



Facilities

The women's gymnastics team competes in the 2,000-seat Blake Arena located in the Physical Education Complex. Gymnasts train in Kresge Gym, a fully equipped, top-notch facility. Team members practice and compete on the most up-to-date equipment, including an AAI Palmer Spring Floor, two AAIElite uneven bars, four AAIElite balance beams, two AALow beams, and a spring-loaded AAI vaulting table. Two above-ground free foam safety pits and a tumble trac are used for development of new skills on the uneven bars, floor, and vault.



SPRINGFIELD COLLEGE ATHLETICS

Women's Gymnastics 2010



junior
Ashley Moreck

A Proud Tradition

The sport of gymnastics has a special, historical place at Springfield College. Springfield's program is successful competitively and has a storied legacy as a host and pioneer.

Legendary coach **Diane Potter** started the program at Springfield in 1964. In nine of its first 10 seasons of intercollegiate competition, Springfield was undefeated, including six consecutive years from 1968 to 1974 under Coach **Mimi Murray**. Springfield College won AIAW national crowns in 1969, 1972, and 1973. Murray is still a member of the U.S. Gymnastics Federation Executive Board and was inducted into the Springfield College Athletics Hall of Fame in 1993.

One of Springfield's top gymnasts was Olympian **Kathy Corrigan Ekas**. In 1987, Corrigan was the first woman selected to the Springfield College Athletic Hall of Fame; in 1989, Potter became the second female honoree. All-America gymnasts **Judith Markell** (the former women's gymnastics coach at Penn State and the University of Florida) and **Patti Corrigan Dunne** were inducted into the Springfield College Athletic Hall of Fame in 1995 and 1997, respectively.

Coach **Cheryl Raymond** has enjoyed considerable regional and national success. Since 2000, Springfield College gymnasts have received All-America recognition ten times. In 2000, **Gina Gutierrez** earned the National Collegiate Gymnastics Association (NCGA) Division III vault championship, succeeding Springfield's **Shanna Larocque** who had earned the honor the year before.

After moving to Division III for the 1995-96 season, the Pride won the NCGA Championship in its first appearance in the event in 1996. The Pride became the first school east of Chicago to win the NCGA crown in the competition's 13-year history. Springfield also won the 1999 Eastern College Athletic Conference (ECAC) Championship.

Aside from producing some of the nation's finest female gymnasts, Springfield College has also given the sport outstanding coaches and officials and has been the site of numerous regional and national competitions, including the 2000 NCGA Division III National Championships.

Women's gymnastics at Springfield College offers student-athletes other unique opportunities to shine. The famous Springfield College gymnastics exhibition show—better known as the Home Show—takes place annually during Homecoming Weekend in the fall. On Nov. 6-7, 2009, Springfield College celebrated the 100th showing of the exhibition, highlighted by the first all-female tableaux. In the past, the gymnastics programs have performed at the Naismith Memorial Basketball Hall of Fame for special gatherings of basketball legends, politicians, and business leaders, as well as for the 2006 NCAA Division III Women's Basketball Championships Final Four banquet.

Team members practice in Kresge Gym, which features a Palmer spring floor system, a full supply of safety mats, and safety landing pits. There are five balance beams, a tumble trac, two sets of reflex uneven bars, and a vaulting table.

FAST FACTS:

- ▼ The Pride won the National Collegiate Gymnastics Association (NCGA) Division III Championship in 1996 as a team, its first appearance in the event. Springfield College will host the 26th Annual NCGA Championships on March 26-27, 2010.
- ▼ Head coach **Cheryl Raymond**, who is entering her 30th year, is one of the top college coaches in the region.
- ▼ In the last 12 seasons, the Pride gymnasts have received All-American honors 19 times, four of them as national champions.
- ▼ Springfield College's famous gymnastics exhibition show, the highlight of Homecoming Weekend, attracts more than 3,000 spectators each fall. The show on Nov. 6 and 7, 2009, celebrated 100 years of the exhibition.
- ▼ Affiliations: National Collegiate Gymnastics Association (NCGA), Eastern College Athletic Conference (ECAC)
- ▼ Home Court: Blake Arena



senior
Erica Castagna

CONTACT INFORMATION:

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Head Coach Cheryl Raymond

▼ Education

Bethany College '74
Springfield College G'82

▼ Meet Director

- NCAA Championships ('82, '84, '85)
- NCGA Championship ('00)
- ECAC Division II Championships ('88, '91, '95, '99, '04)
- *Co-Director* USGF National Collegiate Championships ('88, '92, '93) at Blake Arena
- *Co-Director* Northeast Regional Championships ('82)

▼ Memberships

- NACG Women's Technical Committee (current) and Executive Committee
- Division III NCAA representative (six years)
- Division II representative on the first NCAA Women's Gymnastics Committee (six years)
- Former chairperson of the USA National Collegiate Gymnastics Rules Committee ('89-'96)
- Former chairperson of the ECAC Women's Gymnastics Committee

Cheryl Raymond, who will be entering her 30th year as women's gymnastics coach and assistant professor of physical education at Springfield College in 2009-10, is one of the top college coaches in the region. This year Raymond and Springfield College look forward to hosting the National Collegiate Gymnastics Association (NCGA) Division III national championships in March.

In 2009, **Ericca Castagna** became a Second Team All-America in the vault at the NCGAs.

In 2008, three of her gymnasts became Second Team All-Americans at the National Collegiate Gymnastics Association (NCGA) Division III National Championships. They included **Jacqui Mazzola** and **Brittany Davis** in the vault, and **Jeanna Bradle** in the uneven parallel bars. Springfield had sent nine individuals to the NCGAs.

In 2007, three Pride gymnasts earned All-American honors at the NCGAs. One, sophomore **Audrey Lastra**, earned three All-America honors, and set the school record for the all-around (38.25). The team won six straight meets in the middle of the season, finished with an 8-2 record, and placed fourth at the ECAC Division III Championships.

During the 2006 season, Springfield posted wins against MIT, SUNY Cortland, and Brockport. The Pride finished fifth at the ECAC Division III Championships and qualified five gymnasts to compete at the NCGAs.

School Records

Vaulting: *Score-9.70*, Lisa Riedman (1997) ▼ **Uneven Bars:** *Score-9.65*, Meg Geddes (1993) ▼ **Balance Beam:** *Score-9.75*, Sarah Dyer (1996) ▼ **Floor Exercise:** *Score-9.825*, Shanna Larocque (2001) ▼ **All-Around:** *Score-38.250*, Audrey Lastra (2007) ▼ **Team:** *Score-186.650*, vs. MIT w/ So. Conn. (2004)

National Champions/Olympian

Patti Corrigan (uneven bars, vaulting), 1971 ▼ **Tara Brady** (vaulting), 1992 ▼ **Sarah Bryson** (floor), 1996 ▼ **Kim Golz** (bars), 1996 ▼ **Shanna Larocque** (vault), 1999 ▼ **Gina Gutierrez** (vault), 2000 ▼ **Kathy Corrigan**, 1964 Olympian

National Championships

AIAW National Champions: 1969, 1970 ▼ NCGA Division III National Champions: 1996

During the 2005 season, the Pride recorded wins against MIT and Brockport. The Pride finished fifth at the ECAC Division III Championships, and qualified five gymnasts to compete at the NCGAs. The 2004 campaign included a thrilling season-opening victory over Division I Yale, and wins over top D-III programs in Wisconsin-Oshkosh, Cortland, and Ithaca. The Pride's 8-10 overall mark was somewhat deceiving as four of the losses were to D-I or D-II programs.

In 2002, the Pride capped a strong season by finishing sixth at the NCGAs. Springfield, which hosted the 2000 national championship, also placed first in 1996, third in 1997 and 2000, fifth in 1998, and sixth in 1999.

Springfield captured the ECAC crown in 1999. The Pride also won the ECAC title in 1993, and finished eighth at the 1992 USGF National Collegiate Championship and sixth in 1993. In 1982, Raymond's squad captured the NCAA Regional Tournament crown and placed fifth at the NCAA Division II Championship.

In 1991 Raymond was honored as an original member of the NCAA Women's Gymnastics Committee at the organization's 10th Anniversary of Women's Athletics banquet. She is also the former chairperson of the ECAC Women's Gymnastics Committee.

Raymond is co-director of Springfield College's popular gymnastics exhibition, which annually attracts more than 3,000 spectators during Homecoming Weekend.

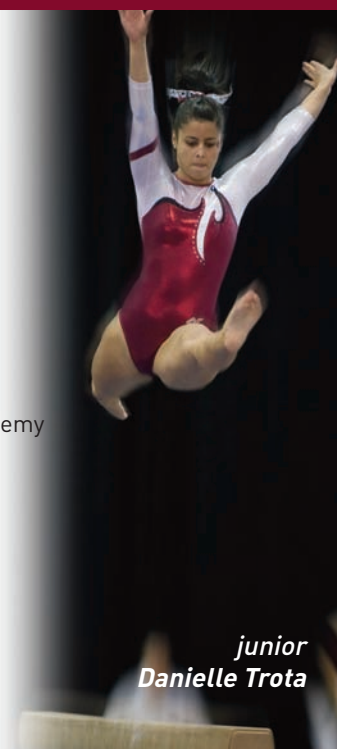
All Americans

Patti Corrigan: 1969-AA, FX, BB, UB, V; 1970-AA, BB, UB, V; 1971-AA, UB, V ▼ **Judi Markell:** 1969-BB; 1971-FX; 1972-BB ▼ **Lucy Miller:** 1970-BB; 1971-AA ▼ **Kate Rafferty:** 1971-BB, UB; 1972-BB ▼ **Bonnie Corrigan:** 1972-UB ▼ **Debbie Dunkley:** 1972-BB, FX, UB; 1973-BB, FX, UB; 1975-BB ▼ **Katherine Kolemainen:** 1973-BB; 1974-V ▼ **Stephanie Jones:** 1975-UB ▼ **Carla Everback:** 1978-BB ▼ **Linda Thompson:** 1978-FX ▼ **Lori Tranghese:** 1978-AA, FX ▼ **Tara Brady:** 1992-V, BB; 1993-FX ▼ **Leslie Bush:** 1992-BB; 1993-FX ▼ **Kristen Coates:** 1993-FX ▼ **Meg Geddes:** 1993-UB ▼ **Sarah Bryson:** 1996-FX, UB ▼ **Tammy Cutrumbes:** 1996-Floor ▼ **Kim Golz:** 1996-UB ▼ **Jen White:** 1996-UB; 1997-UB ▼ **Cathy Thompson:** 1998-UB ▼ **Shanna Larocque:** 1999-AA, FX, V; 2000-FX, UB; 2001-FX ▼ **Gina Gutierrez:** 2000-V; 2002-V ▼ **Lisa Barrett:** 2000-UB ▼ **Audrey Lastra:** 2007-AA, BB, UB ▼ **Jacqui Mazzola:** 2007, 2008-V ▼ **Kristen Fairburn:** 2007-UB ▼ **Brittany Davis:** 2008-V ▼ **Jeanna Bradle:** 2008-UB ▼ **Errica Castagna:** 2009-V

2010 Roster

Name	Cl.	Event(s)	Hometown/Club
Brittany Baglow	Fr.	AA	Amherst, Mass./Hampshire Gym
Jeanna Bradle	Sr.	V, UB	New Milford, Conn./CATS
Amanda Campbell	Jr.	V, BB	Manchester, N.H./Goffstown YMCA
Ericca Castagna	Sr.	V, UB, FX	Topsfield, Mass./Yellow Jackets
Cora Chando	So.	BB, FX	Billerica, Mass./All Star
Brittany Davis	Sr.	V, BB	Shelby, N.C./Starlite Gym.
Kayleigh Davis	Sr.	AA	Whitefield, N.H./Gymnastics Village
Carly Flynn	So.	AA	Franklin, Mass./GTC-Holliston
Megan German	So.	UB, FX	Spencer, Mass./Giguere
Annamarie Graziosa	Fr.	AA	Eastchester, N.Y./YWCA Tumblettes
Kristina Lantos	So.	V, BB	Norton, Mass./Rising Starz
Audrey Lastra	Sr.	BB	New Milford, Conn./Connecticut Gym. Academy
Ashley Moreck	Jr.	V, UB	Berlin, Md./Delmarva Gym. Academy
Christina Pagella	Jr.	V, BB, FX	Westfield, Mass./Whip City Gym.
Nicole Panzarino	Fr.	AA	Freehold, N.J./Galaxy Gymnastics
Samantha Peterson	Fr.	AA	Newton, N.H./Atlantic Gymnastics
Marissa Rusin	Jr.	UB, FX	Garwood, N.J./Surgents Elite Gym.
Lizzie Sartell	Sr.	FX, UB	Narragansett, R.I./Ocean State Gym.
Stephanie Tew	Fr.	BB, FX	East Patchogue, N.Y./Gymnest
Danielle Trota	Jr.	BB, V	Litchfield, Conn./Waterbury Girl's Club

Head Coach: Cheryl Raymond (31st season, Bethany '74, Springfield G'82)
Assistant Coaches: J.J. Ferreira '08, Alice Efland '08



junior
Danielle Trota

2009 Results

JANUARY

10	Southern Connecticut State	L, 178.975-185.075
18	at SUNY Brockport w/Ursinus	3rd/3 teams w/179.150
24	RIC w/Southern Connecticut State	2nd/3 teams w/180.68

FEBRUARY

1	Ithaca	W, 184.950-181.575
8	at SUNY Cortland	L, 181.25-184.25
21	at MIT w/Ithaca	2nd/3 teams w/182.675
28	at Southern Connecticut State w/Temple	3rd/3 teams w/181.775

MARCH

7	ECAC Division III Championships	5th/8 teams w/183.400
20	NCGA Division III Championships (at Hamline College)	No Team Scores
21	NCGA Division III Championships (at Hamline College)	No Team Scores

Home meets in **bold**

2010 Schedule

JANUARY

10	Sun.	at Rhode Island College	1:00 pm
16	Sat.	at Southern Connecticut/Towson	1:00 pm
24	Sun.	Brockport	1:00 pm
30	Sat.	at Ithaca	12:00 pm

FEBRUARY

7	Sun.	Cortland	1:00 pm
13	Sat.	at Yale	1:00 pm
21	Sun.	Southern Connecticut	5:00 pm
28	Sat.	at West Chester	6:00 pm

MARCH

7	Sun.	Rhode Island College/Yale	1:00 pm
13	Sat.	at ECAC Championships	TBA
14	Sun.	at ECAC Championships	TBA
26	Fri.	NCGA National Championships	TBA
27	Sat.	NCGA National Championships	TBA

Home meets in **bold**