

2022 East Atlantic Gymnastics League

Week Eight Update—March 2, 2022



Current Team Rankings

Team	Record	NQS	Average	High
1. Towson	12-6 (4-2 EAGL)	196.065	195.610	196.700
2. NC State	10-5 (3-4 EAGL)	195.940	195.778	196.725
3. Pittsburgh	10-7 (4-1 EAGL)	195.600	195.247	196.775
4. North Carolina	9-6 (6-0 EAGL)	195.545	195.647	196.625
5. Temple	8-6 (2-4 EAGL)	195.315	195.006	196.675
6. George Washington	11-10 (3-4 EAGL)	195.275	195.136	196.375
7. New Hampshire	7-7 (3-4 EAGL)	195.085	194.719	196.450
8. LIU	6-12 (0-6 EAGL)	194.060	193.575	195.050

EAGL record based on designated meets for the regular season conference championship

EAGL 2022 Honors



Co-Gymnasts of the Week - Junior Emily Shepard (Olathe, Kan.) from NC State and Senior Ariana Castrence (Waldorf, Md.) from Temple were voted EAGL Co-Gymnasts of the Week on March 2. Shepard was extremely consistent across the board at NC State's two weekend meets, earning only 9.800s and higher. She won the individual title on floor in NC State's home meet against Temple and placed third on beam in the tri-meet at George Washington with Temple. The junior has now scored only 9.800s or higher for five-straight meets. Castrence had a pair of third-place finishes on the bars (9.9) and on vault (9.85) and a fifth-place finish on the beam with a 9.850 on Friday night at NC State. She had a pair of first-place finishes on Sunday afternoon on vault (9.875) and bars (9.875), and a ninth-place finish on beam (9.8). The senior finished with her first win of the season in the all-around with a 39.200, the eight-best score in school history.

Specialist of the Week - Junior Alyssa Worthington (West Warwick, R.I.) was voted EAGL Specialist of the Week on March 2. Worthington finished tied for first place in both of her events. Her 9.900 on floor exercise matched a career high. The junior is currently ranked No. 2 in EAGL on beam with a 9.875 NQS.

Rookie of the Week - Freshman Sidney Washington (Ann Arbor, Mich.) from Pittsburgh was voted EAGL Rookie of the Week on March 2. Washington recorded three scores of a 9.800 or higher in Friday's quad meet. Her highest score of the night on floor (9.875) was a team-high, tying for third overall. She tied her career-high on bars with a 9.850, assisting in the team's highest event score of the night – 49.250. Washington was one of three Panthers to earn a 9.800 or higher on vault. The freshman has consistently scored a 9.800 or higher in all but one meet throughout her collegiate career on vault.

Weekly Highlights

George Washington

- Current record: 11-10 (3-4 EAGL), 195.275 NQS
- Week Eight outcome:
- Meet 1: Second place (194.550) at West Virginia (196.100) with William & Mary (187.900)
- Meet 2: Second place (195.850) at home against NC State (196.025) and Temple (194.875)
- George Washington posted a season-high 49.375 on floor at the Senior Day meet with NC State and Temple
- The team posted its second-highest score at home this season.
- Four gymnasts topped the podium on an event across the two meets.

LIU

- Current record: 6-12 (0-6 EAGL), 194.060 NQS
- Week Eight outcome: Loss (194.675) at New Hampshire (195.400)
- LIU set a new highest away team score, breaking last week's 194.000 with a 194.675.
- This was the second-highest team score in school history.
- On bars Mara Titarsolej tied her own school record of 9.95, which led to her sixth win on the event this season.

NC State

- Current record: 10-5 (3-4 EAGL), 195.940 NQS
- Week Eight outcome:
- Meet 1: Loss (196.600) at home against Temple (196.675)
- Meet 2: First place (196.025) at George Washington (195.850) with Temple (194.875)
- NC State set a program record on bars in its home meet against Temple with a 49.450
- The Wolfpack posted its second-highest score of the season with a 196.600 in its Friday-night meet
- Five members of the team earned a 9.900 or higher during the weekend of competition

New Hampshire

- Current record: 7-7 (3-4 EAGL), 195.085 NQS
- Week Eight outcome: Win (195.400) at home against LIU (194.675)
- The Wildcats trailed after one rotation and were tied after two before taking over the meet on beam (48.875) and floor (49.125) for the victory.
- Kylie Kratchwell earned the team's Katie Baldwin Expression Award after scoring a personal-best 9.925 on uneven bars for second place
- Hailey Lui and Alyssa Worthington each scored a 9.900 on balance beam and floor exercise to share first place in each event, which included tying a personal best on FX.

North Carolina

- Current record: 9-6 (6-0 EAGL), 195.545 NQS
- Week Eight outcome: Loss (195.225) at home against West Virginia (196.250)

- North Carolina posted the highest bar rotation of the season with a 49.125
- The Tar Heels won the bars and vault individual titles
- Julia Knowler earned the second all-around title of her career.

Pittsburgh

- Current record: 10-7 (4-1 EAGL), 195.600 NQS
- Week Eight outcome: Second Place (195.600) at Texas Woman's (195.450) with LSU (197.625) and Centenary (188.075)
- The Panthers placed second with a team score of 195.600 in a quad meet with No. 6 LSU, TWU, and Centenary.
- The team earned their third consecutive bars score of a 49.250 or higher, with all gymnasts scoring at least a 9.750 or better.
- Senior Katie Chamberlain had a standout night, with all three scores earned being a 9.850 or higher. She recorded her third consecutive score of at least 9.900 on bars, earned a career-high 9.850 on vault and a team-high 9.850 on beam.

Temple

- Current record: 8-6 (2-4 EAGL), 195.315 NQS
- Week Eight outcome:
- Meet 1: Win (196.675) at NC State (196.600)
- Meet 2: Third place (194.875) at George Washington (195.850) with NC State (196.025)
- Three team scores were broken including overall team score (196.675), beam (49.300), and vault (49.200).
- Twelve personal best scores were reset in the two meets.
- Julianna Roland broke the school record on vault with a 9.925 on Friday night versus NC State and then matched that score on beam, making her the third person in school history to achieve at least a 9.925. She also finished second on floor during that historical night.

Towson

- Current record: 12-6 (4-2 EAGL), 196.065 NQS
- Week Eight outcome:
- Meet 1: Third place (195.600) at Utah State (196.225) with BYU (196.575)
- Meet 2: Loss (196.000) at Utah State (196.725)
- No. 23 Towson picked up two solid road scores this weekend, securing a 195.600 and a 196.000 on Sunday, Towson's best road score this season.
- Towson posted another three 49.000 scores this weekend, bringing the season total to 17 and setting a new program record for single-season 49.000s. The Tigers' 49.275 on floor on Sunday is tied for the ninth-best floor score in program history.
- Towson stayed in the top 25 in the NQS this week with a 196.065, improving on last week's 195.540. It is the best NQS in EAGL and second in the South East region, trailing only Florida (197.715).

EAGL Individual Top Five

Vault

Name	NQS	Average	High
1. Deja Chambliss—GW	9.885	9.858	9.950
2. Lali Dekanoidze—UNC	9.855	9.850	9.900
3. Kylie Gorgenyi—UNH	9.840	9.800	9.875
4. Julianna Roland—Temple	9.835	9.808	9.925
5. Lauren Bolen—Towson	9.830	9.803	9.850

Floor

Name	NQS	Average	High
1. Deja Chambliss—GW	9.895	9.881	9.925
2. Emily Shepard—NC State	9.880	9.850	9.900
3. Kendall Whitman—GW	9.855	9.759	9.925
3. Amy Stewart—Towson	9.855	9.833	9.950
5. Tori Edwards—Temple	9.850	9.814	9.875
5. Brooke Donabedian—Temple	9.850	9.828	9.900

Bars

Name	NQS	Average	High
1. Mara Titarsolej—LIU	9.920	9.853	9.950
2. Elizabeth Culton—UNC	9.855	9.766	9.900
2. Hallie Copperwheat—Pitt	9.855	9.841	9.925
4. Katie Chamberlain—Pitt	9.850	9.822	9.950
4. Lali Dekanoidze—UNC	9.850	9.863	9.950

All Around

Name	NQS	Average	High
1. Hallie Copperwheat—Pitt	39.175	39.131	39.500
2. Lali Dekanoidze—UNC	39.165	39.243	39.550
3. Deja Chambliss—GW	39.160	39.106	39.600
4. Julia Knowler—UNC	39.140	38.950	39.325
5. Hannah Stallings—Temple	38.875	38.800	39.275

Beam

Name	NQS	Average	High
1. Hailey Lui—UNH	9.880	9.869	9.975
2. Alyssa Worthington—UNH	9.875	9.809	9.975
3. Emily Shepard—NC State	9.870	9.866	9.900
4. Elizabeth Culton—UNC	9.865	9.834	9.925
5. Jenna Weitz—Towson	9.855	9.800	9.875

2022 EAGL Week Nine Action

Thursday March 3

Bridgeport, Maryland and Southern Conn. @ Temple - 6PM

Friday March 4

George Washington, Lindenwood and Penn @ Nebraska - 7:30PM

Brown, NC State and Southern Conn. @ Rutgers - 7PM

Sunday March 6

NC State, William & Mary and Yale @ Maryland - 1PM

Towson @ Pittsburgh - 2PM

North Carolina @ LIU - 2PM

New Hampshire, Ursinus and West Chester @ Temple - 4PM