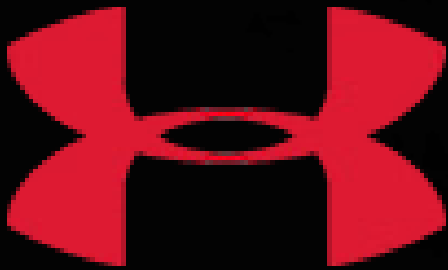


# YOUR REDHAWKS

2020 Gymnastics Media Guide



**#LETSSOAR**





**DO  
YOU  
HAVE  
THE  
WILL  
TO**

serve all  
community  
members?



**SOUTHEAST MISSOURI  
STATE UNIVERSITY • 1873**



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## Credits

The 2020 Southeast Missouri Women's Gymnastics Media Guide was written, edited and designed by Strategic Communications Graduate Assistant Eric Mueller. Additional assistance by Morgan Harding and Jeff Honza. Photography by Marc Mahnke, Charlie Balcom, Josh Russell, Keith Hente, Wade Event Photography, Eric Mueller, Clark Scott, Athlete's Eye Photography, Mark Black and Southeast Missouri Athletics.







# SOUTHEAST MISSOURI

ATION | MEDIA INFORMATION | MEDIA INFORMATION | MEDIA INFORMATION



## MEDIA INFORMATION

The 2020 Southeast Missouri women's gymnastics media guide is a source of information for the news media covering the Redhawks. News releases, clips, video footage, photographs and other information will also be available to accredited members of the media upon request.

### Strategic Communications

The Southeast Missouri Strategic Communications Office is always willing to assist the media with their coverage of Redhawk athletics. All media and credential requests should be made to Strategic Communications Graduate Assistant Eric Mueller. Should you need any information, feel free to call any time, day or night. Mueller can be reached at (573) 651-2937 (work) or (630) 267-5145 (mobile).

### Interview Policy

All of Southeast Missouri's student-athletes and coaches will be available to the media throughout the 2020 season. Interviews should be arranged through the Southeast Missouri Strategic Communications Office. In-person interviews will take place at the conclusion of the meet. Please let the Strategic Communications Office know if you plan to attend any practices. For interviews with opposing coaches and athletes, please make arrangements with the visiting media relations personnel before the end of the meet.

### Credentials

Credentials are required for entrance to the Houck Field House arena (for photographers). To request season or single-game credentials, please contact Eric Mueller in the Southeast Missouri Strategic Communications Office by phone at (573) 651-2937 or

email at [ejmueller@semo.edu](mailto:ejmueller@semo.edu). Credentials can be picked up at the ticket table at the entrance of Houck Field House or prior to competition day at the Southeast Athletic Administration building.

Southeast Missouri follows the guidelines set forth by the NCAA governing the issuance of credentials. Press Row credentials will be issued to accredited sports writers of daily and weekly newspapers. Photo and sideline passes will be issued to accredited members of the photo media working for newspapers and television stations.

All credential requests should come from sports editors, directors or anchors. Spouses, dates and minors will not be permitted on Press Row or the sidelines at Houck Field House. Any unauthorized use of credentials will result in revocation of credentials issued by Southeast Missouri State University and credential requests will not be honored for future SEMO athletic events.

### Press Row

The Houck Field House Press Row is reserved for working media only. Seating is assigned by the 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





## SOUTHEAST MISSOURI STRATEGIC COMMUNICATIONS

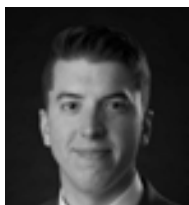
One University Plaza MS 0200  
Cape Girardeau, MO 63701  
Phone: (573) 651-2294 | Fax: (573) 651-2810



**Jeff Honza**  
Assistant AD  
(573) 651-2933  
(618) 528-1145 (cell)  
redhawk1@me.com/  
jhonza@semo.edu



**Morgan Harding**  
Assistant Director  
(573) 651-2294  
(812) 306-8322 (cell)  
mharding@semo.edu



**Charlie Balcom**  
Coordinator of Digital  
Media  
(513) 673-3220 (cell)  
cbalcom@semo.edu



**Eric Mueller**  
Graduate Assistant/  
Gymnastics Contact  
(573) 651-2937  
(630) 267-5145 (cell)  
ejmuel@semo.edu

### Redhawks on the Internet

Southeast Missouri's Official Athletics website can be found at the following address:

**GoSoutheast.com**

The website is updated daily and information on all 15 sports is available. Complete schedule, results, coaches and player bios and conference information can be accessed.

### Redhawks on ESPN+

The Ohio Valley Conference and ESPN reached an extension of their media rights agreement, which includes a minimum of 600 conference events on ESPN+, the recently launched multi-sport, direct-to-consumer subscription streaming service from The Walt Disney Company Direct-to-Consumer & International segment and ESPN. All of Southeast Missouri's home and select away contests will air live on ESPN+. ESPN+ is the first-ever multi-sport, direct-to-consumer subscription streaming service from The Walt Disney Company's Direct-to-Consumer and International division in partnership with ESPN. It offers fans thousands of additional live events, on-demand content and original programming not available on ESPN's linear TV or digital networks. ESPN+ is an integrated part of the completely redesigned ESPN App. Already the leading sports app, the new ESPN App is the premier all-in-one digital sports platform for fans across mobile and tv-connected devices. ESPN+ is also available through ESPN.com.

revoked.

### Press Row Services

The Houck Field House Press Row is equipped with wireless internet. A member of the Strategic Communications staff will provide login information.

### Photographers

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

### Live Results

StatBroadcast Live is the official live statistics platform of Southeast Missouri Athletics. Live results can be accessed at **Statb.us/I/SEMO**. Results will be available immediately following each meet. Meet notes, statistics, scorecards and other information will also be available to help with your coverage of Redhawks Gymnastics.

### Gymnastics Email List

If you would like to be added to the Redhawk Gymnastics email list to receive breaking news about the team, please email Eric Mueller.



**@GoSoutheast**  
**@SEMOgymnastics**



**@GoSoutheast**  
**@SEMOgymnastics**



**@GoSoutheast**  
**@SEMOgymnastics**



**SEMORedhawks**





# SOUTHEAST MISSOURI



## HOUCK FIELD HOUSE

**H**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 volleyball and gymnastics 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.



# GYMNASTICS

# #LETSSOAR

## General Information

School.....Southeast Missouri State  
Location .....Cape Girardeau, Mo.  
Founded ..... 1873  
Enrollment ..... 11,502  
Nickname ..... Redhawks  
Colors..... Red and Black  
Affiliation ..... NCAA Division I (FCS)  
Conference..... Ohio Valley  
President..... Dr. Carlos Vargas  
Director of Athletics.....Brady Barke  
Ticket Office Phone..... (573) 651-2113

## Facility Information

Home Facility ..... Houck Field House  
Capacity ..... 1,000

## Gymnastics History

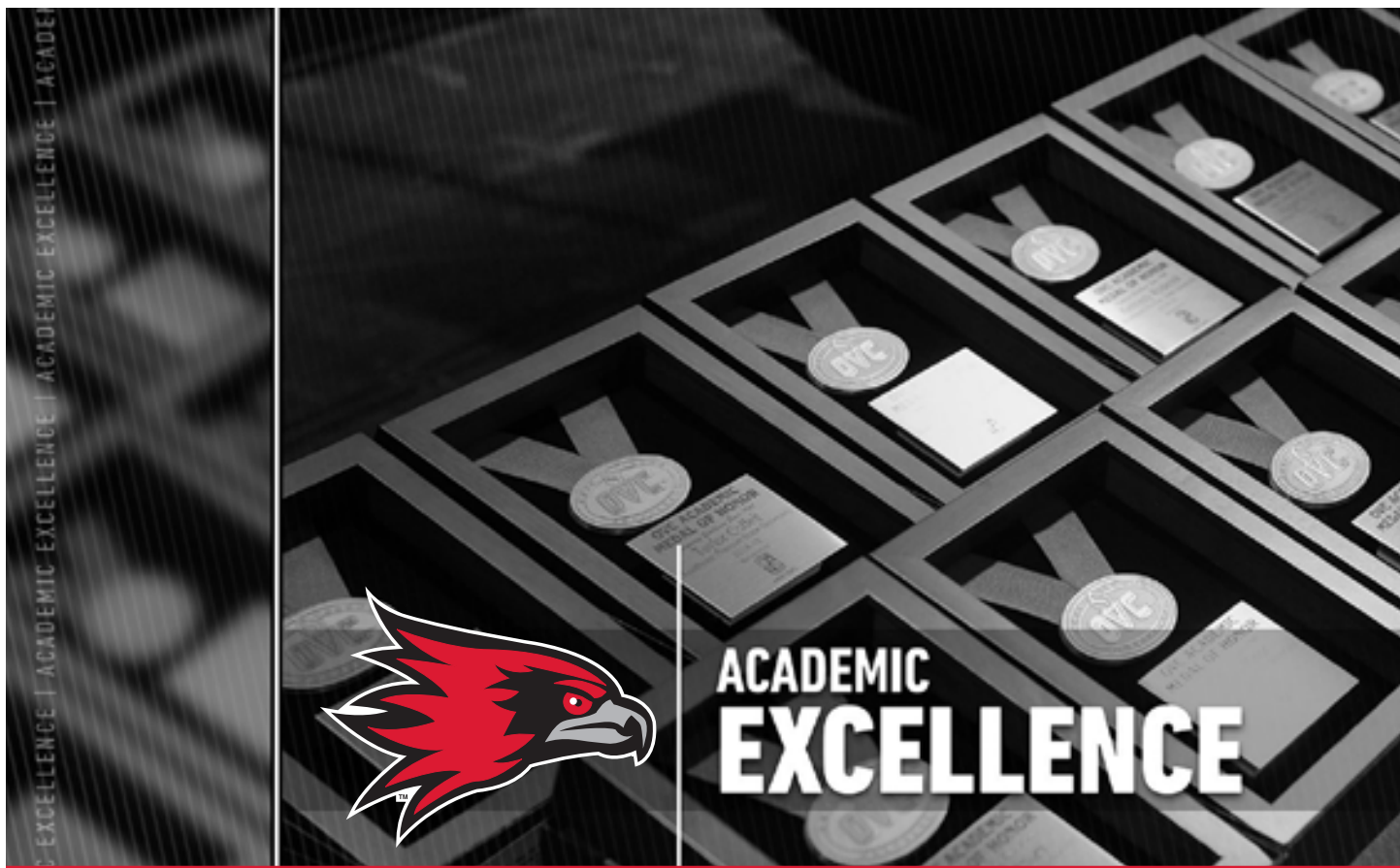
First Year of Gymnastics ..... 1976  
First Year at NCAA Division I ..... 1991  
All-Time Record ..... 631-455-1  
MIC Championship Titles/Last..... 4/2014







# SOUTHEAST MISSOURI



**T**he 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 SEMO student-athletes.

A total of 229 individuals achieved a 3.0 or higher grade point average during the 2018-19 academic year equating to 67.7 percent of the entire

student-athlete population. Forty-five of those student-athletes recorded perfect 4.0 GPAs.

The SEMO women's tennis team led the department with a 3.87 cumulative GPA and registered a 4.0 during the spring semester alone. Women's cross country (3.75), gymnastics (3.70), women's soccer (3.69), softball (3.67), women's track & field (3.62), volleyball (3.61), baseball (3.27), women's basketball (3.19) and men's cross country (3.16) followed as the other programs to post 3.16 or better GPAs.

During the spring semester, SEMO's Department of Athletics accumulated a 3.23 GPA. Women's tennis (4.0), softball (3.74), women's track & field (3.71), volleyball (3.68) and women's soccer (3.67) filled the top five GPAs over the

spring term. The 3.23 GPA was the Redhawks highest for any semester since 2014-15.

In all, 68 student-athletes received their degrees, including 18 in the fall and 50 in the spring.

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.





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

Redhawk gymnastics 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.





# SOUTHEAST MISSOURI



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

SEMO'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 SEMO'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.







**P**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 student-athletes on a daily basis.

SEMO 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 SEMO 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.

The SEMO Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient healthcare to its student-athletes.





# SOUTHEAST MISSOURI



PRESIDENT  
**DR. CARLOS VARGAS**

**D**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.

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.

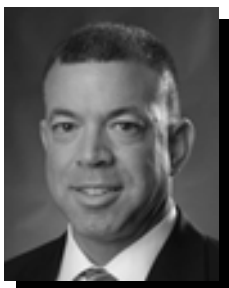
Dr. Vargas began his career in higher education at the National Autonomous University of Mexico (UNAM), from which he received a Bachelor of Science in physics.

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.

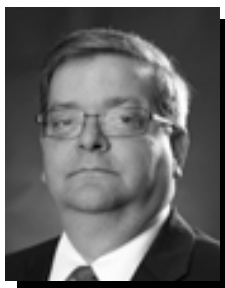


# **GYMNASTICS** **#LETSSOAR**

## **Southeast Missouri State Board of Regents**



**Edward P. Gargas**  
President



**Phillip M. Britt**



**James P. Limbaugh**



**Tina L. Klocke**



**Jay B. Knudtson**



**Dennis Vinson**



**Luke M. LeGrand**  
Student Representative







# SOUTHEAST MISSOURI



DIRECTOR OF ATHLETICS  
**BRADY BARKE**

**B**rady Barke is in his fourth 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 the 2018-19 season, the Redhawks finished fifth in the Ohio Valley Conference Commissioner's Cup standings, improving three spots from where they ranked the previous year. SEMO accumulated a total of 98.75 points in the overall scoring and was awarded 12.5 points for winning the softball OVC regular season and tournament titles. The Redhawks tacked on a combined 43 points between second-place finishes in women's cross country, women's outdoor track & field, football and men's outdoor track & field.

Academically, SEMO's athletic teams were once again strong in the classroom.

A total of 229 individuals achieved a 3.0 or higher grade point average during the 2018-19 academic year equating to 67.7 percent of the entire student-athlete population.

Forty-five of those student-athletes recorded perfect 4.0 GPAs. The women's tennis team led the athletics department with a 3.87 cumulative GPA and registered a perfect 4.0 in the spring semester. SEMO's 3.23 spring GPA was the department's highest in any semester over the last 10 years.

In all, 68 student-athletes received degrees, including 18 in the fall and 50 in the spring. Additionally, the women's cross country and volleyball programs earned NCAA Public Recognition awards based on their multiyear Academic Progress Rates for the fourth year in a row.

The upcoming 2019-20 campaign marks SEMO's second year with Under Armour. Barke reached a multi-year agreement with the Baltimore-based global leader

in performance footwear, apparel and equipment that made Under Armour the official outfitter of Southeast Missouri Athletics on July 1, 2018.

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

Most recently, renovations have been made to the nutrition area that serves as a fueling station for SEMO student-athletes at the Holcomb Success Center. Construction for a new hitting facility at Capaha Field is underway and scheduled to be completed by the start of the upcoming 2020 baseball season.

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 SEMO's season-opener.

On Feb. 3, 2017, SEMO 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 SEMO 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.

Fundraising continues to increase under Barke's leadership.

The 2018-19 campaign marked the fifth consecutive year of growth for the Redhawks Club general fund. It is the highest level of giving to the Redhawks Club general fund since 2003-04.

Barke also worked with donors to establish two new endowed scholarships for student-athletes and raised over \$60,000 to support the SEMO football program and

summer school scholarships.

More than \$250,000 in pledges for the Redhawks Club unrestricted booster fund has been raised with Barke as Director of Athletics. Over \$200,000 was raised in Sponsorship & Marketing contracts each of the last two years. The 2018-19 season was the fifth-consecutive year of Sponsorship and Marketing revenues.

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.

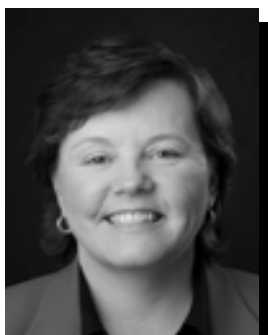
Barke has a juris doctorate degree from Southern Illinois University School of Law, an MBA from Southeast Missouri State University, and a bachelor of science degree in biology from Webster University. While a student at Webster, Barke was a member of both the basketball and golf teams and was inducted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

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





# SOUTHEAST MISSOURI



**Shannon Yates**

Associate Director of Athletics  
Senior Woman Administrator



**Nate Saverino**

Associate Director of Athletics  
External Affairs



**Robert Greim**

Assistant Director of Athletics  
Compliance



**Jeff Honza**

Assistant Director of Athletics  
Strategic Communications



**Liz Brucker**

Director of Business Operations



**Beth Easter**

Faculty Athletics  
Representative



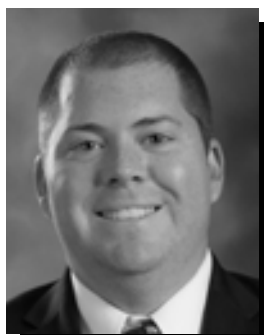
**Karen Gleeson**

Senior Administrative Assistant



**Kent Phillips**

Coordinator of Facilities &  
Event Management



**Phillip Lady**

Assistant Director of Athletics  
for Marketing & Engagement



**Morgan Harding**

Assistant Director of Strategic  
Communications



**Betsy Wilcox**

Coordinator of Student-Athlete  
Development



**Brooke Hengst**

Coordinator of Student-Athlete  
Development



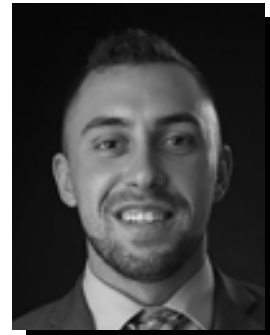
**Barb Kinsey**

Development



**Charlie Balcom**

Coordinator of Digital Media



**Jared Waldhoff**

Assistant Director of Compliance



**Ben Fox**

Co-Head Athletic Trainer



**Amanda Martin**

Co-Head Athletic Trainer



**Kristin Jones**

Assistant Athletic Trainer



**Holly Reynolds**

Assistant Athletic Trainer



**Andy Sawyers**

Head Baseball Coach



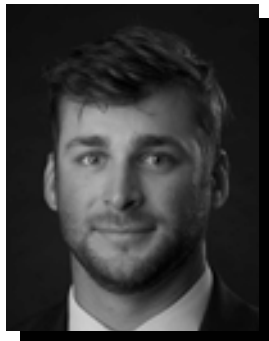


# GYMNASTICS

# #LETSSOAR



**Craig Ringe**  
Assistant Baseball Coach



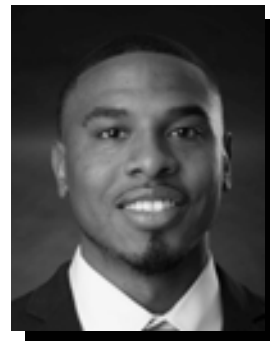
**Matthew Kinney**  
Assistant Baseball Coach



**Michael Cavazos**  
Volunteer Assistant  
Baseball Coach



**Rick Ray**  
Head Men's Basketball  
Coach



**Keith Pickens**  
Assistant Men's Basketball Coach



**Tarrance Crump**  
Assistant Men's Basketball Coach



**Jason Owens**  
Assistant Men's Basketball Coach



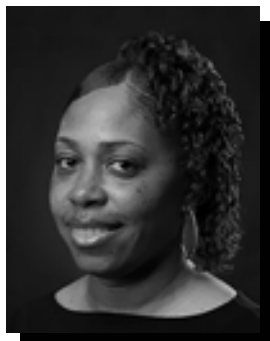
**Al Myers**  
Director of Men's Basketball  
Operations



**Rekha Patterson**  
Head Women's  
Basketball Coach



**Mike Geary**  
Associate Head Women's  
Basketball Coach



**Chanté Crutchfield**  
Assistant Women's  
Basketball Coach



**Sakellie Daniels**  
Assistant Women's  
Basketball Coach



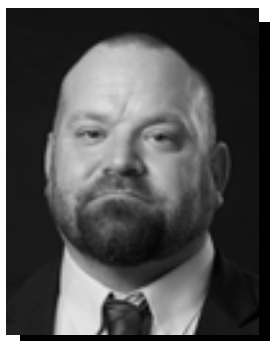
**Julie Yankus**  
Head Women's  
Volleyball Coach



**Loni Kreun**  
Assistant Women's  
Volleyball Coach



**Ryan Lane**  
Head Cross Country Coach  
Assistant Track & Field Coach



**Jason Zerbach**  
Strength & Conditioning



**Mark Redburn**  
Head Softball Coach



**Kristen Jones**  
Assistant Softball Coach



**Mary Beth Gunn**  
Head Women's Tennis  
Coach



**Eric Crumpecker**  
Head Track & Field Coach

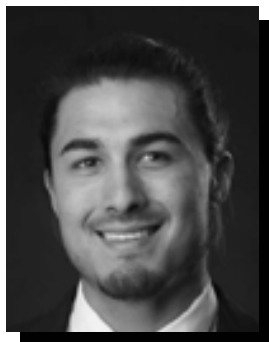




# SOUTHEAST MISSOURI



**Danielle Burbage**  
Assistant Track & Field Coach



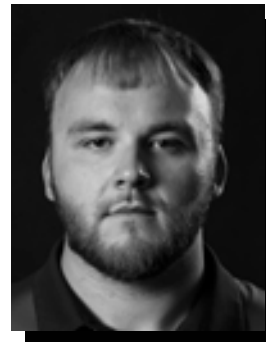
**Chris Navarro**  
Assistant Track & Field Coach



**Brian Robbett**  
Strength & Conditioning



**Tony Brutofsky**  
Strength & Conditioning



**Derek Van Blarcom**  
Graduate Assistant  
Strength & Conditioning



**Tatianna Parham**  
Sundancers Coach



**Billy Hoskins**  
Cheerleaders Coach



**Brian Davidson**  
Volunteer Assistant  
Soccer Coach



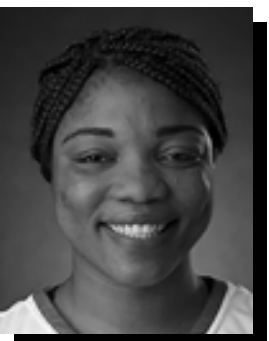
**Brittany Winborne**  
Graduate Assistant  
Academic Services



**Kindra Lierz**  
Graduate Assistant  
Women's Soccer



**Eric Mueller**  
Graduate Assistant  
Strategic Communications



**Losmie Lutaya**  
Graduate Assistant  
Women's Basketball



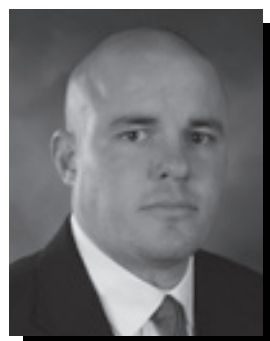
**Tom Matukewicz**  
Head Football  
Coach



**Bryce Saia**  
Assistant Football  
Coach



**Jeromy McDowell**  
Assistant Football  
Coach



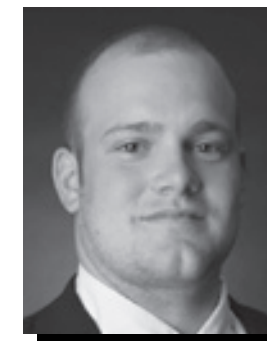
**Matt Martin**  
Assistant Football  
Coach



**Joe Uhls**  
Assistant Football  
Coach



**Ben Blake**  
Assistant Football  
Coach



**Tyler French**  
Assistant Football  
Coach

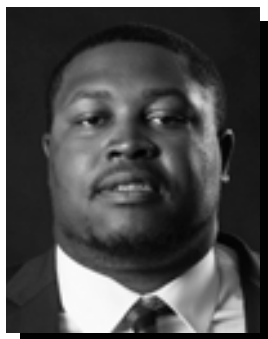


**Ray Smith**  
Assistant Football  
Coach

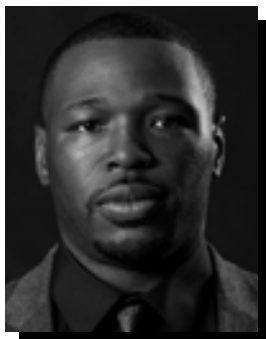




**Justin Drudik**  
Assistant Football  
Coach



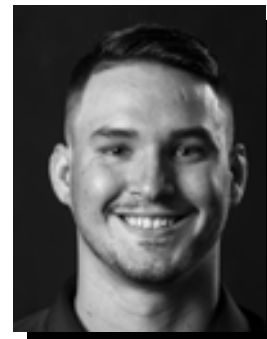
**Jerone Williams**  
Assistant Football  
Coach



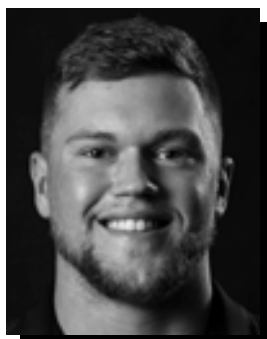
**Brandon Jackson**  
Assistant Football  
Coach



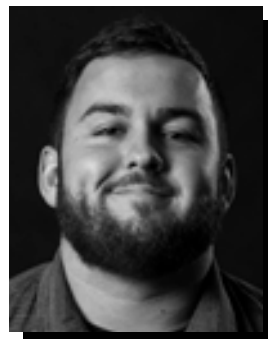
**Brett Blackman**  
Director of Football  
Operations



**Wyatt Compton**  
Assistant Football  
Coach



**Luke Berblinger**  
Assistant Football  
Coach



**Lucas Orchard**  
Student Assistant  
Football



**Charles Saulberry**  
Graduate Assistant  
Marketing & Promotions



**Emily Henson**  
Graduate Assistant  
Women's Tennis



**Nick Kuenneke**  
Graduate Assistant  
Facilities & Event Management

#### **Southeast Missouri State University Athletics Mission**

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.

#### **Our Commitment to Diversity and Cultural Competence**

Southeast Missouri State University Athletics strives to create an environment that fosters collaboration and facilitates an open exchange of the unique perspectives that each individual brings. These experiences will enrich the learning environment and better prepare our coaches, staff and student-athletes to make thoughtful contributions in our diverse society. Southeast Missouri State University prohibits all forms of discrimination on the basis of race, color, ethnicity, religion, national origin, sex, sexual orientation, gender identity, age, genetic information, disability, or protected veteran status. The Department of Athletics is dedicated to this guiding principle and is committed to attracting and retaining coaches and staff who reflect the diversity of our student-athlete population.





**DO  
YOU  
HAVE  
THE  
WILL  
TO**

**make a  
medical  
discovery?**



**SOUTHEAST MISSOURI  
STATE UNIVERSITY · 1873**



# SEASON PREVIEW

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# SEASON

**W**ith the 2019 campaign in the rearview mirror, Southeast Missouri women's gymnastics Head Coach **Ashley Lawson** has her sights set on the 45th season for the Redhawks.

In her second season at the helm of her alma mater, Lawson plans to build off last season's bright spots and utilize a multitude of new faces in the gym.

"This year we have depth, which is something our team was desperately lacking last year," Lawson said. "We have a goal of starting where we finished last year at the Midwest Independent Conference (MIC) Championship. We want to pick up where we left off and continue to grow each week, not only with our scores, but in confidence and determination to put SEMO back on the map."

Southeast posted a season-high team score of 190.275 at the 2019 MIC Championship in Shreveport, Louisiana, which ended the season on a high note.

Overall goals for the 2020 squad include staying healthy, having the expectation of hitting routines, totaling a team score of 190 or higher at each meet, winning four conference meets, finishing on the podium at the MIC Championship and qualifying for USA Gymnastics (USAG) Nationals.

"We have worked really hard in the preseason by intensifying our conditioning and putting our athletes in pressure situations earlier on," Lawson said. "We are confident this has helped boost their confidence and belief. We have expressed to them many times that the gymnastics piece is there. They are a very talented group, but they have to believe in themselves, and each other to put all the pieces together. Confidence and Unity were the two pieces of the puzzle missing last season, and we have dug deep and found them."

The 2020 Redhawks team features eight freshmen in **Catherine Costantini** (Centerton, Arkansas), **Mallory Desch** (Lenexa, Kansas), **Taylor Fishkin** (Manlius, New York), **Jordan Jones** (Buford, Georgia), **Molly Maxwell** (Milton,

Wisconsin), **Jolie Miller** (Aurora, Colorado), **Lindsey Moffitt** (Ferris, Texas) and **Dahlia Solorzano-Caruso** (Courtice, Ontario, Canada) who will all vie for lineup spots.

"Each member of this year's incoming class brings a different role and attribute to our team," Lawson said. "They have been the driving force in keeping our returners on their toes. The goal in bringing in classes is to find those athletes who push themselves, and their teammates to get better each day. We have found that in these eight student-athletes. In and out of the gym, they are holding each other accountable, pushing each other to be the best, and the best part is they have FAITH. They believed in this program and came even when we didn't have a great year [in 2019]. They chose to believe in the vision that we have in place at Southeast."

The addition of junior transfer **Ashley Albrecht** (Everett, Washington) from Illinois-Chicago adds a winning culture to Cape Girardeau. Albrecht who earned Second-Team All-MIC honors on floor last season, helped the #37-ranked Flames capture the 2019 MIC Championship and finish as USA Gymnastics National Runners-up.

"Ashley brings a wealth of experience and leadership coming from a championship program," Lawson said of Albrecht. "She has been instrumental in stepping up and letting our team know they are 'good' and have the ability to qualify to postseason championships. She has found her role as a silent leader, but when she speaks from her past experiences, our team listens."

On the other side of the coin, Southeast returns four gymnasts (three All-Americans) that qualified for the 2019 USA Gymnastics National Championships in **Gabrielle Adams** (Mesa, Arizona), **Alana Fischer** (Georgetown, Ontario, Canada), **Mackenzie Slee** (Lower Hutt, Wellington, New Zealand) and **Anna Kaziska** (Louisville, Kentucky).

"These four athletes are able to bring the experience piece to the puzzle," Lawson said. "They know what it is like to

be on a big stage and how fun it is. It's a whole new level of pressure and one that you have to rise to the occasion with. I think these athletes talking about their experience at the National Championship has led the rest of the team to want to participate and send our seniors off in style."

To say Kaziska had a good freshman season would be an understatement. Kaziska padded her bio with accolades like MIC Newcomer of the Year, NCAA Regional Qualifier, USAGs floor and beam runner-up and All-American in her inaugural collegiate season.

"Anna had an amazing breakout freshman year," Lawson said of Kaziska. "She has taken those experiences and really put in the work to continue to get better. She stayed over the summer and worked out, and is continually pushing herself to get better each day. I think it has also helped Anna having such a large freshman class come in. Anna is a gamer and does not want to lose her lineup spots. She has done the work, with some daily in gym competition, that I believe has only made her an even better competitor."

Lawson has also added a pair of new coaches ahead of the 2020 season in Jason Collins and Andavea Alexander. Collins will coach the bars team while Alexander will serve as the beam coach and team choreographer.

Collins was previously an assistant coach at Yale in 2019 and prior to that he served as the vice president, chief athletic officer and director of men's gymnastics, and was the women's elite team coach at EVO Athletics in Sarasota, Florida.

"Jason comes with an extensive gymnastics background," Lawson said of Collins. "He's been the driving force in redirecting the narrative and changing the team's outlook on bars. Bars has always been this program's arch nemesis for the last few years. Jason has instilled a vision that these athletes are good enough and the skills are there. They just have to want it and believe that they can do it."

Alexander was a standout gymnast





# PREVIEW

at Lindenwood who was a seven-time USA Gymnastics All-American and a seven-time All-MIC performer. She also helped Lindenwood win their fifth consecutive MIC Championship and third USA Gymnastics Collegiate National Championship in the last five years in 2019.

"Andy [Andavea] comes from a championship culture and from day one has expected nothing but that from these athletes," Lawson said of Alexander. "She has found her niche and is taking our beam team to new heights. Our floor routines are fun, and she's taken each athlete's personality and created their routines from it."

## VAULT

Vault was Southeast's strongest event in 2019 as the Redhawks averaged a 47.477 on the discipline.

Slee won the MIC Championship for the event with a 9.800 last season. Kaziska garnered Second Team MIC All-Conference laurels on the event. Adams, a 2018 First Team All-MIC performer, also returns on vault and has won two career individual event titles on the apparatus.

"This year's vault lineup has really stepped up its game," Lawson said. "We are excited to have more higher valued vaults this year than we did last year, and each vaulter in lineup compliments the next one up. That should continue to increase our team score on that event. I am really excited to see our athletes shine."

## UNEVEN BARS

SEMO will look to improve on bars this season after averaging 45.260 during the second rotation at duals.

With the addition of Collins to coach the event, Southeast will look to make strides on an event they have previously struggled on.

"The number one thing I KNOW we have improved on is confidence," Lawson said of bars. "We have the high flying releases and 10.0 start values, but the extra piece to take us to the next level is there this year. We also have depth which is something we

lacked last year. We have bodies on this event and are hopeful that we won't have to pull any athletes out of retirement on the event to field a lineup."

## BALANCE BEAM

In 2019, the Redhawks compiled an average beam score of 47.281. Southeast posted a season-high mark of 48.100 against Pennsylvania in its penultimate home meet in 2019.

Alexander takes over the coaching responsibilities for a squad that returns Kaziska who finished as the runner-up on the event at USAGs.

"Our beam team is fierce," Lawson said. "They are fighters and have not wavered when the pressure is on. Each athlete's beam routine is unique and different. All of our athletes have a start value of 10.0 and we have lots of depth on the event. This is instrumental when needing to rest bodies toward the end of the season."

## FLOOR EXERCISE

Floor was Southeast's second-best event in 2019 as the lineup averaged 47.308. The Redhawks posted five scores of 48.000 or higher including a season-high 48.425 at home against San Jose State.

Kaziska finished second on the event at both the MIC Championship and at USAGs while also representing SEMO at the NCAA Baton Rouge Regional on the discipline in 2019. Slee also earned Second-Team MIC All-Conference accolades for floor.

"This event will be fun and exciting," Lawson said of floor in 2020. "We have some really amazing floor routines that play to each athlete's personality. The difficulty in this year's routines is much greater than last year, but the excitement around each routine is amazing. Make sure you're paying attention to our athletes on the sideline as they will be telling the crowd when to scream S-E M-O."

## ALL-AROUND

Kaziska competed in the all-around competition in every meet in 2019 and was one of four Redhawks to hold the distinction. She grabbed three all-around titles last season including at Iowa of the Big Ten and against Northern Illinois and Pennsylvania.

"Anna will continue to be a consistent competitor for the all-around contingency," Lawson said. "Freshmen Dahlia Solorzano-Caruso and Molly Maxwell have shown to be all-around competitors too. I'm looking forward to the fight and battle each week of composing the best lineups for the best team score."

## SCHEDULE

The Redhawks will host three home meets in 2020 at Houck Field House against Midwest Independent Conference opponents Illinois State, Lindenwood and Centenary.

"I am extremely excited with the lineup we have for this year's meet schedule," Lawson said. "We are starting our season off at the University of Missouri and going full speed for the month of January. We're looking forward to competing against schools from the SEC (Southeastern Conference), Big 10, MAC (Mid-American Conference) and the MIC, in addition to an exciting trip to Anchorage to compete against the University of Alaska. Although we only have three home meets, we have scheduled them against our conference opponents, to help us gear up for the MIC Championship in March."

Southeast will start the 2020 campaign in Columbia, Missouri, on Saturday, January 4 at 4 p.m. with a tri meet against the Southeastern Conference's Missouri and Illinois of the Big 10.

## #LETSSOAR





Name	Ht.	Class	Hometown	Club	Major
Gabrielle Adams	5-1	Jr.	Mesa, Ariz.	Gold Medal Gymnastics	Chemistry: Biochemistry
Ashley Albrecht	5-5	Jr.	Everett, Wash.	Leading Edge Gymnastics Academy (LEGA)	Health Management: Exercise Science
Lindsey Bates	5-6	Jr.	Oviedo, Fla.	Brandy Johnson's Global Gymnastics	General Health Sciences
Kendra Benak	5-3	Sr.	Traverse City, Mich.	Grand Traverse Bay Gymnastics	Art (BFA)
Catherine Costantini	5-6	Fr.	Centerton, Ark.	Aspire Gymnastics Academy	Political Science
Megan Dennis	5-4	Sr.	Lewisville, Texas	Denton Gymnastics Academy	Finance, Accounting
Mallory Desch	5-4	Fr.	Lenexa, Kan.	Great American Gymnastics Express (GAGE)	Nursing
Alana Fischer	5-0	Jr.	Ontario, Canada	Manjak's Gymnastics	Communication Disorders
Taylor Fishkin	5-2	Fr.	Manlius, N.Y.	CNY Gym Centre	Biology: Pre-Physician Assistant
Jordan Jones	5-5	Fr.	Buford, Ga.	Georgia Gymnastics Academy	Biology: Biomedical Sciences
Anna Kaziska	5-0	So.	Louisville, Ky.	Champions Gymnastics	Medical Laboratory Science
Makenzie Marciniak	5-4	So.	Nixa, Mo.	Missouri Valley Gymnastics	Health Management: Exercise Science
Molly Maxwell	5-2	Fr.	Milton, Wis.	Madtown Twisters	Human Environmental Studies: Dietetics
Jolie Miller	5-6	Fr.	Aurora, Colo.	Adrenaline Gymnastics Academy	Pre-Physical Therapy/Occupational Therapy
Lindsey Moffitt	5-2	Fr.	Ferris, Texas	Texas Dreams Gymnastics	Business Administration, Marketing
Michael Sanders	5-0	Jr.	St. Simons Island, Ga.	Starlight Gymnastics	Biology: Biomedical Sciences
Kenna Skepnek	5-4	Sr.	Algonquin, Ill.	Legacy Elite Gymnastics	Health Management: Exercise Science
Mackenzie Slee	5-1	Sr.	Wellington, New Zealand	Christchurch School of Gymnastics	Chemistry: ACS Certified
Dahlia Solorzano-Caruso	4-11	Fr.	Ontario, Canada	Galaxy Gymnastics	Art (BFA)

### Coaching Staff

Head Coach:

Ashley Lawson (Second Season | Southeast Missouri, 2005)

Assistant Coach:

Jason Collins (First Season | Juilliard School)

Volunteer Assistant Coach:

Andavea Alexander (First Season | Lindenwood, 2019)

Athletic Trainer:

Holly Reynolds (Sixth Season | Southeast Missouri)







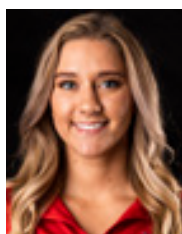
**GABRIELLE  
ADAMS**

5-1 • Junior  
Mesa, Ariz.



**ASHLEY  
ALBRECHT**

5-5 • Junior  
Everett, Wash.



**LINDSEY  
BATES**

5-6 • Junior  
Oviedo, Fla.



**KENDRA  
BENAK**

5-3 • Senior  
Traverse City, Mich.



**CATHERINE  
COSTANTINI**

5-6 • Freshman  
Centerton, Ark.



**MEGAN  
DENNIS**

5-4 • Senior  
Lewisville, Texas



**MALLORY  
DESCH**

5-4 • Freshman  
Lenexa, Kan.



**ALANA  
FISCHER**

5-0 • Junior  
Georgetown,  
Ontario, Canada



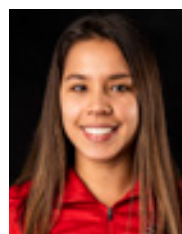
**TAYLOR  
FISHKIN**

5-2 • Freshman  
Manlius, N.Y.



**JORDAN  
JONES**

5-5 • Freshman  
Buford, Ga.



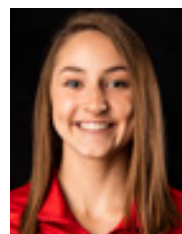
**ANNA  
KAZISKA**

5-0 • Sophomore  
Louisville, Ky.



**MAKENZIE  
MARCINIAK**

5-4 • Sophomore  
Nixa, Mo.



**MOLLY  
MAXWELL**

5-2 • Freshman  
Milton, Wis.



**JOLIE  
MILLER**

5-6 • Freshman  
Aurora, Colo.



**LINDSEY  
MOFFITT**

5-2 • Freshman  
Ferris, Texas



**MICHAEL  
SANDERS**

5-0 • Junior  
St. Simons Island, Ga.



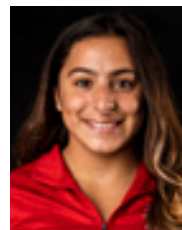
**KENNA  
SKEPNEK**

5-4 • Senior  
Algonquin, Ill.



**MAKENZIE  
SLEE**

5-1 • Senior  
Lower Hutt,  
Wellington, New Zealand



**DAHLIA  
SOLORZANO-  
CARUSO**

4-11 • Freshman  
Courtice, Ontario, Canada



**ASHLEY  
LAWSON**

Head Coach  
Second Season



**JASON  
COLLINS**

Assistant Coach  
First Season



**ANDAVEA  
ALEXANDER**

Volunteer  
Assistant Coach  
First Season



**HOLLY  
REYNOLDS**

Athletic Trainer  
Sixth Season







# SOUTHEAST MISSOURI

## SENIORS



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

## JUNIORS



**L-R:** Gabrielle Adams, Alana Fischer, Michael Sanders, Ashley Albrecht and Lindsey Bates

## SOPHOMORES



**L-R:** Makenzie Marciniak and Anna Kaziska

## FRESHMEN



**L-R:** Dahlia Solorzano-Caruso, Lindsey Moffitt, Jordan Jones, Taylor Fishkin, Molly Maxwell, Mallory Desch, Catherine Costantini and Jolie Miller



## / 2020 ROSTER

Name	Ht.	Class	Hometown / Previous School
Gabrielle Adams	5-1	Jr.	Mesa, Ariz. / Red Mountain HS
Ashley Albrecht	5-5	Jr.	Everett, Wash. / Cascade HS
Lindsey Bates	5-6	Jr.	Oviedo, Fla. / Hagerty HS
Kendra Benak	5-3	Sr.	Traverse City, Mich. / Traverse City Central HS
Catherine Costantini	5-6	Fr.	Centerton, Ark. / Seton Home Study School
Megan Dennis	5-4	Sr.	Lewisville, Texas / Lewisville HS
Mallory Desch	5-4	Fr.	Lenexa, Kan. / Saint Thomas Aquinas HS
Alana Fischer	5-0	Jr.	Georgetown, Ontario, Canada / Silverthorn Collegiate Institute
Taylor Fishkin	5-2	Fr.	Manlius, N.Y. / Fayetteville-Manlius HS
Jordan Jones	5-5	Fr.	Buford, Ga. / Mill Creek HS
Anna Kaziska	5-0	So.	Louisville, Ky. / Fern Creek HS
Makenzie Marciniak	5-4	So.	Nixa, Mo. / Homeschooled
Molly Maxwell	5-2	Fr.	Milton, Wis. / Milton HS
Jolie Miller	5-6	Fr.	Aurora, Colo. / Cherokee Trail HS
Lindsey Moffitt	5-2	Fr.	Ferris, Texas / Laurel Springs School Online
Michael Sanders	5-0	Jr.	St. Simons Island, Ga. / Glynn Academy
Kenna Skepnek	5-4	Sr.	Algonquin, Ill. / Jacobs HS
Mackenzie Slee	5-1	Sr.	Lower Hutt, Wellington, New Zealand
Dahlia Solorzano-Caruso	4-11	Fr.	Courtice, Ontario, Canada / Holy Trinity Catholic Secondary

Name	Ht.	Class	Club
Gabrielle Adams	5-1	Jr.	Gold Medal Gymnastics
Ashley Albrecht	5-5	Jr.	Leading Edge Gymnastics Academy (LEGA)
Lindsey Bates	5-6	Jr.	Brandy Johnson's Global Gymnastics
Kendra Benak	5-3	Sr.	Grand Traverse Bay Gymnastics
Catherine Costantini	5-6	Fr.	Aspire Gymnastics Academy
Megan Dennis	5-4	Sr.	Denton Gymnastics Academy
Mallory Desch	5-4	Fr.	Great American Gymnastics Express (GAGE)
Alana Fischer	5-0	Jr.	Manjak's Gymnastics
Taylor Fishkin	5-2	Fr.	CNY Gym Centre
Jordan Jones	5-5	Fr.	Georgia Gymnastics Academy
Anna Kaziska	5-0	So.	Champions Gymnastics
Makenzie Marciniak	5-4	So.	Missouri Valley Gymnastics
Molly Maxwell	5-2	Fr.	Madtown Twisters
Jolie Miller	5-6	Fr.	Adrenaline Gymnastics Academy
Lindsey Moffitt	5-2	Fr.	Texas Dreams Gymnastics
Michael Sanders	5-0	Jr.	Starlight Gymnastics
Kenna Skepnek	5-4	Sr.	Legacy Elite Gymnastics
Mackenzie Slee	5-1	Sr.	Christchurch School of Gymnastics
Dahlia Solorzano-Caruso	4-11	Fr.	Galaxy Gymnastics

### Head Coach:

Ashley Lawson (Second Season | Southeast Missouri, 2005)

### Assistant Coach:

Jason Collins (First Season | Juilliard School)

### Volunteer Assistant Coach:

Andavea Alexander (First Season | Lindenwood, 2019)

### Athletic Trainer:

Holly Reynolds (Sixth Season | Southeast Missouri)

### PRONUNCIATION GUIDE

Kendra Benak ..... Ben-Ack  
 Kenna Skepnek ..... Skep-neck  
 Ashley Albrecht ..... ALL-BREK  
 Catherine Costantini ..... COZ-TAN-Tini  
 Alana Fischer ..... Atlanta without the T  
 Anna Kaziska ..... Ka-zis-ka  
 Makenzie Marciniak ..... Mar-Sin-EAK  
 Dahlia Solorzano-Caruso ..... dal-ya  
 So-LOR-Zano Caruso

### ROSTER BREAKDOWN

Total Squad Members ..... 19  
 Seniors ..... 4  
 Juniors ..... 5  
 Sophomores ..... 2  
 Freshman ..... 8  
 Returners ..... 10  
 Newcomers ..... 9

### BREAKDOWN BY STATE

Arizona ..... 1  
 Arkansas ..... 1  
 Colorado ..... 1  
 Florida ..... 1  
 Georgia ..... 2  
 Illinois ..... 2  
 Kansas ..... 1  
 Kentucky ..... 1  
 Michigan ..... 1  
 Missouri ..... 1  
 New York ..... 1  
 Texas ..... 2  
 Wisconsin ..... 1

### International

Canada ..... 2  
 New Zealand ..... 1





# SOUTHEAST MISSOURI

## / 2020 SCHEDULE

Date	Day	Opponent	Time	Location
Jan. 4	Saturday	at Missouri vs. Illinois	4 p.m.	Columbia, Mo.
Jan. 10	Friday	at Alaska-Anchorage vs. Wisconsin-Eau Claire	10 p.m.	Anchorage, Alaska
Jan. 12	Sunday	at Alaska-Anchorage	5 p.m.	Anchorage, Alaska
Jan. 17	Friday	at Illinois State	7 p.m.	Normal, Ill.
Jan. 26	Sunday	at Ball State vs. Bowling Green vs. Wisconsin-La Crosse	12 p.m.	Muncie, Ind.
<b>Jan. 31</b>	<b>Friday</b>	<b>Illinois State</b>	<b>6:30 p.m.</b>	<b>Cape Girardeau, Mo.</b>
<b>Feb. 7</b>	<b>Friday</b>	<b>Lindenwood</b>	<b>5:30 p.m.</b>	<b>Cape Girardeau, Mo.</b>
Feb. 14	Friday	vs. Centenary vs. Seattle Pacific vs. Bridgeport	2 p.m.	St. Charles, Mo. The Family Arena
Feb. 28	Friday	vs. Northern Illinois	7 p.m.	Lebanon, Tenn.
March 1	Sunday	at Centenary	TBA	Shreveport, La.
March 6	Friday	at Lindenwood vs. Air Force	6 p.m.	St. Charles, Mo.
<b>March 13</b>	<b>Friday</b>	<b>Centenary</b>	<b>6:30 p.m.</b>	<b>Cape Girardeau, Mo.</b>
March 20	Friday	MIC Championships	6 p.m.	Normal, Ill.
April 3	Friday	NCAA Regional Championships	TBD	TBD
April 10-12	(Fri.-Sun.)	USAG Collegiate National Championships	TBD	Ithaca, N.Y.

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.





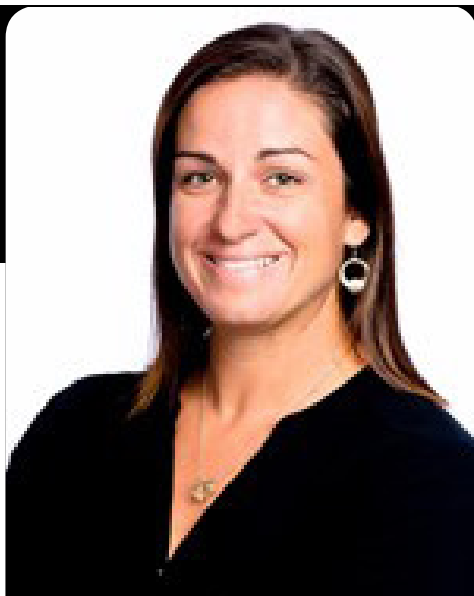
# GYMNASTICS

# #LETSSOAR



# COACHES





# ASHLEY LAWSON

**A**shley Lawson enters her second season as the Head Coach of the Southeast Missouri Women's Gymnastics Team. Lawson coaches the vault and floor teams.

In her first season at the helm, Lawson prided herself on changing the culture and stressing the importance of The Team.

In 2019, Lawson coached freshman standout Anna Kaziska who was named MIC Newcomer of the Year and All-American (all-around, beam, floor and bars) after she was the runner-up on beam and floor at the 2019 USA Gymnastics Women's Collegiate National Championships. Kaziska also represented Southeast at the NCAA Baton Rouge Regional.

Lawson also helped four Redhawks qualify for the 2019 USA Gymnastics Women's Collegiate National Championships including All-Americans Mackenzie Slee, Gabrielle Adams and Kaziska. Slee was also crowned the MIC Vault Champion at the conference meet.

In the classroom, Southeast ranked 13th overall for team grade-point averages (GPAs) in the Women's Collegiate Gymnastics Association (WCGA) after they registered a 3.67 GPA during the spring and had a cumulative GPA of 3.65 for the 2018-19 academic year. Eleven members of the 2019 Redhawks team earned WCGA Scholastic All-America Awards.

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.

She 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.

Lawson was a MIC Champion four times in her career, winning the uneven bars in 2002 and the balance beam, floor exercise and all-around in 2003. She was an NCAA Regional qualifier in the all-around each of her final three seasons at SEMO (2002, 2003, 2004). Lawson's highest NCAA Regional finish was an 11th-place showing in 2002.

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 was selected to Southeast's 2019 Hall of Fame Class and will be inducted during the school's Hall of Fame Ceremony on Feb. 7, 2020 at the Show Me Center.

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





# JASON COLLINS

**J**ason Collins enter his first season as an assistant coach for the Redhawks gymnastics team and coaches the Southeast bars team.

Collins was named an assistant coach for the team in July after spending a season as an Assistant Coach at Yale. While a member of the gymnastics staff at Yale, Collins helped the Bulldogs earn their second consecutive Ivy Classic Championship.

Prior to Yale, Collins was the vice president, chief athletic officer and director of men's gymnastics, and women's elite team coach at EVO Athletics in Sarasota, Florida.

Collins began his coaching career at the age of 15 in South Carolina. After high school, he attended the Juilliard School in New York, where he obtained his Bachelor's of voice, and the Curtis Institute of Music in Philadelphia, Pennsylvania, for his Master's in opera performance.

His first career as a professional opera singer and classical musician proved highly successful as he traveled the globe, singing in front of crowds as large as 80,000 people in the most prestigious halls such as the Kennedy Center, La Scala and Lincoln Center and cities such as Bologna, Chicago, San Francisco, Seattle and Tel Aviv.

Additionally, Collins has several recordings. Notable, is "The Good Soldier Schweik," which was listed in the New York Post as one of Ruth Bader Ginsberg's "Top 10 Opera Recordings" and nominated for Best New Opera by the Cannes Music Festival. Collins has appeared all over the U.S. in opera companies such as the Pittsburgh Opera, Opera Company of Philadelphia, Seattle Opera, Glimmerglass Opera, Michigan Opera Theater, Chicago Opera Theater, Bard Music Festival, Arizona Opera and Ft. Worth Opera.

He came back to gymnastics later in life with a passion for the artistic side of the sport, a passion that was spurred by his formal training at Juilliard and The Curtis Institute. As a coach, Collins has developed numerous National Champions for both USA Gymnastics (USAG) Men's and Women's National programs, Carolina Gymnastics Center, the Sarasota YMCA, South Florida Gymnastics, EVO Gymnastics and World Champions Centre.

He was awarded 2015 USAG Coach of the Year for the state of Florida and served as a coach for the United States Olympic Developmental teams at the state, regional, national and international levels from 2015-2018. Collins has been honored to coach the last four years alongside partner and friend Aimee Boorman, three-time Worlds Coach and Head Olympic Coach in Rio 2016. Both coached Olympic and current world champion Simone Biles at the World Champions Centre in Spring, Texas.

#LETSSOAR







# ANDAVEA ALEXANDER

**A**ndavea Alexander enters her first season as the Volunteer Assistant for the Southeast women's gymnastics team. Alexander is the Redhawks beam coach and choreographer.

Alexander comes to Southeast after a standout gymnastics career at Lindenwood in St. Charles, Missouri. At Lindenwood, she was a member of the bars, beam and floor lineups. As a Lion, she was coached by current Redhawks head coach Ashley Lawson who was an assistant on the team in 2018.

Alexander helped Lindenwood win their fifth consecutive Midwest Independent Conference Championship and third USA Gymnastics Collegiate National Championship in the last five years in 2019. She also competed with Lindenwood, a Division II program, in the school's first ever NCAA Regional..

Individually, she is a seven-time USA Gymnastics All-American and a seven-time All-MIC performer. In 2018, Alexander captured the MIC bars championship with a mark of 9.850.

Academically, she is a four-time MIC Scholar Athlete and a three-time USA Gymnastics Scholar-Athlete.

Alexander graduated from Lindenwood in 2019 with a Bachelor's of Science in Athletic Training.

A Carrollton, Georgia native, Alexander was a member of the Carrollton Gymnastics club.



## #LETSSOAR





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# STUDENT- ATHLETE PROFILES



# MACKENZIE SLEE

**SENIOR • 5-1**

**LOWER HUTT, WELLINGTON, NEW ZEALAND**

**CHRISTCHURCH SCHOOL OF GYMNASTICS**

## HONORS & AWARDS

2019 First Team All-American (Vault)  
2019 MIC Vault Champion  
2019 First Team MIC (Vault)  
2019 MIC Scholar-Athlete  
2019 OVC Commissioner's Honor Roll  
2018 MIC Scholar-Athlete  
2018 OVC Commissioner's Honor Roll

### 2019 – Junior

Appeared in all 12 meets including nine meets as an all-arounder...Posted 14 scores of 9.700 or higher...Crowned the 2019 MIC Vault Champion at the conference Championships (3/22) in Shreveport, Louisiana, with a career best 9.825 to earn First Team MIC All-Conference honors...Recorded a season-high beam score of 9.725 at Ball State's Tri Meet (2/24) with Illinois State...Notched a career-best floor routine of 9.825 against Arkansas, Texas Woman's and Lindenwood (3/16)...Totaled a personal-high all-around mark of 38.425 at the MIC Championships (3/22)...Named a First Team All-American on vault after she notched a 9.650 (eighth) at the 2019 USA Gymnastics Women's Collegiate National Championships (4/14) individual event finals...Was fourth in the 2019 USA Gymnastics Team Semifinal #1 (4/12) with 9.775 to advance to the individual event finals...Also had a floor score of 9.550 (22nd)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

### 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.

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**MACKENZIE**  
**SLEE**



# MEGAN DENNIS

SENIOR • 5-4

LEWISVILLE, TEXAS

LEWISVILLE HS

DENTON GYMNASTICS ACADEMY

## 2018 – Junior

Appeared in one meet before a season-ending injury...Posted a 9.000 on bars and a 9.375 on beam in the season-opening quad meet at Alabama with Temple and Northern Illinois (1/4)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

## 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)...Totalled 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

2019 MIC Scholar-Athlete

2019 OVC Commissioner's Honor Roll

2018 USAG Qualifier

2018 USAG All-America Scholar-Athlete

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

2017 MIC Scholastic All-Conference Team

# #LETSSOAR







**MEGAN**  
**DENNIS**





# KENNA SKEPNEK

SENIOR • 5-4

ALGONQUIN, ILL.

JACOBS HS

LEGACY ELITE GYMNASTICS

## 2019 – Junior

Appeared in three meets before suffering a season-ending injury...Recorded a career-best floor routine of 9.750 against San Jose State (1/18)...Named to the OVC Commissioner's Honor Roll.

## 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

2019 OVC Commissioner's Honor Roll

2018 SEMO Most Improved Gymnast

2018 MIC Scholar-Athlete

2018 OVC Commissioner's Honor Roll

# #LETSSOAR





**KENNA**  
**SKEPNEK**



# KENDRA BENAK

SENIOR • 5-3

TRAVERSE CITY, MICH.

TRAVERSE CITY CENTRAL HS

GRAND TRAVERSE BAY GYMNASTICS

## 2018 – Junior

Appeared in all 12 meets, competing on bars... Recorded a career high of 9.525 in back-to-back weeks at Illinois State (1/25) and then at home against Northern Illinois (2/8)...Named MIC Scholar-Athlete...Named to the OVC Commissioner's Honor Roll.

## 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

2019 MIC Scholar-Athlete

2019 OVC Commissioner's Honor Roll

2018 MIC Scholar-Athlete

2017 MIC Scholastic All-Conference team

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**KENDRA**  
**BENAK**



# GABRIELLE ADAMS

**JUNIOR • 5-1**

**MESA, ARIZ.**

**RED MOUNTAIN HS**

**GOLD MEDAL GYMNASTICS**

## 2019 – Sophomore

Appeared in all 12 meets...Notched seven scores of 9.700 or higher in 2019...Recorded a season high of 9.725 on floor versus San Jose State (1/18)...Also, won the vault title at that home dual with a score of 9.775...Matched her career-best vault mark of 9.800 at the State of Missouri Meet (3/10) with Mizzou and Lindenwood...Has now compiled four career high marks of 9.800 at Southeast...Posted a career high of 9.625 on beam against Northern Illinois (2/18)...Competed on vault at the 2019 USA Gymnastics First Team Semifinal (4/12), registering a 9.750 to tie for eighth and secure Second Team All-American honors.

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

2019 Second Team All-American (Vault)

2018 USAG Qualifier

2018 First Team All-MIC (Vault)

2018 MIC Scholar-Athlete

MIC Newcomer of the Week (2/21/18)

## 2018 – Freshman

Appeared in 12 meets, competing in 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

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**GABRIELLE**  
**ADAMS**





# ALANA FISCHER

**JUNIOR • 5-0**

**GEORGETOWN, ONTARIO, CANADA**

**SILVERTHORN COLLEGIATE INSTITUTE**

**MANJAK'S GYMNASTICS**

## HONORS & AWARDS

*2019 USAG Qualifier*

*2019 MIC Scholar-Athlete*

*2018 USAG Qualifier*

*2018 MIC Scholar-Athlete*

*2018 OVC Commissioner's Honor Roll*

### 2019 – Sophomore

Appeared in all 12 meets...Competed as an all-arounder in eight meets and at the first 2019 USA Gymnastics Team Semifinal...

Posted a personal high 9.675 on floor against Pennsylvania (3/1)...Recorded career bests on vault (9.700) and in the all-around (38.625) at the State of Missouri Meet (3/10) with Mizzou and Lindenwood...Also had season highs of 9.700 on vault and 9.675 on bars at the State of Missouri Meet...Totaled scores of 37.925 (all-around, seventh), 9.425 (vault, 27th), 9.675 (bars, t-12th), 9.675 (beam, t-20th) and 9.150 (floor, t-27th) at the 2019 USA Gymnastics Team Semifinal (4/12)...Tabbed MIC Scholar-Athlete...Competed for Team Canada at the 2019 FISU Summer Universiade in Naples, Italy...Finished fourth in the women's artistic gymnastics team event with teammates Denelle Pedrick and Jessica Dowling, totaling a team score of 97.700.

### 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

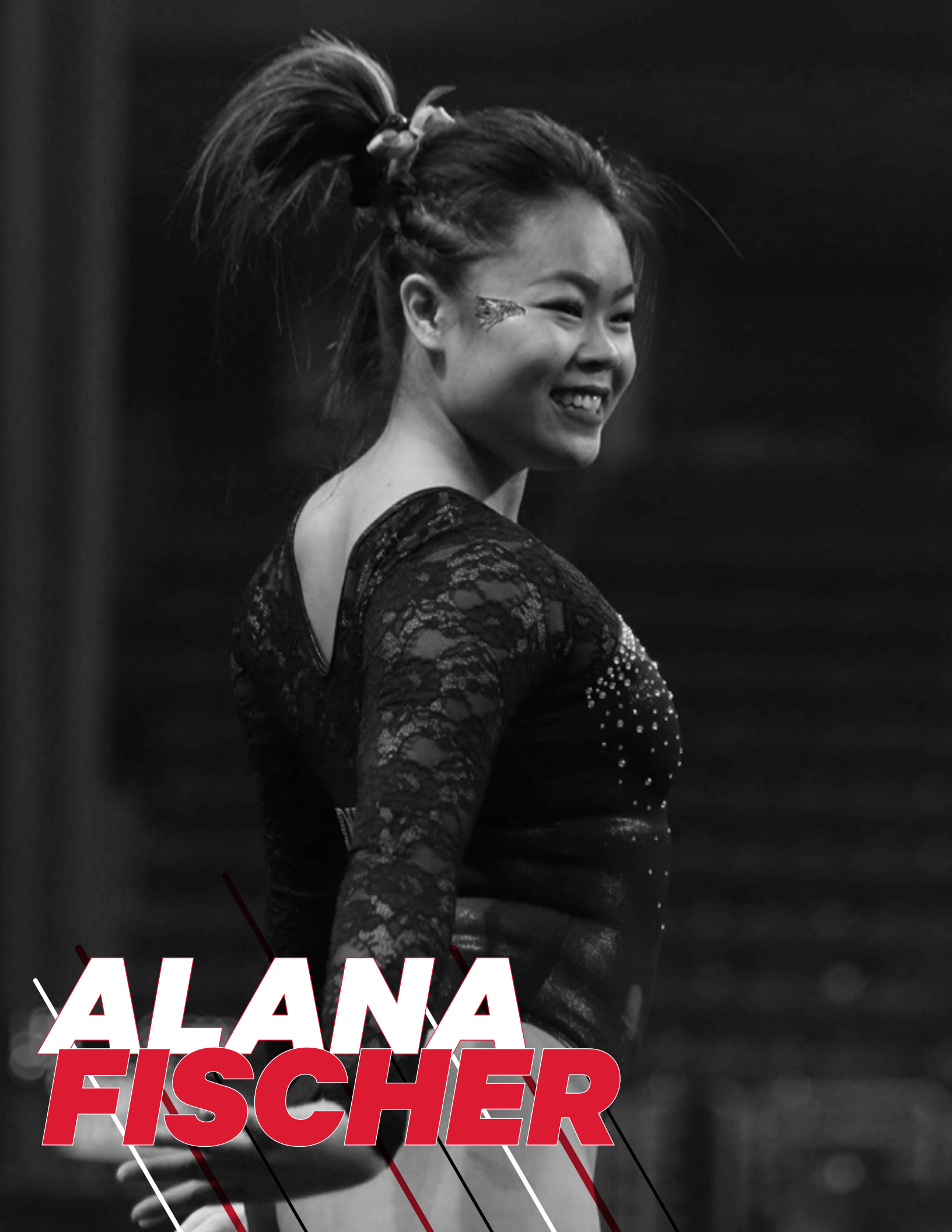
Placed fourth in the all-around at the Ontario Provincial Championships in 2017...Vault and floor second place finalist as a senior...Placed 15th in the all-around and seventh on bars at Canadian National Championships...Finished eighth in the all-around at the Ontario Provincial Championships as a junior...Placed 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.

#LETSSOAR





**ALANA**  
**FISCHER**



# LINDSEY BATES

**JUNIOR • 5-6**

**OVIEDO, FLA.**

**HAGERTY HS**

**BRANDY JOHNSON'S GLOBAL GYMNASTICS**

## **2019 – Sophomore**

Competed in one meet before suffering a season-ending injury...Recorded a 9.650 on bars in the season-opening quad meet at Alabama with Temple and Northern Illinois (1/4)...Named MIC Scholar-Athlete.

## **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.

## **HONORS & AWARDS**

*2019 MIC Scholar-Athlete*

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

*2018 MIC Scholar-Athlete*

*2018 SEMO Gymnastics Newcomer of the Year*

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**LINDSEY**  
**BATES**



# MICHAEL SANDERS

**JUNIOR • 5-0**

**ST. SIMONS ISLAND, GA.**

**GLYNN ACADEMY**

**STARLIGHT GYMNASTICS**

## **2019 – Sophomore**

Competed in all 12 meets, including 11 meets as an all-arounder...Notched a season-high beam routine of 9.725 at a quad meet against Arkansas, Texas Woman's and Lindenwood (3/16)...Tallied a season-high floor score of 9.450 at the State of Missouri Meet (3/10) with Missouri and Lindenwood...Posted a career-best all-around mark of 37.425 at the MIC Championships (3/22) in Shreveport, Louisiana...Also had a season-high vault score of 9.575 at the Championships...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**

*2019 MIC Scholar-Athlete*

*2019 OVC Commissioner's Honor Roll*

*2018 MIC Scholar-Athlete*

*2018 OVC Commissioner's Honor Roll*

## **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.

# #LETSSOAR





**MICHAEL**  
**SANDERS**





# ASHLEY ALBRECHT

JUNIOR • 5-0

EVERETT, WASH.

ILLINOIS-CHICAGO / CASCADE HS

LEADING EDGE GYMNASTICS ACADEMY (LEGA)

## HONORS & AWARDS

2019 USAG Team National Runners-up at UIC

2019 MIC Team Champion at UIC

2019 Second Team All-MIC (Floor)

3x MIC Newcomer of the Week (2018)

MIC Performance of the Week (2018)

### 2019 – Sophomore (UIC)

Helped #37-ranked Illinois-Chicago capture the 2019 Midwest Independent Conference Championship and finish as 2019 USA Gymnastics National Runners-up...Competed in 15 meets while appearing in every floor lineup, and all but three vault lineups; made several additional appearances on bars...Earned Second-Team All-MIC honors on floor...Won first place on floor with a season high 9.875 against Southeast Missouri (2/17)...Achieved that score again and tied for first against Lindenwood and Penn (3/3)...Had five additional scores of 9.800 on floor and five total top-five placements...Posted her season high on vault with a 9.775 in the USAG Nationals Team Finals (4/13)...Scored 9.750 on bars twice.

### 2018 – Freshman (UIC)

Competed in all 13 meets of the season, competing in the all-around in eight and performing on three of four apparatuses in the other five...Named MIC Newcomer of the Week three times and earned MIC Performance of the Week once as a member of the Flames' bars squad...Set a season high in the all-around (38.850) in the regular season finale against New Hampshire (3/18), placing second...Highest finish on vault was third against Southeast Missouri (2/18), with a season high score of 9.750 which she matched one other time...Achieved her season high of 9.775 on vault against UC Davis and West Virginia (1/26)...Tied for second on vault against SEMO (2/18)...Finished third and scored 9.800 on beam against Eastern Michigan (2/2), setting season

bests in both categories...Was fifth on floor against New Hampshire (3/18), and set her season high of 9.800 the following week at the MIC Championships (3/23)...Finished in the top 10 on floor seven times...Was in the top four in the all-around seven times.

### Prep/Club

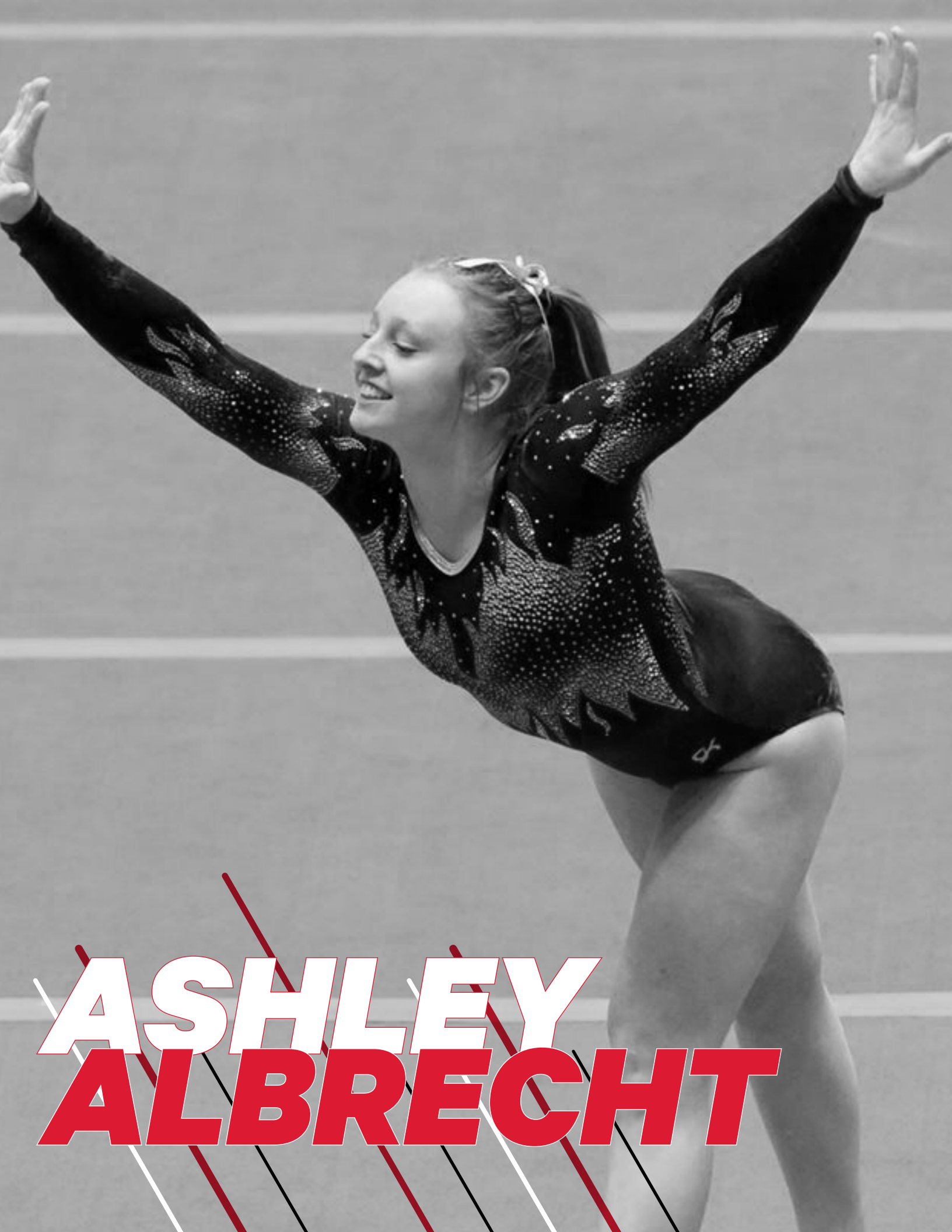
Competed at the Level 10 Junior Olympic Nationals all four years during high school (2014-17), placing 10th in the all-around in 2016...Crowned the 2016 Regional Beam, Floor and All-Around Champion and was also the 2017 Regional Vault, Beam, Floor and All-Around Champion...Trained at the Leading Edge Gymnastics Academy (LEGA) and attended Cascade High School...Also participated in varsity diving her freshman and sophomore years.

### Personal

Daughter of Lori and Mark Albrecht...Has two siblings, Austin and Anna...Was a disability and human development major at Illinois-Chicago...Majoring in Health Sciences: General Health Sciences at Southeast.

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**ASHLEY**  
**ALBRECHT**



# ANNA KAZISKA

**SOPHOMORE • 5-0**

**LOUISVILLE, KY.**

**FERN CREEK HS**

**CHAMPIONS GYMNASTICS**

## HONORS & AWARDS

2019 USAG Floor Runner-up  
 2019 USAG Beam Runner-up  
 2019 First Team All-American (All-Around)  
 2019 First Team All-American (Beam)  
 2019 First Team All-American (Floor)  
 2019 Second Team All-American (Bars)  
 2019 NCAA Baton Rouge Regional Qualifier  
 2019 MIC Floor Runner-up  
 2019 First Team MIC (Floor)  
 2019 Second Team MIC (Vault)  
 2019 MIC Newcomer of the Year  
 6x MIC Newcomer of the Week (2019)  
 2019 MIC Scholar-Athlete  
 2019 OVC Commissioner's Honor Roll  
 2019 SEMO Gymnastics MVP

### 2019 – Freshman

Competed in the all-around competition in all 12 meets and at the first 2019 USA Gymnastics Team Semifinal...Led the team with 33 scores of 9.700 or higher and totaled 11 individual event titles...Posted the top Redhawks score on every event except vault...Named the 2019 MIC Newcomer of the Year after being awarded MIC Newcomer of the Week six times including back-to-back weeks three times (Jan. 16 and 23, Feb. 12 and 20 and March 13 and 20)...Made Southeast debut with an all-around score of 37.550 (9.600 on vault, 8.700 on bars, 9.525 on beam and 9.725 on floor) in the season-opening quad meet at Alabama with Temple and Northern Illinois (1/4)...Notched a career-best beam score of 9.875 to win the event title at the GymQuarters Mardi Gras Invitational (2/15) against Lindenwood, Texas Woman's and Iowa State...Also won floor with a 9.850 in the first rotation of the quad...Recorded a career high of 9.725 on bars at Ball State Tri Meet (2/24) with Illinois State...Tallied career highs of 9.750 (vault) and 39.100 (all-around) at the State of Missouri Meet (3/10) with Mizzou and Lindenwood...Scored her second career 9.900 on floor at Arkansas Quad (3/16) with Texas Woman's and Lindenwood...Hit her first career 9.900 floor routine at home against San Jose State (1/18) to win the event after capturing the beam title (9.825)...Finished as the runner-up on floor at the MIC Championships (3/22) with 9.875 to earn First Team MIC All-Conference honors...Also was awarded Second Team MIC All-Conference laurels for vault (9.700, 17th)...Qualified for the NCAA Baton Rouge Regional

(4/5) and scored a 9.825 on floor (t-17th)...Placed second on both beam (9.875) and floor (9.875) at the 2019 USA Gymnastics Women's Collegiate National Championships individual event finals (4/14) to earn First Team All-American honors for all-around (39.025, fifth), beam and floor and garnered Second Team All-American laurels on bars (9.725, t-8th)...Named MIC Scholar-Athlete...Unanimously voted the team's Most Valuable Player at the year-end banquet (4/24)...Named to the OVC Commissioner's Honor Roll.

### 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.

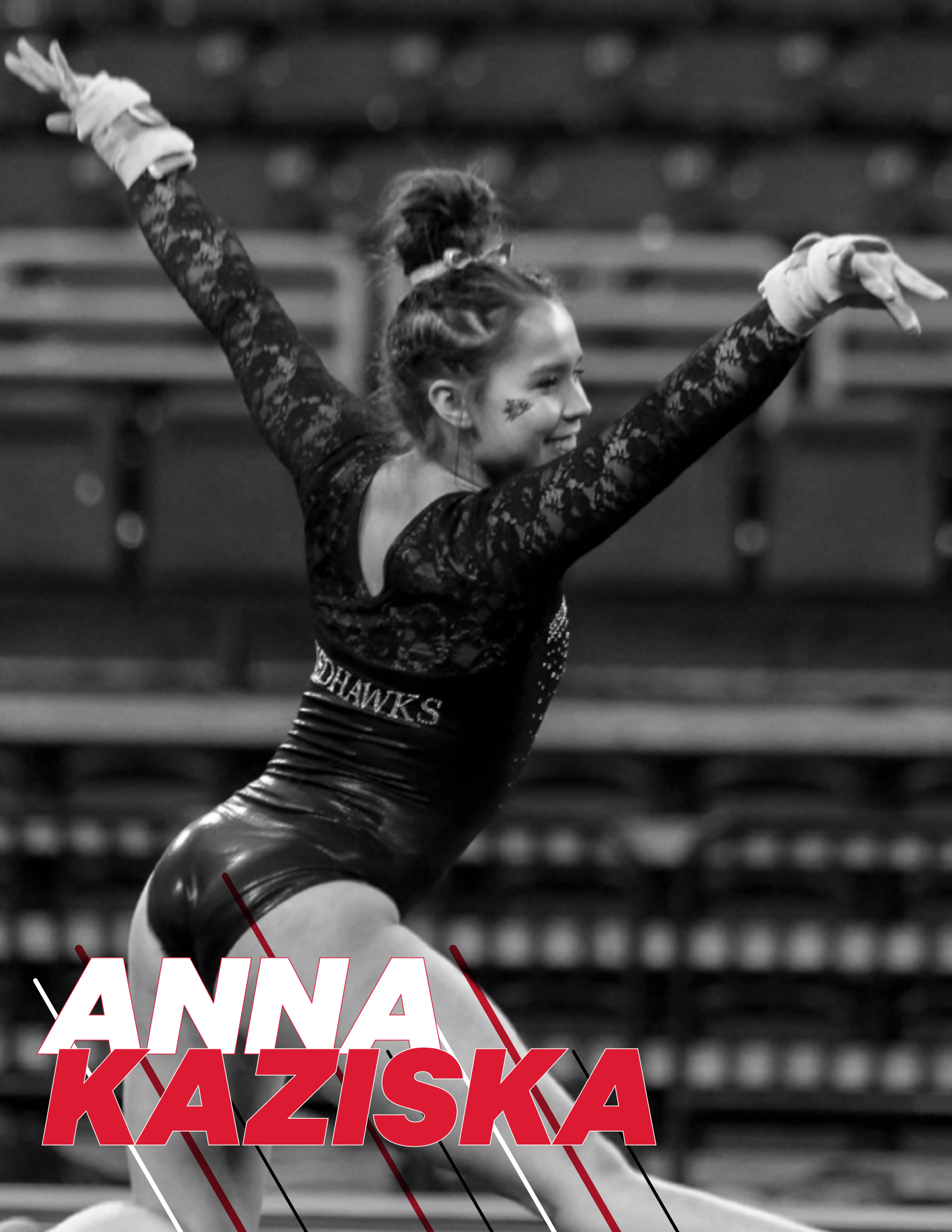
### Personal

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

#LETSSOAR







RED HAWKS

**ANNA**  
**KAZISKA**



# MAKENZIE MARCINIAK

SOPHOMORE • 5-4

NIXA, MO.

MISSOURI VALLEY GYMNASTICS

## **2019 – Freshman**

Missed entire season with an injury suffered during the preseason...Named MIC Scholar-Athlete...Tabbed Freshman of the Year and earned the Hardest Worker Award at the year-end banquet (4/24)...Named to the OVC Commissioner's Honor Roll.

## **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.

## **HONORS & AWARDS**

2019 MIC Scholar-Athlete

2019 OVC Commissioner's Honor Roll

2019 SEMO Gymnastics Freshman of the Year

2019 SEMO Gymnastics Hardest Worker Award

# #LETSSOAR





**MAKENZIE**  
**MARCINIAK**





## CATHERINE COSTANTINI

**FRESHMAN • 5-6**  
**CENTERTON, ARK.**  
**SETON HOME STUDY SCHOOL**  
**ASPIRE GYMNASTICS ACADEMY**

### **Prep/Club**

Regional qualifier in 2018 and was crowned the Arkansas State All-Around Champion in 2016...Qualified for regionals in 2016 and advanced to the Level 9 Western Meet...Named vault champion at the Texas State Level 9 Meet and has a career-best mark of 9.700 on the event (Level 9)...Trains at Aspire Gymnastics Academy and is coached by Bense Zsolt, Jordan Salsberg and Roy Barsky...Also competed in cross country and track & field at Bentonville West High School and was a state finalist in Arkansas for cross country.

### **Personal**

Born on May 15, 2000...Daughter of Fred and Elizabeth Costantini...Her brother, Trey Costantini, plays basketball at Lyon College...Majoring in Political Science at Southeast.



## MALLORY DESCH

**FRESHMAN • 5-4**  
**LENEXA, KAN.**  
**SAINT THOMAS AQUINAS HS**  
**GREAT AMERICAN GYMNASTICS EXPRESS (GAGE)**

### **Prep/Club**

Was a JO National Qualifier in 2017 and 2018...Captured first place in the Level 9 Region 4 Championships in 2016 and qualified for the Level 9 Western Championships that same season... Coached by Al and Armine Fong at Great American Gymnastics Express (GAGE).

### **Personal**

Born on May 29, 2001...Daughter of Jay and Mary Desch...Her sister, Maddie Desch, is a World Champion gymnast who competes at the University of Alabama...Loves to spend time with family and friends, going to movies, doing DIY projects, and watching Netflix...Majoring in Nursing at Southeast.



## TAYLOR FISHKIN

**FRESHMAN • 5-2**  
**MANLIUS, N.Y.**  
**FAYETTEVILLE-MANLIUS HS**  
**CNY GYM CENTRE**

### **Prep/Club**

Advanced to the New York State Championship and Regionals Championship as a junior and placed second on vault at the regionals championship...Competed on vault, bars, beam and floor during her high school career where she started and lettered each of her six seasons while being coached by her mother, Tracey Fishkin...Trains at CNY Gym Centre and is coached by Gary Gregory, Candy Jenkins and Lauren Tassini.

### **Personal**

Born on March 29, 2001...Daughter of Jason and Tracey Fishkin... Her mother, Tracey Fishkin, was a collegiate gymnast at Boise State... Majoring in Biology: Pre-Physician Assistant at Southeast.



## JORDAN JONES

**FRESHMAN • 5-5**  
**BUFORD, GA.**  
**MILL CREEK HS**  
**GEORGIA GYMNASTICS ACADEMY**

### **Prep/Club**

Was the Georgia Level 10 Bars State Champion in 2017 and placed third on bars at regionals...Placed second on vault and floor (Level 10) at the state and regional level in 2016...Won the Level 10 vault state championship and qualified for Junior Olympic (JO) Nationals in 2015 where she placed 12th in the all-around competition...Nabbed the Level 9 bars state title in both 2013 and 2014...Finished third in the all-around competition at Easterns...Earned the bars, floor and all-around Level 10 state championships in 2012...Coached by Judy Prestigiacomo at Georgia Gymnastics Academy in Lawrenceville.

### **Personal**

Born on Nov. 3, 2000...Daughter of KJ and Vera Jones...Majoring in Biology: Biomedical Sciences.





## MOLLY MAXWELL

**FRESHMAN • 5-2**  
**MILTON, WIS.**  
**MILTON HS**  
**MADTOWN TWISTERS**

### **Prep/Club**

Won the all-around at the Wisconsin State Championships and was the first alternate for JO (Junior Olympic) Nationals in 2018...Finished second on Level 10 floor at the 2017 State Championships and at the Region 4 Championships...Placed fourth in the all-around at the Region 4 Championships and qualified to the JO Nationals Meet in Indianapolis, Indiana...Third on beam, floor and all-around at Level 9 State Championships in 2016...Placed second on floor and fifth on vault, beam and all-around at the Region 4 Championships...Qualified to the Level 9 Western Nationals in Montana where she won the floor title...Was first in the all-around, second on vault and bars, third on floor and fourth on beam at the Level 8 State Championships in 2015...Advanced to the Region 4 Championships in 2015 where she placed second in the all-around and bars competitions while taking fourth on floor...Qualified to the Region 4 Championships in 2014 at Level 8...Trains at Madtown Twisters where she is coached by Aubrie Davis...Member of the National Honor Society and Spanish Honor Society.

### **Personal**

Born on June 4, 2001...Daughter of Barry and Melissa Maxwell...Majoring in Human Environmental Studies: Dietetics at Southeast.



## JOLIE MILLER

**FRESHMAN • 5-6**  
**AURORA, COLO.**  
**CHEROKEE TRAIL HS**  
**ADRENALINE GYMNASTICS ACADEMY**

### **Prep/Club**

Trains at Adrenaline Gymnastics Academy in Centennial, Colorado, where former Redhawks gymnast Margaret (O'Neal) Goodrich (2010-2013) was also a member...Coached by Aaron Gallegos at Adrenaline Gymnastics Academy...Competed in all four events and was named team captain during the 2018-2019 season...Graduated with honors from Cherokee Trail High School in Aurora, Colorado, in May 2019...Was a two-time academic letterwinner...Also named to the Principal's Honor Roll all four years...Earned academic department awards in math and science.

### **Personal**

Born on Feb. 11, 2001...Daughter of Lyle and Rebekah Miller...Majoring in Health Sciences: Pre-Physical Therapy/Occupational Therapy at Southeast.







## LINDSEY MOFFITT

**FRESHMAN • 5-2**  
**FERRIS, TEXAS**  
**LAUREL SPRINGS SCHOOL ONLINE**  
**TEXAS DREAMS GYMNASTICS**

### Prep/Club

Finished third in the all-around competition at the 2018 Texas State Championship...Also placed fifth on bars, beam and floor at the 2018 Texas State Championship and was a 2018 JO National Alternate... Was second on bars and ninth in the all-around at the 2018 Region 3 Championship, she was second on bars and ninth in the all-around... Earned first on bars, third in the all-around and fourth on floor at the 2017 Texas State Championship...Finished 13th on beam at the 2017 JO Nationals...Placed third on bars and beam, fourth in the all-around and seventh on floor at the 2017 Region 3 Championship...Finished eighth in the all-around competition at the 2016 Texas State Championship after placing sixth on beam and floor and 10th in the all-around at the 2016 Region 3 Championship...Trains at Texas Dreams Gymnastics where she is coached by Ned Lange (vault), Marcus Harlin (bars) and Alicia Goodwin Browning (beam and floor)...Member of the National Honor Society and the National Society of High School Scholars...Graduated from Laurel Springs School Online in Ojai, California, in May 2019... Previously attended Lakeland Christian Academy in Lewisville, Texas, from 2015-2018.

### Personal

Born on Feb. 26, 2001...Daughter of Michael and Malea Moffitt...Majoring in Business Administration at Southeast.



## DAHLIA SOLORZANO-CARUSO

**FRESHMAN • 4-11**  
**COURTICE, ONTARIO, CANADA**  
**HOLY TRINITY CATHOLIC SECONDARY**  
**GALAXY GYMNASTICS**

### Prep/Club

Was the Level 10 National Beam Champion the past two seasons and earned silver and bronze in the all-around competition at Level 10 Nationals during the 2016 and 2017 seasons... Was also the Provincial Level 10 All-Around Champion in 2018 and earned silver on bars during the first day and gold in the Level 10 bars finals on the second day... Placed 18th at the 2017 Elite Canada meet with an all-around score of 45.950...Was a silver medalist on floor and earned bronze on vault at the Level 10 Nationals during her sophomore campaign...Also garnered bronze on both vault and floor that season at Level 10 Provincials...Won the Level 10 Provincial Floor Championship and grabbed silver in vault and floor at the Level 10 National Meet...Received silver on vault at the Level 10 Provincial competition...Competed for Team Ontario and earned gold at the 2016, 2017 and 2018 Nationals and at the Eastern Canadian Championships in 2014 and 2015...Trains at Galaxy Gymnastics and is coached by Abbey Morgan, Jan Prosser and Rod Hounsell.

### Personal

Born on July 29, 2001...Daughter of Vito Caruso and Tara Solorzano... Started doing gymnastics at two years old...Majoring in Art at Southeast.



# MIC

## CHAMPIONSHIPS

**Friday, March 20 • 6 P.M.**

**Redbird Arena • Illinois State  
Normal, Ill.**



**\*Date and time subject to change**





# *RECORDS & HISTORY*

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# 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

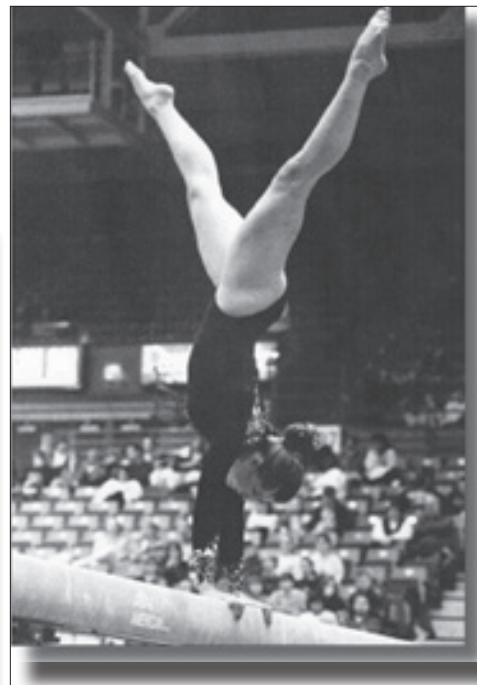
1. **Ashley Godwin** (2/14/04).....10.000  
Erin Chenier (3/14/97)  
Kate Farrington (twice, last 3/14/97)
5. Alexis Traylor (2/14/04).....9.950  
Kate Farrington (3/24/95)
7. McKinzie Jones (3/19/16).....9.925  
Brianna Gaddie (twice, last 3/7/10)  
Sandra Blake (2/19/09)  
Alexis Traylor (1/25/04)  
**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.

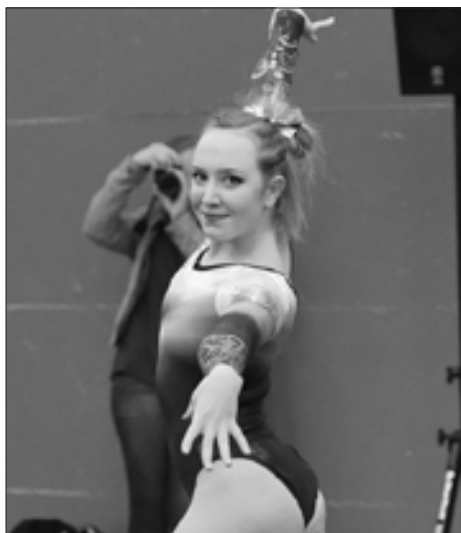


Kristin Frohlich ranks second all-time on beam and third on bars.



# MIC AWARDS

<b>1992</b>	Vanessa Simmons.....All-Around	<b>2010</b>	Emily Mann.....Uneven Bars	<b>Gymnast of the Year</b>	Tara Boldt.....2005
	Heather Markle.....Uneven Bars				Sandra Blake.....2006
	Tricia Wells.....Uneven Bars	<b>2011</b>	Brianna Gaddie.....Vault		Rikara Turner.....2009
<b>1996</b>	Kate Farrington.....Vault		Floor Exercise		Alexis Brawner.....2016
	Floor Exercise		Christina Sundgren.....Uneven Bars	<b>Newcomer of the Year</b>	Allison Ezell.....2005
<b>1997</b>	Erin Chenier.....Vault		All-Around		Sandra Blake.....2006
	Kate Farrington.....Vault		Taylor Westrick.....Balance Beam		Rikara Turner.....2007
<b>1998</b>	Malia Roberts.....Uneven Bars	<b>2012</b>	Taylor Westrick.....Balance Beam		Alyssa Tucker.....2014
	All-Around			<b>Anna Kaziska</b> .....2019	
<b>2001</b>	Stephanie Furman.....Vault	<b>2013</b>	Megan Fosnow.....Vault	<b>Senior Gymnast of the Year</b>	Christina Sundgren.....2011
			Taryn Vanderpool.....Uneven Bars		Ashley Thomas.....2017
<b>2002</b>	Ashley Godwin.....Uneven Bars	<b>2014</b>	Chelsi Hamilton.....Floor Exercise	<b>Coach of the Year</b>	Tom Farden.....2006
			Lauren Israel.....Uneven Bars		Tom Farden.....2007
<b>2003</b>	Ashley Godwin.....Balance Beam		Ashley Thomas.....Vault		Tom Farden.....2008
	Floor Exercise	<b>2016</b>	Alexis Brawner.....Vault		Tom Farden.....2009
	All-Around		McKinzie Jones.....Floor Exercise	<b>Assistant Coach of the Year</b>	Brogan Evanson.....2008
<b>2004</b>	Tara Boldt.....Balance Beam		Alyssa Tucker.....Uneven Bars		Jessie Kinder-Vasquez.....2011
<b>2007</b>	Jena Nguyen.....Floor Exercise	<b>2017</b>	Alexis Brawner.....Vault		Sarah Shire Brown.....2014
	Floor Exercise		All-Around		
<b>2008</b>	Sandra Blake.....Floor Exercise	<b>2018</b>	Alexis Brawner.....Vault		
<b>2009</b>	Sandra Blake.....Vault	<b>2019</b>	Mackenzie Slee.....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

### 2019

**Anna Kaziska**.....Floor; 17th

## USA Gymnastics Championship Qualifiers

### 2019

**Gabrielle Adams**.....Vault, 8th, **All-American**

**Alana Fischer**.....All-Around, 7th

.....Vault, 27th

.....Bars, 12th

.....Beam, 20th

.....Floor, 27th

**Anna Kaziska**.....Beam, 2nd, **All-American**

.....Floor, 2nd, **All-American**

.....All-Around, 5th, **All-American**

.....Bars, 8th, **All-American**

.....Vault, 18th

**Mackenzie Slee**.....Vault, 8th, **All-American**

.....Floor, 22nd

### 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.





# 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	-	-
2019	Ashley Lawson	0-24	6th MIC	-	-

**44 years**

**9 Head Coaches**

**631-455-1**

## 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
Ashley Lawson	0-24	1



# DUAL RECORDS

## / OPPONENTS

<b>Air Force</b> .....	14-2
Alabama.....	0-11
<b>Alaska Anchorage</b> .....	6-0
Arkansas.....	0-3
Arizona.....	0-3
Auburn.....	2-13
<b>Ball State</b> .....	19-11
Bemidji State.....	1-0
Boise State.....	4-4
<b>Bowling Green</b> .....	7-5
<b>Bridgeport</b> .....	6-1
Brigham Young.....	1-5
Cal Poly.....	3-1
Cal State Fullerton.....	0-1
California.....	0-1
<b>Centenary</b> .....	46-7
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
<b>Illinois</b> .....	7-16
Illinois-Chicago.....	38-31
<b>Illinois State</b> .....	61-34
Indiana.....	5-1
Indiana (Pa.).....	3-3
Indiana State.....	3-2
Iowa.....	18-12

Iowa State.....	5-11
Ithaca.....	1-0
Jacksonville State.....	6-2
Jefferson State.....	1-0
Kent State.....	1-6
Kentucky.....	4-8
<b>Lindenwood</b> .....	4-14
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
<b>Missouri</b> .....	8-34
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
<b>Northern Illinois</b> .....	21-19
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.....	1-1
Penn State.....	0-3
Pittsburgh.....	1-1
Purdue.....	1-0
Rutgers.....	3-0
Sacramento State.....	0-1

San Jose State.....	1-1
St. Ambrose.....	1-0
<b>Seattle Pacific</b> .....	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.....	1-2
Tennessee.....	1-0
Texas.....	0-1
Texas A&M.....	1-0
Texas State.....	3-0
<b>Texas Woman's</b> .....	52-22
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
<b>Wisconsin-Eau Claire</b> .....	2-0
<b>Wisconsin-La Crosse</b> .....	10-0
Wisconsin-Oshkosh.....	14-0
Wisconsin-Platteville.....	1-0
Wisconsin-Stout.....	3-0
Wisconsin-Whitewater.....	3-1
Yale.....	1-0



# 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 (2016-2019)

## **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 (2018-2019)

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 Lawson (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)

## **Anna Kaziska (2019-present)**

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)

Maya Tran (2019)

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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- / Vanderbilt University
- / Yale University



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lead most classes, not  
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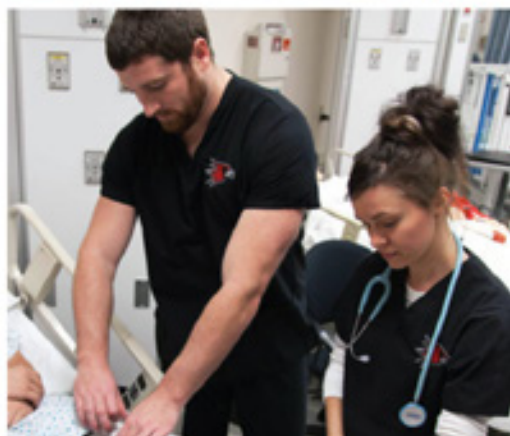
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## INTERNSHIPS

# RÉSUMÉS ARE BUILT—NOT WRITTEN.

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**.





# MAKE ART THAT INSPIRES.

And do it on  
a campus  
that's equally  
inspiring.



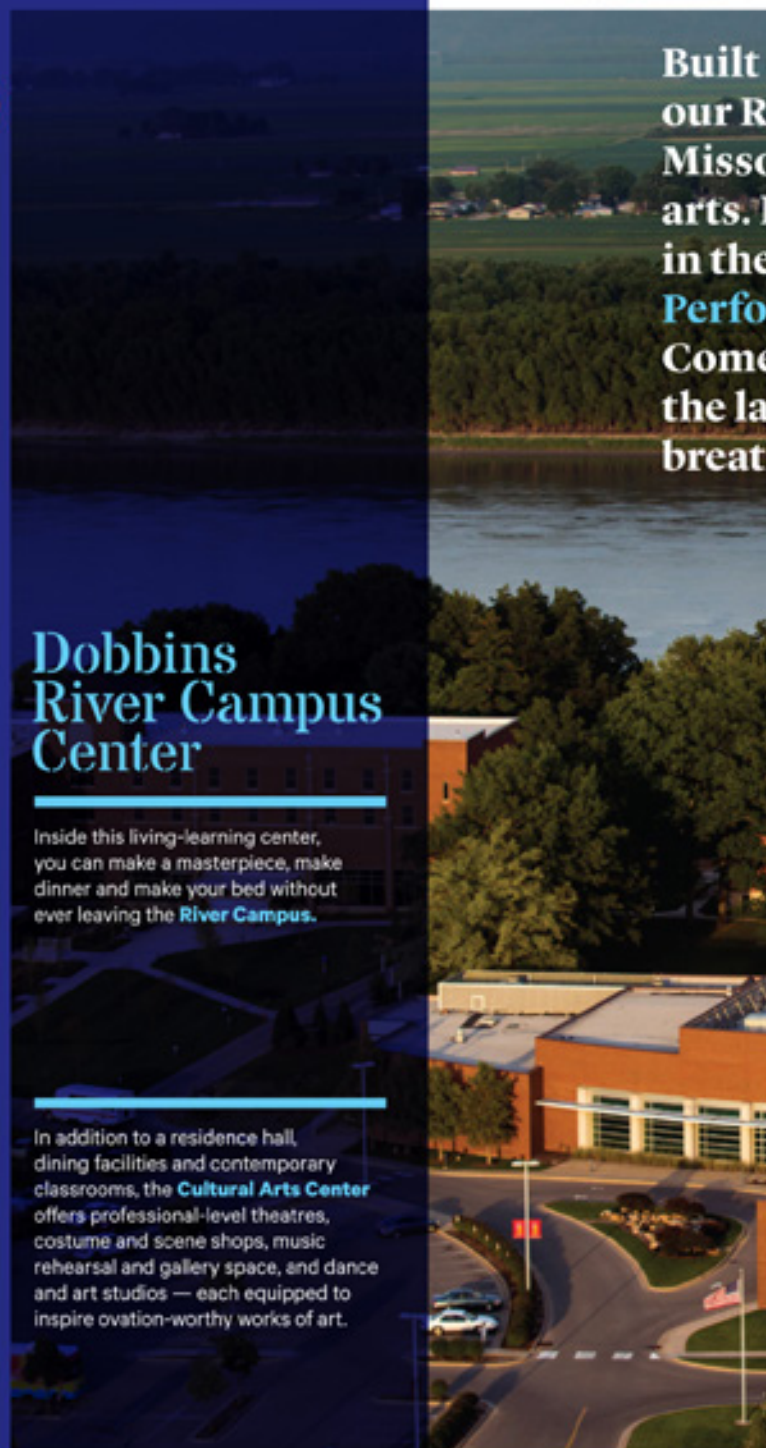
## Dobbins River Campus Center

Inside this living-learning center, you can make a masterpiece, make dinner and make your bed without ever leaving the **River Campus**.

In addition to a residence hall, dining facilities and contemporary classrooms, the **Cultural Arts Center** offers professional-level theatres, costume and scene shops, music rehearsal and gallery space, and dance and art studios — each equipped to inspire ovation-worthy works of art.



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# 2020 GYMNASTICS SCHEDULE

Jan. 4 at Missouri 4 p.m.  
vs. Illinois

Jan. 10 at Alaska-Anchorage 10 p.m.  
vs. Wisconsin-Eau Claire

Jan. 12 at Alaska-Anchorage 5 p.m.

Jan. 17 at Illinois State 7 p.m.

Jan. 26 at Ball State 12 p.m.  
vs. Bowling Green  
vs. Wisconsin-La Crosse

**Jan. 31 Illinois State 6:30 p.m.**

**Feb. 7 Lindenwood 5:30 p.m.**

Feb. 14 vs. Centenary 2 p.m.  
vs. Seattle Pacific  
vs. Bridgeport

Feb. 28 vs. Northern Illinois 7 p.m.

March 1 at Centenary TBA

March 6 at Lindenwood 6 p.m.  
vs. Air Force

**March 13 Centenary 6:30 p.m.**

March 20 MIC Championships 6 p.m.

April 3 NCAA Regional Championships

April 10-12 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.

