



USA Gymnastics New Jersey

Home of
Women's Gymnastics
in New Jersey

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2009 USAG New Jersey Seniors

Jennifer Aucoin

Home Town: Mullica Hill, NJ

Parents: Beth & Mike Aucoin

Club: Cherry Hill Gymnastics Academy

Coach: Christine Golderer, Chris Robinson, Shawn Ellis & Joe Steur

USAG Level: 10

Gymnastics Years: 13

High School: Bishop Eustace Preparatory School

College Attending: University of New Hampshire

Scholarship: Athletic

Major: Biology

Proudest Gymnastics Moments: Catching a Hindorf in competition.

Words of Wisdom: "Positive thoughts attract positive things." - *Jessica Rea*

Jaclyn Baker



Home Town: Annandale, NJ

Parents: Michael & Lori Baker

Club: Gymnastics Unlimited

Coach: Barbara Kelly-Sullivan

USAG Level: 9

Gymnastics Years: 15
High School: North Hunterdon High School
College Attending: East Carolina University
Major: Physical Therapy
Proudest Gymnastics Moments: National Vault Champ USAIGC (Gold Level), Vault - 2nd Place USAG Level 9 States (2008), USAG Regional Qualifier (Level 8 & Level 9).
Words of Wisdom: "Never give up!"

Leanne Becker

Home Town: Pittstown, NJ
Parents: George & Sherry Becker
Club: Gymnastics Unlimited
Coach: Barbara Kelly-Sullivan
USAG Level: 8
Gymnastics Years: 16
High School: Delaware Valley Regional High School
College Attending: Bloomsburg University of Pennsylvania
Major: Early Childhood Education
Proudest Gymnastics Moments: Qualifying for Regionals in 2007 and placing 3rd as a team. Staying with the same gym for my entire career.

Words of Wisdom: "Go out there, try your best, and just have FUN!"

Amy Borsellino



Home Town: Boonton, NJ
Parents: Phil & Diane Borsellino
Club: North Stars Gymnastics
Coach: Tony & Paula Gehman and Melissa Kilpatrick
USAG Level: 10
Gymnastics Years: 12
High School: Morris Catholic High School
College Attending: University of Arkansas
Scholarship: Yes
Major: Pre-Med
Proudest Gymnastics Moments: Placed 2nd at Level 10 Nationals 2008. Placed 6th on Floor at Visa Championships in 2006.
Words of Wisdom: "Everyone gets scared and everyone falls. The key is to get right back up and try again."

Noel Couch



Home Town: Towaco, NJ

Parents: Patricia & Kevin Couch

Club: North Stars Gymnastics

Coach: Tony & Paula Gehman and Melissa Kilpatrick

USAG Level: 10 & Former International Elite

Gymnastics Years: 15

High School: DePaul Catholic High School

College Attending: University of Georgia

Scholarship: Full Athletic

Major: Pre-Med

Proudest Gymnastics Moments: Hitting my best bar routine of the year at 2005 Nationals to take 3rd ... and ...

Performing my floor routine at the 2008 tour of Gymnastics Superstars!

Words of Wisdom: "Release the lion within!"

Austyn Fobes



Home Town: Howell, NJ

Parents: Tom & Jennifer Fobes

Club: Galaxy Gymnastics

Coach: Jennifer Fobes & Krystin Sheridan

USAG Level: International Elite/10

Gymnastics Years: 15

High School: Howell High School

College Attending: University of New Hampshire

Scholarship: Full Athletic

Major: Kinesiology

Proudest Gymnastics Moments: When I made the Junior International team and winning High School States.

Words of Wisdom: "The only way to find the limits of the possible is by going beyond them to the impossible." -
Arthur Clarke

Chelsea Goldschrafe



Home Town: Franklin Lakes, NJ

Parents: Sue & Neil Goldschrafe

Club: North Stars Gymnastics

Coach: Tony Gehman and Melissa Kilpatrick

USAG Level: 10

Gymnastics Years: 13

High School: Ramapo High School

College Attending: West Virginia University

Scholarship: Full Athletic

Major: Business & Economics

Proudest Gymnastics Moments: Winning All Around and Beam at 2007 Regionals.

Words of Wisdom: "Champions aren't made in gyms. Champions are made from something they have deep inside them:
A desire, a dream, a vision."

Ali Green

Home Town: Marlton, NJ

Parents: Debbie & Bob Green

Club: Cherry Hill Gymnastics Academy

Coach: Christine Golderer, Chris Robinson, Joe Stur & Shawn Ellis

USAG Level: 9

Gymnastics Years: 14

High School: Cherokee High School

College Attending: Coastal Carolina University

Major: Elementary Education

Proudest Gymnastics Moments: 2009 State Champ on Vault and 2009 Team State Champs!

Words of Wisdom: "Never give up on those who make you smile."

Brooke Grohol



Home Town: Tinton Falls, NJ
Parents: John & Liz Rumbaugh
Club: Will-Moor Gymnastics
Coach: Kim Bonus, John Wilton & Jeanne Kane
USAG Level: 10
Gymnastics Years: 14
High School: Red Bank Catholic High School
College Attending: University of Maryland
Major: Bio Chemistry
Proudest Gymnastics Moments: Being recruited by the college of my choice.
Words of Wisdom: "Obstacles are great incentives."

Gabby Guider



Home Town: Nutley, NJ
Parents: Dennis & Susan Guider
Club: U.S. Gym
Coach: Ana Deflorio, Suzanna Lotz and Joao & Michele Ribeiro
USAG Level: 9
Gymnastics Years: 13

High School: Nutley High School

College Attending: Undecided

Major: Pre-Physical Therapy

Proudest Gymnastics Moments: Becoming the level 9 bars state champion and qualifying to level 9 Regionals.

Words of Wisdom: "Live for the moments that you can't put into words."

Jillian Hart



Home Town: Branchburg, NJ

Parents: Tom & Cindy Hart

Club: Paramount Gymnastics

Coach: Kim Forrest, Val Bruno & Maia Karamfilova

USAG Level: 10

Gymnastics Years: 13

High School: Somerville High School

College Attending: University of Pennsylvania

Major: Nursing

Proudest Gymnastics Moments: Winning Level 9 Bars & All Around at States in 2008.

Words of Wisdom: "The greatest accomplishment is not in never falling, but in rising again after you fall." -Vince Lombardi

Kristen Hughes



Home Town: Roxbury, NJ
Parents: John & Jocelyn Hughes
Club: Rettig's Gymnastics Training Center
Coach: Dave Rettig & Tori Aarts
USAG Level: 9
Gymnastics Years: 15
High School: Roxbury High School
College Attending: University of Pennsylvania
Major: Finance
Proudest Gymnastics Moments: Returning to compete all four events after hip surgery.

Anna Jantsch

Home Town: Pittstown, NJ
Parents: Tim & Erin Jantsch
Club: Paramount Gymnastics
Coach: Kim Forrest, Val Bruno & Maia Karamfilova
USAG Level: 8
College Attending: Undecided
Major: Biology
Proudest Gymnastics Moments: Getting and competing two giants to a dismount and straddle back on bars.

Jayne Jeffreys

Home Howell, NJ
Parents: Diane & Rick Jeffreys
Club: Rebound Gymnastics
Coach: Diane Farrell & Christopher McSweeney
USAG Level: 10
Gymnastics Years: 12
High School: Abeka Academy
College Attending: Rutgers University
Scholarship: Full Gymnastics
Major: Exercise Science
Proudest Gymnastics Moments: Competing my reverse hecht (Tkatchev) for the first time and catching it.
Words of Wisdom: "None Of The Secrets Of Success Work Unless You Do." NOTSOSWUYD

Marisa Liptak



Home Town: South Brunswick, NJ

Parents: John & Ana Liptak

Club: Arena Gymnastics

Coach: Valdi Kolasa, Ann Kolasa & Patricia Sutphen

USAG Level: 10

Gymnastics Years: 9

High School: South Brunswick High School

College Attending: Northern Illinois University

Scholarship: Full Athletic

Major: Elementary Education

Proudest Gymnastics Moments: Accepting an athletic scholarship to NIU.

Words of Wisdom: "In order to succeed, your desire for success should be greater than your fear of failure."

Katelyn Litchko

Home Town: Waterford, NJ

Parents: Karen & Craig Litchko

Club: Jets Gymnastics

Coach: Kris Moulder, Debbie Goodman & Tony Roberson

USAG Level: 10

High School: Hammonton High School (*Valedictorian*)

College Attending: University of Maryland or University of Connecticut

Major: Pre-Veterinary Medicine

Proudest Gymnastics Moments: Level 8 State Champion and Regional Qualifier, Level 9 Vault Finals Champion at Maryland Classic, and 2008 Level 10 Regional Qualifier.

Ashley McQuade

Home Town: Sayreville, NJ

Parents: Michael & Cheryl McQuade

Club: Worldwide Gymnastics

Coach: Bruce Petty, Rich Spencer & Joe Kowaleski

USAG Level: 10

Gymnastics Years: 13

High School: Bishop George AHR High School

College Attending: Undecided

Major: Exercise Science

Proudest Gymnastics Moments: Winning three State Championships with Bishop AHR.

Words of Wisdom: "The greatest accomplishment is not in never failing, but in rising again after you fall." - *Vince Lombardi*

Nicole Panzarino



Home Town: Freehold, NJ
Parents: Carolyn & Anthony Panzarino
Club: Galaxy Gymnastics
Coach: Krystin Sheridan & Jen Fobes
USAG Level: 10
Gymnastics Years: 13
High School: Freehold High School
College Attending: Undecided
Scholarship: Academic Scholarship & Humanitarian Awards
Major: Occupational Therapy
Proudest Gymnastics Moments: Making the High School National Team.
Words of Wisdom: "If you can imagine it, you can achieve it; if you can dream it, you can become it."

Alexandra Patrizio



Home Town: Nutley, NJ
Parents: Michael & Diane Patrizio
Club: Rettig's Gymnastics
Coach: Dave Rettig & Tori Aarts
USAG Level: 9

Gymnastics Years: 7

High School: Nutley High School

College Attending: Undecided

Major: Undecided

Proudest Gymnastics Moments: Making the Level 8 Regional Team and nailing my vault at that meet.

Words of Wisdom: "The brave may not live forever, but the cautious so not live at all."

Sam Pecoraro

Home Town: Colts Neck, NJ

Parents: Anthony & Jill Pecoraro

Club: All American Gymnastics

Coach: Jan Smith & Brianne Sciametta

USAG Level: 9

Gymnastics Years: 15

High School: Colts Neck High School

College Attending: Undecided

Major: Communications

Proudest Gymnastics Moments: Making it to Regionals.

Words of Wisdom: "You compete how you practice."

Morgan Pepe



Home Town: Old Bridge, NJ

Parents: Nancy & Bob Pepe

Club: Worldwide Gymnastics

Coach: Bruce Petty, Rich Spencer & Joe Kowaleski

USAG Level: 9

Gymnastics Years: 15

High School: Bishop George AHR High School

College Attending: Undecided

Major: Pre-Med

Proudest Gymnastics Moments: Coming back after fracturing my neck.

Christina Rhoades



Home Town: Hillsborough, NJ
Parents: Kevin & Nancy Rhoades
Club: Paramount Gymnastics
Coach: Kim Forrest, Val Bruno & Maia Karamfilova
USAG Level: 9
Gymnastics Years: 13
High School: Hillsborough High School
College Attending: Undecided
Major: Undecided
Proudest Gymnastics Moments: Coming back from two surgeries in 2009 and holding my feet up on my release move.
Words of Wisdom: "What you get by achieving your goal is not as important as what you become by achieving your goal."

Nicole Romano



Home Town: Livingston, NJ
Parents: Carmen & Margaret Romano
Club: North Stars Gymnastics
Coach: Tony & Paula Gehman
USAG Level: 10

Gymnastics Years: 15

High School: Livingston High School

College Attending: Rutgers University

Major: Business Management

Scholarship: Athletic Scholarship

Proudest Gymnastics Moments: Nailing at 2008 Regionals and becoming first alternate to Nationals.

Words of Wisdom: "Never ever give up and always give 110% every minute training."

Parker Schmidt



Home Town: Columbus, NJ

Parents: Wendy & Joe Schmidt

Club: Envision Gymnastics

Coach: Scott & Youlia Weller

USAG Level: 9

High School: Northern Burlington County Regional High School

College Attending: Penn State University

Major: Mathematics or Engineering

Proudest Gymnastics Moments: Qualifying and placing at the Regional Level.

Stephanie Smart



Home Town: Williamstown, NJ

Parents: James & Susan Smart

Club: Cherry Hill Gymnastics Academy

Coach: Christine Golderer, Chris Robinson, Joe Stur & Shawn Ellis

USAG Level: 10

Gymnastics Years: 14

High School: Williamstown High School

College Attending: Kent State University

Scholarship: Full Athletic & Partial Academic

Major: Nursing

Proudest Gymnastics Moments: Qualifying to Nationals

Words of Wisdom: "Follow what you love and it will take you where you want to go." - Natalie Goldberg

Liza Strauch



Home Town: Clinton, NJ

Parents: Joanna & Stephen Strauch

Club: Gymnastics Unlimited

Coach: Barbara Kelly-Sullivan

USAG Level: 8

Gymnastics Years: 15

High School: North Hunterdon High School

College Attending: Villanova University

Major: Undecided

Proudest Gymnastics Moments: Making it to Regionals and staying with one gym my whole career.

Words of Wisdom: "In the middle of every difficulty, lies opportunity."

Corrine Stiffler



Home Town: Flemington, NJ

Parents: Kevin & Jill Stiffler

Club: Paramount Gymnastics

Coach: Kim Forrest, Val Bruno & Maia Karamfilova

USAG Level: 10

Gymnastics Years: 15

High School: Hunterdon Central Regional High School

College Attending: Undecided

Major: Marketing and Psychology

Proudest Gymnastics Moments: When I won first on beam at states in 2008 and when my team took first place states level 9 in 2006.

Words of Wisdom: "When you get to the end of your rope, hold on, tie a knot and swing."

Heather Tobin



Home Town: Cherry Hill, NJ
Parents: Richard & Deborah Tobin
Club: Cherry Hill Gymnastics Academy
Coach: Christine Golderer, Chris Robinson, Shawn Williams & Joe Steur
USAG Level: 9
Gymnastics Years: 16
High School: Cherry Hill High School East
College Attending: West Chester University
Major: Undecided
Proudest Gymnastics Moments: 2008 Level 9 State Champions and 3rd AA, 2009 2nd on Floor
Words of Wisdom: "Believe in yourself."

Emma-Rose Trentacosti



Home Town: Ridgefield Park, NJ
Parents: Kim & Charlie Trentacosti
Club: Gymnastika
Coach: Pavel Sout & Natalia Shaposhnikova
USAG Level: 10
Gymnastics Years: 12

High School: Ridgefield Memorial High School

College Attending: Rutgers University

Scholarship: Full Athletic

Major: Elementary Education

Proudest Gymnastics Moments: Winning vault 3 years in a row at level 10 states and getting a full ride scholarship after so many years of training.

Words of Wisdom: "Never give up when times get tough, because you'll find that things will always get better and all your hard work will be worth it one day."

Julia Valenziano



Home Town: Mendham, NJ

Parents: Kate & Carl Valenziano

Club: Rettig's Gymnastics

Coach: Dave Rettig & Tori Aarts

USAG Level: 10

Gymnastics Years: 15

High School: West Morris Mendham High School

College Attending: University of Pennsylvania

Major: Biology, Pre-Med

Proudest Gymnastics Moments: Overcoming the tedious and sometimes ridiculous mental fears that have held me back in the past.

Words of Wisdom: "If you enjoy what you do, you will always be successful."

Kim Vereb



Home Town: Allentown, NJ
Parents: Peter & Cindy Vereb
Club: Connections Gymnastics
Coach: Lori Fries-Esposio, Jamie Leto, Sara Crome & Noah Crome
USAG Level: 9
Gymnastics Years: 14
High School: Northern Burlington Regional High School
College Attending: Rowan University
Major: Athletic Training
Scholarship: Full Academic
Proudest Gymnastics Moments: Staying loyal to one gym my whole life because I ended up with the best coaches.
Words of Wisdom: "The most important training in gymnastics is your heart and your mind."

Chrissy Weber



Home Town: Hillsborough, NJ
Parents: Joy & Eugene Weber
Club: Paramount Gymnastics
Coach: Kim Forrest, Val Bruno & Maia Karamfilova
USAG Level: 9

Gymnastics Years: 13

High School: Hillsborough High School

College Attending: Penn State University

Major: Kinesiology

Proudest Gymnastics Moments: Winning the Level 9 All Around and Bars in 2006 States, returning to gymnastics and competing all-around after tearing ACL.

Words of Wisdom: "Feel the fear and do it anyway."

Alina Weinstein



Home Town: Plainsboro, NJ

Parents: Elena Weinstein

Club: Arena Gymnastics

Coach: Valdi Kolasa, Ann Kolasa, Wes Marutani & Patricia Sutphen

USAG Level: 10

Gymnastics Years: 13

High School: West Windsor Plainsboro High School South

College Attending: University Illinois Urbana Champaign

Scholarship: Full

Major: Business

Proudest Gymnastics Moments: My proudest moment by far was winning Level 9 Nationals. The best was seeing the video tape after because when my name was announced to the podium, my mom dropped the video camera and the entire screen went black and you could just hear her crying, laughing, and making a fuss in the background. It was hysterical.

Words of Wisdom: "The sweetest victories in life are the ones you work the hardest for. Always remember to share them with the people who matter the most; friends and family."

Megan Whritenour



Home Town: Pemberton, NJ
Parents: Carol & Bob Whritenour
Club: Envision Gymnastics
Coach: Scott & Youlia Weller
USAG Level: 9
Gymnastics Years: 12
High School: Pemberton Township High School
College Attending: University of Bridgeport
Major: Biology
Proudest Gymnastics Moments: Making it to Regionals.
Words of Wisdom: "Take one step at a time."

Jenna Zito



Home Town: Rockaway, NJ
Parents: Hope & Tom Zito
Club: North Stars Gymnastics
Coach: Tony Gehman and Melissa Kilpatrick
USAG Level: 10
Gymnastics Years: 13

High School: Morris Knolls High School

College Attending: Rutgers University

College Major: Undecided

Major: Undecided

Proudest Gymnastics Moments: Representing North Stars for the last 9 years.

Words of Wisdom: "Persevere"

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