

SRHS RAMS GYMNASTICS

2016-2017



Captains: Ashley Hemenway

Kristina Raylman

Logan Burkhardt

Jenny Fay

Olivia Lattanzi

Samantha Laubach

Shelby Bair

Emily Dering

Noelle Englebert

Emily Navarro

Sarah Possidel

Autumn Shackleton

Gabriella Conforti

Devin Scully

Fiona Doyle

Mgr: Derek Chapman

SRHS RAMS GYMNASTICS

LETTER WINNERS

Junior Varsity

<u>ATHLETE</u>	<u>CLASS</u>	<u>JR. VARSITY YEARS</u>
Logan Burkhardt	Senior	3
Emily Dering	Junior	2
Devin Scully	Sophomore	1
Fiona Doyle	Freshman	1
Mgr: Derek Chapman	Freshman	1

SRHS RAMS GYMNASTICS

LETTER WINNERS

Varsity

<u>ATHLETE</u>	<u>CLASS</u>	<u>VARSITY YEARS</u>
Jenny Fay	Senior	4
Ashley Hemenway	Senior	4
Olivia Lattanzi	Senior	4
Samantha Laubach	Senior	4
Kristina Raylman	Senior	4
Shelby Bair	Junior	2
Noelle Englebert	Junior	3
Emily Navarro	Junior	1
Sarah Possidel	Junior	3
Autumn Shackleton	Junior	3
Gabriella Conforti	Sophomore	2

SRHS RAMS GYMNASTICS

AWARDS

Event High Scorers

VAULT: Samantha Laubach 9.025

UNEVEN BARS: Ashley Hemenway 8.4

BALANCE BEAM: Gabriella Conforti 9.2

FLOOR EXERCISE: Ashley Hemenway 9.25

ALL-AROUND: Ashley Hemenway 34.95

Special Recognition

MVP:

BEAM QUEEN (Grace Under Pressure):

SPORTSMANSHIP AWARD:

MOST IMPROVED:

HS RAMS GYMNASTICS

2016-2017

VARSDITY WIN-LOSS RECORD

<u>Home</u>	<u>Score</u>	<u>Visitor</u>	<u>Score</u>	<u>Result</u>
Southern	100.75	Central	97.275	W
TR South	92.3	Southern	98.125	W
Southern	93.625	Brick Mem.	102.8	L
Brick Twp.	95.175	Southern	99.875	W
Southern	97.275	TR East	90.5	W
Point Boro	92.85	Southern	97.675	W
Southern	103.6	Jackson Mem.	105	L
Barnegat	99.1	Southern	100.15	W
Southern	97.975	Manchester	91.525	W
Southern	97.975	Lacey	92.15	W
Southern	97.975	TR North	98.025	L

Average Team Score = 98.64

SRHS GYMNASTICS
Individual Meet Results

September 15, 2016: Southern vs. Central

VAULT	SCORE	PLACE
Shelby Bair	7.95	--
Olivia Lattanzi	8.5	--
Sarah Possidel	8.525	3rd
Ashley Hemenway	8.7	1st
Kristina Raylman	8.65	2nd

BARS	SCORE	PLACE
Jenny Fay	6.45	--
Olivia Lattanzi	7.15	--
Gabby Conforti	7.45	--
Kristina Raylman	7.625	--
Ashley Hemenway	8.25	2nd

BEAM	SCORE	PLACE
Kristina Raylman	7.45	--
Gabby Conforti	9.2	1st
Olivia Lattanzi	7.775	--
Sarah Possidel	8.2	3rd
Ashley Hemenway	7.9	--

FLOOR	SCORE	PLACE
Emily Navarro	7.0	--
Jenny Fay	7.125	--
Olivia Lattanzi	8.85	--
Gabby Conforti	8.4	--
Ashley Hemenway	9.0	2nd

ALL-AROUND	SCORE	PLACE
Olivia Lattanzi	32.275	3rd
Ashley Hemenway	33.85	2nd

Meet Results: Southern 100.75 Central 97.275

SRHS GYMNASTICS
Individual Meet Results

September 23, 2016: TR South vs. Southern

VAULT	SCORE	PLACE
Olivia Lattanzi	8.5	--
Noelle Englebert	8.45	--
Sarah Possidel	8.55	2nd
Samantha Laubach	8.3	--
Ashley Hemenway	8.55	2nd

BARS	SCORE	PLACE
Olivia Lattanzi	6.75	--
Sarah Possidel	7.575	--
Gabby Conforti	7.625	3rd
Samantha Laubach	7.525	--
Ashley Hemenway	7.8	2nd

BEAM	SCORE	PLACE
Noelle Englebert	6.1	--
Olivia Lattanzi	7.6	--
Ashley Hemenway	8.45	1st
Sarah Possidel	7.85	3rd
Gabby Conforti	7.35	--

FLOOR	SCORE	PLACE
Jenny Fay	7.65	--
Samantha Laubach	8.1	--
Olivia Lattanzi	8.45	3rd
Gabby Conforti	8.325	--
Ashley Hemenway	8.85	1st

ALL-AROUND	SCORE	PLACE
Ashley Hemenway	33.65	1st
Olivia Lattanzi	31.3	3rd

Meet Results: TR Southern 92.3 Southern 98.125

SRHS GYMNASTICS
Individual Meet Results

September 26, 2016: Southern vs. Brick Memorial

VAULT	SCORE	PLACE
Gabby Conforti	7.85	--
Jenny Fay	8.0	--
Noelle Englebert	8.275	--
Olivia Lattanzi	7.825	--
Sarah Possidel	7.85	--

BARS	SCORE	PLACE
Emily Dering	3.95	--
Jenny Fay	6.775	--
Olivia Lattanzi	7.25	--
Sarah Possidel	8.175	3rd
Gabby Conforti	8.125	--

BEAM	SCORE	PLACE
Shelby Bair	6.8	--
Noelle Englebert	7.25	--
Olivia Lattanzi	7.75	--
Sarah Possidel	8.4	--
Gabby Conforti	6.2	--

FLOOR	SCORE	PLACE
Emily Navarro	7.0	--
Shelby Bair	6.7	--
Jenny Fay	6.35	--
Olivia Lattanzi	7.25	--
Gabby Conforti	8.3	3rd

ALL-AROUND	SCORE	PLACE
Olivia Lattanzi	30.075	--
Gabby Conforti	30.475	--

Meet Results: Southern 93.625 Brick Memorial 102.8

SRHS GYMNASTICS
Individual Meet Results

September 30, 2016: Brick Twp. vs. Southern

VAULT	SCORE	PLACE
Olivia Lattanzi	8.25	--
Sarah Possidel	8.45	1st
Noelle Englebert	8.25	--
Ashley Hemenway	8.4	2nd
Samantha Laubach	8.4	2nd

BARS	SCORE	PLACE
Jenny Fay	6.0	--
Sarah Possidel	6.7	--
Gabby Conforti	7.6	--
Samantha Laubach	7.6	--
Ashley Hemenway	7.7	1st

BEAM	SCORE	PLACE
Noelle Englebert	5.85	--
Gabby Conforti	8.375	3rd
Olivia Lattanzi	8.425	2nd
Sarah Possidel	8.45	1st
Ashley Hemenway	8.35	--

FLOOR	SCORE	PLACE
Sarah Possidel	7.55	--
Samantha Laubach	8.1	--
Olivia Lattanzi	8.6	3rd
Gabby Conforti	8.95	1st
Ashley Hemenway	8.85	2nd

ALL-AROUND	SCORE	PLACE
Sarah Possidel	31.15	--
Ashley Hemenway	33.375	1st

Meet Results: Brick Twp. 95.175 Southern 99.875

SRHS GYMNASTICS
Individual Meet Results

October 7, 2016: Southern vs. TR East

VAULT	SCORE	PLACE
Shelby Bair	8.3	--
Sarah Possidel	8.55	--
Olivia Lattanzi	8.55	--
Ashley Hemenway	8.775	2nd
Samantha Laubach	9.025	1st

BARS	SCORE	PLACE
Olivia Lattanzi	7.4	--
Sarah Possidel	7.925	--
Gabby Conforti	8.125	3rd
Samantha Laubach	8.275	2nd
Ashley Hemenway	8.4	1st

BEAM	SCORE	PLACE
Samantha Laubach	7.05	--
Gabby Conforti	8.375	3rd
Olivia Lattanzi	8.475	2nd
Sarah Possidel	8.3	--
Ashley Hemenway	8.5	1st

FLOOR	SCORE	PLACE
Samantha Laubach	8.15	--
Sarah Possidel	8.5	--
Olivia Lattanzi	8.75	3rd
Gabby Conforti	9.025	2nd
Ashley Hemenway	9.25	1st

ALL-AROUND	SCORE	PLACE
Samantha Laubach	32.5	--
Ashley Hemenway	34.925	1st
Sarah Possidel	33.275	2nd
Olivia Lattanzi	33.175	3rd

Meet Results: Southern 103.525 TR East 90.5

SRHS GYMNASTICS
Individual Meet Results

October 12, 2016: Southern vs. Point Boro

VAULT	SCORE	PLACE
Shelby Bair	8.2	--
Sarah Possidel	8.4	2nd
Olivia Lattanzi	8.25	--
Ashley Hemenway	8.35	3rd
Gabby Conforti	8.05	--

BARS	SCORE	PLACE
Olivia Lattanzi	6.4	--
Sarah Possidel	7.225	3rd
Gabby Conforti	7.2	--
Jenny Fay	5.8	--
Ashley Hemenway	7.6	2nd

BEAM	SCORE	PLACE
Shelby Bair	5.55	--
Gabby Conforti	7.5	--
Sarah Possidel	7.75	3rd
Olivia Lattanzi	8.3	1st
Ashley Hemenway	8.3	1st

FLOOR	SCORE	PLACE
Emily Navarro	7.25	--
Sarah Possidel	8.15	--
Olivia Lattanzi	8.3	3rd
Gabby Conforti	9.1	1st
Ashley Hemenway	8.9	2nd

ALL-AROUND	SCORE	PLACE
Gabby Conforti	31.85	3rd
Ashley Hemenway	33.15	2nd
Sarah Possidel	31.525	--
Olivia Lattanzi	31.25	--

Meet Results: Southern 97.675 Point Boro 92.85

SRHS GYMNASTICS
Individual Meet Results

October 14, 2016: Southern vs. Jackson Memorial

VAULT	SCORE	PLACE
Jenny Fay	8.45	--
Noelle Englebert	8.35	--
Olivia Lattanzi	8.65	--
Sarah Possidel	8.675	3rd
Ashley Hemenway	8.7	2nd

BARS	SCORE	PLACE
Jenny Fay	7.3	--
Olivia Lattanzi	7.3	--
Sarah Possidel	7.85	--
Gabby Conforti	7.75	--
Ashley Hemenway	8.3	3rd

BEAM	SCORE	PLACE
Noelle Englebert	6.85	--
Gabby Conforti	9.1	2nd
Olivia Lattanzi	7.225	--
Sarah Possidel	8.5	--
Ashley Hemenway	9.05	3rd

FLOOR	SCORE	PLACE
Jenny Fay	7.75	--
Sarah Possidel	8.675	--
Olivia Lattanzi	9.1	3rd
Gabby Conforti	9.025	--
Ashley Hemenway	8.9	--

ALL-AROUND	SCORE	PLACE
Olivia Lattanzi	32.275	
Ashley Hemenway	34.95	1st
Sarah Possidel	33.7	3rd

Meet Results: Southern 103.6 Jackson Memorial 105

SRHS GYMNASTICS
Individual Meet Results

October 17, 2016: Barnegat vs. Southern

VAULT	SCORE	PLACE
Noelle Englebert	8.5	3rd
Jenny Fay	8.25	--
Olivia Lattanzi	8.4	--
Sarah Possidel	8.35	
Ashley Hemenway	8.5	3rd

BARS	SCORE	PLACE
Jenny Fay	6.7	--
Olivia Lattanzi	7.15	--
Sarah Possidel	7.525	3rd
Gabby Conforti	7.25	--
Ashley Hemenway	8.0	2nd

BEAM	SCORE	PLACE
Noelle Englebert	7.5	--
Gabby Conforti	8.85	2nd
Olivia Lattanzi	7.35	--
Sarah Possidel	8.3	--
Ashley Hemenway	8.325	--

FLOOR	SCORE	PLACE
Jenny Fay	7.175	--
Sarah Possidel	8.25	--
Olivia Lattanzi	8.65	--
Gabby Conforti	8.65	--
Ashley Hemenway	9.1	1st

ALL-AROUND	SCORE	PLACE
Ashley Hemenway	33.925	3rd
Olivia Lattanzi	31.55	--
Sarah Possidel	32.425	--

Meet Results: Barnegat 99.1 Southern 100.15

SRHS GYMNASTICS
Individual Meet Results

October 24, 2016: Southern vs. Manchester

VAULT	SCORE	PLACE
Jenny Fay	8.1	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.3	--
Noelle Englebert	8.45	3rd
Ashley Hemenway	8.575	2nd

BARS	SCORE	PLACE
Jenny Fay	6.7	--
Olivia Lattanzi	6.2	--
Gabby Conforti	7.15	--
Sarah Possidel	7.3	3rd
Ashley Hemenway	7.6	1st

BEAM	SCORE	PLACE
Noelle Englebert	6.25	--
Gabby Conforti	7.45	3rd
Olivia Lattanzi	7.4	--
Sarah Possidel	8.15	2nd
Ashley Hemenway	8.45	1st

FLOOR	SCORE	PLACE
Jenny Fay	7.35	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.675	--
Gabby Conforti	9.05	1st
Ashley Hemenway	8.775	3rd

ALL-AROUND	SCORE	PLACE
Ashley Hemenway	33.4	1st
Sarah Possidel	32.15	2nd
Olivia Lattanzi	30.575	--

Meet Results: Southern 97.975 Manchester 91.525

SRHS GYMNASTICS
Individual Meet Results

October 24, 2016: Southern vs. Lacey

VAULT	SCORE	PLACE
Jenny Fay	8.1	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.3	--
Noelle Englebert	8.45	--
Ashley Hemenway	8.575	2nd

BARS	SCORE	PLACE
Jenny Fay	6.7	--
Olivia Lattanzi	6.2	--
Gabby Conforti	7.15	--
Sarah Possidel	7.3	3rd
Ashley Hemenway	7.6	1st

BEAM	SCORE	PLACE
Noelle Englebert	6.25	--
Gabby Conforti	7.45	--
Olivia Lattanzi	7.4	--
Sarah Possidel	8.15	2nd
Ashley Hemenway	8.45	1st

FLOOR	SCORE	PLACE
Jenny Fay	7.35	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.675	3rd
Gabby Conforti	9.05	1st
Ashley Hemenway	8.775	2nd

ALL-AROUND	SCORE	PLACE
Ashley Hemenway	33.4	1st
Sarah Possidel	32.15	3rd
Olivia Lattanzi	30.575	--

Meet Results: Southern 97.975 Lacey 92.15

SRHS GYMNASTICS
Individual Meet Results

October 26, 2015: Southern vs. TR North

VAULT	SCORE	PLACE
Jenny Fay	8.1	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.3	--
Noelle Englebert	8.45	--
Ashley Hemenway	8.575	3rd

BARS	SCORE	PLACE
Jenny Fay	6.7	--
Olivia Lattanzi	6.2	--
Gabby Conforti	7.15	--
Sarah Possidel	7.3	--
Ashley Hemenway	7.6	3rd

BEAM	SCORE	PLACE
Noelle Englebert	6.25	--
Gabby Conforti	7.45	--
Olivia Lattanzi	7.4	--
Sarah Possidel	8.15	3rd
Ashley Hemenway	8.45	2nd

FLOOR	SCORE	PLACE
Jenny Fay	7.35	--
Sarah Possidel	8.35	--
Olivia Lattanzi	8.675	3rd
Gabby Conforti	9.05	1st
Ashley Hemenway	8.775	2nd

ALL-AROUND	SCORE	PLACE
Ashley Hemenway	33.4	2nd
Sarah Possidel	32.15	3rd
Olivia Lattanzi	30.575	--

Meet Results: Southern 98.55 Pt. Boro 89.35

SRHS GYMNASTICS
Individual Meet Results
October 25, 2016: *Maureen Sutphen Classic*

VAULT:

Shelby Bair	8.1
Emily Dering	7.6
Noelle Englebert	8.35 (6 th)
Jennifer Fay	8.0

BARS:

Emily Dering	5.3
Jennifer Fay	6.8

BEAM:

Logan Burkhardt	7.0
Noelle Englebert	7.9 (5 th)

FLOOR:

Shelby Bair	7.8 (8 th)
Logan Burkhardt	7.0
Fiona Doyle	6.5
Devon Scully	7.95 (5 th)

Individual Meet Results
October 29, 2016: *Shore Conference Championships *

VAULT:

Ashley Hemenway 8.55

BARS:

Ashley Hemenway 7.225

Gabriella Conforti 7.475

BEAM:

Ashley Hemenway 7.125

Olivia Lattanzi 6.75

Sarah Possidel 7.575

Gabriella Conforti 7.9

FLOOR:

Gabby Conforti 8.65

Ashley Hemenway 9.05

Olivia Lattanzi 8.85

Sarah Possidel 8.35

Individual Meet Results
November 5, 2016: *State Sectional Championships *

VAULT:

Olivia Lattanzi 8.25

Ashley Hemenway 8.45

Sam Laubach 8.5

Noelle Englebort 8.275

BARS:

Ashley Hemenway 7.675

Sam Laubach 7.1

Sarah Possidel 6.925

Gabby Conforti 6.6

BEAM:

Gabby Conforti 7.75

Ashley Hemenway 8.85 (6th)

Olivia Lattanzi 7.425

Sarah Possidel 8.1

FLOOR:

Gabby Conforti 8.275

Ashley Hemenway 8.575

Olivia Lattanzi 8.35

Sarah Possidel 6.75

SRHS RAMS GYMNASTICS

Individual Awards and Special Recognition

Seniors

Logan Burkhardt	Jennifer Fay	Ashley Hemenway (CAPT.)
Olivia Lattanzi	Sam Laubach	Kristina Raylman (CAPT.)

Shore Conference Qualifiers

Gabriella Conforti (bars, beam, floor)
Ashley Hemenway (all-around))
Olivia Lattanzi (beam, floor)
Sarah Possidel (beam, floor)

State Sectional Qualifiers

Gabriella Conforti (bars, beam, floor)
Ashley Hemenway (all-around)
Olivia Lattanzi (beam, floor)
Sarah Possidel (bars, beam, floor)

State Sectional Team Participants

Gabriella Conforti
Noelle Englebert
Ashley Hemenway (6th Beam)
Olivia Lattanzi
Samantha Laubach
Sarah Possidel

A Special Thank You To Our Gymnastics Family

The theme for this year was "FOCUS." Little did we know when we began in July how important this one word would be to our success this season. With injuries to 3 of our key varsity gymnasts, all of our gymnasts had to step up and **FOCUS** on contributing to the team as a whole. Girls who had previously competed primarily on JV stepped into the role of varsity competitor, and several gymnasts provided key scores on events on which they were not expecting to compete. The core varsity gymnasts felt the pressure of needing to be "on" at every meet, on every event, as there was not much room for error. Clearly, **FOCUS** was key this season. All of the girls did just that, and improvements continued on all fronts despite our major injury set-backs. Even the injured remained **FOCUSSED** as they played a key role in supporting, coaching, and being present for their teammates. The team ended the season with a record of 8-3, once again improved their overall average score, scored over 100 in 4 separate meets, and totaled the highest overall score in known team history with a 103.6 vs. Jackson Memorial. The girls represented themselves well in the Maureen Sutphen Classic with 3 gymnasts and 4 scores placing in the top 10. The team also showed improvements in post-season competitors, as we had 2 bars qualifiers, 4 beam qualifiers, and an all-around qualifier for Shore Conference, in addition to sending a vault qualifier and 4 floor qualifiers as we did last year. Also similar to last year, we again qualified as a team for State Sectionals and placed 5th. The **FOCUS** this year, as individuals and as a team, allowed us to overcome obstacles and have our best season yet! We would like to sincerely thank the parents for all of your support and the character guidance you have provided to these young athletes. It is clear that they all come from a place of confidence, love, and determination, and these are the keys to their success individually and as a team.

Southern Regional High School Gymnastics
Scoring Records 1972-2016

VAULT:

9.45	Lauren Wasilewski	(2002)
9.45	Denise Dauria	(1976)
9.35	Caitlin Steele	(2000)
9.35	Olivia Lisowski	(2006)
9.25	Heather Tyrell	(2002)
9.25	Rachel Andreotta	(2001)
9.25	Tracy Sawzchec	(2000)
9.025	Samantha Laubach	(2016)
8.95	Samantha Laubach	(2014)

UNEVEN BARS:

9.6	Caitlin Steele	(2002)
9.4	Heather Tyrell	(2002)
9.2	Tracy Callahan	(1989)
9.175	Tracy Sawzchec	(2000)
9.1	Dana Brockhorn	(1996)
8.9	Olivia Lisowski	(2006)
8.75	Sara Frack	(2002)

BALANCE BEAM:

9.525	Caitlin Steele	(2002)
9.25	Heather Tyrell	(2002)
9.25	Denise Dauria	(1978)
9.2	Gabriella Conforti	(2016)
9.175	Olivia Lisowski	(2006)
9.15	Sara Frack	(2002)
9.1	Ashley Hemenway	(2014)
9.1	Gabriella Conforti	(2016)
9.075	Jaime Fudalik	(2001)
9.05	Ashley Hemenway	(2016)

FLOOR EXERCISE:

9.6	Lauren Wasilewski	(2002)
9.55	Caitlin Steele	(2003)
9.4	Olivia Lisowski	(2006)
9.375	Rachel Andreotta	(2001)
9.375	Autumn Shackleton	(2015)
9.35	Holly Sliker	(1996)
9.35	Tracy Callahan	(1989)
9.35	Gabriella Conforti	(2015)
9.25	Amanda Tyrell	(2002)
9.25	Ashley Hemenway	(2014 & 2016))

ALL AROUND SCORING RECORD:

37.75	Caitlin Steele	(2000)
36.10	Tracy Callahan	(1989)
36.025	Heather Tyrell	(2001)
35.925	Olivia Lisowski	(2006)
35.525	Ashley Hemenway	(2014)