

# GIRLS GYMNASTICS

## TEAM CHAMPIONS

Date	Winner	Coach	Score	Runner-up	Coach	Score
5/17/74	Santana	Mary Daniels	Unknown	El Capitan	Jerry Meade	Unknown
5/30/75	Santana	Mary Daniels	Unknown	Madison	Nancy Hubert	Unknown
5/28/76	Santana	Mary Daniels	177.40	Madison	Nancy Hubert	110.70
5/27/77	Santana	Mary Daniels	185.45	La Jolla	Kris Peterson	183.30
5/17/78	Santana	Mary Daniels	187.35	Poway	Nancy McDonald	186.25
5/19/79	Poway	Nancy McDonald	196.60	Santana	Mary Daniels	194.35
5/24/80	Mt. Carmel	Lynn Oliver	197.90	Santana	Mary Daniels	197.15
5/23/81	Poway	Lori Daniels	203.65	Santana	Mary Daniels	201.45
5/29/82	Santana	Mary Daniels	211.30	Torrey Pines	Lori Jacobsmeier	210.80
5/28/83	Patrick Henry	Kathy Rotscheck	215.30	Santana	Mary Daniels	214.65
5/26/84	Santana	Mary Daniels	213.35	Patrick Henry	Kathy Rotscheck	210.35
5/18/85	Santana	Melinda Dallas	213.15	Valhalla	Julie Drake	100.60
5/31/86	Santana	Melinda Dallas	219.80	Valhalla	Julie Drake	210.70
5/30/87	Mt. Carmel	Lynn Antrim	221.25	Santana	Steve Butcher	220.85
5/27/88	Santana	Steve Butcher	218.05	Mt. Carmel	Lynn Antrim	212.95
5/25/89	Torrey Pines	Shawn Wirth	220.10	San Pasqual	Laura Hadfield	210.30
5/23/90	Torrey Pines	Gail Scoggins	214.40	Santana	Becca Webster	205.95
5/18/91	Torrey Pines	Gail Scoggins	216.60	Mt. Carmel	Brandie Hough	215.05
5/21/92	Mt. Carmel	Monique Lampshire-Tamayoshi	217.95	Torrey Pines	Gail Scoggins	213.80
5/22/93	Mt. Carmel	Monique Lampshire-Tamayoshi	218.70	San Dieguito	Lee Breiding	215.90
5/21/94	Mt. Carmel	Monique Lampshire-Tamayoshi	216.175	San Pasqual	Steve Diggle	215.00
5/20/95	Mt. Carmel	Monique Lampshire-Tamayoshi	212.150	Torrey Pines	Gail Scoggins	211.525
5/18/96	Mt. Carmel	Monique Lampshire-Tamayoshi	217.65	West Hills	Marci Yarmon	211.675
1997	Granite Hills	Gary Moore	216.800	Mt. Carmel	Monique Lampshire-Tamayoshi	215.025
1998	West Hills	Marci Yarmon	208.400	La Costa Canyon	Gail Scoggins	207.375
1999	West Hills	Marci Yarmon	218.425	La Costa Canyon	Gail Scoggins	212.55
2000	Mt. Carmel	Monique Lampshire-Tamayoshi	218.275	West Hills	Marci Yarmon	217.950
2001	Poway	David Moser	222.275	Mt. Carmel	Monique Lampshire-Tamayoshi	217.350
2002	Mt. Carmel	Monique Lampshire-Tamayoshi	225.925	Poway	David Moser	222.525
2003	Mt. Carmel	Monique Lampshire-Tamayoshi	225.35	Santana	Becca Webster	217.575
2004	Santana	Becca Webster	221.64	Mt. Carmel	Monique Lampshire-Tamayoshi	221.45
2005	Poway	David Moser	223.050	Torrey Pines	Denise Sterger	221.725
5/19/06	R. Bernardo	Mindy Bailey	224.45	Torrey Pines	Denise Sterger	222.175
5/18/07	Torrey Pines	Denise Sterger	223.925	Rancho Bernardo	Morgan Fransk	220.675
5/16/08	Torrey Pines	Denise Sterger	217.575	West Hills	Tonya Summers	216.075
5/22/09	Mt. Carmel	Monique Lampshire-Tamayoshi	224.05	Poway	David Moser	213.85
5/21/10	Mt. Carmel	Monique Lampshire-Tamayoshi	218.975	La Costa Canyon	Jessica Garrett/Lindsey Newman	216.225
5/20/10	Mt. Carmel	Monique Lampshire-Tamayoshi	223.675	La Costa Canyon	Jessica Garrett/Lindsey Newman	218.725

### ALL CIFSDS COACHES AND HALL OF CHAMPIONS/MEDIA GYMNAST OF THE YEAR

1975 — Sherry Rice, Santana	1987 — Lisa Cody, Torrey Pines	1999 — Bekah Skoor, La Costa Canyon
1976 — Sherry Rice, Santana	1988 — Eileen Maul, Santana	2000 — Lesley Ross, La Costa Canyon
1977 — Norma Brullo, Valhalla	1989 — Stacey Kaufman, Torrey Pines	2001 — Karly Feria, Poway
1978 — Becky Davis, Santana	1990 — Mona Nedjar, El Camino and Lelli Hose, Torrey Pines	2002 — Rachel Moody, El Capitan
1979 — Deanna Johnson, Bonita Vista	1991 — Elizabeth Carpenter, T. Pines	2003 — Brittany May, Mt. Carmel
1980 — Deanna Johnson, Bonita Vista	1992 — Justine Eady, Helix	2004 — Alex Tuthill, Santana
1981 — Cheryl Fletcher, Valhalla and September Hunt, Mt. Carmel	1993 — Denise Cheng, Mt. Carmel	2005 — Colleen Lonac, Torrey Pines
1982 — Trina Champagne, Santana	1994 — Natalie Cadondon, Mt. Carmel	2006 — Colleen Lonac, Torrey Pines
1983 — Denise Boiselle, Patrick Henry	1995 — Heather Ortega, Bonita Vista	2007 — Tina Wilhelm, Mt. Carmel
1984 — Alicia Fullford, Escondido	1996 — Ashleigh Evans, Torrey Pines	2008 — Tina Lu, Westview
1985 — Kristin Anderson, Patrick Henry	1997 — April Radovich, Granite Hills	2009 — Tina Wilhelm, Mt. Carmel
1986 — Becca Webster, Santana	1998 — Michelle Wales, Mt. Carmel	2010 — Ruby Harrison, Mt. Carmel
		2011 — Ruby Harrison, Mt. Carmel

### INDIVIDUAL CHAMPIONS

Year	Beginning	Intermediate	Advanced
1974		T. Fletcher, Santana - Beam L. Busch, Grossmont - Bars N. Cedanindin, Mar Vista - Floor Ex. A. Machanis and Angela Gudde, Santana - Vault Angela Gudde, Santana - AA	D. Orr, Santana - Beam Leslie Hood, Santana - Bars M. Eder, La Jolla - Floor Ex. Leslie Hood, Santana - Vault Leslie Hood, Santana - AA
	Candy Kolesar, Santana - AA		

# GIRLS GYMNASTICS

## INDIVIDUAL CHAMPIONS

<b>Year</b>	<b>Compulsory beam</b>	<b>Compulsory floor exercise</b>	<b>Compulsory vault</b>
1975	Unknown	Unknown	Unknown
1976	Kim Hall, Point Loma	Linda Dravland, Santana	Nancy Payne, Madison
1977	Cathy Buzzard, Santana and Cherrie Archie, Escondido	Veronica Bailey, Fallbrook	Debbie Simpson, Santana
1978	Nancy Klein, Crawford	LeeAnn Snyder, Chula Vista	Carole Madsen, Valhalla
1979	Mia Lund-Jensen, Poway	September Hunt, Mt. Carmel	Missy Aguilar, Mt. Carmel
1980	Trina Champagne, Santana	Missy Aguilar, Mt. Carmel	Missy Aguilar, Mt. Carmel
1981	Buffy McGuire, Poway	Gigi Daniels, Poway	Joy Durrett, Helix
1982	Leslee Wallace, Mt. Carmel	Debbie Perales, Torrey Pines	Jackie Howo, Torrey Pines
1983	Kris Lovett, Escondido	Susan Krasner, Patrick Henry	Robyn Sherman, Torrey Pines
1984	Michelle Sousa, Mt. Carmel	Michelle Sousa, Mt. Carmel	Diane Wavrik, Torrey Pines
1985	Wendy Ballou, Mt. Carmel	Susan Ashe, Santana	Susan Ashe, Santana
1986	Andrea Eidsmoe, Santana	Nancy Gawrys, Santana	Andrea Eidsmoe, Santana
1987	Missy Meadows, Santana	Wendy Ballou, Mt. Carmel	Kali Blomstrom, Mt. Carmel
1988	Erin Heinle, San Pasqual	Dawn Cogar, Santana	Erin Anda, Mt. Carmel
1989	Elizabeth Carpenter, Torrey Pines	Lelli Hose, Torrey Pines	Lauren Gist, Torrey Pines
1990	Anita McMorrow, Mt. Carmel	Lauren Gist, Torrey Pines	Lauren Gist, Torrey Pines
1991	Lisa Spievak, Torrey Pines	Nikki Francis, Mt. Carmel	Shannon Renckley, San Pasqual
1992	Stacy Williams, San Dieguito	Carla MacKauf, Poway	Lauren Gist, Torrey Pines
1993	Erin Leininger, San Dieguito	Maria Petska, El Camino	Angelique Depuy, Torrey Pines
1994	Dana Herd, Fallbrook	Jennifer Laws, Vista	Cortney Postlethwait, Monte Vista
1995	Annie Witt, Mt. Carmel	Annie Witt, Mt. Carmel	Michelle Wales, Mt. Carmel
1996	Annie Witt, Mt. Carmel	Annie Witt, Mt. Carmel	Michelle Wales, Mt. Carmel
1997	Krista Alvarez, Granite Hills	Annie Witt, Mt. Carmel	Annie Witt, Mt. Carmel
1998	Rebecca Peasley, Helix	Elise Kerrigan, Valhalla	Mimi Essaki, Valhalla
1999	Chrissy Hellman, San Pasqual	Ronda Mann, Mar Vista	Heather McClurg, Rancho Bernardo
2000	Audrey Stanton, Poway	Audrey Stanton, Poway	Heather McClurg, Rancho Bernardo
2001	Leizl Moralina, Mt. Carmel	Leizl Moralina, Mt. Carmel	Audrey Stanton, Poway
2002	Emmi Nidorff, Mt. Carmel	Leizl Moralina, Mt. Carmel	Leizl Moralina, Mt. Carmel
2003	Lindsey Newman, Mt. Carmel	Chelsey Hatch, Mt. Carmel	Chelsey Hatch, Mt. Carmel
2004	Lindsey Newman, Mt. Carmel	Eily Murphy, Mt. Carmel	Lindsey Newman, Mt. Carmel
2005	Eily Murphy, Mt. Carmel	Eily Murphy, Mt. Carmel	Caroline Lopez, Poway
2006	Sara Surh, Rancho Bernardo	Tina Wilhelm, Mt. Carmel	Caroline Lopez, Poway
2007	Tiffany Hayes, Mt. Carmel	Haley Glatthorn, Torrey Pines	Sarena Mezzacappa, OLP
2008	Sara Surh, Rancho Bernardo	Shelby Bruce, Mt. Carmel	Sarena Mezzacappa, OLP
2009	Shelby Bruce, Mt. Carmel	Shelby Bruce, Mt. Carmel	Kaitlyn Walsh, Steele Canyon
2010	Katlyn Walsh, Steele Canyon	Sara Call, Mt. Carmel	Catherine Ruyeras, Valhalla
2011	Catherine Ruyeras, Valhalla	Alliya Pinckney, Mt. Carmel	Alliya Pinckney, Mt. Carmel

**INDIVIDUAL CHAMPIONS**

**Year      Compulsory uneven bars**  
 1975      Unknown  
 1976      Nancy Payne, Madison  
 1977      Jenny Moreau, La Jolla  
 1978      LeeAnn Snyder, Chula Vista  
 1979      Kristy Myers, Poway  
 1980      Michelle Holmes, Santana  
 1981      Tammy Marshall, Santana  
 1982      Donna Springer, Santana  
 1983      Donna Springer, Santana  
 1984      Michelle Sousa, Mt. Carmel  
 1985      Tammy Breitenstein, Santana  
 1986      Colleen Bailey, Valhalla  
 1987      Susan Ashe, Santana  
 1988      Dawn Cogar, Santana  
 1989      Missy Moelter, Santana  
 1990      Missy Moelter, Santana  
 1991      Lisa Spievak, Torrey Pines  
 1992      Lisa Spievak, Torrey Pines  
 1993      Beth Wells, Poway  
 1994      Erin Leininger, San Dieguito  
 1995      Lauren White, Mt. Carmel  
 1996      Stephanie Dixon, Torrey Pines  
 1997      Krista Alvarez, Granite Hills  
 1998      Shereen Bastani, West Hills  
 1999      Bekah Skoor, La Costa Canyon  
 2000      Audrey Stanton, Poway  
 2001      Audrey Stanton, Poway  
 2002      Leizl Moralina, Mt. Carmel  
 2003      Melanie Prather, West Hills  
 2004      Lindsey Newman, Mt. Carmel  
 2005      Caroline Lopez, Poway  
 2006      Caitlin Tran, Rancho Bernardo  
 2007      Sara Surh, Rancho Bernardo  
 2008      Sara Surh, Rancho Bernardo  
 2009      Shelby Bruce, Mt. Carmel  
 2010      Lexi Kammeyer, West Hills  
 2011      Alliya Pinckney, Mt. Carmel

**Compulsory all-around**  
 Unknown  
 Nancy Payne, Madison  
 Jenny Moreau, La Jolla  
 Stefani Landa, Patrick Henry  
 Mia Lund-Jensen, Poway  
 Missy Aguilar, Mt. Carmel  
 Buffy McGuire, Poway  
 Donna Springer, Santana  
 Lisa Kurz, Patrick Henry  
 Michelle Sousa, Mt. Carmel  
 Susan Ashe, Santana  
 Andrea Eidsmoe, Santana  
 Missy Meadows, Santana  
 Dawn Cogar, Santana  
 Lelli Hose, Torrey Pines  
 Lauren Gist, Torrey Pines  
 Lisa Spievak, Torrey Pines  
 Felicia Davis-Young, Mt. Carmel  
 Shannan Renckly, San Pasqual  
 Carmen Kemp, Vista  
 Michelle Wales, Mt. Carmel  
 Kelly Ghilardi, San Pasqual  
 Annie Witt, Mt. Carmel  
 Shereen Bastani, West Hills  
 Samantha Smith, Mt. Carmel  
 Audrey Stanton, Poway  
 Audrey Stanton, Poway  
 Leizl Moralina, Mt. Carmel  
 Chelsey Hatch, Mt. Carmel  
 Lindsey Newman, Mt. Carmel  
 Eily Murphy, Mt. Carmel  
 Tina Wilhelm, Mt. Carmel  
 Caitlin Tran, Rancho Bernardo  
 Shelby Bruce, Mt. Carmel  
 Shelby Bruce, Mt. Carmel  
 Lexi Kammeyer, West Hills  
 Alliya Pinckney, Mt. Carmel

# GIRLS GYMNASTICS

## INDIVIDUAL CHAMPIONS

### **Year Optional beam**

1975 Sherry Rice, Santana  
1976 Sherry Rice, Santana  
1977 Sue Swenson, Patrick Henry  
1978 Reagan Healy, El Camino  
1979 Reagan Healy, El Camino  
1980 Deanna Johnson, Bonita Vista  
1981 September Hunt, Mt. Carmel  
1982 Gigi Ambandos, Torrey Pines  
1983 Beth Hardesty, Torrey Pines  
1984 Raquel Peugh, San Dieguito  
1985 Eileen Maul, Santana  
1986 Maria Kilbo, USDHS  
1987 Laurie Russell, Mt. Carmel  
1988 Tasha Taylor, Torrey Pines  
1989 Julie Kawaski, Torrey Pines  
1990 Mona Nedjar, El Camino  
1991 Paige Peterman, Fallbrook  
1992 Natalie Cadondon, Mt. Carmel  
1993 Natalie Cadondon, Mt. Carmel  
1994 Erika Cronk, Helix  
1995 Jenna Herrmann, West Hills  
1996 April Radovich, Granite Hills  
1997 Kelly Mathiasen, Eastlake  
1998 Lesley Ross, La Costa Canyon  
1999 Natalie Good, West Hills  
2000 Jacqui Davison, Poway  
  
2001 Jacqui Davison, Poway  
2002 Jacqui Davison, Poway  
2003 Brittany May, Mt. Carmel  
2004 Alex Tuthill, Santana  
2005 Nicole Tamayoshi, Mt. Carmel  
2006 Nicole Tamayoshi, Mt. Carmel  
2007 Colleen Lonac, Torrey Pines  
2008 Tina Lu, Westview  
2009 Tina Wilhelm, Mt. Carmel  
2010 Ruby Harrison, Mt. Carmel  
2011 Natalie Jaynes, La Costa Canyon

### **Optional floor exercise**

Sherry Rice, Santana  
Sherry Rice, Santana  
Norma Brullo, Valhalla  
Deanna Johnson, Bonita Vista  
Deanna Johnson, Bonita Vista  
Merilee Munger, Bonita Vista  
Cheryl Fletcher, Valhalla  
Gigi Ambandos, Torrey Pines  
Denise Boisselle, Patrick Henry  
Raquel Peugh, San Dieguito  
Eileen Maul, Santana  
Jennifer Minkler, Valhalla  
Dawn Cooper, Mt. Carmel  
Alicia Santana, El Cajon Valley  
Paige Peterman, Fallbrook  
Mona Nedjar, El Camino  
Paige Peterman, Fallbrook  
Paige Peterman, Fallbrook  
Natalie Cadondon, Mt. Carmel  
Jenna Herrmann, West Hills  
Jenna Herrmann, West Hills  
April Radovich, Granite Hills  
April Radovich, Granite Hills  
Kelly Mathiasen, Eastlake  
Natalie Good, West Hills  
Natalie Good, Children's Creative  
and Performing Arts Academy  
Jaime Howe, Poway  
Brittany May, Mt. Carmel  
Alex Tuthill, Santana  
Jessica Heilman, Helix  
Nicole Tamayoshi, Mt. Carmel  
Nicole Tamayoshi, Mt. Carmel  
Colleen Lonac, Torrey Pines  
Liz Mazer, Otay Ranch  
Kimi Kusunose, La Costa Canyon  
Kaitlyn Mohr, Torrey Pines  
Maddy Goss, La Costa Canyon

### **Optional vault**

Sherry Rice, Santana  
Sherry Rice, Santana  
Norma Brullo, Valhalla  
Reagan Healy, El Camino  
Debbie Anding, Poway  
Deanna Johnson, Bonita Vista  
Cheryl Fletcher, Valhalla  
Joy Durrett, Helix  
Jamie Virgil, Santana  
Jamie Virgil, Santana  
Dawn Hansen, Santana  
Jamie Virgil, Santana  
Lisa Cody, Torrey Pines  
Tasha Taylor, Torrey Pines  
Tasha Taylor, Torrey Pines  
Katie Berry, Granite Hills  
Paige Peterman, Fallbrook  
Paige Peterman, Fallbrook  
Annie Bretado, Morse  
Erika Cronk, Helix  
Alanna Trimble, San Dieguito  
Kelly Mathiasen, Eastlake  
Kelly Mathiasen, Eastlake  
Kelly Mathiasen, Eastlake  
Monique Johnson, Mission Bay  
Natalie Good, Children's Creative  
and Performing Arts Academy  
Brittany May, Mt. Carmel  
Ashlee Hegner, West Hills  
Brittany May, Mt. Carmel  
Cara Tabor, R. Bernardo  
Jillian Vance, Torrey Pines  
Nicole Burgio, Santana  
Tina Wilhelm, Mt. Carmel  
Liz Mazer, Otay Ranch  
Tina Wilhelm, Mt. Carmel  
Mechelle Negrete, Steele Canyon  
Cassidy Lopez, Olympian

## INDIVIDUAL CHAMPIONS

<b>Year</b>	<b>Optional uneven bars</b>	<b>Optional all-around</b>
1975	Sherry Rice, Santana	Sherry Rice, Santana
1976	Jennie Hale, Santana	Sherry Rice, Santana
1977	Ann Slater, Helix	Norma Brullo, Valhalla
1978	Susan Root, Fallbrook	Reagan Healy, El Camino
1979	Deanna Johnson, Bonita Vista	Deanna Johnson, Bonita Vista
1980	Deanna Johnson, Bonita Vista	Deanna Johnson, Bonita Vista
1981	Denise Boiselle, Patrick Henry	Cheryl Fletcher, Valhalla
1982	Gigi Ambandos, Torrey Pines	Gigi Ambandos, Torrey Pines
1983	Denise Boiselle, Patrick Henry	Jamie Virgil, Santana
1984	Lisa Jordan, Grossmont	Raquel Peugh, San Dieguito
1985	Eileen Maul, Santana	Eileen Maul, Santana
1986	Dawn Hansen, Santana	Eileen Maul, Santana
1987	Laurie Russell, Mt. Carmel	Lisa Cody, Torrey Pines
1988	Eileen Maul, Santana	Tasha Taylor, Torrey Pines
1989	Tasha Taylor, Torrey Pines	Tasha Taylor, Torrey Pines
1990	Julie Kawasaki, Torrey Pines	Mona Nedjar, El Camino
1991	Annie Bretado, Morse	Paige Peterman, Fallbrook
1992	Julianne Somers, Granite Hills	Julianne Somers, Granite Hills
1993	Natalie Cadondon, Mt. Carmel	Natalie Cadondon, Mt. Carmel
1994	Jenna Herrman, West Hills	Erika Cronk, Helix
1995	Lori Gillette, Torrey Pines	Jenna Herrmann, West Hills
1996	Kally Mathiasen, Eastlake	Kelly Mathiasen, Eastlake
1997	April Radovich, Granite Hills	April Radovich, Granite Hills
1998	Andrea Boggs, Granite Hills	Kelly Mathiasen, Eastlake
1999	Emmi Nidorf, Mt. Carmel	Natalie Good, West Hills
2000	Jaime Howe, Poway	Caitlin Wheeler, West Hills
2001	Jaime Howe, Poway	Brittany May, Mt. Carmel
2002	Brittany May, Mt. Carmel	Brittany May, Mt. Carmel
2003	Brittany May, Mt. Carmel	Brittany May, Mt. Carmel
2004	Nicole Burgio, Santana	and Alex Tuthill, Santana
2005	Breanne Evans, Poway	Alex Tuthill, Santana
2006	Nicole Burgio, Santana	Colleen Lonac, Torrey Pines
2007	Casey Evans, Torrey Pines	Colleen Lonac, Torrey Pines
2008	Tina Lu, Westview	Tina Wilhelm, Mt. Carmel
2009	Ruby Harrison, Mt. Carmel	Tina Lu, Westview
2010	Ruby Harrison, Mt. Carmel	Tina Wilhelm, Mt. Carmel
2011	Ruby Harrison, Mt. Carmel	Ruby Harrison, Mt. Carmel