



NEW JERSEY STATE INTERSCHOLASTIC
ATHLETIC ASSOCIATION

GYMNASTICS

Championship History

1974-2024

1161 Route 130 North
Robbinsville, NJ 08691

609-259-2776

www.njsiaa.org

Updated: April 2025



NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

TABLE OF CONTENTS

SECTIONAL CHAMPIONSHIPS	3
STATE CHAMPIONSHIPS - TEAM AND ALL-AROUND	4
Most State Titles, Most Consecutive State Titles, State Meet Records	6
INDIVIDUAL STATE CHAMPIONSHIPS	7
Individual State Meet Records	11

NOTES

Due to the COVID-19 pandemic, State Championships were not held in 2020.

The New Jersey State Interscholastic Athletic Association strives to make each sport's Championship History Book an accurate and comprehensive resource. If you have information you believe should be included in these records (additions, deletions or corrections), it may be submitted by e-mail to Dena Maggio at dmaggio@njsiaa.org. Please provide supporting data/documentation with your submission. Appropriate documentation shall include, but is not limited to, the following: copies of scorebooks or game/season statistical summaries, copies of yearbooks, and copies of newspaper clippings. All information must be complete for consideration. Submissions completed by a coach or school administrator are preferred. Before any mark is added to the record book, it must be independently verified by the NJSIAA staff. If the information cannot be independently verified, it will not be included.

Championship History is updated on a seasonal basis when possible.

Sectional Champions

Year	North I	North II	Central I	Central II	South
1996	Passaic Valley	Westfield	Red Bank Catholic	Bishop Ahr	Washington
1997	Ridgewood	Montclair	Holmdel	Bishop Ahr	Toms River North
1998	Ridgewood	Westfield	Holmdel	Somerville	Toms River North
1999	Ridgewood	Westfield	Red Bank Catholic	Somerville	Toms River East
2000	Ridgewood	Westfield	Marlboro	Hillsborough	Toms River North
2001	Ridgewood	Westfield	Red Bank Catholic	Hillsborough	Lacey
2002	Ridgewood	Randolph	Red Bank Catholic	Bishop	Washington Township
2003	Ridgewood	Cranford	Red Bank Catholic	Bishop	Jackson
2004	Ridgewood	Dayton/Brearley	Colts Neck	Bishop	Washington Township
2005	Ridgewood	Union	Red Bank Catholic	Bishop	Seneca
2006	Ridgewood	Westfield	Red Bank Catholic	Bishop Ahr	Washington Township
2007	Pascack Regional	Bishop Ahr	Red Bank Catholic	Hillsborough	Washington Township
2008	Pascack Regional	Bishop Ahr	Howell	Hunterdon Central	Washington Township
2009	Pascack Regional	Bishop Ahr	Red Bank Catholic	Hillsborough	Washington Township
2010	Pascack Regional	Bishop Ahr	Freehold Boro	Hillsborough	Washington Township
2011	Ramapo	Bishop Ahr	Freehold Boro	Hunterdon Central	Washington Township
2012	Ramapo	Bishop Ahr	Freehold Boro	East Brunswick	Lenape
2013	Ramapo	Westfield	Red Bank Catholic	Bridgewater-Raritan	Brick Memorial
2014	Ramapo	Westfield	Red Bank Catholic	Hillsborough	Brick Memorial
2015	Ramapo	Bishop Ahr	Red Bank Catholic	Hillsborough	Washington Township
2016	Ramapo	Bishop Ahr	Red Bank Catholic	Hillsborough	Brick Memorial
2017	Holy Angels	Bishop Ahr	St. John Vianney	Hillsborough	Jackson Memorial
2018	Holy Angels	Bishop Ahr	Freehold Township	Hillsborough	Brick Memorial
2019	Roxbury	Old Bridge	Freehold Township	Hillsborough	Brick Memorial
2020	<i>Cancelled due to COVID-19</i>				

Starting in 2021, Central sections I and II became a single section.

Year	North I	North II	Central	South
2021	Randolph	Scotch Plains-Fanwood	Freehold Township	East Brunswick
2022	Mount Olive	St. Thomas Aquinas	Freehold Township	Cherokee
2023	Mount Olive	St. Thomas Aquinas	St. John Vianney	Colts Neck

State Champions - Team and All-Around

Year	Team Champion	All-Around Champion
1974	Cherry Hill East	Sarah Warner, Montclair
1975	Red Bank Catholic	Lisa Neutze, Cherry Hill East
1976	Red Bank Catholic	Ann Woods, Red Bank Catholic
1977	Red Bank Catholic	Ann Woods, Red Bank Catholic
1978	Ridgewood	Lucia Cancelmo, Ridgewood
1979	Brick Township	Happy Capoano, Brick Township
1980	Red Bank Catholic	Elaine Sacks, East Brunswick
1981	Wayne Hills	Sue Repmann, Cedar Ridge
1982	Rumson-Fair Haven	Sue Repmann, Cedar Ridge
1983	Cedar Ridge	Cheri Way, Shawnee
1984	Cedar Ridge	Chris Furlong, Red Bank Catholic
1985	Shawnee	Joyce Wilborn, John F. Kennedy (Paterson)
1986	Nuemann Prep	Joyce Wilborn, John F. Kennedy (Paterson)
1987	Lenape	Janice Rogers, Toms River North
1988	Lenape	Colby Silver, Parsippany
1989	Cherokee	Kim O'Keefe, Brick Township
1990	Lenape	Joanne Watson, Lenape
1991	Middletown South	Karen Schaefer, Middletown South
1992	Bishop Ahr	Siobhan Haney, Shawnee
1993	Somerville	Karen Maurer, Roselle Catholic
1994	Bishop Ahr	Julie Hassett, Bishop Ahr
1995	Bishop Ahr	Dawn Campbell, Howell
1996	Red Bank Catholic	Jamie McNally, Bishop Ahr
1997	Toms River North	Alexo Pero, Toms River North
1998	Toms River North	Kristen Presutti, Toms River North
1999	Marlboro	Kim Kirzow, Monmouth Regional
2000	Toms River North	Jayne Propert, St. Rose
2001	Red Bank Catholic	Kaitlyn Kaplan, Jackson Memorial
2002	Red Bank Catholic	Jessica Tai, Holmdel
2003	Bishop Ahr	Danielle Guider, Nutley
2004	Bishop Ahr	Chelsea Steinberg, Ridgewood
2005	Bishop Ahr	Chelsea Steinberg, Ridgewood
2006	Bishop Ahr	Chelsea Steinberg, Ridgewood
2007	Bishop Ahr	Chelsea Goldschrafe, Ramapo
2008	Pascack Valley/Pascack Hills (co-op)	Austyn Fobes, Howell

State Champions- Team and All-Around *continued*

Year	Team Champion	All-Around Champion
2009	Pascack Valley/Pascack Hills (co-op)	Kristen Harabedian, Hunterton Central
2010	Bishop Ahr	Kyla Vaccio, Bishop Ahr
2011	Freehold Boro	Danielle Verdon, Freehold Boro
2012	Freehold Boro	Julianna Drapkin, Bishop Ahr
2013	Bishop Ahr	Kendall Valentin, Holmdel
2014	Red Bank Catholic	Julianna Drapkin, Holmdel
2015	Red Bank Catholic	Kristen Politz, St. John Vianney
2016	Red Bank Catholic	Nicolette DePrisco, Red Bank Catholic
2017	Freehold Township	Ally Cucich, Red Bank Catholic
2018	Freehold Township	Ariana Agrapides, St. John Vianney
2019	Freehold Township	Grace Costello, St. John Vianney
2020	<i>Due to the COVID-19 pandemic, State Championships were not held.</i>	
2021	East Brunswick	Karina Munoz, East Brunswick
2022	Freehold Township	Kylie Sitty, St. John Vianney
2023	St. John Vianney	Christina Fallon, St. John Vianney
2024	Mount Olive	Natalie Lindgren, Rumson-Fair Haven

Most Team State Titles

No.	School	No.	School
10	Bishop Ahr	1	East Brunswick
10	Red Bank Catholic	1	Marlboro
4	Freehold Township	1	Middletown South
3	Lenape	1	Mount Olive
3	Toms River North	1	Neumann Prep
2	Cedar Ridge	1	Ridgewood
2	Freehold Boro	1	Rumson-Fair Haven
2	Pascack Valley/Pascack Hills (co-op)	1	Shawnee
1	Brick Township	1	Somerville
1	Cherokee	1	St. John Vianney
1	Cherry Hill East	1	Wayne Hills

Most Consecutive Team State Titles (3+)

No.	School	Years
5	Bishop Ahr	2003-2007
3	Freehold Township	2017-2019
3	Red Bank Catholic	1975-1977, 2014-2016

State Meet Records

State Championship Team Score Record

2023 - St. John Vianney - 114.125

State Championship All-Around Record

2017 - Ally Cucich, Red Bank Catholic - 38.875

Individual State Champions

Year	Vault	Uneven Bars	Balance Beam	Floor Exercise
1974	Sarah Werner, Montclair	Lisa Neutze, Cherry Hill East	Diane Lovato, Pascack Hills	Annette Digiglio, Piscataway
1975	Lisa Neutze, Cherry Hill East	Ann Woods, Red Bank Catholic	Lisa Neutze, Cherry Hill East	Ann Woods, Red Bank Catholic
1976	Ann Woods, Red Bank Catholic	Ann Woods, Red Bank Catholic	Pat Spisak, Wayne Hills	Ann Woods, Red Bank Catholic
1977	Ann Woods, Red Bank Catholic	Ann Woods, Red Bank Catholic	Ann Woods, Red Bank Catholic	Ann Woods, Red Bank Catholic
1978	Lynn McDonnell, Ridgewood	Lucia Cancelmo, Ridgewood	Lucia Cancelmo, Ridgewood	Karen McDonnell, Ridgewood
1979	Happy Capoano, Brick Township	Happy Capoano, Brick Township	D. Mosley, Willingboro	Happy Capoano, Brick Township
1980	Lauretta Thomas, Toms River East	Elaine Sacks, East Brunswick	Paula Stewart, West Essex	Paula Stewart, West Essex
1981	Sue Filardi, Raritan	Sue Filardi, Raritan	Nancy McDonald, Indian Hills	Sue Repmann, Cedar Ridge
1982	Sue Repmann, Cedar Ridge	Sue Repmann, Cedar Ridge	Linda Frank, Wayne Hills	Michelle Spillman, Montclair
1983	Rose Johnson, Toms River East	Chris Kaiser, Rumson-Fair Haven	Cheri Way, Shawnee	Rose Johnson, Toms River East
1984	Jennifer Schmaizzel, Ramapo	Chris Kaiser, Rumson-Fair Haven	Chris Furlong, Red Bank Catholic	Joyce Wilborn, John F. Kennedy (Paterson)
1985	Joyce Wilborn, John F. Kennedy (Paterson)	Cheri Way, Shawnee	Jan Dalziel, Neptune	Joyce Wilborn, John F. Kennedy (Paterson)
1986	Joyce Wilborn, John F. Kennedy (Paterson)	Margot Gumerlock, Bound Brook	Joyce Wilborn, John F. Kennedy (Paterson)	Joyce Wilborn, John F. Kennedy (Paterson)
1987	Colby Silver, Parsippany	Jan Dalziel, Neptune & Ally Woomer, Ocean	Janice Rogers, Toms River North	Jan Dalziel, Neptune
1988	Mika Whiddon, Lenape	Kellie McHugh, West Morris Central	Coby Silver, Parsippany	Jan Dalziel, Neptune
1989	L. Boccella, Cherokee	Kim O'Keefe, Brick Township	M. Pfiembenberger, Hopewell Valley	Kim O'Keefe, Brick Township

Individual State Champions *continued*

Year	Vault	Uneven Bars	Balance Beam	Floor Exercise
1990	Jen Clayton, Red Bank Catholic	Erika Pazcoguin, Dwight Englewood	Lori Buck, Bishop Ahr & Tara Berdowitz, Freehold Twp.	Erika Maugham, Lenape
1991	Stacey Witzak, Cherokee & Danielle Comment, Lakewood	Jenny White, Gloucester Catholic	Stacey Witzak, Cherokee & Karen Schaefer, Middletown South	Stacey Witzak, Cherokee & Karen Schaefer, Middletown South & Kim Jordon, Freehold Twp.
1992	Jackie Haft, East Brunswick	Sobhan Haney, Shawnee	Christine Chen, Marlboro	Danielle Pisapis, Lacey Twp. & Christine Chen, Marlboro & Stacey Breidenback, Pascack Valley
1993	Karen Stengle, Cedar Ridge	Karen Maurer, Roselle Catholic	Natalie Booth, Cherokee	Julie Hassert, Bishop Ahr & Krista Geis, Washington Twp.
1994	Jamie McNally, Bishop Ahr	Julie Hassett, Bishop Ahr	Dawn Campbell, Howell & Megan Marcus, Middletown North	Katie Russo, Passaic Valley
1995	Jamie McNally, Bishop Ahr	Dawn Campbell, Howell	Heather Carr, Butler	Jamie McNally, Bishop Ahr
1996	Jamie McNally, Bishop Ahr	Jamie McNally, Bishop Ahr	Bethany Wagner, Bound Brook	Jamie McNally, Bishop Ahr
1997	Kelly McMullin, Holmdel & Jamie McNally, Bishop Ahr	Alexis Pero, Toms River North	Bethany Wagner, Bound Brook	Ashley Asraf, Toms River North
1998	Kim Kirzow, Monmouth Regional	Lauren Caravello, Westfield	Jamie Shapiro, Manalapan	Kristen Presutti, Toms River North
1999	Jade Rubel, Ocean Township	Lauren Caravello, Westfield	Gina Roselle, St. Rose	Kim Kirzow, Monmouth Regional
2000	Jayne Propert, St. Rose	Jessica Tai, Holmdel	Jayne Propert, St. Rose	Ahsley Asraf, Toms River North
2001	Kaitlyn Kaplan, Jackson Memorial	Nicole Drane, Lenape	Lauren Caravello, Westfield	Erin Muirhead, South River
2002	Nicole Drane, Lenape	Nicole Drane, Lenape	Caitlin Steele, Southern Regional	Jessica Tai, Holmdel

Individual State Champions *continued*

Year	Vault	Uneven Bars	Balance Beam	Floor Exercise
2003	Danielle Guider, Nutley & Kaitlyn Kaplan, Jackson Memorial	Nicole Drane, Lenape & Karley Walek, Pequannock	Dana Sherman, Ocean Township	Beate Jones, Red Bank Catholic
2004	Chelsea Steinberg, Ridgewood	Kristy Boswell, Cherry Hill West	Chelsea Steinberg, Ridgewood	Chelsea Steinberg, Ridgewood
2005	Danielle Guider, Nutley	Kristy Boswell, Cherry Hill West	Lindsey Poploski, Brick	Maddie Zwiebel, Bridgewater-Raritan
2006	Chelsea Steinberg, Ridgewood	Meagan Phelan, Pascack Regional	Lindsey Poploski, Brick	Austyn Fobes, Howell
2007	Lacy Cummings, Westfield	Austyn Fobes, Howell	Chelsea Goldschrafe, Ramapo	Chelsea Goldschrafe, Ramapo
2008	Jenny Buontempo, Cranford	Austyn Fobes, Howell	Austyn Fobes, Howell	Chelsea Goldschrafe, Ramapo
2009	Brittany Marcsisin, Hillsborough	Kristen Harabedian, Hunerdon Central	Kristen Harabedian, Hunerdon Central	Kristen Harabedian, Hunerdon Central
2010	Brittany Marcsisin, Hillsborough	Morgan Venuti, Washington Township	Missy Arena, Passaic Valley	Jen King, Freehold Boro & Natali Ruzich, Pascack Valley/Hills (co-op)
2011	Danielle Verdon, Freehold Boro	Courtney DeDea, Colts Neck	Danielle Verdon, Freehold Boro	Danielle Verdon, Freehold Boro
2012	Bayleigh Fobes, Howell	Delaney Cahill, Shawnee	Julianna Drapkin, Bishop Ahr	Ayana Lee, Bridgewater-Raritan
2013	Kierstin Sokolowski, Lacey Township	Aly Wesoly, Lenape	Tess Zientek, Holmdel	Julianna Drapkin, Bishop Ahr
2014	Emma Johnson, Ramapo	Tess Zientek, Holmdel	Samantha Marion, Ramapo	Nicole Sottiriou, South Plainfield
2015	Melissa Astarita, Marlboro	Ariana Agrapides, St. John Vianney	Samantha Marion, Ramapo	Kristen Politz, St. John Vianney
2016	Jacie Van de Zilver, Jackson Memorial	Monica Servidio, Howell	Shannon Gregory, J.P. Stevens	Nicolette DiPrisco, Red Bank Catholic
2017	Ariana Agrapides, St. John Vianney & Ally Cucich, Red Bank Catholic	Ally Cucich, Red Bank Catholic	Shannon Gregory, J.P. Stevens	Ally Cucich, Red Bank Catholic

Individual State Champions *continued*

Year	Vault	Uneven Bars	Balance Beam	Floor Exercise
2018	Karina Munoz, East Brunswick	Ariyana Agarwala, Bishop Ahr	Mackenzie Aresta, Old Bridge	Ariana Agrapides, St. John Vianney
2019	Anna Pagliaro, Freehold Township	Grace Costello, St. John Vianney	Grace Costello, St. John Vianney	Grace Costello, St. John Vianney
2020	<i>Due to the COVID-19 pandemic, State Championships were not held.</i>			
2021	Karina Munoz, East Brunswick	Karina Munoz, East Brunswick	Amamda Scheuerman, Old Bridge	Karina Munoz, East Brunswick
2022	Supriyha Moore, St. Thomas Aquinas	Kathryn McSweeney, East Brunswick	Emily Rodgers, Freehold Township	Kathryn McSweeney, East Brunswick
2023	Emma Gentile, Middletown South	Christina Fallon, St. John Vianney	Emili Horike, Edison	Giovannina Beltra, St. John Vianney
2024	Natalie Lindgren, Rumson-Fair Haven	Natalie Lindgren, Rumson-Fair Haven	Dana Imperial, Marlboro	Ava Trezza, Middletown South

Individual Meet Records

Event	Name, School	Year	Score
Vault	Kim Kirzow, Monmouth Regional	1998	10.000
Uneven Bars	Austyn Fobes, Howell	2008	9.850
Balance Beam	Austyn Fobes, Howell	2008	9.800
	Shannon Gregory, J.P. Stevens	2016	9.800
Floor Exercise	Karina Munoz, East Brunswick	2017	9.850