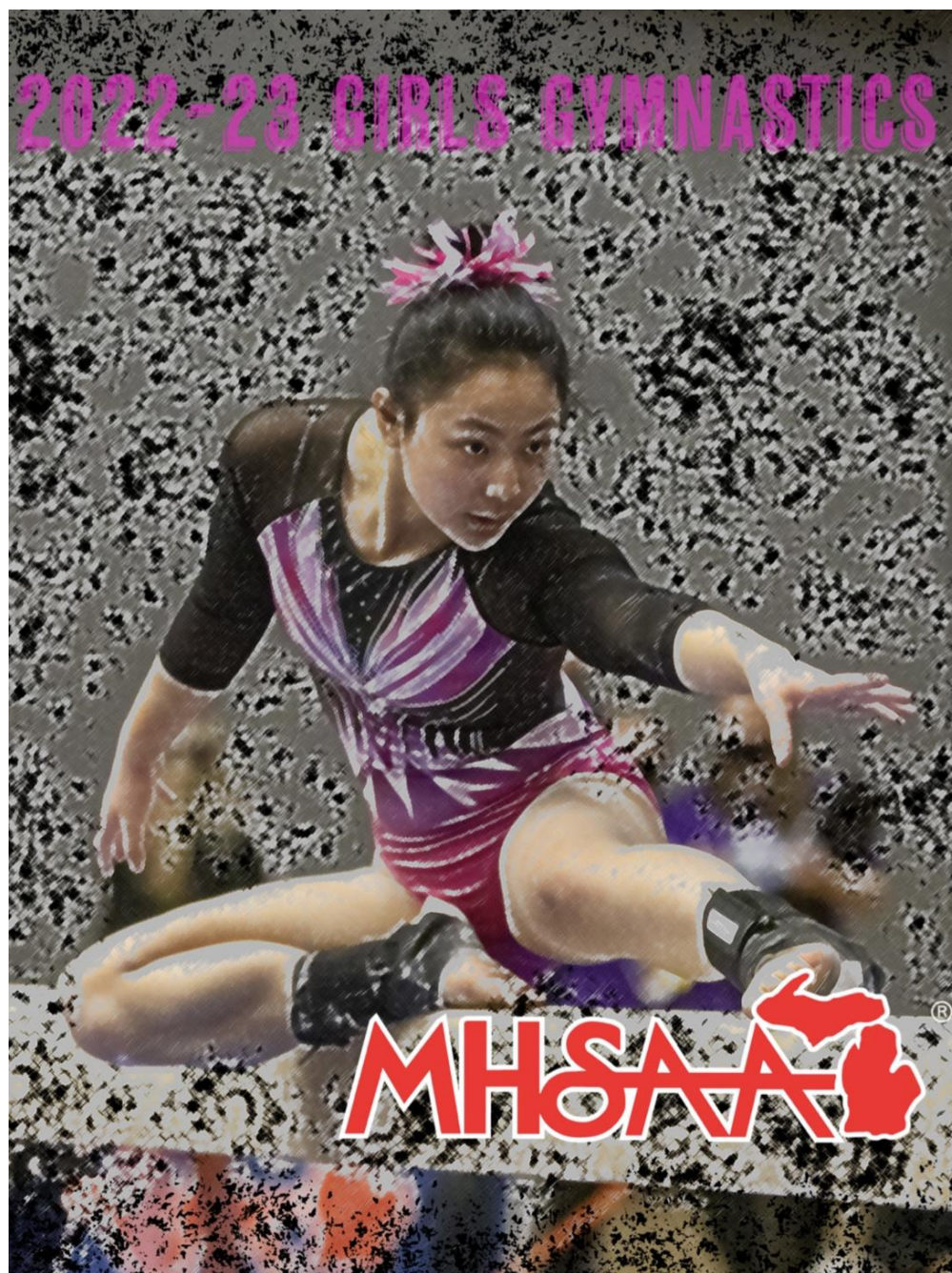


2023 MHSAA STATE FINALS



TEAM STATE FINALS

Hosted by Huron Valley Schools- March 10, 2023

Let The Games Begin!

Deep tournament runs are the canvas that paint lifelong memories for all involved- the players, coaches, the families and school community. Congratulations to all on reaching the final stages of this MHSAA tournament.

We often like to talk about the 99 percent factor in high school sports. For approximately 99% of the participants, this is the biggest athletic stage they'll ever perform on, and the memories made are what they'll revisit in memories and reunions for years to come.

For that incredibly small group that will be blessed enough to continue playing competitive athletics beyond high school, the day will come at some point in their post-high school careers when they're asked about standout memories and accomplishments. Many will point back to this week – this team – playing with their friends from the neighborhood with the overwhelming community support.

That doesn't happen anywhere but in high school sports. Good luck to all involved today- you will be making memories that will last a lifetime!



— Mark Uyl
MHSAA Executive Director

Friday, March 10, 2023 - Team Competition

2:30-3:00pm	Check-In
2:30-3:30pm	Bar Setting/ Music Test/ Stretch
2:45-3:00pm	Judges Meeting
3:00-3:15pm	Coaches Meeting
3:15-3:35pm	Open Tumbling* & Stretch Warm-up
3:35-3:40pm	Grand March and National Anthem
3:40-3:55pm	1st Rotation Warm-up
4:00-4:20pm	1st Rotation Competition
4:00-4:15pm	2nd Rotation Warm-up

(A 15-minute warm-up for each rotation will start when touch warm-up begins for the rotation ahead.)

*A second session of open tumbling for rotations 3 and 4 will be held at break.

On behalf of Lakeland High School administration and staff, welcome to Lakeland High School. We are honored and excited to be hosting the 2023 MHSAA Gymnastics Finals for the second consecutive year and glad you are here to support these great student-athletes.

Huron Valley Schools is a proud Triple-A district (Arts, Activities and Athletics). We believe educational athletics goes well beyond the school day. The tireless work these student-athletes put in throughout the season and off-season will be rewarded this weekend. Educational athletics along with other extracurriculars play a large role in young people's life. These opportunities teach lifelong lessons such as discipline, perseverance, time management, amongst other characteristics that translate into success later in life. Thank you to the coaches, teachers, administrators, parents and families that have supported these athletes through all their endeavors and made this weekend possible.

As the entire state comes to White Lake, MI we hope you have a great experience, and enjoy cheering for your favorite gymnast and team. Please keep in mind all these athletes have worked tirelessly to get here, and we look forward to supporting all of the great student-athletes present at this weekend's event.

Welcome to Lakeland High School, LETS GO!!!

Thanks,
Todd Miller
Lakeland HS Athletic Director

Dear Gymnastic Fans:

On behalf of the Huron Valley Schools Board of Education, administration, staff and community we are so pleased that you were able to attend the 2023 MHSAA State Gymnastics State Gymnastics Finals at Lakeland High School.

I want to congratulate the student athletes, coaches and families for all the hard work that has been invested in these young people as they pursue excellence in athletics. Huron Valley Schools prides itself on Inspiring and Building Futures One Student at a Time. We believe the investment in athletics is one tool to help some students reach their full potential.

Congratulations and best of luck as you compete this weekend!

Dr. Paul Salah
Superintendent
Huron Valley Schools

Our Special Thanks to:

Lakeland Athletic Director

Todd Miller

Milford Athletic Director

Jim Marszalek

Scoring

Mike Oddi and Denise Hale

Trainer

Jamie Corl

National Anthem

Jessey Adams

Haslett United

Concessions

Huron Valley Boosters

MHSAA Gymnastics Finals Judges

Friday, March 10, 2023

Meet Referee	Brenda Betz	Beam- Chief	Melissa Flores
Meet Referee	Doris Goodlock	Beam	Michelle Kozak
Vault- Chief	Amy Bessler	Beam	Kristin Lily
Vault	Mandy Pfaller	Beam	Kimberly Tobin
Vault	Courtney Dean	Floor- Chief	Deborah Heck
Vault	Lindsey Akers	Floor	Karen Dugan
Bars- Chief	Kathy Williams	Floor	Judy Walter-Kohn
Bars	Kelly Gallagher	Floor	Kara Burns
Bars	Sandy Noto		
Bars	Trisha Wilson		

2023 MHSAA GYMNASTICS FINALS ROTATION

TEAM FINALS - FRIDAY, MARCH 10, 2023

WHITE LAKE LAKELAND HIGH SCHOOL

ROTATION	WARM-UP	VAULT	BARS	BEAM	FLOOR	COMPETE
1	3:40 p.m.	Howell	Stevenson	Salem	Livonia Red	4:00 p.m.
2	4:00 p.m.	Jackson	Farmington	Grand Ledge	Huron Valley	4:20 p.m.
3	4:20 p.m.	Lowell	Grosse Pointe	Canton	Rockford	4:40 p.m.
4	4:40 p.m.	Hartland	Howell	Stevenson	Salem	5:00 p.m.
5	5:00 p.m.	Livonia Red	Jackson	Farmington	Grand Ledge	5:20 p.m.
6	5:20 p.m.	Huron Valley	Lowell	Grosse Pointe	Canton	5:40 p.m.
7	5:40 p.m.	Rockford	Hartland	Howell	Stevenson	6:00 p.m.
-----BREAK-----						
8	6:40 p.m.	Salem	Livonia Red	Jackson	Farmington	7:00 p.m.
9	7:00 p.m.	Grand Ledge	Huron Valley	Lowell	Grosse Pointe	7:20 p.m.
10	7:20 p.m.	Canton	Rockford	Hartland	Howell	7:40 p.m.
11	7:40 p.m.	Stevenson	Salem	Livonia Red	Jackson	8:00 p.m.
12	8:00 p.m.	Farmington	Grand Ledge	Huron Valley	Lowell	8:20 p.m.
13	8:20 p.m.	Grosse Pointe	Canton	Rockford	Hartland	8:40 p.m.

Previous State Champs

<u>Year</u>	<u>Champion (Coach)</u>	<u>Runner-Up</u>
2022	Rockford (Michelle Ankney)	Grand Ledge
2021	Jackson (Marcy Miller)	Rockford
2020	Tournament Not Completed (COVID-19)	
2019	Farmington (Jeff Dwyer)	Rockford
2018	Farmington (Jeff Dwyer)	Northville
2017	Rockford (Alyssa Burke)	Canton
2016	Rockford/Sparta (Alyssa Burke)	Forest Hills
2015	Rockford/Sparta (Allison Tran)	Canton
2014	Canton (John Cunningham)	Grand Ledge
2013	Grand Ledge (Duane Haring)	Canton
2012	Grand Ledge (Duane Haring)	Canton
2011	Grand Ledge (Duane Haring)	Canton
2010	Grand Ledge (Duane Haring)	Farmington
2009	Grand Ledge (Duane Haring)	Livonia
2008	Grand Ledge (Duane Haring)	Farmington
2007	Holt (Anne Witherill)	Grand Ledge
2006	Tri-Farmington (Jeff Dwyer)	Livonia
2005	Tri-Farmington (Jeff Dwyer)	Livonia
2004	Tri-Farmington (Jeff Dwyer)	Rochester Adams
2003	Rochester Adams (Sue Mussat)	Grand Ledge
2002	Rochester Adams (Sue Mussat)	Northville/Novi
2001	Northville/Novi (Lindsay Crews)	Rochester Adams
2000	East Kentwood (Sherri Goorhouse)	Holland

What Is Sportsmanship?

Sportsmanship is . . .



Sportsmanship is the practice of playing fair, of taking defeat without complaint or victory without gloating and treating opponents with respect, generosity, courtesy, etc.

- Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.
- Sportsmanship is a blending of cheers for "your team" and applause for the "opponents," observing the letter and spirit of the rules and showing consideration for others.
- Sportsmanship is respect. Respect for others and for one's self.
- Sportsmanship is all this and much more.
- For a coach, sportsmanship may be accepting a "questionable" call without protest.
- For an athlete, it may be extending a helping hand to an opponent who is down.
- For a spectator, it may be cheering for his team when it loses, and applauding the opponent when it wins.
- For an official, it may be showing restraint when verbally assaulted by coaches, athletes and spectators.
- Sportsmanship encompasses all that which is good in human nature.
- Sportsmanship is citizenship in action.

Good Sports Are Winners!



Canton	Division	Grade	Vault	Bars	Beam	Floor	All- Around
Lia Pinkosky	1	11					
Reese Maddock	1	10					
Sydney Dunn	2	11					
Avery Wolf	2	11					
Maddie Wingle	2	12					
Savannah Godman	2	11					

Farmington United

Elena Anzivino	2	10					
Sophia Yee	2	10					
Grace Spencer	2	12					
Izzy Dechan	2	11					
Marnie Jacobs	2	12					
Ayla Hougard	2	9					
Abbey Mohr	2	12					
Peyton Beals	2	12					
Leah Hodge	1	10					
Bella Thibodeau	2	10					

Grand Ledge

Baylee Bartlett	1	9					
Alaina Yaney	1	12					
Lydia Beaton	2	11					
Mackenzie Fox	2	10					
Genevieve Sibanda	2	10					
Janika Wisper	2	10					
Zoe Yaney	2	11					

Grosse Pointe United

Maddie LoPorto	2	12					
Ava Rogowski	2	12					
Madi Lucido	2	12					
Brooke Lezotte	2	12					
Ainsley Tanghe	2	11					
Alayna Okonoski	2	11					
Penny Roustemis	2	11					
Allie Mattes	1	10					
Makiya Latham	2	11					
Lucy Tull	2	10					

Hartland

Delaney Gomolka	1	12					
Gabriella Schulte	1	12					
Brooke Zapfe	1	11					
Aurora Gregory	1	10					
Emma Beres	1	10					
Allie Goyt	1	10					
Kate Gostlin	1	9					
Hailey Dolloway	2	12					

Howell	Division	Grade	Vault	Bars	Beam	Floor	All- Around
Maria Petru	1	11					
Kayla Forsyth	1	12					
Anna Lay	2	9					
Emma Smith	2	11					
Ava Soderman	2	9					
Sophia Speer	2	9					
Emma Taucher	2	9					

Huron Valley United

Ava Barwikowski	2	12					
Elena Hale	2	12					
Megan Sciabassi	2	12					
Ella Wright	2	12					
Karli Bredernitz	2	11					
Elaina Cotton	2	11					
Nora McCoy	2	11					
Cameron Wasson	2	11					
Sophie Smith	2	11					
Kaitlynn Elkins	2	10					
Bella Wakefield	2	10					
Mckenna Herman	2	10					
Sophia Stankov	2	10					

Jackson

Alyssa Budd	1	12					
Jenna Bradley	1	12					
Megan Jones	1	12					
Addi Richmond	2	11					
Melody Placeway	2	11					
Alaina Brown	2	12					
Kaitlynn Rumsey	2	9					

Livonia Red

Morgan Ruffing	1	12					
Sadie Yessler	1	10					
Nour Asfour	2	12					
Izzy Brumm	2	12					
Claire Gehrke	2	9					
Chloe Bogedain	2	12					
Emiliya Romosanova	2	12					
Jaimie Picciono	2	12					
Kacie Kusnir	2	9					
Reva Pohate	2	11					
Paige Drummer	2	12					

Livonia Stevenson	Division	Grade	Vault	Bars	Beam	Floor	All- Around
Julia Barta	1	12					
Tiffany Finzel	2	12					
Leah Ciavaglia	2	10					
Gabby Vaquera	2	12					
Kaylee Bolton	2	12					
Anna Grunkemeyer	2	12					
Avery McConnell	2	11					
Alivia Olson	2	10					
Charli Murphy	2	12					
Kylie Dean	2	9					
Maya Durham	2	11					
Mya Chamberlain	2	10					
Isabelle Tuma	2	11					
Lowell							
Ivy McDonald	2	12					
Krista Jungblut	2	12					
Alexis Clark	2	11					
Ella Curtis	2	11					
Romyn Slagell	2	10					
Hannah Fickinger	2	10					
Leah Krieger	2	10					
Julia Meier	2	10					
Rockford							
Lacey Scheid	1	12					
Hailey Hill	2	11					
Kate Tracey	2	10					
Elise Watkins	2	9					
Kayley Burke	2	11					
Addi Pitzer	2	11					
Claire Adams	2	11					
Ellie Wilcox	2	11					
Avery Renberg	2	10					
Salem							
Emma Stewart	1	12					
Katie Stewart	1	11					
Claire Donoher	1	10					
Anna Barczyk	2	11					
Sarina Childer	2	12					
Zoey Prosser	2	11					
Gabby Allen	2	12					
Julia Duleba	2	9					
Ella Thompson	2	10					



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