



SOUTHEAST MISSOURI STATE REDHAWKS • 2013-14

GYMNASTICS GUIDE



Southeast

Missouri State University™

Located

- ▶ Cape Girardeau, Mo.

Enrollment

- ▶ 11,510

Class Size

- ▶ Small classes with 98 percent of courses having fewer than 50 students

Academic Programs

- ▶ More than 200 areas of study including business, education, nursing, agriculture, science and technology, visual and performing arts

Athletics

- ▶ 15 NCAA Division I Teams



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Credits

The 2014 Southeast Missouri Gymnastics Guide was written, edited and designed by Assistant Sports Information Director Ryan Hilgemann. Cover design and additional graphics assistance provided by Tonya Wells and Krista Mayfield. Photography by Marcus Painton, Marc Mahnke, Pat Patterson, Keith Hente, Matt Ewasko, David Knoef and Kevin Knoef. Additional assistances by Sports Information Director Jeff Honza and Sport Information Assistant Sean Stevenson.



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Credentials

Credentials are required for entrance to Houck Field House for members of the media. To request season or single-meet credentials, please contact Southeast Missouri State Sports Information by phone at (573) 651-2937 or e-mail at rhilgemann@semo.edu. Credentials can be picked up at the ticket table located inside the main entrance of Houck Field House.

Press Row

Media will have assigned seats available. Professional decorum is expected at all times. Cheering or outward expression is strictly prohibited.

Photographers

Photographers must adhere to all photography policies. Check with Ryan Hilgemann regarding approval to shoot in Houck Field House. Flash photography is prohibited.

Interviews

Interviews with Southeast coaches and student-athletes must be arranged through Assistant Sports Information Director Ryan Hilgemann at least 24 hours in advance. Gymnasts are generally not available on a competition day prior to a meet. Media members are generally welcome to attend practice, but are asked to notify the sports information office that they intend to do so.



Post-meet Interviews

Anyone wishing to interview a Southeast student-athlete must notify Ryan Hilgemann prior to the end of each meet. Student-athletes will be escorted to the media interview room after the mandatory 10-minute cooling off period. Media representatives are not allowed in the dressing room area. Head Coach Kristi Ewasko will be available after each meet, as well.

Gymnastics Email List

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

Event Day Services

Statistics, rosters and meet notes will be provided prior to each meet. Final meet results and scores will also be handed out during and following all competitions.

WebCast

KFVS12 will WebCast five home meets on its website, KFVS12.com free of charge. This year's WebCast schedule is available online at KFVS12.com and GoSoutheast.com.

On the Web

The latest news on Southeast Missouri Athletics can be found on the web at GoSoutheast.com. Gymnastics releases, stories, information and stats provided by the sports information

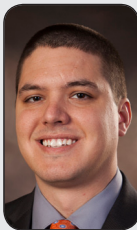
Media Information

Southeast Missouri Sports Information

One University Plaza MS 0200
Cape Girardeau, MO 63701
Phone: (573) 651-2294
Fax: (573) 651-2810
Press Box: (573) 651-2191
Website: GoSoutheast.com



Jeff Honza
Director



Ryan Hilgemann
Assistant Director



Sean Stevenson
Assistant



2013-14 Sport Assignments

Jeff Honza, Director

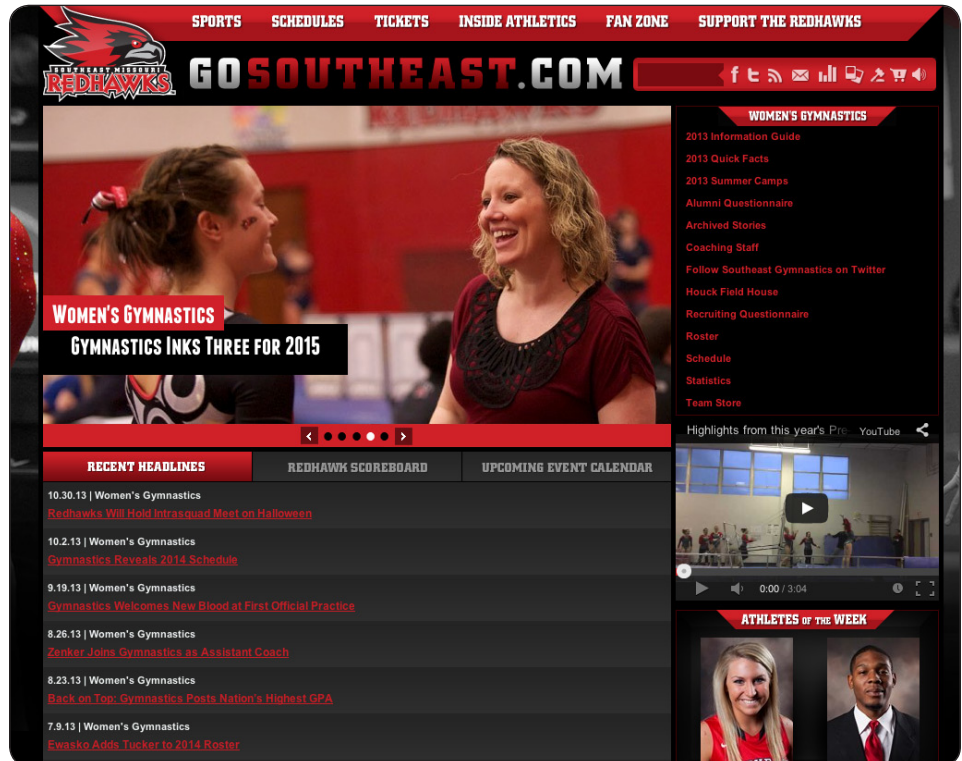
Football, Men's Basketball,
Softball, Women's Tennis
Office: (573) 651-2933
Cell: (618) 528-1145
Email: jhonza@semo.edu;
redhawk1@me.com

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The Southeast Missouri gymnastics team holds nearly all of its home meets at Houck Field House. The facility has provided a home-gym advantage for the program over the years due to the lively crowds and intimate setting.

With over 40,000 square feet available on the main gymnasium floor, Houck can hold meets that can accommodate upwards to five teams comfortably.

Named after Louis Houck, an important and long-time member of the Board of Regents and local railroad entrepreneur, Houck was originally built in 1927 to house the Physical Education Department. The field house was destroyed by fire in 1948 and later rebuilt and expanded in 1951.

After the Show Me Center was completed, the field house was renovated in 1987 and 1995 to better accommodate women's volleyball and gymnastics competition.

Today, Houck Field House seats 2,000 fans for gymnastics meets. The building houses locker rooms for the Redhawk baseball, volleyball, soccer and softball teams. There are also three additional visitor gameday locker rooms.

Houck also houses a fully-equipped training room as well as a meeting room and interview room for post-meet press conferences.

Since 1998, the Redhawks have averaged 502 fans per meet, the best home attendance average over that time period in the Midwest Independent Conference. The all-time attendance mark for the program was set during the 1998 season when 1,486 fans packed Houck for a dual meet against Centenary on March 7.

Top 10 Attended Meets at Houck*

<u>Attendance</u>	<u>Date</u>	<u>Opponent</u>
1,486	3/7/98	Centenary
1,433	2/7/98	Texas Woman's University
1,017	2/21/99	Illinois & Missouri
755	1/30/09	Southern Utah & Centenary
717	2/15/08	Missouri
713	3/9/98	Illinois State
645	3/19/11	MIC Championships
632	3/25/06	MIC Championships
612	2/1/03	Illinois-Chicago
603	3/14/09	Air Force

**Since 1998 season*

Houck Field House

Parker Gymnasium



The Southeast Missouri gymnastics team conducts all its practices inside Parker Gymnasium. The state-of-the-art gymnasium is inside Parker Hall, located in the heart of campus.

The practice gymnasium's location moved last season to its current spot on the ground floor of Parker Hall, and went through major renovations during the process.

The new, expanded practice facility now houses an elevated vault runway, two sets of uneven bars, a regulation practice floor, built-in resi pits and trampoline, a trench bar and multiple balance beam stations.

New coaches offices, meeting rooms, fully equipped training and exercise rooms were added.

One of the top practice gymnasiums in the Midwest, it has a seating section for fans to watch practice or the team's

annual pre-season meets, which are held in Parker Gymnasium.

The facility and equipment was made possible by the generous donation of Vince and Jan Kelley. The donation of over \$100,000, the largest ever received by the program, covered the moving, construction cost and equipment costs.

The team's locker room is also located in Parker Hall. The 1,200 square foot area houses 20 oak lockers, showers, restrooms, an athlete lounge and study area.





SOUTHEAST MISSOURI STATE UNIVERSITY



Prevention. Treatment. Rehabilitation. Education. Those are the four primary phases of athletic training, and the Southeast Missouri athletic training staff strives to fulfill all of those areas when working with student-athletes on a daily basis.

Southeast student-athletes are offered the best care possible by the athletic training staff. Head Athletic Trainer Alfred Castillo directs the Sports Medicine department which includes four 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 five athletic training facilities on campus. The staff treats out of the Rosengarten Athletic Complex, where the primary training room is located. There are four other satellite athletic training rooms, including one at Houck Field House, one off of Houck Field, one at Parker

Academic Building, and one at the Show Me Center.

The Southeast athletic training rooms are equipped with stationary bikes, hand weights, therapeutic modalities and the latest physical therapy equipment. Each component is strategically designed to not only give the student-athlete the best care, but also to aid in returning to competition as quickly as possible.

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

The Southeast Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient healthcare to its student-athletes. Delivery of healthcare focuses on the prevention and management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification Standards of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.



Strength and Conditioning



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

This will be accomplished by focusing on reducing the risk of injury and maximizing athletic potential through individual evaluation and program design.

Training Principles for Southeast Athletes:

1. Reduce the risk of injuries

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

2. Maximize athletic ability

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

Exercises for Southeast Athletes are based on the following Principles:

1. Ground Based Movements

- Athletes compete with their feet on the ground, and therefore, should train that way. The ability to

produce force against the ground determines how fast athletes can run and how high they can jump.

2. Three-Dimensional Movements

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

3. Multi-Joint Movements

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

The Southeast Missouri Strength and Conditioning program is under the direction of Ryan Johnson.

Redhawk student-athletes use various training facilities located inside the Student Recreation Center South.





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The Redhawk 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 Stadium. The Redhawk Success Center offers a computer lab with 18 work terminals, study areas and rooms for group meetings.

The area is under the guidance of Director of Academic Services Sharon Burgard, Assistant Courtney Lawson and Graduate Assistants Emily Obergönnner and Caitlyn Bamberger.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by Southeast student-athletes. Last year, the Redhawks combined for a 3.12 cumulative grade point average in the fall and spring semesters. Over 60 percent of all student-athletes recorded a 3.0 or higher GPA. Thirteen of Southeast's 15 intercollegiate athletic teams recorded a team GPA over 3.0. The gymnastics team posted the best overall mark with a 3.85. In all, 16 student-athletes achieved a

perfect 4.0 GPA.

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



Success Center

Success Center

appropriate categories. Student-athletes can also receive individualized academic programs which include meeting with a mentor bi-weekly to discuss academic progress.

The 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 Success Center gives student-athletes personal and professional skills in order to facilitate successful and productive futures.

2012-13 Notables

- Southeast Missouri finished third in the OVC Commissioner's Cup for the 2012-13 school year. The third-place finish was the Redhawks highest in school history. Southeast accumulated a total of 104.25 points in the overall voting.
- Southeast student-athletes combined for a 3.12 cumulative grade point average in the fall and spring semesters. A total of 192 student-athletes recorded a 3.0 or higher GPA, accounting for 60 percent of all student-athletes. Sixteen Redhawks earned a perfect 4.0 GPA in 2012-13.
- In all, 63 student-athletes received their degrees, including 15 in the fall and 48 in the spring.
- The Redhawks won four academic team awards and had five CoSIDA/Capital One Academic All-District selections in 2012-13. The gymnastics team was tops in the nation with a 3.81 GPA in the National Association of Collegiate Gymnastics Coaches/Women; the women's cross country team earned United States Track and Field and Cross Country Coaches Association All-Academic honors after ranking fifth in the nation with a 3.72 GPA; the men's cross country team ranked 11th in the nation with a 3.48 GPA to earn USTFCCCA All-Academic honors; and the women's soccer team won a National Soccer Coaches Association of America team academic award after ranking 13th in the nation with a 3.55 GPA.
- Southeast's football, women's soccer and women's tennis teams won the OVC Team Sportsmanship Award. Southeast's three sportsmanship awards tied for most in the conference in 2012-13.
- Southeast's women's gymnastics team earned an NCAA Public Recognition Award for academic performance. The gymnastics team posted a perfect 1,000 score and won the award for the third-straight year. Eight other Redhawk teams, including volleyball, men's cross country, women's cross country, women's tennis, women's outdoor track, women's indoor track, women's soccer and baseball also exceeded the national average in multi-year APR (974).
- Thirteen of Southeast's 15 teams achieved a cumulative grade point average over 3.0, including all 10 women's programs.





SOUTHEAST MISSOURI STATE UNIVERSITY



Dr. Kenneth W. Dobbins became the seventeenth president of Southeast Missouri State University on July 1, 1999 after serving as the University's Vice President of Finance and Administration from 1991 to 1993, and Executive Vice President from 1993 until his appointment as president. He previously held several positions in higher education administration at Kent State University in Ohio.

During his tenure at Southeast, academic programs have been enhanced including the establishment of the College of Science, Technology, and Agriculture and the Earl and Margie Holland School of Visual and Performing Arts which opened in Fall 2007 on the new River Campus. A comprehensive review of all academic and non-academic programs has been accomplished to maintain quality and minimize student fee increases in the face of significant state appropriation reductions. Southeast continues to be recognized nationally for many of its outstanding accredited academic programs. For the ninth year in a row, Princeton Review recognized the Master of Business Administration program on its list of "Best Business Schools." GetEducated.com listed Southeast #1 on the list of "Top 10 Ranked Best Values Online

MBA's-AACSB-Accredited"; Southeast is recognized in the top tier of the Midwest best regional universities in U.S. News Best Colleges for 2013; and Southeast was again named among the "Best in the Midwest" by Princeton Review. Additionally, StateUniversity.com ranked Southeast the safest public college campus in Missouri, Militaryfriendlyschools.com lists Southeast among the top schools that embrace veterans as students, and recent freshmen survey data indicate that new students applied only to Southeast at a rate three times the national average.

Enrollment has increased significantly since a 20-year-low in 1994 when some 7,900 students attended Southeast. In Fall 2005, enrollment topped 10,000 for the first time, and stood at more than 11,700 in 2012. Additionally, record enrollments in higher education have occurred in the University's 25-county service region during his tenure due to the establishment of new regional campuses in Sikeston and Kennett and a higher education center at Perryville serving place-bound students in and near those rural communities.

During Dr. Dobbins' presidency, more than \$300 million in capital construction and building improvement projects have enhanced the University. The Seabaugh Polytechnic Building and the \$58 million River Campus were constructed. Additionally, The Douglas C. Greene Center for Innovation and Entrepreneurship to promote entrepreneurship and enhance the region's economy opened on the campus in 2005; Southeast dedicated its new, state-of-the-art David M. Barton Agriculture Research Center in 2009; two new 300-bed residence halls were constructed in 2002 and 2009; and the University currently is in the midst of more than \$90 million in capital renovation for maintenance and repair projects including the renovation

of the historic 107-year-old Academic Hall, the remodeling and upgrades to the Magill and Rhodes sciences complex, a new residence hall on the north end of campus, and a new classroom/residence hall building at the River Campus.

Dr. Dobbins has served a two-year term as president of the Missouri Council on Public Higher Education (COPHE), the organization for presidents and chancellors of Missouri's public colleges and universities, and is the senior member of the organization. In 2007, he was selected to serve a three-year term on the American Association of State Colleges and Universities (AASCU) Board of Directors, an organization which represents over 420 U.S. public college and university members and more than 3.7 million students or 56 percent of the enrollment at all public four-year institutions. He was elected Secretary-Treasurer of the organization in 2008, chaired the organization in 2010-2011, and currently serves on the executive committee as past chair of the AASCU Board. Also, for the past nine years, he has served as one of four faculty members for the week-long AASCU New Presidents' Academy, and currently chairs the Finance Committee of the American Academic Leadership Institute. He previously served three years as president of the Ohio Valley Conference and is currently a member of the Conference finance subcommittee. In addition, he is a vice president of the executive board of the Greater St. Louis Council, Boy Scouts of America, and was elected by local council associates to serve on the National Council, Boy Scouts of America. In 2010, he was awarded the Silver Beaver Award, the highest honor bestowed upon a Boy Scout volunteer by a council.

He earned his B.S. degree in accounting from the University of Akron (Ohio) in

President Kenneth W. Dobbins

President Kenneth W. Dobbins

1971 and served as a commissioned officer and civilian executive in the U.S. Air Force for almost 10 years. He received the M.B.A. degree in 1979 from Old Dominion University (Virginia), and the Ph.D. in higher education administration in 1987 from Kent State, where in 2011, he was awarded the Alumni Leadership Award for the College of Education, Health and Human Services Annual Hall of Fame Awards. He is also a Certified Public Accountant in Ohio.

Dr. Dobbins and his wife, Jeanine Larson Dobbins, Founder and Director Emeritus of the Missouri Statewide Early Literacy Intervention Program based at Southeast, have a son, Paul, and a daughter-in-law, Stacey, who are both Southeast graduates, and two grandsons, Lincoln Kenneth and Brady Larson Dobbins.



Board of Regents



Doyle L. Privett
President



Kendra Neely-Martin
Vice President



Donald "Brad" Bedell



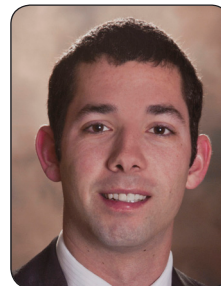
Daren Todd



Tom M. Meyer



Jay Knudtson



Kevin J. Martin
Student Representative



SOUTHEAST MISSOURI STATE UNIVERSITY



The Southeast Missouri State University Department of Athletics is on the rise under the leadership of Mark Alnutt.

Alnutt begins his second year at Southeast after officially taking over as Director of Athletics on April 19, 2012.

When Alnutt speaks, you will often hear him say, “academic excellence,” “social development,” “competitive success,” and the “I-55 Corridor.” The first three are the core values of Southeast’s mission, and the latter is the stretch between St. Louis and Memphis which is so important from a branding, recruiting and fundraising standpoint. Alnutt successfully hit all of those areas among other things over the course of a productive 2012-13 campaign.

Academically, Southeast student-athletes combined for a 3.12 cumulative grade point average in the fall and spring semesters. A total of 192 individuals recorded a 3.0 or higher GPA, accounting for 60 percent of all student-athletes. Thirteen of the Redhawks 15 teams achieved a cumulative grade point average over 3.0, including all 10 women’s programs.

In line with academics, Alnutt constantly encourages Southeast coaches and student-athletes to be visible in the

community. Student-athletes logged over 1,000 hours of community service in such projects like Pink Up Cape, Feed My Starving Children, Project Homeless Connect and Cape Girardeau Adopt-A-Street last year.

Competition wise, the Redhawks placed third in the Ohio Valley Conference Commissioner’s Cup, earning their highest finish in history of the award. The women’s track & field team captured the OVC Indoor Championship and the volleyball team won the OVC West Division in 2012. Southeast’s men’s basketball team finished second in the OVC West Division and turned in its first winning season since 2004-05, as well.

Alnutt was the driving force behind securing the first-ever NCAA football game at the new Busch Stadium in St. Louis. Longstanding regional-rivals Southeast Missouri and Southern Illinois will meet in that matchup on Sept. 21, 2013.

Total giving to athletics also increased by more than 12 percent under Alnutt. As a result, the department raised over \$350,000 through various fundraising

initiatives.

Alnutt launched the inaugural Redhawks Road Trip which served as a series of outreach events to give fans, alumni, supporters and community members the opportunity to meet coaches, student-athletes and administration from Southeast Athletics. Stops were made to a number of different locations along the “I-55 Corridor” from May to June.

Prior to accepting his first job as Director of Athletics, Alnutt served as the Senior Associate Athletics Director at the University of Missouri.

Alnutt was the administrative liaison for football; supervised track and field, cross country, gymnastics and golf; spearheaded the department’s project management team; served as the primary point person for the Athletic Department, overseeing all aspects of facility project master planning, development, management and implementation; and was involved with external department operations, including development, game operations, marketing, media relations, Mizzou Sports Properties and ticket operations.

Alnutt also managed postseason travel



Director of Athletics Mark Alnutt

Director of Athletics Mark Alnutt

arrangements for each of the University of Missouri's 20 intercollegiate sport programs. He oversaw Missouri's Nike contract, the Big Wheels and Flying Tiger programs and the department's relationship with Old Hawthorne Golf Club. In 2009, he managed a \$5 million video board project through the University of Missouri Sports Complex with the centerpiece being a new board at Faurot Field. He also oversaw the design and construction of the new Golden Girls/ Gymnastics practice facility in the fall of 2011. Alnutt was actively involved in the solicitation and stewardship efforts of capital gift giving, as well.

Alnutt spent six years at the University of Missouri as director of football operations, adding an assistant athletic director title prior to the 2005-2006 season. In that role, his duties included coordinating the team's travel plans, overseeing the football budget, handling compliance issues, scheduling of facilities, assisting with recruiting operations and managing the day-to-day operations of the football program.

He coordinated public relations and community service events for football, and oversaw all organizational aspects for the University of Missouri's trips to the 2003 and 2005 Independence Bowl games played in Shreveport, La. He also represented the football program as part of the design team that planned the \$16 million expansion and renovation project which turned the Tom Taylor Building into the Missouri Athletics Training Complex.

Alnutt was a three-year letterman for the University of Missouri as a linebacker and tight end from 1993-1995 and was voted the team's champion of the year as a senior. He earned a degree in sociology in 1995 and went to work for Major Brands



as a senior salesman in Kansas City from February 1996 to August 1997. He returned to the University of Missouri to pursue a master's degree in public administration with an emphasis on sports psychology. He joined the Missouri football staff in 1998 as an administrative/video graduate assistant. Alnutt completed his master's degree in May 2000 and took over as director of football operations that August.

A native of Kansas City, Alnutt served as president of the board of directors for Big Brothers/Big Sisters of Boone County and was selected to participate in the 2002-2003 NCAA Leadership Institute for Ethnic Minority Males. In June 2005, he was recognized by Columbia Business Times as one of the Columbia's 40-Under-40 business leaders for his work in the community.

He has participated in the Division I-A Athletic Director's Institute, attended the NACDA Mentoring Institute and chaired the NCAA Women's Gymnastics committee. In 2010, he was the recipient of an Outstanding Chancellor's Staff recognition and the Barbara S. Uehling

Award for Administrative Excellence at the University of Missouri.

More recently, Alnutt was selected to serve a four-year term on the NCAA Minority Opportunities and Interests Committee, effective Sept. 1, 2013.

The NCAA Minority Opportunities and Interests Committee (MOIC) was formed by the Association in January 1990 to review issues related to the interests of ethnic minorities and women. These issues focus on the education and welfare of minority student-athletes, as well as the enhancement of opportunities for ethnic minorities and women in coaching, athletics, administration, officiating and the NCAA governance structure.

Alnutt and his wife, the former Kate Hankins, are the parents of four children, Jaren, Kinleigh, Mason and Aidan.





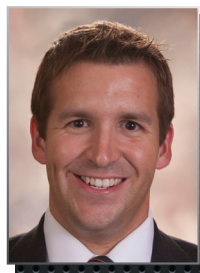
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Cindy Gannon
Senior Associate Director of
Athletics/Senior Woman
Administrator



Rachel Blunt
Assistant Director of
Athletics for Compliance



Nate Saverino
Assistant Director of
Athletics for External
Affairs



Sara Cummings
Administrative
Assistant



Elizabeth Maldonado
Director of Business
Operations



Marcia Hendrix
Assistant Ticket
Manager/Insurance



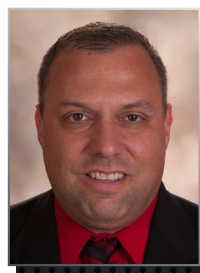
Barb Kinsey
Administrative Assistant
for Development



Alfred Castillo
Head Athletic
Trainer



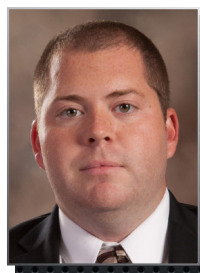
Ryan Johnson
Strength &
Condition Coach



Jeff Honza
Sports Information
Director



Kent Phillips
Coordinator of Facilities
& Event Management



Phillip Lady
Marketing Coordinator



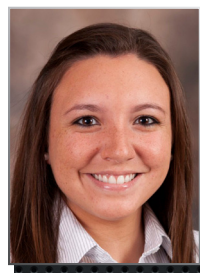
Sharon Burgard
Academic Services
Coordinator



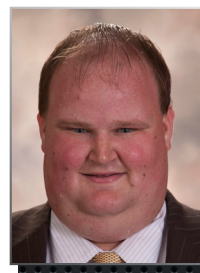
Beth Easter
Faculty Athletics
Representative



Courtney Lawson
Academic Services
Assistant



Maria Dominguez
Assistant Athletic
Trainer



Ben Fox
Assistant Athletic
Trainer



Amanda Martin
Assistant Athletic
Trainer



Christopher Brown
Assistant Director
of Compliance



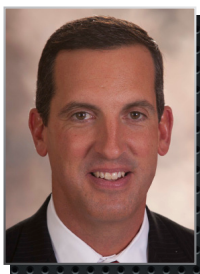
Ryan Hilgemann
Assistant Sports
Information Director



Steve Bieser
Head Baseball
Coach



Dickey Nutt
Head Men's
Basketball Coach



Ty Margenthaler
Head Women's
Basketball Coach



Tom Matukewicz
Head Football
Coach



Kristi Ewasko
Head Women's
Gymnastics Coach



Heather Nelson
Head Women's
Soccer Coach



Lana Richmond
Head Softball
Coach



Julie Yankus
Head Women's
Volleyball Coach

Community Service

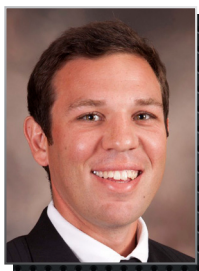
Redhawks and Nike



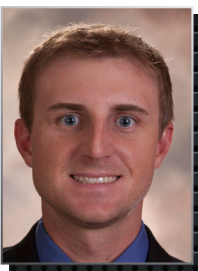
Kodie Bennett
Cheerleading
Coach



Tatianna Parham
Sundancers
Coach



Dillon Lawson
Assistant Baseball
Coach



Lance Rhodes
Assistant Baseball
Coach



Jesse Evans
Assistant Men's
Basketball Coach



Jamie Rosser
Assistant Men's
Basketball Coach



Jon Cremins
Assistant Men's
Basketball Coach



Ben Coomes
Assistant Women's
Basketball Coach



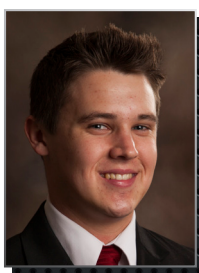
Heather Ezell
Assistant Women's
Basketball Coach



LaToya Howell
Assistant Women's
Basketball Coach



Sarah Shire Brown
Assistant Women's
Gymnastics Coach



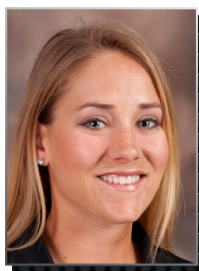
Sarah Shire Brown
Assistant Women's
Gymnastics Coach



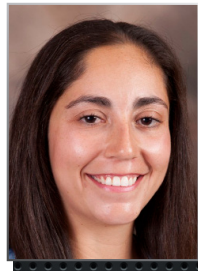
Paul Nelson
Associate Head Women's
Soccer Coach



Lindsay Pickering
Assistant Women's
Soccer Coach



Sarah Willis
Assistant Softball
Coach



Stephanie Mata
Assistant Softball
Coach



Kayani Turner
Assistant Women's
Volleyball Coach



Nikki Buchholz
Assistant Women's
Volleyball Coach



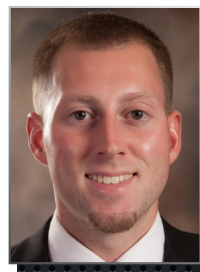
Robby Rasco
Equipment Manager



Emily Obergönnner
Graduate Assistant
Academic Services



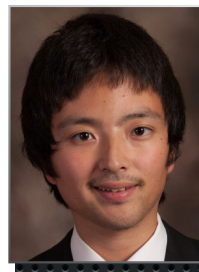
Sean Stevenson
Sports Information
Assistant



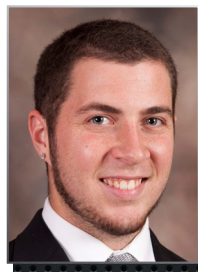
Taylor Grayson
Facilities & Event
Management Assistant



Ricky Zum Mallen
Graduate Assistant
Marketing & Promotions



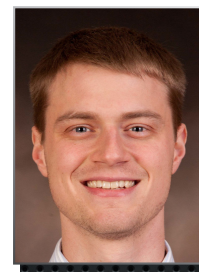
Yuichiro Yoshida
Graduate Assistant
Athletic Trainer



Ben Krueger
Graduate Assistant
Athletic Trainer



Megan Rottler
Strength & Conditioning
Specialist



Andrew Salter
Graduate Assistant
Strength & Conditioning





SOUTHEAST MISSOURI STATE UNIVERSITY



The mission of Southeast Missouri State University Department of Athletics is to provide a first class, student-athlete centered collegiate experience emphasizing the core values of academic excellence, social development, and competitive success. The Department of Athletics strives to compete at the highest possible level in the Ohio Valley Conference and other conference affiliations. The principles of integrity, student welfare, sportsmanship, ethical conduct, rules compliance, equity and diversity, and the prudent management of resources are the foundation on which we operate.



Mission Statement



Season Outlook

2014 GYMNASTICS GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY

The Southeast Missouri gymnastics team has an intriguing mix of veterans and freshmen entering the 2014 season. Five seniors, two sophomores and seven freshmen make up the roster that has seen head coach, Kristi Ewasko, change up the training routine.

“We are training a little bit more with the athletes feeling pressure, feeling nervous,” Ewasko said. “If they have a major mistake, then it affects their teammate by extending the workout assignment for the day.

“Another tactic that we utilized this year is to reward within the assignments such as if you have a really good routine, you get to take part of your assignment away or do fewer routines. That is something we have really worked on this year, each athlete holding themselves to higher expectations and in return, they may not have to do as much during that day’s practice.”

With five seniors and nine underclassmen, the time was opportune to make a change. However, the seniors have been open-minded and like the changes.

“They make comments about liking the changes and recognizing the benefits of our new system,” Ewasko said. “The moving of tumbling passes onto the hard floor caused some anxiety but once they did they were surprised at how well their bodies responded.

“Them buying in and trusting that the training plan has prepared them for those bigger moments and bigger challenges as we move forward has really made a difference this year.”

The senior class welcomes back Taryn Vanderpool, a 2013 Midwest Regional participant, and Megan Fosnow, who competed at the regional in 2012. Also in the senior class are Erin Brady, Samantha Marrero and Kimberly Pickerl.

The sophomore class has 2013 MIC Newcomer of the Year, Taylor Penzien along with Hayli Huiner, who was unable to compete last season due to injury.

The team welcomes incoming freshmen: Chelsi Hamilton, Lauren Israel, Chloe Marshall, Alex Stokes, Ashley Thomas, Alyssa Tucker, and Bailey Walker.



Vault

The vault is proving to be one of the most exciting events for the Redhawks in the 2014 season.

“Vault is the event I am most excited about,” Ewasko said. “We have upgraded the difficulty for all of our seniors that did not have 10.0 start values last year.

“In the 5 seasons I have been at Southeast, we have never had 6 athletes compete on vault that started from 10.0. Because of the determination of this team, we have raised our expectations and the opportunity will be there for us to compete all 10.0 start values on vault.”

While the vault line-up can change throughout the season, Fosnow, Walker, Tucker, Thomas and Vanderpool are tasked as the top-five at the moment.

“The sixth spot is up for grabs,” Ewasko said. “We have Erin (Brady) doing a new vault that looks great while Kimmie (Pickerl) has improved upon her vault from last season. Freshman Chelsi Hamilton also has the potential to take

the 6th spot upon returning from an injury sustained during pre-season training. I'm really looking for the rest of the team to keep training and be ready to step in when needed."

Last season, Fosnow and Vanderpool competed in the vault in all 11 meets. Fosnow had a top vault of 9.925 points at the MIC Championships while Vanderpool scored a 9.825 in the same meet.

Uneven Bars

The uneven bars are expected to remain similar to last year with the exception that a few athletes have upgraded their difficulty.

"Taryn (Vanderpool) has added a major release into her bar routine," Ewasko said. "Megan (Fosnow) upgraded her dismount and now we can look forward to her doing one of the hardest dismounts in collegiate gymnastics."

As for the freshmen, Ewasko is excited about two freshmen in particular.

"Tucker and Alex (Stokes) will see the bar lineup to really pull the team together," Ewasko said. "Almost every athlete trains bars and nearly all are ready for competition. We are excited to have this kind of depth."

Vanderpool tallied the schools third-best score on the bars last season when she hit a 9.900 against Eastern Michigan. Taylor Penzien returns after hitting a 9.775 last year along with Fosnow's 9.800 and Kimmie Pickerl who notched a 9.725.

Balance Beam

The balance beam will be a change from years past, specifically beginning with a major skill to start off some of their routines.

"When planning upgrades for beam, an area we wanted to focus on were the mounts," Ewasko said. "We have athletes that will actually start their routine by flipping onto the beam. This is a big change for us and so far it's going great in practice!"

"The overall presentation and skill values have been raised and we are expecting a big jump."

Every returning gymnast, with the exception of Huiner who was injured last year, competed on the beam in 2013 including Vanderpool and Fosnow who competed in every meet.

Vanderpool returns with the highest score with a 9.850, a mark she hit at BYU while Pickerl achieved a 9.800 at Kent State.

Floor

All of the floor routines have been revamped this year including new music and choreography.

"We have had a lot of fun with the athletes choreographing and adding their own style into the routine," Ewasko said. "Whatever six routines get put on the floor, you'll see six routines that are fun and energizing as well as graceful and elegant."





SOUTHEAST MISSOURI STATE UNIVERSITY

With the new energizing routines, Ewasko pointed out a good problem to have, “We have a lot of athletes to choose from on the floor right now.”

Once again, Southeast has plenty of returning experience on the floor, led by Penzien who hit 9.875 a year ago. Fosnow and Vanderpool return having each scored a 9.850 while Pickerl and Brady notched 9.800 and 9.700, respectively.

2014 Schedule

Ewasko has made a change in the 2014 schedule than what has normally been done in the past.

“A big change this year is starting off at home (Jan. 12) and against a very powerful program, Ewasko said. “Usually we would start a little slower and on the road. With Kent State coming in, we are going to light the fire fast.

“They know from the start, it is go time. This team has reacted well to that change and I am excited to see how they respond when it counts.”

Twelve regular season competitions are on the docket, with six of them coming at home this winter.

Southeast will rack up some frequent flyer miles with trips to perennial regional-qualifier Penn State (Jan. 18) and Sacramento State (Jan. 24) before closing out the month with a tri-meet against Midwest Independent Conference foe Lindenwood and Wisconsin-Whitewater on Jan. 31. The meet at Penn State also has Illinois-Chicago and Cornell competing in it.

“We’ve bumped up the competition this year as we try to get into NCAA Regionals,” Ewasko said. “It is important for us to compete with teams that make regional and national appearances regularly.”

February begins with a dual against Missouri in Columbia on Feb. 7. The Redhawks don’t rest long, hosting UIC and Alaska for another tri-meet on Feb. 9. Southeast stays at home for a dual against Ball State on Feb. 14 and finishes the month with a trip to Centenary (Feb. 21) and a tri-meet at Texas Woman’s (Feb. 23) with Centenary also competing

there.

The regular season concludes with a pair of home meets at the beginning of March. Southeast kicks off its alumnae weekend by welcoming Michigan State on March 7. The Redhawks will hold their annual luncheon at Outback Steakhouse the following day and send off their five seniors in their home finale against Illinois State on March 9. That meet will be held at the Show Me Center.

The Redhawks will spend the next two weeks preparing for the MIC Championships, which are hosted by Illinois State in Normal on March 22. The top-36 teams in the final regular season rankings earn a trip to the NCAA Regional Championships, which are held on April 5. The NCAA Gymnastics Championships are held April 18-20 in Birmingham, Ala.

The teams with the nation’s top 36 RQS totals all qualify for the various NCAA Regional Championships. There will be a live webcasted show on Monday, March 24th where officials will announce all Regional qualifiers and team placements.



Team Roster



2014 Southeast Gymnastics Roster

Name	Events	Ht.	Yr.	Hometown	Club
Erin Brady	AA	5-9	Sr.	Oshkosh, Wis.	Oshkosh Gymnastics Center
Megan Fosnow	AA	5-7	Sr.	Franklin, Wis.	Midwest Twisters Gymnastics
Chelsi Hamilton	AA	5-3	Fr.	Arlington, Texas	Top Flight Gymnastics
Hayli Huiner	AA	5-4	So.	Winfield, Ill.	Illinois Gymnastics Institute
Lauren Israel	AA	5-4	Fr.	Blue Springs, Mo.	Extreme Gymnastics
Samantha Marrero	AA	5-7	Sr.	Farmingville, N.Y.	Gold Medal Gymnastics Center
Chloe Marshall	AA	5-6	Fr.	Olathe, Kan.	KGDC
Taylor Penzien	AA	5-8	So.	Ray Township, Mich.	Olympia Gymnastics Academy
Kimmie Pickerl	AA	5-0	Sr.	Naperville, Ill.	Aerial Gymnastics Club
Alexandria Stokes	AA	5-7	Fr.	East Bethel, Minn.	Flyaways Gold Gymnastics
Ashley Thomas	AA	5-5	Fr.	Germantown, Tenn.	SEGA Gymnastics
Alyssa Tucker	AA	5-5	Fr.	Raleigh, N.C.	Team Attraction Gymnastics
Taryn Vanderpool	AA	5-2	Sr.	Lenexa, Kan.	Elite Gymnastics
Bailey Walker	AA	5-2	Fr.	Chanhausen, Minn.	Classic Gymnastics

COACHING STAFF

Head Coach: Kristi Ewasko (Fifth Season/Auburn, 2004)

Assistant Coach: Sarah Brown (Second Season/Missouri 2010/12)

Assistant Coach: Jake Zenker (First Season/Penn State, 2013)

Breakdown by Class:

Seniors.....	5
Juniors.....	0
Sophomores.....	2
Freshmen.....	7

Breakdown by State

Illinois.....	2
Kansas.....	2
Michigan.....	1
Minnesota.....	2
Missouri.....	1
New York.....	1
North Carolina.....	1
Tennessee.....	1
Texas.....	1
Wisconsin.....	2

Pronunciation Guide

Taylor Penzien	Pen-ZEEN
Kimberly Pickerl	PICK-er-uhl



SOUTHEAST MISSOURI STATE UNIVERSITY



Erin Brady
5-9 • Sr.
Oshkosh, Wis.



Megan Fosnow
5-7 • Sr.
Franklin, Wis.



Chelsi Hamilton
5-3 • Fr.
Arlington, Texas



Hayli Huiner
5-4 • So.
Winfield, Ill.



Lauren Israel
5-4 • Fr.
Blue Springs, Mo.



Samantha Marrero
5-7 • Sr.
Farmingville, N.Y.



Chloe Marshall
5-6 • Fr.
Olathe, Kan.



Taylor Penzien
5-8 • So.
Ray Township, Mich.



Kimmie Pickerel
5-0 • Sr.
Naperville, Ill.



Alexandria Stokes
5-7 • Fr.
East Bethel, Minn.



Ashley Thomas
5-5 • Fr.
Germantown, Tenn.



Alyssa Tucker
5-5 • Fr.
Raleigh, N.C.



Taryn Vanderpool
5-2 • Sr.
Lenexa, Kan.



Bailey Walker
5-2 • Fr.
Chanhassen, Minn.



Kristi Ewasko
Head Coach



Sarah Brown
Assistant Coach



Jake Zenker
Assistant Coach



Coaches

2014 GYMNASTICS GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY



Kristi Ewasko

- » Head Coach
- » Fifth Season
- » Auburn, 2004
- » @KBEwasko

In four seasons as head coach, the Southeast Missouri gymnastics program has experienced a mix of team and prominent individual success under Kristi Ewasko.

Southeast rebounded from a fifth-place conference finish in 2012 to place third at the 2013 Midwest Independent Conference Championships. The Redhawks posted their 10th-highest score in program history on that day, scoring a 195.050 in the hotly contested conference meet.

Two Redhawks were crowned MIC champions with Megan Fosnow claiming vault and Taryn Vanderpool winning a share of the uneven bars title. Freshman Taylor Penzien also earned postseason accolades from the conference, being voted the MIC Newcomer of the Year. Vanderpool continued her season a little longer, qualifying for the NCAA Norman Regional, the first regional appearance of her career.

Southeast once again excelled in the classroom, posting the highest team grade point average in the nation with a 3.8146 figure. All 13 gymnasts on the 2013 roster also earned spots on the National Association of Collegiate Gymnastics Coaches/Women (NACGC/W).

In dual competition, Southeast has gone 39-38 in Ewasko's four seasons at the helm.

In 2012, the Redhawks sent two individuals, Fosnow and Taylor Westrick, to the NCAA Regional Championships. Westrick won the balance beam at the regional meet to become the first Southeast gymnast to qualify for the NCAA Gymnastics Championships since the program went Division I prior to the 1992 season. She finished 28th at the national meet to conclude her historic season.

The 2011 season saw Southeast capture its fourth Midwest Independent Conference title in program history. Southeast also finished 39th nationally with a Regional Qualifying Score (RQS) of 193.875.

On May 24, 2010, then-Southeast Director of Athletics John Shafer named Ewasko the head women's gymnastics coach after she spent her first year as the interim head coach.

The Redhawks posted a 12-8 dual record while going 9-2 against MIC foes in 2011. In addition to the team success, Southeast sent three gymnasts to the NCAA Regional Championships in Norman, Okla. Taylor Westrick competed in the all-around while Brianna Gaddie competed in the vault and Christina Sundgren took part in the uneven bars.

A native of Monroe, La., Ewasko spent one year as an assistant coach at Southeast

before she was promoted to interim head coach. During that time, she led the Redhawks to an overall record of 18-7 and 11-4 in the Midwest Independent Conference. The 18 victories were the most for the program since 1997.

In addition, Southeast finished third at the MIC Championships and had three gymnasts (Jordan Salsberg, Brianna Gaddie and Rikara Turner) qualify for the NCAA South Central Regional. The team just missed the program's ninth NCAA Regional berth, finishing with a final national ranking of 40th with a Regional Qualifying Score (RQS) of 193.850 which led the MIC.

Academic success has been at the forefront of the Redhawks' gymnastics program under Ewasko. Southeast has with the nation's highest or second highest cumulative grade point average in each of the past four seasons. The Redhawks led the nation in GPA 2011 (3.91) and 2013 (3.846) and finished with the country's second-highest marks in 2010 (3.8905) and 2012 (3.736).

Individually, 60 Southeast gymnasts have earned Scholastic All-American honors from the National Association of Collegiate Gymnastics Coaches/Women (NACGC/W) in the past four years.

Prior to arriving at Southeast, Ewasko worked as a volunteer coach at Auburn University from 2004-08. She was AU's conditioning captain and academic captain from 2004-2006. She then spent the 2007 season as an assistant beam and floor coach while transitioning for the 2008 season to being an assistant on vault and bars. During this time, she also assisted with team travel, recruiting files and other day-to-day activities of the program. The Tigers finished the 2008 season ranked 17th and rated among the top-26 each of those four seasons.

In addition to her collegiate coaching duties, Ewasko was an Auburn Gymnastics Academy coach from 2004-2008. She became head coach of the AGA competitive team in May, 2006.

Ewasko graduated with a degree in Exercise Science from Auburn in 2004. As a gymnast, she competed for four years as the top vault competitor for the Tigers' perennial top-20 program. Ewasko recorded Auburn's top three vault scores in school history, including the all-time mark of 9.950, which she set against Florida in 2003. Ewasko scored a 9.90 or better on vault, beam and floor during her four years as a collegiate gymnast. In pursuit of her degree, Ewasko was named an Academic All-American in 2002, named to the SEC Academic Honor Roll in 2003 and 2004, and was also named to the SEC Good Works Team in 2004 for her community service work.

Ewasko and her husband, Matt, have a son, Alex, and a daughter, Cameron Auburn.

Head Coach



The Kristi Ewasko File

Year(s)	School	Position	Head Coach Dual Record		
			W	L	Pct.
2004-08	Auburn University	Volunteer Coach			
2008-09	Southeast Missouri State University	Assistant Coach			
2010	Southeast Missouri State University	Head Coach	18	7	.720
2011	Southeast Missouri State University	Head Coach	12	8	.600
2012	Southeast Missouri State University	Head Coach	2	15	.118
2013	Southeast Missouri State University	Head Coach	8	9	.470
Total			40	39	.506



SOUTHEAST MISSOURI STATE UNIVERSITY



Sarah Brown

- » Assistant Coach
- » Second Season
- » Missouri, 2010/2012
- » @88Shire

Sarah Brown (formerly Shire) returns for her second season as the Southeast Missouri gymnastics program's assistant coach. Brown is the Redhawks' recruiting coordinator and balance beam coach. She also assists with organizing practices.

Brown's work on the recruiting trail netted the Redhawks a large recruiting class that has seven freshmen on the roster heading into 2014. During her first season at Southeast, improved its beam Regional Qualifying Score (RQS) by over two-tenths of a point.

A decorated collegiate gymnast, Brown was a four-time All-American in only three seasons at Mizzou. She was named Big 12 Newcomer of the Year in 2008, Big 12 Gymnast of the Year in 2009 and 2010 and South Central Regional Gymnast of the Year in 2009 and 2010. Prior to competing collegiately, Brown was a member of the US National Team from 2002-05.

As a team, the Tigers experienced tremendous success with Brown on the roster. The team finished in the national top-20 all three years she competed and qualified for the NCAA National Championships as a team in 2010, finishing 12th in the country.

Brown was also heavily involved in the club gymnastics scene, serving as a coach and choreographer for Flipz USA since 2006. She has instructed children of all ages on fundamental and advanced skills, coordinated workout plans on all four events and provided motivation for developing gymnasts.

Before arriving at Southeast, Brown spent one season as the Tigers' director of operations. Her primary duties included coordinating team travel and recruiting assistance. She also served as a career coach, summer camp coordinator and sport psychology intern.

Brown earned a Bachelor of Arts in interdisciplinary studies from Missouri in 2010 before gaining a Master's of Education in counseling psychology from Missouri in 2012. She is married to Antonio Brown, who is an accountant in Cape Girardeau.





SOUTHEAST MISSOURI STATE UNIVERSITY



Jake Zenker

- » Assistant Coach
- » First Season
- » Penn State, 2013
- » @jpthe pope

Jake Zenker enters his first season as an assistant coach with the Southeast Missouri gymnastics program. He will coach the Redhawks' uneven bars competitors, help choreograph floor routines and plan travel arrangements.

Zenker was manager for the perennially-ranked Penn State Nittany Lions, who finished the 2013 season as the No. 15 team in the country. He helped run home competitions, tracked individual gymnast assignments, assisted with floor and beam choreography and handled travel arrangements.

Zenker also competed for the Penn State club gymnastics team, serving as the team's co-captain. The club team won a team national title in 2010 and finished national runner-up in 2011 and 2012. He was also involved in Penn State's Glee Club during his time at PSU.

A 2013 graduate, Zenker received a Bachelor of Science degree in Meteorology, with a minor in Geographic Information Systems, from Penn State.

Gymnastics Support Staff



Taylor Huey
Student Manager



Ben Fox
Athletic Trainer

Assistant Coaches



Gymnast Bios

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SOUTHEAST MISSOURI STATE UNIVERSITY

Erin Brady

» 5-9 » Sr. » Oshkosh, Wis. » Oshkosh Gymnastics Center



2013: Competed in all 11 meets, cracking the floor lineup each outing while competing on vault nine times and beam six times... notched a season-best 9.700 on floor twice: vs. Illinois State (2/15) and vs. Eastern Michigan (3/3)... also scored a career-best 9.675 on beam against Centenary (1/25)... top vault score was a 9.600 at the MIC Championships (3/23).

2012: Competed in all 11 meets... primarily competing in the floor exercise (nine times) and on balance beam (six times)... also cracked the uneven bars lineup twice... scored a career-best 9.775 on floor against Illinois State (2/24)... named to the MIC Scholastic All-Conference team... placed on the NACGC/W All-Academic team... named a Southeast Scholar-Athlete... placed on the OVC Commissioner's Honor Roll.

2011: Did not compete.

Club: Coached by Phyllis and Dale Hardt... four-year Level 10 gymnast... three-time Junior Olympic qualifier... placed ninth on the floor and 25th in the all-around at the 2008 Junior Olympic Nationals... finished fourth on the floor at 2006 and 2007 Level 10 Regionals... won vault title and placed fourth in the all-around at the 2009 Regionals... honor roll student at Oshkosh West High School... winner of the Academic Achievement Award.

Personal: Born April 23, 1992... daughter of Joseph and Julie Brady.

Returners

Megan Fosnow

»5-7 »Sr. »Franklin, Wis. »Midwest Twisters Gymnastics



2013: Competed in all 11 meets as an all-around competitor... first-team All-MIC performer who won vault with a career-best 9.925 at the MIC Championships (3/23), the third-best vault score in program history... scored 9.700 or higher 25 times, the second-highest total on the team... also tallied 10 scores of 9.800 or better... top event was vault, where she scored 9.750 or higher 10 times... scored 38.700 or higher in the all-around three times, with a season-high 39.025 against Texas Woman's (3/8) to win the event... named MIC Gymnast of the Week on March 14 after her performance against Texas Woman's... posted eight first-place finishes... placed on the MIC Scholastic All-Conference team.

2012: Qualified for the NCAA Champaign Regional, her first regional competition in her collegiate career... scored 9.725 on floor and vault, scored 9.700 on bars and finished with an all-around score of 37.500 at the NCAA Champaign Regional (4/7)... placed on the MIC Scholastic All-Conference team... named a Southeast Scholar-Athlete... placed on the OVC Commissioner's Honor Roll... placed on the NACGC/W All-Academic team... competed in all 11 regular season meets... took part in the all-around in the final nine competitions... recorded a team-best 22 scores of 9.700 or better... performed best on vault, where nine of her 12 routines scored at least 9.725, three of which went 9.800 or above... best single event score was a career-best 9.825 on vault against Auburn (9.825), a meet where she scored 9.750 or higher on all four events to finish with a career-best 39.125 in the all-around... nearly cracked 39 in the all-around against Illinois State (2/24), where she scored a 38.975... won the vault three times: vs. Northern Illinois (1/13) at Illinois State (1/21) and vs. Auburn... named MIC Gymnast of the Week on two occasions, Feb. 28 and March 14.

2011: Competed in 10 meets... set a career-high on the bars against Centenary (3/6) with a score of 9.825, placing fourth... posted five scores of 9.7 or higher on vault, with a season-high of 9.775 at the Midwest Independent Conference Championships (3/19).

Club: Coached by Katie Giuffre and Rick Nelson... four-year Level 10 gymnast... Level 10 gymnast in 2009 who qualified for Junior Olympics and National Invitational Tournament... 2008 Level 10 first alternate for Junior Olympic Nationals... placed ninth in the all-around and on the bars at the 2007 Level 9 Westerns... placed fourth on vault at the 2006 Level 9 Regionals... 2005 Level 8 state all-around champion and Regional qualifier... honor roll student at Greenfield High School.

Personal: Born May 11, 1992... daughter of Doug and Jill Fosnow... majoring in physical therapy.



SOUTHEAST MISSOURI STATE UNIVERSITY

Hayli Huiner

»5-4 »So. »Winfield, Ill. »Illinois Gymnastics Institute



2013: Did not compete due to injury... placed on the MIC Scholastic All-Conference team.

Club: Attended Timothy Christian High School... competed for the Illinois Gymnastics Institute under coach Todd Gardiner... Level 10 gymnast each of the last three years with Illinois Gymnastics Institute... qualified for the level 10 state and regional meets along with the NIT in 2011... finished seventh in the state and 12th at regional in the all-around in 2011... followed that with a sixth-place all-around showing at the NIT meet... former regional and eastern qualifier at Level 9 prior to achieving level 10 status... graduated with a 3.90 grade-point average, spending all four years on the honor roll... volunteered at the nursery and ministry outreach program at her church.

Personal: Born Oct. 20, 1993... parents are Tim and Wendi Huiner.

Samantha Marrero

»5-7 »Sr. »Farmingville, N.Y. »Gold Medal Gymnastics Center



2013: Competed in all 11 meets as a beam specialist... notched two scores of 9.750 or higher, which came in consecutive meets against Eastern Michigan (3/3) and Texas Woman's (3/8)... placed on the MIC Scholastic All-Conference team.

2012: Placed on the MIC Scholastic All-Conference Team... named a Southeast Scholar-Athlete... placed on the OVC Commissioner's Honor Roll... placed on the NACGC/W All-Academic team... competed in three meets on uneven bars... scored a season-best 9.600 against UIC (2/18).

2011: Competed in nine of the 12 meets... competed in the all-around in the season-opener at Illinois State (1/8)... tied for second place twice on the beam with a score of 9.825 both times against Missouri (3/4) and Centenary (3/6)... recorded a season high vault score of 9.500 against Western Michigan (1/21)... recorded season high bar score of 9.400 against Illinois State (1/8).

Club: Coached by Tammy Marshall, a two-time NCAA champion at UMass and a member of the U.S. National Team... 2009 Junior Olympic National qualifier... two-time Level 10 National qualifier... placed 22nd in the all-around at the 2010 Level 10 Nationals... placed seventh on the beam and ninth on the floor at the 2009 Level 10 Nationals... honor roll student at Sachem High School East... member of the National Honor Society and Foreign Language National Honor Society.

Personal: Born Aug. 9, 1992... daughter of Daniel and Debra Marrero.



SOUTHEAST MISSOURI STATE UNIVERSITY

Taylor Penzien

»5-8 »So. »Ray Township, Mich. »Olympia Gymnastics Academy



2013: Competed in all 11 meets, going in the all-around three times... named MIC Newcomer of the Year... scored 9.700 or higher on 14 occasions, including one score above 9.800... scored a season-high 9.875 to win the floor exercise at Illinois State (2/24)... notched at least a 9.700 on bars in each of her last eight meets, going a season-best 9.775 on three occasions: vs. Illinois State (2/15), vs. Eastern Michigan (3/3) and at Kent State (3/15)... placed on the MIC Scholastic All-Conference team.

Club: Attended New Haven High School... spent the last four years as a Level 10 gymnast for Olympia Gymnastics Academy under Lori Koch and Deanna Sigler... qualified for Eastern Nationals in 2008... three-time regional qualifier... qualified for the nationals in 2012... won the state and regional all-around championships in 2012... also won the floor exercise at the 2012 regional meet... qualified for the 2011 NIT meet... won the floor exercise while placing second in vault and all-around at the 2011 state meet... finished ninth in the all-around at the 2011 regional meet... notched a fourth-place finish on bars at the 2011 NIT... also competed in track and field, winning a state title in the high jump in 2011... two-time regional champion in the long jump and high jump and earned one more regional crown in the 200m dash... graduated as class valedictorian with a 3.97 GPA.

Personal: Born March 8, 1994... parents are James and Carrie Penzien.

Returners

Kimmie Pickerl

»5-0 »Sr. »Naperville, Ill. »Aerial Gymnastics Club



2013: Competed in all 11 meets with six of those meets as an all-around competitor... notched career bests in every event... scored 9.700 or higher 16 times, all in the last eight meets... scored a career-best 9.825 on vault and 39.025 in the all-around against Eastern Michigan (3/3)... posted a career-best 9.800 on beam at Kent State (3/15)... best floor score was a 9.800 at Illinois State (2/24)... placed on the MIC Scholastic All-Conference team.

2012: Named to the MIC Scholastic All-Conference Team... named a Southeast Scholar-Athlete... placed on the OVC Commissioner's Honor Roll... placed on the NACGC/W All-Academic team... competed on bars in all 11 meets ... also cracked the vault lineup six times, competed on beam four times and logged two scores on floor... tallied a season-best 9.750 on floor, her best score of the season, against Illinois State (2/24).

2011: Competed in one meet, at home against Illinois State (2/11)... scored a 9.175 on the balance beam.

Club: Coached by Don and Patrice McPherson... 2009 Junior Olympic National qualifier... placed third on the vault and 10th in the all-around at the 2010 Junior Olympic National Invitational Tournament... first alternate for the 2008 Junior Olympic National Championships... three-time Level 10 gymnast... honor roll student at Neuqua Valley High School... member of the Spanish National Honor Society.

Personal: Born May 21, 1992... daughter of Hanson and Margo Pickerl... major is dietetics.



SOUTHEAST MISSOURI STATE UNIVERSITY

Taryn Vanderpool

»5-2 »Sr. »Lenexa, Kan. »Elite Gymnastics



2013: Placed on the MIC Scholastic All-Conference Team... qualified for the NCAA Norman Regional (4/6) in the all-around, where she took 12th with a score of 38.775... earned first-team All-MIC honors after sharing the bars title (9.850) and placing second in the all-around (39.200) at the MIC Championships (3/23)... also notched a career-best 9.825 on vault at the conference meet... competed in all 11 meets as an all-around competitor ... recorded 32 scores of 9.700 or higher, 15 of which scored 9.800 or better... won or shared 13 event titles... best event was uneven bars, where she scored 9.750 or higher in all but one meet... notched a career-best 9.900 on bars, the third-best score in Southeast history, against Eastern Michigan (3/3)... posted a career-best 9.850 on floor against Texas Woman's (3/8)... named MIC Gymnast of the Week three times (Jan. 23, Feb. 13 and Feb. 20).

2012: Placed on the MIC Scholastic All-Conference Team... named a Southeast Scholar-Athlete... placed on the OVC Commissioner's Honor Roll... placed on the NACGC/W All-Academic team... competed in eight meets, four of which were as an all-around competitor ... recorded nine scores of 9.700 or higher... tallied a career-high 38.825 in the all-around against Texas Woman's (3/16), where she also scored a career-high 9.875 on bars... earned first-team All-MIC honors after finishing third on beam (9.775) at the MIC Championships (3/24).

2011: Competed in four of 12 team meets in vault, uneven bars and floor exercise... recorded a season-best score of 9.800 on the floor exercise against Western Michigan (1/21)... also scored a season-best 9.750 on bars against the Broncos... season-high vault score was 9.750 against Denver (1/28).

Club: Coached by Gerald Carley... two-time Junior Olympic National qualifier... three-time Level 10 National qualifier... placed fifth on bars and 10th in the all-around at the 2010 Junior Olympic Nationals... honor roll student at Shawnee Mission West High School... member of the National Honor Society and Spanish National Honor Society.

Personal: Born Aug. 28, 1992... daughter of Troy and Nancy Vanderpool... majoring in Biomedical Science.

Chelsi Hamilton

»5-3 »Fr. »Arlington, Texas »Top Flight Gymnastics



Club: Earned level 10 status prior to the 2012 season, where she was limited to only one meet... qualified for nationals in 2013, where she took 14th on floor... placed second on vault and sixth in the all-around at regionals in 2013... won vault and the all-around title at the Level 9 National Championships in 2011... also placed second on beam and third on floor at the 2011 national meet... claimed another vault title at the Level 9 National Championships in 2010... won vault and all-around titles in all four meets she competed in during the 2011 season.

Personal: Born July 25, 1995... parents are Qzonna and Boris Hamilton.

Lauren Israel

»5-4 »Fr. »Blue Springs, Mo. »Xtreme Gymnastics



Club: Competed at Level 10 since 2010... qualified for regionals and nationals in 2011 and 2012... won bars while finishing second on floor and the all-around at the 2012 Missouri State Championships... placed fifth on beam and ninth on bars at the 2012 Junior Olympic National Championships... competed all-around in all but two meets since achieving Level 10 status... entered her senior year with a 4.2 GPA, earning a spot on the principal's honor roll.



SOUTHEAST MISSOURI STATE UNIVERSITY

Chloe Marshall

»5-6 »Fr. »Olathe, Kan. »KGDC



Club: Competed at level 10 since 2011... two-time NIT qualifier... placed fifth on floor at the 2012 NIT... missed 2013 club season due to injury... four-year honor roll member... earned school's physics award in 2012.

Personal: Born Dec. 16, 1994... parents are Michael and Misti Marshall... plans to major in biology.

Alexandria Stokes

»5-7 »Fr. »East Bethel, Minn. »Flyaways Gold Gymnastics



Club: Spent her last three club seasons as a level 10 gymnast... qualified for Level 10 Regionals three times, posting two top-10 finishes in the all-around... named club team captain as a senior... graduated with a 3.96 GPA.

Personal: Born Oct. 25, 1994... parents are Robert and Patricia Stokes... intends to major in exercise science.

Ashley Thomas

»5-5 »Fr. »Germantown, Tenn. »SEGA Gymnastics



Club: Competed in gymnastics since she was three years old... spent her last two club seasons as a level 10 gymnast... qualified for the Level 10 NIT twice, placing second in the all-around as a junior... won a Level 10 state all-around title in her junior season... won vault and beam at Level 9 Regionals as a sophomore... National Honor Society member who graduated with a 3.96 GPA.

Personal: Born July 13, 1995... parents are Richard and Shelia Thomas... sister, Lauren, plays soccer at Chattanooga... intends to major in exercise science.

Alyssa Tucker

»5-5 »Fr. »Raleigh, N.C. »XTeam Attraction Gymnastics



Club: Spent the past three seasons as a level 10 gymnast... qualified for Junior Olympic Nationals three times... posted three-straight top-three finishes in the all-around at the state championships... finished fourth in the all-around at the 2013 regional meet... finished 16th in the floor exercise (9.600) at nationals in 2013... made the honor roll twice at Athens Drive High School.

Personal: Born Jan. 8, 1995... daughter of Cassandra Tucker.



SOUTHEAST MISSOURI STATE UNIVERSITY

Bailey Walker

»5-2 »Fr. »Chanhassen, Minn. »Classic Gymnastics



Club: Competed at level 10 since December, 2009... posted top-five finishes in vault (second), floor (third) and all-around (fifth) at the 2013 regional meet... placed second on vault and floor, third on bars and fourth in the all-around at the Level 10 Regional Championships in 2012... qualified for Level 10 Junior Olympic Nationals all four years she competed at that level... won vault at the 2011 regional meet, a year after placing third at the regional meet.

Personal: Born July 19, 1994... parents are Amy and Ron Walker.

Freshmen



2013 Season Review

2014 GYMNASTICS GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY

Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Jan. 18	Dual Meet at Lindenwood (Hyland Arena)						1-0
	SOUTHEAST	48.025	48.525	47.700	47.950	192.200	
	Lindenwood	46.925	47.800	46.375	47.525	188.625	W
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Jan. 25	Dual Meet vs. Centenary (Houck Field House)						1-0
	SOUTHEAST	48.000	48.625	48.500	48.575	193.700	
	Centenary	47.175	47.050	46.750	48.175	189.150	W
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Feb. 2	Dual Meet at Northern Illinois (Convocation Center)						0-1
	SOUTHEAST	48.300	48.150	47.900	48.425	192.775	
	Northern Illinois	48.325	47.600	48.100	48.850	192.875	L
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Feb. 8	Dual Meet at No. 34 BYU (Smith Fieldhouse)						0-1
	SOUTHEAST	48.425	47.725	48.225	47.975	192.350	
	BYU	49.100	48.875	48.550	48.625	195.100	L
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Feb. 10	Dual Meet at No. 16 Boise State (Taco Bell Arena)						0-1
	SOUTHEAST	48.700	48.400	46.225	48.000	191.325	
	Boise State	49.325	48.950	48.525	49.500	196.300	L
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Feb. 15	Dual Meet vs. Illinois State (Houck Field House)						0-1
	SOUTHEAST	47.950	48.700	47.625	48.600	192.875	
	Illinois State	48.500	48.850	48.455	47.625	193.425	L
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
Feb. 24	Dual Meet at Illinois State (Horton Field House)						0-1
	SOUTHEAST	48.300	48.825	47.650	49.150	193.925	
	Illinois State	48.425	49.000	48.775	48.800	195.000	L
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
March 3	Dual Meet vs. Eastern Michigan (Houck Field House)						1-0
	SOUTHEAST	48.800	49.175	47.700	49.100	194.775	
	Eastern Michigan	49.075	48.750	47.725	49.125	194.675	W
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
March 8	Dual Meet vs. Texas Woman's (Houck Field House)						1-0
	SOUTHEAST	47.975	48.750	48.700	48.800	194.225	
	Texas Woman's	48.625	48.375	48.125	48.750	193.875	W
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
March 15	Quad Meet at No. 22 Kent State (M.A.C. Center)						1-2
	SOUTHEAST	48.575	49.025	47.850	48.575	194.025	
	Kent State	48.925	49.000	49.225	48.825	195.975	L
	New Hampshire	48.600	48.200	48.950	48.925	194.675	L
	Cornell	48.750	47.450	48.075	48.175	192.450	W
Date	Teams	Vault	Bars	Beam	Floor	Total	Result
March 23	MIC Championships at Centenary College						3-2
	SOUTHEAST	48.900	48.825	48.500	48.825	195.050	
	UIC	48.950	48.725	48.925	49.000	195.600	L
	Illinois State	48.700	48.950	48.900	48.875	195.425	L
	Texas Woman's	49.000	48.850	47.975	48.950	194.775	W
	Lindenwood University	48.200	48.350	47.775	48.725	193.050	W
	Centenary College	48.275	48.775	47.000	48.850	192.900	W

2013 Results

Team Highs

Event	Score	Meet	Date
Vault	48.900	at MIC	March 23
Bars	49.174	vs. Eastern Michigan	March 3
Beam	48.700	vs. Texas Woman's	March 8
Floor	49.150	at Illinois State	Feb. 24
Meet	195.050	at MIC	March 23

Individual Highs

Event	Score	Gymnast	Meet	Date
Vault				
	9.925	Megan Fosnow	MIC	March 23
	9.825	Kimberly Pickerl	Eastern Michigan	March 2
	9.825	Taryn Vanderpool	MIC	March 23
Uneven Bars				
	9.900	Taryn Vanderpool	Eastern Michigan	March 2
	9.825	Megan Fosnow	Eastern Michigan	March 2
	9.825	Taylor Westrick	Eastern Michigan	March 2
Balance Beam				
	9.875	Taylor Westrick	Eastern Michigan	March 2
	9.850	Taryn Vanderpool	at BYU	Feb. 8
	9.825	Taylor Westrick	MIC	March 23
Floor Exercise				
	9.925	Emma Garrett	Eastern Michigan	March 2
	9.875	Taylor Penzien	at Illinois State	Feb. 24
	9.850	Megan Fosnow	at Illinois State	Feb. 24
All-Around				
	39.200	Taryn Vanderpool	MIC	March 23
	39.025	Megan Fosnow	Texas Woman's	March 8
	39.025	Kimberly Pickerl	Eastern Michigan	March 2



SOUTHEAST MISSOURI STATE UNIVERSITY

Erin Brady

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.525	-	9.375	8.375	-
Jan. 25	Centenary	9.350	-	9.675	9.575	-
Feb. 2	at Northern Illinois	9.550	-	9.375	9.550	-
Feb. 8	at BYU	9.500	-	8.950	9.600	-
Feb. 10	at Boise State	-	-	8.650	8.950	-
Feb. 15	Illinois State	-	-	-	9.700	-
Feb. 24	at Illinois State	9.525	-	-	9.600	-
March 3	Eastern Michigan	9.575	-	8.950	9.700	-
March 8	Texas Woman's	9.550	-	-	9.600	-
March 15	at Kent St./NH/Cornell	9.550	-	-	9.575	-
March 23	MIC Championships	9.600	-	-	9.650	-

Emma Garrett

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.675	-	-	9.725	-
Jan. 25	Centenary	9.675	-	-	9.250	-
Feb. 2	at Northern Illinois	9.750	-	-	9.100	-
Feb. 8	at BYU	9.650	-	-	9.750	-
Feb. 10	at Boise State	9.750	-	-	9.700	-
Feb. 15	Illinois State	9.775	-	-	9.800	-
Feb. 24	at Illinois State	9.675	-	-	9.825	-
March 3	Eastern Michigan	9.650	-	-	9.925	-
March 8	Texas Woman's	9.150	-	-	9.825	-
March 15	at Kent St./NH/Cornell	9.775	-	-	9.825	-
March 23	MIC Championships	9.700	-	-	9.850	-

Nicole Nickels

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	-	-	-	-	-
Jan. 25	Centenary	-	-	-	-	-
Feb. 2	at Northern Illinois	-	-	-	-	-
Feb. 8	at BYU	-	-	-	-	-
Feb. 10	at Boise State	-	-	-	-	-
Feb. 15	Illinois State	-	-	-	-	-
Feb. 24	at Illinois State	-	-	8.875	-	-
March 3	Eastern Michigan	-	-	-	-	-
March 8	Texas Woman's	-	-	-	-	-
March 15	at Kent St./NH/Cornell	-	-	-	-	-
March 23	MIC Championships	-	-	-	-	-



2013 Regional Qualifier
Taryn Vanderpool

2013 Individual Results

2013 Individual Results

Megan Fosnow

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.675	9.725	9.525	9.600	38.525
Jan. 25	Centenary	9.750	9.625	9.725	9.825	38.925
Feb. 2	at Northern Illinois	9.775	9.625	9.675	9.625	38.700
Feb. 8	at BYU	9.850	9.700	9.700	9.050	38.300
Feb. 10	at Boise State	9.775	9.700	9.000	9.175	37.650
Feb. 15	Illinois State	9.750	9.775	9.475	9.650	38.650
Feb. 24	at Illinois State	9.800	9.750	9.250	9.850	38.650
March 3	Eastern Michigan	9.875	9.825	9.125	9.750	38.575
March 8	Texas Woman's	9.825	9.800	9.675	9.725	39.025
March 15	at Kent St./NH/Cornell	9.775	9.800	8.750	9.675	38.000
March 23	MIC Championships	9.925	9.775	9.600	8.950	38.250

Samantha Marrero

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	-	-	8.775	-	-
Jan. 25	Centenary	-	-	9.625	-	-
Feb. 2	at Northern Illinois	-	-	9.100	-	-
Feb. 8	at BYU	-	-	-	-	-
Feb. 10	at Boise State	-	-	-	-	-
Feb. 15	Illinois State	-	-	9.550	-	-
Feb. 24	at Illinois State	-	-	9.625	-	-
March 3	Eastern Michigan	-	-	9.750	-	-
March 8	Texas Woman's	-	-	9.750	-	-
March 15	at Kent St./NH/Cornell	-	-	9.675	-	-
March 23	MIC Championships	-	-	9.150	-	-

Margaret O'Neal

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.575	9.650	-	-	-
Jan. 25	Centenary	9.575	9.700	-	-	-
Feb. 2	at Northern Illinois	9.075	9.500	-	-	-
Feb. 8	at BYU	9.650	8.850	-	-	-
Feb. 10	at Boise State	9.625	9.600	-	-	-
Feb. 15	Illinois State	9.050	9.050	-	-	-
Feb. 24	at Illinois State	8.850	9.800	-	-	-
March 3	Eastern Michigan	9.675	9.850	-	-	-
March 8	Texas Woman's	9.725	9.775	-	-	-
March 15	at Kent St./NH/Cornell	9.575	9.875	-	-	-
March 23	MIC Championships	9.750	9.750	-	-	-



2012 Regional Qualifier
Megan Fosnow



SOUTHEAST MISSOURI STATE UNIVERSITY

Taylor Penzien

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	-	9.675	9.500	9.550	-
Jan. 25	Centenary	-	9.725	9.700	9.725	-
Feb. 2	at Northern Illinois	9.600	9.625	9.375	9.750	38.350
Feb. 8	at BYU	-	9.650	9.150	-	-
Feb. 10	at Boise State	9.575	9.700	9.475	-	-
Feb. 15	Illinois State	9.600	9.775	9.225	9.725	38.325
Feb. 24	at Illinois State	9.550	9.750	9.275	9.875	38.450
March 3	Eastern Michigan	-	9.775	-	-	-
March 8	Texas Woman's	-	9.725	9.650	-	-
March 15	at Kent St./NH/Cornell	-	9.775	9.700	-	-
March 23	MIC Championships	-	9.750	9.675	-	-

Kimberly Pickerl

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	-	9.600	-	-	-
Jan. 25	Centenary	-	9.650	-	-	-
Feb. 2	at Northern Illinois	-	9.525	-	-	-
Feb. 8	at BYU	9.625	8.600	9.725	9.450	37.400
Feb. 10	at Boise State	9.800	9.600	8.900	9.575	37.875
Feb. 15	Illinois State	9.050	9.700	9.650	-	-
Feb. 24	at Illinois State	-	9.725	9.700	9.800	-
March 3	Eastern Michigan	9.825	9.725	9.750	9.725	39.025
March 8	Texas Woman's	9.625	9.625	9.775	9.750	38.775
March 15	at Kent St./NH/Cornell	9.675	9.700	9.800	9.025	38.200
March 23	MIC Championships	9.700	9.650	9.625	9.750	38.725

Taryn Vanderpool

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.575	9.800	9.625	9.550	38.525
Jan. 25	Centenary	9.650	9.800	9.775	9.725	38.950
Feb. 2	at Northern Illinois	9.625	9.750	9.700	9.725	38.800
Feb. 8	at BYU	9.650	9.800	9.850	9.550	38.850
Feb. 10	at Boise State	9.750	9.800	9.150	9.750	38.450
Feb. 15	Illinois State	9.775	9.850	9.725	9.675	39.025
Feb. 24	at Illinois State	9.750	9.800	9.800	9.800	39.150
March 3	Eastern Michigan	9.775	9.900	9.200	9.825	38.700
March 8	Texas Woman's	9.250	9.350	9.125	9.850	37.775
March 15	at Kent St./NH/Cornell	9.775	9.800	9.000	9.750	38.325
March 23	MIC Championships	9.825	9.850	9.775	9.750	39.200

Taylor Westrick

Date	Opponent	Vault	Bars	Beam	Floor	AA
Jan. 18	at Lindenwood	9.400	9.675	9.675	9.550	38.300
Jan. 25	Centenary	9.300	9.750	9.225	9.725	38.000
Feb. 2	at Northern Illinois	-	9.625	9.775	9.775	-
Feb. 8	at BYU	-	9.725	9.800	9.625	-
Feb. 10	at Boise State	-	9.575	9.700	9.800	-
Feb. 15	Illinois State	-	9.600	8.750	9.700	-
Feb. 24	at Illinois State	-	2.000	-	-	-
March 3	Eastern Michigan	-	9.825	9.875	9.875	-
March 8	Texas Woman's	-	9.825	9.850	9.650	-
March 15	at Kent St./NH/Cornell	-	9.775	9.675	9.750	-
March 23	MIC Championships	-	9.700	9.825	9.825	-



2013 Individual Results



History & Records

2014 GYMNASTICS GUIDE



SOUTHEAST MISSOURI STATE UNIVERSITY

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 (3/29/03)
7. vs. Eastern Michigan (2/27/97) 195.225
8. vs. Iowa (3/19/10) 195.125
9. vs. Texas Woman's (2/19/11) 195.075
10. at MIC (3/23/13) 195.050

Vault

1. vs. Seattle Pacific (2/18/95) 49.000
2. vs. Illinois State (2/11/11) 48.925
3. vs. Iowa (2/02/08) 48.900
at MIC (3/23/13)
4. at Southern Utah (2/25/08) 48.875
5. vs. Missouri (2/22/97) 48.850
at Iowa (2/10/95)
7. vs. Illinois State (2/13/09) 48.825
at Illinois-Chicago (3/20/08)
9. at NCAA Regional (4/5/97) 48.800
vs Eastern Michigan (3/03/13)

Uneven Bars

1. vs. Air Force (3/14/09) 49.175
2. vs. Iowa (3/14/97) 49.025
vs. BYU (2/13/10)
at Kent St. (3/15/13)
3. vs. Hamline (1/30/04) 49.000
at Illinois St. (3/17/03)
5. vs. Centenary (2/10/08) 48.975
6. vs. Ball State (2/19/09) 48.950
7. vs. Texas Woman's (2/4/06) 48.925

Balance Beam

1. at MIC (3/29/03) 49.375
2. at Northern Illinois (3/11/01) 49.275
3. vs. Illinois St. (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)

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 (3/29/03) 49.450
5. vs. Illinois State (2/13/09) 49.350
6. vs. SUU and Centenary (1/30/09) ... 49.275
7. Showcase of the Arts (2/21/99) 49.250
8. at Illinois St. (3/17/03) 49.225
9. vs. Ball State (2/19/09) 49.150
10. Outback Invitational (3/7/10) 49.175

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. Ashley Godwin (1/30/04) 39.225
- 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)**
5. Kate Farrington (3/10/95) 9.900
- Brianna Gaddie (twice, last 3/19/11) .. 9.900
6. **Megan Fosnow (3/3/13) 9.875**
- Brianna Gaddie (3x, last 2/5/11)
- Sandra Blake (2/2/08)
- Katie Bloom (1/25/04)
- Erin Chenier (twice, last 3/9/98)
- Kate Farrington (twice, last 2/15/97)
- Renae Parr (2/18/95)

Uneven Bars

1. Ashley Godwin (2/14/04) 9.925
- Malia Roberts (2/21/99)
3. **Tayrn Vanderpool (3/3/13) 9.900**
- Emily Mann (3/14/09)
- Christina Sundgren (twice, last 3/19/11)
- Jacqueline Heath (2/10/08)
- Amy Cole (2/17/02)
- Ashley Godwin (2/17/02)
- Kristin Frohlich (twice, last 3/22/97)
- Erin Chenier (2/27/97)

Balance Beam

1. Ashley Godwin (3/29/03) 9.975
2. Tara Boldt (3/29/03) 9.925
- Kristin Frohlich (3/22/97)
- Erica Harrison (3/22/97)
5. **Taylor Westrick (twice, last 4/7/12) 9.900**
- Tara Boldt (2/21/04)
- Ashley Godwin (2/21/04)
- Tara Boldt (1/25/04)
- Stephanie Furman (3/1/01)
- Michelle Walker (3/11/01)
- Malia Roberts (twice, last 3/22/97)
- Erin Chenier (1/27/97)

Floor Exercise

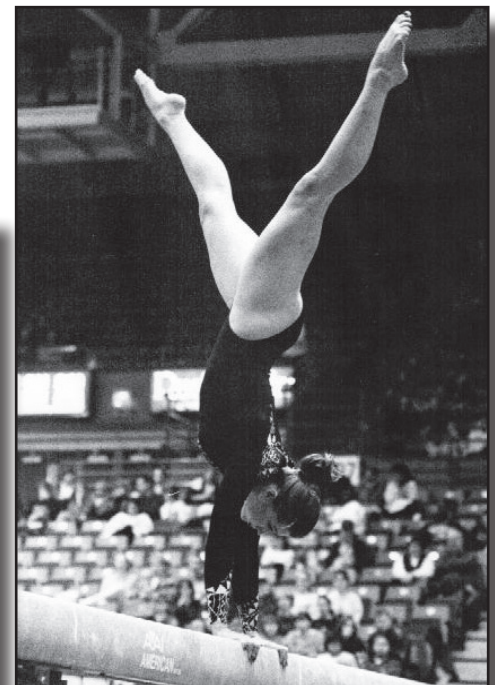
1. Ashley Godwin (2/14/04) 10.000
- Erin Chenier (3/14/97)
- Kate Farrington (twice, last 3/14/97)
5. Alexis Traylor (2/14/04) 9.950
- Kate Farrington (3/24/95)
7. Brianna Gaddie (twice, last 3/7/10) ... 9.925
- Sandra Blake (2/19/09)
- Alexis Traylor (1/25/04)
- Ashley Godwin (twice, last 4/12/03)
-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



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



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



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



SOUTHEAST MISSOURI STATE UNIVERSITY

1992 Vanessa Simmons.....All-Around Heather Markle.....Uneven Bars Tricia Wells.....Uneven Bars	2004 Tara Boldt.....Balance Beam	2013 Taryn Vanderpool.....Uneven Bars
1996 Kate Farrington.....Vault Floor Exercise	2007 Jena Nguyen.....Floor Exercise	Gymnast of the Year Tara Boldt.....2005 Sandra Blake.....2006 Rikara Turner.....2009
1997 Erin Chenier.....Vault Kate Farrington.....Vault	2008 Sandra Blake.....Floor Exercise	Newcomer of the Year Allison Ezell.....2005 Sandra Blake.....2006 Rikara Turner.....2007
1998 Malia Roberts.....Uneven Bars All-Around	2009 Sandra Blake.....Vault Floor Exercise All-Around	Senior Gymnast of the Year Christina Sundgren.....2011
2001 Stephanie Furman.....Vault	2010 Emily Mann.....Uneven Bars	Coach of the Year Tom Farden.....2006 Tom Farden.....2007 Tom Farden.....2008 Tom Farden.....2009
2002 Ashley Godwin.....Uneven Bars	2011 Brianna Gaddie.....Vault Floor Exercise Christina Sundgren.....Uneven Bars All-Around Taylor Westrick.....Balance Beam	Assistant Coach of the Year Brogan Evanson.....2008 Jessie Kinder-Vasquez.....2011
2003 Ashley Godwin.....Balance Beam Floor Exercise All-Around	2012 Taylor Westrick.....Balance Beam	



Tom Farden was named MIC Coach of the Year four years in a row from 2006-09.



Christina Sundgren was named MIC Senior Gymnast of the Year and claimed two MIC titles in 2011.

MIC Champions and Awards

Division I Postseason

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 Chanier..... All-Around; 25th

1997

Team..... 7th

1998

Erin Chanier..... 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 (2nd Floor)

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; Did Not Compete

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



Brianna Gaddie qualified for NCAA Regionals three times during her career.



Taylor Westrick became the first Southeast gymnast since the program went Division I to qualify for Nationals in 2012.



SOUTHEAST MISSOURI STATE UNIVERSITY

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

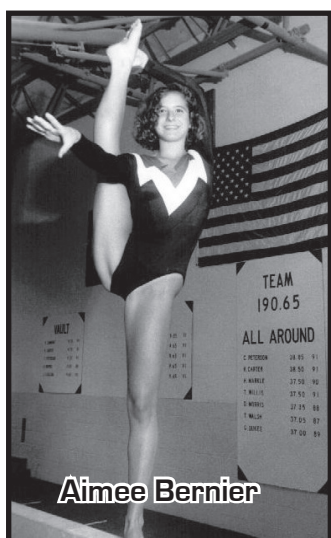


Erin Chenier
1995 NIT
Beam Champion

ALL-AMERICANS

Gymnast	Event	Year
Aimee Bernier	Beam	1990-91
Sandra Blake	Academics	2008-09
Kim Carter-Newell	Vault/Bars/Beam/Floor/All-Around	1991
Ginger Dukes	Vault	1990
Wendy Facklam	Vault/Beam	1988-89
Sandra Foster	Vault/Bars/Floor	1985-86
Margaret Heidbrier	Vault	1984
Tammy Hener	Beam	1987
Debbie Holtgrieve	Beam	1982
Jean Kless	Bars	1985-87
Diana Morris	Vault/Bars/Beam/Floor/All-Around	1984-88

Gymnast	Event	Year
Jeanne Nass	Beam	1982
Toni Niemiec	Beam	1982
Cheri Peterson	Vault/Bars/Beam/Floor/All-Around	1988-91
Jill Prystalski	Beam/Floor	1990-91
Laurie Schoenbaum	Beam/Floor	1983-84
Jennifer Schutt	Floor	1989
Jocelyn Scroggins	Vault	1990
Vanessa Simmons	Bars	1991
Vici Strini	Bars	1984
Trace Walsh	Bars/Beam/All-Around	1987
Traci Willis	Vault	1991



Aimee Bernier

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



Jocelyn Scroggins

Scroggins garnered All-American honors on the vault in 1990



Diana Morris

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



Sandra Blake

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

Individual Awards and Honors

Team Champions and Honors

MIC Champions

1997
2009
2011

1989
1990
1991

NACGC/W Academic National Champions

2007
2008
2009
2011

NCAA Division I Regionals

1992
1993
1995
1997
2006
2008

NCAA/USGF Division II Regional Champions

1982
1983
1984
1985
1986
1987
1988
1989

USGF Division II National Champions

1987
1991

NCAA/USGF Division II Regionals

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

AIAW/NCAA/USGF Division II Nationals

1980
1981
1982
1983
1984
1985
1986
1987
1988



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.



SOUTHEAST MISSOURI STATE UNIVERSITY

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	-	-
38 years	7 Head Coaches	582-353-1	-		

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	40-39	4



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

Year-By-Year Dual Records

Dual Records vs. Opponents

Air Force	11-1	Jacksonville State	6-2	South Dakota State	1-0
Alabama	0-10	Jefferson State	1-0	Southern Arkansas	6-0
Alaska	5-0	Kent State	1-4	Southern Connecticut	1-0
Arkansas	0-2	Kentucky	4-7	Southern Illinois	6-5
Arizona	0-3	Lindenwood	2-0	Southern Utah	1-1
Auburn	2-13	Louisiana State	1-10	Springfield	1-0
Ball State	18-9	Louisville	1-9	Temple	1-0
Bemidji	1-0	Mankato State	2-0	Tennessee	1-0
Boise State	4-4	Maryland	1-0	Texas	0-1
Bowling Green	7-4	Massachusetts	1-0	Texas A&M	1-0
Bridgeport	6-0	Memphis	1-2	Texas Christian	1-0
Brigham Young	1-5	Miami (Fla.)	1-0	Texas State	3-0
UC-Davis	2-0	Michigan	2-7	Texas Woman's	45-16
Cal Poly SLO	3-1	Michigan State	2-9	Towson State	2-1
Cal-State Fullerton	0-1	Minnesota	2-3	UIC	34-24
Centenary	32-5	Missouri	8-28	Valparaiso	17-0
Central Arkansas	3-0	Morehead State	1-0	Washburn	5-0
Central Michigan	2-5	Murray State	1-0	Washington	0-2
Central Missouri State	1-0	Nebraska	1-4	West Virginia	1-2
Cornell	1-0	New Hampshire	3-2	Western Illinois	4-2
Denver	1-6	North Carolina	1-1	Western Kentucky	1-0
DuPage	1-0	Northeastern	1-0	Western Michigan	7-4-1
Eastern Illinois	1-0	Northern Colorado	4-0	Wheaton	13-0
Eastern Michigan	8-3	Northern Illinois	21-15	William & Mary	2-0
Emporia State	3-0	Northern Iowa	1-0	Winona	25-2
Florida	0-4	Northern Michigan	7-0	Wisconsin	1-3
Fort Hays State	12-0	Northwestern	2-0	Wisconsin-Eau Claire	1-0
Georgia College	3-0	Notre Dame	1-0	Wisconsin-LaCrosse	10-0
George Washington	1-0	Ohio State	1-4	Wisconsin-Oshkosh	14-0
Gustavus	1-0	Oklahoma	1-6	Wisconsin-Platteville	1-0
Hamline	3-0	Oral Roberts	1-0	Wisconsin-Stout	3-0
Harding University	1-0	Oregon State	0-1	Wisconsin-Whitewater	2-0
Houston Baptist	3-3	Penn State	0-2	Yale	1-0
Illinois	7-16	Pittsburgh	0-1		
Illinois State	54-27	Purdue	1-0		
Indiana	5-1	Rutgers	2-0		
Indiana (Pa.)	3-3	Sacramento State	First Meeting		
Indiana State	3-2	San Jose State	1-0		
Iowa	18-9	St. Ambrose	1-0		
Iowa State	5-7	Seattle Pacific	10-1		

2014 Opponents in **Bold**



SOUTHEAST MISSOURI STATE UNIVERSITY

Danyelle Aber (2005-07)
Michelle Albury (2002-03)
Shelly Allison (1987)
Jessica Bagwill (1999-02)
Kelly Baldridge (2003-05)
Patty Barrow (1984-86)
Laurie Bartelt (1995)
Cheryl Bauer (1978-79)
Mary Bentrup (1977-79)
Aimee Bernier (1990-93)
Sandra Blake (2006-09)
Katie Bloom (2002-05)
Tara Boldt (2003-06)
Erin Brady (2012-)
Rebekah Brajcki (1995-98)
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, 94)
Erin Chenier (1996-99)
Amy Cole (2000-03)
Talia Cover (2002-03)
Aaron Craig (1996-99)
Gail Crumpecker (1977)
Suzanne Daher (1985)
Karen DeSalvo (1978-79)
Linda Deitz (1978-81)
Jennifer Dinan (2006-09)
Lauren Dinan (2008-10)
Jacklyn Doebller (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)
Megan Fosnow (2011-)
Cindy Foster (1986-87)
Sandra Foster (1983-86)
Kristin Frohlich (1995-98)
Stephanie Furman (1999-02)
Traci Flippo (2002-04)
Brianna Gaddie (2008-11)
Amber Garlotte (2007-10)
Emma Garrett (2011-12)
Tamara Gent (2012)
Amanda Gdovicak (1997-99)
Kara Gibbons (2008-10)
Julie Gilbert (1980-81)
Ashley Godwin (2001-04)
Nancy Greco (1982-83)
Caralyn Grigo (1978-81)
Maureen Grimaldi (2006-08)
Amanda Grimes (2003-06)
Leigh Guemmer (1978-81)
Cheryl Hagene (1994-95)
Leah Halleman (1986-87)
Karen Hamilton (1999-02)
Ericka Harrison (1997-00)
Tiffany Hatfield (2003)
Lisa Heaman (1986-87)
Hayli Huiner (2013-)
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)
Carrie Johnson (1990-93)
Kathy Kahre (1978-79)
Kasey Karban (2001)
Jennifer Kaye (2005)
Meredith Keen (1997)
Alex King (2006)
Jean Klees (1984-87)
Karen Kohrs (1977)
Amy Kovacs (1990-93)
Melanie Krehl (1998-00)

Kelley Krengiel (2007-10)
Diane Lazczak (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-)
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-)
Cheri Peterson (1989-91)
Kimberly Pickerl (2011-)
Raina Ponartz (1989)
Bristol Powelski (2004-06)
Laura Prentice (1988-89)
Jill Prystalski (1990-93)
Judy Pyle (1986-87)
Jaci Roberts (1977)
Kim Roberts (1990-91)
Malia Roberts (1997-00)
Traci Roberts (1988-92)

Lauren Ross (2000)
Chrissy Rushton (1989)
Jordan Salsberg (2010)
Tracey Sauls (1988)
Laurie Schenbaum (1982-85)
Amanda Schoenbaum (2008-10)
Jennifer Schutt (1989-92)
Deanne Schwartz (1985)
Starlyn Schwartz (2006-09)
Jocelyn Scroggins (1987-90)
Angela Serafini (2011-12)
Heather Sharp (1994)
Dawn Shuda (1986-87)
Vanessa Simmons (1991-95)
Erica Smith (1995-99)
Kathy Smith (1998-01)
Sandi Smith (1980-83)
Christa Soekamto (2009-11)
Candace Spicer (2000-03)
Kelsey Stauffer (2006-08)
Hazel Stricker (1997-98)
Vici Strini (1982-85)
Christina Sundgren (2008-11)
Alicia Their (1993-96)
Erika Thomas (2006)
Kathy Tronzo (1982-83)
Alexis Traylor (2002-05)
Rikara Turner (2007-10)
Chelsea Unold (2006)
Taryn Vanderpool (2011-)
Annette Vaughn (1988)
Carol Wade (1988-89)
Stephanie Walbran (1985)
Michelle Walker (1999-02)
Jen Wall (1997-98)
Trace Walsh (1986-87)
Natalie Watts (2004-05)
Patty Watts (1985-88)
Taylor Westrick (2011-12)
Tessa Whitaker (1987-90)
Alicia White (2001)
Shannon Williams (1991)
Traci Wills (1991-94)
Tricia Wills (1992)
Elenor Wilson (1999-02)
Bryanna Wong (2007-10)
Tammy Wyatt (1993-94)

THIS IS SOUTHEAST



This is Southeast



SOUTHEAST MISSOURI STATE UNIVERSITY

***The college experience of a lifetime. The job of your dreams.
A life that is amazing.***

That is what most students and parents want from a college education. At Southeast, we want the same for you. We want you to learn your profession, gain the experience or internship you need, and get that first paycheck!

The growing—and changing—student body has had an impact on everything and everyone. The physical changes of the campus are the most visible. Two new residence halls. The River Campus. The polytechnic building. An information commons in the library. And so on.

Students and faculty are experiencing change of a different kind. Classroom activity has reached a new level of productivity, as students are brighter and more prepared than ever. Enrollment is at an all-time high. The impact on the honors program has been dramatic with more students than ever choosing to participate in and complete the honors curriculum. The number participating tripled in five years!

All of this means that Southeast has become Missouri's most academically competitive regional university.

2009—InsideCollege.com experts single out our honors program as an effective way to make a large school seem smaller with a more personal approach to learning.

2010—Computer science receives prestigious national accreditation.

**Safest
Campus
in Missouri**

StateUniversity.com

2010—Southeast is named the safest campus in Missouri and among the safest in the nation by StateUniversity.com.



2010—Consumer watchdog group GetEducated.com ranks Southeast #1 on its list of "Top 10 Ranked Best Values Online MBAs—AACSB Accredited."





We have...

- ▶ Small classes with 98 percent of courses having fewer than 50 students
- ▶ Faculty with PhDs—not teaching assistants—who teach most classes
- ▶ More than 200 areas of study
- ▶ Wired (and wireless) classrooms and best-of-class technology
- ▶ Internships and real-world learning offered in 100 percent of programs
- ▶ Study abroad opportunities that take you almost anywhere

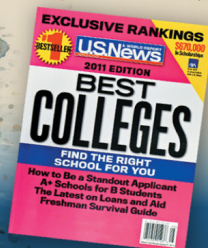
We are...

- ▶ NCAA Division I Athletics
- ▶ Listed among the Midwest's top universities
- ▶ One of the safest college campuses in the nation
- ▶ Conveniently located 115 miles south of St. Louis
- ▶ A medium-sized university with more than 11,000 students
- ▶ Comprised of ten colleges and schools

We provide...

- ▶ Choices in the University Studies (general education) classes
- ▶ Some of the newest residence halls in Missouri
- ▶ 150 organizations that keep you busy after class
- ▶ Each student with two advisors—academic and career
- ▶ Fraternities and sororities that are productive and fun
- ▶ One of a kind student aquatic center in one of our two recreation centers

2011—U.S. News & World Report names Southeast a "Best Midwest Regional University."



2011—For seven consecutive years, Princeton Review includes Harrison College of Business on its list of "Best Business Schools."



2011—Princeton Review again names Southeast as one of the "Best in the Midwest," representing only about 25 percent of the nation's four-year colleges.



2012—U.S. News & World Report lists both nursing and communication disorders on its list of top graduate programs in health.



SOUTHEAST MISSOURI STATE UNIVERSITY

Donald L. Harrison College of Business

Our increasingly popular business programs have made us one of the major colleges of business in the Midwest. The Donald L. Harrison College of Business is accredited by AACSB International—the gold standard of business school accreditation—an honor held by only 5 percent of institutions offering business degrees worldwide.

- ▶ Employers and students value our techno-savvy environment. In a recent survey of 98 nationally known business programs, Southeast ranked in the top 7 percent in learning to use and manage technology.
- ▶ Our entrepreneurial studies program is Missouri's most comprehensive, offering options for both BSBA and MBA degrees. The Douglas C. Greene Center for Innovation and Entrepreneurship is one of the most comprehensive entrepreneurship-focused university centers in the Midwest.
- ▶ Southeast students have access to more than 30 international exchange and study abroad opportunities in London, Paris, Spain, Portugal and North Africa.
- ▶ One hundred percent of our students have the opportunity to participate in internship programs with companies nationwide.
- ▶ Doctoral level professors make learning interactive with classrooms that have Internet, cable TV, direct satellite feed and electronic presentation capability.
- ▶ St. Louis employers rate the "St. Louis Interview Days" as the best recruiting event in which they participate in the Midwest.
- ▶ Our accounting curriculum prepares students for the Certified Public Accountant (CPA) and Certified Internal Auditor (CIA) designations. Students may go to work directly into an accounting field or go on to complete the 150 hours required by Missouri, and other states, to sit for the CPA examination. Our first-time pass rates on the CPA exam continue to be well above the national average.
- ▶ Business programs are housed in Dempster Hall, a wireless Internet environment featuring an electronic presentation lab and more than 400 networked computers with the latest software.



College of Education

If you are considering teaching as a profession, you are looking at the right university. For more than a century, Southeast has been preparing and sustaining some of the nation's brightest and best teachers. Moreover, we have a record of accomplishment to prove it.

- ▶ Most importantly, our education program is fully accredited by the National Council of Teacher Education (NCATE), which sets the highest standards for teacher education programs nationwide.
- ▶ The Missouri Department of Elementary and Secondary Education approved 28 initial teacher preparation programs and all 12 graduate programs.
- ▶ Because you begin assisting and observing in area classrooms starting in your first year, you accumulate more teaching practice and knowledge than graduates from other universities.
- ▶ The College of Education maintained national recognition through a rigorous review process from 11 specialized professional associations.
- ▶ Our counseling program is now one of only three in Missouri to be accredited by the Council for the Accreditation of Counseling and Related Educational Programs.



College of Health and Human Services

Although there are diverse academic offerings in the College of Health and Human Services, all programs potentially lead to a career that significantly and positively impacts the lives of individuals and families.

- ▶ All nursing programs (nurse and nurse practitioner) are accredited by the Commission on Collegiate Nursing Education.
- ▶ The recreation program is accredited by the Council on Accreditation for Recreation, Park Resources and Leisure Services.
- ▶ The Communications Disorders program allows students to receive clinical experience with children and adults who have speech, language or hearing disorders.
- ▶ Aerospace Studies offers a path to leadership for those intending to pursue officer positions in the United States Air Force. During a summer field training course for the Professional Officer Corps, students experience survival training, aircraft and air crew orientation, physical training and the inner operations of an Air Force base.
- ▶ Our nationally accredited social work program requires students to complete 480 hours of field education under the supervision of experienced social workers.
- ▶ Southeast has a strong connection with the Law Enforcement Academy and has more than 30 years of partnerships in all branches of criminal justice at the federal, state and local levels. Our students intern with the U.S. Marshals Service; the ATF; the U.S. Secret Service; Federal Probation; Missouri Division of Probation and Parole; Missouri Youth Services and other law enforcement agencies.
- ▶ The dietetics program is accredited by the American Dietetic Association Commission. Our graduates have a success rate of nearly 100 percent on the national exam to become a registered dietitian.



College of Liberal Arts

An education in the liberal arts gives you broad-based training for careers in business, the arts, media, education and the legal profession.

- ▶ Southeast's mass communication program is accredited by the Accrediting Council on Education in Journalism and Mass Communications (ACEJMC). Only one other institution in Missouri has this elite accreditation. Our public relations program is one of only 28 institutions—none in Missouri—that holds certification by the Public Relations Society of America (PRSA). Only 12 other institutions in the world have recognition from both ACEJMC and PRSA for their mass communication program.
- ▶ Students can work at two campus radio stations (NPR affiliate KRCU 90.9 FM and KDMC 103.7), the *Arrow* student newspaper and "U2" cable television station.
- ▶ Our certified historic preservation program is one of a few U.S. programs that offer a four-year degree and is among a small number to have full membership in the National Council for Preservation of Education.
- ▶ During the last five years, Southeast's pre-law students have exceeded the national LSAT average score, and their placement rate in law school approaches 100 percent.
- ▶ Students majoring in philosophy have a 100 percent acceptance rate to graduate and law school.
- ▶ Our students make politics come alive by working on political campaigns and by serving as interns. Each year approximately 30 students from a variety of majors around the University travel to Washington, D.C. to conference with some of the nation's top scholars at the Center for Strategic and International Studies.





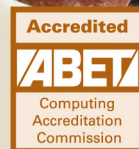
SOUTHEAST MISSOURI STATE UNIVERSITY

College of

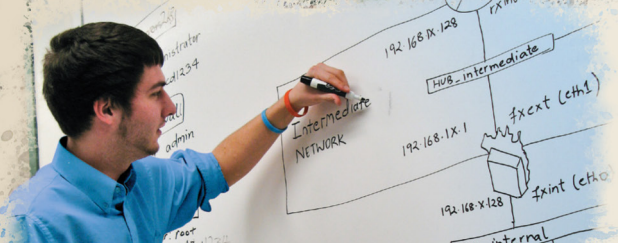
Science, Technology and Agriculture

The foundation of success in Southeast's College of Science, Technology and Agriculture is a faculty of teacher-scholars supported by well equipped laboratories and the latest technology, which offer our students personalized study and research opportunities during their undergraduate studies.

- ▶ Our popular computer science bachelor's program is nationally accredited by the Computing Accreditation Commission of the Accreditation Board of Engineering Technology.
- ▶ Our popular marine biology program is one of the only inland programs in the U. S., creating an opportunity for students to combine a traditional college experience with the study of marine life because of our collaboration with the Gulf Coast Research Laboratory in Ocean Springs, Miss.
- ▶ Southeast's pre-med curriculum prepares students for the MCAT (Medical College Admission Test). Our students are accepted to medical school at a rate that is well above the national average.
- ▶ Our chemistry graduates consistently score at or above the 70th percentile on the Major Field Achievement Test in Chemistry.
- ▶ Our engineering physics program is nationally accredited by the Accrediting Board of Engineering and Technology (ABET), the sole accrediting body of engineering programs, which means that graduates of the program are eligible to become registered professional engineers.
- ▶ All of the bachelor of science programs in the Department of Industrial and Engineering Technology are nationally accredited.
- ▶ In addition to a 252-acre David M. Barton Agriculture Research Center, Agriculture students study at a 110-acre rice research station, a new irrigated turf plot facility, and a modern soil fertility laboratory.
- ▶ The School of Polytechnic Studies operates the 11,000-square-foot, climate-controlled Charles L. Hutson Horticulture Greenhouse.
- ▶ Our new cybersecurity program is the only one of its kind in Missouri. The U.S. Department of Labor estimates there will be 135,000 new jobs in this field by 2018—a 21 percent increase in Missouri alone.
- ▶ The innovative sustainable energy systems management major responds to world needs to address global warming, air pollution and ecosystem destruction.
- ▶ Southeast's pre-veterinary medicine program prepares students for admission to the College of Veterinary Medicine at the University of Missouri-Columbia.
- ▶ Mathematics faculty are actively involved in research and design projects of interest to students.



Graduates in science and mathematics enjoy a nearly **100%** placement rate.



Earl and Margie Holland School of

Visual and Performing Arts

Classic beauty and modern technology converge at Southeast's River Campus—Missouri's only campus dedicated exclusively to art, dance, music and theatre. Overlooking the Mississippi River, a Cultural Arts Center and transformed Seminary Building are now home to the Earl and Margie Holland School of Visual and Performing Arts. With the coming of this magnificent facility, the number of new students planning to major in the visual and performing arts doubled in one year.

- ▶ Art students have five interconnected art studios for painting, drawing, printmaking, fibers and design plus two computerized looms, as well as two presses in the printmaking studio and a computer design lab with the latest hardware and software available.
- ▶ Students find internships and professional experience at the Berkshire Theatre Festival, the Lucille Lortel Theatre in New York, the McLeod Summer Theatre or the University of Connecticut Summer Theatre and more.
- ▶ In 2008, the Golden Eagles Marching Band performed at the Edinburgh Military Tattoo in Scotland becoming only the second American university marching band to perform there twice.
- ▶ In addition to performances throughout the season, featuring world famous guest artists, the Southeast Missouri Symphony Orchestra exchanged music as well as culture in China when they performed concerts in Shanghai and Beijing in 2009.
- ▶ The River Campus gives students the opportunity to show their work in a variety of first-class venues: the 950-seat Donald C. Bedell Performance Hall is a proscenium theatre with spacious stage and backstage areas. The 200-seat Wendy Kurka Rust Flexible Theatre can be configured in unlimited ways for "black box" productions. The 200-seat Robert F. and Gertrude L. Shuck Music Recital Hall features nearly perfect acoustics. A student/faculty art gallery features technology that allows for the display of 3-D animation, as well as painting, prints, ceramics and sculpture. The Rosemary Berkel and Harry L. Crisp II Museum has an interactive educational theatre, art gallery for changing exhibitions and a permanent display featuring southeast Missouri.



Living on Campus

Southeast offers students 11 residence halls from which to choose. Each room has Internet access and cable TV. Nine dining areas are available with a variety of options. And, with more than 150 diverse organizations, students find plenty of opportunities to get involved.





SOUTHEAST MISSOURI STATE UNIVERSITY



The Redhawks received their rings at a ceremony during halftime of a Southeast Basketball game in December.

GYMNASTICS POSTS TOP GPA IN NATION

The bar is perennially high for the Southeast Missouri gymnastics team in the classroom, yet the Redhawks are constantly up to the task.

For the fifth time in seven years, Southeast posted the highest cumulative grade-point average among all NCAA programs as announced by the National Association of Collegiate Gymnastics Coaches/Women (NACGC/W). The Redhawks' 3.8146 mark edged out Western Michigan's 3.8086 GPA.

"This award is a great representation of our program's commitment to recruiting students first and athletes second," Southeast head coach Kristi Ewasko said. "It also speaks volumes about the resources available to our student-athletes through

Sharon Burgard and the Success Center. Those resources allow our gymnasts to focus both in the gym and in the classroom."

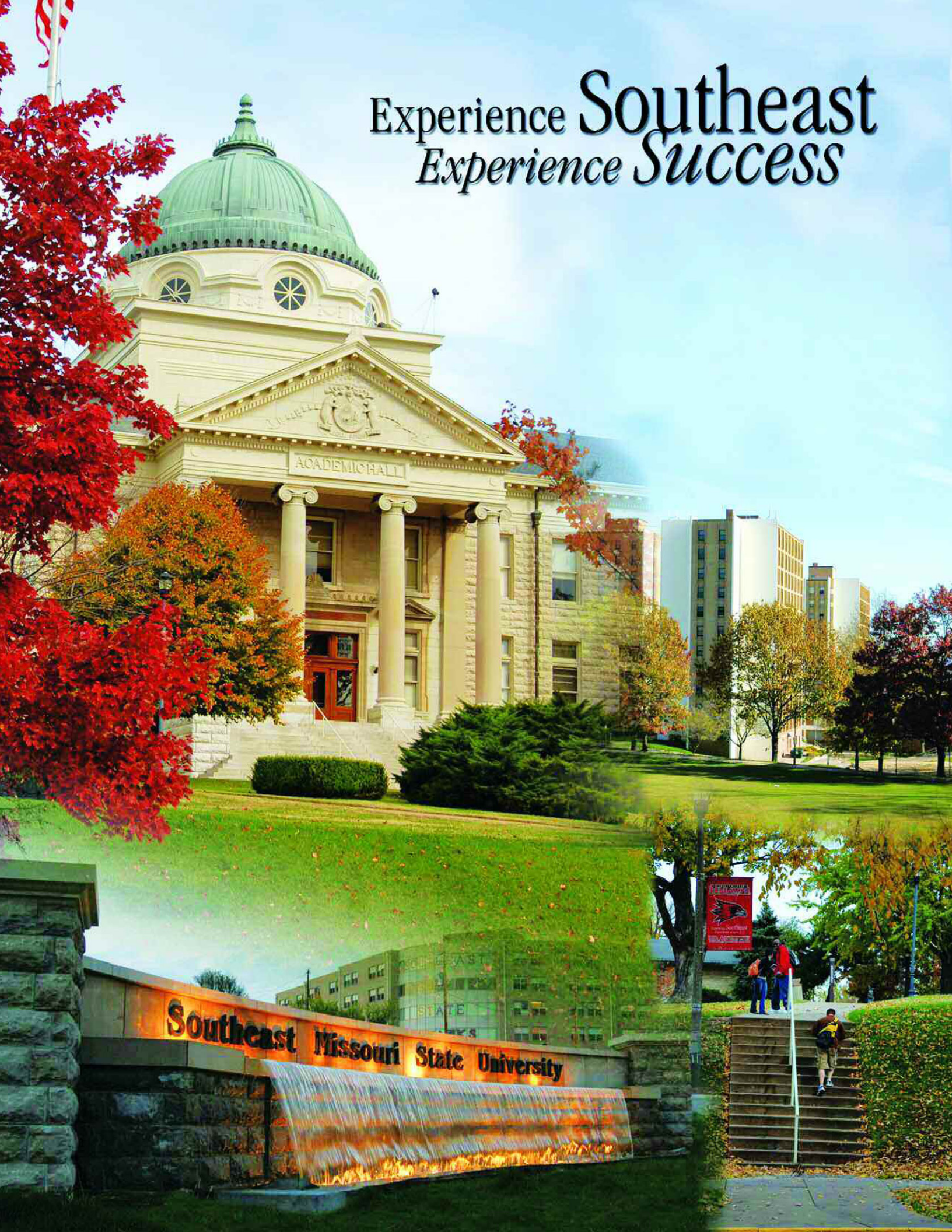
In addition to the team honor, all 13 gymnasts on last season's roster earned spots on the NACGC/W All-Academic Team. Six of those gymnasts posted a perfect 4.0 GPA during the 2012-13 academic year, tied with Texas Woman's for the most in the country.

Southeast has finished with either the highest or second-highest GPA in the nation in each of the last seven years. The Redhawks claimed academic national titles in 2007, 2008, 2009 and 2011 in addition to this year's crown. Southeast finished second in the national rankings in 2010 and 2012.

2013 Top-10 Gymnastics Team Grade-Point Averages

1. Southeast Missouri – 3.8146
2. Western Michigan – 3.8086
 3. Utah – 3.6920
4. Texas Woman's – 3.6200
5. Southern Utah – 3.5960
6. Lindenwood – 3.5910
 7. Brown – 3.5853
 8. Alaska – 3.5817
 9. Hamline – 3.5514
 10. Alabama – 3.5458

Experience Southeast *Experience Success*





GYMNASTICS 2013-14 SCHEDULE

JAN. 12 • 1 P.M. • KENT STATE

JAN. 18 • 3 P.M. • PENN STATE / CORNELL / ILLINOIS-CHICAGO

JAN. 24 • 9 P.M. • SACRAMENTO STATE

JAN. 31 • 6:30 P.M. • LINDENWOOD / WISCONSIN-WHITEWATER

FEB. 7 • 6:30 P.M. • MISSOURI

FEB. 9 • 1 P.M. • ILLINOIS-CHICAGO / ALASKA

FEB. 14 • 6:30 P.M. • BALL STATE

FEB. 21 • 6 P.M. • CENTENARY

FEB. 23 • 2 P.M. • TEXAS WOMAN'S / CENTENARY

MARCH 7 • 6:30 P.M. • MICHIGAN STATE

MARCH 9 • 1 P.M. • ILLINOIS STATE (SMC)

MARCH 22 • MIC CHAMPIONSHIPS

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