
20 Michael Strathern	Bartlett-Illinois	81.600	81.050	162.650
21T George Doran	Bartlett-Illinois	80.450	82.150	162.600
21T Kevin Baker	QCG	80.450	82.150	162.600
23 Dennis Zaremski	World Cup-NY	80.100	81.350	161.450
24 Mike Bittner	Parkette-PA	82.300	78.900	161.200
25 Joe Peters	Parkette-PA	81.200	79.900	161.100
26 Josh Wilson	World Olympic-TX	82.850	77.800	160.650
27 Richard DePalma	Mills-Michigan	80.650	79.900	160.550
28 Joshua Ramos	Jenks-OK	80.250	80.050	160.300
29 Alec Robin	Victory-CA	81.950	78.050	160.000
30 Kevin Ko	Golden Bear-CA	81.100	78.650	159.750
31 Michael Farquhar	Bartlett-Illinois	80.100	78.950	159.050
32 Brandon Jones	Top Flight-MD	80.100	78.400	158.500
33 Ellis Mannon	Indy	79.850	77.950	157.800
34 Kanji Oyama	SCATS HB-CA	81.300	74.600	155.900
35 Gared Chapman	Ace-FL	80.100	73.900	154.000
36 Paul Wood	Daggett-MA	80.100	73.100	153.200

John Orozco



Sam Mikulak



Adrian De Los Angeles



Sean Melton



Timothy Wang

## Level 9: 12-13 All-Around Winners (top 36)

	Club	DAY 1	DAY 2	TOTAL
1 Allan Bower	Xtreme-AZ	84.100	83.600	167.700
2 Sean Melton	Orlando Metro-FL	84.500	82.450	166.950
3 Timothy Wang	South Coast-CA	82.850	83.600	166.450
4 Jacob Dastrup	Arete-UT	81.400	82.950	164.350
5 Dmitri Belanovski	Swiss Turners-WI	80.550	83.750	164.300
6 Andrew Rickly	Hocking Valley-OH	80.850	81.050	161.900
7 Jesse Himmelsbach	QCG	79.500	81.650	161.150
8 Andrew Botto	San Mateo-CA	80.250	79.850	160.100
9 David Jessen	Daggett-MA	80.750	79.300	160.050
10 Jeffrey Frantom	Gymcats-NV	81.050	78.950	160.000
11 Nicholas Spiro	New Hope-CA	80.000	79.850	159.850
12 Yul Moldauer	5280gym-CO	79.200	80.350	159.550
13 Ari McEwing	High Performance-PA	78.400	80.950	159.350
14 Hunter Justus	Cypress Aced-TX	80.150	78.700	158.850
15 Colin VanWicklen	Cypress Aced-TX	79.300	79.300	158.600
16 Jordan Gotro	Technique-CA	79.400	79.050	158.450
17 Kiwan Watts	Richmond Regional-VA	79.800	78.550	158.350
18 Marty Strech	Azarian-CA	77.450	80.800	158.250
19 Marvin Kimble	Swiss Turners-WI	78.100	79.450	157.550
20 Tristan Burke	World Olympic-TX	78.500	79.000	157.500
21 Yordan Aleksandrov	Redwood Empire-CA	78.350	79.050	157.400
22 Akash Modi	Monmouth-NJ	79.400	77.550	156.950
23 Matt Foster	Premier-IL	77.950	78.550	156.500
24 Cameron Backes	In-Flight-CT	77.800	78.650	156.450
25 Danny DiBenedetto	Daggett-MA	77.500	78.550	156.050
26 Jack Kramer	Weyandt's-NC	76.850	78.900	155.750
27 Brian Thompson	Premier-IL	78.300	76.800	155.100
28 Jordan DeClerk	Palmer-Illinois	77.050	77.700	154.750
29 Seth Cannon	Dynamo-OK	77.000	77.200	154.200
30 Taylor Seaton	World Olympic-TX	78.250	75.550	153.800
31 Lucas Boyle	Parkette-PA	78.100	75.550	153.650
32 Lee Grogan	Champions-AR	76.850	76.200	153.050
33 Yaroslav Pochinka	World Olympic-TX	77.250	75.250	152.500
34 J.J. Litster	Arete-UT	77.550	74.850	152.400
35 Adam Young	Azarian-CA	77.450	74.850	152.300
36 Quest Hayden	Haydens-GA	77.100	75.050	152.150



Allan Bower