

NCCGA 2001

University of Wisconsin - Stout



Johnson Fieldhouse • Menomonie, Wis.



Championships

Welcome to the NCGA Championships

Welcome to the University of Wisconsin-Stout,

UW-Stout is pleased to host the 2001 National Collegiate Gymnastics Association Championships and on behalf of the entire UW-Stout faculty and staff, we welcome you to the UW-Stout campus and the Menomonie area.

The competition will prove to be exciting for the outstanding student/athletes who represent the top Division III level gymnasts in the country, and fun for the fans.

UW-Stout has a long-standing, yet growing reputation as an institution that puts its graduates on rewarding career paths. This can be seen year after year in our outstanding employment rate. Of course, the excellent reputation we have with employers is directly attributed to our highly motivated graduates, who possess a strong work ethic, along with the specialized educational and intellectual skills needed in the modern world. That's why we say that UW-Stout is the school of choice for the 21st Century.

Women's gymnastics at UW-Stout has a long and proud history. Here's a special salute to all of the student/athletes who will be participating this weekend in this top notch event.

Best wishes to all of the competitors.

Dr. Charles W. Sorensen
UW-Stout Chancellor



*UW-Stout Chancellor
Charles W. Sorensen*

On behalf of the University of Wisconsin-Stout and the Department of Physical Education and Athletics, welcome to the 18th annual NCGA Championships. We extend a warm welcome to all participants and coaches, as well as the families and friends who have supported the teams throughout the season. We are indeed proud and honored to be the host to a meet of this caliber and pay tribute to the talented student/athletes that will compete over this weekend.

We hope that you will enjoy the hospitality of the University of Wisconsin-Stout, the City of Menomonie and the Dunn County area. We invite you to talk to our friendly staff and students and ask them about our new Recreation Complex that can only serve the Stout and Menomonie communities better.

Best wishes to all of the competitors and coaches as we begin these two championship days.

Dr. Steven Terry
Director of Physical Education and Athletics



*UW-Stout Athletic Director
Steve Terry*

2001 NCGA Championships

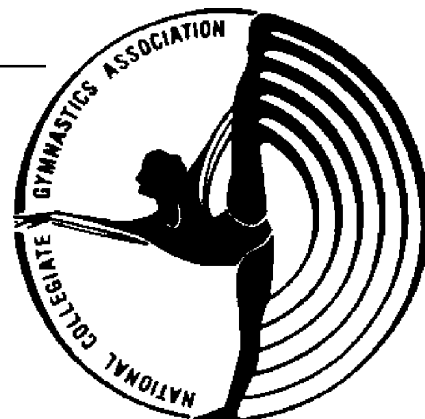
Schedule of Events

Friday, March 23

- 5:15 p.m. Prepare for March-In
 5:30 p.m. March in, announcements, national anthem, first rotation begins
 9:30 p.m. Awards Ceremony after the competition for Team and All Around, four-year seniors

Saturday, March 24

- 1:15 p.m. Prepare for March-In
 1:30 p.m. Competition
 3 p.m. Awards Ceremony after the Individual competition, including the Outstanding Senior Award, the All-Academic team and the Coach of the Year Award



Championship Rotation

	1	2	3	4	5	6	7	8
UW-Stout	Vault	W-up	Bars	W-up	Beam	W-up	Floor	Bye
Ithaca College	Bars	W-up	Beam	W-up	Floor	W-up	Vault	Bye
Gustavus Adolphus	Beam	W-up	Floor	W-up	Vault	W-up	Bars	Bye
Ursinus College	Floor	W-up	Vault	W-up	Bars	W-up	Beam	Bye
UW-Oshkosh	W-up	Vault	W-up	Bars	W-up	Beam	W-up	Floor
SUNY-Cortland	W-up	Bars	W-up	Beam	W-up	Floor	W-up	Vault
UW-La Crosse	W-up	Beam	W-up	Floor	W-up	Vault	W-up	Bars
Springfield College	W-up	Floor	W-up	Vault	W-up	Bars	W-up	Beam

Individual Rotations

Sonja Ellefson (MIT) with UW-Stout; Jessica Bowman (Brockport), Nikki Dustman (Wilson), Nikki Longo (Rhode Island), Alicia DeFronzo (Rhode Island) with Ithaca College; Sajdah Ahmad (Rhode Island) with Gustavus Adolphus; Shannon Hughey (Rhode Island) with Ursinus College; Lisa McManus (UW-Whitewater) with UW-Oshkosh; Kristina Reitzel (UW-Eau Claire), Ann Kingsnorth (UW-Whitewater), Niki Hoida (UW-Whitewater), Linsey Hamilton (Hamline) with Cortland; Angie Garin (UW-River Falls) with UW-La Crosse; Melissa Stanton (Hamline) with Springfield College.

The Judges for the 2001 NCGA Championships

Friday, March 23

Vault: Robin Ruegg, Kathy Deutsch
Uneven Bars: Jan Adkins, Sarah Nelson
Balance Beam: Jane Droese, Susie Touhy
Floor Exercise: Nancy Fischer, Elena Lowery
Meet Referee: Judy Schalk

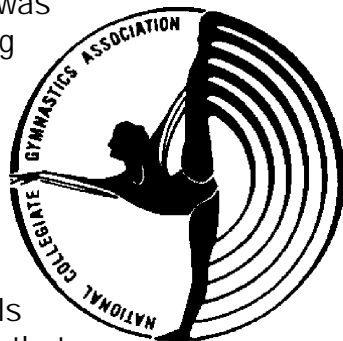
Saturday, March 24

Vault: Jane Droese, Nancy Fischer
Uneven Bars: Jan Adkins, Sarah Nelson
Balance Beam: Jane Droese, Sarah Nelson
Floor Exercise: Jan Adkins, Nancy Fischer

This Weekend's Championships sponsored by:
International Gymnastics Camp, Lake Owen
 and
Paul & Sharon Ramey

NCGA History and Membership

In 1983, just after the arrival of scholarships in women's sports, the National Collegiate Gymnastics Association (NCGA) was formed to be the governing body of women's gymnastics at the Division III college level.



Unique in its design, the NCGA is organized and administrated by the coaches, member schools and the student/athletes that benefit from its programs. The policies of the NCGA are deeply-rooted in the spirit of athletic competition and not bureaucratic red tape.

Each year, the top teams and individuals are involved to compete for the NCGA Championships. Hosted by a member school, the NCGA Championships has become a premier event in collegiate gymnastics. All of the students who participate do so without athletic scholarships or monetary reward - they are involved because they love the sport and the joys of competition.

The commitment of our coaches, student/athletes and member schools is the greatest strength of the NCGA. The primary goal is to provide an environment for the non-scholarship gymnast to compete on a national level well into the future.

2000-01 NCGA Final Rankings _____

1. UW-La Crosse	182.4825
2. SUNY-Cortland	181.5450
3. Ithaca College	181.4575
4. Ursinus College	180.7625
5. UW-Oshkosh	179.9475
6. Springfield College	179.5850
7. Rhode Island College	178.3525
8. Gustavus Adolphus College	177.2650
9. UW-Stout	176.6050
10. UW-River Falls	175.7875
11. Mass. Institute of Technology	173.3675
12. UW-Whitewater	173.0750
13. SUNY-Brockport	169.3675
14. UW-Eau Claire	168.9350
15. Wilson College	165.5550
16. Hamline University	150.6450

NCGA Institutions

Gustavus Adolphus College

Hamline University

Ithaca College

**Massachusetts
Institute of Technology**

SUNY-Brockport

SUNY-Cortland

Rhode Island College

Springfield College

Ursinus College

Wilson College

Wisconsin-Eau Claire

Wisconsin-La Crosse

Wisconsin-Oshkosh

Wisconsin-River Falls

Wisconsin-Stout

Wisconsin-Whitewater

Wisconsin-Stout Blue Devils



Row 1 (left to right): Tina Lamers, Tasha Pasch, Melissa Nguyen, Andrea Hassel, Katie Hanson, Jennie Rosinsky. Row 2: Head coach Jeff Richards, Angie Swanson, Brenna Jones, Kelli Mork, Scarlett Ramey, Erika Opoien, Ashley Soukup, assistant coach Bryan Rottier.



Coach Jeff Richards

Blue Devil Fast Facts

LOCATION
Menomonie, WI
FOUNDED
1891

ENROLLMENT
7200

NICKNAME
Blue Devils

SCHOOL COLORS
Blue and White
HOME ARENA

Johnson Fieldhouse
AFFILIATION

NCAA Division III
CONFERENCE

Wisconsin Intercollegiate
Athletic Conference (WIAC)

HEAD COACH
Jeff Richards

CHANCELLOR

Charles W. Sorensen
ATHLETIC DIRECTOR

Steven Terry
HEAD ATHLETIC TRAINER

Susan Lew

SPORTS INFORMATION
Layne Pitt

No. of TRIPS to NATIONALS
4th

2000-01 Blue Devils

Name	Events	Yr	Hometown (High School)
Katie Hanson*	AA	So	Duluth, Minn. (East)
Andrea Hassel***	AA	Sr	Grand Rapids, Minn.
Brenna Jones***	AA	Sr	St. Paul, Minn. (Highland Park)
Kelli Mork**	UB, FX	Jr	Menomonie, Wis.
Melissa Nguyen	V, FX, BB	Fr	Chaska, Minn.
Erika Opoien*	AA	So	Superior, Wis.
Tasha Pasch*	AA	So	Northfield, Minn.
Scarlett Ramey**	V, FX, UB	Jr	Seattle, Wash. (Holy Names Academy)
Jennie Rosinsky	AA	Fr	Green Bay, Wis. (Southwest)
Ashley Soukup	AA	Fr	Waukesha, Wis. (South)
Angie Swanson	AA	Fr	Pine Island, Minn.

*Letters won

Head Coach: Jeff Richards

Assistant Coach: Bryan Rottier

Team Manager: Tina Lamers

www.uwstout.edu/athletics/wghom.html



Wisconsin-Oshkosh Titans



Top Row (left to right): Sarah Reeb, Carrie Taylor, Leah Gehr. Bottom (standing): Sabrina Ashton, Maria Reiser, Andrea Zalim, Lisa VanDerJagt, Wendy Wiederholt, Kristine Arquette. Bottom(seated): Melissa Cummins, Michelle Dix, Jennifer Williams.

2000-01 Titans

Name	Events	Yr	Hometown (High School)
Kristine Arquette**	Jr	AA	North Prairie, Wis. (Mukwonago)
Sabrina Ashton**	Jr	FX, BB, UB	Hanover Park, Ill. (Hoffman Estates)
Melissa Cummins*	So	AA	Elysian, Minn. (Waseca)
Michelle Dix**	Jr	AA	Dingman's Ferry, Pa. (Delaware Valley)
Leah Gehr***	Sr	UB, BB, FX	Sheboygan, Wis. (South)
Sarah Reeb	Fr	AA	Whitewater, Wis.
Maria Reiser*	So	AA	Brookings, S.D.
Carrie Taylor***	Sr	V, BB, FX	Whitewater, Wis.
Lisa VanDerJagt**	Jr	BB, FX	Sheboygan, Wis. (South)
Wendy Wiederholt	Fr	BB, FX, UB	Hazel Green, Wis. (Southwestern)
Jennifer Williams*	So	AA	Ham Lake, Minn. (Blaine)
Andrea Zalim*	So	V, UB, FX	Franklin, Wis.

*Letters won

Head Coach: Kerrie McKinney

Assistant Coach: Nadalie Walsh



Coach Kerrie McKinney

Titan Fast Facts

LOCATION

Oshkosh, Wi

FOUNDED

1871

ENROLLMENT

10768

NICKNAME

Titans

SCHOOL COLORS

Black, Gold, & White

HOME ARENA

Kolf Sports Center

AFFILIATION

NCAA Division III

CONFERENCE

Wisconsin Intercollegiate
Athletic Conference (WIAC)

HEAD COACH

Kerrie McKinney

CHANCELLOR

Richard Wells

ATHLETIC DIRECTOR

Allen Ackerman

HEAD ATHLETIC TRAINER

Wade Petersen

SPORTS INFORMATION

Kennan Timm

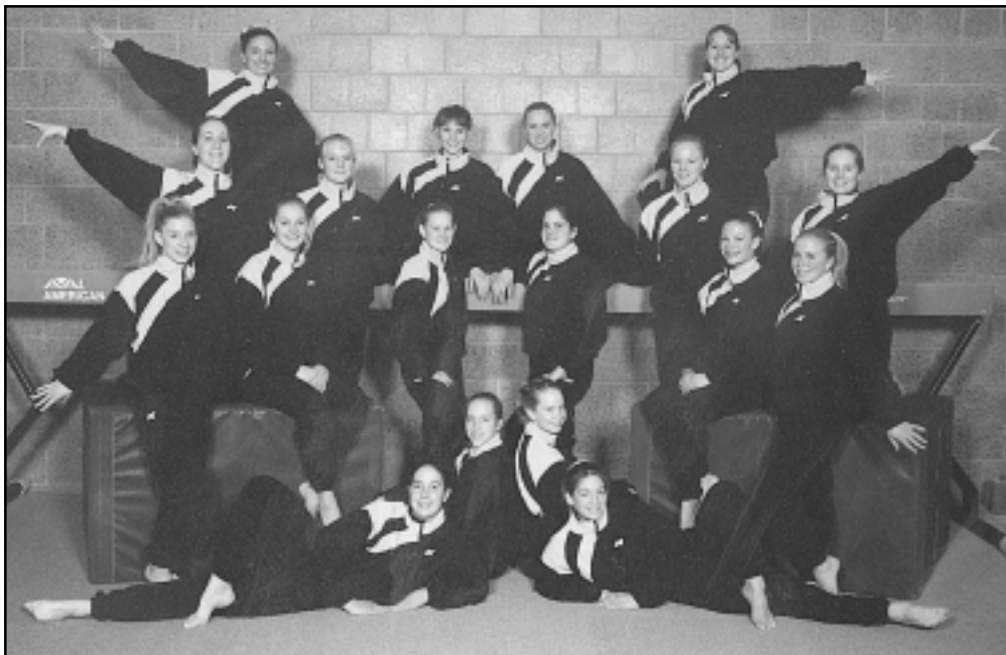
No. of TRIPS to NATIONALS

10th

UW-OSHKOSH
TITANS

www.titans.uwosh.edu/WGymnastics/index.html

Gustavus Adolphus Golden Gusties



Row 1 (left to right): Sarah James, Christina Rischmiller, Molly McIntyre, Anne Aldag. Row 2: Mary Puder, Billie Shorma, Heidi Fryer, Mary Wise, Molly Nemes, Jana Knutson. Row 3: Amanda Young, Malanie Poach, Nicole Kingston, Erin Kommerstad, Ellie Roscher, Bridget Lynch. Row 4: Katie Skrypek, Megan Shorma.

2000-01 Golden Gusties

Name	Event	Yr	Hometown (High School)
Anne Aldag	BB, FX	Sr	Minnetonka, Minn. (Blake School)
Heidi Fryer	AA	Jr	Milton - Freewater, OR (McLoughlin)
Sarah James	UB, BB	Sr	Brea, CA (Brea-Olinda)
Nicole Kingston	VT, FX, UB	Sr	Grantsburg, Wis.
Jana Knutson	FX, BB, UB	Fr	Vadnais Heights, Minn. (White Bear Lake)
Erin Kommerstad	AA	Jr	Deephaven, Minn. (Minnetonka)
Bridget Lynch	AA	So	Belen, Minn.
Molly McIntyre	AA	Fr	Minneapolis, Minn. (South)
Molly Nemes	AA	Sr	Lakeville, Minn.
Melanie Poach	AA	So	Spring Lake Park, Minn.
Christina Rischmiller	AA	Fr	Brooklyn Park, Minn. (Park Center)
Ellie Roscher	AA	Jr	St. Paul, Minn. (Cretin-Derham)
Billie Shorma	FX, VT	Jr	Yankton, S.D.
Megan Shorma	BB, FX, UB	Sr	Yankton, S.D.
Katie Skrypek	AA	Jr	Inver Grove Hts, Minn. (Cretin -Derham)
Mary Wise	AA	Fr	Appleton, Wis. (East)
Amanda Young	AA	So	Austin, Minn.

Head Coach: Kris Glidden

Assistant Coaches: Jon Janzen, Bill Warner



Coach Kris Glidden

Golden Gusties Fast Facts

LOCATION
St. Peter, Minn.
FOUNDED
1862

ENROLLMENT
2400

NICKNAME
Golden Gusties
SCHOOL COLORS
Ebony and Gold

HOME ARENA
Lund Center
AFFILIATION
NCAA Division III
CONFERENCE

Minnesota Intercollegiate
Athletic Conference (MIAC)

HEAD COACH
Kris Glidden
PRESIDENT

Axel Steuer
ATHLETIC DIRECTOR
Al Molde
HEAD ATHLETIC TRAINER
Paul Bruning

SPORTS INFORMATION
Tim Kennedy

No. of TRIPS to NATIONALS
16th



www.gac.edu/oncampus/stuservices/Athletics/gym/gym.html

Wisconsin-La Crosse Eagles

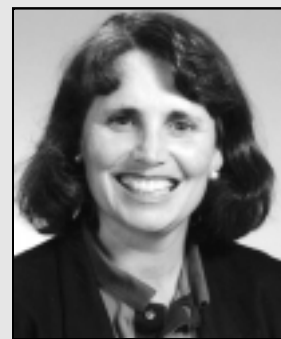


Row 1: (left to right), Melanie Rigby, Kim Klopfer, Katie Meyer, Jenny Moore. Row 2: Jenny Struve, Jordann Ojanpa, student trainer Katie Derr, student trainer Nicole Woltmann, student trainer Kaylan Keith, Tricia Clark, Darlen Benedetti. Row 3: Assistant coach Kari Motz, assistant coach Jaime Kubash, Jennifer Goettig, Nancy Petersen, Michelle Saxton, Leslie Stewart, Jaime Randall, assistant coach Nicole Sengstock, assistant trainer Laura Pastore-Ziegler. Row 4: Head coach Barbara Gibson, assistant coach Chris Tinault, Angela Erato, Anna Mountain, Becky McDonnell, Carol Sheker, Joni Hetchler, assistant coach Andy Becher.

2000-01 Eagles

Name	Yr	Events	Hometown (High School)
Darlene Benedetti	Fr	AA	Hoffman Estates, Ill.
Tricia Clark	Jr	V, FX, BB	Green Bay, Wis. (Preble)
Angela Erato	Fr	AA	Brookfield, Wis. (Pius XI)
Jennifer Goettig	Fr	AA	Bloomington, Minn. (Kennedy)
Joni Hetchler	Jr	V, UB, BB	Milwaukee, Wis.
Kimberly Klopfer	Fr	AA	Waukesha, Wis. (North)
Becky McDonnell	Sr	AA	Shoreview, Minn. (Mounds View)
Katie Meyer	Fr	AA	Stevens Point, Wis. (SPASH)
Jenny Moore	Jr	AA	Coon Rapids, Minn. (Blaine)
Anna Mountain	Fr	UB, BB, FX	Woodbury, Minn.
Jenny Nacker	Sr	FX, UPB, V	Madison, Wis. (West)
Jordann Ojanpa	So	V, BB, FX	Mankato, Minn. (East)
Nancy Petersen	Fr	AA	Bartlett, Ill. (Elgin)
Jaime Randall	So	BB, UB, V	White Bear Lake, Minn.
Melanie Rigby	Fr	BB, UB, V	Racine, Wis. (Park)
Michelle Saxton	So	AA	Corcoran, Minn. (Buffalo)
Carol Sheker	Sr	UB, BB, FX	Wisconsin Rapids, Wis. (Lincoln)
Leslie Stewart	So	V, BB, FX	Lakeville, Minn.
Jenny Struve	Fr	V, BB, FX	Waterville, Minn. (Waterville-Elysian-Morristown)

perth.uwlax.edu/Athletics/Gymnastics/



Coach Barb Gibson

Eagles Fast Facts

LOCATION
La Crosse, Wis.
FOUNDED
1909

ENROLLMENT
9000

NICKNAME
Eagles

SCHOOL COLORS
Maroon and Gray
HOME ARENA
Mitchell Hall
AFFILIATION
NCAA Division III
CONFERENCE

Wisconsin Intercollegiate
Athletic Conference (WIAC)

HEAD COACH
Barb Gibson

CHANCELLOR
Doug Hagstad

ATHLETIC DIRECTOR
Joe Baker

ATHLETIC TRAINERS
Barbara Russell

Scott Doberstein

SPORTS INFORMATION
Dave Johnson

No. of TRIPS to NATIONALS
18th



Springfield College Pride



Row 1: (seated): Darcy Lovejoy. Row 2 (kneeling, left to right): Gina Gutierrez, Shanna Larocque, Kirsten Caster, Melissa McCormack. Row 3: Andrea Babcock, Trisha Talerico, Katie Percheski, Leyla Williams, Jennifer Romano-Joseph, Jennifer Richard, Stacy Clark. Row 4: Jenna Prothers, Holly Toland, Holly Desrocher, Allison White

2000-01 Pride

Name	Events	Yr	Hometown (High School or Club)
Andrea Babcock	AA	Fr	Wayland, Mass (Planet Gymnastics)
Kirsten Caster	BB, FX	Sr	Wilbraham, Mass. (Pioneer Gymnastics)
Stacy Clark	AA	Fr	South China, Maine (Waterville)
Holly Desrocher	AA	Fr	Methuen, Mass
Gina Gutierrez	AA	Jr	South Setauket, N.Y. (Exper-Tiess Gymnastics)
Shanna Larocque	AA	Sr	Foster, R.I. (Ocean St. School of Gymnastics)
Darcey Lovejoy	AA	Fr	Berwick, Maine (Hampshire Academy)
Melissa McCormack	AA	Jr	Flemington, N.J. (Gymnastics Unlimited)
Kathleen Percheski	UB, V, BB	Jr	Marlboro, Mass. (Planet Gymnastics)
Jenna Prothers	AA	So	Amherst, Mass. (Thompson's)
Jennifer Richard	AA	Jr	Cumberland, R.I. (Ocean St. School of Gymnastics)
Jennifer Romano-Joseph	AA	Fr	Shutesbury, Mass. (Hamshire Gymnastics Club)
Trisha Talerico	V, BB, FX	So	Rome, N.Y. (Valley Gymnastics)
Holly Toland	V, BB	Jr	Wilmington, Del. (Pancott's Gymnastics)
Allison White	V, BB, FX	Fr	Shrewsbury, Mass. (Gymnastics Learning Center)
Leyla Williams	AA	Fr	Unionville, N.Y. (Kennet School of Gymnastics)

Head Coach: Cheryl Raymond

Assistant Coaches: Jill Cavalieri, Amanda Salacinski



Coach Cheryl Raymond

Pride Fast Facts

LOCATION
Springfield, Mass
FOUNDED
1885

ENROLLMENT
2100

NICKNAME
Pride

SCHOOL COLORS
Maroon and White
HOME ARENA

Blake Arena
AFFILIATION

NCAA Division III
CONFERENCE

Independent
HEAD COACH

Cheryl Raymond
PRESIDENT

Richard B. Flynn
ATHLETIC DIRECTOR

Cathie Schweitzer
HEAD ATHLETIC TRAINER

Charlie Redmond
SPORTS INFORMATION

Tim Volkmann
No. of TRIPS to NATIONALS
6th



www.spfldcol.edu/homepage

Ithaca College Bombers



Row 1: (left to right): Rachel Edelson, Tiffany Burns, Melissa Kucich, Erin Kahler, Susan Lawall, Stacey Coleman. Row 2: Lindsay Troilo, Leslie Gelatt, Marissa Levine, Elena DeQuesada, Teri Nelson, Sabrina Kuhn. Row 3: Amy Hanson, Kelly Moran, Heidi Sanderson, Andrea Cunningham, Carly O'Brien, Kristie Laing.

2000-01 Bombers

Name	Events	Yr	Hometown (High School)
Tiffany Burns	V, BB, FX	Jr	Kennebunk, Maine
Stacey Coleman	AA	Sr	Walpole, Mass.
Andrea Cunningham	AA	So	Westfield, Mass.
Elena DeQuesada	V, UB, FX	Fr	Roseville, Minn.
Rachel Edelson	BB, FX	Fr	Potomac, Md. (Georgetown Day School)
Leslie Gelatt	UB, BB, GX	Fr	Potomac, Md. (Holton-Arms)
Amy Hanson	V, BB, FX	Jr	Weatogue, Conn. (Simsbury)
Erin Kahler	V, BB, FX	Sr	New Hartford, N.Y.
Melissa Kucich	UB, V	Sr	Mineola, N.Y.
Sabrina Kuhn	FX	Jr	Cheshire, Conn.
Kristy Laing	FX, BB	Fr	Oakdale, Comm (Montville)
Susan Lawall	UB, BB, FX	Fr	Newton, Pa. (Villa Joseph Marie)
Marissa Levine	BB	Fr	Maplewood, N.J. (Columbia)
Kelly Moran	BB, FX	Sr	Framingham, Mass.
Terri Nelson	AA	Fr	East Brunswick, N.J.
Carly O'Brien	AA	So	Shelburne, Vt. (Rice Memorial)
Heidi Sanderson	V, UB	So	Pembroke, Mass. (Silver Lake)
Lindsay Troilo	UB, BB, FX	Fr	Shrewsbury, Mass.

Head Coach: Rick Suddaby

Assistant Coaches: Kim Suddaby, Jonas Contakos



Coach Rick Suddaby

Bombers Fast Facts

LOCATION

Ithaca, N.Y.

FOUNDED

1892

ENROLLMENT

5900

NICKNAME

Bombers

SCHOOL COLORS

Blue and Gold

HOME ARENA

Cerrache Center

AFFILIATION

NCAA Division III

CONFERENCE

Independent

HEAD COACH

Rick Suddaby

PRESIDENT

Peggy R. Williams

ATHLETIC DIRECTOR

Kristan Ford

HEAD ATHLETIC TRAINER

Mark Alderman

SPORTS INFORMATION

Amy Ward

No. of TRIPS to NATIONALS

15th



www.ithaca.edu/bombers/gym/roster.html

Ursinus College Bears



L to R on sculpture: Jessica Cowden, Bridget Young, Jill Wueschinski, Lauren McNamee, Stephanie Clark. L to R bottom: Desiree Yuhasz, Melanie White, Christina Ng, Shawna Eddy, Mary Katherine Shull, Casey Aivazian, Mia Lindquist, Cassie Stewart, Jumaah Johnson, Kristen Reed, Amanda Busher, Leah Troianello (mgr.), Reyna Hochstedler

2000-01 Bears

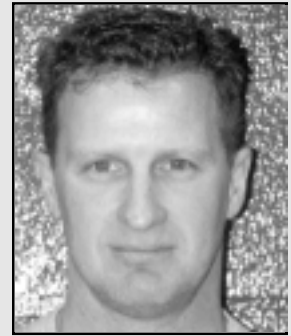
Name	Yr	Pos	Hometown (High School)
Casey Lyn Aivazian	Jr	FX, V	Ivyland, Pa. (Council Rock)
Jennifer Barnes	So	BB, FX, V	Maplewood, N.J. (Columbia)
Amanda Busher	Jr	BB, FX, V	Phoenix, Md. (Friends School)
Stephanie Clark	Jr	AA	Hatboro, Pa. (Hatboro-Horsham)
Jessica Cowden	Fr	AA	Philadelphia, Pa. (Friends Central)
Shawna Eddy	Fr	AA	Huntington Valley, Pa. (Abington)
Reyna Hochstedler	So	FX, UB, V	Jamison, Pa. (C.B. East)
Jumaah Johnson	Jr	AA	Cherry Hill, N.J. (Cherry Hill East)
Mia Lindquist	So	BB, FX, V	Paradise, Pa. (Pequea Valley)
Lauren McNamee	Sr	UB, V	Claymont, Del. (Tatnall)
Christina Ng	Jr	AA	Phoenixville, Pa. (Phoenixville)
Kristen Reed	So	AA	Jonestown, Pa. (N. Lebanon)
Mary Katherine Shull	Fr	AA	Gate City, Va. (Gate City)
Cassie Stewart	Fr	AA	Belle Vernon, Pa. (Belle Vernon)
Melanie White	So	AA	Rexford, N.Y. (Shenendehowa)
Jill Wueschinski	Fr	AA	Springfield, Pa. (Springfield)
Bridget Young	Jr	AA	Bel Air, Md. (John Carroll)
Desiree Yuhasz	So	AA	Monessen, Pa. (Monessen)

Head Coach: Jeff Schepers

Assistant Coach: Ed Nyman

Volunteer Assistants: Kerrie McKinney, Nikki Spatz

sports.ursinus.edu/Gymnastics/home.html



Coach Jeff Schepers

Bears Fast Facts

LOCATION

Collegeville, Pa.

FOUNDED

1869

ENROLLMENT

1250

NICKNAME

Bears

SCHOOL COLORS

Red, Old Gold & Black

HOME ARENA

Helfferich Hall

AFFILIATION

NCAA Division III

CONFERENCE

Centennial

HEAD COACH

Jeff Schepers

PRESIDENT

Dr. John Strassburger

ATHLETIC DIRECTOR

William Akin

Carrie Reilly

SPORTS INFORMATION

Bill Stiles

No. of TRIPS to NATIONALS

5th



SUNY-Cortland Red Dragons



Row 1: (left to right) Angella Cocchiara, Jenney Eyster. Row 2: Megan Powers, Kim Gantt, Kelly Caltagirone, Kristan Turner, Trisha Zappala. Row 3: Keri Cornwell, Crystal Vislocky, Erika Hoxie, Jamie Leto, Carri Costello, Danielle Verhasselt, Kristen Bissonette. Not Pictured: Danin Squires



Coach Gary Babjack

Red Dragon Fast Facts

LOCATION
Cortland, N.Y.
FOUNDED
1868
ENROLLMENT
7000
NICKNAME
Red Dragons
SCHOOL COLORS
Red and White
HOME ARENA
Lusk Fieldhouse
AFFILIATION
NCAA Division III
CONFERENCE
SUNYAC & ECAC
HEAD COACH
Gary Babjack
PRESIDENT
Judson H. Taylor
ATHLETIC DIRECTOR
Joan Sitterly
SPORTS INFORMATION
Fran Elia
No. of TRIPS to NATIONALS
17th

2000-01 Red Dragons

Name	Event	Yr	Hometown (High School)
Kristen Bissonette	AA	Fr	Endicott, N.Y. (Union-Endicott)
Kelly Caltagirone	FX, BB	So	Whitestone, N.Y. (Cardozo)
Angella Cocchiara	AA	Fr	Rochester, N.Y. (Gates-Chili)
Keri Cornwell	AA	Fr	Lindenhurst, N.Y. (Lindenhurst)
Carrie Costello	AA	So	Cohoes, N.Y. (Catholic Central)
Jenney Eyster	FX, VT, BB	Sr	Vernon, N.J. (Vernon Township)
Kim Gantt	AA	Jr	Ithaca, N.Y. (Ithaca)
Erika Hoxie	AA	Sr	Loudonville, N.Y. (Shaker)
Jamie Leto	FX, VT, BB	Jr	Allentown, N.J. (Allentown)
Megan Powers	AA	Fr	Merrick, N.Y. (Calhoun)
Danin Squires	AA	Fr	North Syracuse, N.Y. (Solvay)
Kristan Turner	AA	Fr	Putnam Valley, N.Y. (Walter Panas)
Danielle Verhasselt	AA	Fr	Butler, N.J. (Butler)
Crystal Vislocky	AA	Fr	Rochester, N.Y. (Gates-Chili)
Trisha Zappala	BB, UB, FX	So	Oswego, N.Y. (Oswego)

Head Coach: Gary Babjack

Assistant Coach: Veronica Maiuro

Student Assistant Coaches: Corey Vross, Andrea Dale

Student Athletic Trainer: Liz St. George

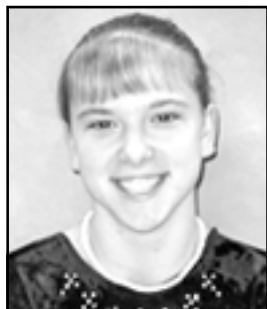
www.cortland.edu/athletics/gymnastics/



Individual Event Specialists



Jessica Bowman
Vault
SUNY-Brockport



Nikki Longo
Uneven Bars
Rhode Island College



Alicia DeFronzo
Balance Beam &
Floor Exercise
Rhode Island College



Kristina Reitzel
Vault
UW-Eau Claire



Ann Kingsnorth
Uneven Bars
UW-Whitewater



Niki Hoida
Balance Beam
UW-Whitewater



Linsey Hamilton
Floor Exercise
Hamline University



Nikki Dustman
Vault
Wilson College

Individual All-Around Competitors



Sonja Ellesfson
All-Around
Massachusetts
Institute of Technology



Sajdah Ahmad
All-Around
Rhode Island College



Shannon Hughey
All-Around
Rhode Island College



Melissa Stanton
All-Around
Hamline University



Angie Garin
All-Around
UW-River Falls



Lisa McManus
All-Around
UW-Whitewater

Wisconsin-Eau Claire Blugolds



Coach Lisa McIntyre



Left to Right: Lindsay Ganzow, Kristina Reitzel, Alicia Geving, Jessica Kirchner, Andrea Beaudry, Micaela Statz, athletic trainer Mary Leafblad, assistant coach Matt Tobin, head coach Lisa McIntyre, athletic trainer Julie Reifsnider, Lara Harris, Sarah Aldridge, Kristin Bauer, Amy Berg, Erin Henrich, Jessica Pink.

Wisconsin-Whitewater Warhawks



Coach Wendy DeMore



Row 1: (left to right), Becky Hookham, Andrea Woodard. Row 2: assistant coach Ryan Bendixen, head coach Wendy DeMore, Marisa Puente, Joy Sayre, Ann Kingsnorth, assistant coach Matt Zollitsch. Row 3: Lisa McManus, Kathleen Stauffacher, Sabrina Pitts, Erica Anderson, Kathryn McMahon, Kelly Shane, Lisa Mueller. Row 4: Meghan McHale, Sarah Dossett, Debbie Piccione, Nicole Hoida, Angie Pederson, Brittany Meylor. Row 5: Assistant Jess Potvin, Assistant Tanya Krause.

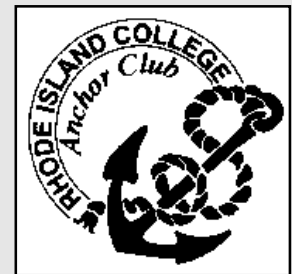
Rhode Island College Anchorwomen



Row 1: (left to right): Kristen Oliver, Alicia DeFronzo, Anita Chase. Row 2: Nicole Simone, Nicki Turner, Jen Monty, Jessica Frey, Nikki Longo. Row 3: Shannon Hughey, Kim Wells, Michaela Hogan, Cara Collins, Sajdah Ahmad, Amber Lyons.



Coach Nicole Follett



Wisconsin-River Falls Falcons



Row 1: (left to right) Kelly Settle, Jenni Dorseth. Row 2: Michelle Ramsay, Kim Furan, Cassie Arts, Katie Mitchell, Tiffany Reber, Laura Foster. Row 3: Angie Garin, Niki Burns, Annie Renelt, Leah Jacobson, Ashley Nelson. Row 4: Lisa Ritland, Stephanie Rosengren, Erin Holly, Jessica Ovsak.



Coach Jean DeLisle



Massachusetts Institute of Technology Engineers



Row 1 (left to right): Amy Shui, Deb Dryer, Liz Ellingson, Lindsey Wolf, Cindy Chung. Row 2: Cecile LeCocq, Carrie Garceau, Sonja Ellefson, Caitlin Dwyer-McNally, Tanya Burka. Not pictured: Karla McGuire.



Coach Eduardo Ovalle



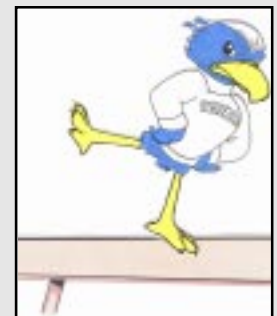
Wilson College Phoenix



Row 1 (Standing, left to right): Jen Lowthert, Amber Rhyne, Jamie Smathers. Row 2: Autumn Speck, Kelly Smith, Val Shaw, Jamie Badali, Nikki Dustman, Justine Perkins



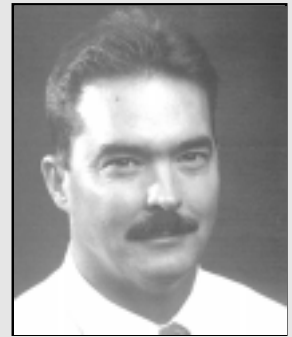
Coach Korena Angell



SUNY-Brockport Golden Eagles



Row 1: (left to right) Tara Higgins, Megan Greene, Kimberly Breed. Row 2:: Ella Mae Meckly, Lisa Cole, Lindsay Cooper, Jen Auleta. Row 3: Erin Bronson, Jessica Bowman, Susan Long.



Coach John Feeney



Hamline University Pipers



Row 1: (left to right), Aimee Witulski, Jessica Ponczoch, Emily Ament, Melissa Stanton. Row 2: Manager Lara O'Keef Stanislaw, head coach Doug Byrnes, Kim Allen, Linsey Hamilton, Krissy Thomsen, Katy Wollenschlager, Collette Davidson, assistant coach Fred Webster.



Coach Doug Byrnes



NCGA All-Time Championship Results

Team

1984		1991		1998	
1. Gustavus Adolphus	133.20	1. Gustavus Adolphus	141.55	1. Ithaca	148.875
2. Wisconsin-La Crosse	131.75	2. Wisconsin-Oshkosh	145.35	2. Wisconsin-La Crosse	148.675
3. Hamline	131.70	3. Cortland	140.90	3. Hamline	146.675
4. Wisconsin-Stout	129.55	4. Hamline	139.25	4. Wisconsin-Oshkosh	146.600
5. Tarleton State	125.80	5. Wisconsin-River Falls	138.65	5. Springfield	144.625
6. Wisconsin-Superior	125.00	6. Ithaca	137.95	6. Gustavus Adolphus	144.600
7. Cortland	124.75	7. Wisconsin-La Crosse	136.20	7. Cortland	142.425
8. Wisconsin-Eau Claire	123.85	8. Cortland	136.00	8. Rhode Island College	142.025
1985		1992		1999	
1. Gustavus Adolphus	135.05	1. Gustavus Adolphus	143.70	1. Wisconsin-La Crosse	147.125
2. Wisconsin-La Crosse	132.15	2. Cortland	142.15	2. Gustavus Adolphus	145.800
3. Hamline	130.80	3. Wisconsin-Oshkosh	141.25	3. Hamline	145.275
4. Wisconsin-Platteville	129.55	4. Wisconsin-La Crosse	140.00	4. Wisconsin-Oshkosh	145.125
5. Wisconsin-Eau Claire	128.85	5. Ithaca	139.85	5. Brockport	143.450
6. Wisconsin-Stout	128.75	6. Hamline	138.25	6. Springfield	142.300
7. Cortland	128.75	7. Wisconsin-River Falls	133.60	7. Ithaca	141.625
8. Wisconsin-Superior	116.65	8. Brockport	130.35	8. Ursinus	141.300
1986		1993		2000	
1. Wisconsin-La Crosse	132.85	1. Gustavus Adolphus	141.40	1. Hamline	148.625
2. Hamline	132.65	2. Wisconsin-Oshkosh	140.10	2. Wisconsin-La Crosse	148.225
3. Gustavus Adolphus	132.60	3. Cortland	140.10	3. Springfield	147.950
4. Cortland	132.40	4. Wisconsin-River Falls	137.70	4. Ithaca	147.200
5. Wisconsin-River Falls	123.95	5. Wisconsin-La Crosse	137.60	5. Cortland	146.575
6. Wisconsin-Eau Claire	121.35	6. Ithaca	137.35	6. Gustavus Adolphus	145.525
7. Wisconsin-Stout	118.55	7. Brockport	135.35	7. Wisconsin-Oshkosh	145.225
8. Wisconsin-Whitewater	112.95	8. Hamline	132.35	8. Ursinus	143.500
1987		1994			
1. Gustavus Adolphus	135.90	1. Gustavus Adolphus	144.600		
2. Ithaca	135.30	2. Wisconsin-La Crosse	143.775		
3. Wisconsin-La Crosse	132.75	3. Ithaca	139.875		
4. Hamline	132.65	4. Wisconsin-River Falls	138.725		
5. Salem State	130.95	5. Cortland	138.475		
6. Cortland	130.25	6. Hamline	137.450		
7. Wisconsin-River Falls	128.95	7. Rhode Island College	133.500		
8. Bryn Mawr	123.50	8. Ursinus	132.525		
1988		1995			
1. Wisconsin-La Crosse	139.55	1. Wisconsin-La Crosse	142.400		
2. Cortland	137.85	2. Winona State	142.325		
3. Trenton State	137.30	3. Ithaca	141.825		
4. Gustavus Adolphus	137.30	4. Gustavus Adolphus	141.300		
5. Ithaca	136.55	5. Hamline	140.000		
6. Wisconsin-River Falls	134.95	6. Cortland	138.375		
7. Hamline	133.05	7. MIT	136.850		
8. Salem State	130.25	8. Brockport	132.925		
1989		1996			
1. Wisconsin-Oshkosh	140.00	1. Springfield	143.525		
2. Trenton State	138.45	2. Hamline	142.000		
3. Wisconsin-La Crosse	137.00	3. Brockport	141.875		
4. Gustavus Adolphus	135.90	4. Wisconsin-La Crosse	141.550		
5. Hamline	133.80	5. Wisconsin-Oshkosh	139.825		
6. Ithaca	133.70	6. Cortland	139.750		
7. Wisconsin-River Falls	133.70	7. Rhode Island College	137.725		
8. Cortland	130.35	8. Ithaca	137.725		
1990		1997			
1. Gustavus Adolphus	141.95	1. Wisconsin-La Crosse	146.800		
2. Wisconsin-Oshkosh	141.80	2. Ithaca	144.400		
3. Wisconsin-La Crosse	140.75	3. Springfield	144.100		
4. Ithaca	139.75	4. Hamline	143.550		
5. Trenton State	137.25	5. Cortland	142.450		
6. Hamline	136.25	6. Rhode Island College	140.575		
7. Cortland	136.10	7. MIT	139.375		
8. Wisconsin-River Falls	132.25	8. Ursinus	137.675		

Team Champions

1984 - Gustavus Adolphus
 1985 - Gustavus Adolphus
 1986 - Wisconsin-La Crosse
 1987 - Gustavus Adolphus
 1988 - Wisconsin-La Crosse
 1989 - Wisconsin-Oshkosh
 1990 - Gustavus Adolphus
 1991 - Gustavus Adolphus
 1992 - Gustavus Adolphus
 1993 - Gustavus Adolphus
 1994 - Gustavus Adolphus
 1995 - Wisconsin-La Crosse
 1996 - Springfield College
 1997 - Wisconsin-La Crosse
 1998 - Ithaca College
 1999 - Wisconsin-La Crosse
 2000 - Hamline University



NCGA All-Time Championship Results

Individual

All-Around

1984 - Cindy Greer (Tarleton State)
 1985 - Karen Ahlstrom (Gustavus Adolphus)
 1986 - Lisa Kartman (Wisconsin-La Crosse)
 1987 - Cynthia Chiolo (Ithaca)
 1988 - Kim MacKrilie (Wisconsin-La Crosse)
 1989 - Mary Leivian (Wisconsin-Oshkosh)
 1990 - Amy Appler (Ithaca)
 1991 - Amanda Murdock (Gustavus Adolphus)
 1992 - Kimberly Holmes (Cortland)
 1993 - Shannon McGee (Gustavus Adolphus)
 1994 - Lindsay Bartyzel (Ithaca)
 1995 - Sheila Rocchio (MIT)
 1996 - Renee Sestito (Brockport)
 1997 - Kari Motz (Wisconsin-La Crosse)
 1998 - Lindsey Mazer (Ithaca)
 1999 - Katie Kortuem (Gustavus Adolphus)
 2000 - Lindsay Odom (Hamline)

Balance Beam

1984 - Cindy Greer (Tarleton State)
 1985 - Julie Hardtke (Wisconsin-Eau Claire)
 1986 - Ann Kelly (Hamline)
 1987 - Cynthia Chiolo (Ithaca)
 1988 - Kim MacKrilie (Wisconsin-La Crosse)
 1989 - Kim MacKrilie (Wisconsin-La Crosse)
 1990 - Amy Appler (Ithaca)
 1991 - Rhonda Gorseth (Gustavus Adolphus)
 1992 - Tricia Adkins (Wisconsin-La Crosse)
 1993 - Lisa Johns (Wisconsin-Oshkosh)
 1994 - Tricia Adkins (Wisconsin-La Crosse)
 1995 - Merilee Healy (Wisconsin-River Falls)

1996 - Tiffany Barden (Wisconsin-Oshkosh)
 1997 - Kari Motz (Wisconsin-La Crosse)
 1998 - Kari Motz (Wisconsin-La Crosse)
 1999 - Katie Kortuem (Gustavus Adolphus)
 2000 - Niki Hoida (Wisconsin-Whitewater)

Floor Exercise

1984 - Cindy Greer (Tarleton State)
 1985 - Karen Ahlstrom (Gustavus Adolphus)
 1986 - Ann Kelly (Hamline)
 1987 - Ann Kelly (Hamline)
 1988 - Mickie Gillespie (Wisconsin-River Falls)
 1989 - Mary Leivian (Wisconsin-Oshkosh)
 1990 - Amy Appler (Ithaca)
 1991 - Amanda Murdock (Gustavus Adolphus)
 1992 - Amy Webb (Wisconsin-Oshkosh)
 1993 - Amy Webb (Wisconsin-Oshkosh)
 1994 - Heather Fitch (Gustavus Adolphus)
 1995 - Heather Fitch (Gustavus Adolphus)
 1996 - Sarah Bryson (Springfield)
 1997 - Lindsey Mazer (Ithaca)
 1998 - tie, Beth Flaherty (Hamline), Becky McDonnell (Wisconsin-La Crosse)
 1999 - Becky McDonnell (Wisconsin-La Crosse)
 2000 - Sabrina Ashton (Wisconsin-Oshkosh)

Uneven Bars

1984 - Cindy Greer (Tarleton State)
 1985 - Kris Robbins (Wisconsin-La Crosse)
 1986 - Lisa Kartman (Wisconsin-La Crosse)
 1987 - Ann Kelly (Hamline)
 1988 - Susie Milts (Wisconsin-La Crosse)

1989 - Wendy DeMore (Wisconsin-Oshkosh)
 1990 - Mickie Gillespie (Wisconsin-River Falls)
 1991 - Mickie Gillespie (Wisconsin-River Falls)
 1992 - Kimberly Holmes (Cortland)
 1993 - Kimberly Holmes (Cortland)
 1994 - Merilee Healy (Wisconsin-River Falls)
 1995 - Melissa Green (Winona State)
 1996 - Kim Golz (Springfield)
 1997 - Sulekha Modi (Cortland)
 1998 - Sulekha Modi (Cortland)
 1999 - Nikki Allen (Brockport)
 2000 - Sulekha Modi (Cortland)

Vault

1984 - Cindy Greer (Tarleton State)
 1985 - Kim McNeal (Gustavus Adolphus)
 1986 - Lisa Kartman (Wisconsin-La Crosse)
 1987 - Jill Russell (Salem State)
 1988 - Mickie Gillespie (Wisconsin-River Falls)
 1989 - Mary Leivian (Wisconsin-Oshkosh)
 1990 - Amanda Murdock (Gustavus Adolphus)
 1991 - Renee Counard (Wisconsin-Oshkosh)
 1992 - Lori Cinotti (Cortland)
 1993 - Amy Webb (Wisconsin-Oshkosh)
 1994 - Shasta Lininger (Gustavus Adolphus)
 1995 - Laura Pastore (Wisconsin-La Crosse)
 1996 - Sue Paul (Rhode Island College)
 1997 - Sue Paul (Rhode Island College)
 1998 - Lindsey Mazer (Ithaca)
 1999 - tie, Katie Kortuem (Gustavus Adolphus), Shanna Larocque (Springfield)
 2000 - Gina Gutierrez (Springfield)

NCGA Championship Records

Team	Points	Year	Uneven Bars	School	Points	Year
1. Ithaca	148.875	1998	1. Sulekha Modi	Cortland	19.250	1998
2. Wisconsin-La Crosse	148.675	1998	2. Nikki Allen	Brockport	19.150	1999
3. Hamline University	148.625	2000	2. Sulekha Modi	Cortland	19.150	2000
4. Wisconsin-La Crosse	148.225	2000	4. Sonja Ellefson	MIT	19.000	2000
5. Springfield College	147.950	2000	5. Jocelyn Genoa	Ithaca	18.900	2000
6. Ithaca College	147.200	2000	6. Sulekha Modi	Cortland	18.875	1999

All-Around	School	Points	Year	Floor Exercise	School	Points	Year
1. Lindsay Mazer	Ithaca	38.225	1998	1. Becky McDonnell	Wisconsin-La Crosse	19.500	1999
2. Kari Motz	Wisconsin-La Crosse	37.775	1998	2. Sabrian Ashton	Wisconsin-Oshkosh	19.475	2000
3. Katie Kortuem	Gustavus Adolphus	37.750	1999	3. Linsey Hamilton	Hamline University	19.350	2000
4. Kari Motz	Wisconsin-La Crosse	37.350	1999	4. Becky McDonnell	Wisconsin-La Crosse	19.325	1998
5. Tiffany Barden	Wisconsin-Oshkosh	37.275	1999	5. Becky McDonnell	Wisconsin-La Crosse	19.325	1998
6. Lindsay Odom	Hamline University	37.250	2000	5. Beth Flaherty	Hamline	19.325	1998

Vault	School	Points	Year	Balance Beam	School	Points	Year
1. Renee Counard	Wisconsin-Oshkosh	19.200	1991	1. Katie Kortuem	Gustavus Adolphus	19.450	1999
2. Sue Paul	Rhode Island College	19.150	1997	2. Tiffany Barden	Wisconsin-Oshkosh	19.375	1999
2. Lindsey Mazer	Ithaca	19.150	1998	3. Kim MacKrilie	Wisconsin-La Crosse	19.200	1989
4. Gina Gutierrez	Springfield College	19.050	2000	4. Kari Motz	Wisconsin-La Crosse	19.175	1997
5. Shasta Lininger	Gustavus Adolphus	19.025	1994	4. Niki Hoida	Wisconsin-Whitewater	19.175	2000
5. Linsey Hamilton	Hamline University	19.025	1995	6. Jaime Kubash	Wisconsin-La Crosse	19.150	1997
5. Joanna Truchon	Hamline University	19.025	2000				

NCGA All-Time Academic Teams

The NCGA Academic Team is in its 16th season honoring student-athletes who excel in the classroom as well as in gymnastics. A total of 178 student-athletes have been selected to the prestigious academic squad.

1986

Dawn Botten (Wisconsin-River Falls)

1987

Sarah Rudie (Gustavus Adolphus)
Ann Kelly (Hamline)
Mary Swierczek (Hamline)
Sandy Picioccio (Ithaca)
Karen Charlwood (Rhode Island)

1988

Sheila Gaul (Cortland)
Jennifer Delano (Hamline)
Denise Evans (Hamline)
Jennifer McArthur (Hamline)
Kari Sherling (Hamline)
Lisa Ann Soice (Hamline)
Kris Robbins (Wisconsin-La Crosse)
Terry Hamilton (Wisconsin-River Falls)

1989

Joan Tursi (Brockport)
Kristina Beaudet (Gustavus Adolphus)
Laura Tollefson (Gustavus Adolphus)
Katherine Megarry (Hamline)
Kari Schalow (Hamline)
Katy O'Brien (Wisconsin-La Crosse)
Christine Day (Wisconsin-River Falls)

1990

Poly Bohren (Hamline)
Karin Curry (Ithaca)
Susie Porton (Ithaca)
Gwen Grushkin (Ithaca)
Brenda Keffer (Trenton State)
Claudia Neumann (Trenton State)
Susie Milts (Wisconsin-La Crosse)
Stephanie Sellers (Wisconsin-River Falls)
Cathy Kretsch (Wisconsin-Superior)

1991

Krista Bunnell (Brockport)
Kim Vivian (Brockport)
Anne Lindskog (Hamline)
Patty Stotzheim (Hamline)
Lisa Walsh (Hamline)
Kirstin Johnson (Ithaca)
Kim MacKrilie (Wisconsin-La Crosse)
Tracy Parisek (Wisconsin-La Crosse)

1992

Heather Cullen (Hamline)
Corinne Gachne (Hamline)
Ann Olsen (Hamline)
Anita Doyle (Gustavus Adolphus)
Amanda Murdock (Gustavus Adolphus)
Jenny Tartaglia (Gustavus Adolphus)
Stacy Theel (Wisconsin-La Crosse)

1993

Suzanne Connolly (Brockport)
Leslie Bloedel (Gustavus Adolphus)
Julie Morrell (Gustavus Adolphus)
Lisa Fischer (Hamline)
Nancy Flury (Hamline)
Tiffany Lyden (Hamline)
Heather Murphy (Hamline)
Kelly Kinane (Ithaca)
Colleen Teal (Ithaca)
Karen Oda (MIT)
Tina Gorby (Wisconsin-Whitewater)

1994

Nicole Olson (Gustavus Adolphus)
Michelle Black (Ithaca)
Jennifer Venill (Rhode Island College)
Tricia Adkins (Wisconsin-La Crosse)
Tammy Bakerberg (Wisconsin-La Crosse)
Jacquelynn Berube (Wisconsin-La Crosse)
Renee Zeihen (Wisconsin-La Crosse)
Joy Webster (Wisconsin-River Falls)

1995

Alison Baretz (Gustavus Adolphus)
Robin Frederick (Gustavus Adolphus)
Kari Lynn Gillespie (Gustavus Adolphus)
Michelle Heilman (Gustavus Adolphus)
Cindy Lynn Swatland (Gustavus Adolphus)
Kristine Kinzie (Hamline)
Kristen Cornell (Ursinus)
Suzanne Ledonne (Ursinus)
Kelly Curran (Wisconsin-La Crosse)
Angie Burnside (Wisconsin-La Crosse)
Laura Pastore (Wisconsin-La Crosse)
Ann Anklam (Wisconsin-Oshkosh)
Juli Baumblatt (Wisconsin-Oshkosh)
Marilee Healy (Wisconsin-River Falls)

1996

Lynne Marsala (Brockport)
Heather Fitch (Gustavus Adolphus)
Faith Handevitd (Gustavus Adolphus)
Daniele Mass (Gustavus Adolphus)
Shannon McGee (Gustavus Adolphus)
Anne Nakanishi (Gustavus Adolphus)
Traci Swenson (Gustavus Adolphus)
Dawn Hochhalter (Hamline)
Nicole Lindberg (Hamline)
Jacki Uselman (Hamline)
Leslee Wright (Hamline)
Lindsay Bartyzel (Ithaca)
Caren Cioffi (Ithaca)
Janet Sollod (MIT)
Stephanie Cleary (Rhode Island College)
Marcy Engel (Springfield)
Samantha Caggliano (Ursinus)
Kimberly Miller (Ursinus)
Kari Livingston (Wisconsin-La Crosse)
Juli Baumblatt (Wisconsin-Oshkosh)

1997

Arlene Bertoni (Gustavus Adolphus)
Christie Chilan (Gustavus Adolphus)
Kristen Edmondson (Gustavus Adolphus)
Sarah Nelson (Gustavus Adolphus)
Wendy Stickels (Hamline)
Kristina Rinaldi (Ithaca)

Tasi Chiarenza (MIT)
Sheila Rocchio (MIT)
Nicole Centazzo (Rhode Island College)
Virginia Mello (Rhode Island College)
Tammy Cutrumbes (Springfield)
Kim Golz (Springfield)
Kara Miller (Springfield)
Lisa Wigger (Springfield)
Jennifer Courtney (Ursinus)

1998

Gwen Kelly (Gustavus Adolphus)
Emily Pohland (Gustavus Adolphus)
Summer Ameter (Hamline)
Becky Davis (Ithaca)
Kristen Hovland (Ithaca)
Kathy Kowalski (Ithaca)
Alison McClung (Ithaca)
Jen Nardone (Ithaca)
Alli Christenson (MIT)

Sabra-Anne Kelin (MIT)
Laura Murphy (Rhode Island College)
Sarah Dyer (Springfield)
Megan Brown (Ursinus)
M. Courtney Gilber (Ursinus)
Monica Jushchysyn (Ursinus)
Allyson Smith (Ursinus)
Cori Carp (Wisconsin-Eau Claire)
Deborah Rea (Wisconsin-River Falls)
Melissa Schaub (Wisconsin-River Falls)
Shawna Smith (Wisconsin-La Crosse)
Stephanie Wright (Wisconsin-La Crosse)

1999

Lisa Stevens (Brockport)
Kristin Beard (Gustavus Adolphus)
Sara Jones (Gustavus Adolphus)
Kristine Klopp (Gustavus Adolphus)
Kristi Meckelke (Gustavus Adolphus)
Beth Flaherty (Hamline)
Rebecca Huntosh (Hamline)
Judy Skupsky (Ithaca)
Marnie Bell (MIT)
Rachel Van Buren (MIT)
Katherine Goyette (Rhode Island College)
Michelle Pelletier (Rhode Island College)
Maryellen Carey (Springfield)
Megan Foley (Springfield)
Kerrie McKinney (Ursinus)
Angela Mullin (Ursinus)

Amy Windorski (Wisconsin-Eau Claire)
Jennifer Butzen (Wisconsin-Oshkosh)
Jenny Bork (Wisconsin-La Crosse)
Kristi Pullis (Wisconsin-La Crosse)
Betsy Walls (Wisconsin-Whitewater)

2000

Elizabeth Beach (Cortland)
Sulekha Modi (Cortland)
Carina Albano (Gustavus Adolphus)
Katie Kortuem (Gustavus Adolphus)
Kristen Nelson (Gustavus Adolphus)
Kimi Sireno (Gustavus Adolphus)
Jacqueline Banet (Hamline)
Anne Kokkinen (Hamline)
Melissa Nelson (Hamline)
Lindsay Odom (Hamline)
Joanna Truchon (Hamline)
Stephanie Cheng (MIT)
Rabin Chiu (MIT)
Lisa Barrett (Springfield)
Leslie Cavalieri (Springfield)
Megan Foley (Springfield)
Sarah LaVigne (Ursinus)
Cindy Leahy (Ursinus)
Kristina Danko (Wisconsin-Eau Claire)
Jaime Kubash (Wisconsin-La Crosse)
Kari Motz (Wisconsin-La Crosse)
Katie Kittelson (Wisconsin-River Falls)

NCGA Division III Senior Athlete-of-the-Year

1984 - Mill Wright (Army)
1985 - Kris Berg (Wisconsin-Superior)
1986 - Lisa Hills (Wisconsin-Stout), Beth Hvambasal (Wisconsin-Superior)
1987 - Ann Kelly (Hamline)
1988 - Jennifer McArthur (Hamline)
1989 - Katy O'Brien (Wisconsin-La Crosse)
1990 - Karin Curry (Ithaca)
1991 - Kim MacKrilie (Wisconsin-La Crosse)
1992 - Lisa Arel (MIT)
1993 - Julie Lyren (MIT)
1994 - Tammy Bakeberg (Wisconsin-La Crosse)
1995 - Kari Gillespie (Gustavus Adolphus)
1996 - Shannon McGee (Gustavus Adolphus)
1997 - Kristen Edmonson (Gustavus Adolphus), Sheila Rocchio (MIT)
1998 - Cori Carp (Wisconsin-Eau Claire), Alli Christenson (MIT)
1999 - Beth Flaherty (Hamline)
2000 - Kari Motz (Wisconsin-La Crosse), Lindsay Odom (Hamline)

NCGA Division III Coach-of-the-Year

1984 - Nancy Baker (Gustavus Adolphus), Mary Jane Olson (Hamline)
1985 - Linda Hines (Wisconsin-Superior)
1986 - John Zuerlein (Wisconsin-Stout)
1987 - Lisa Boyle (Bryn Mawr)
1988 - Susan Rayl (Cortland)
1989 - Barb Gibson (Wisconsin-La Crosse)
1990 - Linda Hines (Wisconsin-Superior)
1991 - Marie Durham (Brockport)
1992 - Nancy Baker (Gustavus Adolphus)
1993 - Mary Jane Olson (Hamline)
1994 - Rick Suddaby (Ithaca)
1995 - Paul Scardina (Wisconsin-Oshkosh)
1996 - Richard Stapleton (Rhode Island College)
1997 - Ray McMahon (Ursinus)
1998 - Rick Suddaby (Ithaca)
1999 - Jerry Connolly (Gustavus Adolphus)
2000 - Jeff Richards (Wisconsin-Stout)

A Spectator's Guide To Women's Gymnastics

Six gymnasts perform on each of the four events (vault, uneven bars, balance beam, and floor exercise). The five highest scores per event compromise the cumulative team total. A perfect score is 200, with top Division III teams scoring between 160 to 175.

Individual optional routines, put together by the gymnast to express herself through the skills she performs the best, have a start value of only 9.5. And additional five-tenths can be earned, one-tenth by performing a "D" or "E" skill and one-tenth by performing a special connection of skills. The remaining three-tenths may be earned by additional D/E's or special connections. Maximum start value is 10.000.

JUDGING

Uneven bars, balance beam, and floor exercise are judged using a rating system that evaluates each element on the following scale:

- A - easy part
- B - part with partial difficulty value
- C - part with higher difficulty value
- D - part with very high difficulty value
- E - part with the highest difficulty value

Routines require the following to start from a 9.5 value: 3 "A" elements 3 "B" elements, and 2 "C" elements.

Special Deductions

- Out of bounds (floor exercise), each time (0.1)
- Overtime in balance beam routine over 1:30 (0.2)
- Under time in balance beam routine under 1:10 (0.1)
- Fall off the apparatus (0.5 each time)
- Movements to maintain balance on beam (0.3)
- Two steps on landing (0.2)
- Insufficient artistry of presentation (up to 0.3)
- Relax legs/body/trunk posture throughout the exercise (up to 0.2)
- Concentration pauses longer than two seconds (0.1)
- Intermediate swings on the bars (0.3)

VAULT

The vaulting event requires speed, quickness and explosive power. The gymnast was allowed to perform two vaults, but beginning this season, only one vault will be permitted. Vaults have a assigned maximum difficulty ranging from 8.6 to 10. Deductions are taken for technical errors in four phases: First the Flight Phase (the approach), Repulsion Phase (contact with the vaulting horse), Second Flight Phase (height & distance from the horse), and Landing. Specific deductions include up to 0.5 for body position faults, 0.1 to 0.4 for steps off landing, up to 0.3 for an off-center landing, and not receiving a score if a coach assists the gymnast at any time during the vault.

Common vaults in Division III collegiate competition include:

Handspring 1/2 turn	8.7
Handspring 1/1 turn	9.1
Handspring 1&1/2	9.5
1/2 on 1/2 off	8.9
1/2 on 1/1 off	9.0
1/2 on 1&1/2 off	9.5
1/1 on handspring	9.6
1/1 on 1/2 off	9.6
Handspring front somersault tuck	9.8
Tsukahara tuck position	9.5
Tsukahara pike position	9.6
Tsukahara layout position	9.8

UNEVEN BARS

This event combines the gymnast's strength and agility as the gymnast must maintain a flowing and consistent rhythm. A bar routine must include a minimum of 8 skills, including a mount, two release moves, a directional change and a dismount. Bonus points are awarded through spectacular release moves, dismounts and by performing difficult elements in a series.

COMPOSITION REQUIREMENTS

- Two bar changes
- One direction change
- Two release elements with at least a "B" value
- Minimum of "B" level dismount

BALANCE BEAM

The balance beam is 16-feet long, four feet high merely four inches wide. Performing on the beam requires precise movement and intense concentration. A beam routine should be between 70 and 90 seconds and include a tumbling series, a leap series, a combined tumbling and a leap series, a mount and a dismount.

COMPOSITION REQUIREMENTS

- Full turn
- Large leap of jump
- Element close to the beam
- Acrobatic series with two or more flight skills
- Dance series
- Acrobatic/dance combination
- Minimum of "B" level dismount

FLOOR EXERCISE

This is the "glamour" event in women's gymnastics that combines tumbling, dance and acrobatics in a movement interpretation of music. Floor routines must contain two tumbling passes (one with two flips), a series of three leaps and a series with tumbling and leaps all choreographed to music. Floor exercise has become not only one of the most beautiful of athletic events, but one of the most daring and exciting, as well.

COMPOSITION REQUIREMENTS

- Dance series with three elements
- Acrobatic/dance combination series with three elements
- Two tumbling series with one having at least two saltos
- Three different saltos within two tumbling series
- Minimum of "B" level dismount



2001 NCGA Regional Results

Midwest

Friday, March 9 • Hamline University, St. Paul, Minn.

1. UW-LaCrosse 183.80; 2. UW-Oshkosh 180.875; 3. Gustavus Adolphus 178.375; 4. UW-River Falls 177.70; 5. UW-Stout 177.65; 6. UW-Whitewater 172.75; 7. UW-Eau Claire 169.20; 8. Hamline University 133.25.

Vault

1. Melissa Stanton	Hamline	9.425
2. Melissa Cummins	UW-Oshkosh	9.35
3. Tasha Pasch	UW-Stout	9.275
4. Molly Nemes	Gustavus Adolphus	9.20
5. Jordann Ojanpa	UW-La Crosse	9.175
6. Becky McDonnell	Uw-La Crosse	9.15
7. Tricia Clark	UW-La Crosse	9.10
7. Heidi Fryer	Gustavus Adolphus	9.10
7. Sarah Reeb	UW-Oshkosh	9.10
7. Kristy Arquette	UW-Oshkosh	9.10

Uneven Bars

1. Jenny Moore	UW-La Crosse	9.30
2. Melissa Stanton	Hamline	9.15
2. Jennie Williams	UW-Oshkosh	9.15
2. MarieReiser	UW-Oshkosh	9.15
5. Molly Nemes	Gustavus Adolphus	9.075
6. Michelle Saxon	UW-La Crosse	9.05
7. Katie Hanson	UW-Stout	9.00
8. Molly McIntyre	Gustavus Adolphus	8.925
9. Kristy Arquette	UW-Oshkosh	8.90
10. Carol Shekar	UW-La Crosse	8.80

Balance Beam

1. Jennie Williams	UW-Oshkosh	9.625
2. Carol Shekar	UW-La Crosse	9.60
3. Angela Erato	UW-La Crosse	9.50
3. Katie Hanson	UW-Stout	9.50
5. Jenny Moore	UW-La Crosse	9.425
5. Molly McIntyre	Gustavus Adolphus	9.425
7. Becky McDonnell	UW-La Crosse	9.35
8. Melissa Stanton	Hamline	9.25
9. Brenna Jones	UW-Stout	9.225
9. Kristy Arquette	UW-Oshkosh	9.225

Floor Exercise

1. Linsey Hamilton	Hamline	9.625
1. Becky McDonnell	UW-La Crosse	9.625
3. Leslie Stewart	UW-La Crosse	9.60
3. Melissa Cummins	UW-Oshkosh	9.60
5. Jennie Williams	UW-Oshkosh	9.55
6. Tricia Clark	UW-La Crosse	9.50
7. Melissa Stanton	Hamline	9.425
7. Leah Gehr	UW-Oshkosh	9.425
9. Angela Erato	UW-La Crosse	9.40
10. Angie Garin	UW-River Falls	9.375
10. Brenna Jones	UW-Stout	9.375

All-Around

1. Melissa Stanton	Hamline	37.250
2. Katie Hanson	UW-Stout	36.775
3. Becky McDonnell	UW-La Crosse	36.60
4. Kristy Arquette	UW-Oshkosh	36.45
5. Angie Garin	UW-River Falls	36.35
6. Jennie Williams	UW-Oshkosh	36.20
7. Jenny Moore	UW-La Crosse	36.175
7. Molly McIntyre	Gustavus Adolphus	36.175
9. Tasha Pasch	UW-Stout	36.15
10. Molly Nemes	Gustavus Adolphus	35.975

East

March 10, 2001 • Ithaca College, Ithaca, N.Y.

1. Ithaca College 181.425; 2. Ursinus College 180.775; 3. SUNY-Cortland 180.675; 4. Rhode Island College 179.50; 5. Springfield College 178.90; 6. Massachusetts Institute of Technology 174.10; 7. SUNY-Brockport 169.625; 8. Wilson College 166.15;

Vault

1. Sajdah Ahmad	Rhode Island	9.625
2. Keri Cornwell	SUNY-Cortland	9.55
3. Kristen Reed	Ursinus College	9.425
4. Stacey Coleman	Ithaca College	9.35
5. Jessica Bowman	SUNY-Brockport	9.275
6. Melanie White	Ursinus College	9.25
6. Kristan Turner	SUNY-Cortland	9.25
6. Danin Squires	SUNY-Cortland	9.25
9. Nikki Dustman	Wilson College	9.225
9. Christina Ng	Ursinus College	9.225

Uneven Bars

1. Sonja Ellefson	MIT	9.45
2. Shanna Larocque	Springfield College	9.35
2. Jumaah Johnson	Ursinus College	9.35
4. Shannon Hughey	Rhode Island	9.20
4. Sajdah Ahmad	Rhode Island	9.20
6. Kristan Turner	SUNY-Cortland	9.10
7. Mary Shull	Ursinus College	9.05
8. Jessica Cowden	Ursinus College	9.00
9. Trisha Zappala	SUNY-Cortland	8.95
9. Teri Nelson	Ithaca College	8.95

Balance Beam

1. Sajdah Ahmad	Rhode Island	9.45
2. Rachel Edelson	Ithaca College	9.40
2. Leslie Gelatt	Ithaca College	9.40
4. Kristen Caster	Springfield College	9.375
5. Allison White	Springfield College	9.35
5. Desiree Yuhasz	Ursinus College	9.35
7. Megan Powers	SUNY-Cortland	9.325
7. Lindsay Troilo	Ithaca College	9.325
9. Alicia DeFronzo	Rhode Island	9.30
9. Holly Toland	Springfield College	9.30

Floor Exercise

1. Sajdah Ahmad	Rhode Island	9.65
2. Gina Gutierrez	Springfield College	9.525
2. Kristan Turner	SUNY-Cortland	9.525
2. Erin Kahler	Ithaca College	9.525
5. Leslie Gelatt	Ithaca College	9.475
6. Jumaah Johnson	Ursinus College	9.425
7. Christina Ng	Ursinus College	9.40
8. Shanna Larocque	Springfield College	9.35
8. Trisha Zappala	SUNY-Cortland	9.35
10. Sonja Ellefson	MIT	9.30

All-Around

1. Sajdah Ahmad	Rhode Island	37.925
2. Sonja Ellefson	MIT	37.00
3. Kristan Turner	SUNY-Cortland	36.825
4. Shannon Hughey	Rhode Island	36.525
5. Chistina Ng	Ursinus College	36.225
6. Stacey Coleman	Ithaca College	36.20
7. Carrie Garceau	MIT	35.30
8. Carrie Costello	SUNY-Cortland	35.150
9. Danin Squires	SUNY-Cortland	35.00
10. Jessica Bowman	SUNY-Brockport	34.875

2000 NCGA Championship Results

Team Results	Vault	Bars	Beam	Floor	Total
1. Hamline University	38.000	36.125	36.300	38.200	148.625
2. Wisconsin-La Crosse	37.500	35.900	36.950	37.875	148.225
3. Springfield College	37.300	36.600	36.275	37.775	147.950
4. Ithaca College	36.700	36.450	36.825	37.225	147.200
5. SUNY-Cortland	36.200	36.400	36.950	37.025	146.575
6. Gustavus Adolphus	37.700	36.050	34.300	37.475	145.525
7. Wisconsin-Oshkosh	37.125	34.575	35.750	37.775	145.225
8. Ursinus College	37.500	34.375	35.250	36.375	143.500

2000 NCGA Individual Championship Results (Bold indicates All-Americans)

Vaulting

1. Gina Gutierrez, Springfield (Mass.), 19.050 (9.525 and 9.525)
2. Linsey Hamilton, Hamline (Minn.), 19.025 (9.575 and 9.450)
2. Joanna Truchon, Hamline (Minn.), 19.025 (9.550 and 9.475)
4. Sajdah Ahmad, Rhode Island College, 19.000 (9.600 and 9.400)
5. Melissa Cummins, Wisconsin-Oshkosh, 18.950 (9.450 and 9.500)
6. Molly Nemes, Gustavus Adolphus (Minn.), 18.925 (9.525 and 9.400)
6. Jordann Ojanpa, Wisconsin-La Crosse, 18.925 (9.475 and 9.450)
8. Katie Kortiem, Gustavus Adolphus (Minn.), 18.875 (9.525 and 9.350)
9. Becky McDonnell, Wisconsin-La Crosse, 18.80 (9.450 and 9.350)
10. Melissa Bodily, Hamline (Minn.), 18.775 (9.475 and 9.300)
10. Rayna Hochstedler, Ursinus (Pa.), 18.775 (9.450 and 9.325)
12. Sara Trindade, Springfield (Mass.), 18.750 (9.425 and 9.325)
13. Lisa McManus, Wisconsin-Whitewater, 18.675 (9.425 and 9.250)

Uneven Bars

1. Sulekha Modi, Cortland (N.Y.), 19.150 (9.600 and 9.550)
2. Sonja Ellefson, MIT, 19.000 (9.550 and 9.450)
3. Jocelyn Genoa, Ithaca (N.Y.), 18.900 (9.425 and 9.475)
4. Pam Garroway, Ithaca (N.Y.), 18.625 (9.300 and 9.325)
5. Lisa Barrett, Springfield (Mass.), 18.575 (9.225 and 9.350)
6. Shanna Larocque, Springfield (Mass.), 18.475 (9.225 and 9.250)
6. Jenny Moore, Wisconsin-La Crosse, 18.475 (9.175 and 9.300)
8. Maria Reiser, Wisconsin-Oshkosh, 18.350 (9.100 and 9.300)
9. Molly Nemes, Gustavus Adolphus (Minn.), 18.300 (9.300 and 9.00)
10. Jackie Banet, Hamline (Minn.), 18.125 (9.175 and 8.950)
10. Jen Richard, Springfield (Minn.), 18.125 (9.125 and 9.000)
12. Erika Hoxie, Cortland (N.Y.), 18.075 (9.125 and 8.950)

Balance Beam

1. Niki Hoida, Wisconsin-Whitewater, 19.175 (9.650 and 9.525)
2. Carol Shecker, Wisconsin-La Crosse, 18.875 (9.400 and 9.475)
3. Stacey Coleman, Ithaca (N.Y.), 18.825 (9.425 and 9.400)
4. Carrie Costello, Cortland (N.Y.), 18.775 (9.425 and 9.350)
5. Jaime Kubash, Wisconsin-La Crosse, 18.700 (9.350 and 9.350)
6. Sabrina Ashton, Wisconsin-Oshkosh, 18.650 (9.200 and 9.450)
7. Jennifer Williams, Wisconsin-Oshkosh, 18.625 (9.200 and 9.425)
8. Holly Toland, Springfield (Mass.), 18.425 (9.200 and 9.225)
9. Christina Ng, Ursinus (Pa.), 18.375 (9.2000 and 9.175)
10. Kelly Moran, Ithaca (N.Y.), 18.350 (9.250 and 9.100)
11. Jenny Moore, Wisconsin-La Crosse, 18.050 (9.450 and 8.600)
12. Kristen Caster, Springfield (Mass.), 17.825 (9.275 and 8.550)
13. Lindsey Odom, Hamline (Minn.), 17.775 (9.475 and 8.300)
14. Sulekha Modi, Cortland (N.Y.), 17.600 (9.300 and 8.300)

Floor Exercise

1. Sabrina Ashton, Wisconsin-Oshkosh, 19.475 (9.725 and 9.750)
2. Linsey Hamilton, Hamline (Minn.), 19.350 (9.650 and 9.700)
3. Jaime Kubash, Wisconsin-La Crosse, 19.250 (9.600 and 9.650)
4. Joanna Truchon, Hamline (Minn.), 19.175 (9.600 and 9.575)
5. Molly Nemes, Gustavus Adolphus (Minn.), 19.100 (9.550 and 9.550)
5. Shanna Larocque, Springfield (Mass.), 19.100 (9.525 and 9.575)
7. Tricia Clark, Wisconsin-La Crosse, 19.050 (9.625 and 9.425)
7. Maria Reiser, Wisconsin-Oshkosh, 19.050 (9.500 and 9.550)
9. Lindsey Odom, Hamline (Minn.), 19.025 (9.475 and 9.550)
9. Kristin Thomsen, Hamline (Minn.), 19.025 (9.475 and 9.550)
11. Katie Kortuem, Gustavus Adolphus (Minn.), 19.000 (9.500 and 9.500)
12. Sonja Ellefson, MIT, 18.725 (9.500 and 9.225)

All-Around

1. Lindsay Odom, Hamline (Minn.), 37.250
2. Jenny Moore, Wisconsin-La Crosse, 37.125
3. Molly Nemes, Gustavus Adolphus (Minn.), 37.075
4. Sulekha Modi, Cortland (N.Y.), 37.000
5. Stacey Coleman, Ithaca (N.Y.), 36.950
6. Tasha Pasch, Wisconsin-Stout, 36.550
7. Sajdah Ahmad, Rhode Island College, 36.525
8. Sonja Ellefson, MIT, 36.375
9. Katie Kortuem, Gustavus Adolphus (Minn.), 36.350
10. Lisa McManus, Wisconsin-Whitewater, 36.225
11. Susan Linn, Cortland (N.Y.), 36.075
12. Erika Hoxie, Cortland (N.Y.), 35.975
13. Kristen Reed, Ursinus (Pa.), 35.875
14. Christina Ng, Ursinus (Pa.), 35.775
15. Melanie Poach, Gustavus Adolphus (Minn.), 35.425
16. Terra Sowinski, Wilson College, 35.400
17. Katie Hanson, Wisconsin-Stout, 35.325
18. Melanie White, Ursinus (Pa.), 35.125
19. Elizabeth Beach, Cortland (N.Y.), 34.975
20. Desiree Yuhasz, Ursinus (Pa.), 34.825

Hamline University • 2000 NCGA Champion



Row 1: Ahlie Ethen, Joanna Truchon, Krissy Thomsen, Kimberly Allen, Missy Nelson. Row 2: Anne Kokkinen, Colette Davidson, Lara O'Keefe-Stanislaw, Aimee Witulski, Melissa Bodily, Jacquie Banet. Row 3: Jessica Ponczoch, Katy Wollenschlager, Linsey Hamilton, Lindsay Odom, Kim Goomanson. Row 4: Assistant coaches Brian Otterhoff, Summer Ameter, Eric Mjolsness, Kim Glenna, head coach Doug Byrnes.

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