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2022 EAGL Annual Awards Announced

WASHINGTON (March 19, 2022) — At the conclusion of the 2022 EAGL Championship at George Washington on Saturday, March 19, the EAGL annual awards winners were announced. Graduate Student Deja Chambliss from George Washington earned EAGL Gymnast of the Year honors, sophomore Mara Titarsolej from LIU was named EAGL Specialist of the Year, junior Elizabeth Culton from North Carolina and senior Julianna Roland from Temple were voted EAGL Co-Scholar-Athletes of the Year, senior Ariana Castrence from Temple was named EAGL Senior Gymnast of the Year, and freshman Hallie Copperwheat from Pittsburgh earned the EAGL Rookie of the Year honor. In Addition, Jay Ramirez from Towson was named EAGL Head Coach of the Year, while Amelia Hundley and Marie Denick from North Carolina were voted EAGL Assistant Coaches of the Year, and Tanya Vogel from George Washington was recognized as EAGL Administrator of the Year.

Gymnast of the Year:

Graduate Student Deja Chambliss (Chesterfield, Va.) from George Washington was named EAGL Gymnast of the Week three times in the regular season. She earned four all-around titles throughout the regular season—including a career-high 39.425 in the all around on Feb. 6. In the same meet, Chambliss scored a perfect 9.950 on vault to help GW to its first-place finish at home. Chambliss finished the regular season leading the EAGL on floor and on vault with an NQS of a 9.895 on vault and 9.905 on floor. She set a career-high 9.925 on floor twice this season and earned three first-team nods in the All-EAGL Selections (vault, floor, and all around)—the most of any George Washington gymnast.

Specialist of the Year:

Sophomore Mara Titarsolej (Zutphen, Netherlands) from LIU is the only EAGL gymnast to score a 10.000 on any event in 2022. She set the LIU bars record last season and then reset it with a 9.950 and eventually a 10.000 this season. Titarsolej led the LIU bars team to break the school record on two occasions in 2022. She has won 8 bars titles throughout the season and is currently ranked No. 1 on bars in the EAGL and No. 12 in the nation. In addition, Titarsolej was an All-EAGL Scholastic Award recipient in both 2021 and 2022 and a first-team all-EAGL selection on bars in 2022.

Co-Scholar-Athletes of the Year:

Junior Elizabeth Culton (Durham, N.C.) from North Carolina is a nursing major with a 3.94 GPA. She is a three-time EAGL All-Academic Team qualifier and a 2020 and 2021 WCGA Scholastic All-American. Culton was recently accepted to UNC's nursing school—the No. 1 public school of nursing master's program in the nation. Athletically, she earned four uneven bars titles, one floor title and one beam title for six individual event titles in 2022. Culton recorded a 9.975 at LIU on March 6, the second-highest score in school history which also matched the highest score on the apparatus of any gymnast in the conference this season. The junior is just one of three gymnasts in the EAGL to post a 9.95 or better on bars this season. She finished the regular season ranked No. 2 on bars and No. 2 beam in the EAGL and posted nine scores of 9.900 or better this season.

Senior Julianna Roland (Lumberton, N.J.) from Temple is a history major with a 4.0 GPA. She is a 2022 EAGL All-Scholastic Team recipient and a 2022 all-EAGL first-team selection on vault and second-team on beam. Roland helped the Owls tie or set four school records in 2022, including vault (49.200), beam (49.325), floor (39.375), and overall team score (196.675). Individually, she had five event victories this season, including three times on vault. On Feb. 25, she won on vault at NC State where she broke the school record with a 9.925. The

senior has scored seven 9.800s or better on the vault this season, giving her an NQS of 9.845, ranking her fourth in the conference. The Lumberton, N.J. native also won two times on beam with a pair of 9.925's, including Feb. 25 at No. 29 NC State and March 3 against New Hampshire and West Chester. She became only the third person in school history to score a 9.925 or better on the apparatus. Roland scored five 9.800s or better on beam this season, giving her a NQS of 14 th with a 9.835.

Senior Gymnast of the Year:

Ariana Castrence (Waldorf, Md.) Earned two EAGL Gymnast of the Week on March 3 and March 9. She earned first-team all-EAGL honors on vault and second-team on beam. Castrence helped the Owls tie or set four school records in 2022, including vault (49.200), beam (49.325), floor (39.375), and overall team score (196.675). On vault, Castrence has won three times, adding an NQS of 9.845, which is ranked fourth in the EAGL. This season she's scored a 9.800 or better in seven meets, including a career-high 9.900 on March 3. She put together a string of five meets where she tallied a 9.800 or better on vault. On bars, the Waldorf, Md., native is 19th in the EAGL with an NQS of 9.815. She added a victory on Feb. 27 when she turned in a 9.875. In total, Castrence has earned five 9.800s or better this season, including a career-high 9.900. On beam, Castrence has an NQS of 9.835—14th in the conference. She scored a 9.800 or better in eight of the nine meets she competed including a career-high 9.925 to close out her home career with the Owls. The senior has two all-around victories this season in the five meets she competed. She tallied the third-best score in school history two times when she scored a 39.275 on March 3.

Rookie of the Year:

Hallie Copperwheat (Leighton Buzzard, England) has made an immediate impact to Pitt Gymnastics, competing in the all-around every meet this season in her first collegiate career. This season, she earned a career-high 39.500 in the all-around—the third highest score in program history—and has garnered seven individual titles—the most of anyone on the team. Copperwheat was named EAGL Gymnast of the Week after her impressive all around win and is only the second freshman in Pitt history to earn the honor. The freshman currently has the highest score this season on beam with a 9.925 and is the only Panther to currently rank in the Top 50 nationally (all around—36th). In addition, all four of her event career-highs cross the 9.825 threshold.

Head Coach of the Year:

For the second year in a row, Jay Ramirez continues to keep the Towson program at the next level—proving that Towson is a competitor in the EAGL conference. He sets high expectations and helps his athletes rise to their potential. His energy and commitment to his athletes is second-to-none. He has a special talent to motivate his athletes during the toughest of times to see the opportunity in adversity. In his third season at the helm of the Towson Gymnastics program, Jay Ramirez led the Tigers to the highest NQS in Towson history, with a 196.165. This year, Towson tied the highest amount of ALL-EAGL honors from any team with 12. The team posted eight out of 15 of the top highest scores in Towson history. Towson is currently ranked 30th nationally and on schedule to make regionals for only the second time in 22 years. Towson scored the most 196s in a single season this year with six—the previous record was two. In addition, the team also broke the program record on vault and now hold the top five scores on vault of all time.

Assistant Coaches of the Year:

Amelia Hundley and Marie Denick from North Carolina have contributed greatly to the team's success this year. Hundley coaches the Tar Heels on bars and choreographs the floor routines. North Carolina had one score of 49.000+ on bars in 2021, but with Hundley coaching bars, the Tar Heels have scored 49.000+ five times, including finishing the season with four scores of 49.025. The Tar Heels posted a 49.300 on bars at LIU, North Carolina's best bars score since March 5, 2004. Denick coaches the Tar Heels on vault and floor and is the team's recruiting coordinator. She has helped North Carolina post five scores of 49.050+ on floor in 2022 after just one score of 49.000+ in 2021. North Carolina posted a season-best 49.225 on vault on Feb. 19—its best rotation on the event since Feb. 17, 2018. Denick recruited both Lali Dekanoidze and Julia Knowler to Carolina, both who have proved

to be two of the top freshman all arounders in the conference and some of the top freshmen in the country. As she was the interim head coach last season, she has been vital in the transition of the new coaching staff.

Administrator of the Year:

Tanya Vogel from George Washington has been an outstanding supporter of EAGL Gymnastics. She 100% promoted the use of the podium for the 2022 Championship to help sponsor the event at the highest level. She knows all of the athletes and continues to find ways to support women's gymnastics.