

# HISTORY OF NJSIAA GIRLS GYMNASTICS

- 1974**  
Team State Champion  
Cherry Hill East  
Individual State Champions  
V-Sarah Werner, Montclair  
UPB-Lisa Neutze, Cherry Hill East  
BB-Diane Lovato, Pascack Hills  
FX-Annette Digiglio, Piscataway  
AA-Sarah Warner, Montclair
- 1975-Winter**  
Team State Champion  
Red Bank Catholic  
Individual State Champions  
V-Lisa Neutze, Cherry Hill East  
UPB-Ann Woods, Red Bank Catholic  
BB- Lisa Neutze, Cherry Hill East  
FX-Ann Woods, Red Bank Catholic  
AA- Lisa Neutze, Cherry Hill East
- 1975-Fall**  
Team State Champion  
Red Bank Catholic  
Individual State Champions  
V-Ann Woods, Red Bank Catholic  
UPB-Cindy Kitashima, Rancocas Valley  
BB-Ann Woods, Red Bank Catholic  
FX-Cindy Kitashima, Rancocas Valley  
AA-Ann Woods, Red Bank Catholic
- 1976**  
Team State Champion  
Red Bank Catholic  
Individual State Champions  
V-Ann Woods, Red Bank Catholic  
UPB-Ann Woods, Red Bank Catholic  
BB-Pat Spisak, Wayne Hills  
FX-Ann Woods, Red Bank Catholic  
AA-Ann Woods, Red Bank Catholic
- 1977**  
Team State Champion  
Red Bank Catholic  
Individual State Champions  
V-Ann Woods, Red Bank Catholic  
UPB-Ann Woods, Red Bank Catholic  
BB-Ann Woods, Red Bank Catholic  
FX-Ann Woods, Red Bank Catholic  
AA-Ann Woods, Red Bank Catholic
- 1978**  
Team State Champion  
Ridgewood  
Individual State Champions  
V-Lynn McDonnell, Ridgewood  
UPB-Lucia Cancelmo, Ridgewood  
BB-Lucia Cancelmo, Ridgewood  
FX-Karen McDonnell, Ridgewood  
AA-Lucia Cancelmo, Ridgewood
- 1979**  
Team State Champion  
Brick Township  
Individual State Champions  
V-H. Capoano, Brick Township
- UPB-H. Capoano, Brick Township  
BB-D. Mosley, Willingboro  
FX-H. Capoano, Brick Township  
AA-H. Capoano, Brick Township
- 1980**  
Team State Champion  
Red Bank Catholic  
Individual State Champions  
V-Lauretta Thomas, Toms River East  
UPB-Elaine Sacks, East Brunswick  
BB-Paula Stewart, West Essex  
FX-Paul Stewart, West Essex  
AA-Elaine Sacks, East Brunswick
- 1981**  
Team State Champion  
Wayne Hills  
Individual State Champions  
V-Sue Filardi, Raritan  
UPB-Sue Filardi, Raritan  
BB-Nancy McDonald, Indian Hills  
FX-Sue Repmann, Cedar Ridge  
AA-Sue Repmann, Cedar Ridge
- 1982**  
Team State Champion  
Rumson-Fair Haven  
Individual State Champions  
V-Sue Repmann, Cedar Ridge  
UPB-Sue Repmann, Cedar Ridge  
BB-Linda Frank, Wayne Hills  
FX-Michelle Spillman, Montclair  
AA-Sue Repmann, Cedar Ridge
- 1983**  
Team State Champion  
Cedar Ridge  
Individual State Champions  
V-Rose Johnson, Toms River East  
UPB-Chris Kaiser, Rumson-Fair Haven  
BB-Cheri Way, Shawnee  
FX-Rose Johnson, Toms River East  
AA-Cheri Way, Shawnee
- 1984**  
Team State Champion  
Cedar Ridge  
Individual State Champions  
V-Jennifer Schmaizzel, Ramapo  
UPB-Chris Kaiser, Rumson-Fair Haven  
BB-Chris Furlong, Red Bank Catholic  
FX-Joyce Wilborn, J.F.Kennedy  
AA-Chris Furlong, Red Bank Catholic
- 1985**  
Team State Champion  
Shawnee  
Individual State Champions  
V-Joyce Wilborn, J.F. Kennedy  
UPB-Cheri Way, Shawnee  
BB-Jan Dalziel, Neptune  
FX-Joyce Wilborn, J.F. Kennedy  
AA-Joyce Wilborn, J.F. Kennedy
- 1986**  
Team State Champion  
Neumann Prep  
Individual State Champions  
V-Joyce Wilborn, J.F. Kennedy  
UPB-Margot Gumerlock, Bound Brook  
BB-Joyce Wilborn, J.F. Kennedy  
FX-Joyce Wilborn, J.F. Kennedy  
AA-Joyce Wilborn, J.F. Kennedy
- 1987**  
Team State Champion  
Lenape  
Individual State Champions  
V-Colby Silver, Parsippany  
UPB-Jan Dalziel, Neptune AND  
Amy Woomer, Ocean  
BB-Janice Rogers, Toms River North  
FX-Jan Dalziel, Neptune  
AA-Janice Rogers, Toms River North
- 1988**  
Team State Champion  
Lenape  
Individual State Champions  
V-Mika Whiddon, Lenape  
UPB-Kellie McHugh, West Morris Central  
BB-Coby Silver, Parsippany  
FX-Jan Dalziel, Neptune  
AA-Colby Silver, Parsippany
- 1989**  
Team State Champion  
Cherokee  
Individual State Champions  
V-L. Boccella, Cherokee  
UPB-K. O'Keefe, Brick Township  
BB-M. Pfielberger, Hopewell Valley  
FX-K. O'Keefe, Brick Township  
AA-K. O'Keefe, Brick Township
- 1990**  
Team State Champion  
Lenape  
Individual State Champions  
V-Jen Clayton, Red Bank Catholic  
UPB-Erika Pazcoguin, Dwight Englewood  
BB-Lori Buck, Bishop Ahr AND  
Tara Berdowitz, Freehold Township  
FX-Erika Maugham, Lenape  
AA-Joanne Watson, Lenape
- 1991**  
Team State Champion  
Middletown South  
Individual State Champions  
V-Stacey Witczak, Cherokee AND  
Danielle Comment, Lakewood  
UPB-Jenny White, Gloucester Catholic  
BB- Stacey Witczak, Cherokee AND  
Karen Schaefer, Middletown South  
FX-Stacey Witczak, Cherokee AND  
Karen Schaefer, Middletown So. AND  
Kim Jordon, Freehold Township  
AA-Karen Schaefer, Middletown South

**1992**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Jackie Haft, East Brunswick**UPB**-Sobhan Haney, Shawnee**BB**-Christine Chen, Marlboro**FX**-Danielle Pisapis, Lacey Twp **AND**Christine Chen, Marlboro **AND**

Stacey Breidenback, Pascack Valley

**AA**-Siobhan Haney, Shawnee**1993**Team State Champion

Somerville

Individual State Champions**V**-Karen Stengle, Cedar Ridge**UPB**-Karen Maurer, Roselle Catholic**BB**-Natalie Booth, Cherokee**FX**-Julie Hassert, Bishop Ahr **AND**

Krista Geis, Washington Twp

**AA**-Karen Maurer, Roselle Catholic**1994**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Jamie McNally, Bishop Ahr**UPB**-Julie Hassett, Bishop Ahr**BB**-Dawn Campbell, Howell **AND**

Megan Marcus, Middletown North

**FX**-Katie Russo, Passaic Valley**AA**-Julie Hassett, Bishop Ahr**1995**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Jamie McNally, Bishop Ahr**UPB**-Dawn Campbell, Howell**BB**-Heather Carr, Butler**FX**-Jamie McNally, Bishop Ahr**AA**-Dawn Campbell, Howell**1996**Team State Champion

Red Bank Catholic

Individual State Champions**V**-Jamie McNally, Bishop Ahr**UPB**-Jamie McNally, Bishop Ahr**BB**-Bethany Wagner, Bound Brook**FX**-Jamie McNally, Bishop Ahr**AA**-Jamie McNally, Bishop Ahr**1997**Team State Champion

Toms River North

Individual State Champions**V**-Kelly McMullin, Holmdel **AND**

Jamie McNally, Bishop Ahr

**UPB**-Alexis Pero, Toms River North**BB**-Bethany Wagner, Bound Brook**FX**-Ashley Asraf, Toms River North**AA**-Alexo Pero, Toms River North**1998**Team State Champion

Toms River North

Individual State Champions**V**-Kim Kirzo, Monmouth Regional**UPB**-Lauren Caravello, Westfield**BB**-Jamie Shapiro, Manalapan**FX**-Kristen Presutti, Toms River North**AA**-Kristen Presutti, Toms River North**1999**Team State Champion

Marlboro

Individual State Champions**V**-Jade Rubel, Ocean Township**UPB**-Lauren Caravello, Westfield**BB**-Gina Roselle, St. Rose**FX**-Kim Kirzow, Monmouth Reg**AA**-Kim Kirzow, Monmouth Reg**2000**Team State Champion

Toms River North

Individual State Champions**V**-Jayne Propert, St. Rose**UPB**-Jessica Tai, Holmdel**BB**-Jayne Propert, St. Rose**FX**-Ashley Asraf, Toms River North**AA**-Jayne Propert, St. Rose**2001**Team State Champion

Red Bank Catholic

Individual State Champions**V**-Kaitlyn Kaplan, Jackson Memorial**UPB**-Nicole Drane, Lenape**BB**-Lauren Caravello, Westfield**FX**-Erin Muirhead, South River**AA**-Kaitlyn Kaplan, Jackson Memorial**2002**Team State Champion

Red Bank Catholic

Individual State Champions**V**-Nicole Drane, Lenape**UPB**-Nicole Drane, Lenape**BB**-Caitlin Steele, Southern Regional**FX**-Jessica Tai, Holmdel**AA**-Jessica Tai, Holmdel**2003**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Danielle Guider, Nutley **AND**

Kaitlyn Kaplan, Jackson

**UPB**-Nicole Drane, Lenape **AND**

Karley Walek, Pequannock

**BB**-Dana Sherman, Ocean Township**FX**-Beate Jones, Red Bank Catholic**AA**-Danielle Guider, Nutley**2004**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Chelsea Steinberg, Ridgewood**UPB**-Kristy Boswell, Cherry Hill West**BB**-Chelsea Steinberg, Ridgewood**FX**-Chelsea Steinberg, Ridgewood**AA**-Chelsea Steinberg, Ridgewood**2005**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Danielle Guider, Nutley**UPB**-Kristy Boswell, Cherry Hill West**BB**-Lindsey Poploski, Brick**FX**-Maddie Zwiebel, Bridgewater-Raritan**AA**-Chelsea Steinberg, Ridgewood**2006**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Chelsea Steinberg, Ridgewood**UPB**-Meagan Phelan, Pascack Regional**BB**-Lindsey Poploski, Brick**FX**-Austyn Fobes, Howell**AA**-Chelsea Steinberg, Ridgewood**2007**Team State Champion

Bishop George Ahr

Individual State Champions**V**-Lacy Cummings, Westfield**UPB**-Austyn Fobes, Howell**BB**-Chelsea Goldschrafe, Ramapo**FX**-Chelsea Goldschrafe, Ramapo**AA**-Chelsea Goldschrafe, Ramapo**2008**Team State Champion

Pascack Regional

Individual State Champions**V**-Jenny Buontempto, Cranford**UPB**-Austyn Fobes, Howell**BB**-Austyn Fobes, Howell**FX**-Chelsea Goldschrafe, Ramapo**AA**-Austyn Fobes, Howell**Summary of Team Titles**

8 Bishop George Ahr

8 Red Bank Catholic

3 Lenape

3 Toms River North

2 Cedar Ridge

1 Brick Township

1 Cherokee

1 Cherry Hill East

1 Marlboro

1 Middletown South

1 Neumann Prep

1 Pascack Regional

1 Ridgewood

1 Rumson-Fair Haven

1 Shawnee

1 Somerville

1 Wayne Hills

36 Championships