

2018 GYMNASTICS GUIDE





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CREDITS

The 2018 Southeast Missouri Women's Gymnastics Information Guide was written, edited and designed by Sports Information Assistant Eric Mueller. Cover design and additional graphics assistance provided by Tonya Wells, Krista Mayfield, and Josh Russell. Photography by Marc Mahnke, Josh Russell, Keith Hente and Eric Mueller. Other editorial assistance by Sports Information Director Jeff Honza and Sports Information Assistant Wyatt Yearout.





CREDENTIALS

Credentials are required for entrance to the Houck Field House (for photographers). To request season or single-match credentials, please contact the Southeast Missouri State Sports Information Office by phone at (573) 651-2937 or e-mail at ejmueller@semo.edu.

PRESS ROW

Houck Field House Press Row is reserved for working media only. Seating is assigned by the Sports Information office. Professional conduct is expected at all times. Cheering or outward expression is inappropriate. Credentials must be worn at all times. Failure to abide by these policies can result in credentials being revoked.

PHOTOGRAPHERS

Please observe NCAA regulations and shoot from the designated areas at Houck Field House. Photographers must display their credentials at all times. Flash photography is prohibited.

INTERVIEW REQUESTS

Please arrange all interviews of coaches and student-athletes through the sports information office. Requests can be made by calling Eric Mueller at (573) 651-2937. Mueller can also be reached via e-mail at ejmueller@semo.edu.

POST-MEET INTERVIEWS

Anyone wishing to interview a Southeast student-athlete must notify Eric Mueller prior to the end of each meet. Student-athletes will be escorted to the designated media interview area after the mandatory 10-minute cooling off period.

GYMNASTICS E-MAIL LIST

If you would like to be added to the Redhawk Gymnastics e-mail list to receive breaking news about the team, please e-mail Eric Mueller. The official website. GoSoutheast.com. is the best source for up-to-date information about the team.



Southeast Missouri Sports Information

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GET SOCIAL WITH THE REDHAWKS







@GoSoutheast @SEMOGymnastics



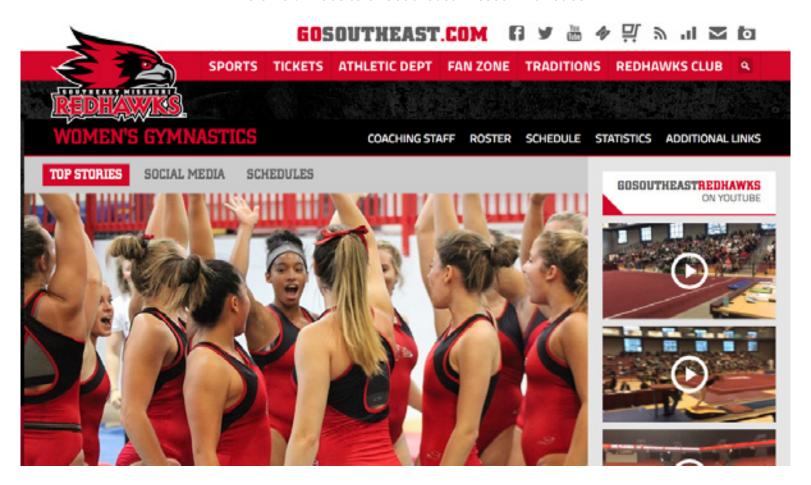
@SEMOGymnastics





GoSoutheast.com

The official website of Southeast Missouri Athletics.





ouck Field House is the home of the Southeast Missouri women's gymnastics and volleyball teams. The 40,000-square foot building features a five-year old sports court as its playing surface. Houck Field House also has the ability to fit two regulation-size volleyball courts.

After the Show Me Center was completed, Houck Field House was renovated in 1987 and 1995 to better accommodate women's gymnastics and volleyball competitions.

Locker rooms for baseball, volleyball, soccer and softball, an indoor walking track, athletic training room, and offices for baseball, soccer, softball, volleyball and tennis are also housed in the facility.

Today, Houck Field House seats approximately 1,000 fans for numerous athletic events throughout the year.



#LETSSOAR





he Holcomb Success Center offers Southeast Missouri student-athletes a place to study and develop as students and campus leaders.

It is located just south of Houck Field. The Holcomb Success Center offers a computer lab with 18 work terminals, study areas and rooms for group meetings. The facility houses the Southeast Academic

Services staff and main weight room for Redhawk student-athletes.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by Southeast student-athletes.

Last year, the Redhawks combined for a 3.20 cumulative grade point average in the fall and spring semesters. Women's tennis paved the way with a 3.79 cumulative team GPA, while

women's cross country and women's soccer followed close behind with 3.75 and 3.70 marks, respectively.

In all, 210 student-athletes finished with a 3.0 or higher cumulative GPA, including 12 with a 4.0 and 107 with a 3.5 or better. That total accounted for 64.2 percent of the entire student-athlete population.

During the spring semester alone, the Redhawks had nine programs post a 3.25 or better GPA, including women's cross country (3.76), women's tennis (3.67), women's soccer (3.59). volleyball (3.52), softball (3.462), women's basketball (3.461), gymnastics (3.45), baseball (3.299), and women's track & field (3.296).

Tutors are available for all student-athletes as needed. In addition, both attendance and academic progress is



2016-17 Notables

- Southeast Missouri's Department of Athletics recorded a cumulative 3.20 GPA during the 2016-17 academic year.
- A total of 210 student-athletes finished with a 3.0 or higher cumulative GPA, including 12 with a 4.0 and 107 with a 3.5 or better. That total accounted for 64.2 percent of the entire student-athlete population.
- Southeast finished the year strong with nine programs achieving a 3.25 or better GPA in the spring semester alone. Women's cross country (3.76), women's tennis (3.67), women's soccer (3.59), volleyball (3.52), softball (3.462), women's basketball (3.461), gymnastics (3.45), baseball (3.299), and women's track & field (3.296) were those teams.
- Women's cross country and women's soccer were both honored with the OVC Team Academic Achievement Award.
- As a department, Southeast featured 26 OVC Medal of Honor winners while 128 appeared on the OVC Commissioner's Honor Roll in the 2016-17 year.

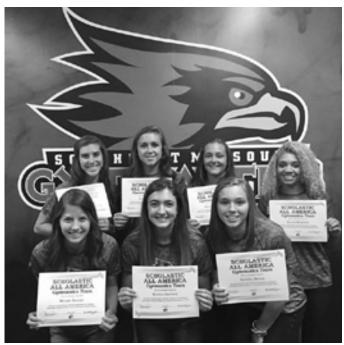
monitored through regular checks with faculty.

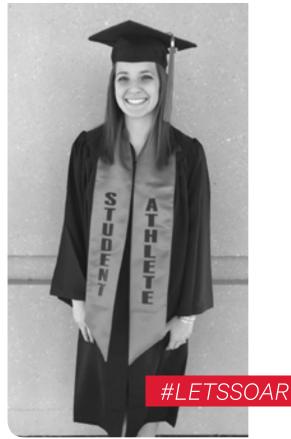
A special course is required for all first time student-athletes at Southeast. The course. which offers three credit hours, is part of a comprehensive program developed to address study skills and life skills topics. and thus, enhance retention and academic success for student-athletes.

Entering student-athletes are evaluated for academic preparedness and assigned to appropriate categories. Student-athletes can also receive individualized

academic programs which include meeting with a mentor bi-weekly to discuss academic progress.

The Holcomb Success Center staff works to get athletes involved in campus and community projects, as well. This is done to provide a support structure and greater opportunity for academic success. Through the NCAA's CHAMPS/Life Skills Program, the Holcomb Success Center gives student-athletes personal and professional skills in order to facilitate successful and productive futures.







tudent-athletes and coaches at Southeast Missouri are dedicated to giving back to the community that so generously supports them.

Redhawk student-athletes have opportunities to participate in a variety of community service activities each year. Community involvement helps provide a support structure and greater opportunity for academic success.

We are proud of the level of commitment shown by our student-athletes and always encourage them to participate in community service projects here at Southeast.

Southeast studentathletes also have the opportunity to participate in the Redhawks BRIDGE Program. The mission of the Redhawks BRIDGE Program is to develop a comprehensive studentathlete development program by Building Responsible Individuals and Delivering Gainful Experiences. This program provides student-athletes with both leadership and life skills experiences through interactive programming that will prepare them to be successful in life after athletics. The leadership programming will teach student-athletes about Southeast's culture and

allow them to learn, develop, and apply leadership skills. The life skills programming provides educational programs designed to assist student-athletes in identifying and applying transferable skills and experiences to prepare them to succeed outside of the athletic arena.



















outheast Missouri's Strength and Conditioning program is committed to developing the total student-athlete through their experiences within a competitive training environment.

Southeast's weight room renovations at Student Recreation Center-South (located in the Holcomb Success Center) were completed in January, 2016.

Indoor turf, weights, equipment and lifting platforms were added as part of the renovation, which

cost \$500,000. The facility now has more space and equipment to handle Southeast's larger teams or multiple teams training at the same time. Branding and new lighting were also included in the overall project.

The newly-renovated weight room enhances training with the best equipment available and is able to accommodate larger teams or multiple teams training at the same time.









Training Principles for Southeast Athletes

Reduce the risk of injuries

If a student-athlete is injured, he/ she will not be able to compete at practice or games.

Ensure the student-athletes are optimally prepared to compete

It is our responsibility to best manage all stressors that are placed on the student-athletes body in order to achieve the best results on the playing field.

Maximize athletic ability

We challenge each athlete, both physically and mentally, in order to achieve optimal results.

Exercises for Southeast Athletes are based on the **following Principles:**

Ground Based Movements

Student-athletes compete with their feet on the ground, and therefore, should train that way. The ability to produce force against the ground determines how fast athletes can run and how high they can jump.

Three-Dimensional Movements

Student-athletes must be able to stabilize themselves in all planes of movement. A fancy way of saying we use free weights (barbells/dumbbells vs. machines).

Multi-Joint Movements

Very rarely in sport do athletes isolate one single joint at a time. Student-athletes can train more muscle mass at the same time.



EING

revention. Treatment. Rehabilitation. Education.

Those are the four primary phases of athletic training. and the Southeast Missouri athletic training staff strives to fulfill all of those areas when working with studentathletes on a daily basis.

Southeast studentathletes are offered the best care possible by the athletic training staff. The Sports Medicine

department includes five full-time athletic trainers. six graduate assistants and several student assistants. The staff serves studentathletes around-the-clock at numerous facilities on campus.

The athletic trainers begin treatments and rehabilitation starting as early as 6 a.m., and are available until the last student-athlete is through.

There are currently four

athletic training facilities on campus. The staff treats out of the Rosengarten Athletic Complex, where the primary training room is located. There are two other satellite athletic training rooms, including one at Houck Field House and one at the Show Me Center.

The Southeast athletic training rooms are equipped with stationary bikes, hand weights, therapeutic modalities and the latest

physical therapy equipment. Each component is strategically designed to not only give the student-athlete the best care, but also to aid in returning to competition as quickly as possible.

Southeast Athletic Training has strong working relationships with local physicians and two hospitals in Cape Girardeau. It is from these hospitals that the Athletic Training department is assisted by





four orthopedic physicians.

The Southeast Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient healthcare to its studentathletes. Delivery of healthcare focuses on the prevention and management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification Standards

of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.



r. Carlos Vargas became the 18th president of Southeast Missouri State University July 1, 2015, after having served as acting president at Kutztown University of Pennsylvania.

Since becoming president, Dr. Vargas has launched initiatives to marshal the resources, leverage opportunities, and address a variety of challenges and needs of Southeast Missouri State University. He has set as primary goals for the institution the support for student

persistence and retention.

He has encouraged and supported the identification and development of innovative academic programs, including bachelor's degrees in Unmanned Aircraft Systems, Geographic Information Science, and industrial and systems engineering. He has continued to support the globalization of the campus through expansion of study-abroad experiences, extensive engagement of international students, and encouragement of students

on campus and abroad to explore cultural interaction. He has championed the work of the President's Task Force on Diversity Education and continued emphasizing the expectations for enhancement of the teacher-scholar model. Under President Vargas' leadership, regional partnerships and collaborations have been solidified, including several joint initiatives with Three Rivers, Mineral Area, and other community colleges.

During his first year in the presidency, Dr. Vargas' priority has been to listen and learn by visiting with all the University's constituencies, whether on campus, in the community, region, state, or throughout the United States and in foreign countries where Southeast alumni are located. Based on what he learned, President Vargas launched initiatives to marshal the resources, to leverage opportunities, and to address a variety of challenges and needs of Southeast Missouri State University.

Prior to assuming the presidency at Southeast, Dr.







Vargas served one year as acting president of Kutztown University. He served as the provost and vice president for academic and student affairs.

Prior to his tenure at Kutztown, Dr. Vargas was at Central State University in Wilberforce, Ohio, where he served as provost and vice president for academic affairs. He previously served in several roles at Kent State University (Ohio) for a total of 18 years, including founding director of the program on

electron beam technology. He was also Kent's associate dean for research, interim assistant dean for research, and he served as interim assistant dean for the School of Technology. He started his tenure at Kent State in 1985 as a professor, and continued to teach until his departure from the university.

Dr. Vargas began his career in higher-education at the National Autonomous University of Mexico (UNAM), from which he received a

Bachelor of Science degree in physics.

He earned his Ph.D. in physics and aerospace science from the University of Michigan and he has Master of Science degrees from Michigan in both physics and aerospace science. He is married to Pam Vargas, who currently serves as director of Research and Grant Development at Southeast, and they have a son, a daughter, and two granddaughters.







rady Barke is in his second year as Southeast Missouri's Director of Athletics. Barke served as the Interim Director of Athletics since July, 2015, before being named to the permanent position of Director of Athletics on June 7, 2016.

During his first year in 2016-17, Barke introduced Andy Sawyers as the Redhawks head baseball coach and worked tirelessly on two major renovation projects. Nearly a month after Sawyers was hired, Southeast Missouri and the City of Cape Girardeau officially broke ground on Capaha Field. New synthetic turf, new fencing,

and a digital scorebard in the outfield were added as part of the \$1.8 million project that was completed before Southeast's season-opener.

On Feb. 3, 2017, Southeast formally dedicated Holcomb Success Center. To honor the long-time service and philanthropy of Dr. John and Judy Holcomb, the University named the facility the Holcomb Success Center located in the Student Recreation Center-South.

Indoor turf, weights, equipment, and lifting platforms were added as part of the renovation at a cost of \$500,000. The facility now has

more space and equipment to handle Southeast's larger teams or multiple teams training at the same time. Barke helped secure the Holcomb's gift, the largest single cash gift in Southeast Athletics history.

Major improvements were also made to the second floor of the building where athletics academic services are housed. This space provides student-athletes with places to study and features a computer lab with 30 work terminals and rooms for group meetings. Staff members assist student-athletes with life skills development, academic advising,

and academic progress toward degree requirements and NCAA eligibility.

Academically, Southeast's Department of Athletics recorded a cumulative 3.20 grade point average for the 2016-17 academic year. In all, 210 student-athletes finished with a 3.0 or higher cumulative GPA, including 12 with a 4.0 and 107 at 3.5 or better. That total reflects 64.2 percent of the entire student-athlete population. During the spring semester alone, the Redhawks had nine programs post a 3.25 or better GPA.

The Redhawks Club annual fund grew nearly 20 percent to



more than \$230,000 under Barke's leadership in 2016-17. It was Southeast's highest singleyear annual fund campaign in 12 years. Scholarship and marketing revenues also increased 11 percent to a record-high of more than \$246,000.

Barke created the Redhawks Trivia Night & Auction, a sold out event that generated \$40,000 in net revenue its first year. In addition, he launched the Redhawks BRIDGE program which provided student-athletes with both leadership and life skills experiences through interactive programming that will prepare them to be successful in life after athletics.

Barke, a senior associate to the president and secretary to the Board of Regents at Southeast, officially began as Director of Athletics on July 1, 2016.

Barke served as Interim Associate Director of Athletics for Compliance & Student Support Services before being named the Senior Associate to the President and Secretary to the Southeast Missouri State University Board of Regents in 2013.

He began his tenure at Southeast in 2008 as Assistant Director of Athletics for Compliance & Eligibility. Barke previously served as a governance intern with the NCAA national headquarters in Indianapolis. and as a law clerk with the Southern Illinois University-Carbondale Department of Athletics Compliance Office.

Barke has served as a member of the National Association of Athletics Compliance (NAAC), chaired the NAAC Education Committee, and was a member of the NAAC Board of Directors. He has facilitated the NCAA Regional Leadership Academy, and served on both the NCAA Sports Wagering Task Force and the Olympic Sports Liaison Committee.

Barke has a juris doctorate degree from Southern Illinois University School of Law, an MBA from Southeast Missouri State University, and a bachelor of science degree in biology from Webster University. While a student at Webster, Barke was a member of both the basketball and golf teams and was inducted into the Webster Athletic Hall of Fame.

He and his wife, Halley, are parents of three children, Mabrie, Jackson, and Kolbe.





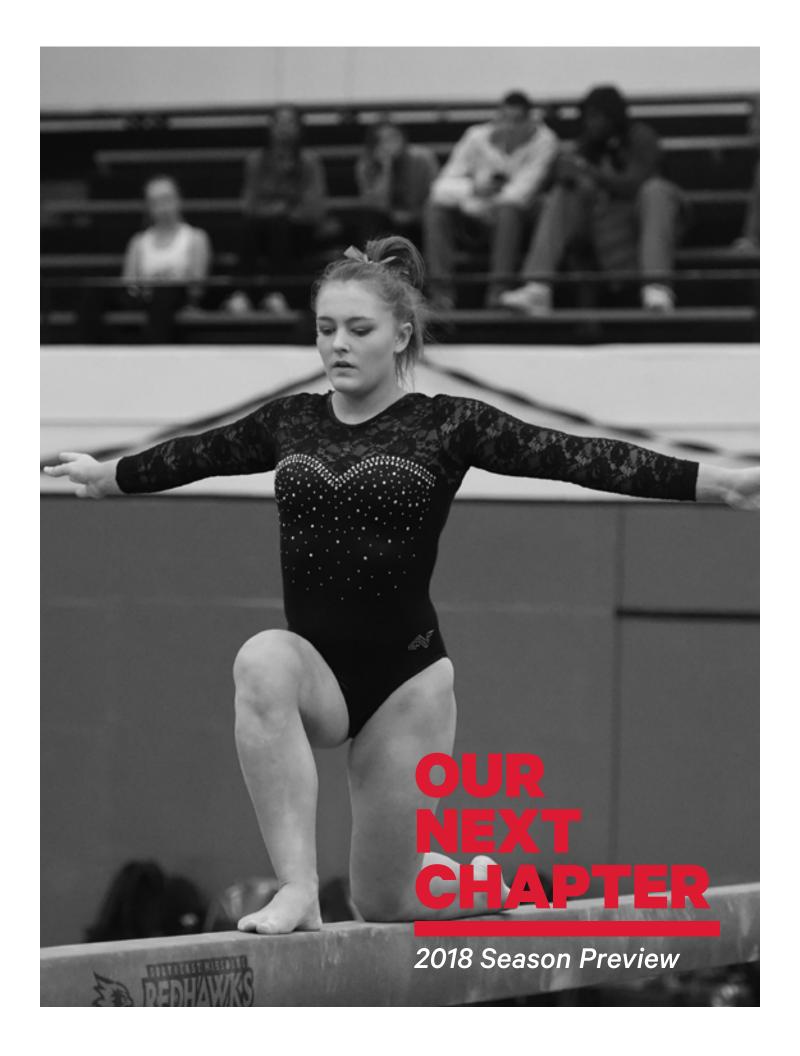


Southeast Missouri State University Athletics Mission Statement

The mission of Southeast Missouri State University Department of Athletics is to provide a first class, student-athlete centered collegiate experience emphasizing the core values of

ACADEMIC EXCELLENCE, SOCIAL DEVELOPMENT, and COMPETITIVE SUCCESS.

The Department of Athletics strives to compete at the highest possible level in the Ohio Valley Conference and other conference affiliations. The principles of integrity, student welfare, sportsmanship, ethical conduct, rules compliance, equity and diversity, and the prudent management of resources are the foundation on which we operate.





Intering the 2018 season, Southeast Missouri women's gymnastics will look to improve on their fifth place finish in the Midwest Independent Conference (MIC) by building upon their confidence and moving forward one goal at a time.

"We are very excited for this competition season," acting head coach Brittney **Emmons** said. "As a team last year, we did start out very slow but continued to grow throughout the year. For the 2018 season, we are really looking to pick up where we ended and continue to build for a successful year. The team has set goals that they want to accomplish this year and I truly believe that they are unified and ready to attack each meet."

Individually in 2017, senior Alexis Brawner (Chesterfield, Mich.) won both the all-around and vault titles at the MIC Championship (3/18/17) in Chicago, Illinois and Ashley Thomas who is now on the gymnastics staff as a student assistant was named the MIC Senior Athlete of the Year. Brawner also represented the Redhawks in the all-around competition at the NCAA Regionals (4/1/17) in Fayetteville, Arkansas.

Besides Brawner, the team features senior McKenna Stanley (San Antonio, Texas) along with juniors McKinzie Jones (Destin, Fla.) and Allyson Bell (Buford, Ga.) in 2018. Emmons said that these upperclassmen would help guide this very young team this season.

"We are a very young team this season, with 12 of the 16 gymnasts being freshman and sophomores," said Emmons. "While we are very excited to have this young and talented team, the underclassmen have really pushed the veteran athletes to step up and guide this young team to where they want Southeast Missouri gymnastics to be."

Kendra Benak (Traverse City, Mich.) and Mackenzie Slee (Wellington, New Zealand) both appeared in a handful of meets last season and lead an inexperienced five-member sophomore class. Megan Dennis (Lewisville, Texas), Kenna Skepnek (Algonquin, III.) and Kendall Rumford (Crystal Lake, Ill.) round out the class and will all look to make their collegiate debuts this year after missing all of the competition season in 2017 with injuries.

The freshman class of Gabrielle Adams (Mesa, Ariz.), Lindsey Bates (Oviedo, Fla.), Alana Fischer (Ontario, Canada), Samantha Gallet (Lockport, Ill.), Haven Haswell (Holly Springs, N.C.), Michael Sanders (St. Simons Island, Ga.) and Jordan Williams (Plano, Texas) will look to make an immediate impact this season.

"This freshman class has definitely stepped up to fill in some of the gaps that we had last season," Emmons said. "They not only bring a high level of gymnastics with them but all of them have a high level of leadership, strong academics and overall positive attitudes. These girls have helped to create depth on each event, which makes it more challenging this year to choose the best six gymnasts on each event. We are very excited to see how these freshmen continue to step up and

grow over their time at SEMO."

The faces in the gym may be new but there is plenty of continuity on SEMO's coaching staff. Assistant Chris Licameli joins Emmons for his second seasons at Southeast.

"We worked very hard this fall to make sure these athletes were not only physically prepared for the competition season but mentally as well," Emmons said. "We were very excited to see how prepared this team was at the Pre-Season Challenge (12/8/17) compared to last year. The team has created a plan to continue to build upon their confidence and success from the intrasquad to be prepared for our competition season."

VAULT

In 2017, the Redhawks averaged a 48.015 on vault and will look to improve on their overall score with start values of 9.9 and 9.95. Southeast recorded a season-best vault of 48.550 against Texas Women's and Rutgers (3/3/17) and Brawner notched a 9.900, the sixth-best vault in program history to win the MIC Vault Title (3/18/17).

"We are looking to build not only on our depth but the difficulty as well on this event." Emmons said. "Our freshman class has really helped to push us to continue to grow our start values on this event which will help us tremendously this season. We are not only excited to see what they bring to the vault lineup but also our returns. They have been rock solid vaulters throughout their careers and we are just looking for them to continue to be a huge asset to this event."

UNEVEN BARS

After averaging a 47.523 in 2017, the uneven bars have been a discipline that the Redhawks have focused extra work on over the offseason and preseason. Southeast totaled a season-high in 2017 of 48.800 against Air Force (3/5/17).

"On bars, we are looking to build upon our consistency this season," Emmons said. "We have changed up training a little to help with the mental and teams aspects of this event. There are some strong routines in our lineup and we are excited to see how they continue to progress with this training in to the competition season."

BALANCE BEAM

The 2018 Redhawks beam team features an increased amount of quality and depth. Southeast averaged a 47.438 on beam in 2017 and hit a season-best 48.525 versus Northern Illinois and Kent State (1/29/17).

"This season we look not only to be consistent on this event but to also be calm and confident up on the beam. We have been working hard on making sure this event is 'no big deal' and that we are prepared for any environment or setting that a meet may bring. This is another event that we are very excited to see our freshman step up and really take ownership of their gymnastics. This has really created a competitive environment, so fans should not be surprised to see some new faces in the beam lineup this season!"

FLOOR EXERCISE

Floor will continue to be a stronghold for Southeast after averaging a 48.242 in 2017. The Redhawks recorded a seasonbest 49.000 against Air Force (3/5/17) and return Jones who won the 2016 MIC Floor Title (3/19/16) with a score of 9.925 for seventh all-time in SEMO program history.

"Floor was very exciting last season," Emmons said. "We started out a little slow but once the team found their rhythm, they were unstoppable. We took a different approach this preseason and really focused on making sure we picked up where we left off last season. As a team, we are much more mentally and physically prepared for this event and I cannot wait to see how these girls perform this season. They really jumped on board with the training and have truly believed that they are ready to perform and be confident out

on the floor this season."

The Redhawks open the 2018 campaign on floor at SEC powerhouse, Kentucky, on Friday, Jan. 5. Southeast also meets George Washington and Ball State in addition to the Wildcats at the seasonopening quad meet.

"This will be a huge part of our success this season in not only having floor be our anchoring event at home meets, but to also start out strong on floor when we are at the University of Kentucky," Emmons said. "The team can really just enjoy having fun and enjoy every moment of that environment because not many people can say that they have competed in front of a crowd of 10.500 fans before."





Name	Ht.	Class	Hometown	Club	Major
Gabrielle Adams	5-1	Fr.	Mesa, Ariz.	Gold Medal Gymnastics	Chemistry: Biochemistry
Lindsey Bates	5-6	Fr.	Oviedo, Fla.	Brandy Johnson's Global Gymnastics	General Health Sciences
Allyson Bell	5-8	Jr.	Buford, Ga.	Gymnastix Training Center	Finance
Kendra Benak	5-3	So.	Traverse City, Mich.	Grand Traverse Bay Gymnastics	Art (BFA)
Alexis Brawner	5-2	Sr.	Chesterfield, Mich.	Hunts' Gymnastics Academy	Biology: Biomedical Sciences
Megan Dennis	5-4	So.	Lewisville, Texas	Denton Gymnastics Academy	Exploratory Major
Alana Fischer	5-0	Fr.	Ontario, Canada	Manjak's Gymnastics	Communication Disorders
Samantha Gallet	5-5	Fr.	Lockport, III.	BIG Gymnastics	Nursing
Haven Haswell	5-5	Fr.	Holly Springs, N.C.	Team Attraction	General Health Sciences
McKinzie Jones	5-5	Jr.	Destin, Fla.	Alabama Elite	Nursing
Kendall Rumford	5-2	So.	Crystal Lake, III.	Crystal Lake Gymnastics	Exploratory Major
Michael Sanders	5-0	Fr.	St. Simons Island, Ga.	Starlight Gymnastics	Biology: Biomedical Sciences
Kenna Skepnek	5-4	So.	Algonquin, III.	Legacy Elite Gymnastics	Exploratory Major
Mackenzie Slee	5-1	So.	Wellington, New Zealand	Christchurch School of Gymnastics	Chemistry
McKenna Stanley	5-5	Sr.	San Antonio, Texas	Aerial Athletics	Pre-Physical Therapy
Jordan Williams	5-2	Fr.	Plano, Texas	Metroplex Gymnastics	Exploratory Major

Coaching Staff

Acting Head Coach: Assistant Coach: Director of Operations: Athletic Trainer:

Brittney Emmons (Second Season | Ball State, 2012) Chris Licameli (Second Season | Temple, 2016) Kaila Pohrte (First Season) Holly Reynolds (Fourth Season)

#LETSSOAR



Gabrielle Adams 5-1 • Fr. Mesa, Ariz.



Lindsey Bates 5-6 • Fr. Oviedo, Fla.



Allyson Bell 5-8 • Jr. Buford, Ga.



Kendra Benak 5-3 • So. Traverse City, Mich.



Alexis Brawner 5-2 • Sr. Chesterfield, Mich.



Megan Dennis 5-4 • So. Lewisville, Texas



Alana Fischer 5-0 • Fr. Ontario, Canada



Samantha Gallet 5-5 • Fr. Lockport, III.



Haven Haswell 5-5 • Fr. Holly Springs, N.C.



McKinzie Jones 5-5 • Jr. Destin, Fla.



Kendall Rumford 5-2 • So. Crystal Lake, III.



Michael Sanders 5-0 • Fr. St. Simons Island, Ga.



Kenna Skepnek 5-4 • So. Algonquin, Ill.



Mackenzie Slee 5-1 • So. Wellington, New Zealand



McKenna Stanley 5-5 • Sr. San Antonio, Texas



Jordan Williams 5-2 • Fr. Plano, Texas





Brittney Emmons Acting Head Coach Second Season



Chris Licameli Assistant Coach Second Season



Kaila Pohrte Director of Operations First Season



Holly Reynolds Athletics Trainer Fourth Season

PRONUNCIATION GUIDE

Kendra Benak..... Kenna Skepnek.....Skep-neck Samantha Gallet......Gal-ley Chris Licameli.....Lick-uh-Mel-e

ROSTER BREAKDOWN

.....Ben-Ack Total Squad Members..... .2 Seniors..... Juniors..... Sophomores..... Freshman..... Returners... Newcomers....

BREAKDOWN BY STATE

Arizona	-
Florida	
Georgia	2
Illinois	
International	
Canada	
New Zealand	
Michigan	2
North Carolina	<i>'</i>
Toyoo	

#LETSSOAR

SENIORS



L-R: McKenna Stanley and Alexis Brawner.

JUNIORS



L-R: Allyson Bell and McKinzie Jones.

SOPHOMORES



L-R: Kendra Benak, Mackenzie Slee, Megan Dennis, Kendall Rumford and Kenna Skepnek.

FRESHMEN



L-R: Samantha Gallet, Haven Haswell, Jordan Williams, Michael Sanders, Alana Fischer, Lindsey Bates and Gabrielle Adams.

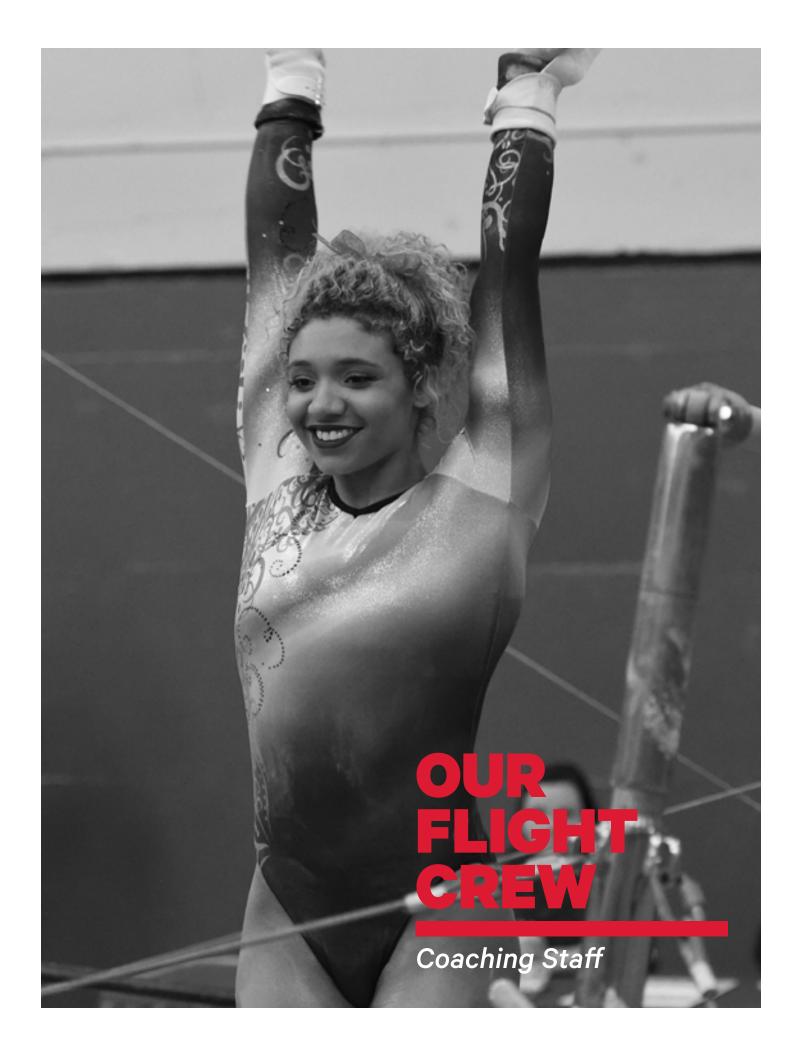


/ 2018 SCHEDULE

Date	Day	Opponent	Time	Location
Jan. 5	Friday	at Kentucky vs. George Washington vs. Ball State	6:00 p.m.	Lexington, Ky.
Jan. 12	Friday	Illinois State	6:30 p.m.	Cape Girardeau, Mo.
Jan. 15	Monday	Lindenwood	4:00 p.m.	Cape Girardeau, Mo.
Jan. 26	Friday	at UPenn	6:00 p.m.	Philadelphia, Pa.
Jan. 28	Sunday	at Temple vs. Ithaca vs. Cornell	12:00 p.m.	Philadelphia, Pa.
Feb. 2	Friday	Western Michigan	6:30 p.m.	Cape Girardeau, Mo.
Feb. 18	Sunday	UIC	1:00 p.m.	Cape Girardeau, Mo.
Feb. 23	Friday	at Centenary	6:00 p.m.	Shreveport, La.
Feb. 25	Friday	at Texas Women's vs. Centenary vs. Bridgeport	2:00 p.m.	Denton, Texas
March 2	Friday	at Iowa	7:00 p.m.	Iowa City, Iowa
March 9	Friday	Centenary	6:30 p.m.	Cape Girardeau, Mo.
March 16	Friday	at Missouri (Missouri State Meet) vs. Lindenwood	7:00 p.m.	Columbia, Mo.
March 23	Friday	MIC Championships (at Lindenwood)	6:00 p.m.	St. Charles, Mo.
April 7 April 12-15	Saturday (ThurSun.)	NCAA Regional Championships USAG Collegiate National Championships	TBD TBD	TBD Denton, Texas

Home Meets in **Bold**/Held at Houck Field House unless stated otherwise All times central and subject to change.

Top team listed for away meets is host team.







I BRITTNEY EMMONS **ACTING HEAD COACH SECOND SEASON BALL STATE, 2012 & 2013**

rittney Emmons, a native of Pensacola, Florida, enters her second season with the Women's Gymnastics program. Emmons assumed the duties as the Redhawks acting head coach on Dec. 13, 2017.

She served as an assistant coach with Southeast in 2017 and continues to coach the vault and floor teams as well as manage the team's social media efforts. In 2017, the Redhawks averaged a 48.015 on vault and 48.242 on floor. Southeast recorded a season-best score of 48.550 on vault against Texas Woman's and Rutgers on March 3 and totaled a 49.000 on floor versus Air Force on March 5. Alexis Brawner won the vault title at the MIC Championship with a career-high of 9.900 which ranks sixth all-time in SEMO program history.

Emmons previously served as a Volunteer Assistant Coach at Utah State. During her three years at USU, she worked in multiple positions, including Media Relations Assistant, Program Director and Assistant Summer Camp Director. She also worked as a Level 2, 4 and 5 coach at Air-Bound Gymnastics. Emmons received her Bachelor of Science in Biology with a Pre-Dental emphasis (2008-2012) and Master of Art in Physical Education and Sport (2012-2013) from Ball State University.

From 2008-2013, Emmons garnered numerous awards and recognition during her time as a member of the Ball State gymnastics team. As a senior, she was named Mid-American Conference Senior Gymnast of the Year, was named an All-MAC First Team recipient, earned the Ball State Coaches Award and was a

NCAA Central Regional Qualifier in the All-Around. Throughout her career, Emmons was also a two-time team captain, NCAA Regional All-Around Qualifier in 2010 and 2011, 2009 Regional Qualifier on vault and floor, two-time All-MAC Second team recipient (2010, 2011) and won MAC Gymnast of the Week for the week of February 8-12 in 2010.







TEMPLE, 2016

hris Licameli enters his second season as an assistant coach with the Southeast Missouri women's gymnastics program.

Licameli's role involves coaching the Redhawk bars team, assisting with recruiting and coordinating travel.

Under his guidance, the 2017 Redhawks team averaged a 47.523 on bars and recorded a season-best score of 48.800 against Air Force on March 5. Alexis Brawner earned All-MIC first-team honors on bars after she tallied a career-high of 9.825 at the MIC Championship.

A Lindenhurst, New York native, Licameli came to SEMO from Temple University, where he graduated in 2016 with a Bachelor of Science in Sport and Recreation Management. While at Temple, Licameli spent two seasons as a manager for the men's basketball team and one season as a Volunteer Assistant Coach, as well as the Director of Operations for the Owls' gymnastics team.

He also worked as an Operations Assistant for Athletics Facilities, a Fundraising and Sponsorship committee member for Montague-Ridall & Associates and a Marketing/Facilities Intern for FlipFest Gymnastics Camp.

Licameli has coached at various camps over the last five years. Since 2012, he has worked nine total camps, including International Gymnastics Camp, FlipFest Summer Gymnastics Camp, University of Pennsylvania, University of Maryland, Penn State University and the University of Alabama.







KAILA POHRTE

Director of Operations First Season

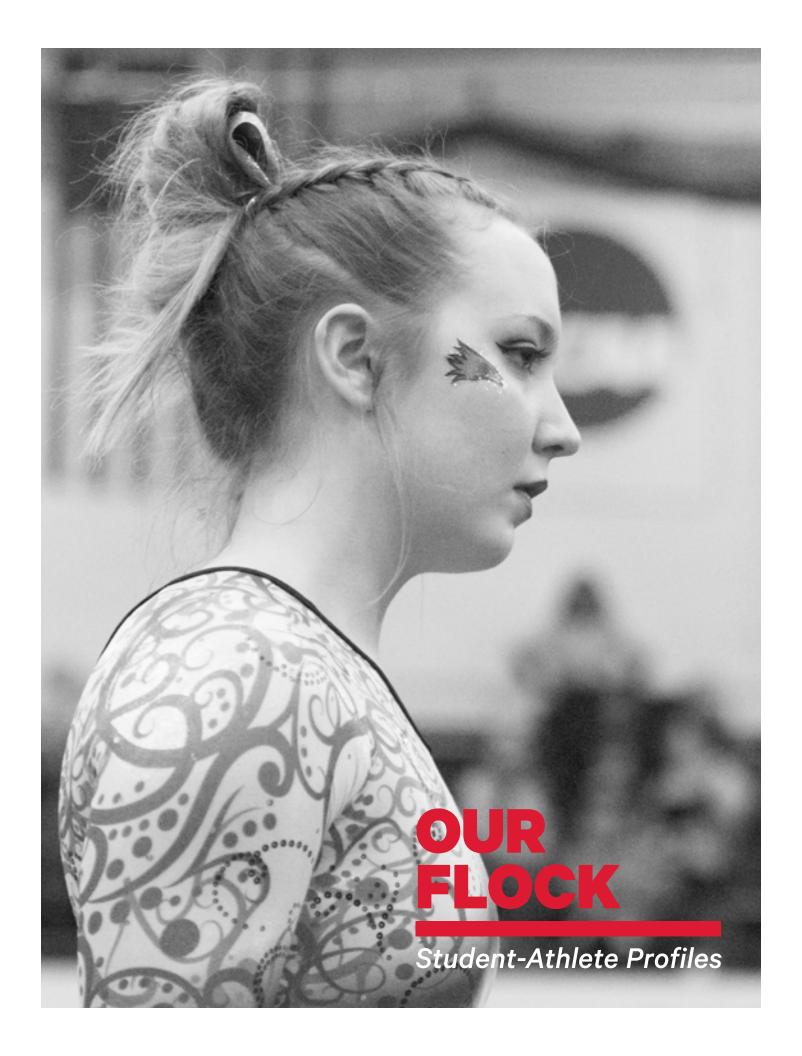
Kaila Pohrte joins the women's gymnastics team as the Director of Operations for the 2018 season.

Pohrte, a junior sport management major from New Lenox, Illinois, brings a wealth of athletic and gymnastics experience to the position.

She previously served as a compliance intern in the Southeast Missouri Department of Athletics and as a student worker at the Holcomb Success Center.

Pohrte currently works in the Redhawks Business and Ticket Office and is the recruitment and fundraising executive member for the Sport Management Society at Southeast.

She has also competed in gymnastics for 11 years and coached at Flipstar Gymnastics Academy in New Lenox, Illinois for six years. Pohrte is also a level 4 and 5 certified USA Gymnastics judge.







I ALEXIS BRAWNER **SENIOR • 5-2** CHESTERFIELD, MICH. **ANCHOR BAY HS HUNTS' GYMNASTICS ACADEMY**

HONORS & AWARDS

12th in All-Around at 2017 NCAA Regional in Fayetteville, Arkansas 2017 MIC All-Around & Vault Champion 2017 All-MIC on vault, bars, all-around and beam **Five-Time MIC Gymnast of the Week** 7th in All-Around at 2016 NCAA Regional in Tuscaloosa, Alabama 2016 MIC Gymnast of the Year 2015 & 2016 MIC Scholastic All-Conference team 2015 & 2016 Southeast Scholar-Athlete

2017 - JUNIOR

Competed in all 12 meets...Finished 12th in the all-around competition at the NCAA Regional in Fayetteville, Arkansas with a 37.225 (4/1)...Won the all-around and vault titles at the Midwest Independent Conference Championship in Chicago with a career-best score of 39.225 (3/18)...Also recorded career-highs on vault (9.900) and bars (9.825) at the MIC Championship...Earned first team all-conference honors on vault, bars and in the all-around with a second-team selection for beam...Tabbed MIC Gymnast of the Week (3/8) for her fifth career honor...Set a career-high on floor with a 9.900 against Centenary (2/17)...Notched a seasonbest on beam (9.750) versus Western Michigan... Totaled 39.225 in the all-around against Air Force (3/5)...Had 38 scores of 9.7000 or better.

2016 - SOPHOMORE

Competed in all 14 meets...Named the 2016 MIC Gymnast of the Year...Earned MIC Gymnast of the Week honors four times, garnering the award three weeks in a row (Feb. 23-Mar. 8)... Represented SEMO at the Tuscaloosa Regional, placing seventh in the all-around...Compiled 42 scores of 9.700 or better, including 17 event titles...Ranked 66th nationally in the all-around, narrowly missing the top 50 by 0.165 points... Tied for 99th out of 481 total athletes in vault... Ranked top 50 Regionally in the all-around (10th), on vault (T-18th), on floor (T-34th) and on bars (T-41st)...Tied the 10th-best vault score in program history (9.875) in a quad meet at Denver (2/27)...Set career-highs on vault, bars (9.825), floor (9.875), and in the all-around (39.125)...Earned MIC Scholastic All-Conference team honors...Southeast Scholar-Athlete.

2015 - FRESHMAN

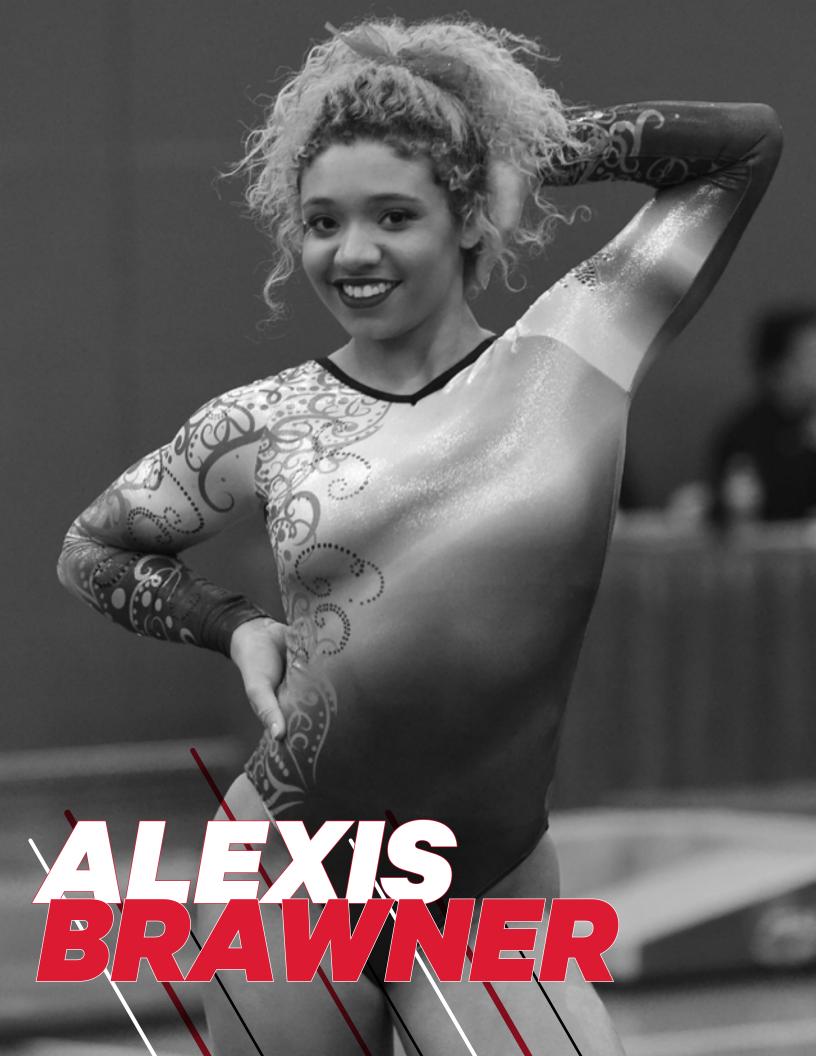
Competed in all 12 meets on vault...Also saw action on balance beam in final 10 meets and competed in uneven bars at the MIC Championships (3/21)...Recorded 13 scores of 9.700 or higher, which ranked fifth on the squad...Season-high 9.850 on vault at No. 1 Oklahoma (1/23), which tied for the secondbest score of the season. Season-best 9.725 on beam at Illinois-Chicago (3/15)...Named to the MIC Scholastic All-Conference team...Southeast Scholar-Athlete.

CLUB

2010 Level 9 vault and floor exercise national champion while training with Hunts' Gymnastics Academy in Harrison Township, Mich....Finished second nationally in the Level 9 all-around in 2010...Regional vault and all-around champion in 2010...2011 NIT qualifier...Chicago style vault, floor and all-around champion and regional qualifier in 2013...Coached by Shannon Hunt...Graduated from Anchor Bay High School in Fair Haven, Mich., where she was an honor roll student with a 3.8 grade point average.

PERSONAL

Born Sept. 14, 1996...Daughter of Quincy and Heather Brawner...Majoring in Biology: Biomedical Sciences.







MCKENNA STANLEY **SENIOR • 5-5** SAN ANTONIO, TEXAS **CLAUDIA TAYLOR** "LADY BIRD" JOHNSON HS **AERIAL ATHLETICS**

HONORS & AWARDS

2017 MIC Scholastic All-Conference team 2016 Second Team All-MIC on bars and all-around

2015 Southeast Scholar-Athlete 2015 MIC Scholastic All-Conference team

2017 - JUNIOR

Competed in 12 meets, five as an all-arounder... Had three scores of 9.700 or higher...Recorded season-bests on beam (9.725), floor (9.550) and in the all-around against Lindenwood (1/20)... Posted a season-high on bars (9.775) versus Air Force (3/5) and notched a season-best on vault (9.625) in the season finale at Western Michigan (3/11)...Named to the MIC Scholastic All-Conference team.

2016 - SOPHOMORE

Competed in 13 meets, 11 as an all-arounder... Earned second team All-MIC honors on bars and in the all-around...Set or tied career-highs in every event but bars...Collected a 9.650 on vault, a 9.750 on beam, a 9.600 on floor, and a 38.550 in the all-around...Tallied a career-best five scores of 9.700 or higher and added her first event title (bars - 9.775) against Centenary (1/22).

2015 - FRESHMAN

Competed in all 12 meets on the uneven bars, three meets on vault and one on floor exercise... Registered four scores of 9.700 or higher... Season-high 9.850 on bars vs. Centenary (3/6)... Season-best 9.575 on vault vs. Texas Woman's (2/15)...Made debut on floor at Oklahoma (1/23)... Named to the MIC Scholastic All-Conference team. Southeast Scholar-Athlete.

CLUB

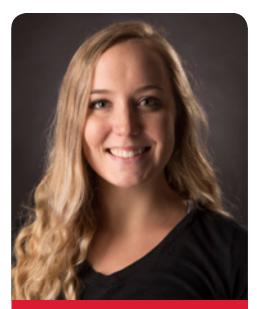
State and Region 3 finalist while competing for Aerial Athletics in San Antonio, Texas...JO NIT champion on uneven bars and in vault... Most Improved Level 10 Gymnast...State and Region 3 finalist as a junior...Level 10 Coaches Award recipient...State finalist as a sophomore and finished second in the vault and third in all-around and bars in Region 3...Second-place finish at state in bars and fourth in all-around as a freshman...Finished third in bars and fourth in the all-around at Western Nationals as a freshman...Received the Most Improved Level 9 and underclassman honor...Coached by Heather Schnelzer and Mike Durante...Graduated from Claudia Taylor "Lady Bird" Johnson High School in San Antonio with a 4.4 grade point average, where she earned summa cum laude recognition and was a member of the National Honor Society...Also played soccer for the Western District champions and team that finished fourth in Texas in 2011.

PERSONAL

Born June 9, 1996...Daughter of Lanyon and Kimberly Stanley...Both parents graduated from Texas-San Antonio...Has a younger brother, Mason, who is a golfer and kicker on his high school football team...Majoring in Pre-Physical Therapy.







MCKINZIE JONES **JUNIOR • 5-5 DESTIN, FLA. FORT WALTON BEACH HS ALABAMA ELITE**

HONORS & AWARDS

2017 MIC Scholastic All-Conference team 2016 NCAA Regional Qualifier (Tuscaloosa, Alabama) 2016 MIC Floor Champion 2016 First Team All-MIC on floor 2016 Second Team All-MIC on beam and all-around Two-Time MIC Specialist of the Week

2017 - SOPHOMORE

Competed in all 12 meets in bars, beam and floor...Compiled 15 scores of 9.7 or higher... Notched a season-high of 9.850 to win floor at the tri-meet with Texas Woman's and Rutgers... Posted a career-high 9.825 on bars against Air Force (3/5) to claim the title...Set a careerhigh on beam with a 9.850 in the season finale at Western Michigan (3/11)...Earned Midwest Independent Conference Specialist of the Week (3/15) for her second career honor...Named to the MIC Scholastic All-Conference team.

2016 - FRESHMAN

Competed in all 14 meets as a walk-on... Earned first team All-MIC honors on floor and second team honors on beam and in the allaround...Garnered MIC Specialist of the Week honors once (1/12)...Represented SEMO at the Tuscaloosa Regional, placing 14th on the floor with a score of 9.800...Collected 23 scores of 9.700 or higher...Notched eight event titles... Never scored below a 9.700 on floor and won the event at MICs with a score of 9.925, tying the seventh-best score in program history...Had a season-high score of 9.750 or better in all but one event.

CLUB

State and Regional qualifier all four years... Eastern National qualifier, as a freshman... Qualified for NITs during her sophomore and junior campaigns...Graduated Summa Cum Laude from Fort Walton Beach High School..

PERSONAL

Born June 11, 1997...Daughter of K.C. and Minda Jones...Majoring in Nursing...Brother, Kevin Jones, plays collegiate baseball at Jefferson Davis CC.







ALLYSON BELL JUNIOR • 5-8 BUFORD, GA. FORT WALTON BEACH HS GYMNASTIX TRAINING CENTER

HONORS & AWARDS 2017 MIC Scholastic All-Conference team

2017 - SOPHOMORE

Competed in all 12 meets as an all-arounder... Had three scores of 9.700 or higher...Notched a career-high 38.475 in the all-around competition against Air Force (3/5)...Also posted seasonbests in bars (9.650) and floor (9.700) at home versus Air Force...Recorded a season-high of 9.625 on vault in the season opener vs. Lindenwood and Mizzou (1/15)...Tallied a careerhigh on beam of 9.725 in the season finale at Western Michigan (3/11)...Named to the MIC Scholastic All-Conference team.

2016 - FRESHMAN

Competed vault in 11 meets as a walk-on...Saw action on floor and bars...Had one score of 9.700 or higher...Season-high 9.725 on bars in the season opener vs. Lindenwood (1/8)...Recorded a season-best 9.600 on vault in a quad meet at Denver University (2/27)...Tallied a 9.475 on the floor exercise against Centenary (3/5).

CLUB

State and Regional qualifier all four years...State champion on vault, bars and all-around as a freshman...Named second alternate for Eastern Nationals...Team named Georgia Club of the Year...Graduated from Mill Creek High School with honors...Member of National Spanish Honors Society, Key Club and iLead.

PERSONAL

Born Dec. 17, 1996...Daughter of Don and Amy Bell...Majoring in Finance.







MACKENZIE SLEE SOPHOMORE • 5-1 LOWER HUTT, WELLINGTON, **NEW ZEALAND CHRISTCHURCH SCHOOL OF GYMNASTICS**

2017 - FRESHMAN

Appeared in nine meets and competed on vault (9), beam (5) and floor (7)...Had four scores of 9.700 or higher...Made her Redhawks debut on vault (9.500) against Iowa State and Centenary (2/3)...Recorded a season-high 9.625 on vault vs. Centenary (2/17)...Also, competed on beam (9.075) and floor (9.550) for first-time in Southeast career...Notched career-highs on beam (9.600) and floor (9.725) at the MIC Championships in Chicago (3/18).

CLUB

Competed in her first international meet (Perth International), taking gold on vault and with the team...Named to the New Zealand Worlds team in 2014 and 2015...Helped her team to a fifthplace finish at the Pacific Rim Championships and would go on to sweep each event at the New Zealand Championships.

PERSONAL

Born July 7, 1998...Daughter of Andrew and Cherie Slee...Majoring in Chemistry.







| KENDRA BENAK **SOPHOMORE • 5-3** TRAVERSE CITY, MICH. TRAVERSE CITY CENTRAL HS **GRAND TRAVERSE BAY GYMNASTICS**

HONORS & AWARDS 2017 MIC Scholastic All-Conference team

2017 - FRESHMAN

Appeared in five meets competing in vault and bars...Notched a season-high of 9.600 on vault in her Redhawks debut at the seasonopener against Lindenwood and Mizzou (1/15)... Recorded a season-best 9.275 on bars in Ames, lowa vs. Iowa State and Centenary (2/3)...Named to the MIC Scholastic All-Conference team.

CLUB

As a level 9, she finished first on bars at the Eastern Nationals during her junior and senior seasons...Added a Nationals win in the allaround and regional victories on bars, beam, floor, and all-around...Took level 8 Regional titles on bars, floor, and the all-around...Earned the Strongest Kid Award through the YMCA... Member of Grand Traverse Bay Gymnastics, coached by Jennifer, Gina, Kelly and Betsy Van Deinse...Graduated in the top two percent of her class with a 3.96 GPA.

PERSONAL

Born Feb. 10, 1998...Daughter of Kevin and Shonda Benak...Majoring in Art (BFA).







MEGAN DENNIS SOPHOMORE • 5-4 LEWISVILLE, TEXAS LEWISVILLE HS DENTON GYMNASTICS ACADEMY

HONORS & AWARDS 2017 MIC Scholastic All-Conference team

2017 - FRESHMAN

Missed the entire 2017 season after suffering an injury in the preseason...Named to the MIC Scholastic All-Conference team.

CLUB

Competed in the Junior Olympic National Invitational...Regional and State competitor... Member of the National Honor Society...Careerbest scores of 9.375 (vault), 9.850 (bars), 9.675 (beam), 9.700 (floor), and 38.375 (all-around)... Graduated in the top seven percent of her class with a 3.89 GPA.

PERSONAL

Born Sept. 26, 1997...Daughter of John and Stephanie Dennis...Studying an Exploratory Major at Southeast.







KENDALL RUMFORD SOPHOMORE • 5-2 CRYSTAL LAKE, ILL. CRYSTAL LAKE CENTRAL HS CRYSTAL LAKE **GYMNASTICS**

2017 - FRESHMAN

Missed the entire 2017 season after suffering an injury during her senior year of high school.

CLUB

Member of two-time state-champion team in 2015-16...Took first on floor, second on vault, and sixth in the all-around...Regional qualifier, placing fifth on floor and seventh on beam.

PERSONAL

Born November 17, 1997...Daughter of Michael and Lisa Rumford...Studying an Exploratory Major at Southeast.







I KENNA SKEPNEK **SOPHOMORE • 5-4** ALGONQUIN, ILL. **JACOBS HS** LEGACY ELITE GYMNASTICS

HONORS & AWARDS 2017 MIC Scholastic All-Conference team

2017 - FRESHMAN

Missed the entire 2017 season after suffering an injury in the preseason...Named to the MIC Scholastic All-Conference team.

CLUB

Member of 2016 state-championship team...As a junior, took first in the all-around at Level 9 state and Eastern Nationals, and second at regionals... At Level 8, she placed third in the all-around at state and regionals...Finished seventh on floor at the Level 10 Regional Championships.

PERSONAL

Born June 10, 1998...Daughter of Randy and Kelly Skepnek...Studying an Exploratory Major at Southeast.







GABRIELLE ADAMS

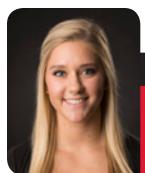
Freshman • 5-1 Mesa. Ariz. Red Mountain HS Gold Medal Gymnastics



Won first place in the all-around competition at Chicago Style her senior year...State champion on vault as a sophomore...Coached by Amanda Borden at Red Mountain.

PERSONAL

Born March 3, 1999...Daughter of Daras and Heidi Adams...Majoring in Chemistry: Biochemistry.



LINDSEY BATES

Freshman • 5-6 Oviedo. Fla. Hagerty HS

CLUB

Was a Junior Olympic National Qualifier in both her senior and junior seasons...Qualified for the Junior Olympic NIT meet as a sophomore... Coached by her mother, Jessica Bates, and Frank Susana...Graduated with honors from Hagerty in 2017.

PERSONAL

Born Dec. 21, 1998...Daughter of David and Jessica Bates...Majoring in Health Sciences: General Health Sciences.



ALANA FISCHER

Freshman • 5-0 Georgetown, Ontario, Canada Silverthorn Collegiate Institute

CLUB

Placed fourth in the all-around at the Ontario Provincial Championships in 2017...Vault and floor second place finalist as a senior...Placed 15th in the all-around and seventh on bars at Canadian National Championships... Finished eighth in the all-around at the Ontario Provincial Championships as a junior...Placed eighth in all-around and sixth on vault at Canadian National Championship during her junior season...Member of Team Ontario in her junior and senior seasons...Finished seventh in the allaround at the Ontario Provincial Championships and placed second on vault as a freshman...Earned Gold with Team Ontario in 2017...Coached by Kelly Manjak, Scott McFarlane and Kelsey Arnold...Four-year French Ontario Academic Certificate recipient...Named to the honor roll as a sophomore and as a senior.

PERSONAL

Born May 3, 1998...Daughter of Rainer and Cara Fischer...Speaks French fluently and loves Tim Hortons...Majoring in Communication Disorders.



SAMANTHA GALLET

Freshman • 5-5 Lockport, III. Lockport Township HS **BIG Gymnastics**

CLUB

Was a Junior Olympic National Team Member in 2017 and 2016...Placed eighth on vault as a senior...Also, served as team captain during her final season of high school...Coached by Kara Kapernekas Reid, Dana Willmeng and Mikey Hauser at BIG Gymnastics.

PERSONAL

Born April 27, 1999...Daughter of John and Tricia Gallet...Majoring in Nursina.





HAVEN HASWELL

Freshman • 5-5 Fuguay Varina HS Team Attraction

CLUB

Two year letter winner at Fuguay Varina High School...All-Conference Champion and State Champion at Fuguay Varina where she was coached by Stacey Amey...Also coached by Monica Ward, Todd Shahan and Lauren Bookman.

PERSONAL

Born Sept. 22, 1999...Daughter of Dave and Linda Haswell...Majoring in Health Sciences: General Health Sciences.



MICHAEL SANDERS

Freshman • 5-0 St. Simons Island, Ga. Glynn Academy

CLUB

Coached by Vessy Ivanov at Starlight Gymnastics...Graduated from Glynn Academy with high honors in 2017.

PERSONAL

Born Aug. 24, 1999...Daughter of Diana Walther...Majoring in Biology: Biomedical Sciences.



JORDAN WILLIAMS

Freshman • 5-2

CLUB

Texas State Champion on vault as a junior...Also attended USA Nationals as a junior...Coached by Marnie Futch and Gina Logan-Quinlan.

PERSONAL

Born Oct. 14, 1998 in St. Louis, Mo...Daughter of Kevin and Chris Williams... Studying an Exploratory Major at Southeast.





CHAMPIONSHIPS



Friday, March 23 • 6 P.M. **Hyland Arena • Lindenwood** St. Charles, Mo.



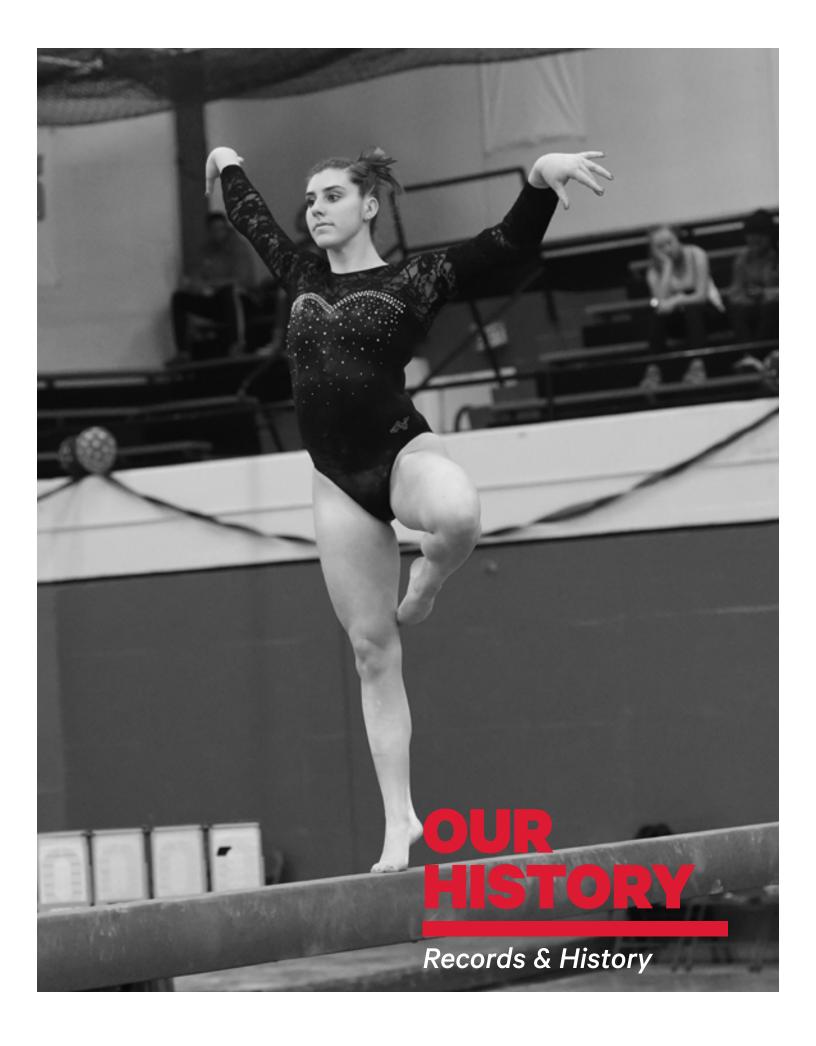








*Date and time subject to change





/ TEAM RECORDS

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		v			

vs. lowa (3/14/97).....196.025 1.

3.

7.

9. 10.

vs. Air Force (3/14/09)195.700
vs. Illinois St. (3/11/97)195.650
vs. Ball State (2/19/09)195.500
vs. Centenary (2/14/04)195.350
at MIC Championships (3/29/03)
at MIC Championships (3/22/14).195.275
vs. Eastern Michigan (2/27/97)195.225
vs. lowa (3/19/10)195.125
vs. Texas Woman's (2/19/11)195.075
VAULT
vs. Seattle Pacific (2/18/95)49.000
vs. Alaska Anchorage & Illinois-Chicago (2/9/14)48.975
at MIC Championships (3/21/15)48.950
at MIC Championships (3/22/14)
vs. Illinois State (2/11/11)48.925
vs. lowa (2/02/08)48.900
at MIC Championships (3/23/13)
at Southern Utah (2/25/08)48.875
vs. Missouri (2/22/97)48.850
at Iowa (2/10/95)

vs. Illinois State (2/13/09) at Illinois-Chicago (3/20/08)

UNEVEN BARS

at MIC Championships (3/22/1	4)49.250
vs. Air Force (3/14/09)	49.175
vs. Iowa (3/14/97)	49.025
vs. BYU (2/13/10)	
at Kent State (3/15/13)	
vs. Illinois State (3/9/14)	
vs. Centenary (3/6/15)	49.000
vs. Hamline (1/30/04)	
at Illinois State (3/17/03)	
vs. Centenary (2/10/08)	48.975
vs. Ball State (2/19/09)	48.950
at Texas Woman's (2/23/14)	

FLOOR EXERCISE

1.

3. 4. 5. 6.

7. 8. 9.

vs. Centenary (2/14/04)	.49.500
vs. Illinois St. (3/11/97)	
vs. Iowa (3/14/97)	49.475
at MIC Championships (3/29/03)	.49.450
vs. Illinois State (2/13/09)	49.350
vs. Southern Utah & Centenary (1/30/09)	49.275
Showcase of the Arts (2/21/99)	49.250
at Illinois State (3/17/03)	. 49.225
Outback Invitational (3/7/10)	49.175
vs. Ball State (2/19/09)	49.150

BALANCE REAM

	DALANCE DEAM
1.	at MIC Championships (3/29/03)49.375
2.	at Northern Illinois (3/11/01)49.275
3.	vs. Illinois State (3/2/01)49.200
4.	vs. Texas Woman's (2/19/11)49.025
5.	vs. Hamline (1/30/04)49.000
6.	vs. Air Force (3/14/09)48.975
7.	vs. Denver (1/28/11)48.900
8.	vs. Bowling Green (1/23/04)48.850
	at NIT (4/12/93)
	vs. Centenary (3/6/11)
9.	vs. Illinois State (2/19/16)48.775

The 2009 Redhawks gymnastics team set the team record on bars against Air Force on March 14, 2009 with a score of 49.175. In that same meet, the team finished with a final score of 195.700, which ranks second on the all-time charts. The 2009 team appears on the team top-10 records list nine times.



#LETSSOAR

/ INDIVIDUAL RECORDS All-Around

	7 111 7 11 0 41 1 4
1.	Ashley Godwin (3/29/03)39.550
2.	Erin Chenier (3/14/97)39.525
3.	Ashley Godwin (2/14/04)39.450
4.	Erin Chenier (3/11/97)39.425
5.	Ashley Godwin (2/21/04)39.350
6.	Sandra Blake (3/14/09)39.325
7.	Ashley Godwin (3/23/02)39.275
	Erin Chenier (1/27/97)
9.	Erin Chenier (3/8/97)39.250
10.	Alexis Brawner (twice, last 3/18/17)39.225
	Ashley Godwin (1/30/04)
	Vanessa Simmons (3/24/95)

Vault

1.	Kate Farrington (twice, last 3/18/97)10.000
3.	Kate Farrington (3/11/95)9.950
4.	Kate Farrington (3/14/97)9.925
	Megan Fosnow (3/23/13)
6.	Alexis Brawner (3/18/17)9.900
	Ashley Thomas (3/21/15)
	Kate Farrington (3/10/95)
	Megan Fosnow (2/9/14)
	Brianna Gaddie (twice, last 3/19/11)
10.	Sandra Blake (2/2/08)9.875
	Katie Bloom (1/25/04)

Erin Chenier (twice, last 3/9/98) Kate Farrington (twice, last 2/15/97)

Megan Fosnow (twice, last 3/914)

Brianna Gaddie (3x, last 2/5/11)

Taylor Huey (2/24/12) Renae Parr (2/18/95)

Kate Farrington owns the five best vault scores in school history, including record in uneven bars, beam and alla perfect 10.000 on two occasions.

Ashley Godwin (2/14/04)	9.925
Malia Roberts (2/21/99)	
Erin Chenier (2/27/97)	9.900
Amy Cole (2/17/02)	
Kristin Frohlich (twice, last 3/22/97))
Ashley Godwin (2/17/02)	

Uneven Bars

3.

Emily Mann (3/14/09) Christina Sundgren (twice, last 3/19/11) Tayrn Vanderpool (twice, last 3/22/14)

Jacqueline Heath (2/10/08) Lauren Israel (3/22/14)

Balance Beam

1.	Ashley Godwin (3/29/03)9.975
2.	Tara Boldt (3/29/03)9.925
	Kristin Frohlich (3/22/97)
	Ericka Harrison (3/22/97)
5.	Lauren Israel (2/26/16)9.900
	Taylor Westrick (twice, last 4/7/12)
	Tara Boldt (2/21/04)
	Ashley Godwin (2/21/04)
	Tara Boldt (1/25/04)
	Michelle Walker (3/11/01)
	Stephanie Furman (3/1/01)
	Malia Roberts (twice, last 3/22/97)

Erin Chenier (1/27/97)

Ashley Godwin (2/14/04).....10.000 Frin Chenier (3/14/97)

	21111 011011101 (0,111,07)
	Kate Farrington (twice, last 3/14/97)
5.	Alexis Traylor (2/14/04)9.950
	Kate Farrington (3/24/95)

Floor Exercise

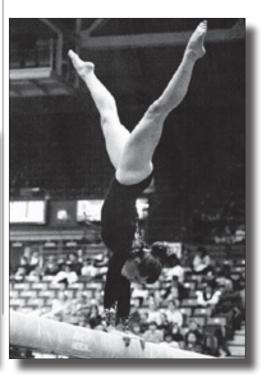
7. **McKinzie Jones (3/19/16)**......9.925 Brianna Gaddie (twice, last 3/7/10) Sandra Blake (2/19/09) Alexis Traylor (1/25/04)

Ashley Godwin (twice, last 4/12/03)

Stephanie Furman (3/24/01) Kim Carter-Newell (3/19/94)



Ashley Godwin holds the school around.



Kristin Frohlich ranks second all-time on beam and third on bars.



/ MIC CHAMPIONS & AWARDS

			_	۰
1	a	a	2	

Vanessa Simmons	All-Around
Heather Markle	Uneven Bars
Tricia Wells	Uneven Bars

1996

Kate Farrington	Vault
G	Floor Exercise
1997	
Erin Chenier	Vault
Kate Farrington	Vault
9	

1998

Malia Roberts	Uneven Bars
	All-Around

2001 Stephanie FurmanVault

2002

Ashley Godwin......Uneven Bars

2003

Ashley Godwin	Balance Beam
,	Floor Exercise
	All-Around

2004

Tara BoldtBalance Beam

2007

Jena Nguyen.....Floor Exercise

2008

Sandra Blake.....Floor Exercise

Sandra Blake	\/ault
	loor Exercise
	All-Around
2010	
Emily Mann	.Uneven Bars
2011	
Brianna Gaddie	Vault
Christina Sundgren	
Taylor WestrickE	Balance Beam
2012	
Taylor WestrickE	Balance Beam
2013	
Megan Fosnow	Vault
Taryn Vanderpool	.Uneven Bars
2014	
Chelsi HamiltonF	loor Exercise
Lauren Israel	.Uneven Bars
Ashley Thomas	Vault

Cheisi Hailillon	Floor Exercise
Lauren Israel	Uneven Bars
Ashley Thomas	Vault

2016

Alexis Brawner	Vault
McKinzie Jones	Floor Exercise
Alyssa Tucker	Uneven Bars

Alexis	Brawner	vauit
		All-Around

Gymnast of the Year

Alexis Brawner	2016
Rikara Turner	2009
D:1 T	0000
Sandra Blake	2006
I di d DOIUL	2005
Tara Boldt	2005

Newcomer of the Year

Allison Ezell	2005
Sandra Blake	2006
Rikara Turner	2007
Alvssa Tucker	2014

Senior Gymnast of the Year

Christina Sundgren	2011
Ashley Thomas	2017

Coach of the Year

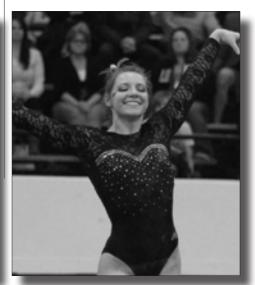
Tom Farden	2006
Tom Farden	2007
Tom Farden	2008
Tom Farden	2009

Assistant Coach of the Year

Brogan Evanson	2008
Jessie Kinder-Vasquez	2011
Sarah Shire Brown	2014







#LETSSOAR

/ DIVISION I POSTSEASON

NCAA Division I National Qualifiers
Cheri PetersonUneven Bars; 15th
2012 Taylor WestrickBalance Beam; 28th
NCAA Division I Regional Qualifiers
1992 Team6th
1993 Team7th
1994 Kim Carter-NewellAll-Around; 18th
1995 Team7th
1996 Erin ChenierAll-Around; 25th
1997 Team7th
1998 Erin ChenierAll-Around; 14th Malia RobertsAll-Around; 16th
1999 Stephanie FurmanVault; 34th Malia RobertsUneven Bars; 28th



Stephanie Furman	Vault;
Malia Roberts	Uneven Bars;

Ashley Godwin	All-Around; 11th
Michelle Walker	Floor Exercise; 21st

Ashley Godwin	All-Around; 19th
	Floor; Second

Tara Boldt	All-Around; 11th
Ashley Godwin	All-Around; 21st
Alexis Traylor	Floor Exercise: 20th

Katie Bloom	All-Around; 17th
Tara Boldt	All-Around; 13th

Team5t	th
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Sandra Blake	All-Around;19th
Jena Nguyen	Balance Beam; 8th
Rikara Turner	All-Around; 20th
Bryanna Wong	All-Around; 16th

Team	5th
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t	r
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Brianna Gaddie	Floor Exercise; 14th
Christina Sundgren	Uneven Bars; 36th
Rikara Turner	All-Around; 16th

Brianna Gaddie	. Floor Exercise; 12th
Jordan Salsberg	All-Around; 17th
Rikara Turner	All-Around; DNC

Brianna Gaddie	Vault; 30th
Christina Sundgren	Uneven Bars; 11th
Taylor Westrick	All-Around; 17th

Megan Fosnow	All-Around; 17th
Taylor Westrick	Balance Beam; 1st

Tarvn Vandernool	All-Around: 12th

Alyssa Tucker	All-Around; 7th
Tarvn Vanderpool	All-Around: 13th

Ashley Thomas.....All-Around; 9th

Alexis Brawner	All-Around; 7th
Lauren Israel	All-Around, 12th
McKinzie Jones	Floor Evercise 14th

Alexis BrawnerAll-Around, 12th





/ NATIONAL CHAMPIONS



Diana Morris 1988 USGF DII Beam Champion



Kim Carter-Newell 1991 USGF DII Floor/Bar Champion Vault/All-Around Champion



Cheri Peterson 1991 USGF DII



Alicia Thier 1995 NIT Beam Champion



Erin Chenier 1995 NIT Beam Champion

/ ALL-AMERICANS

<u>Gymnast</u>	<u>Event</u>	<u>Year</u>	<u>Gymnast</u>	<u>Event</u>	<u>Year</u>
Aimee Bernier	Beam	1990-91	Jeanne Nass	Beam	1982
Sandra Blake	Academics	2008-09	Toni Niemiec	Beam	1982
Kim Carter-Newell	Vault/Bars/Beam/Floor/All-Around	1991	Cheri Peterson	Vault/Bars/Beam/Floor/All-Around	1988-91
Ginger Dukes	Vault	1990	Jill Prystalski	Beam/Floor	1990-91
Wendy Facklam	Vault/Beam	1988-89	Laurie Schoenbaum	Beam/Floor	1983-84
Sandra Foster	Vault/Bars/Floor	1985-86	Jennifer Schutt	Floor	1989
Margaret Heidbrier	Vault	1984	Jocelyn Scroggins	Vault	1990
Tammy Hener	Beam	1987	Vanessa Simmons	Bars	1991
Debbie Holtgrieve	Beam	1982	Vici Strini	Bars	1984
Jean Kless	Bars	1985-87	Trace Walsh	Bars/Beam/All-Around	1987
Diana Morris	Vault/Bars/Beam/Floor/All-Around	1984-88	Traci Willis	Vault	1991



Bernier was a two-time All-American on the balance beam.



All-American honors on the vault in 1990.



Morris was a five-time All-American from 1984-88.



Blake became the first Academic All-American in school history following the 2008 season.

/ TEAM TITLES & HONORS

AIAW/NCAA/USGF Division II MIC Champions NCAA/USGF Division II Regionals Nationals NCAA Division I Regionals NACGC/W Academic National USGF Division II National Champions Champions NCAA/USGF Division II Regional Champions



The 1987 team won the USGF Division II National Championship behind four All-Americans. That team was inducted into the Southeast Missouri Hall of Fame in 2004.



In it's final Division II season, Southeast won its second USGF Division II title and had six All-Americans. Cheri Peterson qualified for the NCAA Division I Individual Championships on uneven bars. That team was inducted into the Southeast Missouri State Hall of Fame in 2003.



/ COACHING HISTORY

Year	Head Coach	Record Co	onference Finish	Regionals	Nationals
1976	Sarah Stensil	2-5	-	-	-
1977	Jon Rose	1-4	-	-	-
1978	Jon Rose	1-5	-	-	_
1979	Jon Rose	7-9	-	-	_
1980	Bill Hopkins	9-2	-	4th	10th AIAW
1981	Bill Hopkins	20-4	-	2nd	8th AIAW
1982	Bill Hopkins	31-8	-	1st	3rd NCAA-II
1983	Bill Hopkins	36-10	-	1st	3rd NCAA-II
1984	Bill Hopkins	20-6-1	_	1st	2nd NCAA-II
1985	Bill Hopkins	20-5	-	1st	2nd NCAA-II
1986	Bill Hopkins	13-6	-	1st	2nd NCAA-II
1987	Bill Hopkins	16-10	-	1st	1st USGF-II
1988	Bill Hopkins	24-6	-	1st	2nd USGF-II
1989	Bill Hopkins	23-9	-	1st	3rd USGF-II
1990	Bill Hopkins	28-11	-	6th	2nd USGF-II
1991	Bill Hopkins	36-8	_	4th	1st USGF-II
1992	Bill Hopkins	19-10	2nd MIC	6th	-
1993	Bill Hopkins	27-14	2nd MIC	7th	2nd NIT
1994	Bill Hopkins	16-17	4th MIC	-	5th NIT
1995	Bill Hopkins	19-17	3rd MIC	7th	3rd NIT
1996	Bill Hopkins	18-16	2nd MIC	-	3rd NIT
1997	Bill Hopkins	24-14	1st MIC	7th	2nd NIT
1998	Kris Buchheister	14-8	2nd MIC	-	
1999	Kris Buchheister	12-12	3rd MIC	_	_
2000	Patty Stotzheim	5-15	3rd MIC	_	_
2001	Patty Stotzheim	10-11	2nd MIC	_	_
2002	Patty Stotzheim	9-11	3rd MIC	_	_
2003	Patty Stotzheim	11-13	4th MIC	_	_
2004	Tom Farden	15-7	2nd MIC	_	_
2005	Tom Farden	6-11	4th MIC	_	_
2006	Tom Farden	10-11	3rd MIC	6th	_
2007	Tom Farden	17-9	3rd MIC	-	_
2008	Tom Farden	9-7	2nd MIC	5th	_
2009	Tom Farden	14-3	1st MIC	-	_
2010	Kristi Ewasko	18-7	3rd MIC	_	_
2011	Kristi Ewasko	12-8	1st MIC	_	_
2012	Kristi Ewasko	2-15	5th MIC	_	_
2012	Kristi Ewasko	8-9	3rd MIC	_	
2013	Kristi Ewasko Kristi Ewasko	16-5	1st MIC	_	_
2014 2015	Kristi Ewasko Kristi Ewasko	7-13	4th MIC	-	-
2015 2016	Kristi Ewasko Kristi Ewasko	7-13 12-14	2nd MIC	_	-
ZU10	Kristi Ewasko Kristi Ewasko	8-16	5th MIC	_	_

42 years 7 Head Coaches 624-417-1

ALL-TIME COACHING RECORDS

Head Coach	Record	Years			
Sarah Stensil	2-5	1	Kris Buchheister	26-20	2
Jon Rose	9-18	3	Patty Stotzheim	35-50	4
Bill Hopkins	399-173-1	18	Tom Farden	71-48	6
ын поркиз	399-1/3-1	10	Kristi Ewasko	82-83	8

#LETSSOAR

/ DUAL RECORDS VERSUS OPPONENTS

Air Force	14-2
Alabama	0-10
Alaska Anchorage	6-0
Arkansas	0-2
Arizona	0-3
Auburn	2-13
Ball State	19-9
Bemidji State	1-0
Boise State	4-4
Bowling Green	7-5
Bridgeport	6-0
Brigham Young	1-5
Cal Poly	3-1
Cal State Fullerton	0-1
California	0-1
Centenary	43-5
Central Arkansas	3-0
Central Michigan	2-5
Central Missouri	1-0
Cornell	2-0
Denver	1-7
DuPage	1-0
Eastern Illinois	1-0
Eastern Michigan	8-5
Emporia State	3-0
Florida	0-4
Fort Hays State	12-0
Georgia College	3-0
George Washington	1-0
Gustavus	1-0
Hamline	3-0
Harding	1-0
Houston Baptist	3-3
Illinois	7-16
Illinois-Chicago	38-27
Illinois State	59-31
Indiana	5-1
Indiana (Pa.)	3-3
Indiana State	3-2
lowa	18-10
Iowa State	5-10
Ithaca	0-0
Jacksonville State	6-2
Jefferson State	1-0
Vant Ctata	1.0

Kentucky	4-7
Lindenwood	4-7
Louisiana State	1-10
Louisville	1-9
Maryland	1-C
Massachusetts	1-C
Memphis	1-2
Miami (Fla.)	1-C
Michigan	2-7
Michigan State	2-10
Minnesota	2-3
Minnesota State, Mankato	2-0
Missouri	8-32
Morehead State	1-C
Murray State	
Nebraska	1-5
New Hampshire	3-2
North Carolina	1-1
Northeastern	1-C
Northern Colorado	4-C
Northern Illinois	21-17
Northern Iowa	1-C
Northern Michigan	7-C
Northwestern	2-0
Notre Dame	1-C
Ohio State	1-5
Oklahoma	1-7
Oral Roberts	1-C
Oregon State	0-2
Pennsylvania	0-0
Penn State	0-3
Pittsburgh	1-
Purdue	1-C
Rutgers	3-0
Sacramento State	0-
San Jose State	1-C
St. Ambrose	1-C
Seattle Pacific	10-1
South Dakota State	1-C
Southern Arkansas	6-0
Southern Connecticut	
Southern Illinois	6-5
Southern Utah	1-1
Springfield	1-C
TCLL	1_0

ı empie	I-U
Tennessee	1-0
Texas	0-1
Texas A&M	1-0
Texas State	3-0
Texas Woman's	52-17
Towson	2-1
UC Davis	2-0
Utah State	0-1
Valparaiso	17-0
Washburn	5-0
Washington	0-2
West Virginia	1-2
Western Illinois	4-2
Western Kentucky	1-0
Western Michigan	7-5-1
Wheaton	13-0
William & Mary	2-0
Winona State	26-2
Wisconsin	1-3
Wisconsin-Eau Claire	2-0
Wisconsin-La Crosse	10-0
Wisconsin-Oshkosh	14-0
Wisconsin-Platteville	1-0
Wisconsin-Stout	3-0
Wisconsin-Whitewater	3-1
Yale	1-0



/ ALL-TIME LETTERWINNERS UPDATE

Danvelle Aber (2005-07) Michelle Albury (2002-03) Shelly Allison (1987) Jessica Bagwill (1999-02) Kelly Baldridge (2003-05) Patty Barrow (1984-86) Laurie Bartelt (1995) Cheryl Bauer (1978-79)

Allyson Bell (2016-17) Kendra Benak (2017)

Mary Bentrup (1977-79) Aimee Bernier (1990-93) Sandra Blake (2006-09) Katie Bloom (2002-05) Tara Boldt (2003-06) Erin Brady (2012-15)

Rebekah Brajcki (1995-98) Alexis Brawner (2015-17) Sarah Brillhart (2011) Jennifer Brittain (1994) Carol Brommer (1977) Nadine Brown (1987) Heather Browning (1997-00) Rachel Buckner (1990-92) Gina Bufe (1984-87) Kelly Burns (1983-84) Donna Carr (1990-92) Kim Carter (1991, 1994) Erin Chenier (1996-99) Jordan Clark (2015) Amy Cole (2000-03) Talia Cover (2002-03) Aaron Craig (1996-99) Gail Crumpecker (1977) Suzanne Daher (1985) Karen DeSalvo (1978-79) Linda Deitz (1978-81) Jennifer Dinan (2006-09) Lauren Dinan (2008-10) Jacklyn Doebbler (2001-04) Maureen Dougherty (1981) Jessica Dunbar (1997-00) Ginger Dukes (1989-90) Paula Dusenberry (1984-85) Crystal Eberhardt (2002-05) Cari Egbert (1997-00) Lisa Enge (1981) Tanya Etie (1995) Alison Ezell (2005-08) Wendy Facklam (1988-90)

Kendra Farris (1997) Cindy Feaster (1980-82) Anna Fink (2002-03) Megan Fosnow (2011-14) **Cindy Foster (1986-87)** Sandra Foster (1983-86) Kristin Frohlich (1995-98) Stephanie Furman (1999-02) Traci Flippo (2002-04) Brianna Gaddie (2008-11) Amber Garlotte (2007-10) Emma Garrett (2011-12) Amanda Gdovicak (1997-99) Tamara Gent (2012) Kara Gibbons (2008-10) Julie Gilbert (1980-81) Ashley Godwin (2001-04) Nancy Greco (1982-83) Caralyn Grigo (1978-81) Maureen Grimaldi (2006-08) Amanda Grimes (2003-06) Leigh Guemmer (1978-81) Cheryl Hagene (1994-95) Leah Halleman (1986-87) Chelsi Hamilton (2014-16) Karen Hamilton (1999-02) Ericka Harrison (1997-00) Tiffany Hatfield (2003) Lisa Heaman (1986-87) Hayli Huiner (2013-14) Jacqueline Heath (2007-11) Margaret Heidbrier (1982-85) Lexie Hein (2004-06) Tammy Hener (1987-90) Debbie Holtgrieve (1983-84) Gina Hoormann (1984) Taylor Huey (2012-13) Lisa Hughes (1986-87) Gabrielle Isola (1981) Lauren Israel (2014-16) Carrie Johnson (1990-93)

McKinzie Jones (2016-17) Kathy Kahre (1978-79) Kasey Karban (2001) Jennifer Kaye (2005) Meredith Keen (1997) Alex King (2006) Jean Klees (1984-87)

Karen Kohrs (1977) Amy Kovacs (1990-93) Melanie Krehl (1998-00) Kelley Krengiel (2007-10) Diane Laszczak (1988-89) Jennifer Laszczak (1989) Diane Lattimore (1993-95) Lilly Le (2004) Mindi Lineweber (2005) Cristie Logan (1995-99) Stephanie Maloney (1990-92) Laura Mangan (1987) Emily Mann (2009-10) Nancy Marcotte (1978-79) Heather Markle (1990-92) Samantha Marrero (2011-14) Chloe Marshall (2014-15) Maureen McDonough (1981) Lisa McFarland (1977) Tami McGaugh (1982) Wendi Meier (1985-88) Marcy Meyers (1980) Kelly Miller (1992-95) Ami Mills (1983) Paige Milroy (1989-92) Traci Mitchell (2000) Erica Moore (2008-11) Diana Morris (1985-88) Jeanne Nass (1982-83) Leigh Nelson (1989) Jena Nguyen (2007-10) Toni Niemiec (1982-83) Kim Oblak (1994) Kim Oetter (1994-96) Deanna Ogg (2003) Margaret O'Neal (2011-12) Megan Owen (1997-99) Sarah Pack (1992-93) Renae Parr (1993-95) Maggie Paubel (2003) Taylor Penzien (2013-16) Cheri Peterson (1989-91) Kimberly Pickerl (2011-14) Raina Ponartz (1989) Brystol Powelski (2004-06) Laura Prentice (1988-89) Jill Prystalski (1990-93) Judy Pyle (1986-87) Jaci Roberts (1977) Kim Roberts (1990-91) Malia Roberts (1997-00) Traci Roberts (1988-92) Lauren Ross (2000)

Chrissy Rushton (1989)

Jordan Salsberg (2010)

Tracey Sauls (1988)

Laurie Schenbaurn (1982-85) Amanda Schoenbaum (2008-10) Jennifer Schutt (1989-92) Deanne Schwartz (1985) Starlyn Schwartz (2006-09) Jocelyn Scroggins (1987-90) Angela Serafini (2011-12) Heather Sharp (1994) Dawn Shuda (1986-87) Vanessa Simmons (1991-95)

Mackenzie Slee (2017)

Erica Smith (1995-99) Kathy Smith (1998-01) Sandi Smith (1980-83) Christa Soekamto (2009-11) Candace Spicer (2000-03)

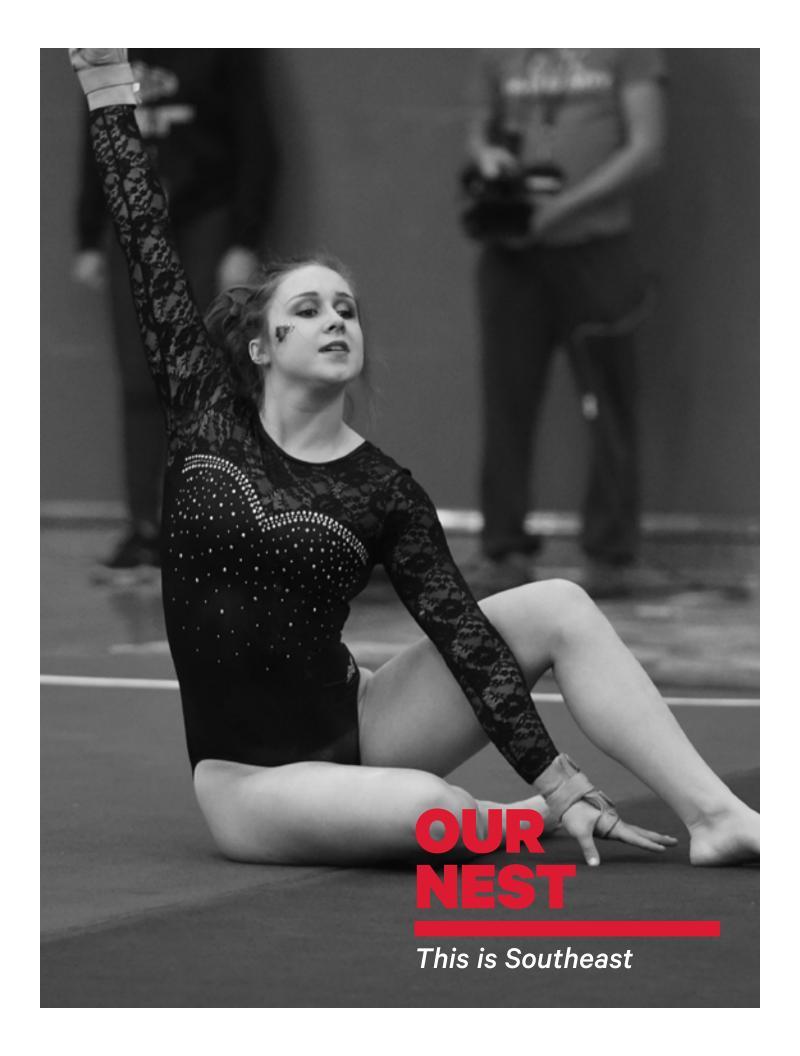
McKenna Stanley (2015-17) Kelsey Stauffer (2006-08) Alexandria Stokes (2014-15) Hazel Stricker (1997-98) Vici Strini (1982-85) Christina Sundgren (2008-11) Courteney Taylor (2017) Alicia Their (1993-96) Ashley Thomas (2014-17) Erika Thomas (2006) Alexis Traylor (2002-05) Kathy Tronzo (1982-83) Alyssa Tucker (2014-16) Rikara Turner (2007-10) Chelsea Unold (2006) Taryn Vanderpool (2011-14) Annette Vaughn (1988) Olivia Vincent (2016) Carol Wade (1988-89) Stephanie Walbran (1985) Bailey Walker (2014-15) Michelle Walker (1999-02) Jen Wall (1997-98) Trace Walsh (1986-87) Natalie Watts (2004-05) Patty Watts (1985-88) Taylor Westrick (2011-12) Tessa Whitaker (1987-90) Alicia White (2001) Shannon Williams (1991) Traci Wills (1991-94) Tricia Wills (1992) Elenor Wilson (1999-02)

Bryanna Wong (2007-10)

Tammy Wyatt (1993-94)

Kate Farrington (1994-97)

Andrea Farris (1997)





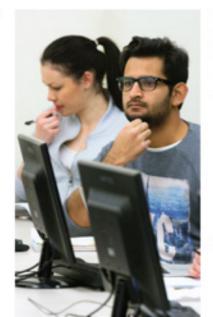
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- / University of Michigan
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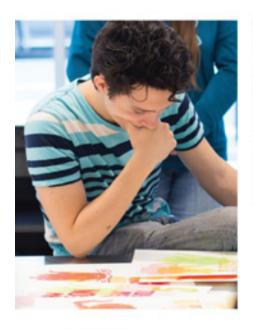
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21

SOCIAL FRATERNITIES AND SORORITIES

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And in Fall 2016, a new Greek Village will open on campus, providing an expanded Greek community where thousands of students will make new memories of brotherhood and sisterhood.





180+ student groups

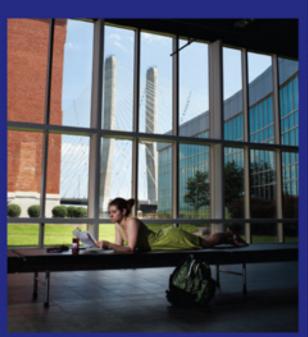
With organizations on campus from A (Adult Recess improv group) to Z (Zeta Phi Beta Sorority), there's something to meet every professional, social, recreational or religious interest. And if you can't find what you're looking for, form your own group.

We honor our heritage by sticking to our traditions.

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Brady Barke Director of Athletics



Cindy Gannon Senior Associate Director of Athletics/SWA



Nate Saverino Assistant Director of Athletics/External Affairs



Dr. Robert Greim Assistant Director of Athletics/Compliance



Karen Gleeson Senior Administrative Assistant



Catherine Griffin Academic Services Director



Elizabeth Brucker Director of Business Operations



Barb Kinsey Administrative Assistant Development



Kent Phillips Coordinator of Facilities & Event Management



Jeff Honza Sports Information Director



Phillip Lady Coordinator of Marketing & Promotions



Marcia Hendrix Insurance Coordinator



Brad Koester Ticket Office Manager



Morgan Watson Assistant Director of Compliance



Beth Easter Faculty Athletics Representative



Ryan Johnson Strength & Conditioning Coach



Catie Furbush Assistant Strength & Conditioning Coach



Ryan Napoli Assistant Strength & Conditioning Coach



Amanda Martin Co-Head Athletic Trainer



Ben Fox Co-Head Athletic Trainer



Kristin Jones Assistant Athletic Trainer



Holly Reynolds Assistant Athletic Trainer



Andy Sawyers Head Baseball Coach



Rick Ray Head Men's Basketball Coach



Rekha Patterson Head Women's Basketball Coach



Tom Matukewicz Head Football Coach



Brittney Emmons Acting Head Women's Gymnastics Coach



Heather Nelson Head Women's Soccer Coach



Mark Redburn Head Softball Coach



Mary Beth Gunn Head Women's Tennis Coach

#LETSSOAR



Eric Crumpecker Head Track & Field Coach



Ryan Lane Head Cross Country Coach



Julie Yankus Head Volleyball Coach



Tatianna Parham Sundancers Coach



Curt Dixon Assistant Baseball Coach



Craig Ringe Assistant Baseball Coach



Chris Moore Assistant Men's Basketball Coach



Nick Lagroone Assistant Men's Basketball Coach



Tom Berryman Director of Basketball Operations



Marc Wilson Assistant Women's Basketball Coach



Chanté Crutchfield Assistant Women's Basketball Coach



Adam Gordon Assistant Men's Basketball Coach



Morgan Eye Assistant Women's Basketball Coach



Brooke Hengst Director of Women's Basketball Operations



Aisha Foy Women's Basketball Graduate Assistant



Bryce Saia Assistant Football Coach



Matt Martin Assistant Football Coach



Eric Burrow Assistant Football Coach



Ricky Coon Assistant Football Coach



Joe Uhls Assistant Football Coach



Ben Blake Assistant Football Coach



Ghaali Muhammad-Lankford Asst. Football Coach



Ray Smith Assistant Football Coach



Tyler French Assistant Football Coach



Jared Diekmann Football Offensive Assistant



Jonathon Hankinson Football Equipment Manager



Chris Licameli Assistant Women's Gymnastics Coach



Paul Nelson Associate Head Women's Soccer Coach



Adam Kleman Assistant Women's Soccer Coach



Brie Carmack Assistant Softball Coach





Kristen Jones Assistant Softball Coach



Danielle Burbage Assistant Track & Field Coach



Chris Navarro Assistant Track & Field Coach



Dr. Tim Rademaker Volunteer Assistant Track & Field Coach



Bob Crank Assistant Volleyball Coach



Calaeb Campbell Assistant Volleyball Coach



Olivia Caldwell Graduate Athletic Trainer



Jared Hyler Graduate Athletic Trainer



Greg Raimondo Graduate Athletic Trainer



Stephanie Swank Graduate Athletic Trainer



Joe Sweet Graduate Athletic Trainer



Joey Waugh Graduate Athletic Trainer



Tyler Knight Graduate Assistant Strength & Conditioning



Alexia Koerkenmeier Graduate Assistant Marketing & Promotions



Eric Mueller Sports Information Assistant



Wyatt Yearout Sports Information Assistant





GYMNASTICS 2018 SCHEDULE

Date	Opponents	Location	Time (CST)
Jan. 5	Kentucky/George Washington/Ball State	Lexington, Ky.	6 p.m.
Jan. 12	Illinois State	Cape Girardeau, Mo.	6:30 p.m.
Jan. 15	Lindenwood	Cape Girardeau, Mo.	4 p.m.
Jan. 26	Pennsylvania	Philadelphia, Pa.	6 p.m.
Jan. 28	Temple/Ithaca/Cornell	Philadelphia, Pa.	12 p.m.
Feb. 2	Western Michigan	Cape Girardeau, Mo.	6:30 p.m.
Feb. 18	Illinois-Chicago	Cape Girardeau, Mo.	1 p.m.
Feb. 23	Centenary	Shreveport, La.	6 p.m.
Feb. 25	Texas Woman's/Centenary/Bridgeport	Denton, Texas	2 p.m.
Mar. 2	lowa	lowa City, lowa	7 p.m.
Mar. 9	Centenary	Cape Girardeau, Mo.	6:30 p.m.
Mar. 16	Missouri State Meet (Missouri/Lindenwood)	Columbia, Mo.	7 p.m.
Mar. 23	MIC Championships at Lindenwood	St. Charles, Mo.	6 p.m.
Apr. 7	NCAA Regional Championships	TBA	TBA
Apr. 12-15	USAG Collegiate National Championships	Denton, Texas	TBA

All dates/meets subject to change Home meets in **RED** and are held at Houck Field House First team listed hosts away meets

