

SOUTHEAST MISSOURI STATE

CON REDIANNIKS GYNNASTIGS TEAN













































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The 2011 Southeast Missouri State Gymnastics Virtual Guide was written, edited and designed by Assistant Sports Information Director Patrick Clark. Cover design and additional graphics assistance provided by Southeast Missouri State University Relations. Additional editorial assistance by Sports information Director Jeff Honza, Associate Athletics Director/External Affairs Frank Cuervo and Sports Information Assistant Tanya Cwick. Photography by Patrick Clark, Marc Mahnke, Haley Bohnert, Mike Grace, Ryan Casey, Matt Ewasko and Lockard Koval.

QUICK FACTS

SCHOOL INFORMATION

Name Southeast Missouri State University
Location Cape Girardeau, Mo
Founded 1873
Enrollment 10,859
AffiliationNCAA Division l
Conference Midwest Independent
Nickname Redhawks
Colors Red, White and Black
President Dr. Kenneth W. Dobbins
Director of Athletics John Shafer
SWA/Associate ADCindy Gannon
Home Facility Houck Field House

CONTINUE STATE

risti Ewasko (Head Coach)
Career Record (Yrs) 18-7 (1)
Record at Southeast (Yrs) Same
MIC Record (Yrs) 11-4 (1)
Alma Mater Auburn (2004)
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TIENN HISTORY

First Year of Gymnastics	197 <i>6</i>
First Year of NCAA D-I	1990
All-Time Record	-558-318-1
NCAA D-I Regional Appea	rances 8
Last NCAA Regional	

TIENNI INTEORIVATION

2010 Overall Record18	3-7
Home6	-1
Away8	3-2
Neutral4	 -4
2010 MIC Record11	-4
MIC Finish Thi	rd
Letterwinners Returning/Lost 9	/5
Marroaman	-





HOUCK-FII

The Southeast Missouri State gymnastics team holds all of their home meets at Houck Field House. The facility has provided a home-gym advantage for the program over the years due to the lively crowds and intimate setting. Heading into the 2011 season the team has won 11-straight dual meets at Houck.

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

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

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

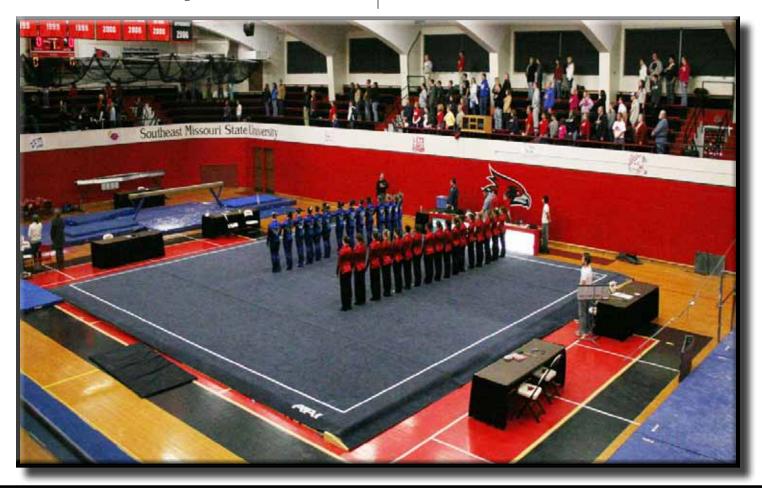
Today, Houck Field House seats 2,000 fans for gymnastics meets. The building houses locker rooms for the

Redhawk baseball, volleyball, soccer and softball teams. There are also three additional visitors gameday locker rooms.

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

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

This season, the program will host the MIC Championship meet. The Redhawks last hosted the championships during the 2006 season. An announced attendance of 632 showed up for the event, the seventh largest crowd in program history.



LD-HOUSE-



TOP -TEN ATTENDED MEETS AT HOUCK*			
Attendance	Date	Opponent	
1,486	3/7/98	Centenary	
1,433	2/7/98	Texas Woman's University	
1,017	2/21/99	Illinois & Missouri	
755	1/30/09	Southern Utah & Centenary	
717	2/15/08	Missouri	
713	3/9/98	Illinois State	
632	3/25/06	MIC Championships	
612	2/1/03	Illinois-Chicago	
603	3/14/09	Air Force	
600	2/24/01	Winona State	
*Since 1998 season			







PARKER-G

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

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

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

The gymnasium is also the location of the coaches offices, meeting rooms, fully-equiped training room and exercise room.

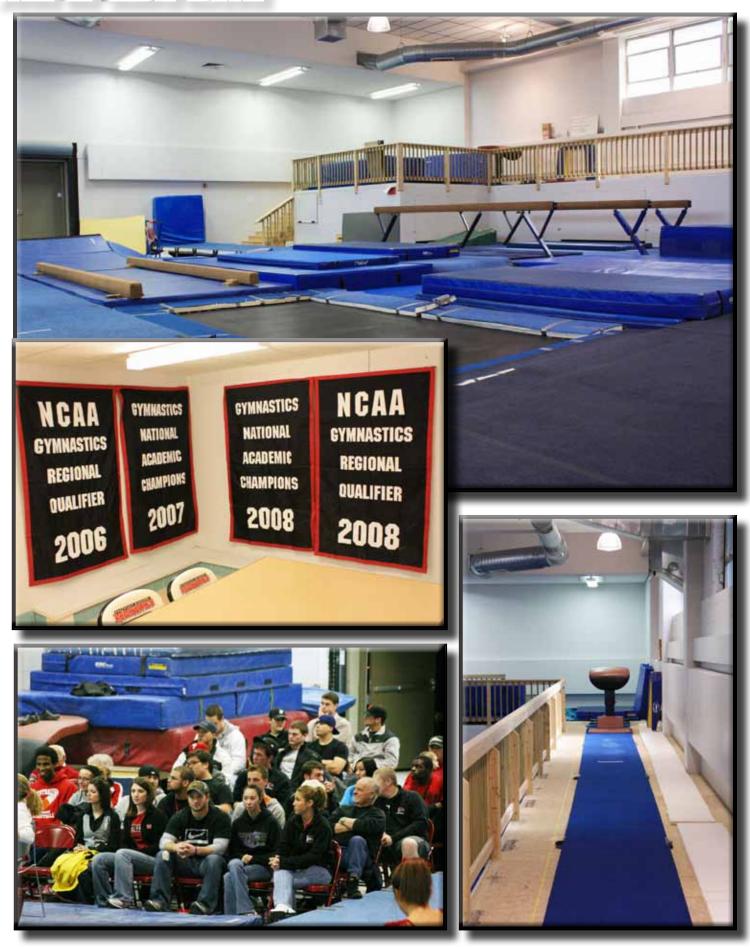
One of the top practice gymnasiums in the Midwest, it has a seating section for fans to watch practice or the team's annual pre-season meets, which are held in Parker Gymnasium.

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

The teams lockeroom is also located in Parker Hall. The 1,200 square feet area houses over 20 oak lockers, showers and restrooms, athlete lounge and study area.

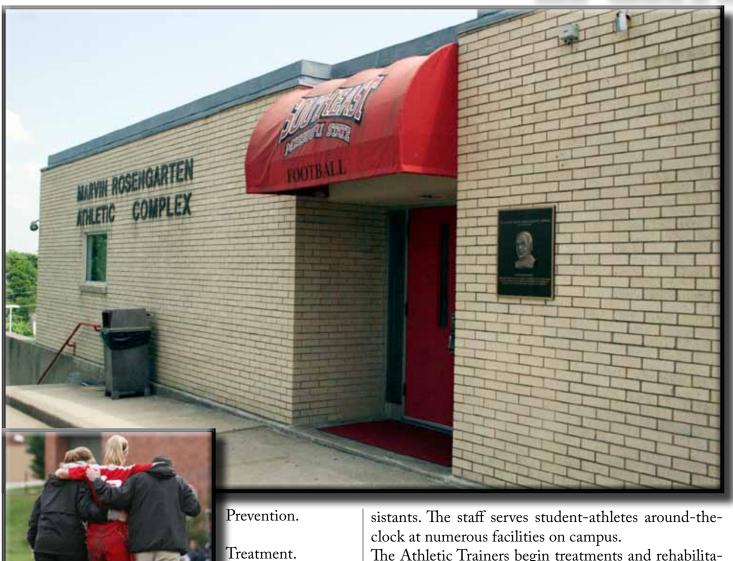


YMNASIUM-









Those are the four primary phases of athletic training, and the Southeast Missouri State University Athletic Training staff strives to fulfill all of those areas when working with the student-athletes on a daily basis.

Rehabilitation.

Education.

Southeast student-athletes are offered the best care possible by the Athletic Training staff. Head Athletic Trainer, Alfred Castillo, directs the Sports Medicine department which includes four full-time athletic trainers, six graduate assistants and several student as-

The Athletic Trainers begin treatments and rehabilitation starting as early as 6:00 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 Rosengarten Athletic Complex, where the primary athletic training room is located. There are three other satellite athletic training rooms, including one at Houck Field House, one on the lower level of New Hall Residence Building and one at the Show Me Center.

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

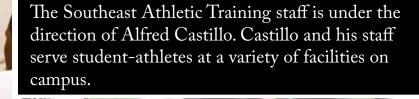
VIEDIGINE-

Southeast Athletic Training has strong working relationships with local physicians and the two hospitals located within 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 health care 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.













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

The Redhawks Success Center is located in Student Recreation Center, just south of Houck Stadium. The facility offers a computer lab with 18 computer work terminals, study areas and rooms for group meetings.

The area is under the guidance of Cindy Gannon, Associate Director of Athletics, with assistance from Director of Academic Services Sharon Burgard, Academic Services/Compliance Assistant Natalie Williams and two graduate assistants - Geoff Wester and Israel Kirk.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by Southeast student-athletes. During the 2010 fall semester, the Southeast athletic programs combined for a 3.05 grade point average, its highest for a fall term. Thirteen of the Redhawks 15 programs recorded a team GPA of 3.0 or better. In all, 175 student-athletes recorded at least a 3.0 GPA. Of that group, 42 finished the fall term with a perfect 4.0.

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

A special course is required for all first time studentathletes 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 recieve individualized academic programs which includes meeting with a mentor at least bi-weekly to discuss academic progress.

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





-CENTER-





MISSION STATEMENT





<u> 2011 GYMNASTICS PREVIEW</u>



The 2011 Southeast Missouri State gymnastics team looks to build upon a successful 2010 campaign that saw them go 18-7, the most wins for the program since the 1997 season. The team just missed out on a NCAA Regional appearance, finishing with a final national ranking of 40th with a Regional Qualifying Score (RQS) of 193.850. That score ranked eighth in the tough South Central Region and was tops in the Midwest Independent Conference (MIC).

Head Coach Kristi Ewasko begins her third season with the program and second at the helm. She returns nine letterwinners, including one NCAA Regional qualifier and one Regional alternate from last year's club.

Six highly regarded newcomers join a team that features four seniors, two juniors and five sophomores. The unique mixture of veteran leadership with underclassmen excitement gives Coach Ewasko a dynamic team that she feels will return the Redhawks back to the NCAA Regionals and into the Top-30.

In the classroom, the Redhawks continued to be among the best in the nation. They finished as the national runner-up Championships with a team cumulative grade point average of 3.89 after three-straight National Association of Collegiate Gymnastics Coaches/Women (NACGC/W) National Academic Team. The team had a program-record 18 gymnasts who earned Scholastic All-American status as a result of 3.5 or better GPAs. Thirteen of those individuals recorded perfect 4.0 GPAs.

"This upcoming season our two main goals are to return to the NCAA Regionals, which in turn means finishing ranked among the top-36 teams in the country, and to finish in the top-three nationally in academics," commented Coach Ewasko. "To do this we have changed the way we have approached this year by focusing one routine, one test at a time. If each individual is 100% successful doing this, then the team will be 100% successful. This program has achieved these goals before and I see no reason why we can't do it again especially with the team we have this season."

VAULT

The Redhawks best event statistically last season was the vault. They finished with an RQS of 48.720 which was the highest score among the four events for the team. That score ranked eighth in the

South Central Region and led the MIC.

However, this year's squad returns just three athletes that were a part of the event line-up.

Senior Brianna Gaddie, the team's lone returning NCAA Regional Qualifier, headlines that group. A Second Team All-MIC selection on the bars, she led the team and ranked second in the MIC with an RQS of 9.795 on the vault in 2010, including a team-best score of 9.825 against Brigham Young University.

Junior Emily Mann makes her return to the vault after competing in the event just once during the 2010 season. As a freshman, she competed in the vault five times, setting a career-best with a score of 9.625 against Ball State. This offseason she has been working tirelessly with Coach Ewasko, becoming one the top athletes in the line-up.

"Gaddie and Emily will anchor our lineup this coming season," said Ewasko. "They both have big vaults that have 10.0 start values. They each have the ability to score very high on their respected vaults."

Sophomore Taylor Westrick will make her collegiate debut in the vault line-up. She too hit the gym during the offseason and worked with Coach Ewasko on developing a 10.0 start value vault.

"Taylor learned a brand new vault for this season," said Coach Ewasko. "It's a full-on, back tuck off. A very rare vault, only a few athletes in the country perform that skill. She's continuing to improve that vault and I have confidence that it will score big for us."

Fellow sophomore Margaret O'Neal will enter the vault lineup for the first time as a collegian. She has been working on a 10.0 Yurchenko full.

Junior Christa Soekamto and sophomore Emma Garrett will also make appearances in the vault lineup. Soekamto competed on the vault in just one meet last season but has been training in the event since the end of last season.



"Christa is trying out a new vault for this year," commented Coach Ewasko. "She's learned a Yurchenko. She just needs a little bit more practice and consistency landing it before she moves into the lineup."

Garrett was a regular member of the vault lineup last season, recording a 9.700 RQS in all 13 meets. Against Centenary, she recorded her highest finish on the vault, tying for second place. She twice scored career-highs of 9.725, once at

2011 GYMNASTICS PREVIEW

Denver and again at the Outback Steakhouse Invitational.

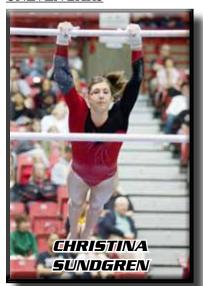
"Emma is also learning a new vault this year," said Coach Ewasko. "This vault starts out at 10.0 and once she gets used to it and fully recovers from injuries, she will be a valuable member of the lineup."

Freshmen Samantha Marrero and Taryn Vanderpool are expected to compete for spots in the vault. Marrero competed for Gold Medal Gymnastics in New York where she was a two-time Junior Olympic Qualifier.

Vanderpool hails from Lenexa, Kansas and competed with Elite Gymnastics where she too was a two-time Junior Olympic Qualifier.

"This year's vault lineup is completely different from last years," said Coach Ewasko. "Potentially, five of our six vaults will have start values of 10.0 a big change from 2010."

UNEVEN BARS



Like the vault, the Redhawks led the MIC and ranked eighth in the South Central Region with an RQS of 48.490. The 2010 team twice cracked the program's topten on bars, including a score of 49.025 against Brigham Young University which ranks second all-time.

The 2011 version features just two regulars from last season in upper classmen Christina Sundgren and Mann, the team's top-two bar athletes. First year assistant coach Will Stokley has revamped the routines and lineup for

this year's squad.

"On bars we have a lot of new faces competing for lineup spots," said Coach Ewasko. "We are very young in this event. There are some really exciting routines and connections that I look forward to see in actual meets."

Sundgren qualified as an alternate on the bars for last year's NCAA South Central Regional. She recorded an RQS of 9.765 which led the team and ranked second in the MIC. A Second Team All-MIC selection on bars, she captured four individual titles in the event during the 2010 season and has eight career bar titles.

"Christina is our anchor on bars," said Coach Ewasko. "She's strong, consistent, clean and has very big skills. She has learned a new connection on bars that will help take off some of her deductions that she suffered from last year. I'm expecting a big season from her!"

Mann captured the team's lone individual title at last year's MIC Championships, scoring a 9.800. She finished the season with a 9.715 RQS which ranked seventh in the MIC. Mann captured two individual titles and finished in the top-three in seven meets.

"Emily was solid for us last year and I look for her to continue to improve," said Coach Ewasko. "Like Christina, she has learned a new connection and some new skills for her routine this year."

Westrick will make her collegiate debut on bars this season. As a member of Salto Gymnastics as a prep she was a Level 10 Regional Champion on bars.

Soekamto will see her first significant time in the bar lineup as well.

Senior Erica Moore provides depth and leadership in the lineup. She competed in two meets on bars as a junior last season. As a sophomore, she recorded her best career finish, placing third with a career-best 9.65 against Centenary.

O'Neal will also push for action on bars. Last season she competed in all 13 meets on bars, finishing with an RQS of 9.650.

Marrero and Vanderpool have been impressive during the preseason under the tutelage of Coach Stokley.

"The athletes that are competing for the spots behind Christina and Emily have all showed clean routines and high skills," commented Coach Ewasko. "It has been an exciting preseason on bars because of the competition."

BALANCE BEAM

Last season the Redhawks lineup on the balance beam was solid, scoring an RQS of 48.315, which ranked second in the MIC and ninth in the region.

This year's team looks to turn the corner from solid to spectacular thanks to first year assistant coach Jessie Kinder. The lineup includes three returnees from last season including their top performer.

"I look for beam to really standout this season," said Coach Ewasko. "Coach Kinder has come in and cleaned up the routines and added new series to all of our athlete's routines."

Westrick led the team with an RQS of 9.740, ranking fourth in the MIC. She was a First Team All-MIC selection as a freshman last year after placing third at the MIC Championships. She captured four individual beam titles last season as a freshman.

"Taylor showed great poise as a freshman, deserving to be our anchor this season," said Coach Ewasko. "She's clean, her routines are gorgeous and she's consistent."

Sundgren makes a return to the beam after a year absence from the apparatus. As a sophomore she recorded an RQS of 9.615, setting a career-high score of 9.700 against Ball State and then again at Air Force.

2011 GYMNASTICS PREVIEW



"Christina has continued to evolve as a gymnast on the beam," said Coach Ewasko. "She has learned new skills over the summer and this preseason. Look for a big season from her."

Veterans Soekamto, Gaddie and sophomore Sarah Brillhart look to fill in the lineup. Soekamto recorded an RQS of 9.535 last season. Against Denver, she recorded a season-high 9.700.

Gaddie finished last season with an RQS of 9.605. She won two individual beam titles in 2010 including one against Illinois-Chicago with a season-high 9.700.

"Gaddie has led-off our beam lineup the last two seasons and will again in 2011," said Coach Ewasko. "She always gives us a great start on the event. She knows how to handle the pressure of leading off."

Brillhart ranked eighth in the MIC with an RQS of 9.675 last season. She recorded three top-three finishes including her first career individual title against Centenary.

"Sarah was consistent for us last season," commented Coach Ewasko. "She's working on a brand new series; a triple threat series that you don't see much in college gymnastics today."

Mann will make her collegiate debut on the beam this season. A former Level 10 competitor on beam as a prep, she looks to balance out the lineup.

"Christa and Emily have been consistent all preseason and have worked hard to crack the lineup this season," said Coach Ewasko.

Marrero, Vanderpool and fellow freshman Kim Pickerl will also push for spots in the lineup. Marrero and Vanderpool look to have secured spots after a strong preseason.

"These three freshman have been competing day-in and day-out to crack the lineup," said Coach Ewasko. "That in turn has forced

everyone to improve."

FLOOR EXERCISES

Heading into the 2011 season, Coach Ewasko feels the floor exercise is the team's strongest event. Last year the floor lineup finished with an RQS of 48.565. This year's team is much more improved, especially with the return of the top-two gymnasts in the event.

Gaddie and Sundgren will once again anchor the floor. Gaddie qualified for NCAA Regional on the floor for the second-straight season, where she placed 12th with a score of 9.825. For the season, she finished with an RQS of 9.850 which led the MIC and ranked 15th in the South Central Region. Last season she was a Second Team All-MIC selection on the floor while capturing seven floor titles. She tied her career-high with a score of 9.925 on the floor, ranking seventh on the school's all-time charts.

"Gaddie has a fun, hip-hop routine that I think the fans and judges will enjoy," said Coach Ewasko.

Sundgren recorded an RQS of 9.680 on the floor last season, finishing with three top-three finishes in the process. At the Outback Steakhouse Invitational, she set a new career-high with a score of 9.800.

"I moved Christina down the lineup because her tumbling has improved over the last year," said Coach Ewasko. "Her routine is much cleaner and we added some difficult skills. We are looking for her to step it up as a senior and I think with this new routine she will do exactly that."

Soekamto competed in 11 meets on the floor, finishing with an RQS of 9.660. She had four top-five finishes to her credit.

"Christa has a fun routine that takes advantage of her personal-

ity and tumbling ability," said Coach Ewasko. "The first pass in her routine is very difficult and very rare in college gymnastics. She has worked hard perfecting it."

Westrick and Mann will see regular action on the floor after each athlete competed in just one meet apiece in the event as freshmen.

"Both Emily and Sarah didn't get much time on the floor last year, but we are expecting solid performances from both of them leading off," said Coach Ewasko. "Both have showed much improvement and even though their routines may not be as diffi-



2011 GYMNASTICS PREVIEW

cult as others, overall they are solid, consistent and clean."

Brillhart and O'Neal will make their collegiate debut on the floor after serving as specialists last year.

Vanderpool has made the biggest strides among the freshman during the preseason. Look for her to make an appearance in the lineup throughout the season.

ALL-AROUND



For the first time in ten seasons the Redhawks do not return any of their top athletes that competed in the all-around. That list of solid gymnasts during that span, includes Ashley Godwin, Tara Boldt, Katie Bloom, Alison Ezell, Sandra Blake and Rikara Turner.

This year, Coach Ewasko will look for Sundgren, Soekamto, Westrick and Mann to step up and fill that void. Of that group, only Sundgren has competed in all four events in one meet as a collegian.

Sundgren did that last season against Centenary, placing

second with a score of 38.125.

"Christina has been working on her vault and we see improvements in it," said Coach Ewasko. "When she gets that event down she will be a very solid all-arounder."

However, all four were Level 10 qualifiers in the all-around as preps and have been building up their stamina and improving their routines to carry on the legacy.

2011 SCHEDULE

The 2011 schedule for the Redhawks includes 12 meets featuring five home meets and three dual meets against perennial top-20 programs.

For the second-straight season the team opens the season on the road against a MIC rival. They travel to Bloomington, Illinois on Jan. 8 to face Illinois State. The Redbirds finished second ahead of the Redhawks at last year's MIC Championships.

The Redhawks remain on the road the following week and head to Columbia, Missouri to take on Preseason No. 13 Missouri on Jan. 15. The Tigers finished last season as one of 12 teams to advance to the NCAA National Championships after winning the South Central Regional. They finished ranked 12th nationally.



On Jan. 21 the Redhawks hosts Western Michigan in their home opener at Houck Field House. The Broncos compete in the Mid-American Conference and are one of three teams from the state of Michigan the Redhawks will compete against.

Preseason No. 16 Denver University makes a trip to Cape Girardeau on Jan. 28. The Pioneers just missed a Nationals bid, after scoring a 196.175 in the North Central Regional. They finished the season ranked 15th nationally.

The team then competes against MIC opponents in their next four meets. They hit the road for back-to-back duals against Centenary College (Feb. 4) and Texas Woman's University Pioneers (Feb. 5) before returning home to face Illinois State on Feb. 11 and the Ladies again on Feb. 19.

On Feb. 25 the team travels to Mount Pleasant, Michigan for a triangular meet against MAC opponents Central Michigan and Eastern Michigan.

The host Chippewas finished ranked 22nd last season after winning the MAC title and finishing fifth in the tough Central Regional. The Eagles finished ranked 51st nationally.

The Redhawks return home to host the Ladies of Centenary College on March 6 for their final home dual of the season.

They finish off the regular season on the road at Auburn University on March 11. Head Coach Kristi Ewasko returns to her alma mater for the first time as a Redhawk. The Tigers, one of the top teams in the Southeastern Conference and ranked 15th in the Preseason Polls, finished the season ranked 19th nationally.

The Redhawks hosts this year's MIC Championships in Houck on March 19. Last season the team finished third after going undefeated in MIC duals with a 7-0 record during the regular season. The Redhawks just missed out on a NCAA Regional berth and finished tops in the MIC with a final ranking of 40th nationally.



2011 GYMNASTICS ROSTER

Name	Ht.	Yr.	Events	Hometown/Club Team
Erin Brady	5-9	FR	All-Around	Oshkosh, Wis./Oshkosh Northwestern
Sarah Brillhart	5-6	SO	All-Around	Wichita, Kan./Folger's Gymnastics
Megan Fosnow	5-7	FR	All-Around	Franklin, Wis./Midwest Twisters
Brianna Gaddie	5-4.5	SR	Vault, Beam, Floor	East Grand Forks, Minn./Red River Valley
Emma Garrett	5-5	SO	Vault, Floor	Jacksonville, Fla./Starlight Gymnastics
Tamara Gent	5-2	FR	All-Around	St. Peters, Mo./ GT Performance
Jacqueline Heath	5-3	RS-SR	Bars	St. Cloud, Minn./Classic Gymnastics
Emily Mann	5-4	JR	All-Around	Lincoln, Neb./Solid Rock Gymnastics
Samantha Marrero	5-7	FR	All-Around	Farmingville, N.Y./Gold Medal Gymnastics
Erica Moore	5-2	SR	Bars	Murfreesboro, Tenn./Let It Shine Gymnastics
Margaret O'Neal	5-4	SO	All-Around	Highlands Ranch, Colo./Champion Gymnastics
Kimberly Pickerl	5-0	FR	All-Around	Naperville, Ill./Arial Gymnastics
Angela Serafini	5-4	SO	All-Around	Glencoe, Mo./Team Central Gymnastics
Christa Soekamto	5-1	JR	All-Around	Grapevine, Texas/Top-Flight Gymnastics
Christina Sundgren	5-7	SR	All-Around	Richland, Wash./Mid-Columbia Gymnastics
Taryn Vanderpool	5-2	FR	All-Around	Lenexa, Kan./Elite Gymnastics
Taylor Westrick	5-4	SO	All-Around	Waterford, Wis./Salto Gymnastics

COACHING STAFF

HEAD COACH: Kristi Ewasko (3rd Season/Auburn, 2004) ASSISTANT COACHES: Jessie Kinder (1st Season/Oklahoma, 2009) Will Stokley (1st Season/Auburn, 2009)

	RUSIER BREAKDUWN
Y CLASS:	Kansas (2): Brillhart, V

Seniors (4): Gaddie, Heath, Moore, Sundgren

Juniors (2): Mann, Soekamto

Sophomores (5): Brillhart, Garrett, O'Neal, Serafini, Westrick

Freshmen (6): Brady, Fosnow, Gent, Marrero,

Pickerl, Vanderpool

BY STATE:

Colorado (1): O'Neal

Florida (1): Garrett

Illinois (1): Pickerl

Vanderpool

Minnesota (2): Gaddie, Heath

Missouri (2): Gent, Serafini

Nebraska (1): Mann

New York (1): Marrero

Tennessee (1): Moore

Texas (1): Soekamto

Washington (1): Sundgren

Wisconsin (3): Brady, Fosnow, Westrick



THE EWASKO FILE

PERSONAL

Hometown: Monroe, La.

Alma Mater: Auburn (Exercise Science - 2004) Family: Matt (Husband), Alex (Son - 1 year old)

COACHING EXPERIENCE

Auburn (2004-08): Volunteer Assistant Coach

SEMO (2008-09): Assistant Coach SEMO (2009-10): Interim Head Coach SEMO (2010-Present): Head Coach

COMPETING EXPERIENCE

Auburn (2000-04): Tiger Freshman of the Year, 9.950 vault score (tied for second on school charts), two-time All-SEC Academic Honor Roll selection,



KIRISTI JAVASKO

HEAD COACH • SECOND SEASON



On May 24, 2010 Southeast Missouri State Director of Athletics John Shafer named Kristi Ewasko the head women's gymnastics coach. Ewasko took over the helm after serving as the Redhawks interim head coach since Nov. 23, 2009.

A native of Monroe, La., Ewasko spent one year as an assistant coach at Southeast before she was promoted to interim head coach last November. 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.

Academically, the Redhawks finished as runner-ups for the National Association of Collegiate Gymnastics Coaches/Women ((NACGC/W) National Academic Team Championship with a team cume GPA of 3.8905. The team just missed their fourth-straight national title by 0.0018 of a percentage point.

The team had a program-record 18 gymnasts who earned Scholastic All-American status as a result of 3.5

or better GPAs. Thirteen of those individuals recorded perfect 4.0 GPAs.

Prior to arriving at Southeast, Ewasko worked as a volunteer coach at Auburn University from 2004-08. She was AU's conditioning captain and academic captain during that time. 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 has been an Auburn Gymnastics Academy coach since 2004. 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 two vault scores in school history, including the all-time mark of 9.950 which she set against Florida in 2003.

Ewasko and husband Matt have a one year old son, Alex.

THE KINDER FILE Hometown: Kansas City, Mo. Alma Mater: Oklahoma (2008), MBA (2009)

COACHING EXPERIENCE Oklahoma: (2008-09) Graduate Assistant SEMO (2010-Present) Assistant Coach



Jessie Kinder begins her first season as a Redhawk assistant coach. She will serve as the balance beam and assistant floor coach. She will also serve as the practice coordinator and the team's choreographer.

Additional duties include serving as the team's recruiting coordinator, where she will oversee all aspects of the team's recruiting process.

The Kansas City, Missouri native, has over 18 years of gymnastics training and coaching.

Last year she was a graduate assistant coach at her alma mater, Oklahoma under the tutelage of K.J. Kindler. She assisted in the Sooners recruiting process and was in charge of organizing team events.

As a gymnast, Kinder was a three-year letterwinner for the Sooners where she helped the team to back-to-back Big 12 Championships in 2008 and 2009. In 2008 the team finished a program-best eighth at the NCAA National Championships.

Originally a walk-on, she earned a scholarship her senior season as one of the team's top all-arounders. She was a two-time Academic All-Big 12 and NACGC Scholar Athlete.

As a junior, she finished 11th on the floor at the NCAA National Championships with a score of 9.85.

Her senior season she recorded a career-best 9.9 on the floor against Arkansas for her first collegiate individual title. In that same meet she scored a 39.175 in the all-around to set a career best.

She earned her Bachelor's in Heath and Exercise Sciences in 2008 before receiving her Master's in Intercollegiate Athletic Administration this past spring.

JESSIE KINDER

ASSISTANT COACH O FIRST SEASON

77;73 STOKUBY 13743



Hometown: Montgomery, Ala. Alma Mater: Auburn (2009)

COACHING EXPERIENCE Auburn (2004-08) Volunteer Assistant Ball State: (2008-09) SEMO (2010-Present) Assistant Coach

Will Stokley begins his first season as a Redhawk assistant. He will coach the uneven bars and assist with spotting on all floor routines.

His additional duties include organizing team travel, recruiting and assist in day-to-day administrative operations.

Stokley spent last season at Ball State University as a graduate assistant. Under his guidance, the Cardinal sent three student-athletes to the NCAA Central Regional.

A 2009 graduate of Auburn University in Kinesiology with a minor in Coaching, Stokley spent five years as a member of the Tigers gymnastics coaching staff.

From 2005-2007, he was a student volunteer coach. In 2008, he was promoted to the team's undergraduate student assistant coach.

While serving as a student assistant, he served as co-head coach for the Auburn Gymnastics Academy women's club team for USA Level 7-10.

In 2007, he coached the Armory Gymnastics Center men's team for Levels 4-6.

As a club team competitor, Stokley was a ten-time Alabama state champion and Class 3 Region won AA Champion. He was also a three-time Junior Olympic National Qualifier.

From 2005-2008, he was a member of the Georgia Gymnastics Judging Association where he judged Level 4-10 men's gymnastics.





ATHLETIC DEPARTMENT SUPPORT STAFF



Cindy Gannon Associate Director of Athletics/SWA



Frank M. Cuervo
Associate Director
of Athletics/External
Affairs



Torry Rollins Assistant Athletic Director/Finance



Brady Barke Assistant Athletic Director/Compliance



Greg BruneDirector of Athletic
Development



Sharon Burgard Director of Academic Services



Nathan Saverino
Coordinator of
Marketing &
Promotions



Kent Phillips Coordinator of Facilities/Event Management



Dr. James Champine Faculty Athletics Representative



Jan Onderdonk Senior Administrative Assistant



Joyce Penny Ticket Manager/Student Accountant



Marcia Hendrix Assistant Ticket Manager/Insurance



Jeff Lee Head Strength & Conditioning Coach



Alfred Castillo Head Athletic Trainer



Takuro Yamada Assistant Athletic Trainer



Amanda Martin Assistant Athletic Trainer



Ashley Rockey
Assistant Athletic
Trainer



Natalie Williams Academic Services/ Compliance Assistant



Phil Lady Marketing & Promotions Graduate Assistant



Geoff Wester Academic Services Graduate Assistant



Israel Kirk Academic Services Graduate Assistant



Rachel Blunt Compliance Graduate Assistant



Molly Davis
Compliance Graduate
Assistant



Tanya Cwick Sports Information Assistant





BRIANNA GADDIE PROFILE

2010: NCAA Regional Qualifier on the floor...Second Team All-MIC selection on the vault and floor...ranked first in the MIC and 15th in the South Central Region on the floor with an RQS of 9.850...recorded fourth place finishes on the vault (9.800) and on the floor (9.750) at the MIC Championships (3/27)...placed 12th on the floor at the NCAA South Central Regional (4/10)...captured 13 individual titles including seven on the floor...recorded four titles on vault and two on beam...captured multiple titles in five meets...had a combined 23 top-three finishes...tied a careerhigh on the floor with a score of 9.925 at the Outback Invitational (3/7), placing second and tying for seventh on the school's all-time charts...recorded a season-high 9.800 on the vault four times...won the beam title with a season-high 9.700 vs. UIC (1/30)...threetime MIC Specialist of the Week selection...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009: Second Team All-MIC selection on vault and floor...scored a season-high 9.825 on vault against Illinois State and again against Centenary...six top-three finishes on vault, including three individual titles...recorded a career-high 9.775 on beam against Air Force...three top-three finishes on beam...won individual title and scored career-high 9.925 on floor in tri-meet vs. Southern Utah and Centenary, score ranks seventh on the school's all-time charts... seven top-three finishes on floor, including three individual titles... MIC Gymnast of the Week (2/4)...NACGC Scholar Athlete... OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Won six individual titles...shared an individual title on floor with a 9.825 against Centenary College...shared the individual title on vault against Illinois State with a career-high 9.875, which ranks sixth on the school's all-time charts...won the title on vault with a score of 9.825 against Texas Woman's University...scored a 9.775 on vault against Centenary...tied for second on the vault against Iowa with a score of 9.825...NACGC Scholar Athlete... OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Red River Valley Gymnastics Club: Tallied a 35.425 all-around at the 2007 Minnesota State Championships...finished strong at State and Regionals in 2005...floor champion and finished third in the all-around at the 2008 Regionals...Level 10 Nationals qualifier...honor roll student at East Grand Forks High School, graduating with a 3.95 GPA.

Personal: Born 3/14/89...daughter of Patrick and Kari Gaddie... majoring in Exercise Science...chose Southeast because she loved the campus, team, coaches and had a great recruiting trip.





JACQUELINE HEATH PROFILE

2010: Redshirted due to injury...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009: Scored a season-high 9.675 on bars against No. 13 Missouri...tied her season-high against Illinois State...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Won her first career individual title on bars against Centenary College with a career-high 9.900, that score ranks third on the school's all-time charts...shared a bars title against Illinois State with a 9.750...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007: Second Team All-MIC selection on bars...placed fifth on the bars with a score of 9.750 at the MIC Championships...scored a season-high 9.775 on bars against Kent State...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Classic Gymnastics: Level 10 Region IV Regional qualifier in 2005 and 2006...placed in the top-ten on beam and bars at the Level 10 Region IV Championships in 2006...Level 9 Region IV Western Nationals qualifier in 2003 and 2004...Saltos Invitational (Wis.) bars and all-around champion in 2004...ranked eighth in high school graduating class...made honor roll every year at St. Cloud Technical High School...graduated with a 4.0 GPA...member of National Honor Society...member of high school math team and orchestra as a cellist.

Personal: Born 1/21/88...daughter of Joan and Paul Heath...majoring in Applied Mathematics and Physics...has three sisters, Joline, Janelle and Julianne...chose Southeast because the gymnastics program seemed great, the gymnasts were friendly and welcoming and the academic programs were appealing.





ERICA MOORE PROFILE

2010: Competed in two meets on the bars...recorded a season-high 9.125 on the bars at Illinois State (1/15)...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009: Tied for third and scored a career-high on bars 9.650 against Centenary...exhibitioned on bars against Illinois-Chicago and No. 13 Missouri...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Did not compete...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Let It Shine Gymnastics Club: Finished third in the all-around at the 2006 Tennessee State Championships...placed fourth on bars at the Level 10 Region VIII Championships...competed at the 2004 Eastern Championships...Siegel High School Valedictorian.

Personal: Born 7/26/88...daughter of Greg and Gina Moore...majoring in Exercise Science...chose Southeast because of the girls on the team, the coaches and she felt like the program was a good fit for her.







CHRISTINA SUNDGREN PROFILE

2010: NCAA Regional alternate...Second Team All-MIC selection on bars...placed fourth on the bars with a score of 9.725 at the MIC Championships (3/27)...captured four individual titles on the bars...recorded 13 top-three finishes...placed second in the all-around with a career-best 38.125 at Centenary (2/5)...set a season-high on the floor with a score of 9.800 at the Outback Invitational (3/7)...tied a career-high on the vault with a score of 9.700 at Denver (2/19)...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

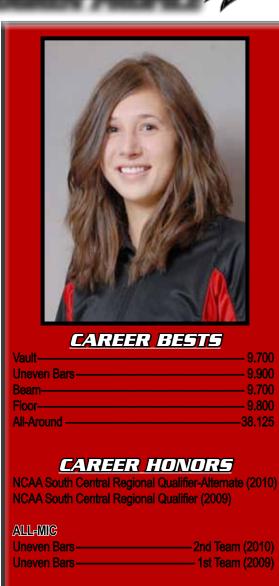
2009: NCAA Regional Qualifier on the bars...First Team All-MIC selection on the bars...placed fourth on the bars with a score of 9.800 at the MIC Championships...ranked second in the MIC with an RQS of 9.765 on the bars...captured four individual titles on the bars...won individual title and scored a career-high on bars 9.900 against Air Force, which ranks third on the school's all-time charts...scored a career-high 9.700 on the beam vs. Ball State... NACGC Scholar Athlete...OVC Commissioner's Honor Roll... Southeast Scholar Athlete.

2008: Scored a season-high 9.875 on the bars against Centenary... recorded a season-high 9.575 on beam against Iowa...scored a season-high 9.675 on floor against Centenary...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Mid-Columbia Gymnastics Club: Bars champion at the 2006 Regional Championships...2005 Washington State Champion... finished second on bars at the Level 10 Junior Olympic National Championships in 2005...placed fourth on floor at the Region II Championship...honor roll student at Richland High School with a 3.95 grade point average.

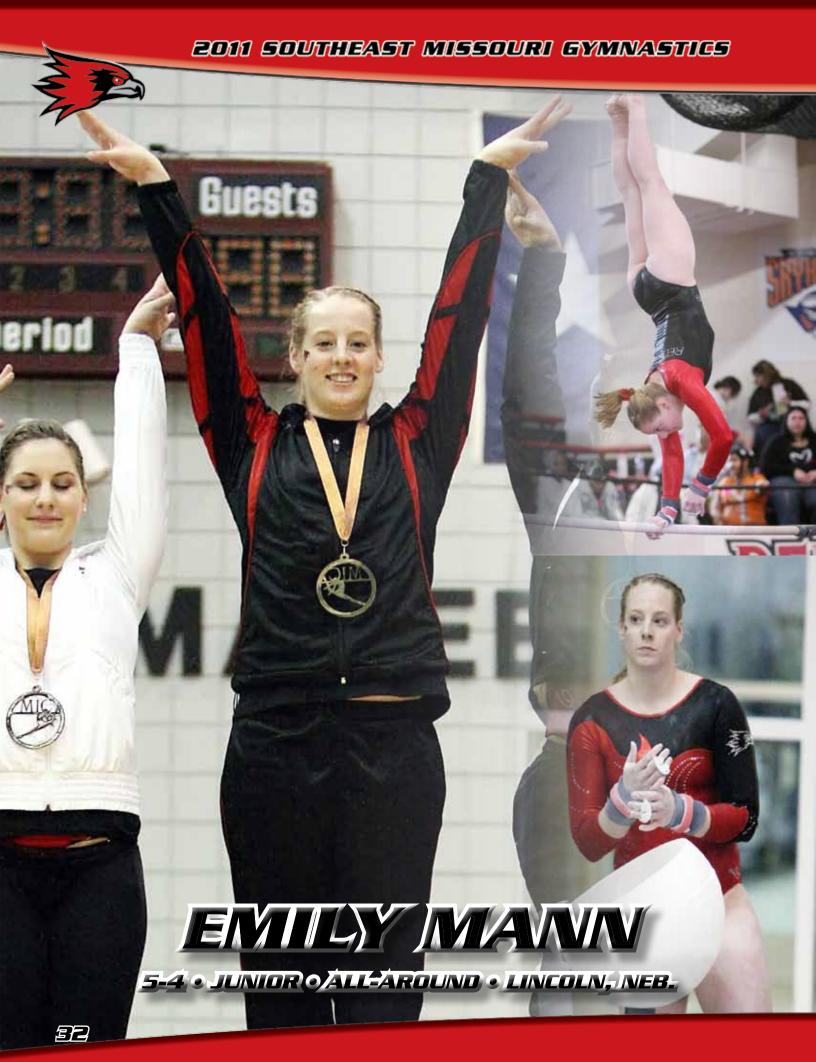
Personal: Born 11/3/88...daughter of Chuck Sundgren and Kay Kimmel...majoring in Engineering Physics...chose Southeast because the program is up and coming and the atmosphere is great.





INDIVIDUAL TITLES

All-Around ------



EMILY MANN PROFILE

2010: MIC Champion on the bars with a score of 9.800...First Team All-MIC selection on the bars...recorded two individual titles on the bars...claimed bars title vs. Illinois-Chicago (1/30) with a season-high 9.825...had seven top-three finishes...set a career-best on the floor at Illinois-Chicago (1/9) with a score of 9.325... NACGC Scholar Athlete...OVC Commissioner's Honor Roll... Southeast Scholar Athlete.

2009: Captured first career individual title on the bars with a career-high 9.900 vs. Air Force, which ranks third on the school's all-time charts...recorded five top-three finishes on the bars...scored a career-high 9.625 on the vault against Ball State...placed ninth on bars at the MIC Championships with a score of 9.725...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Solid Rock Gymnastics Club: Finished third on beam and all-around, while placing fourth on bars and fifth on vault at the 2007 Level 10 Nebraska State Championships...2006 Level 10 Nebraska State Champion on bars and beam, while finishing second on floor and in the all-around...finished second overall on bars at the Region IV Championships...honor roll student at Lincoln Southeast High School, graduating with a 3.957 G.P.A.

Personal: Born 7/13/89...daughter of Tom and Sandi Mann...majoring in General Studies...chose Southeast because of the academic focus and the gymnastics team.







CHRISTA SOEKAMTO PROFILE

2010: Recorded five top-five finishes, including four on the floor... placed fourth on the floor with a season-high 9.725 vs. Illinois State (2/28)...set a career-best on the vault with a score of 9.525 in season opener at Illinois-Chicago (1/9)...scored a season-high 9.700 on the beam at Denver (2/19)...NACGC Scholar Athlete... OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009: Placed third and scored a career-high 9.750 on the beam against Ball State...recorded a career-high on floor with a score of 9.825 against Illinois State...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Top-Flight Gymnastics Club: Placed 10th in the all-around at Level 9 Westerns...placed fifth in the all-around at the Level 10 Regionals in 2008...Level 10 Nationals qualifier in 2008...honor roll student at Colleyville Heritage High School...finished in the top-17 of her class with a 4.0 G.P.A...member of the National Honor Society...received PAP Chemisty award...received Principal Scholar award.

Personal: Born 8/31/90...daughter of Tina and Hardjito Soekamto...majoring in Pre-Medicine...chose Southeast because of the high acceptance rate into medical school and the strong gymnastics team.







<u>SARAH BRILLHART PROFILE</u>

2010: Competed in all 13 meets on the beam...recorded five top-five finishes...ranked eighth in the MIC with an RQS of 9.675 on the beam...claimed first career individual title on the beam with a score of 9.675 at Centenary (2/5)...recorded a career-high on the beam with a score of 9.700 in three different meets...placed fourth on the beam in the team's season opener at Illinois-Chicago (1/9)...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Folger's Gymnastics Club: Regional qualifier for Level 8, 9 and 10...National qualifier for Level 9 and 10...named "Wichita's Best Athlete" in 2005...honor roll student at Maize High School.

Personal: Born 9/18/90...daughter of Randy and Ann Brillhart... majoring in Elementary Education.









EMMA GARRETT PROFILE

2010: Competed in all 13 meets on the vault and floor...recorded 11 top-five finishes...claimed first career individual title on the floor with a score of 9.775 vs. Illinois-Chicago (1/30)...recorded a career-high on the floor with a score of 9.850 at the Outback Invitational (3/7), placing fourth...recorded a career-best on the vault at the Outback Invitational with a score of 9.725 (3/7)...placed second on the vault at Centenary (2/5) with a score of 9.675... NACGC Scholar Athlete...OVC Commissioner's Honor Roll... Southeast Scholar Athlete.

Starlight Gymnastics Club: Level 8 and Level 10 Florida State Champion on vault...First Alternate for Level 9 Nationals in 2005...Level 10 Nationals qualifier in 2008...qualified for Regionals for Level 8, 9 and 10...won the all-around at the "Go for It Classic" in Las Vegas, Nevada in 2007...honor roll student at Providence High School...member of the National Honor Society from 2007-09..."A/B" Honor Roll-college prep honors course work from 2006-09.

Personal: Born 1/16/91...daughter of Craig and Jennifer Garrett... majoring in Exercise Science...chose Southeast because it is close to family, a smaller university, she felt like she fit in well with the team, loved the stress on academics, and loved the coaches.









5-4 • SOPHOMORE • ALL-AROUND • HIGHLANDS RANCH, COLO.

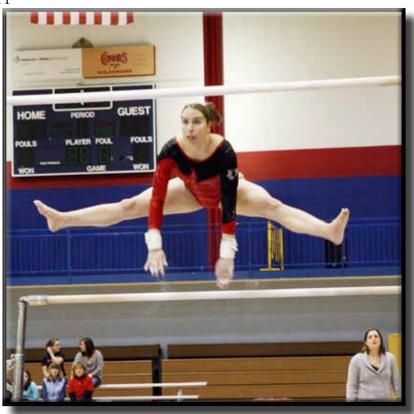
MARGARET O'NEAL PROFILE

2010: Competed in all 13 meets on the bars...recorded seven top-five finishes...placed second on bars in the team's season opener at Illinois-Chicago (1/9)...recorded career-highs on the bars with scores of 9.750 vs. BYU (2/13) and at the Outback Invitational (3/7)...placed third on the bars vs. Centenary (3/12)...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Champion Gymnastics Club: She finished second on floor and 12th in the all-around at the 2008 Region III, Level 10 Regional Championships...first Colorado gymnast to be recognized by the State USAG Board as Colorado Level 10 Gymnast of the Year...2009 Nationals qualifier.....invented a new release skill on the bars that she successfully performed at the National Junior Olympic Championships, "THE O'NEAL" is now listed in the International Book of Code for Gymnastics...graduated with the highest honors from Highlands Ranch High School...member of the National Honor Society...Spanish and English Academic Achievement Award.

Personal: Born 9/21/90...daughter of Stephen and Rebecca O'Neal...major is undeclared...chose Southeast because she liked the small class sizes and she felt that she was going to become part of a team that always supported each other.







<u>ANGELA SERAFINI PROFILE</u>

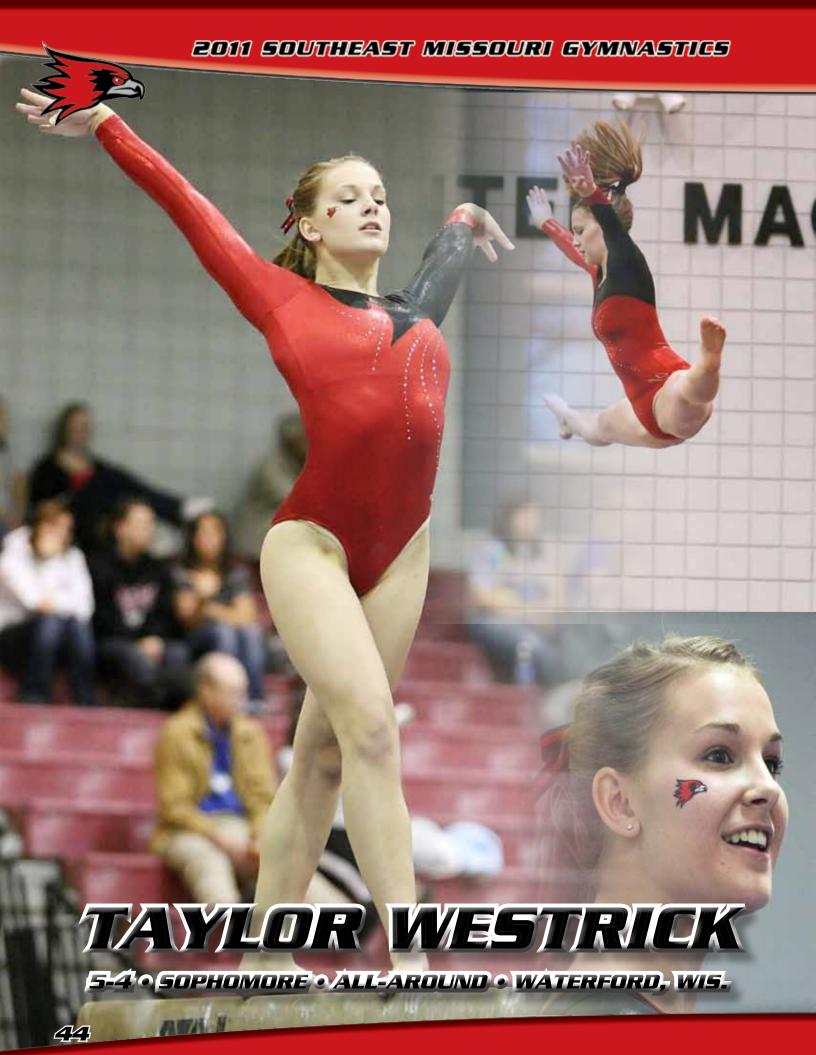
2010: Did not compete in any meets due to injury...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Team Central Gymnastics Club: Member of the 2008 Level 8 Missouri Regionals "MO Super Team"...2008 Region IV allaround and vault champion...placed second on bars and floor at the 2008 Region IV Championships...2008 Missouri State allaround, vault, bars, beam and floor champion...finished second on bars, third on beam and fifth in the all-around at the 2009 Level 10 Region IV Championships...2009 Junior Olympic Nationals qualifier...attended Eureka High School.

Personal: Born 11/28/90...daughter of Chris and Ellen Serafini... majoring in Pre-Medicine...chose Southeast because the team is very close, like sisters.







TAYLOR WESTRICK PROFILE

2010: First Team All-MIC selection on beam...placed third on the beam with a score of 9.675 at the MIC Championships (3/27)... captured four individual titles on the beam...recorded seven top-three finishes...ranked fourth in the MIC on the beam with an RQS of 9.740...won beam title vs. Iowa (3/19) with a career-best score of 9.875...captured first career individual title at Centenary (2/5)...set a career-high on the floor against Centenary (3/12) with a score of 9.675, placing fourth...made collegiate debut at Illinois State (1/9), placing second on the beam...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Salto Gymnastics Club: Six-time Level 10 Wisconsin State Champion...Level 10 Regional Champion on bars...qualified for Level 10 Junior Olympic Nationals in 2003, '04, '07, '08 and '09... placed on beam at Nationals in 2007, '08 and '09...has three top-10 finishes on beam at Nationals...attended Waterford Union High School...member of the National Honor Society...made "A" Honor Roll every semester.

Personal: Born 7/18/91...daughter of Jeffery and Doreen Westrick...major is undeclared...chose Southeast because she loved the campus, loved the team because they have a lot of drive and good attitudes, and she loved the emphasis on academics.







THE NEWCOMERS



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

Personal: Born 4/23/92...daughter of Joseph and Julie Brady...major is undeclared.

ERIN BRADY

5-9 · FRESHMAN · ALL-AROUND · OSHKOSH, WIS.

THE NEWCOMERS



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

Personal: Born 5/11/92...daughter of Doug and Jill Fosnow...majoring in Physical Therapy.

MEGANVEOSIVOV

5-7 • FRESHMAN • ALL-AROUND • FRANKLIN, WIS.



THE NEWCOMERS





GT Performance Gymnastics: Two-time Level 10 gymnast...2009 Level 10 Regional qualifier...placed sixth on the vault and floor at the 2009 State Championships...finished second on the beam and third on the vault at the Level 9 Regionals...honor roll student at Living Word Christian High School.

Personal: Born 7/8/91...daughter of Stanley and Pamela Gent...major is undeclared.

TAVARA GENT

5-2 o Freshman o All-Around o St. Peters, Mo.

THE NEWCOMERS



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

Personal: Born 8/9/92...daughter of Daniel and Debra Marrero...undecided in major.



SAMANTHA MARRERO

5-7 • FRESHMAN • ALL-AROUND • FARMINGVILLE, N.Y.



THE NEWCOMERS



KIMBERLY PICKERL

Personal: Born 5/21/92...daughter of Hanson and Margo Pickerl...major is undeclared.

5-0 • FRESHMAN • ALL-AROUND • NAPERVILLE, ILL.

THE NEWCOMERS





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

Personal: Born 8/28/92...daughter of Troy and Nancy Vanderpool...majoring in Biomedical Science.



TARYN VANDERPOOL

5-2 • FRESHMAN • ALL-AROUND • LENEXA, KAN.



SPECTATOR'S GUIDE

In collegiate team competition, six gymnasts perform on each of four events (vault, uneven parallel bars, balance beam, and floor exercise). The five best individual scores per event comprise the cumulative team total.

Collegiate competition requires at least two judges to evaluate the score of an athlete's performance. Their scores are averaged to arrive at a final mark. A perfect team score is 200, with top collegiate scores ranging between 190.00 and 198.00. Optional routines, choreographed by the gymnast to express herself through the skills she may perform best, are based on a score of 9.5 with an additional five-tenths (.5) for completing more difficult skills and/or combinations. One tenth must come from difficulty and one tenth must come from combination. the rest may come from either.

Common deductions are landing deductions. One tenth is taken away for each step or large hop that the gymnast takes, while only half a tenth is taken for a small hop. Other deductions include bent arms, legs, toes or leg separation. Falls that occur are deducted five tenths each time. Finally, a gymnast can receive a neutral deduction on balance beam and floor exercise. Neutral deductions are one tenth; and are received for being over time on beam and floor, and for stepping out of bounds on the floor exercise. They occur each time a gymnast violates these rules. Each event, with the exception of vault, has a series of six (bars) and seven (beam and floor) special requirements, and omission of any of these requirements results in a two tenths deduction from the start value.

VAULT



The vaulting event requires speed, quickness and explosive power. Vaults are divided into three families: handsprings, half-on quarter-ons, and roundoff entry. Each of these vaults is assigned a score of up to 10.0. Deductions are taken from the starting value of the vault. Basis for deductions stems from technical errors in the areas of preflight (approach to the table), repulsion (the

rise of the table), and the afterflight (distance and height from the table). The gymnast must remain motionless upon landing or a deduction will be taken.

BALANCE BEAM



The routine must be composed of elements from the following groups: tumbling with and without flight; strength; and dance (i.e. turns, leaps, and body waves). Special requirements on the balance beam are a tumbling series, a leap or a large jump, a full turn and a series of skills combining dance and acrobatics. The routine must last between 1:10 and 1:30. Performing on the beam

requires precise movement and intense concentration, as each 'wobble" results in a deduction. Elements performed on the beam that receive bonus points are somersaulting mounts, double-back dismounts, double turns, one-arm handstands, and jumps showing maximum flexibility.

UNEVEN BARS



A complete routine on the uneven bars comprises some 10 to 15 moves, consisting mainly of swinging and suspension skills utilizing both bars with many regrasps. A change of direction is required in the routine, while pauses for concentration extra swings and uncharacteristic elements are to be avoided. The gymnast must change bars at least two times, and must have at least two flight

elements. As mentioned above under scoring, bonus parts worth up to .50 can be awarded for completing difficult skills. On this event, some of the bonus moves include somersaulting release moves, difficult pirouette work, and somersaulting mounts.

FLOOR EXERCISE



Floor exercise is a combination of dance, tumbling and acrobatics performed to music. Creative and dynamic changes in rhythm and energy levels help to create an exciting routine where composition plays an important role. The exercise must last between 1:10 and 1:30. A routine consists of three tumbling "passes" and the gymnast must balance the difficulty of both her tumbling skills

and dance skills and should finish the routine as strongly as it started. Bonus points are awarded on this event for tumbing, dance, difficult elements and challenging combinations.





2010 TEAM AVERAGES

Date	Opponent	Vault	Bars	Beam	Floor	Total	Result
Jan. 9	Illinois-Chicago	48.400	46.775	47.275	47.825	190.275	W
Jan. 15	Illinois State	47.925	47.250	47.675	47.950	190.800	W
Jan. 24	Cardinal Classic	47.650	48.025	46.575	48.100	190.350	1st Out of 3
Jan. 30	ILLINOIS-CHICAGO	48.700	48.775	47.675	48.650	193.800	W
Feb. 5	Centenary	48.725	47.975	47.600	48.025	192.325	W
Feb. 13	BRIGHAM YOUNG	48.625	49.025	48.150	48.850	194.600	W
Feb. 19	Burnsley Invitational	48.825	47.600	48.250	48.250	192.925	3rd Out of 4
Feb. 20	Air Force/Pacific	48.575	48.300	48.325	48.850	194.050	1st Out of 3
Feb. 28	ILLINOIS STATE	48.450	48.700	48.525	48.700	194.375	W
Mar. 7	OUTBACK INVITATIONA	L 48.300	48.750	48.350	49.175	194.575	2nd Out of 3
Mar. 12	CENTENARY	48.675	48.500	48.575	48.475	194.125	W
Mar.19	IOWA	48.675	48.900	48.775	48.775	195.125	W
Mar. 27	MIC Championships	48.850	48.450	47.900	47.900	193.100	3rd Out of 5
Apr. 10	NCAA Regionals	-	-	-	-	-	-
	Averages	48.490	48.233	47.969	48.425	193.110	
,	RQS	48.720	48.490	48.315	48.565	193.850	40th

2010 SEASON HIGHS

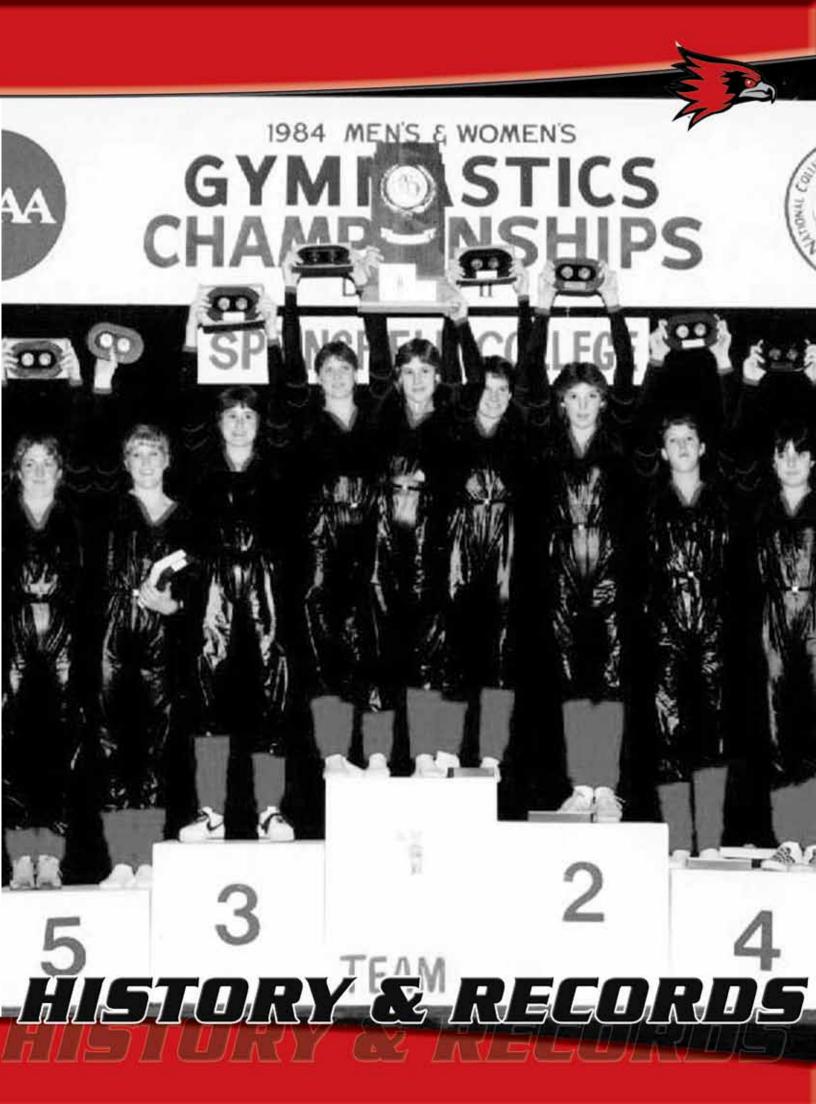
TEAM SEASON HIGHS

Event	Score	Meet	<u>Date</u>
Vault	48.825	Burnsley Invitational	Feb. 19
Bars	49.025	vs. BYU	Feb. 13
Beam	48.775	vs. Iowa	Mar. 19
Floor	49.175	Outback Invitational	Mar. 7
Meet	195.125	vs. Iowa	Mar. 19

INDIVIDUAL SEASON HIGHS

Event	Score	Gymnast	Meet	<u>Date</u>
Vault	9.825	Brianna Gaddie	vs. BYU	Feb. 13
	9.825	Jordan Salsberg	Burnsley Invitational	Feb. 19
	9.800	Brianna Gaddie	vs. lowa	Mar. 19
			at MIC	Mar. 27
	9.800	Jordan Salsberg	Outback Invitational	Mar. 7
			at MIC	Mar.27
Bars	9.850	Jordan Salsberg	vs. BYU	Feb. 13
	9.850	Christina Sundgrer	n vs. BYU	Feb. 13
	9.825	Emily Mann	vs. UIC	Jan. 30
	9.825	Kelley Krengiel	vs. lowa	Mar. 19
Beam	9.875	Taylor Westrick	vs. lowa	Mar. 19
	9.800	Taylor Westrick	vs. Centenary	Mar. 12
	9.775	Jena Nguyen	vs. Iowa	Mar. 19
Floor	9.925	Brianna Gaddie	Outback Invitational	Mar. 7
	9.900	Brianna Gaddie	at lowa	Mar. 19
	9.875	Brianna Gaddie	vs. BYU	Feb. 13
All-Around	38.850	Rikara Turner	vs. BYU	Feb. 13
	38.825	Jordan Salsberg	vs. Iowa	Mar. 19
	38.775	Jordan Salsberg	vs. Centenary	Mar. 12







TEAM RECORDS

	<u>TEAM SCORES</u>
1.	vs. Iowa (3/14/97) 196.025
2.	vs. Air Force (3/14/09) 195.700
3.	vs. Illinois St. (3/11/97) 195.650
4.	vs. Ball State (2/19/09) 195.500
5.	vs. Centenary (2/14/04) 195.350
	at MIC (3/29/03)
7.	vs. Eastern Michigan (2/27/97) 195.225
8.	vs. lowa (3/19/10) 195.125
9.	vs. Hamline (1/30/04) 195.025
10.	at MIC (3/22/97) 194.950

<u>TEAM VAULT</u>						
1.	vs. Seattle Pacific (2/18/95) 49.000					
2.	vs. lowa (2/02/08) 48.900					
3.	at Southern Utah (2/25/08) 48.875					
4.	vs. Missouri (2/22/97) 48.850					
	at Iowa (2/10/95)					
6.	vs. Illinois State (2/13/09) 48.825					
	at Illinois-Chicago (3/20/08)					
8.	at NCAA Regional (4/5/97) 48.800					
9.	vs. Texas Woman's (3/20/08) 48.775					
	at Outback Invitational (3/5/06)					
	at NIT (4/15/97)					
	at NIT (4/15/95)					

TEAM UNEVEN BARS

1.	vs. Air Force (3/14/09) 49.175
2.	vs. lowa (3/14/97) 49.025
	vs. BYU (2/13/10)
3.	vs. Hamline (1/30/04) 49.000
	at Illinois St. (3/17/03)
5.	vs. Centenary (2/10/08)48.975
6.	vs. Ball State (2/19/09)48.950
7.	vs. Texas Woman's (2/4/06) 48.925
8.	vs. lowa (3/19/10) 48.900

TEAM BALANCE BEAM

	ILAN DALANLL DE	
1.	at MIC (3//29/03)	49.375
2.	at Northern Illinois (3/11/01)	49.725
3.	vs. Illinois St. (3/2/01)	49.200
4.	vs. Hamline (1/30/04)	49.000
5.	vs. Air Force (3/14/09)	48.975
6.	vs. Bowling Green (1/23/04)	48.850
	at NIT (4/12/93)	
8.	at Bowling Green (2/18/05)	48.800
	at MIC (3/23/02)	
	at NIT (4/15/97)	

TEAM FLOOR EXERCISES

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



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

INDIVIDUAL RECORDS

	ALL-AROUND	I	UNEVEN BARS		_	FLOOR EXERCISES
1.	Ashley Godwin (3/29/03) 39.550	1.	Ashley Godwin (2/14/04)	9 925	1.	
2.	Erin Chenier (3/14/97) 39.525	''	Malia Roberts (2/21/99)	0.020	''	Erin Chenier (3/14/97)
3.	Ashley Godwin (2/14/04) 39.450	3.	Emily Mann (3/14/09)	9 900		Kate Farrington (3/14/97)
4.	Erin Chenier (3/11/97)39.425	•	Christina Sundgren (3/14/09)	0.000		Kate Farrington (3/11/97)
5.	Ashley Godwin (2/21/04) 39.350		Jacqueline Heath (2/10/08)		5.	Alexis Traylor (2/14/04)9.950
6.	Sandra Blake (3/14/09) 39.325		Amy Cole (2/17/02)		0.	Kate Farrington (3/24/95)
7.	Ashley Godwin (3/23/02) 39.275		Ashley Godwin (2/17/02)		7.	Brianna Gaddie (3/7/10)9.925
٠.	Erin Chenier (1/27/97)		Kristin Frohlich (3/22/97)		' ·	Sandra Blake (2/19/09)
9.	Erin Chenier (3/8/97) 39.250		Kristin Frohlich (3/11/97)			Brianna Gaddie (2/19/09)
	Ashley Godwin (1/30/04) 39.225		Erin Chenier (2/27/97)			Alexis Traylor (1/25/04)
10.	Vanessa Simmons (3/24/95)		Lilli Chemer (2/27/97)			Ashley Godwin (4/12/03)
	vallessa sillillions (3/24/93)					
			BALANCE BEAM			Ashley Godwin (3/17/03)
	<u>VAULT</u>	1.	Ashley Godwin (3/29/03)	9.975		Stephanie Furman (3/24/01)
1.	Kate Farrington (3/18/97) 10.000	2.	Tara Boldt (3/29/03)	9.925		Kim Carter-Newell (3/19/94)
	Kate Farrington (3/24/95)		Kristin Frohlich (3/22/97)			
3.	Kate Farrington (3/11/95)9.950		Ericka Harrison (3/22/97)			
4.	Kate Farrington (3/14/97)9.925	5.	Tara Boldt (2/21/04)	9.900		
5.	Kate Farrington (3/10/95)9.900		Ashley Godwin (2/21/04)			
6.	Brianna Gaddie (3/2/08)9.875		Tara Boldt (1/25/04)			
	Sandra Blake (2/2/08)		Stephanie Furman (3/1/01)			
	Katie Bloom (1/25/04)		Michelle Walker (3/11/01)			
	Erin Chenier (3/9/98)		Malia Roberts (3/22/97)			
	Erin Chenier (3/18/97)		Malia Roberts (3/18/97)			
	Kate Farrington (2/15/97)		Erin Chenier (1/27/97)			
	Renae Parr (2/18/95)					
	Kate Farrington (2/10/95)					
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Ashley Godwin owns four of the five individual records including the top spot on the uneven bars.

ASHUEY GODWIN

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

KATIE EARRINGTON

Kristin Frohlich ranks second alltime on the balance beam and third on the bars.

KRISTIN FROHUGH



INDIVIDUAL AWARDS & HONORS

NATIONAL CHAMPIONS



Diana Morris 1988 USGF DII Beam Champion



Kim Carter-Newell 1991 USGF DII Floor/Bar Champion



Cheri Peterson 1991 USGF DII Vault/All-Around Champion



Alicia Thier 1995 NIT Beam Champion



Erin Chenier 1995 NIT Beam Champion

ALL-AMERICANS

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

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



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



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



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



Scroggins garnered All-American honors on the vault in 1990

YEAR-BY-YEAR SUMMARY

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	-	6th	-
1993	Bill Hopkins	27-14	-	7th	2nd NIT
1994	Bill Hopkins	16-17	-		5th NIT
1995	Bill Hopkins	19-17	-	7th	3rd NIT
1996	Bill Hopkins	18-16	-		3rd NIT
1997	Bill Hopkins	24-14	-	7th	2nd NIT
1998	Kris Buchheister	14-8	-	-	-
1999	Kris Buchheister	12-12	-	-	-
2000	Patty Stotzheim	5-15	-	-	-
2001	Patty Stotzheim	10-11	-	-	-
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	-	-
35 years	7 Head Coaches	558-318-1	-	-	-

ALL-TIME COACHING RECORDS

Head Coach	Record	<u>Years</u>
Sarah Stensil	2-5	1
Jon Rose	9-18	3
Bill Hopkins	388-171-1	18
Kris Buchheister	26-20	2
Patty Stotzheim	25-38	4
Tom Farden	71-48	6
Kristi Ewasko	18-7	1



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

RECORD AGAINST OPPONENTS

Air Force	11-1
Alabama	
Alaska	4-0
Arkansas	
Arizona	
Auburn	2-11
Ball State	
Bemidji	1-0
Boise State	
Bowling Green	7-4
Bridgeport	6-0
Brigham Young	1-3
UC-Davis	
Cal Poly SLO	3-1
Cal-State Fullerton	
Centenary	- 26-4
Central Arkansas	
Central Michigan	2-4
Central Missouri State -	1-0
Denver	
DuPage	1-0
Eastern Illinois	
Eastern Michigan	6-3
Emporia State	
Florida	
Fort Hays State	- 12-0
Georgia College	
George Washington	1-0

Gustavus	1-0
Hamline	3-0
Harding University	1-0
Houston Baptist	3-3
Illinois 7-	
Illinois-Chicago33-	-21
Illinois State51	-21
Indiana:	5-1
Indiana (Pa.)	3-3
Indiana State	
lowa 18	
lowa State	5-5
Jacksonville State	
Jefferson State	
Kent State	
Kentucky	
Louisiana State 1-	
Louisville	
Mankato State	
Maryland	
Massachusetts	
Memphis	
Miami (Fla.)	
Michigan	
Michigan State	
Minnesota	
Missouri 8-	
Morehead State	1-0

Murray State1-0
Nebraska1-4
New Hampshire 3-
North Carolina1-
Northeastern1-0
Northern Colorado4-0
Northern Illinois21-13
Northern Iowa1-0
Northern Michigan7-0
Northwestern2-0
Notre Dame1-0
Ohio State1-4
Oklahoma1-5
Oral Roberts1-0
Oregon State0-
Penn State0-2
Pittsburgh0-
Purdue1-(
Rutgers2-(
San Jose State1-(
St. Ambrose1-0
Seattle Pacific 10-7
South Dakota State1-0
Southern Arkansas6-0
Southern Connecticut1-0
Southern Illinois6-5
Southern Utah1-
Texas State3-0

Springfield1-0	0
Tennessee 1-0	
Texas0-	1
Texas A&M1-0	
Texas Christian1-	0
Texas Woman's40-13	3
Towson State2-	1
Valparaiso 17-0	
Washburn 5-0	0
Washington0-2	
West Virginia1-2	
Western Illinois 4-2	
Western Kentucky1-	
Western Michigan 7-3-	
Wheaton 13-0	0
William & Mary2-(
Winona 25-2	
Wisconsin1-	3
Wisconsin-Eau Claire1-	0
Wisconsin-LaCrosse 10-0	0
Wisconsin-Oshkosh 14-0	0
Wisconsin-Platteville 1-0	
Wisconsin-Stout3-0	
Wisconsin-Whitewater2-0	
Yale1-	0





ALL-TIME LETTERWINNERS

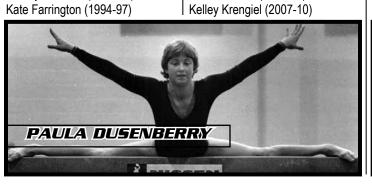
Danyelle Aber (2005-07) Michelle Albury (2002-03) Shelly Allison (1987) Jessica Bagwill (1999-02) Kelly Baldridge (2003-05) Patty Barrow (1984-86) Laurie Bartelt (1995) Cheryl Bauer (1978-79) Mary Bentrup (1977-79) Aimee Bernier (1990-93) Sandra Blake (2006-09) Katie Bloom (2002-05) Tara Boldt (2003-06) Rebekah Brajcki (1995-98) Jennifer Brittain (1994) Carol Brommer (1977) Nadine Brown (1987) Heather Browning (1997-00) Rachel Buckner (1990-92) Gina Bufe (1984-87) Kelly Burns (1983-84) Donna Carr (1990-92) Kim Carter (1991, 94) Erin Chenier (1996-99) Amy Cole (2000-03) Talia Cover (2002-03) Aaron Craig (1996-99) Gail Crumpecker (1977) Suzanne Daher (1985) Karen DeSalvo (1978-79) Linda Deitz (1978-81) Jennifer Dinan (2006-09) Lauren Dinan (2008-10) Jacklyn 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) Cindy Foster (1986-87) Sandra Foster (1983-86) Kristin Frohlich (1995-98) Stephanie Furman (1999-02) Traci Flippo (2002-04) Brianna Gaddie (2008-) Amber Garlotte (2007-10) Amanda Gdovicak (1997-99) Kara Gibbons (2008-10) Julie Gilbert (1980-81) Ashley Godwin (2001-04) Nancy Greco (1982-83) Caralyn Grigo (1978-81) Maureen Grimaldi (2006-08) Amanda Grimes (2003-06) Leigh Guemmer (1978-81) Cheryl Hagene (1994-95) Leah Halleman (1986-87) Karen Hamilton (1999-02) Ericka Harrison (1997-00) Tiffany Hatfield (2003) Lisa Heaman (1986-87) Jacqueline Heath (2007-) Margaret Heidbrier (1982-85) Lexie Hein (2004-06) Tammy Hener (1987-90) Debbie Holtgrieve (1983-84) Gina Hoormann (1984) Lisa Hughes (1986-87) Gabrielle Isola (1981) Carrie Johnson (1990-93) Kathy Kahre (1978-79) Kasey Karban (2001) Jennifer Kaye (2005) Meredith Keen (1997) Alex King (2006) Jean Klees (1984-87) Karen Kohrs (1977) Amy Kovacs (1990-93)

Melanie Krehl (1998-00)

Diane Lazczak (1988-89) Jennifer Laszczak (1989) Diane Lattimore (1993-95) Lilly Le (2004) Mindi Lineweber (2005) Cristie Logan (1995-99) Stephanie Maloney (1990-92) Laura Mangan (1987) Emily Mann (2009-) Nancy Marcotte (1978-79) Heather Markle (1990-92) 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-) Diana Morris (1985-88) Jeanne Nass (1982-83) Leigh Nelson (1989) Jena Nguven (2007-10) Toni Niemiec (1982-83) Kim Oetter (1994-96) Kim Oblak (1994) Deanna Ogg (2003) Megan Owen (1997-99) Sarah Pack (1992-93) Renae Parr (1993-95) Maggie Paubel (2003) Cheri Peterson (1989-91) Raina Ponartz (1989) Brystol Powelski (2004-06) Laura Prentice (1988-89) Jill Prystalski (1990-93) Judy Pyle (1986-87) Jaci Roberts (1977) Kim Roberts (1990-91) Malia Roberts (1997-00) Traci Roberts (1988-92) Lauren Ross (2000) Chrissy Rushton (1989)

Jordan Salsberg (2010) Tracev 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) 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-) Candace Spicer (2000-03) Kelsev Stauffer (2006-08) Hazel Stricker (1997-98) Vici Strini (1982-85) Christina Sundgren (2008-) Alicia Their (1993-96) Erika Thomas (2006) Kathy Tronzo (1982-83) Alexis Traylor (2002-05) Rikara Turner (2007-10) Chelsea Unold (2006) Annette Vaughn (1988) Carol Wade (1988-89) Stephanie Walbran (1985) Michelle Walker (1999-02) Jen Wall (1997-98) Trace Walsh (1986-87) Natalie Watts (2004-05) Patty Watts (1985-88) 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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With more than 1,600 undergraduate courses, we teach everything from the classics to robotics. This extensive curriculum offers unique opportunities—pre-medical students take fine arts courses; musicians confront computers; nutrition majors crunch numbers in statistics courses and scientists play the trombone.

Across the curriculum, technology enhances learning—in language labs, in the management of stock portfolios, in practicing the latest nursing techniques, in chemistry, in graphic design, in education, in sophisticated science labs and at the new River Campus.

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With an enrollment of nearly 11,000, our academic programs blend the advantages of a large institution with an emphasis on small class sizes that makes learning interactive and fun. Classroom activity has reached a new level of productivity, as students are brighter and more prepared than ever. Enrollment is at an all-time high. ACT scores are up. In addition, the number of students who qualify for (and receive) a Southeast merit scholarship has grown by 44 percent (340 to 490) in the last five years.

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- ► Controlled class sizes (25-30 even in the freshman year)
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- ▶ Internships and real-world learning offered in 100 percent of programs
- Study-abroad opportunities that take you almost anywhere

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- ▶ Division I athletics
- Listed among the Midwest's top universities
- One of the safest college campuses in the nation
- ► Conveniently located 120 miles south of St. Louis
- ► A medium-sized university with nearly 11,000 students
- Comprised of nine colleges and schools

We provide...

- ► Choices in the University Studies (general education) classes you take
- ► The newest residence halls in Missouri and choices in living
- ▶ 150 organizations that keep you busy after class
- ► Each student with two advisors—academic and career
- Fraternities and sororities that are productive, service-minded and fun
- Student aquatic center in one of our two recreation centers

U.S.News

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Students say the most important reason they attend college is to get a better job. To prepare you for your career, all Southeast students have two advisors: academic and career.

Building on that combination, we take career preparation to a new level. With proficiency checks in place, we ensure you graduate with the knowledge and skills to land your dream job.

Here's how it works. You first

complete a FOCUS assessment to match your interests with your skills and talents. Afterward, you sit down with one of a half-dozen career counselors to discuss your goals and options.

You learn to prepare a resume and cover letter, as well as how to find employers and conduct effective interviews. Later in your program, our team of professionals, including a fulltime campus internship coordinator and a career specialist located in St. Louis, helps you identify internships and career opportunities.

Before you know it, you will graduate and earn that first paycheck!

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Donald L. Harrison College of

Business



Our increasingly popular business programs have made us one of the major colleges of business in the Midwest. The Donald L. Harrison College of Business is accredited by AACSB International—the gold standard of business school accreditation—an honor held by only 10 percent of institutions offering business degrees worldwide.

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The combination of expert faculty, the latest technology and our spacious business building combine

to give you the best college experience. Teaching and learning extend beyond desktop computers to anytime, anyplace, anywhere via iPods, laptops and other wireless devices. Class materials are accessed through podcasting/vodcasting in MP3, MP4, RSS or Atom formats, with new technologies developing rapidly. Dempster Hall is a wireless Internet environment.

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For more than a century, Southeast has been preparing and sustaining some of the nation's brightest and best teachers. Moreover, we have a record of accomplishment to prove it. Consider these accolades received over the years:

Our education program is fully accredited by the National Council of Teacher Education (NCATE), which sets the highest standards for teacher education programs nationwide.

The American Association of State Colleges and Universities (AASCU) featured Southeast as one of 20 national model programs.

Our program was accepted into the prestigious Renaissance Group of Institutions.

The American Association of Colleges for Teacher Education (AACTE) presented the college with the "Best Practice Award for Global and International Teacher Education."

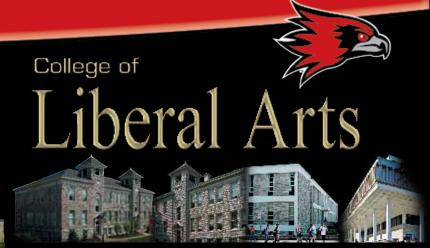
Southeast is one of only 33 institutions nationwide

selected to be part of the White House Conference on Education, an honor no other Missouri institution has received.

Because you begin assisting and observing in area classrooms starting in your first year, you accumulate more teaching practice and knowledge than graduates from other universities. This approach gives you a distinct advantage in the job market. It also gives you confidence as you step into the classroom for your first job.

You experience a variety of teaching settings culminating with a full semester of student teaching during your senior year—not the traditional 8 or 9 weeks, but 16 full weeks of actual on-the-job training. This experience can be in one of more than 50 countries in Asia, Latin America, Africa, Europe, the South Pacific and the Middle East, or in a Native American school in the United States. Of course, you can request to student teach in your hometown or somewhere nearby.

Health and Human Services



A strength of the College of Health and Human Services is the fact that, although there are diverse academic offerings, all programs potentially lead to a career that significantly and positively impact the lives of individuals and families. The college is comprised of the following academic program areas:

Aerospace Studies is one of three such programs in Missouri. The Southeast Air Force ROTC has received the Air Force Outstanding Unit Award as one of the best ROTC units in the nation.

Communication Disorders provides students with a broad-based theoretical foundation in communication disorders. The graduate program in speech-language pathology is accredited by the Council of Academic Accreditation of the American Speech-Language-Hearing Association.

Criminal Justice and Sociology has an internship program for criminal justice majors which provides students with an opportunity to observe professionals in their fields and with practical job experience. The Sociology Program offers both the bachelor of arts and bachelor of science degrees, as well as minors in sociology and criminology.

Health, Human Performance and Recreation offers a variety of programs that prepare professionals to make an impact on health throughout the lifespan.

Human Environmental Studies offers diverse programs to improve the quality of life of children, individuals and families.

Nursing offers students internships and clinical opportunities that give hands-on experience beginning their junior year. Our program is nationally accredited by the Commission on Collegiate Nursing Education. Social Work prepares students for beginning generalist social work practice. The final semester is spent in field practicum actually working with clients. The Social Work program at Southeast Missouri State University is fully accredited by the Council of Social Work Education.

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

Southeast joined 112 other institutions worldwide in securing prestigious mass communication program accreditation by the Accrediting Council on Education in Journalism and Mass Communications (ACEJMC). Only one other institution in Missouri, the University of Missouri-Columbia, has this elite accreditation.

In addition, our public relations program is one of only 20 institutions—none in Missouri—that holds certification by the Public Relations Society of America (PRSA). Only nine other institutions in the world have recognition from both ACEJMC and PRSA for their mass communication program.

Our certified historic preservation program is one of a few U.S. programs that offer a four-year degree. Foreign Languages is recognized by the Association of Departments of Foreign Languages as one of the nation's 30 model programs for foreign language education.

Our pre-law program provides a comprehensive foundation to study law. During the last five years, Southeast's pre-law students have exceeded the national LSAT average score, and their placement rate in law school approaches 100 percent.

If you are a budding author or simply love English, you will be surrounded by a world of writing and publishing when you become part of a campus community of writer-publishers. Anthropology majors explore what it means to be a human in cultures past and present. Philosophy majors contemplate theories of past and present as they build a foundation for non-technical careers or for law school. Surveys indicate oral and communication skills are a high priority for employers in today's workplace. Gain these skills in communication studies and corporate communications through courses in debate, public speaking and interpersonal communication, as well as leadership and team building.

Science and Mathematics

Many of the jobs of tomorrow are yet to be discovered! Faculty and students are at the forefront of new technology, research and solutions to many of the world's health and wealth issues. Astronauts, biologists, chemists, computer scientists, engineers and health care professionals have a bright career outlook.

Personalized study and research are a feature of the biology curriculum. Pre-med is one of our most popular programs. Our curriculum is designed to prepare you for the MCAT (Medical College Admission Test). The results are definitive—our students are accepted to medical school at a rate that is well above the national average.

If you major in chemistry, you benefit from a degree program certified by the American Chemical Society. Southeast students consistently score at or above the 70th percentile on the Major Field Achievement Test in Chemistry.

Computer science and database management are

among the most rapidly growing fields of the future, and our graduates enjoyed a 100 percent placement rate over the past five years.

The Department of Mathematics at Southeast, in addition to preparing students for careers in pure and applied mathematics, also offers strong preparation for math-related careers in business, government and teaching.

Our environmental science program is interdisciplinary with areas of emphasis in biology, business, chemistry, environmental health, geoprocessing and soils, and policy and communication.

Our engineering physics program is nationally accredited by the Accrediting Board of Engineering and Technology (ABET), which greatly improves your employment opportunities. ABET is the sole accrediting body of engineering programs

School of



Earl and Margie Holland School of



Southeast's School of Polytechnic Studies offers industrial and agricultural study. The Otto and Della Seabaugh Polytechnic Building features more than 80,000 square feet of classroom and laboratory space, an auditorium with teleconferencing and interactive television capabilities, fully networked computer labs, and an industrial space that serves training and research needs. You will learn with the latest high-tech equipment in 14 laboratories and in classrooms with multimedia instructional technology. A Technology Resource Center promotes interaction with area industries.

Agriculture students have labs such as the beautiful 252-acre David M. Barton Agriculture Research Center, utilizing the latest in row crop research and beef production technology. The 11,000-square-foot climate-controlled Charles L. Hutson Horticulture Greenhouse, a 110-acre rice research station, a new irrigated turf plots facility, a sustainable garden and a modern soil fertility laboratory also help students with hands-on learning.

Southeast's River Campus is Missouri's only separate campus dedicated exclusively to art, dance, music and theatre. Overlooking the Mississippi River, a Cultural Arts Center and transformed Seminary Building are now home to the Earl and Margie Holland School of Visual and Performing Arts.

Five interconnected art studios, two computerized looms and projected digital photography, as well as two presses in the printmaking studio give artists all that's needed for their creativity.

Performing in the Donald C. Bedell Performance Hall matches the standards of great theatres in New York and Chicago. Adjacent scene and costume shops, as well as dressing rooms, allow theatre and dance students to experience the broad world of theatre.

Music students enjoy 11 soundproof music studios and the Robert F. and Gertrude L. Shuck Music Recital Hall, a striking room with world-class acoustics.

Living on Campus

Living on campus is an integral part of the college experience. Students who live in one of Southeast's 13 residence halls eat their meals in one of nine dining areas, study in the lounges or computer labs, and sleep-when there's time!

Southeast's residence halls come in many different styles including community-style, suitestyle, group living and apartments. Generally, students share a double room with a roommate. This arrangement gives new students opportunities to meet other students and to get to know the campus. Each floor or wing is staffed with a community

advisor who is available to connect you to University resources.

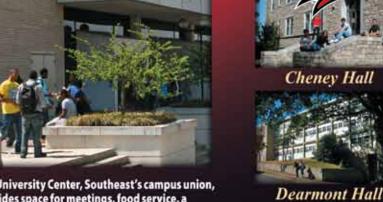
You have many choices about where you will live including suite-style living with a private bath, walk-in closet and laundry facilities on each floor. Your residence has the necessary furniture, but the makeover begins when you make it your own with plants, posters, pictures, etc. Each room has access to long-distance telephone service, voicemail and 24-hour Internet access.

Dining on campus isn't just grabbing fast food and running—it can be a culinary experience! Students living in the residence halls can choose from dining areas open from early morning to midnight. There's always someplace to pick up a bagel, salad or pizza, or it can be an opportunity to enjoy a meal with friends and have a lively discussion

about today's psychology lecture.



The University Center, Southeast's campus union, provides space for meetings, food service, a bookstore, computer labs and much, much more.





Henderson Hall



Myers Hall



Towers Complex



Vandiver Hall



Enjoy a sub, a cup of cappuccino or a full course meal at one of nine dining and retail areas on campus.

Many consider Southeast's residence halls to be the best in Missouri.



E S

PRESIDENT DR. KENNETH W. DOBBINS



r. Kenneth W. Dobbins became the seventeenth president of Southeast Missouri State University on July 1, 1999, after serving in several positions in higher education administration both at Kent State University in Ohio and at Southeast.

During his tenure at Southeast, academic programs have been enhanced, including establishment of a School of Polytechnic Studies and the Earl and Margie Holland School of Visual and Performing Arts which opened in Fall 2007 on the new \$50 million River Campus. The Donald L. Harrison College of Business has been recognized for the last five years by a Princeton Review publication as one of the best business schools in the nation and GetEducated.com, a consumer watchdog group that reviews and



ranks online universities for cost, quality, and credibility has ranked Southeast Missouri State University #1 in the nation for affordability overall for its online MBA. The Department of Industrial and Engineering Technology recently received its initial ABET accreditation.

Enrollment has increased significantly since 1994 when some 7,900 students attended Southeast. In Fall 2005, enrollment topped 10,000 for the first time, and stood at more than 10,900 in 2009. Record enrollments in higher education have occurred in the University's 25-county service region during his tenure due to the establishment of new regional campuses in Sikeston and Kennett and a higher education center at Perryville serving place-bound students in and near those rural communities.

An innovation center and business incubator to promote entrepreneurship and enhance the region's economy opened on the campus in 2005; a University Technology Village is being planned on the 400-acre former University farm on Interstate-55 and the Department of Agriculture has relocated the farm to a new site; a comprehensive review of all academic and non-academic programs has been accomplished to maintain quality and minimize student fee increases in the face of significant state appropriation reductions; and capital construction projects totaling over \$200 million have been completed to expand and modernize the University's physical plant.

Dr. Dobbins has served a twovear term as president of the Missouri Council on Public Higher Education (COPHE), the organization for presidents and chancellors of Missouri's public colleges and universities. In 2007, he was selected to serve a three-year term on the American Association of State Colleges and Universities (AAS-CU) Board of Directors. In 2008, he was elected Secretary-Treasurer of the organization, and currently serves as chair-elect of AASCU. For the past five years, he has served as one of five faculty members for the AASCU New Presidents' Academy. He previously served three years as president of the Ohio Valley Conference and is currently a member of the Conference finance subcommittee. In addition, he is a vice president of the executive board of the Greater St. Louis Council, Boy Scouts of America.

He earned his B.S. degree in accounting from the University of Akron (Ohio) in 1971 and served as a commissioned officer and civilian executive in the U.S. Air Force for almost 10 years. He received the M.B.A. degree in 1979 from Old Dominion University (Virginia), and the Ph.D. in higher education administration in 1987 from Kent State. He is also a Certified Public Accountant in Ohio.

From 1981 until 1991, Dr. Dobbins held several positions at Kent State. He came to Southeast in 1991 as Vice President for Finance and Administration, and served as Executive Vice President from July 1993 until his appointment as President six years later.

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

Southeast Missouri State University Board of Regents



Donald "Brad" Bedell President



Albert Spradling
Vice President



Daren Todd



Reginald Dickson



Doyle Privett

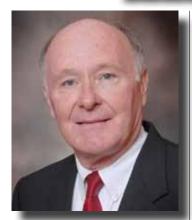


James P. Limbaugh



Brian Kelly Student Member

DIRECTOR OF ATHLETICS JOHN SHAFER



Il it takes is five minutes to see how determined John Shafer is to build on the success of the Southeast Missouri State University Athletic Depart-

Shafer has been at Southeast a little over a year and a lot of exciting things have happened since he first took over as Director of Athletics on February 1, 2009.

Academics, administration, community service and competition are Shafer's main points of emphasis, and Redhawk athletic programs excel in those areas.

Academically, the Department's grade point average continues to improve. Currently, 55 percent of Southeast's student-athletes have a 3.0 or better grade point average. A total of 21 carry a perfect 4.0 GPA out of 331 student-athletes/spirit groups. Additionally, the Redhawk gymnastics team won its third-consecutive National Academic Team Championship in 2009.

Administratively, Shafer made his first big hire when he announced Dickey Nutt as the Redhawks head men's basketball coach on March 12, 2009. Nutt revitalized the program in his first year at the helm.

Shafer also moved his administrative staff to a new location. The Director of Athletics, ticket, business, compliance, sports information, development and event management offices are now centrally located. These departments were housed in two areas prior to the move.

More importantly, Shafer con-

tinues to address the need to control costs, find new ways to generate revenue and re-organize/modernize the Department of Athletics in order to be consistent with the best practices around the Ohio Valley Conference and across the country.

Compliance and facilities are also at the top of Shafer's list.

Shafer is providing more support in the compliance area which has enabled his staff to monitor and help coaches as it relates to following NCAA guidelines. In addition, he is constantly reviewing and monitoring facility upgrades. For instance, a new sound system was recently installed at Houck Stadium.

Shafer's tireless efforts have spread throughout the community, where his athletic teams are always visible.

The volleyball program raised over \$12,000 in this year's Dig For Life campaign which assists in the early detection and treatment of breast cancer. The Department of Athletics also helped raise money for the American Red Cross Haiti Relief and Development Fund. In addition, Shafer helped raise over \$10,000 for the Southeast Athletics Scholarship Fund at the 2010 Walk for Women's Athletics.

Shafer, 64, has worn many different hats throughout his career in college athletics.

He last served as a Director of Athletics at Eastern Kentucky University in 2003-04. In just one year, Shafer helped EKU

establish a new academic record when 188 student-athletes were named Colonel Scholars. EKU also finished second for the Ohio Valley Conference Academic Award, as its men's programs nabbed the league's All-Sports Trophy and its women's teams garnered a share of that award. The Colonels, who won their first All-Sports Trophy since the mid-1990s, won conference titles in women's cross country and softball during that year.

Prior to his tenure at EKU, Shafer held a number of different positions in the Southeastern Conference. He was the Director of Athletics at Mississippi from 1998-02, Senior Associate Athletic Director at the University of Georgia from 1982-98, Assistant Athletic Director for Business at Vanderbilt from 1981-82 and Assistant Business Manager, Football Administrative Assistant and Assistant Baseball Coach at Auburn.

While Shafer was at Ole Miss, the Rebels became the only Division I school in the nation to go to a football bowl game, men's basketball "Sweet Sixteen" and NCAA Baseball Regional in 2001. Shafer began a capital campaign that raised more than \$6 million for expansion and renovations to the school's athletic facilities.

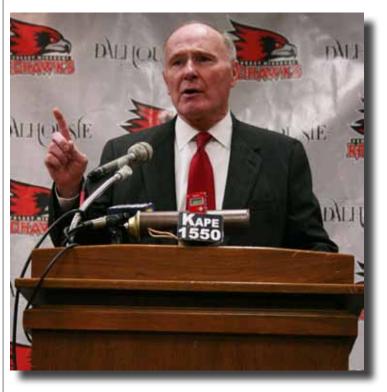
At Georgia, Shafer worked under Director of Athletics and legendary football coach Vince Dooley. He coordinated and oversaw all men's and women's conference and NCAA events which the Bulldogs hosted. Shafer also served as the liaison between the Atlanta Olympic Committee and the University

of Georgia for the 1996 Summer Olympics. Responsibilities for that position included scheduling, supervising ticket operations, preparing a budget of more than \$23 million and managing its entire insurance program.

A native of Alexandria, Va., Shafer earned both his bachelor's degree in health, physical education and recreation, and master's degree in physical education from Auburn. After earning All-SEC honors as a shortstop, Shafer went on to play professional baseball in the Kansas City Royals organization from 1969-70.

Shafer and his wife, Dianne, celebrated their 40th Wedding Anniversary last December.

They have a son, Michael, daughter-in-law, Erin, and two grand-daughters, Sophie (6) and Sumner (4). Michael, a 1994 graduate and former basketball player at William and Mary, is currently the head women's basketball coach at the University of Richmond.





SPORTS INFORMATION

Southeast Missouri State Sports Information

Phone: (573) 651-2294 Fax: (573) 651-2810

Website: gosoutheast.com







Jeff Honza Director

Patrick Clark Assistant Director

Bo Bunton Associate

2010-11 Sport Assignments

Jeff Honza, Director

Football, Men's Basketball, Women's Tennis

Office: (573) 651-2933 Cell: (618) 528-1145 E-mail: jhonza@semo.edu

Patrick Clark, Assistant Director

Women's Soccer, Cross Country, Women's Basketball, Gymnastics,

Softball, Track & Field Office: (573) 651-2937 Cell: (618) 593-7281 E-mail: paclark@semo.edu

Bo Bunton, Associate

Volleyball, Baseball
Office: (573) 651-2294
Cell: (314) 606-6312
E-mail: rbunton@semo.edu

Tanya Cwick, Student Assistant

Gymanstics

Office: (573) 651-2937 E-mail: tcwick1s@semo.edu

Credentials

Credentials are required for entrance Houck Field House for members of the media. To request season or single-meet credential, please contact Southeast Missouri State Sports Information by phone at (573) 651-2294 or e-mail at paclark@semo.edu. Credentials can be picked up at the ticket table located inside the main entrance of Houck Field House.

Press Row

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

Photographers

Photographers must adhere to all photography polocies. Check with Patrick Clark regarding approval to shoot in Houck Field House. Flash photography is prohibited.

Post-meet Interviews

Anyone wishing to interview a Southeast student-athlete must notify Patrick Clark prior to the end of each meet. Student-athletes will be escorted to the media interview room after the mandatory 10-minute cooling off period. Media representatives are not allowed in the dressing room area. Head coach Kristi Ewasko will be in the media interview room after each meet and the opposing head coach will be invited there, as well.

Gymnastics E-Mail List

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

Game Day Services

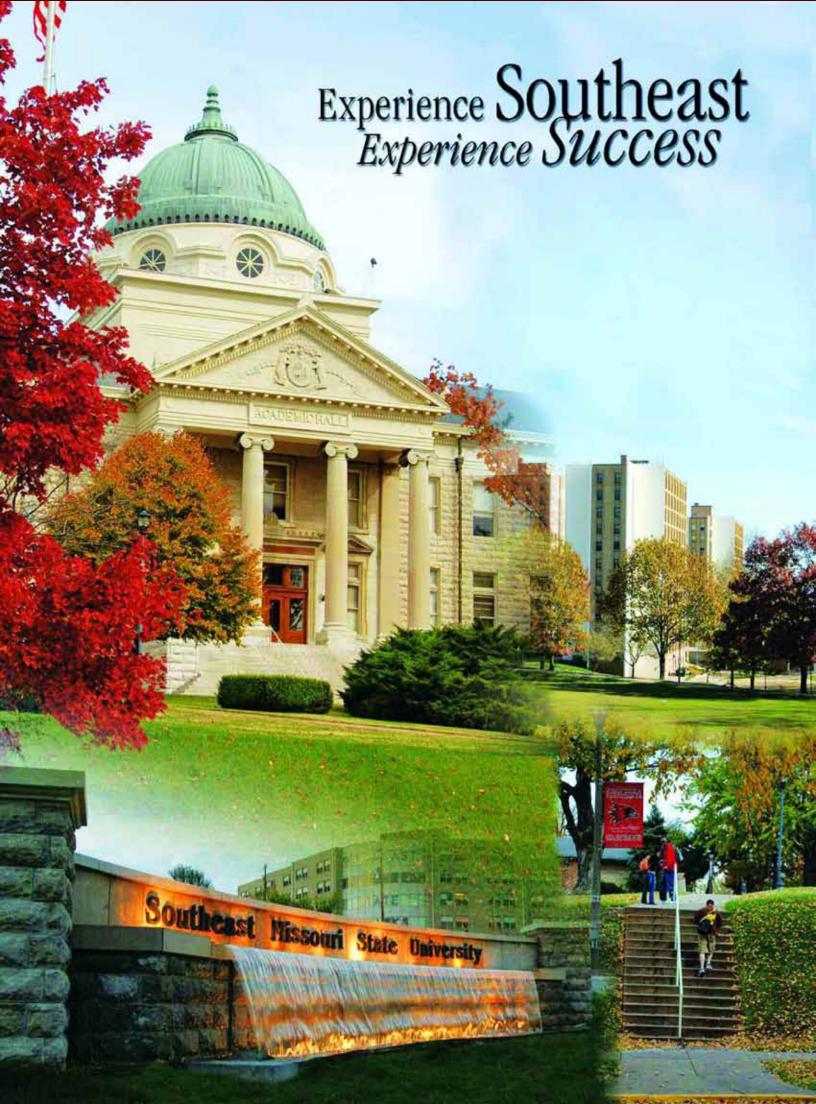
Statistics, rosters and meet notes will be provided prior to each meet. Final meet results and scores will also be handed out during and following the matches.

WebCast

KFVS 12 will webcast five meets on their website, www.kfvs12.com free of charge. Please cehck their website or www.gosoutheast.com for schedule.

On the Web

The latest news on Auburn athletics can be found on the net at www.gosoutheast.com. Gymnastics releases, stories, information and stats provided by the media relations office are available.





2011 SCHEDULE

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Jan. 15 University of Missouri

JAN. 21 WESTERN MICHIGAN

JAN. 28 DENVER UNIVERSITY

Feb. 4 Centenary College

Feb. 5 Texas Woman's University

FEB. 11 ILLINOIS STATE

FEB. 19 TEXAS WOMAN'S UNIVERSITY

Feb. 25 Central Michigan/Eastern Michigan

MARCH 6 CENTENARY COLLEGE

March 11 Auburn

MARCH 19 MIDWEST INDEPENDENT

CHAMPIONSHIP

Houck Field House

April 2 NCAA Regionals

(866) SEMO TIK (736-6845) GoSoutheast.com 5 p.m.

2 p.m.

7 P.M.

7 P.M.

7 p.m.

7 p.m.

7 P.M.

1 P.M.

6 p.m.

2 P.M.

7 p.m.

2 P.M.

