

Liz Tricase

2002 U.S. National Vault Champion

Hometown: Itasca, Ill.
 Residence: Itasca, Ill.
 Date/Place of Birth: July 26, 1986/Elmhurst, Ill.
 Club: Illinois Gymnastics Institute
 Coach: Todd Gardiner
 School: Lake Park High School
 Year in School: Graduated '04 – signed with Stanford University
 Began Gymnastics: 1989
 Favorite Event: Floor
 Years on National Team: 3 (2001-02, 2002-03, 2003-04)



Personal Info

Tricase is the daughter of Pino and Sheila. She has one younger brother, Nick (6/13/88), who plays soccer and basketball and runs track. She recently received a full gymnastics scholarship to Stanford University. She hopes to someday pursue a career in sports medicine. She admires her parents for their family values and support. Her goal in gymnastics is to work hard, help other people enjoy gymnastics, and make the 2004 Olympic Team. Tricase was voted by all National Championships competitors as "Sportswoman of the Year" in both 2002 and 2003.

International Competition

- 2004 International Friendship Camp, Houston, TX; 2nd-UB
- 2004 FL Gym Open, Luxembourg City, LUX; 1st-Team, 2nd-AA, 1st-V, 3rd-UB, 3rd-BB, 4th-FX
- 2002 Pacific Alliance Championships, Vancouver, CAN; Senior Team Alternate
- 2002 Spring Cup, Burlington, Ontario, CAN; 1st-Team, 2nd-AA, 1st-V, 1st-FX, 4th-BB, 4th UB

National Competition

- 2004 U.S. National Championships, Nashville, Tenn.; 6th-AA, T2nd-V
- 2004 American Classic, Ontario, Calif.; 6th-UB
- 2004 National Elite Podium Meet, New York, N.Y.; 1st-UB, 6th-BB
- 2003 U.S. National Championships, Milwaukee, Wis.; 12th AA, 9th FX
- 2003 U.S. Classic, San Antonio, Texas
- 2002 U.S. Gymnastics Championships, Cleveland, Ohio; 5th-AA, 1st-V, 5th-UB, 4th-FX
- 2002 U.S. Classic, Virginia Beach, Va.; 7th-AA, 4th-V, 9th-UB, 8th-BB
- 2002 National Elite Podium Meet, Orlando, FL; 5th-AA, 2nd-FX, 6th-V & UB
- 2002 American Classic, Indianapolis, Ind.; 4th-AA, 2nd-V, 4th-UB, 6th-FX
- 2001 U.S. Gymnastics Championships, Philadelphia, Pa.; 10th-AA, 3rd-V, 7th-UB, 6th-BB (jr. div.)
- 2001 U.S. Classic, Pomona, Calif.; 12th-AA, 8th-FX (tie) (Jr. Div.)