

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

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	

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	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	Angela Gudde, 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 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

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

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

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

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 Boiselle, 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

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

INDIVIDUAL CHAMPIONS

Year Optional uneven bars

1975 Sherry Rice, Santana
 1976 Jennie Hale, Santana
 1977 Ann Slater, Helix
 1978 Susan Root, Fallbrook
 1979 Deanna Johnson, Bonita Vista
 1980 Deanna Johnson, Bonita Vista
 1981 Denise Boiselle, Patrick Henry
 1982 Gigi Ambandos, Torrey Pines
 1983 Denise Boiselle, Patrick Henry
 1984 Lisa Jordan, Grossmont
 1985 Eileen Maul, Santana
 1986 Dawn Hansen, Santana
 1987 Laurie Russell, Mt. Carmel
 1988 Eileen Maul, Santana
 1989 Tasha Taylor, Torrey Pines
 1990 Julie Kawasaki, Torrey Pines
 1991 Annie Bretado, Morse
 1992 Julianne Somers, Granite Hills
 1993 Natalie Cadondon, Mt. Carmel
 1994 Jenna Herrman, West Hills
 1995 Lori Gillette, Torrey Pines
 1996 Kally Mathiasen, Eastlake
 1997 April Radovich, Granite Hills
 1998 Andrea Boggs, Granite Hills
 1999 Emmi Nidorf, Mt. Carmel
 2000 Jaime Howe, Poway
 2001 Jaime Howe, Poway
 2002 Brittany May, Mt. Carmel
 2003 Brittany May, Mt. Carmel

 2004 Nicole Burgio, Santana
 2005 Breanne Evans, Poway
 2006 Nicole Burgio, Santana
 2007 Casey Evans, Torrey Pines
 2008 Tina Lu, Westview
 2009 Ruby Harrison, Mt. Carmel

Optional all-around

Sherry Rice, Santana
 Sherry Rice, Santana
 Norma Brullo, Valhalla
 Reagan Healy, El Camino
 Deanna Johnson, Bonita Vista
 Deanna Johnson, Bonita Vista
 Cheryl Fletcher, Valhalla
 Gigi Ambandos, Torrey Pines
 Jamie Virgil, Santana
 Raquel Peugh, San Dieguito
 Eileen Maul, Santana
 Eileen Maul, Santana
 Lisa Cody, Torrey Pines
 Tasha Taylor, Torrey Pines
 Tasha Taylor, Torrey Pines
 Mona Nedjar, El Camino
 Paige Peterman, Fallbrook
 Julianne Somers, Granite Hills
 Natalie Cadondon, Mt. Carmel
 Erika Cronk, Helix
 Jenna Herrmann, West Hills
 Kelly Mathiasen, Eastlake
 April Radovich, Granite Hills
 Kelly Mathiasen, Eastlake
 Natalie Good, West Hills
 Caitlin Wheeler, West Hills
 Brittany May, Mt. Carmel
 Brittany May, Mt. Carmel
 Brittany May, Mt. Carmel
 and Alex Tuthill, Santana
 Alex Tuthill, Santana
 Colleen Lonac, Torrey Pines
 Colleen Lonac, Torrey Pines
 Tina Wilhelm, Mt. Carmel
 Tina Lu, Westview
 Tina Wilhelm, Mt. Carmel