

MICHIGAN STATE[®]

2017 SPARTAN GYMNASTICS MEDIA NOTES

Saturday, April 1 • 4:00 p.m. CT • Champaign, Ill. • State Farm Center

Watch: FightingIllini.com Live Stats: MSUSpartans.com

A FULL ROTATION . . .

WHAT YOU NEED TO KNOW ABOUT THE SPARTANS

Michigan State gymnastics has four individuals travelling to compete in the NCAA Regional in Champaign, Ill., this weekend. The meet will take place on the campus of the University of Illinois in the State Farm Center on Saturday, April 1 and is set to begin at 5 p.m. ET. Nicola Deans will compete in the all-around competition, Elena Lagoski and Kira Frederick will represent the Spartans on the floor, while Hailee Westney will compete on the uneven bars.

Lagoski is making her fourth consecutive appearance at Regionals and second as an individual, while Deans, Frederick and Westsney all make their third trip to the Regional, including first as an individual after competing as a team in each of the last two seasons.

All four athletes were named to the Big Ten Championship team last weekend, with Deans, Frederick and Lagoski all earning Big Ten Championship titles on the floor with individual scores of 9.925, leading MSU to a team score of 49.475, which tied the best team floor score in program history. The trio became the first Big Ten Champions from MSU since Chayla Hill in 2006, and first floor champions since Michelle Ingalls in 1988.

Deans has done it all for the Spartans in her senior year and is having a career-year in the Green in White, as she has set career highs on the vault (9.900), floor (9.950) and in the all-around competition (39.375). The standout has taken home five all-around titles this season – the first five of her career – and is the 12th best all-arounder in the Big Ten with an RQS of 39.175. On top of her five all-around and four floor titles, Deans has also won the vault at five meets this season and ranks tied for 12th in the Big Ten with an RQS of 9.830. On Senior Day, Deans earned a 9.950 on the floor exercise, which tied the fifth best individual floor score in school history.

Frederick entered the season as one of the Big Ten's 'Gymnasts to Watch' and has been an anchor on floor for the Spartans this year, tallying four event titles. She owns an RQS of 9.880 to rank tied for 12th in the Big Ten and scored a career-high 9.925 vs. No. 21 Arkansas (2/25) earlier this season.

Lagoski owns 22 career individual event titles, 19 of which have come on floor. This season, the senior owns an RQS of 9.885 on the floor, which ranks tied for 10th in the Big Ten. The two-time All-Big Ten selection owns a career-high of 9.950 on the floor exercise and has five of the top 15 individual floor scores in the Spartan record book.

Westney owns four bars titles on the season, including a career-high of 9.900, while owning an RQS of 9.860 to rank tied for 10th in the Big Ten. Lindsey Lemke was also selected as an alternate for bars, as she has taken home two bar titles this season and owns an RQS of 9.845.

The top two teams from each regional, along with the top two all-around competitors not on an advancing team, will receive an automatic berth to the NCAA Championships, to be held April 14-15 at Chaifetz Arena in St. Louis, Mo. In addition, the event winners at each regional site will advance to the national championships in their respective event if they are not part of a qualifying team or an all-around qualifier.

2017 SPARTANS AMONG NATIONAL LEADERS

— RANKING IN THE TOP 25 —

	RQS	AVG. CAREER HIGH	National	Regional	Big Ten
Nicola Deans					
All-Around	39.175	38.914	39.375	-	9
Vault	9.830	9.809	9.900	-	22(t)
Bars	9.820	9.632	9.900	-	23
Beam	9.750	9.489	9.875	-	-
Floor	9.890	9.843	9.950	-	12(t)
Kira Frederick					
Bars	9.730	9.738	9.850	-	-
Beam	9.750	9.484	9.850	-	-
Floor	9.880	9.834	9.925	-	16(t)
Elena Lagoski					
All-Around	-	-	38.950	-	-
Vault	9.740	9.692	9.875	-	-
Bars	9.595	9.642	9.875	-	-
Beam	-	-	9.825	-	-
Floor	9.885	9.655	9.950	-	15
Hailee Westney					
Bars	9.860	9.628	9.900	-	19(t)
Beam	9.835	9.756	9.900	-	24(t)

2017 INDIVIDUAL EVENT TITLES

	FIRST	SECOND	THIRD
	Season (Career)		
Nicola Deans			
All-Around	5(5)	3(3)	1(2)
Vault	5(10)	1(4)	3(6)
Bars	(1)	2(3)	1(3)
Beam	(1)	1(1)	1(2)
Floor	4(4)	2(4)	1(4)
Kira Frederick			
Beam	(1)	-	1(1)
Floor	4(7)	1(8)	(3)
Elena Lagoski			
All-Around	(1)	-	(1)
Vault	1(1)	(3)	1(4)
Bars	1(1)	-	(2)
Beam	-	(1)	(2)
Floor	2(19)	2(5)	1(4)
Hailee Westney			
Beam	1(2)	1(1)	2(3)
Bars	4(5)	1(2)	1(3)



NICOLA DEANS

SENIOR • MISSISSAUGA, ONTARIO • FUTURES GYMNASTICS

2017 Highlights: Named Second Team All-Big Ten... Won a B1G Championship in the floor exercise (3/18)... All-Big Ten Championship team selection... Earned a career high of 9.950 on the floor exercise while also placing fifth for a MSU school record against Bowling Green (3/5)... Set a personal record of 39.375 in the All-Around against Penn State (2/4)... Finished first in the All-Around five times this season... Finished second All-Around three times this season... Finished third in the All-Around and placed second in both floor and vault with a 9.875 and 9.850, respectively, against Michigan (2/11)... Won five event titles in vault and four in the floor exercise.

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/06/2017	Michigan State vs. UIC	9.750	9.825	9.125	9.775	38.475
A 1/13/2017	Michigan State at Iowa	9.825	9.775	9.700	9.750	39.050
H 1/20/2017	Michigan State vs. Minnesota	9.775	9.500	9.775	9.825	38.875
A 1/28/2017	Rutgers vs Michigan State/Cornell/Ursinus	9.800	9.800	9.750	9.900	39.250
A 2/04/2017	Michigan State at Penn State	9.900	9.775	9.850	9.850	39.375
H 2/11/2017	Michigan State vs. Michigan	9.850	9.750	8.350	9.875	37.825
A 2/17/2017	Michigan State at Illinois	9.750	9.850	9.450	9.900	38.950
H 2/25/2017	Michigan State vs. Arkansas	9.825	9.725	9.800	9.825	39.175
A 3/03/2017	Michigan State at Pitt w/ WVU and Towson	9.775	9.850		9.775	
H 3/05/2017	Michigan State vs. Bowling Green	9.850	9.850	9.600	9.950	39.250
A 3/11/2017	B1G FIVE	9.800	8.250			
A 3/18/2017	2017 Big Ten Championships	9.775	9.725	9.725	9.925	39.150
	Average	9.806	9.640	9.513	9.850	38.938
	Season High	9.900	9.850	9.850	9.950	39.375
	Career High	9.900	9.900	9.875	9.950	39.375



KIRA FREDERICK

SENIOR • ORANGE PARK, FLORIDA • NORTH FLORIDA GYMNASTICS

2017 Highlights: Named Second Team All-Big Ten... Won a B1G Championship in the floor exercise (3/18)... All-Big Ten Championship team selection... Set a personal record of 9.925 in the floor exercise vs. then-ranked no. 21 Arkansas... Finished first in the floor exercise four times this season... Placed second in the floor exercise twice this season... Placed third on beam vs. then-ranked no. 24 Iowa (1/13).

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/06/2017	Michigan State vs. UIC		9.775	8.950	9.800	
A 1/13/2017	Michigan State at Iowa		9.725	9.800	9.875	
H 1/20/2017	Michigan State vs. Minnesota		9.725	9.075	9.825	
A 1/28/2017	Rutgers vs Michigan State/Cornell/Ursinus				9.825	
A 2/04/2017	Michigan State at Penn State				9.850	
H 2/11/2017	Michigan State vs. Michigan			9.800	9.875	
A 2/17/2017	Michigan State at Illinois			9.725	9.850	
H 2/25/2017	Michigan State vs. Arkansas			9.700	9.925	
A 3/03/2017	Michigan State at Pitt w/ WVU and Towson		9.725	9.050	9.775	
H 3/05/2017	Michigan State vs. Bowling Green		9.775	9.775	9.700	
A 3/11/2017	B1G FIVE		9.700	9.775	9.875	
A 3/18/2017	2017 Big Ten Championships		9.675	9.750	9.925	
	Average		9.729	9.514	9.842	



ELENA LAGOSKI

SENIOR • KINGSTON, PENNSYLVANIA • NORTHEAST GYMNASTICS

2017 Highlights: Won a B1G Championship in the floor exercise (3/18)... All-Big Ten Championship team selection... Set a personal record and placed first on bars vs. then ranked no. 21 Arkansas with a 9.875 (2/25)... Tied her career high of 9.875 on vault while finishing first against Bowling Green (3/5)... Won two event titles in the floor exercise against Penn State (2/4) and in the B1G Championships (3/18)... Placed second in the floor exercise with a 9.900 against Bowling Green (3/5)... Finished third in the floor exercise with a 9.875 at Illinois (2/17).

Date	Team	Vault	Bars	Beam	Floor	AllArr
A 1/13/2017	Michigan State at Iowa				9.325	
H 1/20/2017	Michigan State vs. Minnesota	9.275			9.250	
A 1/28/2017	Rutgers vs Michigan State/Cornell/Ursinus	9.625			9.350	
A 2/04/2017	Michigan State at Penn State	9.775		9.575	9.900	
H 2/11/2017	Michigan State vs. Michigan	9.750	9.775		9.625	
A 2/17/2017	Michigan State at Illinois	9.725	9.500		9.875	
H 2/25/2017	Michigan State vs. Arkansas	9.725	9.875	9.700	9.875	
A 3/03/2017	Michigan State at Pitt w/ WVU and Towson	9.725	9.750	9.400	9.575	
H 3/05/2017	Michigan State vs. Bowling Green	9.875	9.175	9.625	9.900	
A 3/11/2017	B1G FIVE	9.750	9.775		9.875	
A 3/18/2017	2017 Big Ten Championships	9.100	9.025	9.650	9.925	37.700
	Average	9.633	9.554	9.650	9.680	37.700
	Season High	9.875	9.875	9.650	9.925	37.700
	Career High	9.875	9.875	9.825	9.950	38.950



HAILEE WESTNEY

JUNIOR • MILTON, ONTARIO • FUTURES GYMNASTICS

2017 Highlights: All-Big Ten Championship team selection... Tied a personal record of 9.900 on beam vs. then-ranked no. 21 Arkansas... Tied her career high on bars of 9.900 against Iowa (1/13)... Finished first on bars four times this season... Won an event title in beam against then-ranked no. 21 Arkansas (2/25)... Finished second on beam against UIC (1/6) and third on beam against Minnesota (1/20).

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/06/2017	Michigan State vs. UIC		9.875	9.750		
A 1/13/2017	Michigan State at Iowa		9.900	9.800		
H 1/20/2017	Michigan State vs. Minnesota		9.850	9.775		
A 1/28/2017	Rutgers vs Michigan State/Cornell/Ursinus		8.650			
A 2/04/2017	Michigan State at Penn State		9.875	9.250		
H 2/11/2017	Michigan State vs. Michigan		9.750	9.825		
H 2/25/2017	Michigan State vs. Arkansas		9.850	9.900		
A 3/03/2017	Michigan State at Pitt w/ WVU and Towson		9.325	9.825		
H 3/05/2017	Michigan State vs. Bowling Green		9.800	9.825		
A 3/11/2017	B1G FIVE		9.400	9.850		
A 3/18/2017	2017 Big Ten Championships		9.850	9.850		
	Average		9.648	9.765		
	Season High		9.900	9.900		
	Career High		9.900	9.900		

SPARTAN RECORD BOOK - INDIVIDUAL SCORES

INDIVIDUAL ALL-AROUND

1.	39.625	Kristen Coleman	3/18/07
		at Western Michigan	
2.	39.525	Nicole Curler	2/29/08
		at LSU	
		Kristen Coleman	1/27/07
		FLIP FOR A CURE	
4.	39.475	Lisa Burt	1/24/15
		MINNESOTA	
5.	39.450	Kristen Coleman	2/3/07
		STATE OF MICH. CLASSIC	
		Carolyn Hecht	3/22/96
		OHIO STATE	
7.	39.425	Sarah Alexander	3/8/03
		at Rutgers w/Yale/Brown	
		Sarah Alexander	3/1/03
		CENTRAL MICH./BALL STATE	
9.	39.400	Lisa Burt	3/15/14
		BIG TEN QUAD MEET	
		Kristen Coleman	1/12/07
		ARIZONA	
		Nicole Curler	1/12/07
		ARIZONA	

INDIVIDUAL VAULT

1.	10.000	Rhiannon Banda-Scott	3/9/08
		NEW HAMPSHIRE	
		Rochelle Robinson	2/10/07
		at UNH w/ WVU/Brown	
3.	9.950	Alina Cartwright	3/6/15
		vs. Arizona/BGSU/EMU	
		Alina Cartwright	3/15/14
		vs. Penn State	
		Alina Cartwright	3/16/13
		at Denver	
		Rhiannon Banda-Scott	2/29/08
		at LSU	
		Rochelle Robinson	1/27/07
		FLIP FOR A CURE	
		Rochelle Robinson	1/15/10
		at Iowa (UIC)	
8.	9.925	Taira Neal	3/8/13
		at Pittsburgh	
		Taira Neal	3/2/13
		MICHIGAN	
		Taira Neal	3/16/12
		at Michigan	
		Taira Neal	3/9/12
		at Alaska-Anchorage	
		Taira Neal	2/17/12
		at Illinois	
		Taira Neal	1/13/12
		at Iowa	
		Nicole Curler	2/26/10
		OKLAHOMA	
		Katlyn Roggensack	3/15/09
		at New Hampshire	
		Katlyn Roggensack	2/6/09
		at Chicago Style Invitational	
		Rhiannon Banda-Scott	2/9/08
		MARYLAND	
		Rochelle Robinson	2/3/07
		STATE OF MICH. CLASSIC	
		Victoria Iakounina	3/5/04
		at Oregon State	
		Kristin Peugeot	3/14/97
		at Ohio State	

INDIVIDUAL UNEVEN BARS

1.	9.975	Melissa Green	3/11/00
		at NC State Invitational	
		Wendy Minch	3/25/95
		at BIG Championships (Illinois)	
3.	9.950	Kristen Coleman	1/27/07
		FLIP FOR A CURE	
		Melissa Green	2/19/00
		PITTSBURGH	
5.	9.925	Lisa Burt	2/28/16
		at Illinois State w/ UW-Stout and WMU	
		Megan Bergland	3/2/08
		WMU/BALL STATE	
		Kristen Coleman	3/18/07
		at Western Michigan	
		Kristen Coleman	1/12/07
		ARIZONA	
		Diana Crea	3/15/03
		at Pittsburgh	
		Melissa Green	2/26/00
		SPARTAN INVITATIONAL	
		Carolyn Hecht	1/31/99
		ILLINOIS	
		C. Weathersby	3/21/98
		at BIG Championships (Iowa)	
		Carolyn Hecht	2/21/98
		SPARTAN INVITATIONAL	
		Briony Lecky	4/12/97
		at NIT (Iowa)	
		Briony Lecky	3/16/97
		NC STATE	
		Polly Kiker	4/5/97
		at NCAA Regionals (Michigan)	

INDIVIDUAL FLOOR EXERCISE

1.	9.975	Sarah Alexander	3/22/03
		MICHIGAN/PITT.	
		Polly Kiker	3/11/00
		at NC State Invitational	
		Melissa Green	2/19/00
		PITTSBURGH	
		Briony Lecky	3/14/98
		OSU/WMU	
5.	9.950	Nicola Deans	3/5/17
		vs. Bowling Green	
		Elena Lagoski	3/19/16
		Big Ten Championships	
		Elena Lagoski	3/4/16
		at Cal w/ S. Utah and Lindenwood	
		Elena Lagoski	2/27/15
		Towson/Yale/Rutgers	
		Elena Lagoski	2/17/15
		PITTSBURGH	
		Elena Lagoski	1/18/15
		at Iowa with Ball State	
		Kristen Coleman	3/18/07
		at Western Michigan	
		Nicole Curler	3/16/07
		at Florida	
		Sarah Alexander	2/28/04
		OSU/WVU	
		Sarah Alexander	2/14/04
		UNH/GWU	
		Polly Kiker	2/19/00
		PITTSBURGH	
		Polly Kiker	3/14/97
		at Ohio State	

INDIVIDUAL BALANCE BEAM

1.	9.975	Kelsey Morley	2/14/09
		FLORIDA	
2.	9.950	Kelsey Morley	3/15/09
		at New Hampshire	
		Kelsey Morley	2/20/09
		at Pittsburgh	
		Kristen Coleman	2/10/07
		at UNH w/WVU, Brown	
		Sarah Alexander	3/7/04
		at Boise State w/Penn	
		Jane McIntosh	2/23/02
		SPARTAN Invitational	
		Jane McIntosh	2/21/01
		SPARTAN INVITATIONAL	
		Carolyn Hecht	3/14/98
		OHIO STATE/WMU	
9.	9.925	Lisa Burt	2/23/13
		at Penn State	
		Sarena Bumbarger	3/11/12
		at Alaska-Anchorage	
		Nicole Curler	2/27/09
		at Cat Classic (Missouri)	
		Nicole Curler	2/29/08
		at LSU	
		Nicole Curler	3/23/07
		NC STATE	
		Nicole Curler	1/12/07
		ARIZONA	
		Chayla Hill	3/5/06
		at Northern Illinois	
		Sarah Alexander	3/5/06
		at Northern Illinois	
		Victoria Iakounina	3/7/04
		at Boise State w/Penn	
		Julie Devaty	2/2/03
		STATE OF MICH. CLASSIC	
		Jane McIntosh	3/23/02
		at BIG Championships (OSU)	
		Julie Devaty	3/2/02
		OHIO STATE	