

# 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 Lamphiere-Tamayoshi 217.95 Torrey Pines Gail Scoggins 213.80  
 5/22/93 Mt. Carmel Monique Lamphiere-Tamayoshi 218.70 San Dieguito Lee Breiding 215.90  
 5/21/94 Mt. Carmel Monique Lamphiere-Tamayoshi 216.175 San Pasqual Steve Diggle 215.00  
 5/20/95 Mt. Carmel Monique Lamphiere-Tamayoshi 212.150 Torrey Pines Gail Scoggins 211.525  
 5/18/96 Mt. Carmel Monique Lamphiere-Tamayoshi 217.65 West Hills Marci Yarmon 211.675  
 1997 Granite Hills Gary Moore 216.800 Mt. Carmel Monique Lamphiere-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 Lamphiere-Tamayoshi 218.275 West Hills Marci Yarmon 217.950  
 2001 Poway David Moser 222.275 Mt. Carmel Monique Lamphiere-Tamayoshi 217.350  
 2002 Mt. Carmel Monique Lamphiere-Tamayoshi 225.925 Poway David Moser 222.525  
 2003 Mt. Carmel Monique Lamphiere-Tamayoshi 225.35 Santana Becca Webster 217.575  
 2004 Santana Becca Webster 221.64 Mt. Carmel Monique Lamphiere-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 Lamphiere-Tamayoshi 224.05 Poway David Moser 213.85  
 5/21/10 Mt. Carmel Monique Lamphiere-Tamayoshi 218.975 La Costa Canyon Jessica Garrett/Lindsey Newman  
 216.225  
 5/20/11 Mt. Carmel Monique Lamphiere-Tamayoshi 223.675 La Costa Canyon Jessica Garrett/Lindsey Newman  
 218.725  
 5/17/12 LC Canyon Jessica Garrett/Lindsey Newman 225.95\* Mt. Carmel Monique Lamphiere-Tamayoshi 224.720

\*section scoring record

## 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 2002 — Rachel Moody, El Capitan  
 1979 — Deanna Johnson, Bonita Vista and Lelli Hose, Torrey Pines 2003 — Brittany May, Mt. Carmel  
 1980 — Deanna Johnson, Bonita Vista 1991 — Elizabeth Carpenter, T. Pines 2004 — Alex Tuthill, Santana  
 1981 — Cheryl Fletcher, Valhalla and 1992 — Justine Eady, Helix 2005 — Colleen Lonac, Torrey Pines  
 September Hunt, Mt. Carmel 1993 — Denise Cheng, Mt. Carmel 2006 — Colleen Lonac, Torrey Pines  
 1982 — Trina Champagne, Santana 1994 — Natalie Cadondon, Mt. Carmel 2007 — Tina Wilhelm, Mt. Carmel  
 1983 — Denise Boiselle, Patrick Henry 1995 — Heather Ortega, Bonita Vista 2008 — Tina Lu, Westview  
 1984 — Alicia Fullford, Escondido 1996 — Ashleigh Evans, Torrey Pines 2009 — Tina Wilhelm, Mt. Carmel  
 1985 — Kristin Anderson, Patrick Henry 1997 — April Radovich, Granite Hills 2010 — Ruby Harrison, Mt. Carmel  
 1986 — Becca Webster, Santana 1998 — Michelle Wales, Mt. Carmel 2011 — Ruby Harrison, Mt. Carmel

2012 — Tori Anderson, West Hills

## **INDIVIDUAL CHAMPIONS**

### **Year Beginning Intermediate Advanced**

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

## **GIRLS GYMNASTICS**

### **INDIVIDUAL CHAMPIONS**

#### **Year Compulsory beam Compulsory floor exercise Compulsory vault**

1975 Unknown Unknown Unknown  
1976 Kim Hall, Point Loma Linda Dravland, Santana Nancy Payne, Madison  
1977 Cathy Buzzard, Santana and Veronica Bailey, Fallbrook Debbie Simpson, Santana  
Cherrie Archie, Escondido  
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 McMorro, 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  
and Catherine Ruyeras, Valhalla  
2012 Dana Wardell, Steele Canyon Kristina Scheufler, LC Canyon Sarah Engebretson, Fallbrook

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## **GIRLS GYMNASTICS**

### **INDIVIDUAL CHAMPIONS**

#### **Year Compulsory uneven bars Compulsory all-around**

1975 Unknown Unknown  
1976 Nancy Payne, Madison Nancy Payne, Madison  
1977 Jenny Moreau, La Jolla Jenny Moreau, La Jolla  
1978 LeeAnn Snyder, Chula Vista Stefani Landa, Patrick Henry  
1979 Kristy Myers, Poway Mia Lund-Jensen, Poway  
1980 Michelle Holmes, Santana Missy Aguilar, Mt. Carmel

1981 Tammy Marshall, Santana Buffy McGuire, Poway  
 1982 Donna Springer, Santana Donna Springer, Santana  
 1983 Donna Springer, Santana Lisa Kurz, Patrick Henry  
 1984 Michelle Sousa, Mt. Carmel Michelle Sousa, Mt. Carmel  
 1985 Tammy Breitenstein, Santana Susan Ashe, Santana  
 1986 Colleen Bailey, Valhalla Andrea Eidsmoe, Santana  
 1987 Susan Ashe, Santana Missy Meadows, Santana  
 1988 Dawn Cogar, Santana Dawn Cogar, Santana  
 1989 Missy Moelter, Santana Lelli Hose, Torrey Pines  
 1990 Missy Moelter, Santana Lauren Gist, Torrey Pines  
 1991 Lisa Spievak, Torrey Pines Lisa Spievak, Torrey Pines  
 1992 Lisa Spievak, Torrey Pines Felicia Davis-Young, Mt. Carmel  
 1993 Beth Wells, Poway Shannan Renckly, San Pasqual  
 1994 Erin Leininger, San Dieguito Carmen Kemp, Vista  
 1995 Lauren White, Mt. Carmel Michelle Wales, Mt. Carmel  
 1996 Stephanie Dixon, Torrey Pines Kelly Ghilardi, San Pasqual  
 1997 Krista Alvarez, Granite Hills Annie Witt, Mt. Carmel  
 1998 Shereen Bastani, West Hills Shereen Bastani, West Hills  
 1999 Bekah Skoor, La Costa Canyon Samantha Smith, Mt. Carmel  
 2000 Audrey Stanton, Poway Audrey Stanton, Poway  
 2001 Audrey Stanton, Poway Audrey Stanton, Poway  
 2002 Leizl Moralina, Mt. Carmel Leizl Moralina, Mt. Carmel  
 2003 Melanie Prather, West Hills Chelsey Hatch, Mt. Carmel  
 2004 Lindsey Newman, Mt. Carmel Lindsey Newman, Mt. Carmel  
 2005 Caroline Lopez, Poway Eily Murphy, Mt. Carmel  
 2006 Caitlin Tran, Rancho Bernardo Tina Wilhelm, Mt. Carmel  
 2007 Sara Surh, Rancho Bernardo Caitlin Tran, Rancho Bernardo  
 2008 Sara Surh, Rancho Bernardo Shelby Bruce, Mt. Carmel  
 2009 Shelby Bruce, Mt. Carmel Shelby Bruce, Mt. Carmel  
 2010 Lexi Kammeyer, West Hills Lexi Kammeyer, West Hills  
 2011 Alliya Pinckney, Mt. Carmel Alliya Pinckney, Mt. Carmel  
 2012 Sara Call, Mt. Carmel Dana Wardell, Steele Canyon  
 2014 Shelby Bruce, /Sarah Engebretson, Fallbrook

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## **GIRLS GYMNASTICS**

### **INDIVIDUAL CHAMPIONS**

#### **Year Optional beam Optional floor exercise Optional vault**

1975 Sherry Rice, Santana Sherry Rice, Santana Sherry Rice, Santana  
 1976 Sherry Rice, Santana Sherry Rice, Santana Sherry Rice, Santana  
 1977 Sue Swenson, Patrick Henry Norma Brullo, Valhalla Norma Brullo, Valhalla  
 1978 Reagan Healy, El Camino Deanna Johnson, Bonita Vista Reagan Healy, El Camino  
 1979 Reagan Healy, El Camino Deanna Johnson, Bonita Vista Debbie Anding, Poway  
 1980 Deanna Johnson, Bonita Vista Merilee Munger, Bonita Vista Deanna Johnson, Bonita Vista  
 1981 September Hunt, Mt. Carmel Cheryl Fletcher, Valhalla Cheryl Fletcher, Valhalla  
 1982 Gigi Ambandos, Torrey Pines Gigi Ambandos, Torrey Pines Joy Durrett, Helix  
 1983 Beth Hardesty, Torrey Pines Denise Boiselle, Patrick Henry Jamie Virgil, Santana  
 1984 Raquel Peugh, San Dieguito Raquel Peugh, San Dieguito Jamie Virgil, Santana  
 1985 Eileen Maul, Santana Eileen Maul, Santana Dawn Hansen, Santana  
 1986 Maria Kilbo, USDHS Jennifer Minkler, Valhalla Jamie Virgil, Santana  
 1987 Laurie Russell, Mt. Carmel Dawn Cooper, Mt. Carmel Lisa Cody, Torrey Pines  
 1988 Tasha Taylor, Torrey Pines Alicia Santana, El Cajon Valley Tasha Taylor, Torrey Pines  
 1989 Julie Kawaski, Torrey Pines Paige Peterman, Fallbrook Tasha Taylor, Torrey Pines  
 1990 Mona Nedjar, El Camino Mona Nedjar, El Camino Katie Berry, Granite Hills  
 1991 Paige Peterman, Fallbrook Paige Peterman, Fallbrook Paige Peterman, Fallbrook  
 1992 Natalie Cadondon, Mt. Carmel Paige Peterman, Fallbrook Paige Peterman, Fallbrook  
 1993 Natalie Cadondon, Mt. Carmel Natalie Cadondon, Mt. Carmel Annie Bretado, Morse  
 1994 Erika Cronk, Helix Jenna Herrmann, West Hills Erika Cronk, Helix  
 1995 Jenna Herrmann, West Hills Jenna Herrmann, West Hills Alanna Trimble, San Dieguito  
 1996 April Radovich, Granite Hills April Radovich, Granite Hills Kelly Mathiasen, Eastlake  
 1997 Kelly Mathiasen, Eastlake April Radovich, Granite Hills Kelly Mathiasen, Eastlake  
 1998 Lesley Ross, La Costa Canyon Kelly Mathiasen, Eastlake Kelly Mathiasen, Eastlake  
 1999 Natalie Good, West Hills Natalie Good, West Hills Monique Johnson, Mission Bay

2000 Jacqui Davison, Poway Natalie Good, Children's Creative Natalie Good, Children's Creative  
and Performing Arts Academy and Performing Arts Academy  
2001 Jacqui Davison, Poway Jaime Howe, Poway Brittany May, Mt. Carmel  
2002 Jacqui Davison, Poway Brittany May, Mt. Carmel Ashlee Hegner, West Hills  
2003 Brittany May, Mt. Carmel Alex Tuthill, Santana Brittany May, Mt. Carmel  
2004 Alex Tuthill, Santana Jessica Heilman, Helix Cara Tabor, R. Bernardo  
2005 Nicole Tamayoshi, Mt. Carmel Nicole Tamayoshi, Mt. Carmel Jillian Vance, Torrey Pines  
2006 Nicole Tamayoshi, Mt. Carmel Nicole Tamayoshi, Mt. Carmel Nicole Burgio, Santana  
2007 Colleen Lonac, Torrey Pines Colleen Lonac, Torrey Pines Tina Wilhelm, Mt. Carmel  
2008 Tina Lu, Westview Liz Mazer, Otay Ranch Liz Mazer, Otay Ranch  
2009 Tina Wilhelm, Mt. Carmel Kimi Kusunose, La Costa Canyon Tina Wilhelm, Mt. Carmel  
2010 Ruby Harrison, Mt. Carmel Kaitlyn Mohr, Torrey Pines Mechelle Negrete, Steele Canyon  
2011 Natalie Jaynes, La Costa Canyon Maddy Goss, La Costa Canyon Cassidy Lopez, Olympian  
2012 Natalie Jaynes, La Costa Canyon Tori Anderson, West Hills Tori Anderson, West Hills  
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## **GIRLS GYMNASTICS**

### **INDIVIDUAL CHAMPIONS**

#### **Year Optional uneven bars Optional all-around**

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  
and Alex Tuthill, Santana  
2004 Nicole Burgio, Santana Alex Tuthill, Santana  
2005 Breanne Evans, Poway Colleen Lonac, Torrey Pines  
2006 Nicole Burgio, Santana Colleen Lonac, Torrey Pines  
2007 Casey Evans, Torrey Pines Tina Wilhelm, Mt. Carmel  
2008 Tina Lu, Westview Tina Lu, Westview  
2009 Ruby Harrison, Mt. Carmel Tina Wilhelm, Mt. Carmel  
2010 Ruby Harrison, Mt. Carmel Ruby Harrison, Mt. Carmel  
2011 Ruby Harrison, Mt. Carmel Ruby Harrison, Mt. Carmel  
2012 Tori Anderson, West Hills Tori Anderson, West Hills  
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