Gymnastics
2010 WIAC CHAMPIONSHIPS

Wisconsin Intercollegiate Athletic Conference
Sunday, March 7, 2010
Gustavus Adolphus College
St. Peter, Minnesota
For more than 140 years, Gustavus Adolphus College has been educating tomorrow's leaders to reason and act responsibly through its educational quality, accessible facilities, spiritual identity, and economic value.

Quality is a word that finds its way into many colleges' vocabularies. At Gustavus, quality is evident in its students, faculty, facilities, and programs, leading to recognition by a host of impartial critics. Forbes.com ranked Gustavus in the Top 20 percent of institutions in the country in its 2008 college report based on several factors, including the average amount of student debt and four-year graduation rate. In addition, The Princeton Review's college ranking guidebook for 2009 cited Gustavus as having the tenth best food among all colleges and universities in the nation.

Gustavus students typically rank in the top third of their high school graduating class; over 35 percent rank in the upper 10 percent of their class. Continuing their achievement at Gustavus, students find a challenging academic atmosphere where professors—90 percent of whom have earned the highest degree in their field—teach all classes (there are no graduate assistants) and serve as academic advisers. Collaborative learning is the norm, with exceptionally motivated students invited to conduct research independently or with a professor.

Top quality facilities complement educational quality. The National Review College Guide declares the two Gustavus science facilities to be “the envy of other small schools in its class;” while Schaefer Fine Arts Center houses the Anderson Theatre, acoustically perfect Björling Recital Hall, Kresge Dance Studio, a MIDI computerized composition lab, and plenty of practice rooms. The Bernadotte Library provides ample study space and access to literally millions of volumes through its holdings, the MnPALS system, and LEXIS-NEXIS. Computer facilities are vital no matter what a student’s major, and Gustavus provides direct network access from more than 400 public-access terminals, with all individual student residential rooms hardwired for full Ethernet connectivity.

Founded by Swedish Lutheran immigrants, Gustavus has maintained its sense of spiritual identity through a daily service held in Christ Chapel (which many students choose to attend) and a one-course religion component built into the liberal arts core academic requirements. A Gustavus education challenges students to examine, develop, and strengthen their own spiritual and moral values, which for many students translates directly into service to others.

A number of factors combine to make Gustavus an outstanding economic value. Most importantly, Gustavus students graduate on time, with a four-year graduation rate of more than four times the national average. Moreover, Gustavus offers comprehensive financial assistance programs, including merit-based and need-based grants and scholarships.

KING GUSTAV II ADOLF THE NAMESAKE OF GUSTAVUS ADOLPHUS COLLEGE

Founded in 1862 by Swedish immigrants, Gustavus Adolphus College bears the name of the famous Swedish king Gustav II Adolf (1594-1632). Known as the “Warrior King,” Gustav ascended the throne at the tender age of seventeen and reigned from 1611 to 1632. In that short time span, he became more popular and powerful than any king before him. King Gustav was known as a friend of the people and a strong proponent of education. He died in battle at Lutzen, Germany, as he led his troops in the Thirty Years War, fighting for his faith and securing the future of Protestantism.
**WELCOME**

It is indeed a pleasure for the Gustavus community to welcome participants, coaches, officials, and fans to the 2010 Wisconsin Intercollegiate Athletic Conference Gymnastics Championship. We hope you enjoy this special event and we invite you to walk around and visit our campus.

Gymnastics has been an important part of the intercollegiate athletic program at Gustavus for many years and we are pleased to be able to host this championship event in the pleasant surroundings of our Lund Center for Athletics, Physical Education, and Health.

I wish the best of luck to all the teams and individuals who will be competing today and we all look forward to watching some of the finest gymnasts in the nation demonstrate their skills in this competition.

Sincerely,

Al Molde  |  Director of Intercollegiate Athletics

**SCHEDULE**

**SUNDAY, MARCH 7, 2010 | CAPITAL CUP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.</td>
<td>Athletic Training Room Opens for Flight A</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Athletic Training Room Opens for Flight B</td>
</tr>
<tr>
<td>12:30 - 1:00 p.m.</td>
<td>Coaches Meeting, Hall of Fame Room</td>
</tr>
<tr>
<td>1:15 - 1:45 p.m.</td>
<td>Flight A: Open Stretch, Warm up Area (Gymnastics Studio)</td>
</tr>
<tr>
<td>1:50 - 2:15 p.m.</td>
<td>Flight A: Line Tumble, Competition Gym</td>
</tr>
<tr>
<td>1:45 - 2:15 p.m.</td>
<td>Flight B: Open Stretch, Warm up Area (Gymnastics Studio)</td>
</tr>
<tr>
<td>2:20 - 2:35 p.m.</td>
<td>Flight B: Line Tumble, Competition Gym</td>
</tr>
<tr>
<td>2:20 - 2:38 p.m.</td>
<td>Flight A: Warm up First Rotation (Gymnastics Studio)</td>
</tr>
<tr>
<td>2:45 - 2:55 p.m.</td>
<td>Prepare for March-in</td>
</tr>
<tr>
<td>3:00 - 3:15 p.m.</td>
<td>March-in</td>
</tr>
<tr>
<td>3:15 - 3:20 p.m.</td>
<td>Four minute touch for Flight A</td>
</tr>
<tr>
<td>3:20 p.m. (approx)</td>
<td>Flight A begins competition</td>
</tr>
<tr>
<td>6:45 p.m.</td>
<td>Awards Ceremony</td>
</tr>
</tbody>
</table>

**ROTATION**

**CONVENTIONAL CHAMPIONSHIP/NCGA WEST REGIONAL**

<table>
<thead>
<tr>
<th>TEAM</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - Oshkosh</td>
<td>2 - Stout</td>
</tr>
</tbody>
</table>

**FLIGHT A** Teams 1, 3, 5, 7

- Team 1 - Oshkosh: Vault, Bars, Beam, Floor
- Team 3 - Gustavus: Bars, Beam, Floor, Vault
- Team 5 - Hamline: Beam, Floor, Vault, Bars
- Team 7 - La Crosse: Floor, Vault, Bars, Beam

**FLIGHT B** Teams 2, 4, 6, 8

- Team 2 - Stout: Vault, Bars, Beam, Floor
- Team 4 - Winona St.: Bars, Beam, Floor, Vault
- Team 6 - Whitewater: Beam, Floor, Vault, Bars
- Team 8 - Eau Claire: Floor, Vault, Bars, Beam
ABOUT

WISCONSIN INTERCOLLEGIATE ATHLETIC CONFERENCE

July 1, 1997, the face of intercollegiate athletics in Wisconsin changed dramatically. At that time, the nine members of the former Wisconsin State University Conference (WSUC) and the Wisconsin Women’s Intercollegiate Athletic Conference (WWIAC) joined together to form a single conference—The Wisconsin Intercollegiate Athletic Conference.

The WIAC member institutions are: UW-Eau Claire, UW-Stevens Point, UW-La Crosse, UW-Stout, UW-Oshkosh, UW-Superior, UW-Platteville, UW-Whitewater, and UW-River Falls.

Each of the nine institutions is a part of the University of Wisconsin System, and each competes at the NCAA Division III level. For 26 years, the WSUC and WWIAC operated as separate men’s and women’s conferences. In 1996, the University of Wisconsin System determined that the two conferences should be merged into a single conference under the direction of one conference office and commissioner.

Effective with the 2001-02 academic year, Lawrence University joined the conference in the sport of wrestling. Gustavus Adolphus College (Minn.), Hamline University (Minn.) and Winona State University (Minn.) became members of the conference in the sport of women’s gymnastics during the 2004-05 academic year.

The conference office is located in Madison.

WIAC QUICK FACTS

The WIAC competes at the NCAA Division III level.

WIAC student-athletes compete without the benefit of athletic aid or scholarships. They compete for the love of their game.

Over 5,000 student-athletes participate in the WIAC each year.

The nine institutions of the WIAC have a total student enrollment of approximately 70,000.

Over 300,000 WIAC alumni currently reside within the state of Wisconsin.

In the last 12 years, 41 NCAA national championship team titles have been crowned in the WIAC.

WIAC student-athletes are students first and athletes second. Each year, dozens of our student-athletes are named to regional and national Academic All-America Teams. Nearly 50 percent of the student-athletes competing in the WIAC achieve a 3.0 grade point average or better.

Each year, the WIAC is selected to host a number of NCAA National Championships. These championships bring nationwide recognition to our institutions, as well as thousands of competitors and spectators to our State each year.

2010 WIAC Gymnastics Championship

GARY KARNER
WIAC Commissioner

MATT STANEK
Assistant Commissioner for media relations
CHAMPIONSHIPS PREVIEW
2009 WISCONSIN INTERCOLLEGIATE ATHLETIC CONFERENCE

University of Wisconsin-La Crosse will seek a 14th consecutive title at the 2010 Wisconsin Intercollegiate Athletic Conference (WIAC) Women’s Gymnastics Championship. The 37th gathering of league foes will take place at Gustavus Adolphus College (Minn.) on March 7.

The Eagles, who own a conference-high 20 first-place trophies, claimed last season’s crown with 187.200 team points to surpass UW-Whitewater’s second-place total of 185.100 points. Winona State University (Minn.) finished third with 182.925 points, UW-Stout fourth with 180.850 points, UW-Oshkosh fifth with 179.925 points, Gustavus Adolphus sixth with 179.400 points, Hamline University (Minn.) seventh with 178.875 points and UW-Eau Claire ninth with 173.450 points.

The conference championship will also serve as the West Regional qualifier for the National Collegiate Gymnastics Association Championships (NCGA), which will be held March 25-26 at Springfield College in Springfield, Mass. The top three teams from the WIAC event, along with several qualified gymnasts, will advance to the national meet.

Three student-athletes that have combined to win 11 WIAC titles will compete in this year’s conference championship.

Leading the returnees is UW-Whitewater senior Justine Weyer who owns five first-place medals. She has claimed back-to-back titles in the uneven bars and could become the second individual in WIAC archives to win three straight championships, joining UW-Oshkosh’s Mary Leivian (1986-88). At the 2008 league festival, Weyer won the all-around, vault and floor exercise.

UW-La Crosse senior Gabi Hooper has claimed four first-place finishes in her career. A year ago, she won the vault after placing first in the balance beam in 2008. In 2007, Hooper tallied first-place standings in the vault and floor exercise.

UW-Stout senior Meghan Hargens earned a pair of titles at the 2009 championship, securing top honors in the all-around and floor exercise.

The top six individuals in each event at the WIAC Championship will receive All-Conference recognition.
QUICK FACTS

<table>
<thead>
<tr>
<th>Location</th>
<th>St. Peter, Minn.</th>
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<tbody>
<tr>
<td>Founded</td>
<td>1862</td>
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<tr>
<td>Enrollment</td>
<td>2,525</td>
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<tr>
<td>School Colors</td>
<td>Black &amp; Gold</td>
</tr>
<tr>
<td>President</td>
<td>Jack R. Ohle</td>
</tr>
<tr>
<td>Athletics Director</td>
<td>Al Molde</td>
</tr>
<tr>
<td>Sports Information Director</td>
<td>Tim Kennedy</td>
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</table>

WIAC QUICK FACTS

Best WIAC Finish 4th Place (2005)
Individual WIAC Champions 1
All-Around 0
Vault 1
Uneven Bars 0
Balance Beam 0
Floor Exercise 0

TEAM SEASON BESTS

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<tr>
<th>Vault</th>
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<td>Uneven Bars</td>
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<td>Balance Beam</td>
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<td>Floor Exercise</td>
<td>45.500</td>
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<td>Total</td>
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INDIVIDUAL SEASON BESTS

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<tr>
<th>Vault</th>
<th>Danielle Thibodeau 9.475</th>
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<tr>
<td>Uneven Bars</td>
<td>Kelly Mathewson 9.100</td>
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<tr>
<td>Balance Beam</td>
<td>Danielle Thibodeau 9.050</td>
</tr>
<tr>
<td>Floor Exercise</td>
<td>Danielle Thibodeau 9.500</td>
</tr>
<tr>
<td>All-Around</td>
<td>Danielle Thibodeau 36.350</td>
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2009—2010 ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>YR</th>
<th>Hometown/High School</th>
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<tbody>
<tr>
<td>Amanda Christensen</td>
<td>FY</td>
<td>Albany, Minn./Albany</td>
</tr>
<tr>
<td>Lauren Del Core</td>
<td>FY</td>
<td>Omaha, Neb./Marian</td>
</tr>
<tr>
<td>Tiffany Etterman</td>
<td>FY</td>
<td>East Gull Lake, Minn./Brainerd</td>
</tr>
<tr>
<td>Maren Lodge</td>
<td>SO</td>
<td>Coon Rapids, Minn./Coon Rapids</td>
</tr>
<tr>
<td>Kelly Mathewson</td>
<td>JR</td>
<td>Maple Grove, Minn./Osseo</td>
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<tr>
<td>Katie Mehrmann</td>
<td>JR</td>
<td>Tai Tam, Hong Kong/International</td>
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<tr>
<td>Breann Moore</td>
<td>SO</td>
<td>Wendell, N.C./William G. Enloef</td>
</tr>
<tr>
<td>Samantha Opsahl</td>
<td>FY</td>
<td>Forest Lake, Minn./Forest Lake</td>
</tr>
<tr>
<td>Kristeena Patsche</td>
<td>FY</td>
<td>Welcome, Minn./Martin County West</td>
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<tr>
<td>Molly Slawson</td>
<td>FY</td>
<td>Rochester, Minn./Century</td>
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<tr>
<td>Lindsay Smithson</td>
<td>JR</td>
<td>Champlin, Minn./Champlin Park</td>
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<tr>
<td>Christina Sorenson</td>
<td>SR</td>
<td>Worthington, Minn./Worthington</td>
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<tr>
<td>Kelsey Stafford</td>
<td>SO</td>
<td>Ramsey, Minn./Anoka</td>
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<tr>
<td>Alina Stevenson</td>
<td>SO</td>
<td>North Bend, Ore./North Bend</td>
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<tr>
<td>Danielle Thibodeau</td>
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<tr>
<td>Laurel Urquhart</td>
<td>SR</td>
<td>Great Falls, Mont./Great Falls</td>
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<tr>
<td>Shelby Winzent</td>
<td>FY</td>
<td>Golden, Colo/Wheat Ridge</td>
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<tr>
<td>Amanda Woodhull</td>
<td>SO</td>
<td>Minnetonka, Minn./Hopkins</td>
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<tr>
<td>Bailey Zeinert</td>
<td>FY</td>
<td>Oshkosh, Wis./Oshkosh West</td>
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Head Coach Kris Glidden
Assistant Coach Jon Janzen
Spotters Trent Frisch, Greg White

2009—2010 SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Place</th>
<th>Score</th>
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<tbody>
<tr>
<td>Jan. 16</td>
<td>UW-Oshkosh</td>
<td>L</td>
<td>163.575-172.050</td>
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<tr>
<td>Jan. 21</td>
<td>vs. Winona State University</td>
<td>L</td>
<td>170.625-175.200</td>
</tr>
<tr>
<td>Jan. 29</td>
<td>UW-Stout</td>
<td>L</td>
<td>169.750-173.725</td>
</tr>
<tr>
<td>Feb. 6</td>
<td>Best of Minnesota</td>
<td>3rd of 4</td>
<td>172.75</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>Hamline University</td>
<td>W</td>
<td>172.850-170.325</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>vs. UW-Eau Claire</td>
<td>L</td>
<td>173.800-173.875</td>
</tr>
<tr>
<td>Feb. 19</td>
<td>UW-La Crosse Triangular</td>
<td>3rd of 3</td>
<td>165.425</td>
</tr>
<tr>
<td>Feb. 27</td>
<td>UW-Whitewater</td>
<td>L</td>
<td>169.80-180.725</td>
</tr>
<tr>
<td>Mar. 7</td>
<td>WIAC Championship</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar. 25-27</td>
<td>NCGA Championships</td>
<td></td>
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*home meets in bold type*
2009—2010 ROSTER

<table>
<thead>
<tr>
<th>Name</th>
<th>YR</th>
<th>Hometown/High School</th>
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<tr>
<td>Jordan Bailey</td>
<td>FY</td>
<td>Inver Grove Heights, Minn./Eagan</td>
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<tr>
<td>Annalise Bratt</td>
<td>FY</td>
<td>Bird Island, Minn./Willmar</td>
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<tr>
<td>Katrina Clayton</td>
<td>FY</td>
<td>Rosemount, Minn./Rosemount</td>
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<tr>
<td>Katie Hall</td>
<td>FY</td>
<td>Rogers, Minn./Rogers</td>
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<tr>
<td>Rebecca McLaughlin*</td>
<td>JR</td>
<td>Burr Ridge, Ill./Hinsdale South</td>
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<tr>
<td>Murielle Mischok</td>
<td>FY</td>
<td>Altadena, Calif./ John Muir</td>
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<tr>
<td>Mallory Poplaski</td>
<td>FY</td>
<td>Littleton, Colo./Bear Creek</td>
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<tr>
<td>Sarah Prosen</td>
<td>JR</td>
<td>Apple Valley, Minn./Eastview</td>
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<tr>
<td>Lynn Robohm</td>
<td>SO</td>
<td>Rosemount, Minn./Rosemount</td>
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<tr>
<td>Alexis Rouches</td>
<td>FY</td>
<td>Portland, Ore./Parkrose</td>
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<tr>
<td>Corrine Stiffler</td>
<td>FY</td>
<td>Flemington, N.J./Hunterdon Central Regional</td>
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<tr>
<td>Melissa Thomas</td>
<td>JR</td>
<td>Long Beach, Calif./Wilson Classical</td>
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<td>Mercedes Tolzmann</td>
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<td>Waconia, Minn./Waconia</td>
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<tr>
<td>Molly Weber*</td>
<td>JR</td>
<td>El Prado, N.M./Taos</td>
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*Co-Captains

Head Coach Doug Byrnes  (11th season)
Assistant Coach Brynn Stenslie

2009—2010 SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Place</th>
<th>Score</th>
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<tr>
<td>Jan 9</td>
<td>UW-Oshkosh</td>
<td>L</td>
<td>154.275-170.625</td>
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<td>Jan. 15</td>
<td>UW-Eau Claire</td>
<td>3rd of 3</td>
<td>156.375</td>
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<tr>
<td>Jan. 18</td>
<td>UW-Stout</td>
<td>L</td>
<td>164.925-167.475</td>
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<tr>
<td>Jan. 24</td>
<td>UW-Whitewater</td>
<td>L</td>
<td>168.150-183.875</td>
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<tr>
<td>Feb. 6</td>
<td>Best of Minnesota</td>
<td>4th of 4</td>
<td>167.80</td>
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<tr>
<td>Feb. 12</td>
<td>Gustavus Adolphus College</td>
<td>L</td>
<td>170.325-172.85</td>
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<tr>
<td>Feb. 22</td>
<td>Winona State University</td>
<td>L</td>
<td>165.80-179.425</td>
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<td>Feb. 28</td>
<td>UW-La Crosse/Winona State</td>
<td>3rd of 3</td>
<td>169.10</td>
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<td>Mar. 7</td>
<td>WIAC Championship</td>
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<tr>
<td>Mar. 25-27</td>
<td>NCGA Championships</td>
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QUICK FACTS
Location: Eau Claire, Wis  
Founded: 1916  
Enrollment: 10,500  
School Colors: Blue & Gold  
President: Brian Levin-Stankevich  
Athletics Director: Scott Kilgallon  
Sports Information Director: Kevin Meinholz

WIAC QUICK FACTS
Individual WIAC Champions: 10

TEAM SEASON BESTS
Vault: 46.025  
Uneven Bars: 42.925  
Balance Beam: 44.450  
Floor Exercise: 45.925  
Total: 176.100

INDIVIDUAL SEASON BESTS
Vault: Cece Solem/Sarah Hulbert 9.425  
Uneven Bars: Rachel Behmer 9.375  
Balance Beam: Danielle Schulzetebenberg 9.500  
Floor Exercise: Danielle Schulzetebenberg 9.475  
All-Around: Danielle Schulzetebenberg 35.775

2009—2010 ROSTER

Name | YR | Hometown/High School
--- | --- | ---
RachelAnn Anderson | FY | Maple Grove, Minn./Maple Grove
Rachel Behmer | FY | Maple Grove, Minn./West Lutheran
Diana Eisenberg | SO | Green Bay, Wis./Notre Dame Academy
Samantha Howard | SR | St. Paul, Minn./Henry Sibley
Sarah Hulbert | JR | Waukesha, Wis./North
Claire Johnson | FY | Eagan, Minn./Eagan
Robin Knauf | SR | Rothschild, Wis./D.C. Everest
Kalie Kroeker | JR | Holmen, Wis./Holmen
Katie Kooiker | SR | Grantsburg, Wis./Grantsburg
Becca Lukanic | JR | Gurnee, Ill./Warren Township
Lanai Peer | SO | Prior Lake, Minn./Prior Lake
Ashley Relopez | SO | New Hope, Minn./Armstrong
Kerri Ritsche | JR | South Range, Wis./Superior
Stephanie Schaedel | SO | Moorpark, Calif./Kennesaw Mountain
Alicia Schaub | SR | Lakeland, Minn./Stillwater
Danielle Schulzetebenberg | FY | Maple Grove, Minn./Maple Grove
Molly Senske | FY | Eden Prairie, Minn./Eden Prairie
Cece Solem | FY | Mendota Heights, Minn./Henry Sibley

Head Coach: Jean DeLisle (7th season)
Assistant Coaches: Erin Bolstad, Theresa Lynch, and Julian Burgess
Student Assistant: Chris Langley

2009—2010 SCHEDULE

Date | Opponent | Place | Score
--- | --- | --- | ---
Jan 15 | Hamline/Winona State | 2nd of 3 | 171.325
Jan 22 | UW-Whitewater | L | 174.150-178.675
Jan. 29 | UW-La Crosse | L | 173.425-185.700
Feb. 5 | Gershon-McClellan Invite | 2nd of 3 | 175.350
Feb. 12 | John Zuerlein Invite | 4th of 4 | 174.125
Feb. 18 | Gustavus Adolphus | W | 173.875-173.00
Feb. 21 | UW-Stout | W | 176.050-175.475
Feb. 26 | UW-Oshkosh | W | 176.100-175.725
Mar. 7 | WIAC Championship
Mar. 25-27 | NCGA Championships

*home meets in bold type*
2009—2010 ROSTER

<table>
<thead>
<tr>
<th>Name</th>
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<th>Hometown/High School</th>
</tr>
</thead>
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<tr>
<td>Jen Andersen</td>
<td>Fr</td>
<td>Rolling Meadows, IL/Rolling Meadows</td>
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<tr>
<td>Rachel Budelier*</td>
<td>So</td>
<td>Davenport, IA/West</td>
</tr>
<tr>
<td>Kelsey Campbell</td>
<td>Fr</td>
<td>Boise, ID/Timberline High School</td>
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<tr>
<td>Taylor Cochran</td>
<td>Fr</td>
<td>Ballwin, MO/St. Joseph’s Academy</td>
</tr>
<tr>
<td>Emily Dinse</td>
<td>Fr</td>
<td>Oshkosh/Winneconne</td>
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<tr>
<td>Courtney Gonzales*</td>
<td>So</td>
<td>Glen Ellyn, IL/Glenbard West</td>
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<tr>
<td>Katie Henning**</td>
<td>Jr</td>
<td>Billings, MT/Skyview</td>
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<tr>
<td>Jessica Herrmann</td>
<td>Fr</td>
<td>New Berlin/Catholic Memorial</td>
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<tr>
<td>Gabi Hooper***</td>
<td>Sr</td>
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<td>Kahlynn Hunt*</td>
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<td>Kjrsten Jacobson**</td>
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<td>Kendra Klein</td>
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<td>Chelsy Luck***</td>
<td>Sr</td>
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<td>Christina Manelli**</td>
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<td>Kelsey Matula***</td>
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<td>Tegan Dare</td>
<td>Fr</td>
<td>Medina, MN/Wayzata</td>
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<td>Chasey Rosen</td>
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<td>Katrina Schuch</td>
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<td>Jamie Shervey*</td>
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<td>Hailey Sommer*</td>
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<td>Jenna Swalls*</td>
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<td>Algonquin, IL/Harry D. Jacobs</td>
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Head Coach: Barbara Gibson (26th season)
Assistant Coaches: Eric Bernier, Kasey Crawford, Cody Farley, and Mackenzie Howard
Captains: Gabi Hooper, Chelsy Luck, and Kelsey Matula
*UW-L letters earned

2009—2010 SCHEDULE

<table>
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<tr>
<th>Date</th>
<th>Opponent</th>
<th>Place</th>
<th>Score</th>
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<tr>
<td>Jan 10</td>
<td>Northern Illinois University</td>
<td>L</td>
<td>174.300-188.450</td>
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<td>Jan 16</td>
<td>UW-Whitewater</td>
<td>W</td>
<td>183.675-183.075</td>
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<td>Jan 23</td>
<td>Illinois State University</td>
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<td>183.300</td>
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<td>UW-Eau Claire</td>
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<td>185.700-173.425</td>
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<td>Gershon/McLellan Invite</td>
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<td>180.250</td>
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<td>Feb 12</td>
<td>UW-Stout Zuerlein Invite</td>
<td>1st of 4</td>
<td>181.55</td>
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<td>Feb 19</td>
<td>Winona State/Gustavus</td>
<td>1st of 3</td>
<td>181.775</td>
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<td>Feb 28</td>
<td>Hamline University Triangular</td>
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<td>Mar. 7</td>
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<td>Mar. 25-27</td>
<td>NCGA Championships</td>
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<td>36.175</td>
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home meets in bold type

QUICK FACTS

Location: La Crosse, Wis.
Founded: 1909
Enrollment: 8,814
School Colors: Maroon & Gray
President: Dr. Joe Gow
Athletics Director: Joe Baker
Sports Information Director: David Johnson

WIAC QUICK FACTS


Individual WIAC Champions: 56
All-Around: 7
Vault: 12
Uneven Bars: 12
Balance Beam: 13
Floor Exercise: 12

TEAM SEASON BESTS

Vault: 48.150
Uneven Bars: 45.700
Balance Beam: 46.275
Floor Exercise: 47.150
Total: 185.700

INDIVIDUAL SEASON BESTS

Vault: Gabi Hooper 9.850
Uneven Bars: Hailey Sommer 9.500
Balance Beam: Kelsey Matula 9.650
Floor Exercise: Hooper/Klein/Matula 9.550
All-Around: Emily Dinse 36.175
QUICK FACTS
Location Oshkosh, Wis
Founded 1871
Enrollment 13,100
School Colors Black, Gold, & White
Chancellor Richard H. Wells
Athletics Director Allen Ackerman
Sports Information Director Kennan Timm

WIAC QUICK FACTS
Individual WIAC Champions 72
All-Around 15
Vault 12
Uneven Bars 16
Balance Beam 14
Floor Exercise 15

TEAM SEASON BESTS
Vault 46.350
Uneven Bars 45.900
Balance Beam 44.725
Floor Exercise 46.775
Total 182.770

INDIVIDUAL SEASON BESTS
Vault Ryan Metzger 9.375
Uneven Bars Stacie Jenkins 9.500
Balance Beam Stacie Jenkins 9.300
Floor Exercise Jill Lindberg 9.575
All-Around Stacie Jenkins 36.60

2009—2010 ROSTER

Name YR Hometown/High School
Stefanie Armstrong SR Kennesaw, Ga./Mountain
Melissa Ashmen JR Voorhees, N.J./Eastern Regional
Amanda Bergesen SO Lake Geneva, Wis./Badger
Paula Delsart JR Green Bay, Wis./Preble
Jaslyn Essman SO Burlington, Wis.
Gretchen Fackelman SR St. Louis, Mo./Urnsline Academy
Brittany Fellman JR St. Cloud, Minn./Tech
Madeline Helwig FY Racine, Wis./St. Catherine’s
Lindsay Hermsen FY Howard, Wis./Bay Port
Darlene Herrmann SR Newton, N.J.
Stacie Jenkins JR Peoria, Ariz.
Jill Lindberg SO Meridian, Idaho
Ryan Metzger JR Hanover Park, Ill./Hoffman Estates
Mary Ann Oehlerking SO Hawthorn Woods, Ill./Carmel Catholic
Abby Zubella FY Appleton, Wis./West

Head Coach Lauren (Maren) Karnitz (3rd season)
Assistant Coaches Mikal Ramadan and Amy Reidy

2009—2010 SCHEDULE

Date Opponent Place Score
Jan 9 Hamline University W 170.625-154.275
Jan 16 Gustavus Adolphus College W 172.050-163.575
Jan 22 UW-Stout W 169.350-165.225
Jan 26 Winona State University L 176.725-175.700
Jan 31 Illinois State University Winona State 3rd of 3 179.450
Feb. 5 Gershon/McLellon Invite 3rd of 3 174.50
Feb. 12 Zuerlein Invite 3rd of 4 176.375
Feb. 19 UW-Whitewater W 182.700-182.375
Feb. 26 UW-Eau Claire L 175.725-176.100
Mar. 7 WIAC Championship Mar. 25-27 NCGA Championships

home meets in bold type
QUICK FACTS

Location  Menomonie, Wis.
Founded   1891
Enrollment 7,400
School Colors  Navy, Blue, & White
Chancellor  Charles Sorensen
Athletics Director  Joe Harlan
Sports Information Director  Layne Pitt

WIAC QUICK FACTS

Best WIAC Finish  3rd Place, 4 times (1984, ‘85, ‘87, ‘01)
Individual WIAC Champions  9
All-Around  4
Vault  2
Uneven Bars  0
Balance Beam  2
Floor Exercise  1

TEAM SEASON BESTS

Vault  47.075
Uneven Bars  44.050
Balance Beam  45.650
Floor Exercise  45.700
Total  181.950

INDIVIDUAL SEASON BESTS

Vault  Hargens/DeLara  9.600
Uneven Bars  Meghan Hargens  9.600
Balance Beam  Naomi DeLara  9.825
Floor Exercise  Naomi DeLara  9.700
All-Around  Meghan Hargens  38.375

2009—2010 ROSTER

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<tr>
<td>Kristen Barra</td>
<td>FY</td>
<td>Peoria, Ill.</td>
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<td>Genna Boeckmann</td>
<td>FY</td>
<td>St. Cloud, Minn./Tech</td>
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<td>Kayla Choromanski</td>
<td>SO</td>
<td>Osseo, Minn./Champlin Park</td>
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<td>Megan Dahl</td>
<td>JR</td>
<td>Andover, Minn./Andover</td>
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<td>Naomi DeLara</td>
<td>JR</td>
<td>Kahului, Hawaii/Maui</td>
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<td>Krysta DeLong</td>
<td>SO</td>
<td>Ham Lake, Minn./Blaine</td>
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<td>Taryn Fawcett</td>
<td>FY</td>
<td>Byron, Minn./Byron</td>
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<tr>
<td>Kim Gulik</td>
<td>FY</td>
<td>Elk Grove Village, III./Elk Grove</td>
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<tr>
<td>Meghan Hargens</td>
<td>SR</td>
<td>Rosemount, Minn./Rosemount</td>
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<td>Heather Harmeyer</td>
<td>SO</td>
<td>Milwaukee, Wis./Whitnall</td>
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<td>Jenna Lensing</td>
<td>SO</td>
<td>Little Canada, Minn./Roseville</td>
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<td>Jordan Longtin</td>
<td>SO</td>
<td>Owatonna, Minn./Owatonna</td>
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<tr>
<td>Karina Schaub</td>
<td>SO</td>
<td>Lakeland, Minn./Stillwater</td>
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<td>Vanessa Zahratke</td>
<td>FY</td>
<td>Lakeville, Minn./South</td>
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Head Coach  Becky Beaulieu (5th season)
Assistant Coaches  Jeremy Manthey and Krista Moore
Student Assistant  Travis Loeffler

2009—2010 SCHEDULE

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<th>Date</th>
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<th>Place</th>
<th>Score</th>
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<td>Iowa State University</td>
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<td>Hamline University</td>
<td>W</td>
<td>167.475-164.925</td>
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<td>Jan 22</td>
<td>UW-Oshkosh</td>
<td>L</td>
<td>165.225-169.350</td>
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<td>Jan 29</td>
<td>Gustavus Adolphus College</td>
<td>W</td>
<td>173.725-169.750</td>
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<td>Feb. 6</td>
<td>UW-Whitewater</td>
<td>L</td>
<td>173.875-185.775</td>
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<td>Feb. 12</td>
<td>John Zuerlein Invite</td>
<td>2nd out of 4</td>
<td>177.00</td>
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<td>Feb. 21</td>
<td>UW-Eau Claire</td>
<td>L</td>
<td>175.475-176.05</td>
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<td>Feb. 27</td>
<td>Texas Women’s University</td>
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<td>181.95-193.625</td>
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<td>Mar. 7</td>
<td>WIAC Championship</td>
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<tr>
<td>Mar. 25-27</td>
<td>NCGA Championships</td>
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*home meets in bold type*
QUICK FACTS
Location
Whitewater, Wis
Founded
1868
Enrollment
10,632
School Colors
Purple & White
Chancellor
Richard J. Telfer
Athletics Director
Paul Pinske
Sports Information Director
Tom Fick

WIAC QUICK FACTS
Best WIAC Finish
2nd Place, 2 times (2008, ‘09)

Individual WIAC Champions
Vault
0
Uneven Bars
1
Balance Beam
1
Floor Exercise
1

TEAM SEASON BESTS
Vault
47.125
Uneven Bars
46.450
Balance Beam
47.025
Floor Exercise
46.150
Total
185.775

INDIVIDUAL SEASON BESTS
Vault
Justine Weyer
9.750
Uneven Bars
Justine Weyer
9.575
Balance Beam
Justine Weyer
9.700
Floor Exercise
Mary Kate Young
9.600
All-Around
Mary Kate Young
37.350

2009—2010 ROSTER
Name
YR
Hometown/High School
Allison Annala
SR
Oswego, Wis./Oswego
Leah Applin
SO
Brooklyn Park, Minn./Champlin Park
Lauren Corrigan
SO
Clarksville, Tenn./Clarksville
Danielle Doll
JR
Ingleside, Ill./Carmel Catholic
Katrin Finch
SO
Boise, Idaho/Boise
Emily Gillis
SO
Lebanon, Tenn./Wilson Central
Morgan Hadley
FY
LaGrange, Ill./Lyons Township
Katie Hedstrom
JR
Mt. Prospect, Ill./Prospect
Traci Jo Korte
SR
New Boston, Mich./Huron
Annie Mix
FY
Olive Branch, Miss./SBEC
Rachel Moldovan
SO
St. Louis, Mo./Incarnate Word Academy
Allison Nelson
JR
Naperville, Ill./Neuqua Valley
Veronica Overby
FY
Kaneohe, Hawaii/James B. Castle
Amanda Smith
JR
Rapid City, S.D./Stevens
Katie Thompson
SR
Colgate, Wis./Germantown
Siri Wischmann
FY
Delano, Minn./Delano
Mary Kate Young
FY
Lawrenceville, Ga./Collins

Head Coach
Jennifer Regan (8th season)
Assistant Coaches
Ryan Bendixen and Ashley George

2009—2010 SCHEDULE
Date
Opponent
Place
Score
Jan 10
Univ. of California Davis
4th of 4
181.725
Jan 16
UW-La Crosse
L
183.075-183.675
Jan 22
UW-Eau Claire
W
178.625-174.150
Jan 24
Hamline University
W
185.775-173.875
Feb. 6
UW-Stout
W
185.775-173.875
Feb. 12
Winona State University
L
182.5-185.250
Feb. 19
UW-Oshkosh
L
182.375-182.700
Feb. 27
Gustavus Adolphus College
W
180.725-169.800
Mar 7
WIAC Championship
Mar 25-27
NCGA Championships

home meets in bold type
WINONA STATE UNIVERSITY

QUICK FACTS
Location            Winona, Minn.
Founded             1858
Enrollment          8,100
School Colors       Purple & White
President           Judith Ramaley
Athletics Director  Larry Holstad
Sports Information  Director  Michael Herzberg

WIAC QUICK FACTS
Best WIAC Finish     3rd Place, 2 times
(2008, ’09)
Individual WIAC      0
Champions
All-Around
0
Vault
0
Uneven Bars
0
Balance Beam
0
Floor Exercise
0

TEAM SEASON BESTS
Vault
47.100
Uneven Bars
45.075
Balance Beam
46.400
Floor Exercise
46.975
Total
185.250

INDIVIDUAL SEASON BESTS
Vault
Heather Rummel ein
9.625
Uneven Bars
Anna Gleason
9.350
Balance Beam
Anna Gleason
9.450
Floor Exercise
Naomi DeLara
9.600
All-Around
Heather Rummel ein
37.300

2009—2010 ROSTER
Name                      YR            Hometown/High School
Melissa Baudhuin          JR            Oshkosh, Wis./West
Nicole Cleeton            FY            Elmhurst, Ill./York Community
Amanda Cotter             JR            Elm Grove, Wis./Brookfield East
Laura Fabian              FY            New Brighton, Minn./Irontale
Anna Gleason              FY            Shoreview, Minn./Roseville Area
Cassie Goldman            FY            East Bethel, Minn./St. Francis
Katie Goldman             JR            East Bethel, Minn./St. Francis
Katie Gregory             JR            Manhattan, Kan./Manhattan
Krystin Holody             SR            Rockwood, Ont./Bishop Macdonell
Carolyn Juste              JR            McHenry, Ill./McHenry
Kasia Kiliansak            SO            Elizabeth, Colo./Elizabeth
Emily Kindvall            SO            Westminster, Colo./Standley Lake
Chelsea Lindeman          SO            Cedar, Minn./St. Francis
Kimberly Miske            FY            Anoka, Minn./Anoka
Kelsey Peipkorn           FY            Mound, Minn./Mound Westonka
Courtney Rowe             JR            Vadnais Heights, Minn./Mound-Murray
Heather Rummel ein        JR            Centennial, Colo./Smoky Hill
Samantha Smith            FY            Brainerd, Minn./Brainerd
Samantha Williams         SO            Crawfordsville, Ind./Southmont
Phyllis Wirs              SO            Cornith, Texas/Lake Dallas
Stephanie Wojton          FY            Long Grove, Ill./Adlai E. Stevenson
Rebecca Zener             FY            Evergreen Park, Ill./Evergreen Park

Head Coach  Beckie Rolbiecki (4th season)

2009—2010 SCHEDULE
Date          Opponent                Place        Score
Jan 5         UW-Stout                 W            173.275-164.100
Jan. 15       UW-Eau Claire           W            172.600-
Jan. 21       Gustavus Adolphus College W    175.200-170.625
Jan. 26       UW-Oshkosh              W            176.725-175.700
Jan. 31       Illinois State University 2nd of 3 180.000
Feb. 6        Best of Minnesota       2nd of 4   178.725
Feb. 12       UW-Whitewater           W            185.250-182.500
Feb. 19       UW-La Crosse Triangular   2nd of 3 178.150
Feb. 22       Hamline University      W            179.425-165.800
Feb. 28       Hamline Invite          2nd of 3   180.550
Mar. 7        WIAC Championship       Mar. 25-27 NCGA Championships

home meets in bold type
University of Wisconsin-La Crosse claimed its 13th consecutive Wisconsin Intercollegiate Athletic Conference (WIAC) Women’s Gymnastics Championship at McCown Gymnasium on the campus of Winona State University.

The Eagles secured the 20th WIAC championship in program history, and seventh straight NCGA West Region crown, with a score of 187.200. UW-Whitewater finished second with a total of 185.100 points. Winona State finished third with 182.925 points, while UW-Stout was fourth with 180.850, UW-Oshkosh fifth with 179.925, Gustavus Adolphus College sixth with 179.400, Hamline University seventh with 178.875 and UW-Eau Claire eighth with 173.450.

UW-Stout’s Meghan Hargens claimed the all-around title with a score of 38.050 and the floor exercise with a mark of 9.650. She is the first individual in program history to win the floor exercise and just the second to secure the all-around crown (Tasha Pasch-2001, 2002). Following Hargens in the all-around standings were UW-La Crosse’s Kelsey Matula (37.725), Hamline’s Kristen Weniger (37.600), UW-Whitewater’s Justine Weyer (37.525) and Ashley George (37.425) and UW-La Crosse’s Jackie LaFleur (37.300).

In the floor exercise, Hargens topped UW-La Crosse’s Courtney Gonzales (9.625), UW-Stout’s Naomi DeLara (9.625), UW-La Crosse’s Erin Sommer (9.600) and Gabi Hooper (9.575) and Gustavus Adolphus’ Christine Askham (9.550), UW-Oshkosh’s Jaslyn Essman (9.550) and Weniger (9.550).

Weniger and Hooper shared the vault title with a WIAC championship-tying score of 9.675. Following Weniger and Hooper were, UW-Whitewater’s Allison Nelson (9.575), LaFleur (9.550), Weyer (9.550), DeLara (9.500) and Hargens (9.500).

UW-Whitewater’s Justine Weyer was victorious in the uneven bars for the second consecutive season with a mark of 9.400. Finishing behind Weyer was Hargens (9.400), UW-Stout’s Rachel Manz (9.375), UW-Whitewater’s Danielle Crinzi (9.375), Matula (9.350) and UW-Eau Claire’s Theresa Lynch (9.300).

UW-La Crosse’s Mackenzie Howard earned the balance beam crown with a score of 9.650. She also won the event at the 2006 meet. Finishing behind Howard was, Matula (9.600), UW-Whitewater’s Ashley George (9.550), Hargens (9.500), Hooper (9.350) and UW-Whitewater’s Leah Applin (9.300). The top six finishers in each event secured All-Conference recognition.

Winona State’s Alexandra Nugent received the Judy Kruckman Scholar-Athlete Award, while the Warriors’ Beckie Rolbiecki was voted the Coach of the Year.

The All-Sportsmanship Team consisted of UW-Eau Claire’s Diana Eisenberg, UW-La Crosse’s Kelsey Matula, UW-Oshkosh’s Anne Austad, UW-Stout’s Morgan Trumble, UW-Whitewater’s Angel Simonini, Gustavus Adolphus’ Catherine Osterhaus, Hamline’s Ali Clausen and Winona State’s Eileen Strube.
### CHAMPIONSHIP RECORDS
**WISCONSIN INTERCOLLEGIATE ATHLETIC CONFERENCE**

#### ALL-AROUND
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<th>Year</th>
<th>Champion</th>
<th>School</th>
<th>Score</th>
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<td>Joan Stier</td>
<td>La Crosse</td>
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<td>1989</td>
<td>Lisa Johnson</td>
<td>Oshkosh</td>
<td>9.00</td>
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<tr>
<td>1988</td>
<td>Sarah Walls</td>
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<td>1987</td>
<td>Mary Leivian</td>
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<td>1986</td>
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#### Vault
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<td>La Crosse</td>
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<td>Lisa Johnson</td>
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<td>Sarah Walls</td>
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The WIAC Championship on the Vault in 2005.
A SPECTATORS GUIDE

THE EVENTS: A GYMNAST’S PERSPECTIVE

There are four events in women’s collegiate gymnastics: vault, table, uneven parallel bars, balance beam and floor exercise. Physical, as well as, mental preparation for competition on each of these events is focused on repetition, concentration, confidence, and a positive attitude. However, with each event requires different preparation strategies that aid the gymnasts in getting ready to compete the routine. It is also important to note that collegiate gymnastics is very TEAM ORIENTED, and the success of an individual or team can be attributed, in large part, to the support a team lends to each athlete. The following sections focus more closely on each event and the preparation techniques that go into making a routine ready for competition.

VAULT
In Division III Women’s Collegiate Gymnastics, one vault is performed by each competitor. Performing a high level vault requires speed, power and quick response time. The gymnast’s goal in performing each vault is to gain the most amplitude and distance from the vault as possible, while maintaining proper body position and sticking the landing. Preparation for performing the vault concentrates on building speed in the run, proper technique in both the run and the vault and repetition of the vault itself.

BALANCE BEAM
A gymnast’s preparation for performing a balance beam routine is focused on balance, grace and controlled strength. Although it is important to be powerful in the tumbling and dance elements within a beam routine, the judges are looking for a flow from one movement to the next without any extensive pauses. Becoming mentally and physically prepared for competition emphasizes confidence building through repetition. After all, the beam is four feet off the ground and only four inches wide!

UNEVEN PARALLEL BARS
In a bar routine, judges are looking for fluid motion in the swing, proper technique and body position, a long bodyline and no extra swings or taps of the feet. Having abdominal and upper body strength is very advantageous for the gymnast performing the routine. When mentally preparing for a bar routine for competition, the gymnast concentrates on repetition, confidence and making a mental picture of the routine before she begins.

FLOOR EXERCISE
On the floor exercise, each competition gymnast performs a routine that is choreographed with dance and tumbling elements to a piece of music. The floor exercise routine requires more physical endurance than any of the other events. Gymnasts concentrate on “selling” the routine to the judges and the fans, having fun, “dancing it up” and showing attitude and confidence while on the floor. It is vital that the gymnast be powerful in the tumbling, leaping and dance moves on the floor exercise. However, being graceful and having a well-choreographed, fluid routine are also important.

HOW MANY GYMNASTS COMPETE IN DIVISION III COLLEGIATE TEAM COMPETITION?

Dual Meets
• Six gymnasts perform on each of the four events.
• Two exhibition gymnasts per event (whose scores do not count toward the team total) may also compete.

Invitational, Conference, Regionals, and Nationals
• Only six gymnasts perform on each of the four events.
• One alternate gymnast is allowed to warm up on each event in the event of injury, sickness, etc. to one of the six original competitors.

HOW ARE THE INDIVIDUAL AND TEAM SCORES CALCULATED?

• Two judges evaluate each routine.
• An average of the two scores is taken as the final mark.
• The five best individual scores per event are added to achieve the cumulative team total for each event.
• The four event totals are combined to make up the team score.

Each competing gymnast performs a routine based on a score of 9.5 (if all requirements are met), with the possibility of an additional 0.5 points in bonus. The maximum start value for any routine is 10.00. Judges use the following categories to evaluate each routine.

SCORING COMPONENTS

General Requirements 2.20
Special Event Requirements 1.20
Bonus Points 0.50
Execution, Combination & Artistry 6.10

TOTAL 10.0

GENERAL DEDUCTIONS

Fall from apparatus or on the floor exercise -0.5
Stepping out of bounds on floor exercise -0.1
Heavy bush of feet on bars or hand touch on floor -0.3
Extra swings on bars -0.3
Pauses longer than two seconds -0.1
Other form deductions up to -0.3
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2009 WIAC
WOMEN'S GYMNASTICS CHAMPIONS

MEGHAN HARGENS
UW-STOUT
Floor Exercise Champion
9.650
All-Around Champion
38.050

JUSTINE WEVERY
UW-WHITEWATER
Uneven Bars Champion
9.500

GABI HOOPER
UW-LA CROSSE
Vault Co-Champion
9.675

MACKENZIE HOWARD
UW-LA CROSSE
Balance Beam Champion
9.650

KRISTEN WENIGER
HAMLINGE
Vault Co-Champion
9.675

2009 WISCONSIN
INTERCOLLEGIATE
ATHLETIC CONFERENCE
TEAM CHAMPION
UW-LA CROSSE
187.200