

2024 LIU Sharks Preview

2023 EAGL Coach of the Year **Randy Lane** leads the Sharks for his fourth season with the program alongside assistant coaches **Olivia Courtney** and **Dalton Streuben** as well as choreographer **Liesl Jaye**.

LIU finished the 2023 season ranked 47th nationally with a team National Qualifying Score (NQS) of 195.530 and regular season record of 9-12-1. The Sharks picked up four All-EAGL honors and sent three gymnasts to NCAA Regionals. The team earned a program record 196.100 on March 5 at Michigan State.

The 2024 squad is made up of six freshman, six sophomores, two juniors and five seniors.



2023 Recap

Overall Record : 9-12-1
Conference Record: 2-6-1
Highest Team Score: 196.100
Vault High: 49.175
Bars High: 49.150
Beam High: 49.125
Floor High: 49.275



Syd Morris - Sophomore

Syd Morris is among the top returners to watch for as they earned four EAGL Rookie of the Week Awards and two all-EAGL first-team honors on beam and all-around. Morris also qualified as an individual for the NCAA L.A. Regional meet in all-around. The Pennsylvania native held the 2023 team's top scores on vault (9.875) and bars (9.95). Morris broke LIU's program record in all-around three times, posting a high of 39.550. The sophomore completed the 2023 regular season winning EAGL Rookie of the Year.

Ella Barrington is another notable returner as she posted the team's second highest floor score of 9.875.

The Sharks welcome freshmen Kady Bills-McCoy, Brisa Carraro, Alina Danilchenko, Danyella Holmes, Maya Oberman and Kate Parks to the squad. Carraro is an Argentina native who has competed in World, Pan-American and South American Championships as well as Argentinian Nationals. Danilchenko finished fourth on floor at the 2023 Level 10 Nationals and ranked third in Florida for all-around (Level 10). Holmes is the captain of the Jamaican Gymnastics National Team and competed at the 2022 Pan-American Games. Oberman was the Israeli all-around champion annually from 2013-2018 and competed in the 2019 Junior World Championships. Parks is a 2019 and 2023 state, regional and national qualifier.

2024 LIU Schedule

Jan 14 AWAY | **UNH**, Bridgeport
Jan 21 HOME | SCSU, Yale, **UNH**
Jan 26 AWAY | **Towson**, **LIU**, **UNH**, Cornell
Feb 4 HOME | **GW**
Feb 11 AWAY | Brockport, Cortland, Ithaca College, Utica
Feb 17 HOME | UPenn, Cornell
Feb 19 AWAY | **UNH**, Yale, SCSU
Feb 25 HOME | Bowling Green
Mar 2 AWAY | Fisk, UPenn
Mar 10 AWAY | **Temple**
Mar 15 AWAY | **Florida**, **NC State**, **Iowa State**
Mar 23 AWAY | *EAGL Championships*

BOLD = Power 5 Opponent

BOLD ITALIC = EAGL Opponent



Ella Barrington - Senior