

**STANFORD ATHLETICS
MEDIA RELATIONS**

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**2010
STANFORD
WOMEN'S GYMNASTICS**

Women's Gymnastics Contact: David Kiefer
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Stanford Women's Gymnastics Facts**General Information**

Location: Stanford, Calif.
Enrollment: 15,140 (6,812 undergrad)
Nickname: Cardinal
Colors: Cardinal and White
Conference: Pacific-10
Home Gyms (capacity):
Maples Pavilion (5,488)
Burnham Pavilion (1,200)
Training Facility:
Ford Center
President: Dr. John L. Hennessy
Athletics Director: Bob Bowlsby
Sport Administrator: Darrin Nelson
Faculty Athletic Rep.: Ellen Markman
Athletics Web site: gostanford.com
National Team Championships: 111
Consecutive Directors' Cups: 15

Women's Gymnastics Staff

Head Coach:
Kristen Smyth (California, '93),
ninth year
Record at Stanford: 121-35-1
E-mail: kristen.smyth@stanford.edu
Office phone: (650) 725-6143
Assistant Coach:
Chris Swircek (San Jose St. '93),
seventh year
E-mail: cswircek@stanford.edu
Assistant Coach:
Mike Lorenzen (Maryland '86),
fifth year
E-mail: lorenzen@stanford.edu
Office phone: (650) 724-0457
Office fax: (650) 725-4471
Volunteer Assistant Coach:
Lindsay Wing (Stanford '04), 1st year
Trainer: Lindsey Dame
Strength and Conditioning Coach:
Jason Quan

Team Information

2009 Record: 17-4
2009 Pac-10 Finish: Third
2009 Regional Finish: Second
2009 NCAA Finish: Eighth
National Ranking: 4
Returning first-team All-American:
Carly Janiga
NCAA Super Six Appearances:
2002, 2004, 2007, 2008
Best NCAA Finish: Third (2004, 2008)
Letterwinners Ret/Lost: 11/3

Media Relations

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Stanford Athletics Media Relations
Arrillaga Family Sports Center
641 E. Campus Dr.

Stanford Women's Gymnastics Roster

Name	Ht.	Yr.	Hometown	High School	Club
Shelley Alexander	5-2	Jr.	Seguin, Texas	Seguin	USA Aerial Gymnastics
Alyssa Brown	5-2	So.	Oakville, Ontario, Canada	Abbey Park	Gymnastics Mississauga
Stephanie Carter	5-6	Sr.	Fair Oaks, Calif.	Bella Vista	Byers Gymnastics Center
Nicole Dayton	5-4	Fr.	Grand Rapids, Mich.	East Grand Rapids	Geddert's Twistars USA
Danielle Ikoma	4-11	Jr.	Naperville, Ill.	Naperville Central	Arena Gymnastics
Allyse Ishino	5-1	Sr.	Santa Ana, Calif.	Foothill	Gliders Gymnastics
Carly Janiga	4-11	Sr.	Paradise Valley, Ariz.	Saguaro	Desert Devils Gymnastics
Ashley Morgan	5-1	Fr.	Danville, Calif.	Carondelet	Bay Aerials Gymnastics
Catherine Nguyen	5-2	So.	Plano, Texas	Spring Creek Academy	World Olympic Gymnastics Academy
Nicole Pechanec	5-5	So.	Phillipsburg, N.J.	Keystone National	Aiken Gymnastics
Jenny Peter	5-4	So.	Lincoln, Neb.	Lincoln Southeast	Solid Rock Gymnastics
Blair Ryland	4-11	Sr.	Woodbridge, Va.	Woodbridge Senior	Capital Gymnastics
Alexandra Skoly	5-4	So.	East Greenwich, R.I.	La Salle Academy	Aim High Gymnastics
Tenaya West	5-4	Sr.	Davis, Calif.	Davis	International Gymnastics Centre
Ming Ya Zhou	5-1	Fr.	Framingham, Mass.	Framingham	Brestyan's American Gym

Coaching Staff

Head Coach: Kristen Smyth (California '93), ninth season
Assistant Coaches: Chris Swircek (San Jose State '93), seventh season; Mike Lorenzen (Maryland '86), fifth season
Volunteer Assistant Coach: Lindsay Wing (Stanford '04), first season