



SOUTHEAST MISSOURI STATE REDHAWKS

POWER

WHAT WILL YOU BRING?



**REDHAWKS
GYMNASTICS
2017 INFORMATION
GUIDE**



**DO
YOU
HAVE
THE
WILL
TO**

**serve all
community
members?**



**SOUTHEAST MISSOURI
STATE UNIVERSITY • 1873**

Southeast Missouri State REDHAWKS

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CREDITS

The 2017 Southeast Missouri Gymnastics Information Guide was written, edited and designed by Sports Information Assistant Kevin Scanlon. Additional editorial and writing assistance by Jeff Honza, Sean Stevenson and Dan Chesnut. Other design and graphics assistance provided by Tonya Wells and Krista Mayfield. Photography by Marc Mahnke, Keith Hente, Glenn Landberg, April Strader and Sean Stevenson.

Southeast Missouri State University accepts the sanctions announced by the National Collegiate Athletic Association (NCAA) in its investigation into the Southeast women's basketball program during the 2013-14 academic year.

Summary of the violations:

- (1) A former assistant women's basketball coach had multiple impermissible in-person, off-campus contacts and communications with two prospective women's basketball student-athletes, who were twin sisters, and their family.
- (2) The former assistant coach also provided the recruits and their family with at least \$178 in school apparel and accessories at no cost.
- (3) Further, the former assistant coach provided one of the recruits impermissible transportation and a meal.

A full list of penalties and corrective measures include:

- Public reprimand and censure for the university.
- One year of probation for the university from Feb. 12, 2016, through Feb. 11, 2017. • A two-year show-cause order for the former assistant coach from Feb. 12, 2016, through Feb. 11, 2018. If he seeks employment at an NCAA member school, he must be restricted from all recruiting activity.
- A reduction in the number of days the women's basketball coaches were allowed to recruit from 112 days to 74 in 2014-15. (Self-imposed by the university.)
- A reduction in the number of days the women's basketball coaches can recruit from 112 days to 91 in 2015-16.
- A limit of eight official visits during 2015-16.
- A \$5,000 fine.

MEDIA INFORMATION

Credentials

Credentials are required for entrance to Houck Field House (for photographers). To request season or single-meet credentials, please contact the Southeast Missouri State Sports Information Office by phone at (573) 651-2937 or email at kscanlon@semo.edu. Credentials can be picked up at the meet location or prior to competition day at Southeast Athletic Administration building

Press Row

Seating is assigned by the Sports Information office. Professional conduct is expected at all times. Cheering or outward expression is inappropriate. Credentials must be worn at all times. Failure to abide by these policies can result in credentials being revoked.

Photographers

Please observe NCAA regulations and shoot from the designated areas at Houck Field House. Flash photography is prohibited.

Mid-Week Interviews

Student-athletes and coaches are generally available after practice or upon request. Please arrange all interviews of coaches and student-athletes through the sports information office. Requests can be made by calling Kevin Scanlon at (573) 651-2937. Scanlon can also be reached via e-mail at kscanlon@semo.edu.

Post-Meet Interviews

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

Gymnastics E-mail List

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

Southeast Missouri Sports Information

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STAY CONNECTED WITH THE REDHAWKS



Facebook

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Facebook.com/SEMOGymnastics



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@SEMOGymnastics



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@GoSoutheast
@SEMOGymnastics



YouTube

YouTube.com/GoSoutheastRedhawks



Snapchat

SEMORedhawks

GoSoutheast.com

WOMEN'S GYMNASTICS

COACHING STAFF ROSTER SCHEDULE STATISTICS ADDITIONAL LINKS

TOP STORIES

SOCIAL MEDIA

SCHEDULES

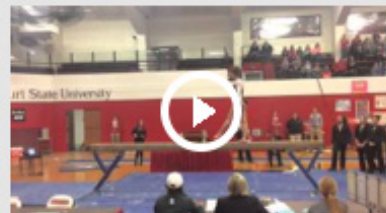
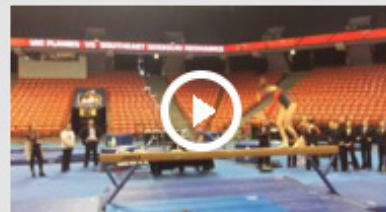


Photo by April Stradler

BRAWNER PLACES SEVENTH AT TUSCALOOSA REGIONAL

Three Southeast Missouri gymnasts competed at the NCAA Regional held at the Coleman Coliseum in Tuscaloosa, Alabama Saturday evening. Sophomore [Alexis Brawner](#) and junior [Lauren Israel](#) competed in

GOSOUTHEASTREDHAWKS ON YOUTUBE



HOUCK FIELD HOUSE



Houck Field House is the home of the Southeast Missouri volleyball and women's gymnastics teams.

The 40,000-square foot building features a sports court acquired in 2010 as its volleyball playing surface while having the ability to fit two regulation-size volleyball courts. After the Show Me Center was completed, Houck Field House was renovated to better accommodate women's volleyball and gymnastics competition.

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

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



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ACADEMIC EXCELLENCE



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

It is located in the Student Recreation Center, just south of Houck Stadium. The Holcomb Success Center offers a computer lab with 18 work terminals, study areas and rooms for group meetings. The facility houses the Southeast Academic Services staff and main weight room for Redhawk student-athletes.

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

Last year, the Redhawks combined for a 3.10 cumulative grade point average in the fall and spring semesters. Sixty percent of all student-athletes recorded a 3.0

or higher GPA. Nine of Southeast's 15 intercollegiate athletic teams recorded a team GPA over 3.0. Additionally, Southeast student-athletes logged over 4,000 hours of community service during the 2015-16 academic year.

Tutors are available for all student-athletes as needed. In addition, both attendance and academic progress is monitored through regular checks with faculty.

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

Entering student-athletes are evaluated for academic

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

The Holcomb Success Center staff works to get athletes involved in campus and

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

#WILLTODO

Southeast Missouri State **REDHAWKS**

2015-16 Notables

- Southeast Missouri's Department of Athletics recorded a cumulative 3.10 GPA during the 2015-16 academic year. Nine of Southeast's athletic teams achieved a GPA above 3.0. Those teams included baseball, women's basketball, women's cross country, gymnastics, soccer, softball, women's tennis, women's track & field and volleyball.
- In all, 197 individuals accumulated a 3.0 or higher GPA during the 2015-16 academic year, accounting for 60 percent of the student-athlete population.
- Fifty-eight student-athletes received their degrees.
- Southeast's women's cross country, gymnastics and volleyball teams were recognized for their outstanding performance in the classroom. The three programs were among 1,000 Division I sports teams to earn NCAA Public Recognition Awards for posting APR scores in the top 10 percent of their sport.
- Southeast finished fifth in the 2015-16 Ohio Valley Conference Commissioner's Cup, moving up two spots from a seventh-place finish the year before. The Redhawks won the OVC men's outdoor track & field title and both the league's regular-season and tournament crowns in baseball.



SOUTHEAST MISSOURI GYMNASTICS RANKED 15TH NATIONALLY IN ACADEMICS WITH A CUMULATIVE GPA OF 3.55. A TOTAL OF 11 STUDENT-ATHLETES RECEIVED CERTIFICATES FROM THE NATIONAL ASSOCIATION OF GYMNASTICS COACHES.



SOCIAL DEVELOPMENT



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

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

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

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

comprehensive student-athlete development program by Building Responsible Individuals and Delivering Gainful Experiences. This program provides student-athletes with both leadership and life skills experiences through interactive programming that will prepare them to be successful in life after athletics. The leadership programming will teach student-athletes about Southeast's culture and allow them to learn, develop, and apply leadership skills. The life skills programming provides educational programs designed to assist student-athletes in identifying and applying transferable skills and experiences to prepare them to succeed outside of the athletic arena.

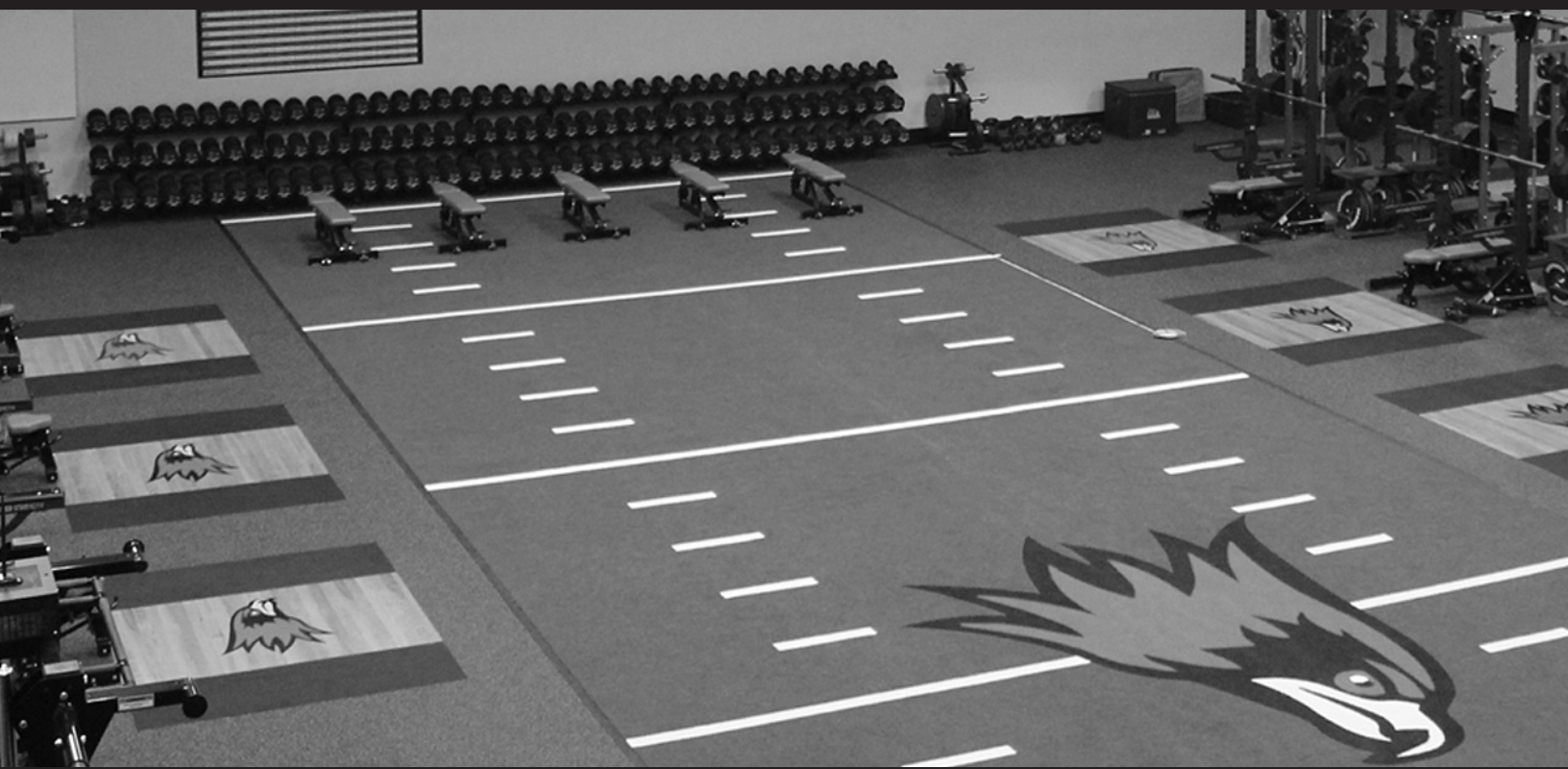


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COMPETITIVE SUCCESS



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

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

Indoor turf, weights, equipment and lifting platforms were added

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

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



Southeast Missouri State **REDHAWKS**

THROUGH THIS DOOR

WE WALK AS CHAMPIONS



Training Principles for Southeast Athletes

1. **Reduce the risk of injuries**
 - If a student-athlete is injured, he/she will not be able to compete at practice or games.
2. **Ensure the athletes are optimally prepared to compete**
 - It is our responsibility to best manage all stressors that are placed on the student-athletes body in order to achieve the best results on the playing field.
3. **Maximize athletic ability**
 - We challenge each athlete, both physically and mentally, in order to achieve optimal results.

Exercises for Southeast Athletes are based on the following Principles:

1. **Ground Based Movements**
 - Athletes compete with their feet on the ground, and therefore, should train that way. The ability to produce force against the ground determines how fast athletes can run and how high they can jump.
2. **Three-Dimensional Movements**
 - Athletes must be able to stabilize themselves in all planes of movement. A fancy way of saying we use free weights (barbells/dumbbells vs. machines).
3. **Multi-Joint Movements**
 - Very rarely in sport do athletes isolate one single joint at a time. Athletes can train more muscle mass at the same time.

SPORTS MEDICINE



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

Southeast student-athletes are offered the best care possible by the athletic training staff. The Sports Medicine department includes five full-time athletic trainers, six graduate assistants and several student assistants. The staff serves student-athletes around-the-clock at numerous facilities on campus.

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

There are currently four athletic

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

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

Southeast Athletic Training has strong working relationships with local physicians and two hospitals in Cape Girardeau. It is from

these hospitals that the Athletic Training department is assisted by four orthopedic physicians.

The Southeast Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient healthcare to its student-athletes. Delivery of healthcare focuses on the prevention and

management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification Standards of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.



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PRESIDENT CARLOS VARGAS



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

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

President Vargas encouraged and supported the identification and development of innovative academic programs, including a new Unmanned Aircraft Systems program, a Geographic Information Science program, and a proposed engineering program presented to the Missouri Coordinating Board for Higher Education. He has continued to support the globalization of the campus through expansion of study-abroad experiences, extensive engagement of international students, and encouraging students on campus and abroad to explore cultural interaction. He championed the work of the President's Task Force on Diversity Education, and continued emphasizing the expectations for enhancement of the teacher-scholar model. Under

President Vargas' leadership, regional partnerships and collaborations were solidified, including several joint initiatives with Three Rivers and Mineral Area Colleges.

Prior to assuming the presidency at Southeast, Dr. Vargas served one year as acting president of Kutztown University. He served as the provost and vice president for academic and student affairs, and had been the school's chief academic officer since 2006.

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

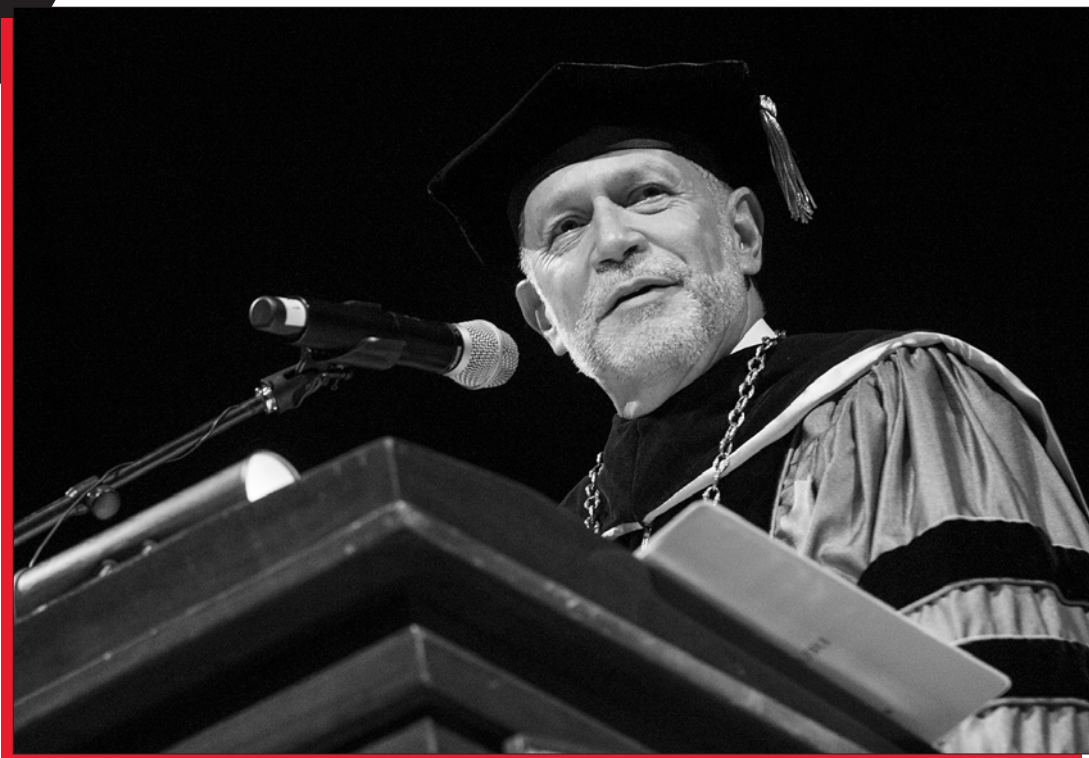
director of the program on electron beam technology. He was also Kent's associate dean for research, interim assistant dean for research, and he served as interim assistant dean for the School of Technology. He started his tenure at Kent State in 1985 as a professor, and continued to teach until his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

Dr. Vargas began his career in higher-education at the National Autonomous University of Mexico (UNAM), from which he received a Bachelor of Science degree in physics. His initial appointment was as a senior associate researcher for the Institute of Geophysics, and he later held a similar position for the University's Institute of Physics.

He earned his Ph.D. in physics and aerospace science from the

Southeast Missouri State **REDHAWKS**

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



Southeast Missouri State University Board of Regents



Jay B. Knudtson
President



Kendra Neely-Martin
Vice President



Donald G. LaFerla



Thomas M. Meyer



Phillip M. Britt



Edward P. Gargas



ATHLETIC DIRECTOR BRADY BARKE



Brady Barke, who had been serving as the Interim Director of Athletics since July, 2015, was named to the permanent position of Director of Athletics at Southeast Missouri State University on June 7, 2016.

Barke was among three finalists and more than 50 applicants for the position following a national search conducted by a search committee including representatives from the faculty, staff, students and the community.

Barke, senior associate to the president and secretary to the Board of Regents at Southeast, officially began his new role July 1.

"Brady brings with him a tremendous commitment to and knowledge of Southeast Missouri State University, along with the caliber of credentials to move our program forward and into the future," said Dr. Carlos Vargas, president of Southeast

Missouri State University. "We believe his experience from the vantage point of both athletics and administration can help our athletics program move to the next level."

"I am extremely honored to have this opportunity to work alongside a great group of coaches and staff, talented student athletes, dedicated Athletics supporters, and a great University community," Barke said. "I believe I bring some unique strengths to this position, and I look forward to working with the University community to promote our programs and build upon our success."

While serving as Interim Athletics Director over the past year, Barke has spearheaded the renovation of the athletic weight room and developed plans to upgrade its academic space. He also has worked with University

and Cape Girardeau City officials on an agreement for the installation of turf and renovations to Capaha Field.

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

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

Barke has served as a member of the National Association of Athletics Compliance (NAAC),

chaired the NAAC Education Committee, and was a member of the NAAC Board of Directors. He has facilitated the NCAA Regional Leadership Academy, and served on both the NCAA Sports Wagering Task Force and the Olympic Sports Liaison Committee.

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

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

Southeast Missouri State **REDHAWKS**



***BRADY BARKE WAS INTRODUCED AS
SOUTHEAST MISSOURI'S PERMANENT
DIRECTOR OF ATHLETICS DURING A PRESS
CONFERENCE ON JUNE 7, 2016.***



MISSION STATEMENT



Southeast Missouri State University Athletics Mission Statement

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



2017 SEASON PREVIEW



SOUTHEAST MISSOURI STATE REDHAWKS
GYMNASTICS



SEASON PREVIEW

2017 Season Preview

Southeast Missouri's gymnastics team is coming off a stellar 2016 campaign, both in the gym and in the classroom. SEMO improved on its 2015 fourth-place finish in the Midwest Independent Conference, coming in second place just behind Lindenwood, who claimed its second conference title in as many years. Outside of the gym, the team collected a cumulative GPA of 3.55 in the classroom, ranking them 15th nationally in academics for gymnastics programs.

Junior Alexis Brawner was named the Midwest Independent Conference Gymnast of the Year, as voted on by the head coaches. Brawner is the fourth Redhawk to earn the award and first since Rikara Turner won in 2009.

In 2017, the Redhawks will introduce several new faces while returning only six from last year's roster. The squad will be comprised of only one senior to go along with two juniors, three sophomores and seven freshmen. With so many new faces, head coach Kristi Ewasko decided to shake up the training routines for her team.

"In preparation for this year, we made some adjustments to our training and spent more time on drills and technique work, while trying to improve the betterment of the whole team and not just the individual," said Ewasko. "We've done a lot of fun team activities and have really improved our routine in the weight room. This year, we've also introduced more intrasquads to our training to help better prepare us for the competition setting."

Ashley Thomas, the lone senior on this year's squad, will look to close out her collegiate career with another Regional appearance. She last went in 2015 as a sophomore, where she finished ninth in the all-around with her second-highest score (39.100) of her career.

Along with Brawner, McKenna Stanley also headlines the junior class. Stanley had a successful 2016 as an all-arounder, setting or tying career-highs in every event except bars.

McKinzie Jones tops a promising sophomore class that also includes Allyson Bell and Olivia Vincent. Jones earned a trip to the Regional on the floor exercise after leading the conference throughout the season. Bell made tremendous strides as a freshman and looks to be a bigger component in 2017. Vincent is working back from a leg injury she suffered in the first meet last season.

The freshman class is made up of Kendra Benak, Megan Dennis, Charlee Miller, Kendall Rumford, Kenna Skepnek, Mackenzie Slee and Courteney Taylor. All but Kenna, who will miss the upcoming season due to injury, will look to help the Redhawks in many different areas.

"Unfortunately, Kenna is recovering from an injury suffered in preseason so she will be cheering us on from the sidelines. Megan, Charlee and Kendall will potentially see some action in our lineups, depending on their progression during recovery. Kendra and Courteney will be looked upon to contribute right out of the gate. Mackenzie is just coming out of her competition season in New Zealand. We expect her to come in and contribute on vault, beam and floor. With a few upgrades that she's already been working on, she could also see action in our bar lineup. She's an exciting addition to our program.

"Heading into competition season, we will continue to focus on the details in order to create lineups that will give us the best opportunities for scoring. Our focus will be on improving our scores each meet and ultimately winning the conference and qualifying for an NCAA Regional as a team."

Southeast Missouri State **REDHAWKS**

Vault

During training, the team focused on some more difficult vaults to help improve on last season. The Redhawks averaged a 47.894 a year ago, tabbing a season-best 48.325 at Bowling Green (2/13).

“We have a few student-athletes who have been working on higher-level vaults. Courteney, Alexis and Ashley will come in with 9.95 start values and will really work to anchor our lineups. The other three positions can come from several different people. Allyson, McKenna and Kendra are all training to contribute in our vault lineup.”

Uneven Bars

In 2016, the Redhawks were at their best on bars, scoring their best event average with a 48.483 during the season. Their best output on the year came in front of the home crowd against Wisconsin-Whitewater (1/29) where they scored a 48.850, narrowly missing the tie for best score in program history, which sits at an even 49.000.

“On bars, again we have Ashley, Alexis, and McKenna who will look to anchor the bars lineup. McKinzie will be stepping in to give our team some depth and some strong gymnastics. Allyson will also be helping on bars this year. The last spot is up in the air, but keep an eye on Courteney and Kendra, as I expect both to help us on the event this season.”

Balance Beam

SEMO expects to be a more improved team on the beam this year as several of the student-athletes have upgraded their routines coming into 2017. The squad averaged a 47.879 in 2016 with their best effort tying a program record of 48.775 at home against conference foe Illinois State (2/19).

“On the beam, we’ve had several girls working on upgrades to their routines, and we’re excited to see those in the lineup. Right now, we’re looking at Allyson to lead our beam team off and starting strong. Her routine has really developed this preseason. She’ll be followed by Ashley, McKenna, and Courteney in the rotation. Alexis and McKinzie will be our two anchors for the event to help bring in some strong scores.”

Floor Exercise

Southeast had a strong season on floor a year ago, averaging a 48.377 in the event. The Redhawks set a new program record in the event at the MIC Championship with a 49.000. Jones tied the seventh best score in history with a 9.925.

“There will be some fun routines this season on floor. Ashley has a throwback routine that should really spark some energy in the crowd. We also have Alexis, McKenna, McKinzie, Allyson, Kendra and Courteney who will be the main contributors on the floor for us.

2017 ROSTER



Name	Ht.	Class	Hometown	Club	Major
Allyson Bell	5-8	So.	Buford, Ga.	Gymnastix Training Center	Business - Pre-Business
Kendra Benak	5-3	Fr.	Traverse City, Mich.	Grand Traverse Bay Gymnastics	Exploratory Major
Alexis Brawner	5-2	Jr.	Chesterfield, Mich.	Hunts' Gymnastics Academy	Biology: Biomedical Sciences
Megan Dennis	5-4	Fr.	Lewisville, Texas	Denton Gymnastics Academy	Exploratory Major
McKinzie Jones	5-5	So.	Destin, Fla.	Alabama Elite	Nursing
Charlee Miller	5-3	Fr.	Zephyrhills, Fla.	Tampa Bay Turners	Biology: Wildlife/Conservation
Kendall Rumford	5-2	Fr.	Crystal Lake, Ill.	Crystal Lake Gymnastics	Exploratory Major
Kenna Skepnek	5-4	Fr.	Algonquin, Ill.	Legacy Elite Gymnastics	Exploratory Major
Mackenzie Slee	5-1	Fr.	Lower Hutt, Wellington, New Zealand	Christchurch School of Gymnastics	Undecided
McKenna Stanley	5-5	Jr.	San Antonio, Texas	Aerial Athletics	Pre-Physical Therapy
Courteney Taylor	5-1	Fr.	Fishers, Ind.	Jaycie Phelps Athletics Center	Biology: Biomedical Sciences
Ashley Thomas	5-5	Sr.	Germantown, Tenn.	SEGA Gymnastics	Nursing
Olivia Vincent	4-11	So.	Columbia, Mo.	Show-Me Gymnastics	Health Management: Exercise Science

Coaching Staff

Head Coach	Kristi Ewasko (Eighth Season Auburn, 2004)
Assistant Coach	Chris Licameli (First Season Temple, 2016)
Assistant Coach	Brittney Emmons (First Season Ball State, 2012)
Volunteer Assistant	Thomas McGinley (First Season)
Athletic Trainer	Holly Reynolds (Third Season)

Breakdown by Class

Total Team Members	13
Seniors	1
Juniors	2
Sophomores	3
Freshmen	7

Breakdown by State

Florida	2
Georgia	1
Illinois	2
Indiana	1
Michigan	2
Missouri	1
Outside United States	
New Zealand	1
Tennessee	1
Texas	2

Pronunciation Guide

Kendra Benak	Ben-Ack
Kenna Skepnek	Skep-neck
Kristi Ewasko	Uh-WASS-KOE
Chris Licameli	Lick-uh-Mel-e

Southeast Missouri State **REDHAWKS**



Allyson Bell
5-8 • So.
Buford, Ga.



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



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



Megan Dennis
5-4 • Fr.
Lewisville, Texas



McKinzie Jones
5-5 • So.
Destin, Fla.



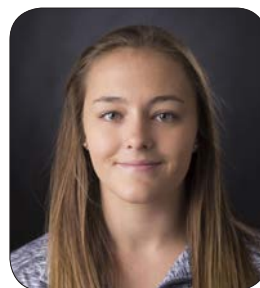
Charlee Miller
5-3 • Fr.
Zephyrhills, Fla.



Kendall Rumford
5-2 • Fr.
Crystal Lake, Ill.



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



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



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



Courtney Taylor
5-1 • Fr.
Fishers, Ind.



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



Olivia Vincent
4-11 • So.
Columbia, Mo.



Kristi Ewasko
Head Coach
Eighth Season



Chris Licameli
Assistant Coach
First Season

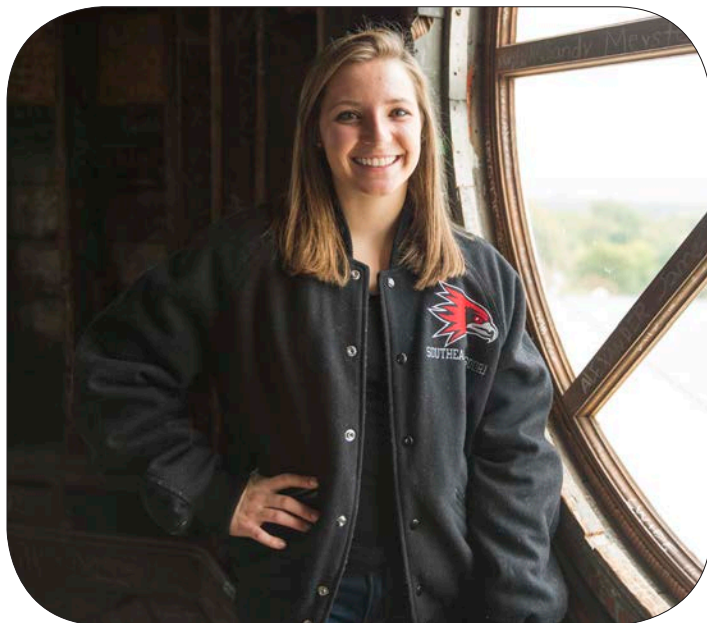


Brittney Emmons
Assistant Coach
First Season



Thomas McGinley
Volunteer Assistant
First Season

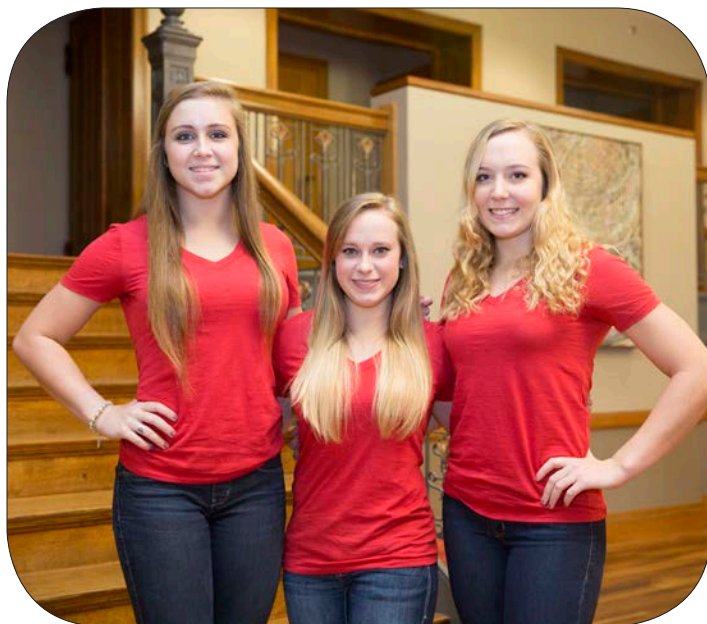
CLASS PHOTOS



SENIOR



JUNIORS



SOPHOMORES



FRESHMEN

COACHING STAFF



SOUTHEAST MISSOURI STATE REDHAWKS
GYMNASTICS





KRISTI EWASKO

Role: Head Coach
Alma Mater: Auburn, 2004

Years: Eighth Season
Social Media: @KBEwasko

In seven seasons as head coach, Kristi Ewasko has led the Southeast Missouri gymnastics program to prominent team and individual success in the gym and classroom.

SEMO placed second at the 2016 Midwest Independent Conference championship, falling just behind defending MIC champion Lindenwood. Five Redhawks earned All-MIC first or second-team honors between them. Alexis Brawner was named the MIC Athlete of the Year.

Following the MICs, Brawner, McKinzie Jones and Lauren Israel each earned a spot at the Tuscaloosa Regional. Brawner finished seventh in the all-around competition.

The Redhawks claimed the 2014 MIC championship where they posted a score of 195.275, the seventh-best total in program history to earn the fifth conference championship for Southeast. Eight Redhawks were named first-team All-MIC and two others earned second-team recognition. Alyssa Tucker was named MIC Freshman of the Year and Sarah Shire Brown received MIC Assistant Coach of the Year honors.

Following the conference title, Tucker and Taryn Vanderpool both advanced to the NCAA regional, where they placed seventh and 13th, respectively, in the all-around portion.

Additionally, with a 3.696 cumulative team grade point average, the 2014 Redhawks recorded the third-best grade point average in the nation. This continued a long tradition of academic success for a program that claimed academic national titles in 2007, 2008, 2009, 2011 and 2013 while also finishing second in the national rankings in 2010 and 2012.

In 2013, Southeast rebounded from a fifth-place conference finish in 2012 to place third at the Midwest Independent Conference Championships. The Redhawks posted their 11th-highest score in program history, scoring a 195.050 in the highly-competitive conference meet.

Two Redhawks were crowned MIC champions with Megan Fosnow claiming vault and Taryn Vanderpool winning a share of the uneven bars title. 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 All-American scholastic spots on the National Association of Collegiate Gymnastics Coaches/Women (NACGC/W) honor roll.

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 joined 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, Oklahoma. Taylor Westrick competed in the all-around while Brianna Gaddie competed in the vault and Christina Sundgren took part in the uneven bars.

Southeast Missouri State **REDHAWKS**

A native of Monroe, Louisiana, 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.

Prior to arriving at Southeast, Ewasko worked as a volunteer assistant coach at Auburn from 2004-08. She was AU's conditioning captain and academic captain from 2004-06. 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, and reside in Cape Girardeau.



Kristi
EWASKO



CHRIS LICAMELI

Role: Assistant Coach

Years: First Season

Alma Mater: Temple, 2016

A Lindenhurst, New York native, Chris Licameli joins the SEMO coaching staff coming from Temple University, where he graduated in 2016. While at Temple, Licameli spent two seasons as a manager for the men's basketball team and one season as a Volunteer Assistant Coach, as well as the Director of Operations for the Owls' gymnastics team. He also spent some time as an Operations Assistant for Athletics Facilities, a Fundraising and Sponsorship committee member for Montague-Ridall & Associates and a Marketing/Facilities Intern for FlipFest Gymnastics Camp. Licameli received his Bachelor of Science in Sport and Recreation Management.

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

"I am extremely excited to be joining the staff here at SEMO," said Licameli. "This team is a great group of girls that have great talent and energy. I look forward to coaching every day! This program has had great success with Kristi, and I look forward to continuing that success with her and helping to bring the program to the next level!"

"Coming straight from another collegiate scene, Chris brings a fresh energy to the program," Kristi Ewasko added. "He is eager to learn and wants to assist SEMO Gymnastics in qualifying to NCAA Regionals. He will manage our bar team, as well as day-to-day office duties, such as recruiting and team travel. I am excited for the fresh ideas and new perspectives that both Chris and Brittney will bring to the program!"



Chris
LICAMELI



BRITTNEY EMMONS

Role: Assistant Coach

Alma Mater: Ball State, 2012

Years: First Season

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

From 2008-2013, Emmons garnered numerous awards and recognition during her time as a member of the Ball State gymnastics team. As a senior, she was named Mid-American Conference Senior Gymnast of the Year, was named an All-MAC First Team recipient, earned the Ball State Coaches Award and was a NCAA Central Regional Qualifier in the All-Around. Throughout her career, Emmons was also a two-time team captain, NCAA Regional All-Around Qualifier in 2010 and 2011, 2009 Regional Qualifier on vault and floor, two-time All-MAC Second team recipient (2010, 2011) and won MAC Gymnast of the Week for the week of February 8-12 in 2010.

"I am very excited to have the opportunity to work with Kristi and the SEMO gymnastics team," said Emmons. "Not only has SEMO been outstanding academically, but the level of gymnastics has continued to grow. I am thrilled to be a part of their future success!"

"Brittney arrives at SEMO with a strong, competitive background, as well as coaching experience at a Regional qualifying program," said Kristi Ewasko. "She assisted with both vault and floor, and I look for her to continue our success on those events, as well as improve our scoring potential. I know she will be a great asset to our program and staff over the next couple of years and really bring a balanced perspective to improvements we are making! Brittney's experience also includes marketing and media relations from her previous institution so she will manage our social media accounts to really promote the successes of SEMO Gymnastics!"



Brittney
EMMONS



THOMAS MCGINLEY

Role: Volunteer Assistant

Years: First Season

Thomas McGinley enters his first season with the Redhawks serving as an assistant bars coach and spotter for floor exercises.

McGinley comes to Southeast as a volunteer with 16 years of gymnastics coaching experience. In that time, he has coached National Champions in Tumbling and Trampoline, qualified athletes to Junior Olympic Nationals and Western Nationals, and coached gymnasts in the USAG TOPS program.

Alongside of family members Gary, Doris and Erin, the McGinley's have been involved in gymnastics since 1997. In 2003, his family opened GT Performance Gymnastics in St. Charles, Missouri and in 2014, they opened a second location in Jackson, Missouri.

McGinley currently holds Junior Olympic Team Coach, Recreational Gymnastics Director, and Executive Business certificates from USA Gymnastics.



Thomas
MCGINLEY

2017 ROSTER



SOUTHEAST MISSOURI STATE REDHAWKS
GYMNASTICS





ASHLEY THOMAS

Class: Senior

Hometown: Germantown, Tenn.

Height: 5-5

Club: SEGA Gymnastics

2016: Competed in 11 meets, the first six as an all-arounder...Garnered second team All-MIC accolades on vault and floor...Named MIC Gymnast of the Week in consecutive weeks (1/12-1/19)...Accumulated 15 scores of 9.700 or higher...Collected three event titles (two all-around, one vault)...Had season-best all-around score of 38.775 at the Ozone Classic (1/16) in Knoxville, Tennessee.

2015: Named first-team All-Midwest Independent Conference in vault and second-team All-MIC on floor exercise and in the all-around ... Advanced to the Norman (Okla.) NCAA Regional, where she finished ninth in the all-around with a 39.100, tying the second-best score of her career ... Voted Team MVP and Redhawks Female Athlete of the Year at the Annual Student-Athlete Advisory Committee (SAAC by SAAC) awards ... Competed in the all-around in every meet ... Named MIC Gymnast of the Week (1/13) for the first week of the season after winning the all-around with a 38.925 vs. Illinois State (1/11) ... Recorded career-best 39.225 in the all-around at MIC Championships (3/21) to tie for fourth place, which also tied the 10th-best all-around score in program history ... Set career-high vault score of 9.900 at MIC Championships, which ranks as sixth best score in program history ... Finished with 40 individual scores of 9.700 or higher ... Accumulated seven first-place finishes ... Set career-high in bars with a 9.775 at No. 1 Oklahoma (1/23) and at Arkansas (2/13) ... Career-best 9.850 on balance beam at Illinois-Chicago (3/15) Career-high 9.875 on floor exercise at the MIC Championships (3/21) ... Earned a spot on the MIC Scholastic All-Conference team ... Named a Southeast Scholar-Athlete.

2014: Named first-team All-Midwest Independent Conference ... MIC co-champion on vault with a 9.825 ... Had season-best scores of 9.825 on the floor and vault ... Scored the 9.825 on the floor against Michigan State (3/7) and Illinois State (3/9) ... Scored 9.825 on the vault at MIC Championship (3/22) ... Had a season-best 9.800 on the balance beam at MIC Championship ... Scored a 9.700 or better 16 times ... Claimed three event titles ... Named to the MIC Scholastic All-Conference team.

Club: 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 grade point average at Germantown (Tenn.) High School.

Personal: Born July 13, 1995 ... Daughter of Richard and Shelia Thomas ... Sister, Lauren, plays goalkeeper for the Chattanooga soccer team ... Also has a younger brother and sister ... Majoring in Pre-Physical Therapy/Exercise Science and carries a 3.884 grade point average.



Ashley
THOMAS



ALEXIS BRAWNER

Class: Junior

Hometown: Chesterfield, Mich.

Height: 5-2

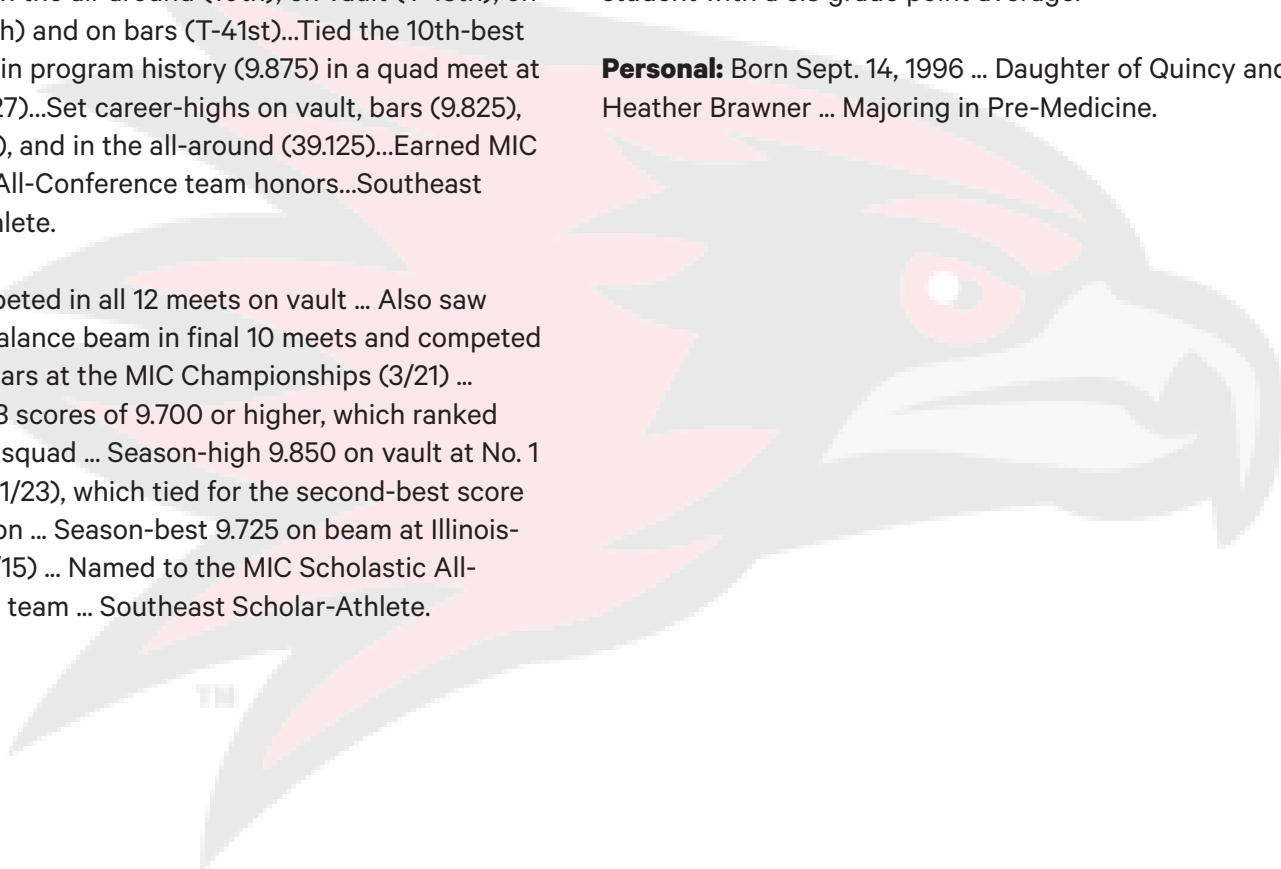
Club: Hunts' Gymnastics Academy

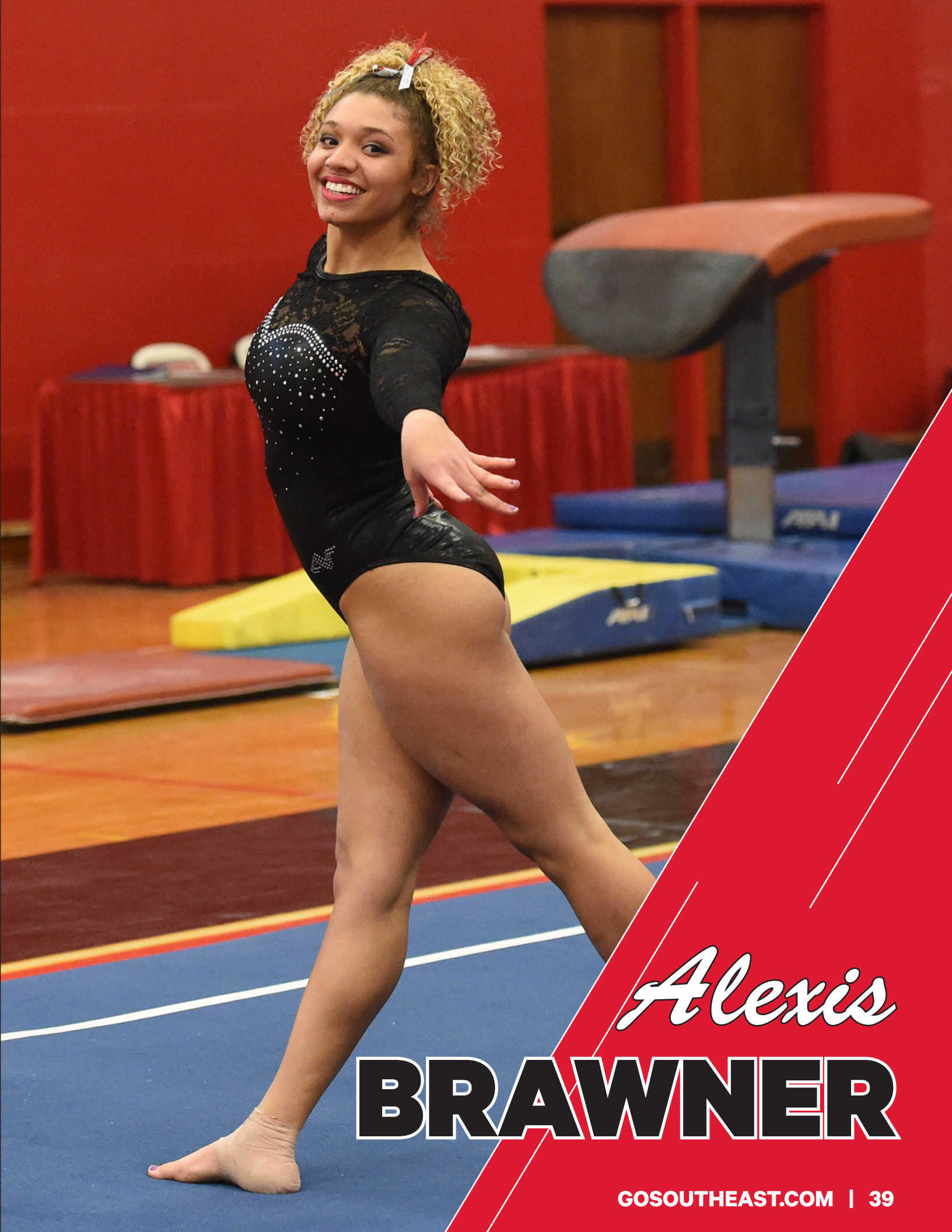
2016: Competed in all 14 meets...Named the 2016 MIC Gymnast of the Year...Earned MIC Gymnast of the Week honors four times, garnering the award three weeks in a row (Feb. 23-Mar. 8)...Represented SEMO at the Tuscaloosa Regional, placing seventh in the all-around... Compiled 42 scores of 9.700 or better,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

2015: Competed in all 12 meets on vault ... Also saw action on balance beam in final 10 meets and competed in uneven bars at the MIC Championships (3/21) ... Recorded 13 scores of 9.700 or higher, which ranked fifth on the squad ... Season-high 9.850 on vault at No. 1 Oklahoma (1/23), which tied for the second-best score of the season ... Season-best 9.725 on beam at Illinois-Chicago (3/15) ... Named to the MIC Scholastic All-Conference team ... Southeast Scholar-Athlete.

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

Personal: Born Sept. 14, 1996 ... Daughter of Quincy and Heather Brawner ... Majoring in Pre-Medicine.





Alexis
BRAWNER



MCKENNA STANLEY

Class: Junior

Hometown: San Antonio, Texas

Height: 5-5

Club: Aerial Athletics

2016: Competed in 13 meets, 11 as an all-arounder... Earned second team All-MIC honors on bars and in the all-around...Set or tied career-highs in every event but bars...Collected a 9.650 on vault, a 9.750 on beam, a 9.600 on floor, and a 38.550 in the all-around...Tallied a career-best five scores of 9.700 or higher and added her first event title (bars – 9.775) against Centenary (1/22).

2015: Competed in all 12 meets on the uneven bars, three meets on vault and one on floor exercise ... Registered four scores of 9.700 or higher ... Season-high 9.850 on bars vs. Centenary (3/6) ... Season-best 9.575 on vault vs. Texas Woman's (2/15) ... Made debut on floor at Oklahoma (1/23) ... Named to the MIC Scholastic All-Conference team ... Southeast Scholar-Athlete.

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

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



McKenna
STANLEY



ALLYSON BELL

Class: Sophomore
Hometown: Buford, Ga.

Height: 5-8
Club: Gymnastix Training Center

2016: Competed vault in 11 meets as a walk-on...Saw action on floor and bars...Had one score of 9.700 or higher...Season-high 9.725 on bars in the season opener vs. Lindenwood (1/8) ...Recorded a season-best 9.600 on vault in a quad meet at Denver University (2/27)...Tallied a 9.475 on the floor exercise against Centenary (3/5).

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

Personal: Born Dec. 17, 1996...Daughter of Don and Amy Bell...Currently undecided on a major.





Allyson
BELL



MCKINZIE JONES

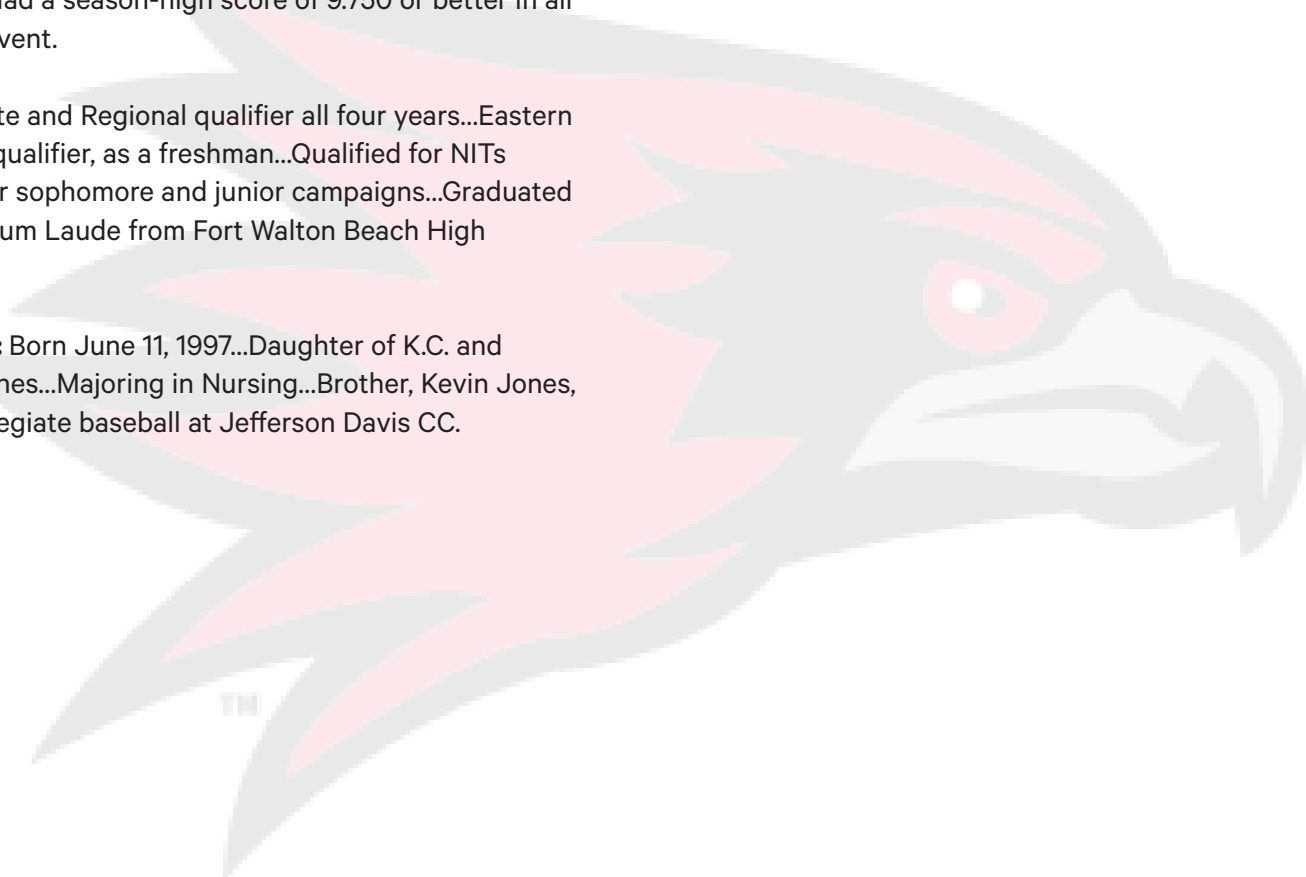
Class: Sophomore
Hometown: Destin, Fla.

Height: 5-5
Club: Alabama Elite

2016: Competed in all 14 meets as a walk-on...Earned first team All-MIC honors on floor and second team honors on beam and in the all-around...Garnered MIC Specialist of the Week honors once (1/12)...Represented SEMO at the Tuscaloosa Regional, placing 14th on the floor with a score of 9.800...Collected 23 scores of 9.700 or higher...Notched eight event titles...Never scored below a 9.700 on floor and won the event at MICs with a score of 9.925, tying the seventh-best score in program history...Had a season-high score of 9.750 or better in all but one event.

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

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





McKinzie
JONES



OLIVIA VINCENT

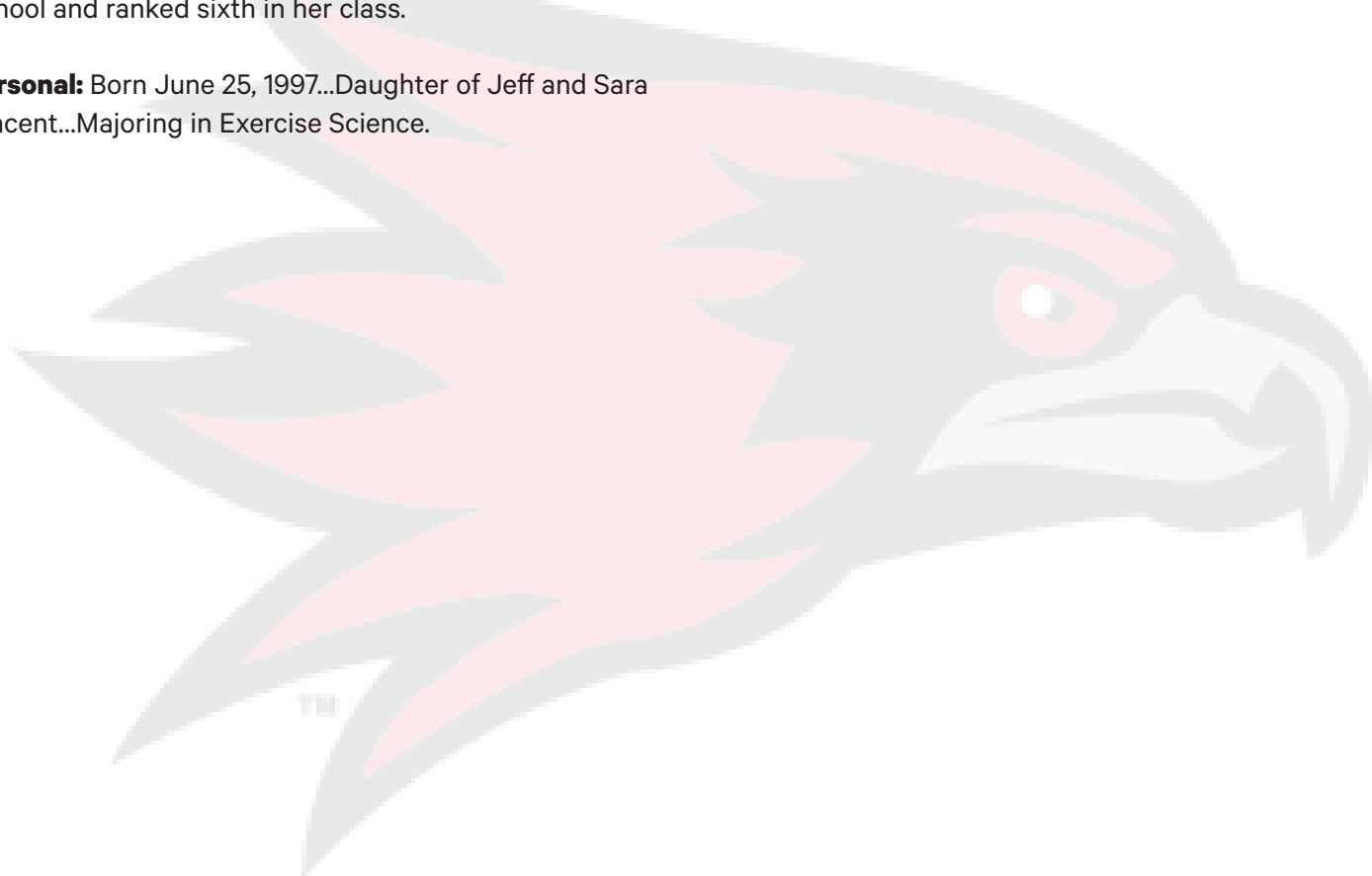
Class: Sophomore
Hometown: Columbia, Mo.

Height: 4-11
Club: Show-Me Gymnastics

2016: Saw action in one meet before missing the rest of the season due to injury...Recorded a 9.550 on vault against Lindenwood (1/8).

Club: Regional qualifier all four years...As a freshman, won regionals on vault and floor...State and Regional vault champion during sophomore campaign...Member of Show-Me Gymnastics and coached by Kathy Sanford...Graduated Magna Cum Laude Hallsville High School and ranked sixth in her class.

Personal: Born June 25, 1997...Daughter of Jeff and Sara Vincent...Majoring in Exercise Science.





Olivia
VINCENT

MEDIA INFORMATION



Kendra Benak

Freshman 5-3
Traverse City, Mich.
Grand Traverse Bay Gymnastics

Club: As a level 9, she finished first on bars at the Eastern Nationals during her junior and senior seasons... Added a Nationals win in the all-around and regional victories on bars, beam, floor, and all-around... Took level 8 Regional titles on bars, floor, and the all-around... Earned the Strongest Kid Award through the YMCA... Member of Grand Traverse Bay Gymnastics, coached by Jennifer, Gina, Kelly and Betsy Van Deinse... Graduated in the top 2% of her class with a 3.96 GPA.

Personal: Born Feb. 10, 1998... Daughter of Kevin and Shonda Benak... Currently undecided on a major.



Charlee Miller

Freshman 5-3
Zephyrhills, Fla..
Tampa Bay Turners

Club: Junior Olympic National Team member in 2016... Eastern National bar champion in 2011... Career-best scores of 9.625 (vault), 9.675 (bars), 9.350 (beam), 9.550 (floor), and 37.525 (all-around)... Graduated with a 3.95 GPA.

Personal: Born March 12, 1998... Daughter of Chuck and Stacy Miller... Majoring in Wildlife Biology.



Megan Dennis

Freshman 5-4
Lewisville, Texas
Denton Gymnastics Academy

Club: Competed in the Junior Olympic National Invitational... Regional and State competitor... Member of the National Honor Society... Career-best scores of 9.375 (vault), 9.850 (bars), 9.675 (beam), 9.700 (floor), and 38.375 (all-around)... Graduated in the top 7% of her class with a 3.89 GPA.

Personal: Born Sept. 26, 1997... Daughter of John and Stephanie Dennis... Majoring in Biomedical Sciences.



Kendall Rumford

Freshman 5-2
Crystal Lake, Ill.
Crystal Lake Gymnastics

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

Personal: Born November 17, 1997... Daughter of Michael and Lisa Rumford... Majoring in Exercise Science.

Southeast Missouri State **REDHAWKS**



Kenna Skepnek

Freshman 5-4
Algonquin, Ill..
Legacy Elite Gymnastics

Club: Junior Olympic National Team member in 2016... Eastern National bar champion in 2011...Career-best scores of 9.625 (vault), 9.675 (bars), 9.350 (beam), 9.550 (floor), and 37.525 (all-around)...Graduated with a 3.95 GPA.

Personal: Born March 12, 1998...Daughter of Chuck and Stacy Miller...Majoring in Wildlife Biology.



Mackenzie Slee

Freshman 5-1
Lower Hutt, Wellington, New Zealand
Christchurch School of Gymnastics

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

Personal: Born July 7, 1998...Daughter of Andrew and Cherie Slee...Currently undecided on a major.



Courteney Taylor

Freshman 5-1
Fishers, Ind.
Jaycie Phelps Athletics Center

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

Personal: Born November 17, 1997...Daughter of Michael and Lisa Rumford...Majoring in Exercise Science.



CHAMPIONSHIPS



March 18th, 2017 • 2 P.M.
Hosted by Illinois-Chicago
Chicago, Ill.



***Date and time subject to change**

RECORDS & HISTORY

SOUTHEAST MISSOURI STATE REDHAWKS
GYMNASTICS



TEAM RECORDS

TEAM SCORES

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

BALANCE BEAM

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

FLOOR EXERCISE

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

VAULT

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

BALANCE BEAM

1. at MIC Championships (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. Illinois St. (2/19/16).....48.775
9. Three Times.....48.850
Last: vs. Centenary (3/6/11)

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)

UNEVEN BARS

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

FLOOR EXERCISE

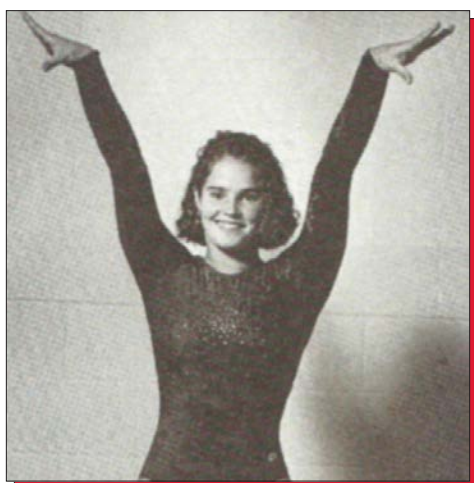
1. Ashley Godwin (2/14/04)..... 10.000
Erin Chenier (3/14/97)
Kate Farrington (2x - last 3/14/97)
5. Alexis Traylor (2/14/04)..... 9.950
Kate Farrington (3/24/95)
7. Brianna Gaddie (2x - last 3/7/10)..... 9.925
Sandra Blake (2/19/09)
Alexis Traylor (1/25/04)
Ashley Godwin (2x - last 4/12/03)
Stephanie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

VAULT

1. Kate Farrington (2x - last 3/18/97)..... 10.000
3. Kate Farrington (3/11/95)..... 9.950
4. Kate Farrington (3/14/97)..... 9.925
Megan Fosnow (3/23/13)
6. **Ashley Thomas (3/21/15)**..... 9.900
Kate Farrington (3/10/95)
Megan Fosnow (2/9/14)
Brianna Gaddie (2x - last 3/19/11)

BALANCE BEAM

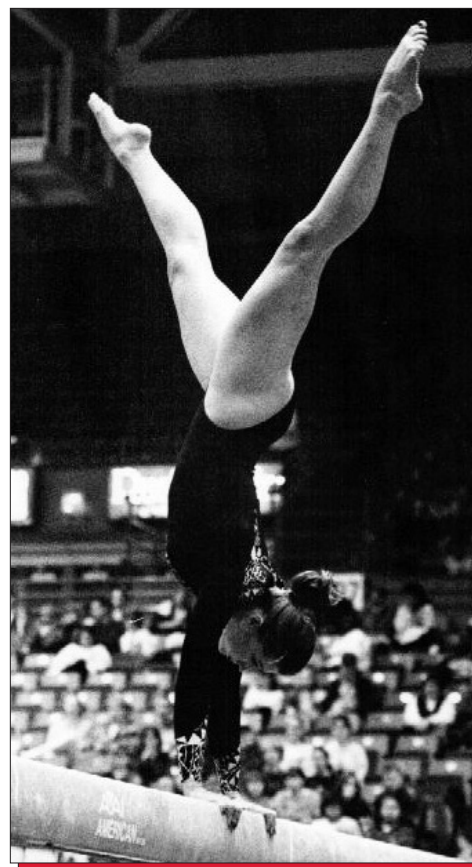
1. Ashley Godwin (3/29/03)..... 9.975
2. Tara Boldt (3/29/03)..... 9.925
Kristin Frohlich (3/22/97)
Ericka Harrison (3/22/97)
5. Taylor Westrick (2x - last 4/7/12)..... 9.900
Tara Boldt (2/21/04)
Ashley Godwin (2/21/04)
Tara Boldt (1/25/04)
Stephanie Furman (3/1/01)
Michelle Walker (3/11/01)
Malia Roberts (2x - last 3/22/97)
Erin Chenier (1/27/97)
Lauren Israel (2/26/16)



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



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



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

MIC CHAMPIONS & AWARDS

1992

Heather MarkleUneven Bars
Vanessa Simmons.....All-Around
Tricia Wells.....Uneven Bars

1996

Kate Farrington Vault
Floor Exercise

1997

Erin Chenier..... Vault
Kate Farrington Vault

1998

Malia Roberts.....Uneven Bars
All-Around

2001

Stephanie Furman Vault

2002

Ashley Godwin.....Uneven Bars

2003

Ashley Godwin..... Balance Beam
Floor Exercise
All-Around

2004

Tara Boldt Balance Beam

2007

Jena Nguyen..... Floor Exercise

2008

Sandra Blake Floor Exercise

2009

Sandra Blake Vault
Floor Exercise
All-Around

2010

Emily MannUneven Bars

2011

Brianna Gaddie..... Vault
Floor Exercise
Christina Sundgren.....Uneven Bars
All-Around

Taylor Westrick..... Balance Beam

2012

Taylor Westrick..... Balance Beam

2013

Taryn VanderpoolUneven Bars

2014

Chelsi Hamilton..... Floor Exercise
Lauren IsraelUneven Bars
Ashley Thomas..... Vault

2016

Alexis Brawner Vault
McKinzie Jones..... Floor Exercise
Alyssa Tucker.....Uneven Bars

Gymnast of the Year

Tara Boldt 2005
Sandra Blake 2006
Rikara Turner 2009
Alexis Brawner 2016

Newcomer of the Year

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

Senior Gymnast of the Year

Christina Sundgren 2011

Coach of the Year

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

Assistant Coach of the Year

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



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

2014

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

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

2015

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

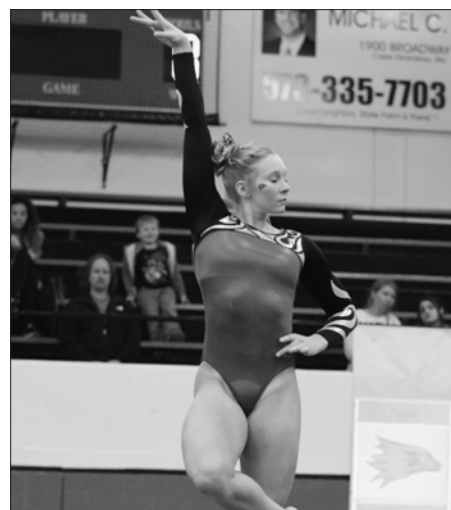
2016

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

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

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

2016 Honorees in **Bold*

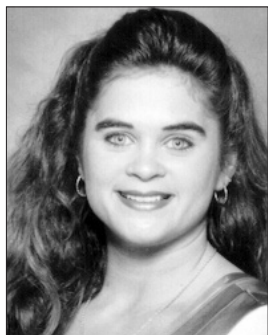


NATIONAL RECOGNITION

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

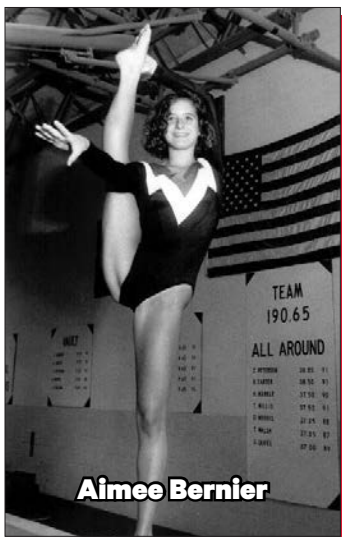
ALL-AMERICANS

Gymnast

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

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 following the 2008 season.

TEAM TITLES & HONORS

MIC Champions

1997
2009
2011
2014

NCAA Division I Regionals

1992
1993
1995
1997
2006
2008

AIAW/NCAA/USGF Division II Nationals

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

NCAA/USGF Division II Regionals

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

USGF Division II National Champions

1987
1991

NCAA/USGF Division II Regional Champions

1982
1983
1984
1985
1986
1987
1988
1989

NACGC/W Academic National Champions

2007
2008
2009
2011



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



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

YEAR-BY-YEAR RECORDS

Year	Head Coach	Record	Conference Finish	Regionals	Nationals
1976	Sarah Stensil	2-5	-	-	-
1977	Jon Rose	1-4	-	-	-
1978	Jon Rose	1-5	-	-	-
1979	Jon Rose	7-9	-	-	-
1980	Bill Hopkins	9-2	-	4th	10th AIAW
1981	Bill Hopkins	20-4	-	2nd	8th AIAW
1982	Bill Hopkins	31-8	-	1st	3rd NCAA-II
1983	Bill Hopkins	36-10	-	1st	3rd NCAA-II
1984	Bill Hopkins	20-6-1	-	1st	2nd NCAA-II
1985	Bill Hopkins	20-5	-	1st	2nd NCAA-II
1986	Bill Hopkins	13-6	-	1st	2nd NCAA-II
1987	Bill Hopkins	16-10	-	1st	1st USGF-II
1988	Bill Hopkins	24-6	-	1st	2nd USGF-II
1989	Bill Hopkins	23-9	-	1st	3rd USGF-II
1990	Bill Hopkins	28-11	-	6th	2nd USGF-II
1991	Bill Hopkins	36-8	-	4th	1st USGF-II
1992	Bill Hopkins	19-10	2nd MIC	6th	-
1993	Bill Hopkins	27-14	2nd MIC	7th	2nd NIT
1994	Bill Hopkins	16-17	4th MIC	-	5th NIT
1995	Bill Hopkins	19-17	3rd MIC	7th	3rd NIT
1996	Bill Hopkins	18-16	2nd MIC	-	3rd NIT
1997	Bill Hopkins	24-14	1st MIC	7th	2nd NIT
1998	Kris Buchheister	14-8	2nd MIC	-	-
1999	Kris Buchheister	12-12	3rd MIC	-	-
2000	Patty Stotzheim	5-15	3rd MIC	-	-
2001	Patty Stotzheim	10-11	2nd MIC	-	-
2002	Patty Stotzheim	9-11	3rd MIC	-	-
2003	Patty Stotzheim	11-13	4th MIC	-	-
2004	Tom Farden	15-7	2nd MIC	-	-
2005	Tom Farden	6-11	4th MIC	-	-
2006	Tom Farden	10-11	3rd MIC	6th	-
2007	Tom Farden	17-9	3rd MIC	-	-
2008	Tom Farden	9-7	2nd MIC	5th	-
2009	Tom Farden	14-3	1st MIC	-	-
2010	Kristi Ewasko	18-7	3rd MIC	-	-
2011	Kristi Ewasko	12-8	1st MIC	-	-
2012	Kristi Ewasko	2-15	5th MIC	-	-
2013	Kristi Ewasko	8-9	3rd MIC	-	-
2014	Kristi Ewasko	16-5	1st MIC	-	-
2015	Kristi Ewasko	7-13	4th MIC	-	-
2016	Kristi Ewasko	12-14	2nd MIC	-	-
41 years	7 Head Coaches	617-405-1			

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	75-71	7



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

DUAL RECORD HISTORY

Air Force..... 13-2

Alabama.....	0-10
Alaska Anchorage.....	6-0
Arkansas.....	0-2
Arizona.....	0-3
Auburn.....	2-13
Ball State.....	19-9
Bemidji State.....	1-0
Boise State.....	4-4
Bowling Green.....	7-5
Bridgeport.....	6-0
Brigham Young.....	1-5
Cal Poly.....	3-1
Cal State Fullerton.....	0-1

California..... 0-0

Centenary 40-5

Central Arkansas.....	3-0
Central Michigan.....	2-6
Central Missouri.....	1-0
Cornell.....	2-0
Denver.....	1-7
DuPage.....	1-0
Eastern Illinois.....	1-0
Eastern Michigan.....	8-5
Emporia State.....	3-0
Florida.....	0-4
Fort Hays State.....	12-0
Georgia College.....	3-0
George Washington.....	1-0
Gustavus.....	1-0
Hamline.....	3-0
Harding.....	1-0
Houston Baptist.....	3-3
Illinois.....	7-16

Illinois-Chicago 38-26

Illinois State..... 59-29

Indiana.....	5-1
Indiana (Pa.).....	3-3
Indiana State.....	3-2
Iowa.....	18-10

Iowa State 5-9

Jacksonville State.....	6-2
Jefferson State.....	1-0

Kent State 1-5

Kentucky.....	4-7
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Lindenwood 4-4

Louisiana State.....	1-10
Louisville.....	1-9
Maryland.....	1-0
Massachusetts.....	1-0
Memphis.....	1-2
Miami (Fla.).....	1-0
Michigan.....	2-7
Michigan State.....	2-10
Minnesota.....	2-3
Minnesota State, Mankato.....	2-0

Missouri..... 8-31

Morehead State.....	1-0
Murray State.....	1-0

Nebraska 1-4

New Hampshire.....	3-2
North Carolina.....	1-1
Northeastern.....	1-0
Northern Colorado.....	4-0

Northern Illinois..... 21-16

Northern Iowa.....	1-0
Northern Michigan.....	7-0
Northwestern.....	2-0
Notre Dame.....	1-0
Ohio State.....	1-5
Oklahoma.....	1-7
Oral Roberts.....	1-0
Oregon State.....	0-2
Penn State.....	0-3
Pittsburgh.....	1-1
Purdue.....	1-0

Rutgers..... 2-0

Sacramento State.....	0-1
San Jose State.....	1-0
St. Ambrose.....	1-0
Seattle Pacific.....	10-1
South Dakota State.....	1-0
Southern Arkansas.....	6-0
Southern Connecticut.....	1-0
Southern Illinois.....	6-5
Southern Utah.....	1-1

Springfield.....	1-0
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TCU.....	1-0
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Temple.....	1-0
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Tennessee.....	1-0
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Texas.....	0-1
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Texas A&M.....	1-0
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Texas State.....	3-0
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Texas Woman's 51-16

Towson.....	2-1
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UC Davis.....	2-0
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Utah State..... 0-0

Valparaiso.....	17-0
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Washburn.....	5-0
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Washington.....	0-2
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West Virginia.....	1-2
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Western Illinois.....	4-2
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Western Kentucky.....	1-0
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Western Michigan 7-4-1

Wheaton.....	13-0
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William & Mary.....	2-0
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Winona..... 25-2

Wisconsin.....	1-3
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Wisconsin-Eau Claire..... 1-0

Wisconsin-La Crosse.....	10-0
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Wisconsin-Oshkosh.....	14-0
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Wisconsin-Platteville.....	1-0
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Wisconsin-Stout.....	3-0
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Wisconsin-Whitewater 3-0

Yale.....	1-0
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ALL-TIME LETTERWINNERS

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)
Allyson Bell (2016)
 Mary Bentrup (1977-79)
 Aimee Bernier (1990-93)
 Sandra Blake (2006-09)
 Katie Bloom (2002-05)
 Tara Boldt (2003-06)
 Erin Brady (2012-15)
 Rebekah Brajcki (1995-98)
Alexis Brawner (2015-16)
 Sarah Brillhart (2011)
 Jennifer Brittain (1994)
 Carol Brommer (1977)
 Nadine Brown (1987)
 Heather Browning (1997-00)
 Rachel Buckner (1990-92)
 Gina Bufe (1984-87)
 Kelly Burns (1983-84)
 Donna Carr (1990-92)
 Kim Carter (1991, 1994)
 Erin Chenier (1996-99)
 Jordan Clark (2015)
 Amy Cole (2000-03)
 Talia Cover (2002-03)
 Aaron Craig (1996-99)
 Gail Crumpecker (1977)
 Suzanne Daher (1985)
 Karen DeSalvo (1978-79)
 Linda Deitz (1978-81)
 Jennifer Dinan (2006-09)
 Lauren Dinan (2008-10)
 Jacklyn Doebbler (2001-04)
 Maureen Dougherty (1981)
 Jessica Dunbar (1997-00)
 Ginger Dukes (1989-90)
 Paula Dusenberry (1984-85)
 Crystal Eberhardt (2002-05)
 Cari Egbert (1997-00)
 Lisa Enge (1981)
 Tanya Etie (1995)
 Alison Ezell (2005-08)
 Wendy Facklam (1988-90)
 Kate Farrington (1994-97)
 Andrea Farris (1997)
 Kendra Farris (1997)

Cindy Feaster (1980-82)
 Anna Fink (2002-03)
 Megan Fosnow (2011-14)
 Cindy Foster (1986-87)
 Sandra Foster (1983-86)
 Kristin Frohlich (1995-98)
 Stephanie Furman (1999-02)
 Traci Flippo (2002-04)
 Brianna Gaddie (2008-11)
 Amber Garlotte (2007-10)
 Emma Garrett (2011-12)
 Amanda Gdovicak (1997-99)
 Tamara Gent (2012)
 Kara Gibbons (2008-10)
 Julie Gilbert (1980-81)
 Ashley Godwin (2001-04)
 Nancy Greco (1982-83)
 Caralyn Grigo (1978-81)
 Maureen Grimaldi (2006-08)
 Amanda Grimes (2003-06)
 Leigh Guemmer (1978-81)
 Cheryl Hagene (1994-95)
 Leah Halleman (1986-87)
 Chelsi Hamilton (2014-16)
 Karen Hamilton (1999-02)
 Ericka Harrison (1997-00)
 Tiffany Hatfield (2003)
 Lisa Heaman (1986-87)
 Hayli Huiner (2013-14)
 Jacqueline Heath (2007-11)
 Margaret Heidbrier (1982-85)
 Lexie Hein (2004-06)
 Tammy Hener (1987-90)
 Debbie Holtgrieve (1983-84)
 Gina Hoormann (1984)
 Taylor Huey (2012-13)
 Lisa Hughes (1986-87)
 Gabrielle Isola (1981)
 Lauren Israel (2014-16)
 Carrie Johnson (1990-93)
McKinzie Jones (2016)
 Kathy Kahre (1978-79)
 Kasey Karban (2001)
 Jennifer Kaye (2005)
 Meredith Keen (1997)
 Alex King (2006)
 Jean Klees (1984-87)
 Karen Kohrs (1977)
 Amy Kovacs (1990-93)
 Melanie Krehl (1998-00)
 Kelley Krengiel (2007-10)
 Diane Laszczak (1988-89)

Jennifer Laszczak (1989)
 Diane Lattimore (1993-95)
 Lilly Le (2004)
 Mindi Lineweber (2005)
 Cristie Logan (1995-99)
 Stephanie Maloney (1990-92)
 Laura Mangan (1987)
 Emily Mann (2009-10)
 Nancy Marcotte (1978-79)
 Heather Markle (1990-92)
 Samantha Marrero (2011-14)
 Chloe Marshall (2014-15)
 Maureen McDonough (1981)
 Lisa McFarland (1977)
 Tami McGaugh (1982)
 Wendi Meier (1985-88)
 Marcy Meyers (1980)
 Kelly Miller (1992-95)
 Ami Mills (1983)
 Paige Milroy (1989-92)
 Traci Mitchell (2000)
 Erica Moore (2008-11)
 Diana Morris (1985-88)
 Jeanne Nass (1982-83)
 Leigh Nelson (1989)
 Jena Nguyen (2007-10)
 Toni Niemiec (1982-83)
 Kim Oblak (1994)
 Kim Oetter (1994-96)
 Deanna Ogg (2003)
 Margaret O'Neal (2011-12)
 Megan Owen (1997-99)
 Sarah Pack (1992-93)
 Renae Parr (1993-95)
 Maggie Paubel (2003)
 Taylor Penzien (2013-16)
 Cheri Peterson (1989-91)
 Kimberly Pickerl (2011-14)
 Raina Ponartz (1989)
 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 Schenbaurn (1982-85)

Amanda Schoenbaum (2008-10)
 Jennifer Schutt (1989-92)
 Deanne Schwartz (1985)
 Starlyn Schwartz (2006-09)
 Jocelyn Scroggins (1987-90)
 Angela Serafini (2011-12)
 Heather Sharp (1994)
 Dawn Shuda (1986-87)
 Vanessa Simmons (1991-95)
 Erica Smith (1995-99)
 Kathy Smith (1998-01)
 Sandi Smith (1980-83)
 Christa Soekamto (2009-11)
 Candace Spicer (2000-03)
McKenna Stanley (2015-16)
 Kelsey Stauffer (2006-08)
 Alexandria Stokes (2014-15)
 Hazel Stricker (1997-98)
 Vici Strini (1982-85)
 Christina Sundgren (2008-11)
 Alicia Their (1993-96)
Ashley Thomas (2014-16)
 Erika Thomas (2006)
 Alexis Traylor (2002-05)
 Kathy Tronzo (1982-83)
 Alyssa Tucker (2014-16)
 Rikara Turner (2007-10)
 Chelsea Unold (2006)
 Taryn Vanderpool (2011-14)
 Annette Vaughn (1988)
Olivia Vincent (2016)
 Carol Wade (1988-89)
 Stephanie Walbran (1985)
 Bailey Walker (2014-15)
 Michelle Walker (1999-02)
 Jen Wall (1997-98)
 Trace Walsh (1986-87)
 Natalie Watts (2004-05)
 Patty Watts (1985-88)
 Taylor Westrick (2011-12)
 Tessa Whitaker (1987-90)
 Alicia White (2001)
 Shannon Williams (1991)
 Traci Wills (1991-94)
 Tricia Wills (1992)
 Elenor Wilson (1999-02)
 Bryanna Wong (2007-10)
 Tammy Wyatt (1993-94)

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- / Tulane University
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- / Vanderbilt University
- / Yale University



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schools.**



ROLL UP YOUR SLEEVES AND GET DOWN TO BUSINESS.

Or education, public policy, communications or journalism — whatever your major, expect to learn a lot in class and even more in practice. And here, that practice happens on the latest technology and in real-world settings. You'll experiment and collaborate in just about all of your coursework. And you'll put new knowledge into action right from the start.



YOUR NEXT BIG IDEA could happen anywhere. But you'll give it legs and watch it run at **Catapult Creative House**, our student-run idea incubator and launchpad for innovation. Get to work in our creative labs, 3D modeling and printing gallery, and impact studio. It's where you'll turn your concepts into prototypes, your prototypes into products, and your products into sales.

THE BEST PLACE TO LEARN ABOUT U.S. POLICY is where it's actually being shaped. So you'll go to the **Center for Strategic and International Studies (CSIS) in Washington, D.C.**, for part of our University Studies course. For four exhilarating days, you'll work directly with researchers and consultants who advise national leaders. And if you're really on top of your game, you may end up influencing the strategies you've come to study.



INTERNSHIPS

RÉSUMÉS ARE BUILT—NOT WRITTEN.

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



SET OUT AND JOIN IN.

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

21

SOCIAL FRATERNITIES AND SORORITIES

Representing the IFC, Panhellenic and NPHC Councils. Many of them call Greek Hill home. And in Fall 2016, a new Greek Village will open on campus, providing an expanded Greek community where thousands of students will make new memories of brotherhood and sisterhood.



180+ student groups

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

We honor our heritage by sticking to our traditions.

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



MAKE ART THAT INSPIRES.

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



Built
our R
Missc
arts. I
in the
Perfo
Come
the la
breat

Dobbins River Campus Center

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

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





on the banks of the Mississippi,
iver Campus is the only one in
ouri dedicated entirely to the
But you don't have to be a student
e Holland School of Visual and
rming Arts to appreciate it.
e catch a performance. Explore
test exhibits. Or just enjoy the
htaking river views.

Five venues for exhibiting your
talent — including theatres, a
recital hall and galleries — set
the stage for

**more than
a hundred
different
events
each year.**

Among our student-produced
musical performances, you'll hear
everything from the classics to the
contemporary — including Brahms'
Double Concerto in A Minor and
Andrew Lipka's *The Addams Family*.



**Southeast makes it
affordable to do what
you dream of doing,
and we're recognized
as one of the country's
institutions with
the least indebted
students.**

LEARN MORE

about our \$17 million in
annual scholarships at
semo.edu/scholarships.

**SEE FOR YOURSELF
WHAT YOU'LL DO HERE**

Call us at **(573) 651-2590**
or schedule a visit at
semo.edu/visit.

OFFICE OF ADMISSIONS

One University Plaza, MS 3550
Academic Hall 100D
Cape Girardeau, Missouri 63701

573.651.2590
admissions@semo.edu

APPLY

We can't wait to see what you do.
But first, you'll need to get in.
semo.edu/apply

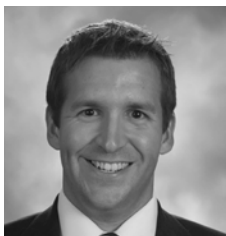
STAFF PHOTOS



Brady Barke
Director of
Athletics



Cindy Gannon
Senior Associate Director
of Athletics/SWA



Nate Saverino
Assistant Director of
Athletics/External Affairs



Karen Gleeson
Senior Administrative
Assistant



Catherine Anderson
Academic Services
Director



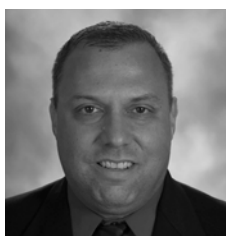
Elizabeth Brucker
Director of Business
Operations



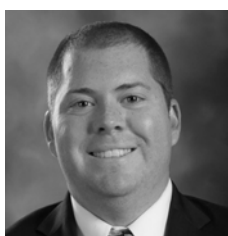
Barb Kinsey
Administrative Assistant
Development



Kent Phillips
Coordinator of Facilities &
Event Management



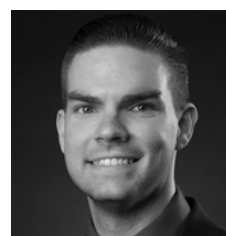
Jeff Honza
Sports Information
Director



Phillip Lady
Coordinator of Marketing
& Promotions



Marcia Hendrix
Insurance Coordinator



Sean Stevenson
Assistant Sports
Information Director



Hillary Wittenborn
Academic Services
Assistant



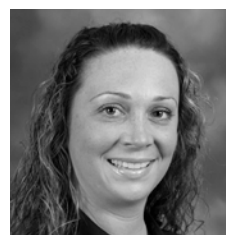
Beth Easter
Faculty Athletics
Representative



Ryan Johnson
Strength & Conditioning
Coach



Catie Furbush
Assistant Strength &
Conditioning Coach



Amanda Martin
Co-Head Athletic Trainer



Ben Fox
Co-Head Athletic Trainer



Kristin Jones
Assistant Athletic Trainer



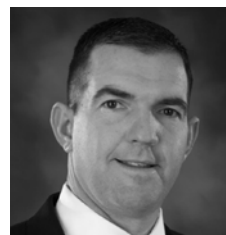
Andy Sawyers
Head Baseball Coach



Rick Ray
Head Men's
Basketball Coach



Rekha Patterson
Head Women's
Basketball Coach



Tom Matukewicz
Head Football Coach



Kristi Ewasko
Head Women's
Gymnastics Coach

Southeast Missouri State REDHAWKS



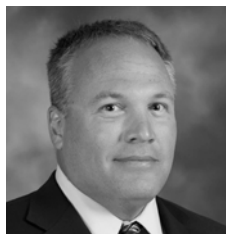
Mark Redburn
Head Softball Coach



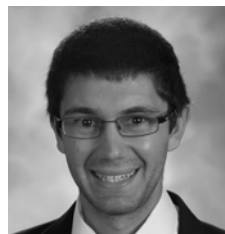
Heather Nelson
Head Women's
Soccer Coach



Mary Beth Gunn
Head Women's
Tennis Coach



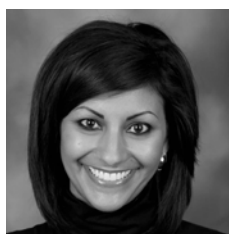
Eric Crumpecker
Head Track & Field Coach



Ryan Lane
Head Cross Country
Coach



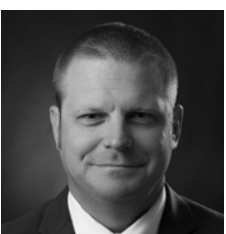
Julie Yankus
Head Volleyball Coach



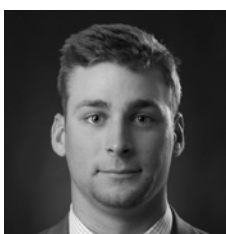
Tatianna Parham
Sundancers Coach



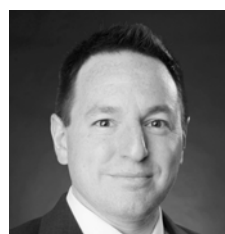
Curt Dixon
Assistant Baseball
Coach



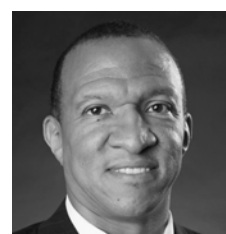
Craig Ringe
Assistant Baseball
Coach



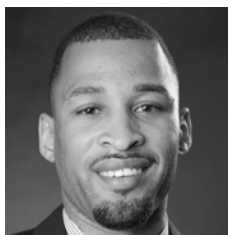
Matthew Kinney
Vol. Assistant Baseball
Coach



Adam Gordon
Assistant Men's
Basketball Coach



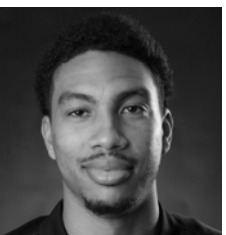
Chris Moore
Assistant Men's
Basketball Coach



Nick Lagroone
Assistant Men's
Basketball Coach



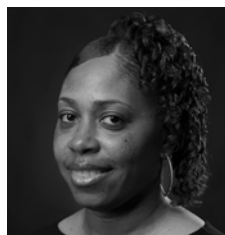
Tom Berryman
Director of Basketball
Operations



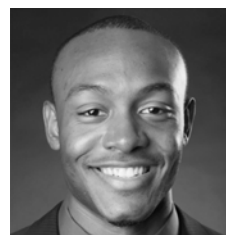
David Potter
Men's Basketball
Graduate Manager



James Arnold
Assistant Women's
Basketball Coach



Chanté Crutchfield
Assistant Women's
Basketball Coach



Jauwan Scaife
Assistant Women's
Basketball Coach



Brooke Hengst
Director of Women's
Basketball Operations



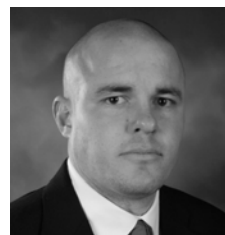
Aisha Foy
Women's Basketball
Graduate Assistant



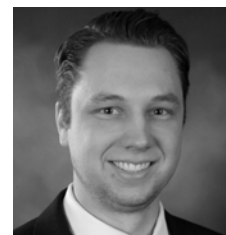
Bryce Saia
Assistant Football
Coach



Jon Wiemers
Assistant Football
Coach

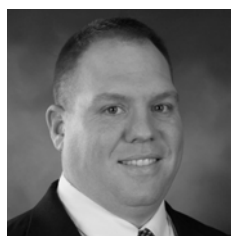


Matt Martin
Assistant Football
Coach

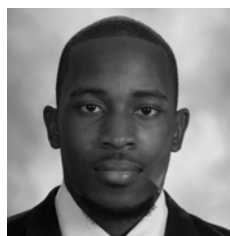


Eric Burrow
Assistant Football
Coach

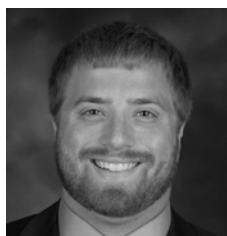
STAFF PHOTOS



Ricky Coon
Assistant Football
Coach



Salim Powell
Assistant Football
Coach



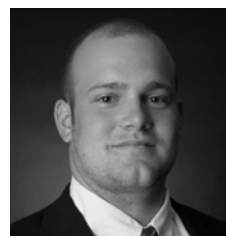
Joe Uhls
Assistant Football
Coach



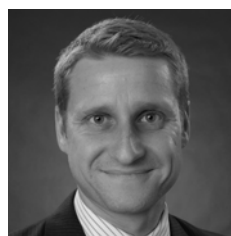
Ben Blake
Assistant Football
Coach



**Ghaali Muhammad-
Lankford**
Assistant Football
Coach



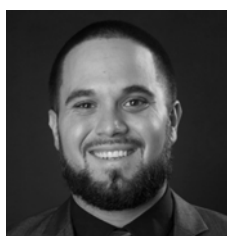
Tyler French
Assistant Football
Coach



Jared Diekmann
Football Offensive
Assistant



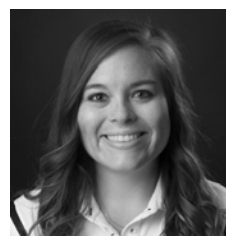
Jonathon Hankinson
Football Equipment
Manager



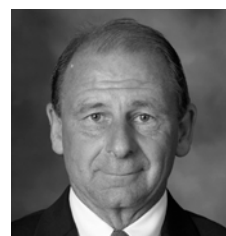
Josh Bonadona
Football Video
Coordinator



Chris Licameli
Assistant Women's
Gymnastics Coach



Brittney Emmons
Assistant Women's
Gymnastics Coach



Paul Nelson
Associate Head Women's
Soccer Coach



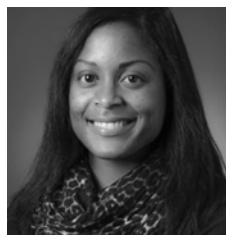
Adam Kleman
Assistant Women's Soccer
Coach



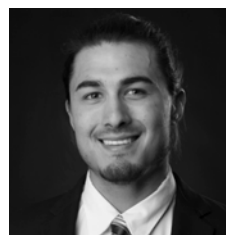
Brie Carmack
Assistant Softball Coach



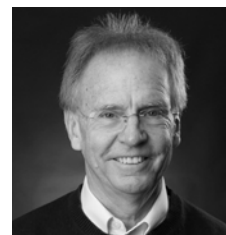
Kristen Jones
Assistant Softball Coach



Danielle Burbage
Assistant Track &
Field Coach



Chris Navarro
Assistant Track &
Field Coach



Dr. Tim Rademaker
Vol. Assistant Track &
Field Coach

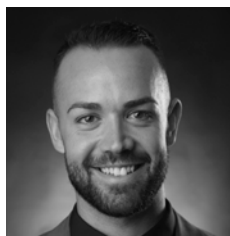


SOUTHEAST MISSOURI
STATE UNIVERSITY • 1873

Southeast Missouri State **REDHAWKS**



Nikki Buchholz
Assistant Volleyball Coach



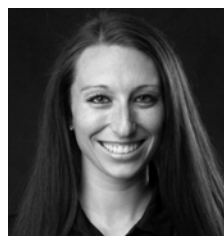
Calae Campbell
Assistant Volleyball Coach



Oge A. Oge
Graduate Assistant
Academic Services



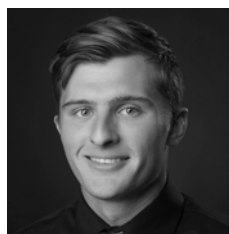
Olivia Caldwell
Graduate Athletic
Trainer



Holly Reynolds
Graduate Athletic
Trainer



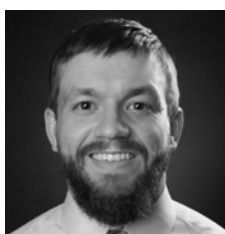
Stephanie Swank
Graduate Athletic
Trainer



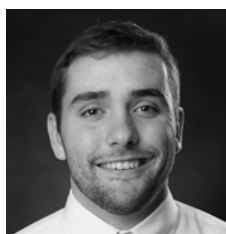
Joe Sweet
Graduate Athletic
Trainer



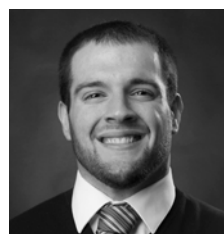
Joey Waugh
Graduate Athletic
Trainer



Justin Guy
Graduate Assistant
Strength & Conditioning



Jackson Frey
Graduate Assistant
Strength & Conditioning



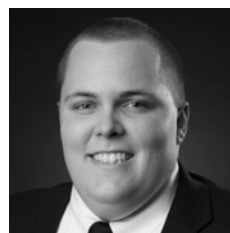
Tyler Knight
Graduate Assistant
Strength & Conditioning



Alexia Koerkenmeier
Graduate Assistant
Marketing & Promotions

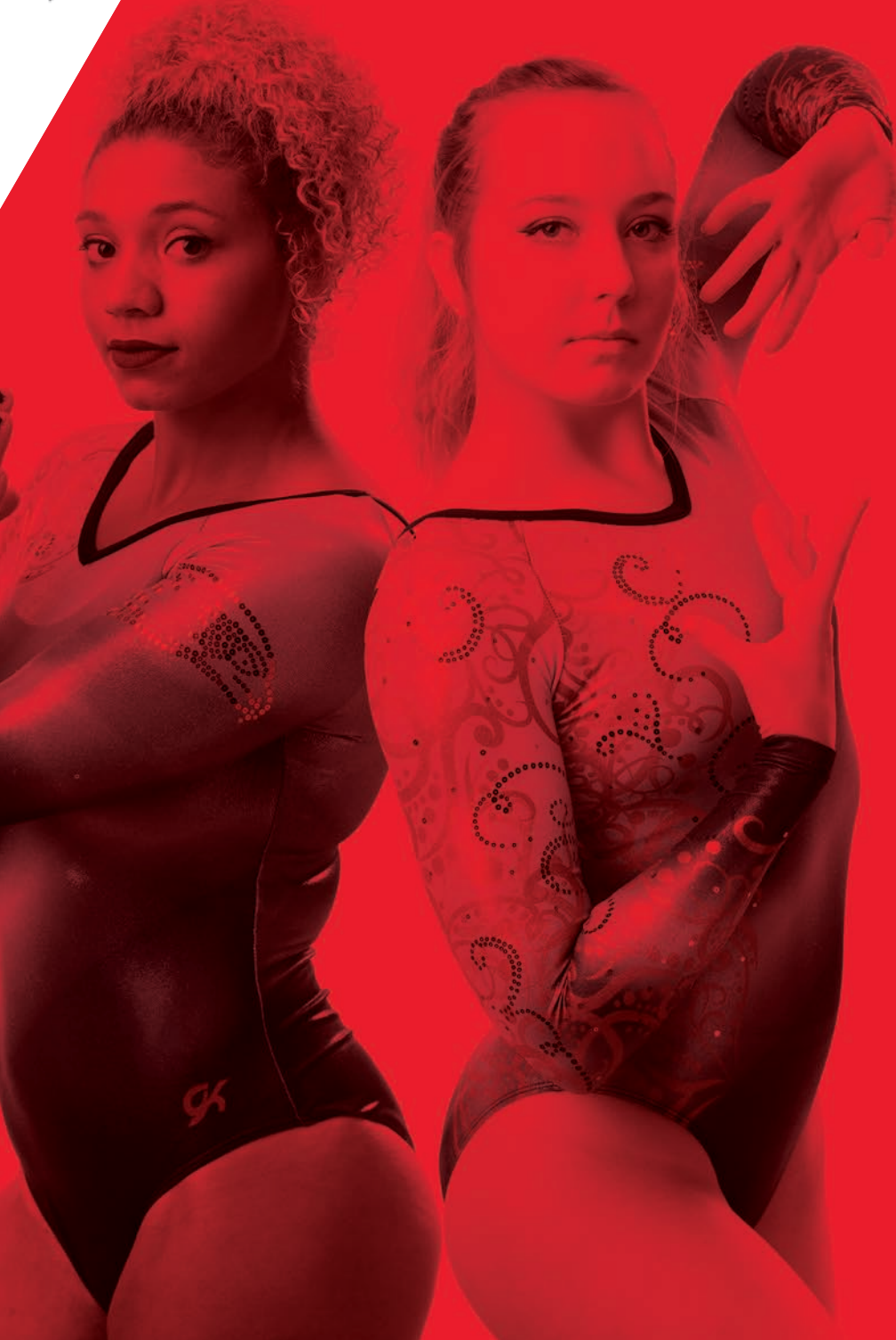


Danny Chesnut
Sports Information
Assistant



Kevin Scanlon
Sports Information
Assistant





2017 SCHEDULE



Jan. 15	Lindenwood Missouri	3 p.m.
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Jan. 20	Lindenwood	6:30 p.m.
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Jan. 29	Northern Illinois Kent State	1 p.m.
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Feb. 3	Iowa State Centenary College	6:30 p.m.
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Feb. 10	Wisconsin-Whitewater Winona State Wisconsin-EAU Claire	7 p.m.
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Feb. 12	Illinois State	2 p.m.
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Pink Meet Feb. 17	Centenary College	6:30 p.m.
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Feb. 25	Nebraska California Utah State	6 p.m.
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Alumni Night Mar. 3	Rutgers Texas Woman's	6:30 p.m.
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Senior Day Mar. 5	Air Force	1 p.m.
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Mar. 11	Western Michigan	4 p.m.
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Midwest Independent Conference Championship Mar. 18	Illinois-Chicago Centenary College Illinois State Lindenwood Texas Woman's	2 p.m.
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NCAA Division I Apr. 1	NCAA Regionals	TBA
Apr. 14-15	NCAA National Championship	TBA

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

