



*Liz Tricase*

**Elite Gymnast  
National Team Member**



**HALL  
OF  
FAME**

Inducted 2015

Liz Tricase is one of the great gymnasts that came out of Region 5. To this day Liz still gives credit and praise to Region 5 for helping her achieve her goals as an athlete in Illinois and in collegiate gymnastics.

Liz's leadership qualities and support of her teammates and those around her was unmatched. Even while training with the rest of the national team at the Ranch, Marta would often call Liz over to an event so that she could help motivate an athlete. It was unbelievable to see.

Liz's full name should be Elizabeth "Humble" Tricase. People still ask how she is and tell wonderful stories they have about her.

Immediately following her collegiate career she became a major player for Facebook. She is recently married and reside in California.

- 2000 Level 10 Junior Olympic National All-Around Champion
- A four time United States National Team member
- 2002 USA Vault Champion
- 10<sup>th</sup> Place at the 2004 Olympic Trials and qualified to the Final Olympic Selection Camp.
- Three-time USAG Sportsperson of the Year (2002-2004)
- Competed for Region 5 in El Salvador
- Competed for USA in Pacific Alliance, Luxemburg, Chile
- Competed for USA in Dominican Republic
- Began gymnastics at Illinois Gymnastics Institute at the age of three.
- Graduated from Stanford University in 2008