

GIRLS GYMNASTICS

Team Champions

(champion, runner-up)

AAA

2012	Frank W. Cox	148.075	Washington-Lee	146.200
2011	Great Bridge	149.100	Floyd E. Kellam	146.225
2010	Floyd E. Kellam	151.100	Battlefield	149.800
2009	Osborn Park	150.900	Floyd E. Kellam	150.800
2008	Osborn Park	150.700	Floyd E. Kellam	149.750
2007	Osborn Park	150.200	Floyd E. Kellam	148.700
2006	Floyd Kellam	150.750	Lake Braddock	149.825
2005	Stonewall Jackson	150.025	Lake Braddock	147.975
2004	Langley	151.475	Princess Anne	150.375
2003	Princess Anne	152.12	Frank Cox	148.02
2002	Princess Anne	149.42	Langley	149.15
2001	Princess Anne	151.30	Ocean Lakes	148.53
2000	Chantilly	150.45	Lake Braddock	149.05
1999	Lake Braddock	150.425	Stafford	146.25
1998	Lake Braddock	149.70	Oakton	144.55
1997	Lake Braddock	152.45	Frank Cox	145.75
1996	Lake Braddock	147.60	Frank Cox	146.70
1995	Lake Braddock	146.05	Frank Cox	144.20
1994	Floyd Kellam	145.00	Centreville	142.50
1993	Oakton	109.55	Centreville	108.80
1992	Salem-Va Beach	112.90	Thomas Dale	109.05
1991	North Stafford	108.90	Stafford	106.00
1990	North Stafford	109.25	West Springfield	106.20
1989	North Stafford	108.05	West Springfield	107.45
1988	North Stafford	107.65	West Springfield	107.30
1987	Lake Braddock	108.95	West Springfield	108.35
1986	Lake Braddock	107.95	Frank Cox	107.30
1985	Osborn Park	106.80	South Lakes, Frank Cox	104.05
1984	James Robinson	101.95	Lake Braddock	100.00
1983	Lake Braddock	52.25	Frank Cox	35.80
1982	South Lakes	78.75	Frank Cox	43.68
1981	Cave Spring	61.35	South Lakes	61.05
1980	W.T. Woodson	67.75	Lake Braddock	43.80
1979	Lake Braddock	86.80	W.T. Woodson	68.35
1978	W.T. Woodson	119.95	Lake Braddock	88.35
1977	Gar-Field	173.60	Lake Braddock	141.80
1976	Cave Spring	146.00	Chantilly	137.00
1975	Yorktown	179.80	Midlothian	178.97
1974	Midlothian	153.95	Yorktown	150.55

“Unclassified”

1991	Broad Run	101.25	Chancellor	96.55
1990	Park View-Sterling	103.35	Broad Run	103.20
1989	Park View-Sterling	104.60	Chancellor	95.75
1988	Park View-Sterling	105.05	Broad Run	98.90
1987	Tabb	99.25	Park View-Sterling	99.00
1986	Courtland	103.70	Park View-Sterling	101.35
1985	Tabb	101.65	Courtland	100.50
1984	Not Available			

1983	Park View-Sterling	58.50	Franklin	42.93
1982	Park View-Sterling	60.10	Franklin	42.90
1981	Franklin	72.25	Park View-Sterling	66.82
1980	Poquoson	66.10	Blacksburg	59.90
1979	Tabb	62.95	Osborn Park	45.35
1978	Osborn	66.85	Varina	64.40
1977	Varina	145.40	Brookville	90.80
1976	Varina	106.00	Broad Run	99.00
1975	Varina	154.87	Blacksburg	123.60
1974	Varina	155.60	Dublin	115.03

Individual Champions

AAA

All Around:

2012	38.875	Jamie Stone	Western Branch
2011	38.525	Maebelle Pacheco	Salem-Va. Beach
2010	39.000	Maria Hayden	Herndon
2009	39.250	Kirsten Strausbaugh	Floyd Kellam
2008	39.300	Kirsten Strausbaugh	Floyd Kellam
2007	39.075	Leslie Delima	Salem-Va Beach
2006	39.500	Kara Wright	First Colonial
2005	38.950	Kara Wright	First Colonial
2004	38.825	Kara Wright	First Colonial
2003	39.325	Kara Wright	First Colonial
2002	39.150	Christina Ghani	Lake Braddock
2001	39.075	Emma Cross	Atlee
		Kelly Kello	Ocean Lakes
2000	39.375	Michelle Pearson	Thomas Edison
1999	39.10	Michelle Pearson	Thomas Edison
1998	38.50	Felisa Madrigal	Kempsville
1997	39.025	Gillian Cote	James Monroe
1996	38.05	Brooke Sawyer	Floyd Kellam
1995	38.85	Rachel Rounds	Atlee
1994	38.20	Katherine Creswell	Menchville
1993	38.10	Heather Schnelzer	Fairfax
1992		Jennifer Thomas	Salem-Virginia Beach
1991		Arousha Yousefi	Chantilly
1990	36.90	Mindy Berg	North Stafford
1989	36.80	Heather Lange	Cave Spring
1988	36.65	Christie Epperly	Cave Spring
1987	37.40	Sheri Susi,	West Springfield
1986	37.10	Lori Lebo	Floyd Kellam
1985	36.85	Missy Sokol	Osborn Park
1984	35.90	Jan Foster	Robert E. Lee-Springfield
1983	35.80	Kim Lewis	Frank Cox
1982	36.25	Michele Ritenour	Stonewall Jackson
1981	37.60	Michele Ritenour	Stonewall Jackson
1980	35.50	Kathy Ripley,	Lake Braddock
1979		Kathy Ripley	Lake Braddock
1978	69.15	Peggy Spicer	Gar-Field
1977	62.75	Teresa Karnitshenig	First Colonial
1976	67.60	Amy Waldron	Cave Spring
1975	63.93	Jan Roltsch	Gar-Field
1974	56.35	Jan Roltsch	Gar-Field
1973	30.50	Karen Zamjohn	Yorktown
1972	22.75	Nancy Pratt	Yorktown
1971	28.45	Anna Lee,	Washington-Lee

1970	25.0	Thanne Poth	Washington-Lee	2000	9.82	Erin Pendleton	Hickory
1969		Theresa Eppolito	Thomas Edison	1999	9.900	Michelle Pearson	Thomas Edison
Floor:				1998	9.80	Felisa Madrigal	Kempsville
2012	9.750	Jamie Stone	Western Branch	1997	9.775	Gillian Cote	James Monroe
2011	9.750	Maebelle Pacheco	Salem-Va. Beach	1996	9.80	Gillian Cote	James Monroe
2010	9.700	Maria Hayden	Herndon	1995	9.55	Megan Dameron	Thomas Dale
2009	9.725	Kirsten Strausbaugh	Floyd Kellam	1994	9.70	Liane Williams	Bayside
	9.725	Katie Barton	Floyd Kellam			Stephanie Paegal	Centreville
2008	9.750	Kirsten Strausbaugh	Floyd Kellam	1993	9.65	Heather Schnelzer	Fairfax
2007	9.775	Leslie Delima	Salem-Va Beach	1992	9.65	Erin Shanley	Princess Anne
2006	9.900	Kara Wright	First Colonial	1991		Kenna Benson	North Strafford
2005	9.800	Kara Wright	First Colonial	1990	9.40	Kenna Benson	North Stafford
2004	9.825	Kara Wright	First Colonial	1989	9.45	Mindy Berg	North Stafford
2003	9.850	Kara Wright	First Colonial	1988		Christie Epperly	Cave Spring
2002	9.825	Christina Ghani	Lake Braddock	1987	9.40	Sheri Susi,	West Springfield
2001	9.70	Amanda Candler	Princess Anne	1986		Cherylynn Lillvik	James Robinson
2000	9.85	Whitney Cashwell	Floyd Kellam	1985	9.60	Missy Sokol	Osborn Park
1999	9.80	Michelle Pearson	Thomas Edison	1984	9.30	Cheri Tester	Lake Braddock
1998	9.55	Nicole Bascope	Lake Braddock	1983	9.25	Janelle Folker	T. J.-Alexandria
1997	9.80	Gillian Cote	James Monroe and	1982	9.45	Maggie Eisenhower	Lake Braddock
		Darden Wilee	Great Bridge	1981		Michele Ritenour	Stonewall Jackson
1996	9.70	Gillian Cote	James Monroe	1980	9.25	Heidi Olson,	South Lakes
1995	9.60	Michelle Alexander	Floyd Kellam	1979	9.20	Jaudon Conkwright	Frank Cox
		Davinia Roberts	Salem-Virginia Beach	1978	18.05	Leslie Tranchini	W.T. Woodson
1994	9.75	Liane Williams	Bayside	1977	17.05	Laura Mills	Robert E. Lee-Springfield
1993	9.60	Liane Williams	Bayside	1976	17.30	Amy Waldron	Cave Spring
1992	9.65	Jennifer Thomas	Salem-Virginia Beach	1975	15.90	Jan Roltsch	Gar-Field
1991		Jennifer Thomas	Salem-Virginia Beach	1974	14.75	Nancy Hester	Henrico
1990	9.40	Arousha Youseffi	Chantilly	1973	7.70	Sandy Conkwright	Frank Cox
1989	9.40	Arousha Youseffi	Chantilly	1972	7.30	Nancy Pratt	Yorktown
1988	9.30	Karen Chester	Denbigh	1971	7.30	Anna Lee	Washington-Lee
1987	9.55	Sheri Susi,	West Springfield	1970	6.10	Thanne Poth	Washington-Lee
1986	9.55	Lori Lebo	Floyd Kellam	1969		Betsy East	Yorktown
1985	9.30	Jeanne Foster	Robert E. Lee-Springfield	Beam :			
1984	9.40	Becky Mohap	Kempsville	2012	9.825	Jenine Hutt	Salem-Virginia Beach
1983	9.30	Kim Lewis	Frank Cox	2011	9.900	Kelly McKay	Brentsville District
1982	9.45	Lori Pepple	Lake Braddock	2010	9.750	Jenine Hutt	Salem-Va. Beach
1981		Michele Ritenour	Stonewall Jackson	2009	9.825	Megan Melendez	North Stafford
1980	9.10	Lauren Rudd,	W.T. Woodson	2008	9.825	Kirsten Strausbaugh	Floyd Kellam
1979	8.70	Anne Czapiewski	Thomas Jefferson-Alex.	2007	9.750	Kirsten Strausbaugh	Floyd Kellam
1978	18.50	Peggy Spicer	Gar-Field	2006	9.825	Leslie Delima	Salem
1977	16.85	Peggy Spicer	Gar-Field	2005	9.80	Sam Brooks	Colonial Forge
1976	16.85	Amy Waldron	Cave Spring		9.80	Allison Burkett	Stone Bridge
1975	17.04	Beth Anderson	Hampton	2004	9.90	Kelly Seivert	Princess Anne
1974	16.45	Kathy Turco	Manchester	2003	9.825	Kara Wright	First Colonial
1973	8.55	Kathy Turco	Manchester	2002	9.90	Kelly Sievert	Princess Anne
1972	7.30	Shelly Coghill	Midlothian	2001	9.825	Emma Cross	Atlee
1971	8.05	Liz Mostram	Yorktown	2000	9.97	Erin Pendleton	Hickory
1970	7.40	Martha Furlong	Huguenot	1999	9.80	Michelle Pearson	Thomas Edison
1969		Theresa Eppolito	Thomas Edison	1998	9.80	Felisa Madrigal	Kempsville
				1997	9.70	Gillian Cote	James Monroe
Bars:						Brandee Gound	Lake Braddock
2012	9.900	Mary Lynn Clark	Washington-Lee	1996	9.70	Merritt Noble	Herndon
2011	9.875	Sheriese Clark	Tallwood	1995	9.65	Michelle Alexander	Floyd Kellam
2010	9.925	Maria Hayden	Herndon	1994	9.75	Katherine Creswell	Menchville
2009	9.900	Kirsten Strausbaugh	Floyd Kellam	1993	9.55	Heather Schnelzer	Fairfax
2008	9.900	Katie Barton	Floyd Kellam	1992	9.40	Laura Beth	Salem-Virginia Beach,
2007	9.850	Maria Hayden	Herndon			Kristina Kaiser	James Robinson,
2006	9.900	Kara Wright	First Colonial			Kristi Van Buren	Oakton
2005	9.80	Kara Wright	First Colonial	1991	9.55	Jennifer Thomas	Salem-Virginia Beach
2004	9.85	Lisa Faulkner	Langley	1990	9.50	Linda Dameron	Thomas Dale
2003	9.85	Jess Saucedo	Ocean Lakes	1989	9.27	LeeAnne Revell	West Springfield
2002	9.80	Jess Saucedo	Ocean Lakes	1988	9.30	Heather Lange	Cave Spring
2001	9.875	Kelly Kello	Ocean Lakes	1987	9.30	Heather Lange,	Cave Spring

1986	9.66	Lori Lebo	Floyd Kellam
1985	9.60	Jeanne Foster	Robert E. Lee-Springfield
1984	9.15	Lynn Dreylinger	Fort Hunt
1983	9.25	Jeanne Foster	Robert E. Lee-Springfield
1982	8.90	Leah Ranney	George Marshall
1981		Michele Ritenour	Stonewall Jackson
1980	9.20	Kathy Ripley	Lake Braddock
1979	9.10	Kathy Ripley	Lake Braddock
1978	17.0	Peggy Spicer	Gar-Field
1977	16.05	Teresa Karnitshenig	First Colonial
1976	17.75	Amy Waldron	Cave Spring
1975	16.70	Natalie Bradt	Midlothian
1974	14.60	Chris Ulanski	Annandale
1973	8.50	Chris Ulanski	Annandale
1972	7.70	Kathy Turco	Midlothian
1971	6.90	Thanne Poth	Washington-Lee
1970	7.40	Martha Furlong	Huguenot
1969		Theresa Eppolito	Thomas Edison

Vault:

2012	9.900	Mary Lynn Clark	Washington-Lee
2011	9.925	Maebelle Pacheco	Salem-Va. Beach
2010	9.900	Maebelle Pacheco	Salem-Va. Beach
2009	9.875	Kirsten Strausbaugh	Floyd Kellam
2008	9.900	Kirsten Strausbaugh	Floyd Kellam
2007	9.850	Leslie Delima	Salem-Va Beach
2006	10.00	Talia Tossone	Floyd Kellam
2005	9.925	Katie McCoy	Herndon
2004	9.95	Kara Wright	First Colonial
2003	10.00	Kelly Stevison	Osborn Park
2002	9.875	Christina Ghani	Lake Braddock
2001	9.90	Kelly Kello	Ocean Lakes
2000	9.95	Michelle Pearson	Thomas Edison
		Annie Carroll	Kempsville
1999	9.925	Sarah Spring	Lake Braddock
1998	9.80	Sarah Spring	Lake Braddock
1997	9.75	Gillian Cote	James Monroe
		Sarah Spring	Lake Braddock
1996	9.70	Shannon Osborne	Varina
1995	9.40	Davina Roberts	Salem-Virginia Beach
		Rachael Rounds	Atlee
1994	9.70	Brooke Sawyer	Floyd Kellam and
		Liane Williams	Bayside
1993	9.50	Liane Williams	Bayside
1992	9.60	Erin Shanley	Princess Anne
1991		Jen Chu	South Lakes
1990	9.30	Mindy Berg	North Stafford
1989	9.70	Anna Dwyer	Western Branch
1988		Christie Epperly	Cave Spring
1987	9.55	Sheri Susi,	West Springfield
1986		Natalie Taylor	Frank Cox
1985	9.60	Tonya Barton	Falls Church
1984	9.50	Angel Bursenos	Oakton
1983	9.15	Kim Lewis	Frank Cox
1982	9.35	Michele Ritenour	Stonewall Jackson
1981	9.70	Karen Early	Kempsville
1980	9.25	Jenny Tomlinson,	South Lakes
1979	9.20	Jodi Phillipi	Fairfax
1978	17.40	Kathy Proctor	Frank Cox
1977	15.60	Dana Settle	Thomas Jefferson-Alex
1976	16.15	Suzette Harmon	Chantilly
1975	15.87	Chris Hughes	Yorktown
1974	14.00	Jessica Robertson	Langley
1973	8.35	Shelly Coghill	Midlothian
1972	7.60	Nancy Pratt	Yorktown

1971	7.55	Rosemary Kiem	Woodbridge
1970	7.50	Nancy Thompson	Princess Anne
1969		Theresa Eppolito	Thomas Edison

Tumbling:

1972	7.70	Diane Friedman	Oakton
1971	7.20	Dianne Friedman	Oakton
1970	6.30	Vickie Holt	Hopewell
1969		Pat Gill	Frank Cox

Unclassified

All-Around:

1991	34.15	Stacy Spitzer	Park View-Sterling
1990	34.80	Kristi McDonald	Park View-Sterling
1989	33.95	Alexa Constatinades	York
1988	34.30	Leah Terrell	Park View-Sterling
1987	36.75	Heather Clayton	Tabb
1986	36.05	Heather Clayton	Tabb
1985	35.40	Jennifer Ramsey	York
1984		Not Available	
1983	34.88	Susan Stone	Franklin
1982	33.90	Susan Stone	Franklin
1981	34.23	Lisa Zuraw	Park View-Sterling
1980	33.30	Monica Chandler	Park View-Sterling
1979	33.20	Jan Herndon	Tabb
1978	66.65	Nan George	Osborn
1977	57.75	Dana Williams	Varina
1976	60.50	Mary Reynolds	Varina
1975	51.92	Charlotte Reynolds	Varina
1974	55.30	Diane Garber	Varina

Floor:

1991	8.95	Linda McLain	Chancellor
1990	8.70	Kristi McDonald	Park View-Sterling
1989	8.70	Rachel Krolikowski	Broad Run
1988	9.10	Theresa Cummings	Park View-Sterling
1987	9.30	Heather Clayton	Tabb
1986	9.15	Heather Williamson	Courtland
1985	9.07	Lisa Hughes	Martinsville
1984		Not Available	
1983	9.0	Susan Stone	Franklin
1982	8.65	Jan Hammond	Brookville
1981		Not Available	
1980	8.80	Monica Chandler	Park View-Sterling
1979		Jan Herndon	Tabb
1978	17.15	Dana Williams	Varina
1977	15.45	Phyllis Nelson	Varina
1976	14.80	Kathy Anch	Broad Run
1975	13.73	Phyllis Nelson	Varina
1974	13.70	Diane Garber	Varina

Bars:

1991	8.50	Heather Hause	York
	8.50	Whitney Mansfield	Park View Sterling
1990	8.95	Alexa Constatinades	York
1989	9.05	Alexa Constatinades	York
1988	8.80	Leah Terrell	Park View-Sterling
1987	9.30	Heather Clayton	Tabb
1986	9.50	Heather Clayton	Tabb
1985	9.00	Johnna Duncan	Courtland
1984		Not Available	
1983		Susan Stone	Franklin
1982	9.35	Lisa Zuraw	Park View-Sterling
1981		Not Available	
1980	8.75	Monica Chandler	Park View-Sterling

1979		Jan Herndon	Tabb
1978	16.70	Nan George	Osborn
1977	15.90	Mary Reynolds	Varina
1976	16.30	Charlotte Reynolds	Varina
1975	13.44	Charlotte Reynolds	Varina
1974	7.70	Sandy Conkwright	Frank Cox
Beam:			
1991	8.60	Brandy Fertitta	Poquoson
1990	8.95	Lucy Rankin	Broad Run
1989	8.55	Theresa Cummings	Park View-Sterling
1988	9.35	Laura Hill	Suffolk
1987	9.20	Karol Barton	Franklin
1986	9.10	Johnna Duncan	Courtland
1985	9.15	Johnna Duncan	Courtland
1984		Not Available	
1983		Susan Stone	Franklin
1982	8.25	Susan Stone	Franklin
1981		Not Available	
1980		Not Available	
1979	7.30	Nan George	Osborn
1978	16.10	Nan George	Osborn
1977	14.20	Becky Atkins	Varina
1976	15.95	Charlotte Reynolds	Varina
1975	13.95	Mary Reynolds	Varina
1974	14.35	Diane Garber	Varina
Vault:			
1991	9.15	Stacey Spitzer	Park View Sterling
1990	8.80	Kristi McDonald	Park View-Sterling
1989	8.75	Alexa Constatinades	York
1988	8.95	Alexa Constatinades	York
1987	9.35	Heather Clayton	Tabb
1986	9.10	Sherry Schwalm	Courtland
1985	9.30	Susan Benson	William Byrd
1984		Not Available	
1983	9.10	Susan Benson	William Byrd
1982	8.90	Susan Benson	William Byrd
1981		Not Available	
1980	8.75	Monica Chandler	Park View-Sterling
1979	8.90	Monica Chandler	Park View-Sterling
1978	16.75	Nan George	Osborn
1977	14.20	Dana Williams	Varina
1976	15.10	Kathy Anch	Broad Run
1975	12.30	Mary Reynolds	Varina
1974	12.30	Bonnie McLemore	Varina

Team Records

Most championships:

9 Lake Braddock 1995-99, 1986-87, 1983, 1979

Individual Records

Multiple championships (5 or more):

12	Kara Wright	First Colonial	2003-06
9	Kirsten Strausbaugh	Floyd Kellam	2007-09
7	Gillian Cote	James Monroe	1996-97
6	Michelle Pearson	Thomas Edison	1999-00
6	Michele Ritenour	Stonewall Jackson	1981-82
6	Susan Stone	Franklin	1982-83
5	Nan George	Osborn	1978-79

5	Monica Chandler	Park View-Sterling	1979-80
5	Heather Clayton	Tabb	1986-87
5	Liane Williams	Bayside	1993-94

Multiple All-Around Championships (3 or more):

4	Kara Wright	First Colonial	2003-06
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Outstanding performances:

All-Around:

39.50	Kara Wright	First Colonial	2006
39.37	Michelle Pearson	Thomas Edison	2000

Floor:

9.90	Kara Wright	First Colonial	2006
9.85	Whitney Cashwell	Floyd Kellam	2000
9.85	Kara Wright	First Colonial	2003

Bars:

9.900	Michelle Pearson	Thomas Edison	1999
9.900	Kara Wright	First Colonial	2006
9.900	Katie Barton	Floyd Kellam	2008
9.900	Kirsten Strausbaugh	Floyd Kellam	2009
9.900	Mary Lynn Clark	Washington-Lee	2012

Beam:

9.97	Erin Pendleton	Hickory	2000
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Vault:

10.00	Talia Tossone	Floyd Kellam	2006
10.00	Kelly Stevison	Osborn Park	2003

Tumbling:

7.700	Diane Friedman	Oakton	1972
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Coaching Records

Most wins:

341	Skip Mollenhauer (active)	Menchville	1965-2002
204	Ann Ripley	Centreville	1976-94