

YOUR REDHAWKS

2019 GYMNASTICS MEDIA GUIDE



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**DO
YOU
HAVE
THE
WILL
TO**

serve all
community
members?



**SOUTHEAST MISSOURI
STATE UNIVERSITY • 1873**



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THIS IS SOUTHEAST

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CREDITS

The 2019 Southeast Missouri Women's Gymnastics Information Guide was written, edited and designed by Strategic Communications Graduate Assistant Eric Mueller. Cover design and additional graphics assistance provided by Veda Barnett, Tonya Wells, Krista Mayfield, and Josh Russell. Photography by Eric Mueller, Marc Mahnke, Josh Russell, Marcus Panton, Patrick Clark of Athlete's Eye Photography and Keith Hente. Other editorial assistance by Assistant Director of Athletics for Strategic Communications Jeff Honza and Strategic Communications Assistant Director Morgan Harding.

NCAA Infractions Report

Southeast Missouri State University accepts the sanctions announced today by the National Collegiate Athletic Association (NCAA) Division I Committee on Infractions panel in its investigation into the Southeast men's basketball program during the 2015-2016 academic year.

Summary of the violations:

The case involved academic misconduct by a former assistant men's basketball coach at Southeast and centered on 1) knowingly arranging for the receipt of fraudulent academic credit for a prospective student-athlete; 2) providing false or misleading information during his interviews; and 3) failure to cooperate with the institution and enforcement staff's investigation.

Penalties prescribed by the panel include the following:

- Public reprimand and censure of the University
- A two-year extension of probation from the University's 2016 infractions case involving the women's basketball program, which will conclude on Feb. 11, 2019.
- A six-year show-cause period for the former coach from March 10, 2017, through March 9, 2023. Any NCAA school employing him in an athletically related role during that time can appear with him before a Committee on Infractions panel to determine if the former coach's athletically related duties should be limited.
- A \$5,000 fine (self-imposed by the University).



MEDIA

CREDENTIALS

Credentials are required for entrance to Houck Field House and the Show Me Center (for photographers). To request season or single-meet credentials, please contact the Southeast Missouri Strategic Communications office by phone at (573) 651-2937 or email at ejmueller@semo.edu. Credentials can be picked up at the meet location or prior to competition day at the Southeast Athletic Administration building.

PRESS ROW

Press Row at Houck Field House and the Show Me Center is reserved for working media only. Seating is assigned by the Southeast Missouri Strategic Communications 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 and the Show Me Center. Flash photography is strictly prohibited.

INTERVIEW POLICIES

Student-athletes and coaches are generally available after practice or upon request. Please provide the Strategic Communications office with at least 24 hours notice to coordinate interviews with student-athletes and coaches. Requests can be made by calling Eric Mueller at (573) 651-2937. Mueller can also be reached via email 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 EMAIL LIST

If you would like to be added to the Redhawks Gymnastics email list to receive breaking news about the team, please email Eric Mueller at ejmueller@semo.edu. The official website, GoSoutheast.com, is the best source for up-to-date information about the team.

STRATEGIC COMMUNICATIONS



JEFF HONZA, ASSISTANT ATHLETICS DIRECTOR FOR STRATEGIC COMMUNICATIONS

Football, Men's Basketball, Softball, Administration

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MORGAN HARDING, ASSISTANT DIRECTOR OF STRATEGIC COMMUNICATIONS

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ERIC MUELLER, GRADUATE ASSISTANT

Volleyball, Cross Country, Gymnastics, Track & Field, Tennis

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**SOUTHEAST MISSOURI
STRATEGIC COMMUNICATIONS**

One University Plaza MS 0200

Cape Girardeau, MO 63701

Phone: (573) 651-2294

Fax: (573) 651-2810

INFORMATION

STATISTICAL SERVICES

Results will be available immediately following each meet. Meet notes, statistics and other information will also be available to help with your coverage of Redhawks Gymnastics.

LIVE STATS SERVICES

Live stats are available for free, provided by StatBroadcast. Live stat links for each home meet are available on GoSoutheast.com. Live stats are also available for free on mobile devices at SoutheastStats.com.



@GOSOUTHEAST /GOSOUTHEAST
@SEMOGYMNASTICS /SEMOGYMNASTICS



stat**broadcast** live

STATB.US/LISEMO

@GOSOUTHEAST SEMOREDHAWS
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HOUCK

Houck 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





FIELD HOUSE



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THIS HOUSE.**

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ACADEMIC

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

It is located in the Student Recreation Center, 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 recorded a 3.21 cumulative grade point average in the fall and spring semesters. Women's

tennis paved the way with a 3.76 cumulative GPA, while gymnastics, women's cross country and women's soccer followed close behind with 3.70, 3.69 and 3.68 marks, respectively.

In all, 211 student-athletes finished with a 3.0 or higher cumulative GPA, including 12 with a 4.0 and 115 at 3.5 or better. That total accounted for over 64 percent of the entire student-athlete population.

During the spring semester alone, the Redhawks had nine programs post a 3.10 or better GPA, including women's tennis (3.87), women's cross country (3.66), women's soccer (3.65), gymnastics (3.60), softball (3.59), women's basketball (3.39), women's track & field (3.36), volleyball (3.29) and baseball (3.17).

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



EXCELLENCE





SOCIAL

Student-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 student-athletes also have the opportunity to participate in the Redhawks BRIDGE Program. The mission of the Redhawks BRIDGE Program is to develop a comprehensive student-athlete

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.





DEVELOPMENT





COMPETITIVE

Southeast 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 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

1. Reduce the risk of injuries
 - If a student-athlete is injured, he/she will not be able to compete at practice or games.
2. Ensure the 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.

3. 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:

1. Ground Based Movements
 - 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.
2. Three-Dimensional Movements
 - 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).
3. Multi-Joint Movements
 - Very rarely in sport do athletes isolate one single joint at a time. Athletes can train more muscle mass at the same time.



SUCCESS





SPORTS

Prevention. 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 student-athletes on a daily basis.

Southeast student-athletes 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 student-athletes 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 student-athletes. 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.



MEDICINE





REDHAWKS AND

Southeast Missouri and Under Armour, Inc. (NYSE: UA, UAA) announced a new partnership agreement. The Baltimore-based global leader in performance footwear, apparel and equipment became the official outfitter of Southeast Missouri Athletics beginning July 1, 2018.

As part of the multi-year agreement, Under Armour will provide on-field and training gear for 15 sports. Additionally, Under Armour will outfit members of the athletic department including coaches and staff.

"We are extremely excited to announce our partnership with Under Armour and BSN SPORTS to outfit our student-athletes and coaches with the highest quality apparel in the market," said Director of Athletics Brady Barke. "Having two of the industry leaders

in athletic apparel associated with us will expand the resources available to each of our teams and significantly benefit our student-athletes."

The new official outfitter agreement includes marketing entitlement that will complement Under Armour's brand marketing campaigns through print and venue presence at the University.

Southeast Missouri's athletic programs include football, men's basketball, women's basketball, baseball, men's cross country, women's cross country, softball, women's tennis, volleyball, women's soccer, men's outdoor track & field, men's indoor track & field, women's outdoor track & field, women's indoor track & field and women's gymnastics.

The Redhawks compete at the NCAA Division I level and

are part of the NCAA Football Championship Subdivision (formerly I-AA) in football. Southeast first became a member of the Ohio Valley Conference when it moved to NCAA Division I in 1991-92. The Redhawks have won 53 OVC regular-season championships and 18 OVC tournament titles during their first 26 years in the league. Southeast also won seven Women's All-Sports trophies in that span.

Southeast Missouri joins the growing Under Armour roster of NCAA partners that includes the University of California, Los Angeles, University of California, Berkeley, University of Wisconsin, University of Notre Dame, Naval Academy Athletic Association, University of Maryland, Texas Tech University, Northwestern University, University of Cincinnati,

Boston College, University of Utah, University of South Carolina and Auburn University.

ABOUT UNDER ARMOUR

Under Armour, Inc., headquartered in Baltimore, Maryland is a leading innovator, marketer and distributor of branded performance athletic apparel, footwear and accessories. Designed to make all athletes better, the brand's innovative products are sold worldwide to consumers with active lifestyles. The company's Connected Fitness™ platform powers the world's largest digitally connected health and fitness community. For further information, visit www.uabiz.com.



UNDER ARMOUR

UNDER ARMOUR.



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PRESIDENT

Dr. 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.

Prior to assuming the presidency at Southeast, Dr. Vargas served one year as acting

president of Kutztown University, where he also 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 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 in 2003.

Dr. Vargas began his career in

higher education at the National Autonomous University of Mexico (UNAM), from which he received a Bachelor of Science 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.



VARGAS

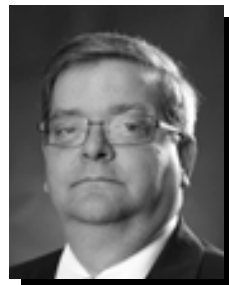
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Student Representative





BRADY

Brady Barke is in his third 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.

Most recently, Barke reached a multi-year agreement with Under Armour. The Baltimore-based global leader in performance footwear, apparel and equipment became the official outfitter of Southeast Missouri Athletics on July 1, 2018.

As part of the multi-year agreement, Under Armour will provide on-field and training gear for 15 sports. Additionally, Under Armour will outfit members of the athletic department including coaches and staff.

Academically, Southeast's athletic teams recorded a 3.21

cumulative grade point average in 2017-18. Women's tennis paved the way with a 3.76 cumulative GPA, while gymnastics, women's cross country and women's soccer followed close behind with 3.70, 3.69 and 3.68 marks, respectively.

In all, 211 student-athletes finished with a 3.0 or higher cumulative GPA, including 12 with a 4.0 and 115 at 3.5 or better. That total accounted for over 64 percent of the entire student-athlete population.

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 State and the City of Cape Girardeau officially broke ground on Capaha Field. New synthetic turf, new fencing and a digital scoreboard in the outfield were

added as part of the \$1.8 million project that was completed before Southeast's season-opener. More improvements are in the works at Capaha Field.

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 Holcombs gift, the largest single cash gift in Southeast Athletics history.

Major improvements were also made to the second floor of the building where athletic 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.

More than \$240,000 in pledges for the Redhawks Club unrestricted booster fund has been raised under Barke's leadership. It is the largest total since the 2003-04 school year. More than \$266,000 was raised in Sponsorship & Marketing contracts for FY18 marking the fourth-consecutive year of Sponsorship and Marketing revenues.

Football and volleyball ticket



BARKE

sales revenue were the second-highest total in the last 12 years.

Barke has also worked hard to enhance Redhawks branding around the community. Redhawk banners, S-E! M-O! billboards, Welcome to Redhawk country and Your Redhawks yard signs are prominently displayed all over Cape Girardeau.

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

Barke, 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.

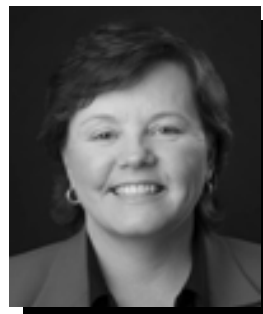
Barke has served as a member of the National Association of Athletics Compliance (NAAC), chaired the NAAC Education Committee, and was a member of the NAAC Board of Directors.

He has facilitated the NCAA Regional Leadership Academy, and served on both the NCAA Sports Wagering Task Force and the Olympic Sports Liaison Committee.

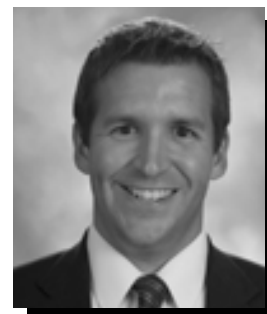
Barke has a juris doctorate degree from Southern Illinois University School of Law, an MBA from Southeast Missouri State University, and a bachelor of science degree in biology from Webster University. While a student at Webster, Barke was a member of both the basketball and golf teams and was inducted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

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

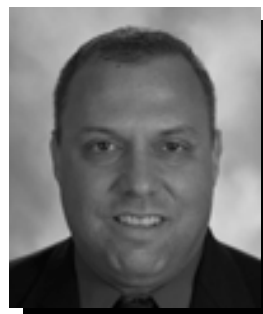




DR. SHANNON YATES
Associate Director of Athletics/
Senior Woman Administrator



NATE SAVERINO
Associate Director of Athletics for
External Affairs



JEFF HONZA
Assistant Director of
Athletics/Strategic Communications



DR. ROBERT GREIM
Assistant Director of Athletics for
Compliance and Eligibility

ATHLETICS



DR. BETH EASTER
Faculty Athletics Representative



KAREN GLEESON
Senior Administrative
Assistant



KENT PHILLIPS
Coordinator of Facilities &
Event Management



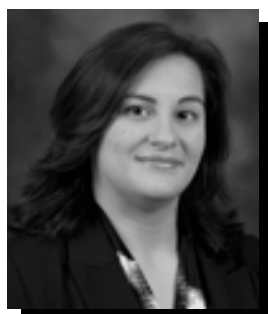
PHILLIP LADY
Coordinator of Marketing &
Promotions



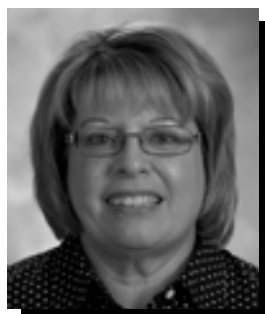
BRAD KOESTER
Ticket Office Manager



KATIE GRIFFIN
Academic Services Director



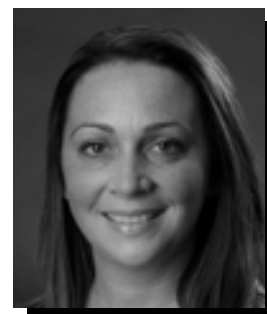
ELIZABETH BRUCKER
Director of Business Operations



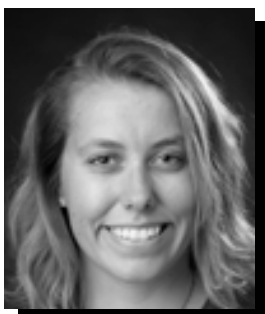
MARCIA HENDRIX
Insurance Coordinator



BEN FOX
Co-Head Athletic Trainer



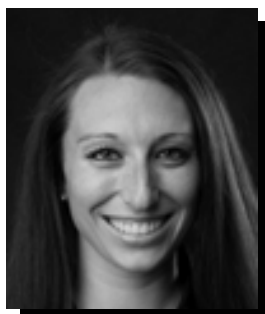
AMANDA MARTIN
Co-Head Athletic Trainer



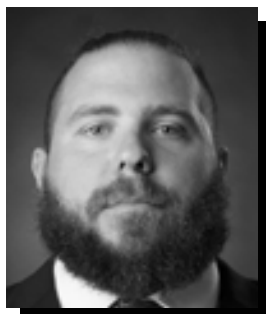
SAMANTHA PAIGE
Academic Services
Coordinator



KRISTIN JONES
Assistant Athletic Trainer



HOLLY REYNOLDS
Assistant Athletic Trainer



RYAN NAPOLI
Strength & Conditioning



BARB KINSEY
Development



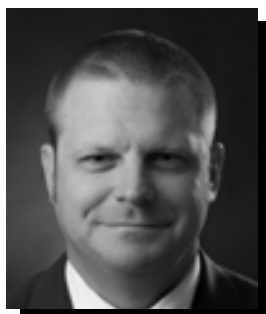
BILLY HOSKINS
Cheerleaders



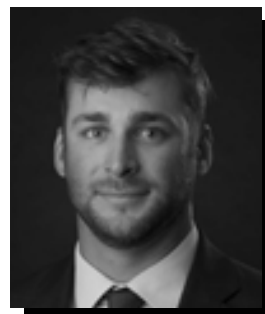
TATIANNA PARHAM
Sundancers



ANDY SAWYERS
Head Baseball Coach



CRAIG RINGE
Assistant Baseball Coach



MATTHEW KINNEY
Assistant Baseball Coach

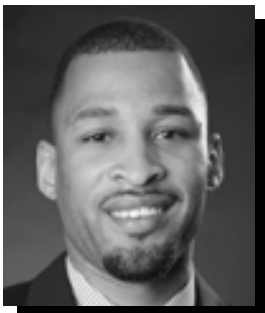
STAFF



RICK RAY
Head Men's Basketball Coach



ADAM GORDON
Associate Head Men's
Basketball Coach



NICK LAGROONE
Assistant Men's
Basketball Coach



KEITH PICKENS
Assistant Men's
Basketball Coach



AL MYERS
Men's Basketball
Director of Operations



REKHA PATTERSON
Head Women's Basketball Coach



CHANTE CRUTCHFIELD
Assistant Women's
Basketball Coach



MORGAN EYE
Assistant Women's
Basketball Coach



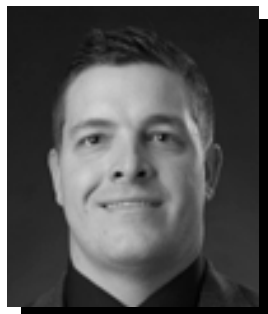
BROOKE HENGST
Women's Basketball
Director of Operations



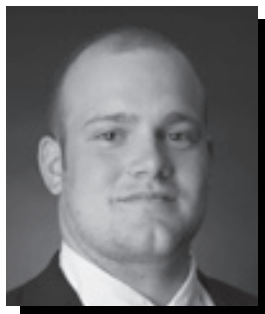
TOM MATUKEWICZ
Head Football Coach



BYRCE SAIA
Assistant Football Coach



JEREMY MCDOWELL
Assistant Football Coach



TYLER FRENCH
Assistant Football Coach



BEN BLAKE
Assistant Football Coach



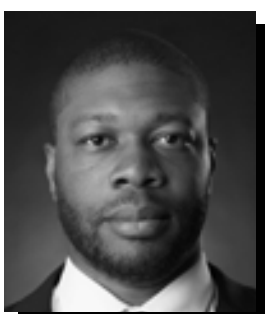
JOE UHLS
Assistant Football Coach



MATT MARTIN
Assistant Football Coach



GHAALI MUHAMMAD-LANKFORD
Assistant Football Coach



RAY SMITH
Assistant Football Coach



JUSTIN DRUDIK
Assistant Football Coach



MARY BETH GUNN
Head Women's Tennis Coach



MARK REDBURN
Head Softball Coach



KRISTEN JONES
Assistant Softball Coach



BILL GRAHAM
Assistant Softball Coach



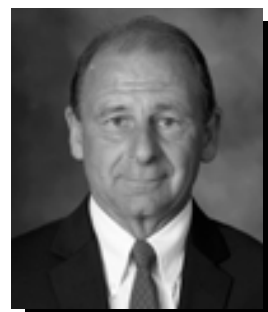
ERIC CRUMPECKER
Head Track & Field Coach



RYAN LANE
Cross Country Coach/Assistant
Track & Field Coach



HEATHER NELSON
Head Soccer Coach



PAUL NELSON
Associate Head Soccer Coach



JULIE YANKUS
Head Volleyball Coach



BOB CRANK
Assistant Volleyball Coach



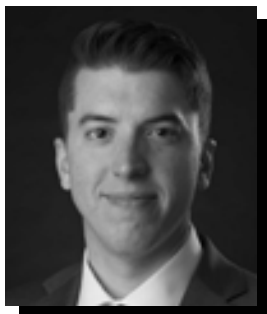
CARLY THOMAS
Assistant Volleyball Coach



JARED WALDHOF
Assistant Director of Compliance



MORGAN HARDING
Assistant Strategic
Communications Director



CHARLIE BALCOM
Strategic Communications
Coordinator of Digital Media



ERIC MUELLER
Strategic Communications
Graduate Assistant



TYLER NIEMANN
Marketing & Promotions
Graduate Assistant



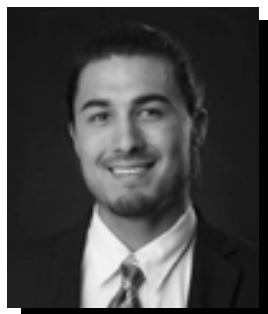
KEVIN KOZAN
Men's Basketball
Graduate Assistant



BRITTANY WINBORNE
Women's Basketball
Graduate Assistant



DANIELLE BURBAGE
Assistant Track & Field Coach



CHRIS NAVARRO
Assistant Track & Field Coach



MISSION

Southeast Missouri State University Athletics

Mission Statement

Southeast Missouri State University Athletics is committed to enhancing the University's educational mission by supporting student-athletes in their academic, athletic and personal development.

Our Vision

To be the premier athletics department within the Ohio Valley Conference, excelling academically and athletically, while preparing our student-athletes for life after sport.



SEASON PREVIEW

SEASON

The 2019 Southeast Missouri women's gymnastics season marks the 44th in program history and with it comes a new era under first-year head coach **Ashley Lawson**.

Lawson returns to Southeast after competing for the Redhawks from 2001-2004 and holds the school record in four of the five individual event titles.

Her expectations for the 2019 campaign include building off of last year's success as well as rebuilding a positive culture and constructing a strong foundation for what SEMO Gymnastics represents. Southeast placed fourth at the Midwest Independent Conference Championship last season.

"There is a legacy that has been left here at SEMO over the last 40 plus years, and with that comes rich traditions and a wealth of successes," Lawson said. "We want to encompass the past gymnastics history that helped put SEMO on the map, and continue to grow and build SEMO back up to the caliber of gymnastics this program is capable of."

"Each gymnast on this team comes from a different background, and it's been a process of breaking down barriers, relying on your TEAMmates and really bonding over this gift they have been given, and worked so hard to accomplish. Success comes much easier if we are all working toward the one common goal. This year, it's coming together as a TEAM, trusting each other, and building on each person's success day in and day out."

The 2019 squad boasts a wealth of youth with eight underclassmen but returns 10 athletes from the prior season.

"We have been blessed with a relatively young team, only having one senior," Lawson said. "With that being said, the student athletes will look up to [senior] **Allyson Bell (Buford, Georgia)** and the junior class for their experiences and ability to handle pressure. With more than half of our team underclassman, they lack the experience of thriving in big competitions and arenas. With our schedule hosting us in some rather large arenas, they will look up to the upperclassman for guidance and leadership to control the nerves, and embrace the college atmosphere."

Juniors **Megan Dennis (Lewisville, Texas)**, **Kenna Skepnek (Algonquin, Illinois)**, **Mackenzie Slee (Lower Hutt, Wellington, New Zealand)** and **Kendra Benak (Traverse City, Michigan)** round out the upperclassmen.

Sophomores **Gabrielle Adams (Mesa, Arizona)**, **Lindsey Bates (Oviedo, Florida)**, **Alana Fischer (Georgetown, Ontario, Canada)**, **Samantha Gallet (Lockport, Illinois)** and **Michael Sanders (St. Simons Island, Georgia)** were regular contributors to the 2018 lineup and had to grow up quickly in their inaugural collegiate season.

Bates competed as an all-arounder in four meets and led the freshman class with five event titles in 2018. Adams captured one event title last season. Both Adams and Bates earned MIC Newcomer of the Week laurels.

Adams, Dennis, Fischer and Gallet also qualified for the USA Gymnastics National Championships in 2018.

"I think this team is eager to qualify as a team to USAG Nationals," Lawson said of the 2019 Redhawks. "The experiences those student athletes gained while representing SEMO as individuals is something they want their entire team to enjoy. My hope is that these qualifiers are hungry to return to Nationals, only with their team this year. Their guidance, experience and energy can help take this team there this year."

Freshmen **Anna Kaziska (Louisville, Kentucky)**, **Makenzie Marciniak (Nixa, Missouri)** and **Maya Tran (Las Vegas, Nevada)** complete the 13-member 2019 team.

"I believe that our freshmen are going to come in and make instant impacts," Lawson said. "They have already meshed well with the team in pre-season and are overly excited to experience college gymnastics."

"Maya Tran is expected to be vying for lineup spots on bars, beam, and vault. She brings a unique look to her gymnastics and is fun to watch swing bars. Makenzie Marciniak is in the final stages in recovering from an injury and is expected to be a full go this season. Look for her to shine on bars, as well as inching into lineup spots on beam. Our last freshman, Anna Kaziska will come in and make an instant impact on all events for her debut season. She has the ability and depth to compete in all-around for this program."

PREVIEW

VAULT

In 2018, the Redhawks averaged 48.035 on vault. Adams tied for third on the discipline at the MIC Championships to earn First-Team All-MIC honors.

Southeast posted a season-high mark of 48.675 at the MIC Championships.

“Our vault line up is a little thin this year, but definitely mighty,” Lawson said. “We’ve got some high flying round off entry vaults that will be sure to please the crowds. The vault team has been working on fine tuning their landings and making corrections in the air. This is a powerful group of gymnasts, and when they stay tight, they will fly.”

UNEVEN BARS

Bars was an event that SEMO struggled on in 2018, tallying a season-average score of 47.760 last season.

The Redhawks did however improve throughout the season and had their best score of the campaign, a 48.775 in the home finale with Centenary.

“While losing three line-up spots last year, we look forward to some new faces making big contributions this year,” Lawson said. “In pre-season, they have been working really hard on refining their routines, and being confident in their gymnastics. Consistency with release moves has been a major focus point, while making minor adjustments to their dismounts. We’re really working on our landings and making sure we stick, in order to not give away additional tenths.”

BALANCE BEAM

SEMO compiled an average beam mark of 47.760 in 2018 but the expectations are high for this event with the team possessing a ton of depth at this event.

The Redhawks posted a season-high score of 48.725 in the second half of the 2018 season at a quad meet with Texas Woman’s, Bridgeport and Centenary.

“We have the most depth on this event. All of our student-athletes have a 10.0 start value and have really been putting in the work this pre-season. We have been focusing on the little details, taking the athletes out of their comfort zone, and asking them to really perform on this event. Their routines already look promising, and the rebuilding of their confidence has really shown in their dynamic movements and crisp landings.”

FLOOR EXERCISE

Floor exercise was a huge strength for the 2018 Redhawks but the team graduated three seniors who were integral to that success.

The team averaged a mark of 48.421 and totaled a 48.850 in the second meet of the 2018 season against Illinois State.

“Just like bars, we lost half of the “floor team” from last year, but that doesn’t mean this team isn’t ready to rise to the occasion,” Lawson said. “We have some fun, crowd-loving, floor music and dance choreography, that the athletes are ready to showcase to the crowds. The expectations are high for this group of athletes and they are really looking forward to “bringing the house down” with their big tumbling, beautiful leaps, and fun routines.”

SCHEDULE

The Redhawks will host four home meets including the State of Missouri Meet at the Show Me Center on Sunday, March 16.

“I think this year the caliber of our meets will definitely help us going into post season,” Lawson said. “We will be giving our student athletes the ability to compete against multiple SEC schools, as well as a BIG 10 school, and learn to thrive in a loud arena with a lot going on.”

Southeast will start the 2019 campaign with a quad meet in Tuscaloosa, Alabama, on Friday, Jan. 4 against Alabama of the SEC, Northern Illinois and Temple.

#LETSSOAR





Name	Ht.	Class	Hometown	Club	Major
Gabrielle Adams	5-1	So.	Mesa, Ariz.	Gold Medal Gymnastics	Chemistry: Biochemistry
Lindsey Bates	5-6	So.	Oviedo, Fla.	Brandy Johnson's Global Gymnastics	General Health Sciences
Allyson Bell	5-8	Sr.	Buford, Ga.	Gymnastix Training Center	Finance
Kendra Benak	5-3	Jr.	Traverse City, Mich.	Grand Traverse Bay Gymnastics	Art (BFA)
Megan Dennis	5-4	Jr.	Lewisville, Texas	Denton Gymnastics Academy	Finance
Alana Fischer	5-0	So.	Ontario, Canada	Manjak's Gymnastics	Communication Disorders
Samantha Gallet	5-5	So.	Lockport, Ill.	BIG Gymnastics	Nursing
Anna Kaziska	5-0	Fr.	Louisville, Ky.	Champions Gymnastics	Microbiology, Cellular & Molecular Biology
Makenzie Marciniak	5-4	Fr.	Nixa, Mo.	Missouri Valley Gymnastics	Athletic Training
Michael Sanders	5-0	So.	St. Simons Island, Ga.	Starlight Gymnastics	Biology: Biomedical Sciences
Kenna Skepnek	5-4	Jr.	Algonquin, Ill.	Legacy Elite Gymnastics	Exercise Science
Mackenzie Slee	5-1	Jr.	Wellington, New Zealand	Christchurch School of Gymnastics	Chemistry
Maya Tran	5-5	Fr.	Las Vegas, Nev.	Brown's Gymnastics	Environmental Science

Coaching Staff

Head Coach:	Ashley Lawson (First Season Southeast Missouri State, 2005)
Assistant Coach/Recruiting Coordinator:	Chris Licameli (Third Season Temple, 2016)
Director of Operations:	Kaila Pohrte (Second Season)
Athletic Trainer:	Holly Reynolds (Fifth Season)

PRONUNCIATION GUIDE

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

ROSTER BREAKDOWN

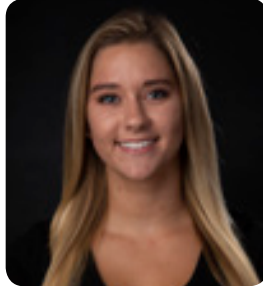
Total Squad Members	13
Seniors	1
Juniors	4
Sophomores	5
Freshman	3
Returners	10
Newcomers	3

BREAKDOWN BY STATE

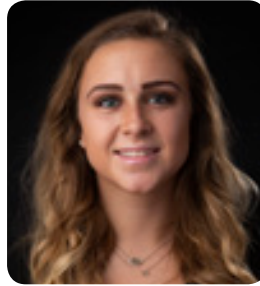
Arizona	1	Kentucky	1
Florida	1	Michigan	1
Georgia	2	Missouri	1
Illinois	2	Nevada	1
International		Texas	1
Canada	1		
New Zealand	1		



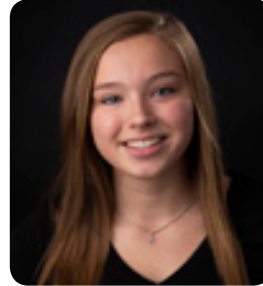
Gabrielle Adams
5-1 • Sophomore
Mesa, Ariz.



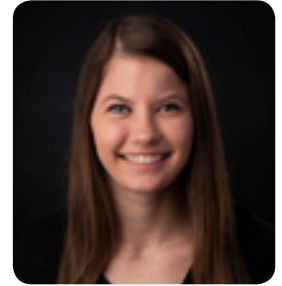
Lindsey Bates
5-6 • Sophomore
Oviedo, Fla.



Allyson Bell
5-8 • Senior
Buford, Ga.



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



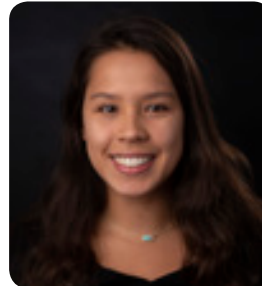
Megan Dennis
5-4 • Junior
Lewisville, Texas



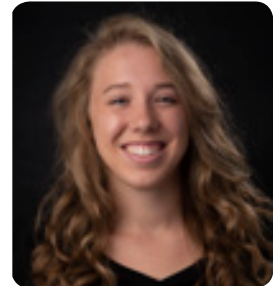
Alana Fischer
5-0 • Sophomore
Georgetown, Ontario, Canada



Samantha Gallet
5-5 • Sophomore
Lockport, Ill.



Anna Kaziska
5-0 • Freshman
Louisville, Ky.



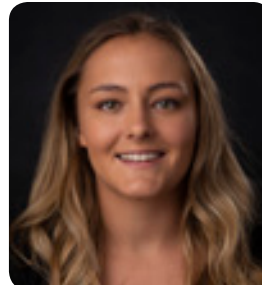
Makenzie Marciniak
5-4 • Freshman
Nixa, Mo.



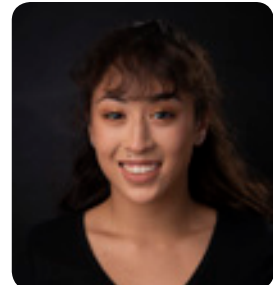
Michael Sanders
5-0 • Sophomore
St. Simons Island, Ga.



Kenna Skepnek
5-4 • Junior
Algonquin, Ill.



Mackenzie Slee
5-1 • Junior
Lower Hutt, Wellington, New Zealand



Maya Tran
5-5 • Freshman
Las Vegas, Nev.



Ashley Lawson
Head Coach
First Season



Chris Licameli
Assistant Coach/Recruiting Coordinator
Third Season



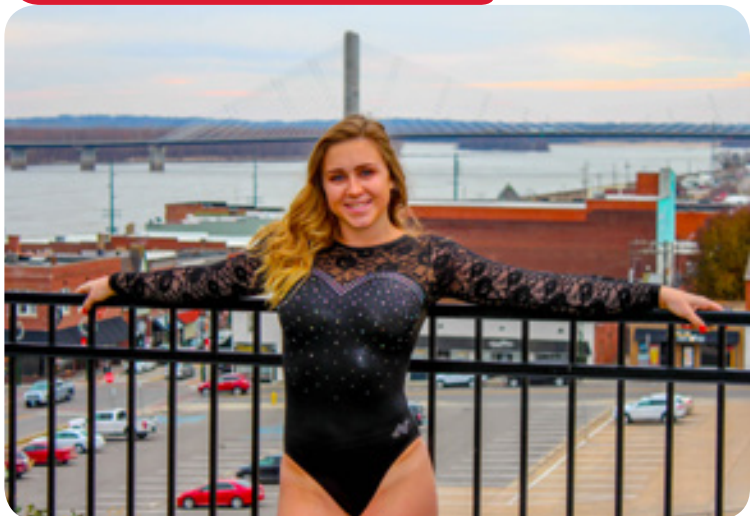
Kaila Pohrte
Director of Operations
Second Season



Holly Reynolds
Athletic Trainer
Fifth Season

#LETSSOAR

SENIOR



L-R: Allyson Bell

JUNIORS



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

SOPHOMORES



L-R: Michael Sanders, Lindsey Bates, Gabrielle Adams, Samantha Gallet, Alana Fischer

FRESHMEN



L-R: Anna Kaziska, Makenzie Marciniak and Maya Tran

/ 2019 SCHEDULE

#LETSSOAR

Date	Day	Opponent	Time	Location
Jan. 4	Friday	at Alabama vs. Northern Illinois vs. Temple	7:30 p.m.	Tuscaloosa, Ala.
Jan. 11	Friday	at Iowa	6:30 p.m.	Iowa City, Iowa
Jan. 18	Friday	San Jose State	6:30 p.m.	Cape Girardeau, Mo.
Jan. 25	Friday	at Illinois State	7:00 p.m.	Normal, Ill.
Feb. 8	Friday	Northern Illinois	6:30 p.m.	Cape Girardeau, Mo.
Feb. 15	Friday	vs. Lindenwood vs. Texas Woman's	2:00 p.m.	St. Charles, Mo. The Family Arena
Feb. 17	Sunday	at Illinois-Chicago	2:00 p.m.	Chicago, Ill.
Feb. 24	Sunday	at Ball State vs. Illinois State	12:00 p.m.	Muncie, Ind.
March 1	Friday	Pennsylvania	6:30 p.m.	Cape Girardeau, Mo.
March 10	Sunday	STATE OF MISSOURI MEET Missouri & Lindenwood	1:00 p.m.	Cape Girardeau, Mo. Show Me Center
March 16	Friday	at Arkansas vs. Lindenwood vs. Texas Woman's	6:00 p.m.	Fayetteville, Ark.
March 22	Friday	MIC Championships	6:00 p.m.	Shreveport, La.
April 6	Saturday	NCAA Regional Championships	TBD	TBD
April 12-14	(Fri.-Sun.)	USAG Collegiate National Championships	TBD	Bridgeport, Conn.

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.



MIC

CHAMPIONSHIPS

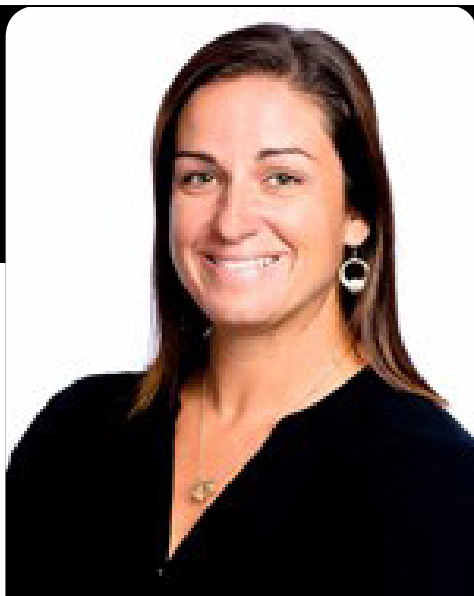
**Friday, March 22 • 6 P.M.
Gold Dome • Centenary
Shreveport, La.**



***Date and time subject to change**



COACHING STAFF



ASHLEY LAWSON

Ashley Lawson enters her first season as the Head Coach of the Southeast Missouri Women's Gymnastics Team. Lawson coaches beam as well as co-coaches the vault and floor teams with assistant coach Chris Licameli.

Lawson was previously an assistant coach at Lindenwood University in 2018. There, she was the balance beam coach, helping lead the Lions to their fourth-straight Midwest Independent Conference title. Lindenwood also finished second in the team finals of the 2018 USA Gymnastics Women's Collegiate National Championships.

Lawson also served as a member of the Southeast Missouri women's gymnastics coaching staff for one year in 2009-10. As an assistant coach at SEMO, Lawson was the head balance beam coach that helped coach three gymnasts to qualify for the 2010 NCAA Regionals. Also while acting as the head balance beam coach, Lawson turned Southeast's weakest event into its second-best event in just six months.

Prior to her time at Southeast, Lawson was a gymnastics coach for three years at Suncoast Gymnastics Academy out of New Port Richey, Florida, and three years at Southern Starz Gymnastics out of Cape Coral, Florida. Her time at Suncoast was spent coaching levels 5-9 on all events and teaching beginner gymnastics to children ages 3-7. At Southern Starz, Lawson coached levels 4-10 on all events as well as coordinated strength and conditioning exercises for the gymnasts.

From 2001-2004, Lawson competed on the Redhawks gymnastics squad at Southeast Missouri. She holds the school record in four of the five individual event titles. She holds the bars (9.925), beam (9.975), floor (10.000), and all-around (39.550) records. She is one of just three gymnasts in school history to record a perfect ten in an individual event.

During her time at Southeast Missouri as a gymnast, she earned the team's Most Valuable Gymnast all four seasons, and was named the Southeast Missouri State University Female Athlete of the Year in 2004.

Lawson graduated in 2005 from Southeast Missouri with a bachelor's degree in exercise science. She and her husband, David, have two sons, Chase and Bryce.



#LETSSOAR



CHRIS LICAMELI

Chris Licameli enters his third season as assistant coach at Southeast. Licameli coaches bars as well as co-coaches the vault and floor teams with head coach Ashley Lawson. Licameli's role also involves assisting with recruiting and coordinating travel.

In 2018, Licameli coached three USA Gymnastics All-Americans in Alexis Brawner (first team on vault, second team on bars and floor), McKinzie Jones (first team on beam) and McKenna Stanley (second team on bars). Southeast averaged a bars score of 47.760 and posted a season-best mark of 48.775 against Centenary on March 9.

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.

#LETSSOAR



KAILA POHRTE

Kaila Pohrte enters her second season as the Director of Operations for the Southeast women's gymnastics team.

Pohrte, a senior 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.



#LETSSOAR



**STUDENT-ATHLETE
PROFILES**



ALLYSON BELL

SENIOR • 5-8

BUFORD, GA.

MILL CREEK HS

GYMNASTIX TRAINING CENTER

2018 – Junior

Competed in five meets on bars and beam... Made season debut at Texas Woman's Quad (2/25) with a 9.000 on bars...Recorded season-high scores on bars (9.550) and beam (9.575) at the MIC Championships at Lindenwood (3/23)...Also tallied a bars score of 9.550 at Iowa (3/2)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

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 season-bests 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 career-high on beam of 9.725 in the season finale at Western Michigan (3/11)... Named to the MIC Scholastic All-Conference team.

2015 – Freshman

Competed on 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).

Prep/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 on Dec. 17, 1996...Daughter of Don and Amy Bell...Majoring in Finance.

HONORS & AWARDS

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

2017 MIC Scholastic All-Conference team

#LETSSOAR

/ MACKENZIE SLEE

JUNIOR • 5-1

LOWER HUTT, WELLINGTON, NEW ZEALAND
CHRISTCHURCH SCHOOL OF GYMNASTICS

2018 – Sophomore

Appeared in 11 meets and competed on vault (10), floor (10), bars (1) and beam (5)...Recorded seven scores of 9.700 or higher...Tallied a career-best score of 9.775 on floor vs. Illinois-Chicago (2/18)...Added personal best scores on vault (9.675) and beam (9.725) at Texas Woman's Quad Meet (2/25)...Notched a 9.700 on beam and 9.750 floor routine at Iowa (3/2)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

2017 – Freshman

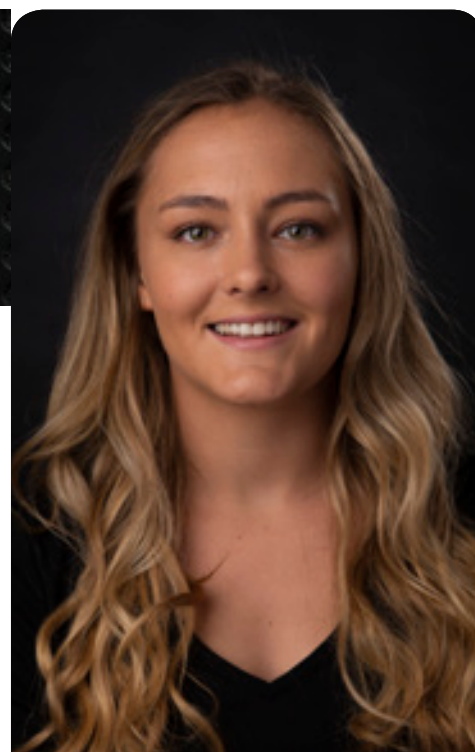
Appeared in nine meets and competed on vault (9), beam (5) and floor (7)...Had four scores of 9.700 or higher...Made her Redhawks debut on vault (9.500) against Iowa State and Centenary (2/3)...Recorded a season-high 9.625 on vault vs. Centenary (2/17)...Also, competed on beam (9.075) and floor (9.550) 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).

Prep/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 fifth-place finish at the Pacific Rim Championships and would go on to sweep each event at the New Zealand Championships.

Personal

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



HONORS & AWARDS

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll



MEGAN DENNIS

JUNIOR • 5-4

LEWISVILLE, TEXAS

LEWISVILLE HS

DENTON GYMNASTICS ACADEMY

2018 – Sophomore

Competed in 13 meets on beam...Recorded six scores of 9.700 or higher...Earned USAG All-America Scholar-Athlete...Registered a career-best beam score of 9.775 at the USA Gymnastics Women's Collegiate National Championships first semifinal session (4/13) which tied for 12th...Made Redhawks debut at Kentucky (8.975, 1/5)...Totaled three scores of 9.725 on beam at Centenary (2/23), at Texas Woman's Quad the next week (2/25) and vs. Centenary (3/9)...Notched a 9.750 at the State of Missouri Meet with Mizzou and Lindenwood (3/16)...Posted a 9.700 on beam at the MIC Championships at Lindenwood (3/23)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

2017 – Freshman

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

Prep/Club

Competed in the Junior Olympic National Invitational...Regional and State competitor...Member of the National Honor Society...Career-best 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 on Sept. 26, 1997...Daughter of John and Stephanie Dennis...Majoring in Finance at Southeast.

HONORS & AWARDS

2018 USAG Qualifier

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

2017 MIC Scholastic All-Conference team

#LETSSOAR

/ KENNA SKEPNEK

JUNIOR • 5-4

ALGONQUIN, ILL.

JACOBS HS

LEGACY ELITE GYMNASTICS

2018 – Sophomore

Competed in five meets on floor...Made Redhawks debut at Texas Woman's Quad with a 8.950 on floor...Tallied a season-best score of 9.675 at the State of Missouri Meet with Mizzou and Lindenwood (3/16)...Named MIC Scholar-Athlete...Earned Most Improved at the season-ending banquet (4/28)...Named to the OVC Commissioner's Honor Roll.

2017 – Freshman

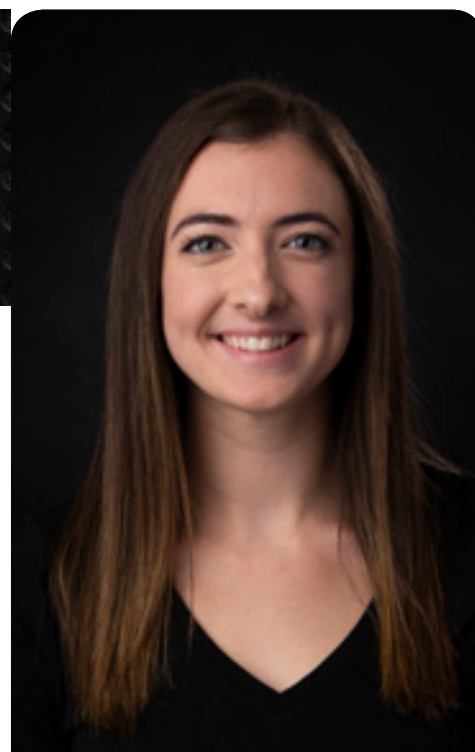
Missed the entire 2017 season after suffering an injury in the preseason...Named to the MIC Scholastic All-Conference team.

Prep/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 on June 10, 1998...Daughter of Randy and Kelly Skepnek...Majoring in Exercise Science at Southeast.



HONORS & AWARDS

2018 SEMO Most Improved Gymnast
2018 MIC Scholar-Athlete
2018 OVC Commissioner's Honor Roll



KENDRA BENAK

JUNIOR • 5-3

TRAVERSE CITY, MICH.

TRAVERSE CITY CENTRAL HS

GRAND TRAVERSE BAY GYMNASTICS

2018 – Sophomore

Appeared in two meets competing in exhibition on bars vs. Centenary (3/9) and at the State of Missouri Meet with Mizzou and Lindenwood (3/16)...Named MIC Scholar-Athlete.

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 season-opener against Lindenwood and Mizzou (1/15)...Recorded a season-best 9.275 on bars in Ames, Iowa vs. Iowa State and Centenary (2/3)...Named to the MIC Scholastic All-Conference team.

Prep/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 all-around 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 on Feb. 10, 1998...Daughter of Kevin and Shonda Benak...Majoring in Art.

HONORS & AWARDS

2018 MIC Scholar-Athlete

2017 MIC Scholastic All-Conference team

#LETSSOAR

/ GABRIELLE ADAMS

SOPHOMORE • 5-1

MESA, ARIZ.

RED MOUNTAIN HS

GOLD MEDAL GYMNASTICS

2018 – Freshman

Appeared in 12 meets, competing on vault, floor and bars...Tallied nine scores of 9.700 or higher in 2018...Recorded a 9.550 on vault at the 2018 USA Gymnastics Women's Collegiate National Championships first semifinal session (4/13)...Tied for third on vault (9.800) at the 2018 MIC Championships (3/23) to earn First Team All-MIC honors...Named MIC Newcomer of the Week (2/21) after she won her first-career event title versus Illinois-Chicago (2/18) with a personal-best vault score of 9.800...Also added a 9.700 floor routine...Notched three scores of 9.800 on vault including back-to-back meets at the State of Missouri Meet with Mizzou and Lindenwood (3/16) and the MIC Championships (3/23)...Totaled a career-best floor score of 9.750 vs. Illinois State (1/12)...Competed on beam vs. Centenary (9.075, 3/9)...Made Redhawks debut at Kentucky (1/5) with a 9.750 on vault and a floor score of 8.700...Named MIC Scholar-Athlete.

Prep/Club

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 High School...Member of Gold Medal Gymnastics.

Personal

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



HONORS & AWARDS

2018 USAG Qualifier
2018 First Team All-MIC (Vault)
2018 MIC Scholar-Athlete
MIC Newcomer of the Week (2/21/18)



LINDSEY BATES

SOPHOMORE • 5-6

OVIDO, FLA.

HAGERTY HS

BRANDY JOHNSON'S GLOBAL GYMNASTICS

HONORS & AWARDS

MIC Newcomer of the Week (1/17/18)

2018 SEMO Gymnastics Newcomer of the Year

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

2018 – Freshman

Competed in eight meets before a season-ending injury...Was an all-arounder in four meets...Recorded eight scores of 9.700 or higher...Led the freshman class with five event titles in 2018...Won bars (career high 9.725), beam (9.700) and the all-around title (personal best 38.950) in the second meet of the season vs. Illinois State (1/12)...Added a 9.750 on vault and a score of 9.775 on floor...Captured the beam (personal best 9.800) and all-around title (38.250) three days later on Martin Luther King Day vs. Lindenwood (1/15)...Added career-high scores of 9.775 and 9.800 on vault and beam...Earned MIC Newcomer of the Week (1/17) for her efforts against ISU and Lindenwood...Totaled a 38.475 in the all-around vs. Illinois-Chicago (2/18)...Named MIC Scholar-Athlete...Earned Newcomer of the Year at the season-ending banquet (4/28)...Named to the OVC Commissioner's Honor Roll.

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

#LETSSOAR

/ ALANA FISCHER

SOPHOMORE • 5-0

GEORGETOWN, ONTARIO, CANADA

SILVERTHORN COLLEGIATE INSTITUTE

MANJAK'S GYMNASTICS

2018 – Freshman

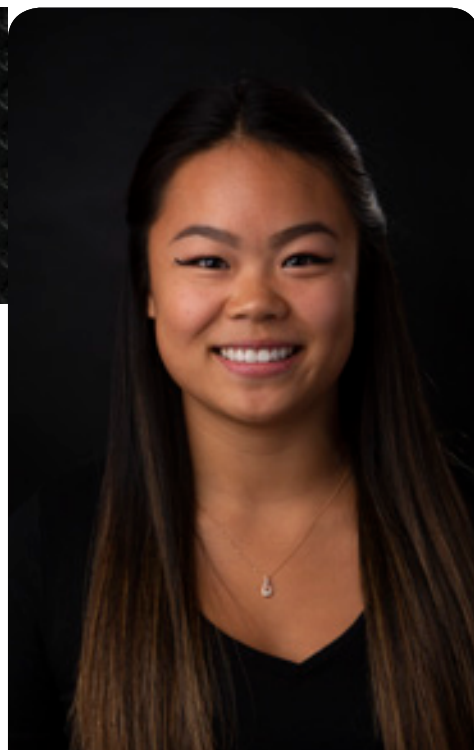
Competed in all 13 meets on bars, beam and vault...Recorded 10 scores of 9.700 or higher... Made Redhawks debut at Kentucky (1/5) with a 8.825 on bars and a 8.900 on beam...Tallied two personal-high scores of 9.750 on bars at Texas Woman's Quad Meet (2/25) and vs. Centenary (3/9)...Notched season highs on vault (9.775) and beam (9.775) at the MIC Championships at Lindenwood (3/23)...Posted a 9.750 on beam and tallied a 9.425 on bars at the USA Gymnastics Women's Collegiate National Championships first semifinal session (4/13)... Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

Prep/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 all-around 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 on May 3, 1998...Daughter of Rainer and Cara Fischer...Speaks French fluently and loves Tim Hortons...Majoring in Communication Disorders.



HONORS & AWARDS

2018 USAG Qualifier
2018 MIC Scholar-Athlete
2018 OVC Commissioner's Honor Roll



SAMANTHA GALLET

SOPHOMORE • 5-5

LOCKPORT, ILL.

LOCKPORT TOWNSHIP HS

BIG GYMNASTICS

2018 – Freshman

Competed in 10 meets on vault, bars and beam...Recorded five scores of 9.700 or higher... Made Redhawks debut at Penn (1/26) with a 9.500 on vault and a 9.275 on bars...Notched a career-best beam score of 9.500 vs. Western Michigan (2/2)...Added a personal best of 9.775 on bars at Texas Woman's Quad Meet (2/25)... Posted a season best 9.675 on vault at the MIC Championships at Lindenwood (3/23)... Added a 9.675 at the league championships... Matched her personal-best bars score of 9.775 and also recorded a 9.500 on vault at the USA Gymnastics Women's Collegiate National Championships first semifinal session (4/13)... Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

Prep/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 on Apr. 27, 1999...Daughter of John and Tricia Gallet...Majoring in Nursing.

HONORS & AWARDS

2018 USAG Qualifier

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

#LETSSOAR

/ MICHAEL SANDERS

SOPHOMORE • 5-0

ST. SIMONS ISLAND, GA.

GLYNN ACADEMY

STARLIGHT GYMNASTICS

2018 – Freshman

Appeared in 13 meets and competed on vault (13), beam (13) and floor (4)...Recorded five scores of 9.700 or higher...Made Redhawks debut at Kentucky's Quad Meet (1/5) on vault (9.650) and beam (9.525)...Tallied a career best 9.750 on beam at Texas Woman's Quad (2/25)... Added personal-best scores on vault (9.750) and floor (9.750) at the State of Missouri Meet with Mizzou and Lindenwood (3/16)...Also notched a 9.625 on beam...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

Prep/Club

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

Personal

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



HONORS & AWARDS

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll



ANNA KAZISKA

FRESHMAN • 5-0

LOUISVILLE, KY.

FERN CREEK HS

CHAMPIONS GYMNASTICS

Prep/Club

Named the 2016-2017 Gymnast of the Year and earned the Best Teammate Award at Fern Creek High School...Placed second on floor at the Junior Olympics...State and regional beam and all-around champion (Level 10)...Placed third on beam at the Junior Olympics in 2016...Was also the state floor and all-around champion (Level 10) and earned the Highest Scorer Award...Junior Olympics beam champion and was a state all-around champion (Level 10) in 2015...Also earned the 2015 Coaches' Choice Award...Trains at Champions Gymnastics where she is coached by Jason Button, Ricia Story and Kareem Atroush.

Personal

Born on May 13, 2000...Daughter of David and Mei Kaziska...Plans to major in Microbiology, Cellular and Molecular Biology.

#LETSSOAR

/ MAYA TRAN

FRESHMAN • 5-5

LAS VEGAS, NEV.

LAS VEGAS ACADEMY OF ARTS

BROWN'S GYMNASTICS

Prep/Club

Placed third on bars, third on beam, fifth on vault, sixth on floor and fourth in the all-around at the 2017 Level 10 Nevada State Championships...In 2016, was first on beam and second on bars, vault and the all-around at the Level 9 Nevada State Championships... Won the all-around competition, vault, bars, beam and floor at the Level 8 Nevada State Championships in 2015...As a junior earned fourth at the Nevada State Women's Gymnastics Championships...As a sophomore won Level 9 Western Championships, Chris Waller's Heart of a Champion Invitational, and Long Beach Open...As a freshman won Nevada Girls State Championship, BSU Open and Arizona Sunrays Classic Rock Invitational...Also earned the Spanish Seal of Biliteracy.

Personal

Born Sept. 25, 2000...Daughter of Thai and Maria Tran...Majoring in Environmental Science.



MAKENZIE MARCINIAK

FRESHMAN • 5-4

NIXA, MO.

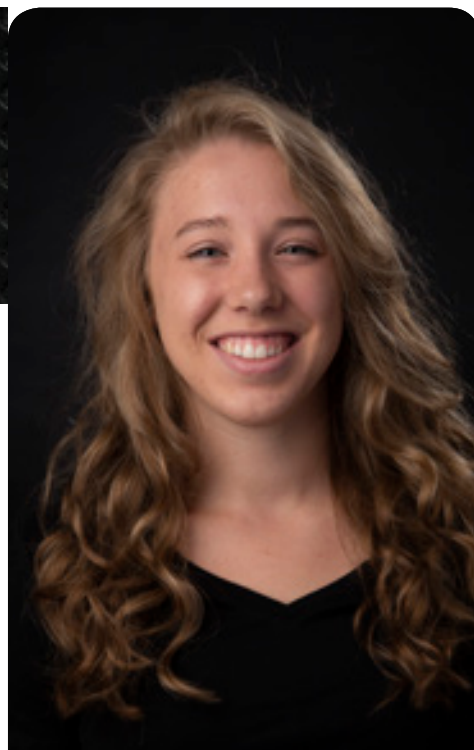
MISSOURI VALLEY GYMNASTICS

Prep/Club

As a sophomore competed at JO Level 10 Nationals...As a freshman competed at Level 9 Westerns...Placed third on floor at Level 8 Nationals...Won the Level 9 State Championship...Trains at Missouri Valley Gymnastics...Also competed in track & field where she broke three high school records...Homeschooled through high school...Made the Dean's List at Ozark Technical Community College.

Personal

Born Apr. 12, 2000...Daughter of Michael and Carolyn Marciniak...Has six siblings...Enjoys drawing and cooking during her free time...Her favorite food is popcorn...Majoring in Athletic Training at Southeast.





**RECORDS AND
HISTORY**

TEAM RECORDS

TEAM SCORE

1. vs. Iowa (3/14/97).....196.025
2. vs. Air Force (3/14/09).....195.700
3. vs. Illinois St. (3/11/97).....195.650
4. vs. Ball State (2/19/09).....195.500
5. vs. Centenary (2/14/04).....195.350
at MIC Championships (3/29/03)
7. at MIC Championships (3/22/14).....195.275
8. vs. Eastern Michigan (2/27/97).....195.225
9. vs. Iowa (3/19/10).....195.125
10. vs. Texas Woman's (2/19/11).....195.075

VAULT

1. vs. Seattle Pacific (2/18/95).....49.000
2. vs. Alaska Anchorage & Illinois-Chicago (2/9/14).....48.975
3. at MIC Championships (3/21/15).....48.950
at MIC Championships (3/22/14)
4. vs. Illinois State (2/11/11).....48.925
5. vs. Iowa (2/02/08).....48.900
at MIC Championships (3/23/13)
7. at Southern Utah (2/25/08).....48.875
8. vs. Missouri (2/22/97).....48.850
at Iowa (2/10/95)
10. at Oklahoma (1/23/15).....48.825
vs. Illinois State (2/13/09)
at Illinois-Chicago (3/20/08)

UNEVEN BARS

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

BALANCE BEAM

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

FLOOR EXERCISE

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

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.



INDIVIDUAL RECORDS

All-Around

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 3/9/14)
Brianna Gaddie (3x, last 2/5/11)
Taylor Huey (2/24/12)
Renae Parr (2/18/95)

Uneven Bars

1. **Ashley Godwin** (2/14/04).....9.925
Malia Roberts (2/21/99)
3. Erin Chenier (2/27/97).....9.900
Amy Cole (2/17/02)
Kristin Frohlich (twice, last 3/22/97)
Ashley Godwin (2/17/02)
Jacqueline Heath (2/10/08)
Lauren Israel (3/22/14)
Emily Mann (3/14/09)
Christina Sundgren (twice, last 3/19/11)
Tayrn Vanderpool (twice, last 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)

Floor Exercise

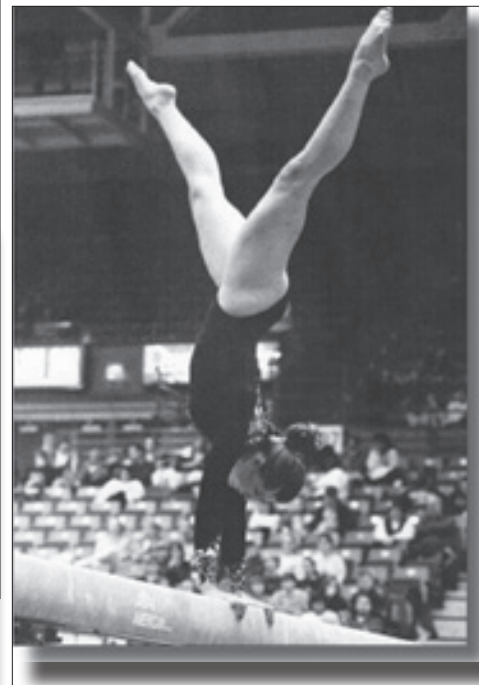
1. **Ashley Godwin** (2/14/04).....10.000
Erin Chenier (3/14/97)
Kate Farrington (twice, last 3/14/97)
5. Alexis Traylor (2/14/04).....9.950
Kate Farrington (3/24/95)
7. McKinzie Jones (3/19/16).....9.925
Brianna Gaddie (twice, last 3/7/10)
Sandra Blake (2/19/09)
Alexis Traylor (1/25/04)
Ashley Godwin (twice, last 4/12/03)
Stephanie Furman (3/24/01)
Kim Carter-Newell (3/19/94)



Kate Farrington owns the five best vault scores in school history, including a perfect 10.000 on two occasions.



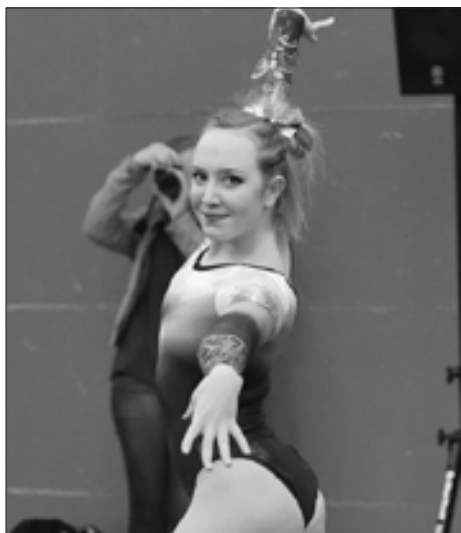
Ashley Godwin holds the school record in uneven bars, beam and all-around.



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

MIC AWARDS

1992	Vanessa Simmons.....All-Around	2010	Emily Mann.....Uneven Bars	Gymnast of the Year	Tara Boldt.....2005
	Heather Markle.....Uneven Bars				Sandra Blake.....2006
	Tricia Wells.....Uneven Bars	2011	Brianna Gaddie.....Vault		Rikara Turner.....2009
1996	Kate Farrington.....Vault		Floor Exercise		Alexis Brawner.....2016
	Floor Exercise	2012	Christina Sundgren.....Uneven Bars	Newcomer of the Year	Allison Ezell.....2005
1997	Erin Chenier.....Vault		All-Around		Sandra Blake.....2006
	Kate Farrington.....Vault		Taylor Westrick.....Balance Beam		Rikara Turner.....2007
1998	Malia Roberts.....Uneven Bars				Alyssa Tucker.....2014
	All-Around	2013	Megan Fosnow.....Vault	Senior Gymnast of the Year	Christina Sundgren.....2011
2001	Stephanie Furman.....Vault		Taryn Vanderpool.....Uneven Bars		Ashley Thomas.....2017
2002	Ashley Godwin.....Uneven Bars	2014	Chelsi Hamilton.....Floor Exercise	Coach of the Year	Tom Farden.....2006
			Lauren Israel.....Uneven Bars		Tom Farden.....2007
2003	Ashley Godwin.....Balance Beam		Ashley Thomas.....Vault		Tom Farden.....2008
	Floor Exercise	2016	Alexis Brawner.....Vault		Tom Farden.....2009
	All-Around		McKinzie Jones.....Floor Exercise	Assistant Coach of the Year	Brogan Evanson.....2008
2004	Tara Boldt.....Balance Beam		Alyssa Tucker.....Uneven Bars		Jessie Kinder-Vasquez.....2011
2007	Jena Nguyen.....Floor Exercise	2017	Alexis Brawner.....Vault		Sarah Shire Brown.....2014
			All-Around		
2008	Sandra Blake.....Floor Exercise	2018	Alexis Brawner.....Vault		
2009	Sandra Blake.....Vault				
	Floor Exercise				
	All-Around				



POSTSEASON HISTORY

NCAA Division I National Qualifiers

1991

Cheri Peterson..... Uneven Bars; 15th

2012

Taylor Westrick..... Balance Beam; 28th

NCAA Division I Regional Qualifiers

1992

Team..... 6th

1993

Team..... 7th

1994

Kim Carter-Newell..... All-Around; 18th

1995

Team..... 7th

1996

Erin Chenier..... All-Around; 25th

1997

Team..... 7th

1998

Erin Chenier..... All-Around; 14th

Malia Roberts..... All-Around; 16th

1999

Stephanie Furman..... Vault; 34th

Malia Roberts..... Uneven Bars; 28th

2000

Stephanie Furman..... Vault;

Malia Roberts..... Uneven Bars;

2002

Ashley Godwin..... All-Around; 11th

Michelle Walker..... Floor Exercise; 21st

2003

Ashley Godwin..... All-Around; 19th

..... Floor; Second

2004

Tara Boldt..... All-Around; 11th

Ashley Godwin..... All-Around; 21st

Alexis Traylor..... Floor Exercise; 20th

2005

Katie Bloom..... All-Around; 17th

Tara Boldt..... All-Around; 13th

2006

Team..... 5th

2007

Sandra Blake..... All-Around; 19th

Jena Nguyen..... Balance Beam; 8th

Rikara Turner..... All-Around; 20th

Bryanna Wong..... All-Around; 16th

2008

Team..... 5th

2009

Sandra Blake..... All-Around; 15th

Brianna Gaddie..... Floor Exercise; 14th

Christina Sundgren..... Uneven Bars; 36th

Rikara Turner..... All-Around; 16th

2010

Brianna Gaddie..... Floor Exercise; 12th

Jordan Salsberg..... All-Around; 17th

Rikara Turner..... All-Around; DNC

2011

Brianna Gaddie..... Vault; 30th

Christina Sundgren..... Uneven Bars; 11th

Taylor Westrick..... All-Around; 17th

2012

Megan Fosnow..... All-Around; 17th

Taylor Westrick..... Balance Beam; 1st

2013

Taryn Vanderpool..... All-Around; 12th

2014

Alyssa Tucker..... All-Around; 7th

Taryn Vanderpool..... All-Around; 13th

2015

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

2016

Alexis Brawner..... All-Around; 7th

Lauren Israel..... All-Around; 12th

McKinzie Jones..... Floor Exercise; 14th

2017

Alexis Brawner..... All-Around; 12th

2018

Alexis Brawner..... Floor; 30th

USA Gymnastics Championship Qualifiers

2018

Gabrielle Adams..... Vault, 23rd

Alexis Brawner..... Vault, 6th, **All-American**

..... Bars, 6th, **All-American**

..... Floor, 7th

Megan Dennis..... Beam, 12th

Alana Fischer..... Beam, 14th

..... Bars, 26th

Samantha Gallet..... Vault, 26th

..... Bars, 14th

McKinzie Jones..... Beam, 3rd, **All-American**

..... Floor, 10th

..... Bars, 28th

McKenna Stanley..... Bars, 6th, **All-American**

INDIVIDUAL HONORS

/ NATIONAL CHAMPIONS



Diana Morris
1988 USGF DII
Beam Champion



Kim Carter-Newell
1991 USGF DII
Floor/Bar Champion



Cheri Peterson
1991 USGF DII
Vault/All-Around Champion



Alicia Thier
1995 NIT
Beam Champion



Erin Chenier
1995 NIT
Beam Champion

/ ALL-AMERICANS

Gymnast

Aimee Bernier
Sandra Blake
Kim Carter-Newell
Ginger Dukes
Wendy Facklam
Sandra Foster
Margaret Heidbrier
Tammy Hener
Debbie Holtgrieve
Jean Kless
Diana Morris

Event

Beam
Academics
Vault/Bars/Beam/Floor/All-Around
Vault
Vault/Beam
Vault/Bars/Floor
Vault
Beam
Beam
Bars
Vault/Bars/Beam/Floor/All-Around

Year

1990-91
2008-09
1991
1990
1988-89
1985-86
1984
1987
1982
1985-87
1984-88

Gymnast

Jeanne Nass
Toni Niemiec
Cheri Peterson
Jill Prystalski
Laurie Schoenbaum
Jennifer Schutt
Jocelyn Scroggins
Vanessa Simmons
Vici Strini
Trace Walsh
Traci Willis

Event

Beam
Beam
Vault/Bars/Beam/Floor/All-Around
Beam/Floor
Beam/Floor
Floor
Vault
Bars
Bars
Bars/Beam/All-Around
Vault

Year

1982
1982
1988-91
1990-91
1983-84
1989
1990
1991
1984
1987
1991



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



Scroggins garnered 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

MIC Champions

1997
2009
2011
2014

NCAA Division I Regionals

1992
1993
1995
1997
2006
2008

USGF Division II National Champions

1987
1991

AIAW/NCAA/USGF Division II

Nationals

1980
1981
1982
1983
1984
1985
1986
1987
1988
1989
1990
1991

NCAA/USGF Division II Regional Champions

1982
1983
1984
1985
1986
1987
1988
1989

NCAA/USGF Division II Regionals

1980
1981
1982
1983
1984
1985
1986
1987
1988
1989
1990
1991

NACGC/W Academic National

Champions

2007
2008
2009
2011
2013



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 its 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.



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COACHING HISTORY

Year	Head Coach	Record	Conference 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	-	-
2013	Kristi Ewasko	8-9	3rd MIC	-	-
2014	Kristi Ewasko	16-5	1st MIC	-	-
2015	Kristi Ewasko	7-13	4th MIC	-	-
2016	Kristi Ewasko	12-14	2nd MIC	-	-
2017	Kristi Ewasko	8-16	5th MIC	-	-
2018	Brittney Emmons	7-17	4th MIC	-	-

43 years

8 Head Coaches

631-431-1

ALL-TIME COACHING RECORDS

Head Coach	Record	Years
Sarah Stensil	2-5	1
Jon Rose	9-18	3
Bill Hopkins	399-173-1	18
Kris Buchheister	26-20	2
Patty Stotzheim	35-50	4
Tom Farden	71-48	6
Kristi Ewasko	82-83	8
Brittney Emmons	7-17	1

Under the helm of Bill Hopkins the Southeast Missouri State gymnastics program won two USGF D-II National Championships (1987 & 1991) and recorded five top-three NCAA D-II National Championship finishes.



DUAL RECORDS

/ OPPONENTS

Air Force.....	14-2
Alabama	0-10
Alaska Anchorage.....	6-0
Arkansas	0-2
Arizona.....	0-3
Auburn.....	2-13
Ball State	19-10
Bemidji State.....	1-0
Boise State.....	4-4
Bowling Green.....	7-5
Bridgeport.....	6-1
Brigham Young.....	1-5
Cal Poly.....	3-1
Cal State Fullerton.....	0-1
California.....	0-1
Centenary	46-6
Central Arkansas.....	3-0
Central Michigan.....	2-5
Central Missouri.....	1-0
Cornell.....	2-1
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.....	1-1
Gustavus.....	1-0
Hamline.....	3-0
Harding.....	1-0
Houston Baptist.....	3-3
Illinois.....	7-16
Illinois-Chicago	38-29
Illinois State	61-31
Indiana.....	5-1
Indiana (Pa.).....	3-3
Indiana State.....	3-2
Iowa	18-11

Iowa State.....	5-10
Ithaca.....	1-0
Jacksonville State.....	6-2
Jefferson State.....	1-0
Kent State.....	1-6
Kentucky.....	4-8
Lindenwood	4-10
Louisiana State.....	1-10
Louisville.....	1-9
Maryland.....	1-0
Massachusetts.....	1-0
Memphis.....	1-2
Miami (Fla.).....	1-0
Michigan.....	2-7
Michigan State.....	2-10
Minnesota.....	2-3
Minnesota State, Mankato.....	2-0
Missouri	8-33
Morehead State.....	1-0
Murray State.....	1-0
Nebraska.....	1-5
New Hampshire.....	3-2
North Carolina.....	1-1
Northeastern.....	1-0
Northern Colorado.....	4-0
Northern Illinois	21-17
Northern Iowa.....	1-0
Northern Michigan.....	7-0
Northwestern.....	2-0
Notre Dame.....	1-0
Ohio State.....	1-5
Oklahoma.....	1-7
Oral Roberts.....	1-0
Oregon State.....	0-2
Pennsylvania	1-0
Penn State.....	0-3
Pittsburgh.....	1-1
Purdue.....	1-0
Rutgers.....	3-0
Sacramento State.....	0-1

San Jose State	1-0
St. Ambrose.....	1-0
Seattle Pacific.....	10-1
South Dakota State.....	1-0
Southern Arkansas.....	6-0
Southern Connecticut.....	1-0
Southern Illinois.....	6-5
Southern Utah.....	1-1
Springfield.....	1-0
TCU.....	1-0
Temple	1-1
Tennessee.....	1-0
Texas.....	0-1
Texas A&M.....	1-0
Texas State.....	3-0
Texas Woman's	52-19
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.....	7-6-1
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

Bold represents 2019 opponents.

ALL-TIME LETTERWINNERS

Danyelle Aber (2005-07)

Gabrielle Adams (2018-present)

Michelle Albury (2002-03)

Shelly Allison (1987)

Jessica Bagwill (1999-02)

Kelly Baldridge (2003-05)

Patty Barrow (1984-86)

Laurie Bartelt (1995)

Lindsey Bates (2018-present)

Cheryl Bauer (1978-79)

Allyson Bell (2016-present)

Kendra Benak (2017-present)

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 (2015-18)

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 (2015-16)

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)

Megan Dennis (2018-present)

Jennifer Dinan (2006-09)

Lauren Dinan (2008-10)

Jacklyn Doeblbler (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)

Kate Farrington (1994-97)

Andrea Farris (1997)

Kendra Farris (1997)

Cindy Feaster (1980-82)

Anna Fink (2002-03)

Alana Fischer (2018-present)

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)

Samantha Gallet (2018-present)

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)

Brittany Hadj Romdhane (2016)

Cheryl Hagene (1994-95)

Leah Hallemann (1986-87)

Chelsi Hamilton (2014-16)

Karen Hamilton (1999-02)

Ericka Harrison (1997-00)

Haven Haswell (2018)

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 (2016-18)

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)

Michael Sanders (2018-present)

Tracey Sauls (1988)

Laurie Schenbaurn (1982-85)

Amanda Schoenbaum (2008-10)

Jennifer Schutt (1989-92)

Deanne Schwartz (1985)

Starlyn Schwartz (2006-09)

Kenna Skepnek (2018-present)

Jocelyn Scroggins (1987-90)

Angela Serafini (2011-12)

Heather Sharp (1994)

Dawn Shuda (1986-87)

Vanessa Simmons (1991-95)

Mackenzie Slee (2017-present)

Erica Smith (1995-99)

Kathy Smith (1998-01)

Sandi Smith (1980-83)

Christa Soekamto (2009-11)

Candace Spicer (2000-03)

McKenna Stanley (2015-18)

Kelsey Stauffer (2006-08)

Alexandria Stokes (2014-16)

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)

Jordan Williams (2018)

Shannon Williams (1991)

Traci Wills (1991-94)

Tricia Wills (1992)

Elenor Wilson (1999-02)

Bryanna Wong (2007-10)

Tammy Wyatt (1993-94)





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The workforce is just that: a force. And it's one you'll meet head on at Southeast Missouri State. We'll help you find internships (that's plural on purpose) and coach you through any challenges or questions that come your way.



SET OUT AND JOIN IN.

Earn your wings early. Chew your way into campus history. Share your musical gift. Meet your new brothers or sisters. Whatever you do — whether it's joining a club or carrying on a tradition — just know that you won't do it alone (except the chewing part).

21

SOCIAL FRATERNITIES AND SORORITIES

Representing the IFC, Panhellenic and NPHC Councils. Many of them call Greek Hill home. 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.

Some of them, quite literally. For years, students have been making the trek up **Cardiac Hill** (a tradition in its own right) to add their chewing gum to our infamous **Gum Tree**.



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2019 GYMNASTICS SCHEDULE

Jan. 4 at Alabama 7:30 p.m.
vs. Northern Illinois
vs. Temple

Jan. 11 at Iowa 6:30 p.m.

Jan. 18 San Jose State 6:30 p.m.

Jan. 25 at Illinois State 7:00 p.m.

Feb. 8 Northern Illinois 6:30 p.m.

Feb. 15 vs. Lindenwood 2:00 p.m.
vs. Texas Woman's *The Family Arena*

Feb. 17 at Illinois-Chicago 2:00 p.m.

Feb. 24 at Ball State 12:00 p.m.
vs. Illinois State

March 1 Pennsylvania 6:30 p.m.

**March 10 STATE OF MISSOURI MEET
Show Me Center 1:00 p.m.
Missouri & Lindenwood**

March 16 at Arkansas 6:00 p.m.
vs. Lindenwood
vs. Texas Woman's

March 22 MIC Championships
Shreveport, La. 6:00 p.m.

April 6 NCAA Regional Championships
April 12-14 USAG Collegiate National Championships
Bridgeport, Conn.

Home Meets in **RED**/Held at Houck Field House unless otherwise noted. All times central and subject to change.
Top team listed for away meets is host team.

