

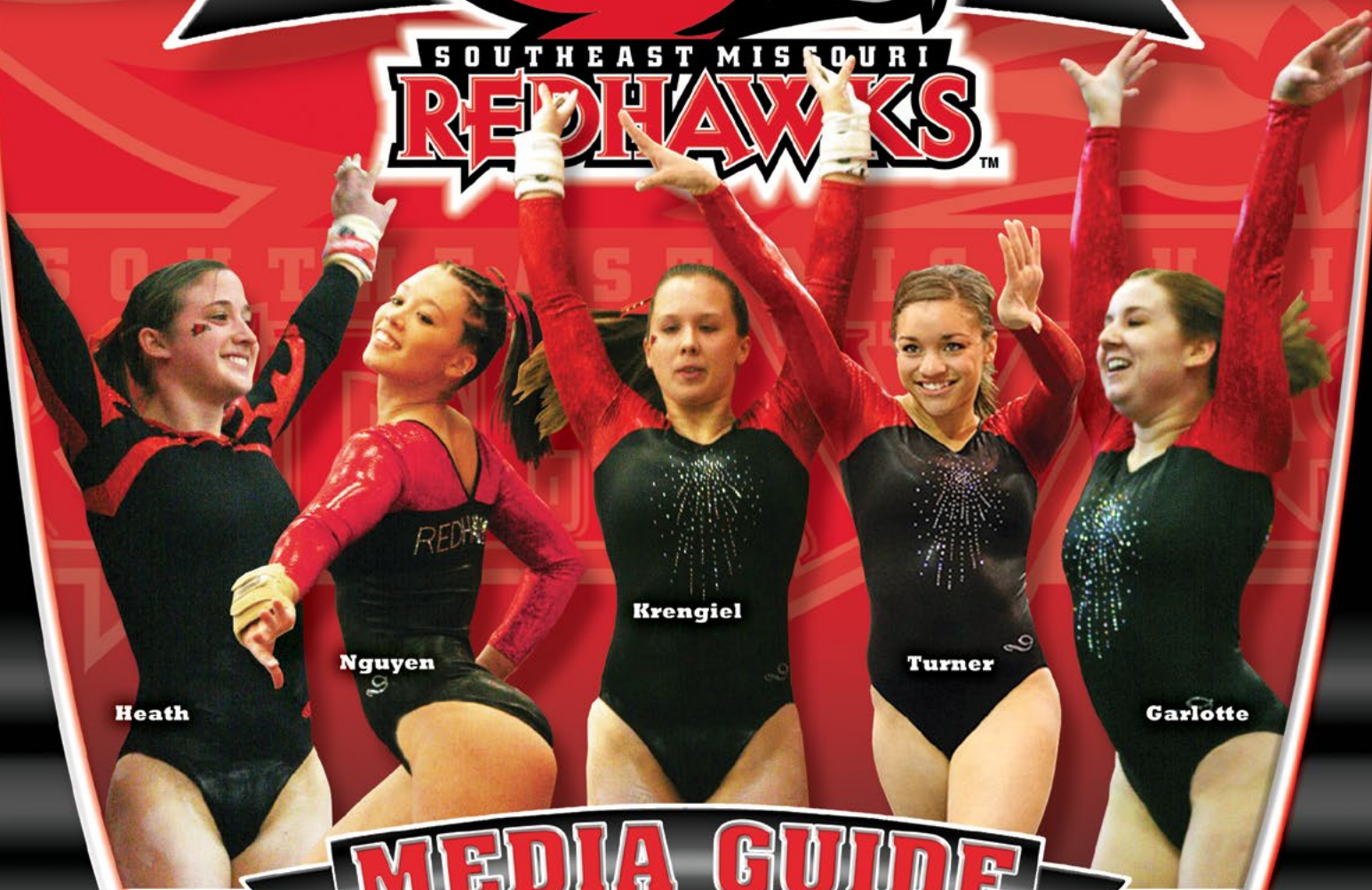


2009



2010

SOUTHEAST MISSOURI
RED HAWKS™



Heath

Nguyen

Krengiel

Turner

Carlotta

MEDIA GUIDE

GYMNASTICS

2010 Redhawks Gymnastics Roster



Sarah Brillhart • Fr. • 5-6
Maize, Kan.



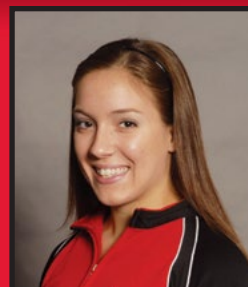
Lauren Dinan • Jr. • 5-1
Doniphan, Neb.



Brianna Gaddie • Jr. • 5-4.5
East Grand Forks, Minn.



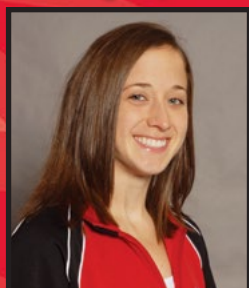
Amber Garlotte • Sr. • 5-0
Lee's Summit, Mo.



Emma Garrett • Fr. • 5-5
Jacksonville, Fla.



Kara Gibbons • Jr. • 5-2
Lawrenceville, Ga.



Jacqueline Heath • Sr. • 5-3
St. Cloud, Minn.



Kelley Krengiel • Sr. • 5-3
Lemont, Ill.



Emily Mann • So. • 5-4
Lincoln, Neb.



Erica Moore • Jr. • 5-2
Murfreesboro, Tenn.



Jena Nguyen • Sr. • 5-3
Sioux Falls • S.D.



Margaret O'Neal • Fr. • 5-4
Highlands Ranch, Colo.



Jordan Salsberg • Fr. • 5-2
Gulfport, Miss.



Amanda Schoenbaum • Jr. • 5-1
Bentonville, Ark.



Angela Serafini • Fr. • 5-4
Glencoe, Mo.



Christa Soekamto • So. • 5-1
Grapevine, Texas



Christina Sundgren • Jr. • 5-7
Richland, Wash.



Rikara Turner • Sr. • 5-4
Hastings, Minn.



Taylor Westrick • Fr. • 5-4
Waterford, Wisc.



Kristi Ewasko
Interim Head Coach



Jimmy Wickham
Assistant Coach



Ashley Lawson
Assistant Coach



Barry Nicholson
Volunteer Asst. Coach

GYMNASTICS

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Athletic Department Mission Statement

The Southeast Missouri State University Department of Intercollegiate Athletics is an integral part of the University community and accordingly adheres to Southeast Missouri State University's overall institutional mission, one of providing a quality education and college experience for the students and communities we serve. The mission of the Department of Athletics is to enhance the collegiate experience for all students through the development and operation of a sound intercollegiate athletics program. The Athletics Department is a NCAA Division I program, and therefore is committed to the highest standards of integrity in athletic and academic achievement. The athletic teams of the University are committed to compete at the highest possible level in the Ohio Valley Conference or other conference affiliations. The Department of Athletics is committed to the principles of equitable access, diversity, student welfare, sportsmanship, ethical conduct, rules compliance, and the prudent management of resources in all endeavors.

Credits

The 2010 Southeast Missouri State University Gymnastics media guide was designed, written, and edited by Sports Information Department Assistant Tanya Cwick with editorial assistance from Assistant SID Patrick Clark. Special contributions were made by Sports Information Assistant Haley Bohnert. Cover design created by Veda Barnett of Moll Printing. Photos appear courtesy of Patrick Clark, Matt Ewasko, Mike Grace, and Keith Hente. Printing by Moll Printing in Sikeston, Mo.

Quick Facts

Name of School: Southeast Missouri State
 Location: Cape Girardeau, Missouri
 Enrollment: 10,859
 Founded: 1873
 Affiliation: NCAA Division I
 Conference: Midwest Independent
 Colors: Red, White, and Black
 Nickname: Redhawks
 President: Dr. Kenneth W. Dobbins (Akron, 1971)
 Athletics Director: John Shafer (Auburn, 1969)
 Associate Athletic Director/SWA: Cindy Gannon
 Ticket Office Phone: 1-866-SEMOTIK

Home Facility

Home Arena: Houck Field House/Show Me Center
 Arena Capacity: 2,000/7,000
 Press Row Number: (573) 651-5014
 Record at Houck Field House: N/A

Coaching Staff

Interim Head Coach: Kristi Ewasko
 Alma Mater: Auburn University
 Career Record (Years): 0-0 (1st)
 Assistant Coach: Jimmy Wickham
 Alma Mater: Ohio State
 Assistant Coach: Ashley Lawson
 Alma Mater: Southeast Missouri
 Volunteer Assistant Coach: Barry Nicholson
 Athletic Trainer: Ashley Rockey
 Gymnastics Office Phone: (573) 651-2604

Outlook/Team History

2009 Overall Record: 14-3 (11-0 MIC)
 Home: 6-0
 Away: 8-3
 2009 Dual Record: 7-2
 2009 MIC Finish: 1st
 Letterwinners Returning/Lost: 13/3
 Newcomers: 6
 First Year of Gymnastics: 1976

Sports Information

Director: Jeff Honza
 Assistant SID: Patrick Clark
 Gymnastics Contact: Tanya Cwick
 E-Mail: cwicktm@gmail.com
 SID Phone: (573) 651-2294
 SID Fax: (573) 651-2810
 Website: <http://www.gosoutheast.com>

Sports Information
 One University Plaza - MS 0200
 Cape Girardeau, Mo. 63701





KRISTI EWASKO

Interim Head Coach
First Season

Kristi Ewasko begins her first season as interim head coach of the Redhawks gymnastics program after serving as an assistant coach for the Redhawks last season.

Ewasko was named interim head coach on November 23, 2009 after serving as the program's acting head coach. She assumed those duties after Tom Farden stepped down as Redhawks head coach to take an assistant coaching position at Arkansas.

Prior to arriving at Southeast, she served as a volunteer coach at Auburn University for four years.

Ewasko was AU's conditioning captain during her first season with the team and the volunteer coach/academic captain for the last three seasons. The Tigers finished an impressive 2008 season ranked No. 17 overall, and have earned a final ranking in the top 26 throughout her four seasons as an AU coach.

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

Ewasko graduated from Auburn in December 2004 with a degree in Exercise Science. While attending AU, she competed on the gymnastics team for four years where she was the top vault competitor on the perennial top 20 team. She finished her career holding the top two vault scores in school history, including the all-time score of 9.950 which she set against Florida in 2003.

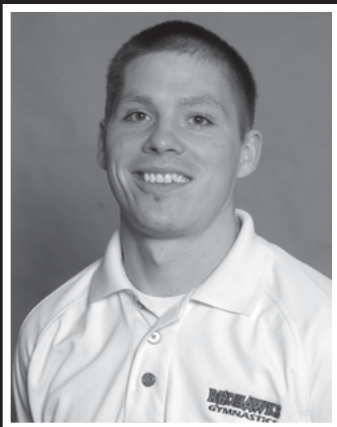
Ewasko had success in the classroom as well. She was twice named to the SEC Academic Honor Roll in 2003 and 2004.

Ewasko is a native of Monroe, LA and is married to Matt Ewasko.

Last season, Ewasko oversaw the balance beam routines as well as serving as the assistant floor coach and the practice coordinator. She also was the team's recruiting coordinator while handling many other day-to-day duties.



GYMNASTICS



JIMMY WICKHAM

Assistant Coach Second Season

Assistant coach Jimmy Wickham enters his second year as a gymnastics assistant coach. He will coach vault and floor in addition to being the recruiting assistant and helping with evaluations and scouting.

During the 2009 season, the Redhawks gymnastics team recorded four top ten team finishes on vault and floor. Three of these top ten finishes were on floor against Illinois State University, Southern Utah University and Centenary College, and Ball State University. The Redhawks recorded the program's fourth highest vault score last season against Illinois State University.

Jimmy is a graduate of Ohio State University. While at OSU, Wickham was a four-time All-American, a U.S. vault title holder, three-time Academic All-Big Ten and three-time first-team CGA All-America scholar-athlete.

He earned national laurels on vault ('06, '07, '08) and one on floor ('08). Wickham was only the second Buckeye to ever be named a three-time All-American on vault and had the fortitude to miss only one competition in four years.

In 2008 he was voted tri-captain of the Buckeye's squad and he owns the Ohio State vault record with a score of 9.7. Wickham also hit the books as hard as he hit the gym en route to being a three-time OSU Scholar-Athlete recipient and a three-time first-team CGA All-America Scholar Athlete.

Along with his outstanding college career, Wickham tallied a 32.450 on the vault to win the U.S. National vault title earning himself an outright spot on the U.S. Men's Senior National Team at Winter Cup Challenge. At the World Cup in Ghent, Belgium he finished seventh on vault with a 15.212.

Wickham earned a Bachelor of Science degree in Exercise Science at OSU. The Gulfport, Miss., native has one sister, Dolores and is the son of Donna and James Wickham.



ASHLEY LAWSON

Assistant Coach First Season

Ashley Lawson begins her first season as an assistant coach for the Redhawks gymnastics program. She assumed those duties on December 1, 2009.

Lawson, formerly Ashley Godwin, is no stranger to Redhawks gymnastics as she competed on the team from 2001-2004. During her time as a gymnast under former Redhawks head coach Tom Farden, Lawson rewrote the Redhawks record books.

She is currently the school record holder in four of the five individual events. She holds the bars (9.925), beam (9.975), floor (10.000) and all-around (39.550) records. She is one of just three gymnasts in school history to record a perfect ten in an individual event. All-together she appears in the program's individual top-ten a record 12 times and is the only four-time NCAA Individual Regional Qualifier in the school's history since moving to Division I competition.

At the 2003 NCAA South Central Regional in Columbia, Missouri, Lawson finished tied for second place on the floor with a score of 9.925. That place and score are the highest at the NCAA Regionals by a Redhawks gymnast since moving to D-I.

Lawson, a native of Cape Coral, Florida, coached gymnastics at the Spectrum Training Center in Cape Girardeau prior to accepting the position at Southeast. At Spectrum she coached girls from basic to intermediate in skill level.

From 2005-08 she coached gymnastics at Suncoast Gymnastics Academy in Port Richey, Florida where she worked with girls pre-team up to optional skill sets.

Her coaching responsibilities for the Redhawks will be assisting with the team's choreography and routines on the beam as well as additional on-floor coaching, assisting in day-to-day operations and helping in recruiting.

A four-time Southeast Scholar Athlete and a Midwest Independent Conference All-Academic selection during her competing days, she graduated from Southeast in 2005 with a degree in Exercise Science.

Lawson is married to former Redhawks baseball player and current volunteer assistant coach for the Redhawks baseball program, Dave Lawson. The couple has a two-year old son, Chase.

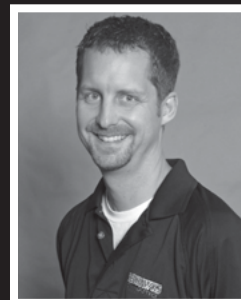
BARRY NICHOLSON

Volunteer Assistant Third Season

Volunteer assistant coach Barry Nicholson enters his third full season with the gymnastics team. He is extremely dedicated to helping the student-athletes achieve success by assisting with mat settings and setting up drill stations when needed.

A former head collegiate volleyball coach and full time faculty member, Coach Nicholson is originally from Seattle, Washington and enjoys hiking, cycling, and traveling.

member, Coach Nicholson is originally from



REDHAWKS

SUPPORT STAFF



Dr. Kenneth W. Dobbins
University President



John Shafer
Director of Athletics



Cindy Gannon
Associate Director of Athletics/SWA



Torry Rollins
Assistant Athletic Director/Finance



Brady Barke
Assistant Athletic Director/Compliance



Greg Brune
Director of Athletic Development



Jeff Honza
Sports Information Director



Bobby Brune
Marketing & Promotions Coordinator



Sharon Burgard
Director of Academic Services



Kent Phillips
Coordinator of Facilities/Event Management



Patrick Clark
Assistant Sports Information Director



Ashley Rockey
Gymnastics Athletic Trainer



Jan Onderdonk
Senior Administrative Assistant



Joyce Penny
Ticket Manager/Student Accountant



Marcia Hendrix
Assistant Ticket Manager/Insurance



Sonya Bain
Compliance/Academic Services Assistant



Dr. James Champine
Faculty Athletics Representative



Nathan Saverino
Marketing & Promotions Graduate Assistant



Lauren Scannell
Academic Services Graduate Assistant



Matthew Carter
Compliance Graduate Assistant



Rachel Blunt
Compliance Graduate Assistant



Tanya Cwick
Sports Information Assistant



Bryanna Wong
Student Manager



Sandra Blake
Student Coach

GYMNASTICS

FACILITIES

Parker Gymnasium



Parker gymnasium is home to the new practice facility for the Redhawks gymnastics team. Brand new equipment for the facility was provided by Vince and Jan Kelley. Their donations allowed for the elevated vault runway to be built, along with the built in resi pit, and trench bar. This generous donation from the Kelley's of over \$100,000 is the largest donation ever received by the Redhawks gymnastics program.

Houck Field House



Houck Field House is the home to most of the Redhawks gymnastics events including all dual meets. Houck houses most of the athletic department staff offices including the Athletic Director, Sports Information, Sports Marketing, and many coaches offices. The lowered floor at Houck provides fantastic viewing for spectators. Its' size gives fans a sense of being on top of the action and provides a home-court advantage for the Redhawks.

Show Me Center



The Show Me Center is used to host large gymnastics meets that involve several teams. The Show Me Center, constructed for \$18 million dollars, opened on August 20, 1987, and is also the home of the Redhawks men's and women's basketball teams. The seating capacity is 7,000 and the center also hosts a number of concerts and civic events throughout the year.

REDHAWKS SUCCESS CENTER



Jennifer Dinan graduated with a perfect GPA of 4.0 last spring.

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 the Student Recreation Center South, which is just south of Houck Stadium. This facility offers a computer lab with 18 computers, study areas, and conference areas for group meetings.

This center is under the guidance of Cindy Gannon, Associate Director of Athletics/SWA; with assistance from Director of Academic Services Sharon

Burgard, full-time assistant Sonya Bain and two graduate assistants.

A total of 141 student-athletes at Southeast Missouri State University were honored as Southeast Scholar Athletes during the 2008-09 school year. Tutors are available for athletes as needed. In addition, both attendance and academic progress are monitored through attendance checks and regular grade checks with faculty. Over 52 percent of the student-athletes at Southeast maintain a 3.0 or higher cumulative grade point average.

Entering student athletes are evaluated for academic preparedness and assigned to appropriate categories. Student-athletes who are deemed "at risk" based on ACT scores and an assessment of their high school or junior college transcripts are provided with individualized academic programs that includes meeting with a mentor at least bi-weekly to discuss academic progress.

The Redhawks gymnastics team is in a class by itself when it comes to academic success. During the 2008-09 academic year, the Redhawks posted a 3.91 grade point average, bolstered by 14 individuals with perfect 4.0s. All 17 Southeast gymnasts earned Scholastic All-America status as a result of 3.5 or better GPAs. The 3.91 GPA is the highest in the program's history, as Southeast became only the second school in the nation to win the award three years in a row.

The impressive academic standing by the Redhawks is another testament to the emphasis placed on academic excellence in athletics by the University and the athletic department.



Sandra Blake was named a First Team ESPN the Magazine Academic All-American last season. She is a two-time Academic All-American selection after garnering Second Team honors in 2008.



REDHAWKS

2010 PREVIEW



**Interim Head Coach
Kristi Ewasko**

particular program and the success that they had in her eight combined years as both a student-athlete and coach.

The cupboard is not bare for Coach Ewasko as she has all the pieces in place for a successful season. It starts with veteran leadership and Coach Ewasko has plenty of that as the Redhawks return 13 gymnasts including 11 upperclassmen that finished 37th nationally and just missed out on a third-straight NCAA Regional appearance by 0.06 of a point.

Five of those upperclassmen are seniors. These returnees have been crucial in the team's success over the last three seasons which include being named three-time National Academic Team Champions by the National Association of Collegiate Gymnastics Coaches, two NCAA Regional appearances, and the program's first Midwest Independent Conference Championship.

Added to the team's dynamic are six talented freshmen who should make an immediate impact and help the team defend their MIC Championship and make a run at a NCAA Regional appearance.

For the second-straight season, the Redhawks will be able to reach out to fans worldwide and recruits across the nation thanks to the live, video web-streaming by KFVS12. These WebCasts can be accessed on the official website of KFVS12, www.kfvs12.com.

VAULT

Last season the Redhawks experienced success on vault under the direction of Coach Wickham. Their score of 48.825 against Illinois State ranks sixth on the school's all-time charts. Junior Brianna Gaddie returns as the team's top vaulter. An All-MIC selection on vault she looks to improve on her career-best 9.875 score set during her freshman campaign. Senior Rikara Turner, the reigning MIC's Gymnast of the Year, set a new career-best last season with a score of 9.825. Fellow senior Amber Garlotte has six top-five finishes on vault. Sophomore Emily Mann came on strong during the last part of her freshman campaign. Junior vault specialist Kara Gibbons provides depth and skill on vault. Newcomer Emma Garrett, a Level 8 and Level 10 Florida State vault champion, and Angela Serafini (Region IV vault champion) will battle to crack the vault lineup.

The Redhawks gymnastics team heads into the 2010 season with a new look and a new philosophy. However the excitement and recent success will remain the same, if not grow under the direction of interim head coach Kristi Ewasko, the catalyst for the renewals.

After serving as an assistant coach for the Redhawks program last season, Ewasko takes over the helm of the program after the departure of Tom Farden. Ewasko was named interim head coach on November 23 and quickly made her presence felt as she hired former Redhawks gymnast Ashley Lawson to her staff. Lawson joins second-year assistant Jimmy Wickham and volunteer assistant Barry Nicholson as the 2010 Redhawks gymnastics coaching staff.

Part of Ewasko's changes to the program is to implement a system and philosophy that closely resembles that of Southeastern Conference powerhouse Auburn University. This is due to her close ties to that

BAR
NCAA Regional qualifier Christina Sundgren headlines the Redhawks bar lineup. Sundgren, a First Team All-MIC selection, scored a 9.900 on bars against Air Force to rank her third on the school's all-time top-ten. Sundgren won four bar titles in 2009. Mann's successful freshman campaign was highlighted by her score of 9.900 on bars which tied her with Sundgren for third on the school's all-time top-ten. Senior Kelley Krengiel won her first career individual title on bars last season with a career-best 9.800 vs. Illinois State. Turner recorded two top-five finishes on bars. Bar specialist Lauren Dinan four top-three finishes last season including her first individual title on bars. Senior Jacqueline Heath and Junior Erica Moore give the Redhawks two more veterans on bars that can score points. Last year the team set a new record with a score of 49.175 on bars vs. Air Force. Freshman Taylor Westrick was a Level 10 Regional champion on the bars.

BEAM

Turner is the team's top returner on beam. Last season she captured five individual titles on the apparatus and had eight top-five finishes overall. Junior Amanda Shoenbaum was on her way to her best season last year after winning two individual titles on beam including a season's best score of 9.800 vs. Texas Women's. However injuries sidelined her for the final half of the season. This year she is 100% and ready to continue her successful run on beam. Gaddie had five top-five finishes last year including a 9.775 vs. Air Force. Senior Jena Nguyen struggled last season in part due to injuries after a stellar sophomore campaign. She looks to return to her earlier form thanks to spending the summer allowing injuries to heal. Sundgren completes the returnees on beam. Look for freshman Jordan Salsberg (a reigning beam National Champion) as well as the other freshmen to contribute immediately on beam.

FLOOR

The Redhawks strongest event last season was the floor as they recorded three scores that rank in the school's top-ten. Gaddie qualified for the NCAA Regional on floor. She captured three individual titles on floor and her score of 9.925 in a tri-meet vs. Southern Utah and Centenary tied her for seventh on the school's all-time charts. Turner captured six top-five finishes on floor including a second place showing vs. Illinois State in which she recorded a career-best 9.875. Nguyen had four top-five finishes and scored a career-best 9.875 vs. Illinois State, tying her for second with Turner. Christa Soekanto showed veteran poise as a freshman last year and became a regular staple of the Redhawks floor line-up at the end of the season. Sundgren and Garlotte each saw significant time on floor and helped the Redhawks success on the event. Freshman Margaret O'Neal is a national qualifier on floor and will provide depth.

ALL-AROUND

Turner qualified for the NCAA Regional as an all-arounder last year after capturing five all-around titles. The task of replacing former MIC Gymnast of the Year and NCAA Regional qualifier Sandra Blake in the all-around will fall in the hands of several of the freshmen including O'Neal, Serafini and Salsberg.



**2009 MIC Gymnast
of the Year
Rikara Turner**



GYMNASTICS

THE SENIOR REDHAWKS



AMBER GARLOTTE

SENIOR

5-0

EAGLE GYMNASTICS

VAULT, BEAM, FLOOR
LEE'S SUMMIT, MO.



2009: Scored a season-high on vault 9.775 against Kent State...career-high on floor 9.825 against SUU and Centenary...competed in all 12 meets on vault and floor...six top-5 finishes on vault...three top-5 finishes on floor...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...SAAC Representative...Southeast Scholar Athlete.

2008: Scored a 9.750 on floor and a 9.725 on vault against Illinois State...tied for fourth on vault with a 9.75 and tallied another 9.75 on floor against Iowa...tallied a 9.75 on vault against Illinois-Chicago...scored a 9.775 on vault at Illinois-Chicago.

other 9.75 on floor against Iowa...tallied a 9.75 on vault against Illinois-Chicago...scored a 9.775 on vault at Illinois-Chicago.

2007: All-MIC Second Team on vault...first individual title on vault with a 9.775 against Centenary...scored a career-high 9.65 on floor against Centenary...career-high vault of 9.85 earned her fifth place overall at TWU...scored a career-high 9.75 on beam against TWU and a career-best 38.70 in the all-around...shared the individual title on bars at the Gershon/McLellan Invitational...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



Prep/Club: Missouri State Champion on floor...Junior Olympics qualifier for Eagles Gymnastics in the all-around...Level 10 Nationals qualifier in the all-around in 2005...qualified for Level 10 Nationals in 2004...1st Alternate in 2003 for Level 10 Nationals...won the all-around at the Region IV Championships in 2002...coached by Kim Fuchs and Kellie Thomlison...Principal's Honor Roll student with a 3.8 GPA...member of Outstanding Students of American Leadership program.

Personal: Born 1-27-88...daughter of Gina and Joey Garlotte...majoring in Exercise Science...sisters, Alexis and Alison Garlotte, were both cheerleaders at Avila University...chose Southeast because of the gymnastics program.

CAREER HIGHS

VAULT:	9.85
BARS:	9.70
BEAM:	9.75
FLOOR:	9.825
ALL-AROUND:	38.700



GYMNASTICS

JACQUELINE HEATH

SENIOR

5-3

BARS

CLASSIC GYMNASTICS

ST. CLOUD, MINN.



2009: Scored a season-high on bars 9.675 against No. 13 Missouri...tied her season-high against Illinois State the following weekend...recorded a perfect 4.0 GPA...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 9.9...her bar score tied her for third in the Southeast All-Time Records

Book...shared a bars title against Illinois State with a 9.75...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007: All-MIC Second Team on bars...season-high 9.775 on bars came against Kent State...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: 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 (Wisc.) bars and all-around champion in 2004...ranked eighth in high school graduating class...made honor roll every year in 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.

CAREER HIGHS

BARS:9.900





KELLEY KRENGIEL

SENIOR

5-3

BARS

PHENOM GYMNASTICS

LEMONT, ILL.

2009: Was awarded the National Association for Sport and Physical Education (NASPE) Major of the Year at Southeast Missouri State University...won first career individual title on bars against Illinois State...scored a career-high on bars 9.8 against Illinois State...four top-5 finishes on bars...tied for fourth place on bars with a 9.75 in the tri-meet against Iowa

and No. 7 LSU...competed in 11 meets on bars...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Scored a season-high 9.65 on bars against Centenary College...repeated her season-high against Southern Utah...tallied a 9.625 at Texas Woman's University on bars...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007: Sat out the season due to an injury...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: Placed third on bars at Level 9 Eastern National Championships in 2006...Illinois State Scholar...named to high school high honor roll all four years...awarded the Southeast Missouri State Regents' academic scholarship.



Personal: Born 11-4-87...

daughter of Patty and Don

Krenziel...majoring in Exercise Science...brother, Corey, attended Illinois State...chose Southeast because of the campus and gymnastics program...also recruited by Illinois-Chicago and Winona State.



CAREER HIGHS

BARS: 9.800

GYMNASTICS

JENA NGUYEN

SENIOR

5-3

BEAM, FLOOR

ALL-AMERICAN GYMNASTICS SIOUX FALLS, S.D.



2009: Scored a career-high 9.875 on floor...Scored a season-high 9.725 on beam against SUU and Centenary...repeated season-high on beam against No. 13 Missouri...had to sit out last three meets due to an injury...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Shared two individual titles while capturing one individual title...scored a 9.825 on beam against

Illinois State, winning the individual title...shared an individual title on floor against Centenary College by tying a personal best score of 9.825...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007: Finished eighth overall on beam with a 9.75 at the NCAA Regional...won Southeast's only individual title at the MIC Championships on floor tallying a 9.775...All-MIC First Team on floor...shared an individual title on beam against Centenary with a personal best 9.85...her career-high beam score 9.775 came against TWU...shared an individual title on floor against TWU as she scored a personal-best 9.825...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



Prep/Club: Attended Roosevelt High School in Sioux Falls, SD...Level 10 National qualifier in the all-around and floor for All-American Gymnastics...placed 10th overall on floor at Nationals in 2005...tied for 10th on floor and finished 16th in the all-around at Nationals in 2004...Junior Olympic National qualifier by finishing 4th on floor and 6th on vault in 2003...coached by Gene Luke...also competed in track and field and cheerleading...honor roll student.

Personal: Born 12-5-87...daughter of Paula and Hai Nguyen...majoring in Pre-Medicine...chose Southeast because she liked the school, the gymnasts, and the location...also recruited by Minnesota.

CAREER HIGHS

VAULT:	9.625
BARS:	9.550
BEAM:	9.850
FLOOR:	9.875





RIKARA TURNER

SENIOR

5-4

ALL-AROUND

TWIN CITY TWISTERS

HASTINGS, MINN.

2009: Named 2009 MIC Gymnast of the Year...named All-MIC Second Team on floor and all-around...named MIC Gymnast of the Week three times this season...won ten individual titles...won five all-around titles...ranked first in the conference on beam and in the all-around...2009 NCAA Regional qualifier in the all-around...career-high on vault 9.825 against SUU and Centenary...career-high on beam 9.85 against Ball State...tied her career-high against Air Force later in the season...won five individual titles on beam...career-high on floor 9.875 against Illinois State...career-high in the all-around 39.15 against Ball State...

NACGC Scholar Athlete...OVC Commissioner's Honor Roll...SAAC Representative...Southeast Scholar Athlete.

2008: Won three individual titles, including two in the all-around...named to the All-MIC Second Team on vault, floor and in the all-around...shared an individual title on floor with a 9.75 against Kentucky...season-high vault of 9.8 came at the MIC Championships...scored a career-high 9.825 on bars against Centenary...shared the individual title on beam with a career-high 9.8 at BYU...scored a career-high 39.075 in the all-around against Centenary...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007: Named the 2007 MIC Newcomer of the Year...holds the team-high all-around 38.925 and shares the team-high beam 9.85...earned three MIC Gymnast of the Week Awards...won individual titles on beam and vault and captured a team-best four titles in the all-around...All-MIC Second Team on vault and in the all-around...advanced to the NCAA Regionals in the all-around...earned an individual beam title against Centenary with

a career-high 9.85 and an all-around title as she tallied a team and personal best 38.925...tallied a season-high 9.75 on vault against TWU and shared the individual title...placed second on floor against TWU scoring a career-best 9.8 and earned an individual title in the all-around scoring a career-high 38.725...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: Graduated from Hastings High School in Hastings, Minnesota...finished 2nd on vault and beam and 11th in the all-around at the 2005 Region IV Level 10 Regionals while competing for the Twin City Twisters club team...coached by Sami Wozney and Mike Hunger.

Personal: Born 7-28-88...daughter of Judith Ratzlaff...majoring in Business Administration...chose Southeast because of the campus and the gymnastics program...also recruited by Minnesota, Southern Utah and Western Michigan.



CAREER HIGHS

VAULT:	9.825
BARS:	9.825
BEAM:	9.850
FLOOR:	9.875
ALL-AROUND:	39.150

GYMNASTICS

THE JUNIOR REDHAWKS





LAUREN DINAN

JUNIOR
NEBRASKA TWISTERS

5-1
ALL-AROUND
DONIPHAN, NEB.

2009: Earned third place and scored a career-high on bars 9.825 against Air Force... seven top-5 finishes on bars...won individual title on bars against Centenary with a 9.725...competed in all 12 meets on bars...exhibitioned on vault against Illinois-Chicago...exhibitioned on beam against Illinois State and No. 13 Missouri...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Shared two individual titles on bars...her first title came against Illinois State with a 9.75...scored another 9.75 on her second title against Illinois-Chicago...tallied a career-best 9.7 on floor against Iowa...scored a 9.7 on vault against Texas Woman's University...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: 2007 Level 10 bars State Champion...2006 Level 10 State Champion...Level 10 Regional qualifier and Nationals 1st Alternate...honor roll student with a 3.8 G.P.A.

Personal: Born 5-17-88...daughter of Kenny and Rosie Dinan...majoring in Wildlife and Conservation Biology...chose Southeast because of the team atmosphere and the coaches...also recruited by Eastern Michigan and University of Nebraska-Lincoln.



BRIANNA GADDIE

JUNIOR
RED RIVER VALLEY

5-4.5
ALL-AROUND
EAST GRAND FORKS, MINN.

2009: NCAA Regional Qualifier on floor...named All-MIC Second Team on vault and floor...named MIC Gymnast of the Week...season-high on vault 9.825 against Illinois State...tied her season-high against Centenary later in the season...six top-3 finishes on vault including three individual titles...career-high on beam 9.775 against Air Force...three top-3 finishes on beam...won individual title and scored career-high on floor 9.925 against SUU and Centenary...seven top-3 finishes on floor including three individual titles...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



2008: Won two individual titles and shared the title in four events...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 her sixth all-time...won the title on vault with a 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...scored a 9.8 on the floor against Illinois State...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: Tallied a 35.425 all-around at the 2007 Minnesota State Championships...was forced to sit out the 2006 season because of an ankle injury...finished strong at State and Regionals in 2005...floor champion and finished 3rd in the all-around at the 2008 Regionals...Level 10 Nationals qualifier...honor roll student with a 3.95 grade point average.

Personal: Born
Exercise Sci-
team, coaches
N.C. State

3-14-89...daughter of Patrick and Kari Gaddie...majoring in
ence...chose Southeast because she loved the campus,
and had a great recruiting trip...also recruited by
and Minnesota.



GYMNASTICS

KARA GIBBONS

JUNIOR 5-2
GEORGIA GYMNASTICS ACADEMY

VAULT, FLOOR
LAWRENCEVILLE, GA.



2009: Scored a career-high on vault 9.625 against Texas Women's...competed in nine meets on vault including the MIC Championships...recorded a perfect 4.0 GPA...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.

Prep/Club: 2006 fourth place finisher on vault at the Georgia State Championships...finished fifth on vault at the 2006 Regional Championships...2005 Level 10 Georgia State Champion on vault...Level 10 1st Alternate for the Junior Olympic National Championships...honor roll student with a 3.8 grade point average.

Personal: Born 11-4-88...daughter of Jim and Valerie Gibbons...majoring in Criminal Justice...chose Southeast because of the team and coaching staff...also recruited by North Carolina State.



ERICA MOORE

JUNIOR 5-2
LET IT SHINE GYMNASTICS

BARS, FLOOR
MURFREESBORO, TENN.

2009: Tied for third and scored a career-high on bars 9.65 against Centenary...exhibited on bars against Illinois-Chicago and No. 13 Missouri...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Did not compete...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/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.





AMANDA SCHOENBAUM

JUNIOR

5-1

BEAM

THE WILLIAMS CENTER

BENTONVILLE, ARK.

2009: Won individual title and scored a career-high on beam 9.8 against Texas Women's...earned an individual title on beam 9.775 in season opener against Illinois State...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008: Scored a career-high 9.65 on vault against Illinois-Chicago and Ball State...career high 9.625 on beam came in the home opener against

Kentucky...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep/Club: 2006 Level 9 Arkansas State Champion on beam, floor and in the all-around...Level 9 beam champion and fifth best in the all-around at Regionals...finished the Western Nationals third on beam, sixth on vault and second in the all-around...honor roll student with a 3.56 grade point average.

Personal: Born 8-16-88...Daughter of Dave and Laurie Schoenbaum...majoring in Graphic Design...her aunt, Laurie Schoenbaum-Chaney, was an All-American gymnast at Southeast in the early 1980's...chose Southeast because of the coaches and the team.



CHRISTINA SUNDGREN

JUNIOR

5-7

ALL-AROUND

MID-COLUMBIA GYMNASTICS

RICHLAND, WASH.

2009: Named All-MIC First Team on bars...won individual title and scored a career-high on bars 9.9 against Air Force which ranks third all-time...five top-3 finishes on bars including four individual titles...career-high on beam 9.7 against Ball State...tied her career-high against Air Force...career-high on floor 9.725 at the MIC Championships...won fourth place with a score of 9.8 on bars at the MIC Championships...2009 NCAA Regional qualifier on bars...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



2008: Career-high bars score of 9.875 came against Centenary...scored a career-high 9.575 on beam against Iowa...scored a career-high 9.675 on floor against Centenary...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

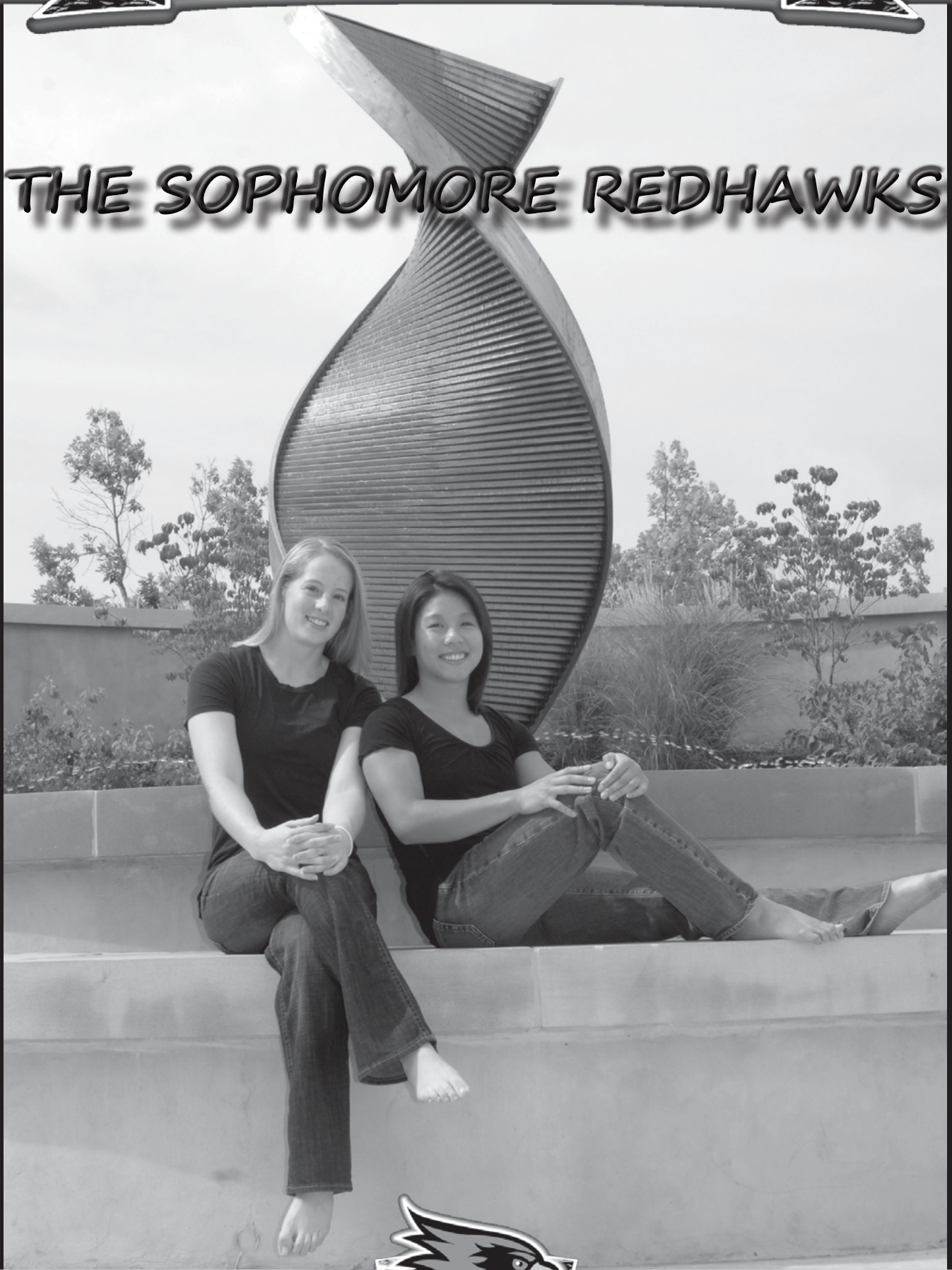
Prep/Club: Prep/Club: Bars champion at the 2006 Regional Championships...2005 Washington State Champion...finished second on bars at the Level 10 Junior Olympic National Championships in 2005...placed fourth on floor at the Region II Championship...honor roll student with a 3.95 grade point average.

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.



GYMNASTICS

THE SOPHOMORE REDHAWKS





EMILY MANN

SOPHOMORE 5-4
SOLID ROCK GYMNASTICS

ALL-AROUND
LINCOLN, NEB.

2009: Scored a career-high on vault 9.625 against Ball State...won first individual title on bars with a career-high 9.9 against Air Force which ranks third all-time...placed ninth on bars at the MIC Championships with a 9.725...five top-3 finishes on bars...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



Prep/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 with a 3.957 G.P.A.

Personal: Born 7/13/89...daughter of Tom and Sandi Mann...undecided on college major...chose Southeast because of the academic focus and the gymnastics team.

CHRISTA SOEKAMTO

SOPHOMORE 5-1 ALL-AROUND
TOP FLIGHT GYMNASTICS GRAPEVINE, TEXAS

2009: Placed third and scored a career-high on beam 9.75 against Ball State...career-high on floor 9.825 against Illinois State...recorded a perfect 4.0 GPA...NACGC Scholar Athlete...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.



Prep/Club: Placed 10th in the all-around at Level 9 Westerns...placed 5th in the all-around at the Level 10 Regionals in 2008...Level 10 Nationals qualifier in 2008...finished in the top-17 of her class with a 4.0 G.P.A...member of the National Honor Society...honor roll from 2004-2007...received PAP Chemistry 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.



GYMNASTICS

THE FRESHMEN REDHAWKS



REDHAWKS



Sarah Brillhart

Freshman 5-6 All-Around
Folger's Gymnastics
Maize, Kan.

Prep/Club: She was a Regional qualifier for Level 8, 9, and 10 and a National qualifier for Level 9 and 10...named "Wichita's Best Athlete" in 2005.

Personal: Born 9-18-90...daughter of Randy and Ann Brillhart...majoring in Elementary Education...also recruited by Missouri.



Emma Garrett

Freshman 5-5 Vault, Beam, Floor
Starlight Gymnastics
Jacksonville, Fla.

Prep/Club: Level 8 and Level 10 Florida State Champion on vault...1st 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...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, academic expectations, and loved the coaches and team...also recruited by Kent State, Illinois-Chicago, Eastern Michigan, and Bowling Green.



Margaret O'Neal

Freshman 5-4 All-Around
Champion Gymnastics
Highlands Ranch, Colo.

Prep/Club: She finished 12th in the all-around and 2nd on floor at the 2008 Region III Level 10 Regional Championships...2009 Nationals qualifier...member of the National Honor Society...graduated with the highest honors...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...also recruited by Southern Utah University.



GYMNASTICS



Jordan Salsberg

Freshman 5-2 All-Around
Laniers Gymnastics
Gulfport, Miss.

Prep/Club: She is the reigning beam National Champion...won the all-around title at the prestigious Atlanta Crown in 2008...two-time Level 10 National qualifier.

Personal: Born 9-10-91...daughter of Kerry and Lisa Cuevas...majoring in Exercise Science...chose Southeast because the campus is beautiful, the people are very nice here, and it seemed like somewhere she could fit in...also recruited by West Virginia.



Angela Serafini

Freshman 5-4 All-Around
Team Central
Glencoe, Mo.

Prep/Club: Member of the 2008 Level 8 Missouri Regionals "MO Super Team"...2008 Region IV all-around and vault champion...placed 2nd on bars and floor at the 2008 Region IV Championships...2008 Missouri State all-around, vault, bars, beam, and floor champion...finished 2nd on bars, 3rd on beam, and 5th in the all-around at the 2009 Level 10 Region IV Championships...2009 JO Nationals qualifier.

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...also recruited by Hamline University and Lacoste University.



Taylor Westrick

Freshman 5-4 All-Around
Salto Gymnastics
Waterford, Wis.

Prep/Club: She is a six-time Level 10 Wisconsin State Champion...Level 10 Regional Champion on bars...qualified for Level 10 JO 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...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...also recruited by Western Michigan, Ball State, Bowling Green, N.C. State, and Northern Illinois University.



ALL-TIME RECORDS

TEAM RECORDS

Team Scores

1. vs. Iowa (3/14/97) ----- 196.025
2. vs. Air Force (3/14/09) ----- **195.700**
3. vs. Illinois St. (3/11/97) ----- 195.650
4. vs. Ball State (2/19/09) ----- **195.500**
5. vs. Centenary (2/14/04) ----- 195.350
at MIC (3/29/03)
7. vs. Eastern Michigan (2/27/97) - 195.225
8. vs. Hamline (1/30/04) ----- 195.025
9. at MIC (3/22/97) ----- 194.950
10. vs. Centenary (2/10/08) ----- 194.925

Team Beam

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 Vault

1. vs. Seattle Pacific (2/18/95) ----- 49.000
2. vs. Iowa (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 Floor

1. vs. Centenary (2/14/04) ----- 49.500
vs. Illinois St. (3/11/97)
3. vs. Iowa (3/14/97) ----- 49.475
4. at MIC (3/29/03) ----- 49.450
5. vs. Illinois State (2/13/09) ----- 49.350
6. vs. SUU & 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. vs. Eastern Michigan (2/27/97) ----- 49.125

Team Bars

1. vs. Air Force (3/14/09) ----- **49.175**
2. vs. Iowa (3/14/97) ----- 49.025
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. at Texas Woman's (3/10/07) --- 48.850
vs. Eastern Michigan (3/5/03)
at Showcase of the Arts (2/21/99)



The 2009 team recorded the highest score on bars in team history.

INDIVIDUAL RECORDS

Vault

1. Kate Farrington (3/18/97) ----- 10.000
Kate Farrington (3/24/95)
3. Kate Farrington (3/11/95) ----- 9.950
4. Kate Farrington (3/14/97) ----- 9.925
5. Kate Farrington (3/10/95) ----- 9.900
6. Brianna Gaddie (3/2/08) ----- 9.875
Sandra Blake (2/2/08)
Katie Bloom (1/25/04)
Erin Chenier (3/9/98)
Erin Chenier (3/18/97)
Kate Farrington (2/15/97)
Rena Parr (2/18/95)
Kate Farrington (2/10/95)

Floor

1. Ashley Godwin (2/14/04) ----- 10.000
Erin Chenier (3/14/97)
Kate Farrington (3/14/97)
Kate Farrington (3/11/97)
5. Alexis Traylor (2/14/04) ----- 9.950
Kate Farrington (3/24/95)
7. Sandra Blake (2/19/09) ----- 9.925
Brianna Gaddie (2/19/09)
Alexis Traylor (1/25/04)
Ashley Godwin (4/12/03)
Ashley Godwin (3/17/03)
Stephanie Furman (3/24/01)
Kim Carter-Newell (3/19/94)

Bars

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

All-Around

1. Ashley Godwin (3/29/03) ----- 39.550
2. Erin Chenier (3/14/97) ----- 39.525
3. Ashley Godwin (2/14/04) ----- 39.450
4. Erin Chenier (3/11/97) ----- 39.425
5. Ashley Godwin (2/21/04) ----- 39.350
6. Sandra Blake (3/14/09) ----- 39.325
7. Ashley Godwin (3/23/02) ----- 39.275
Erin Chenier (1/27/97)
9. Erin Chenier (3/8/97) ----- 39.250
10. Ashley Godwin (1/30/04) ----- 39.225
Vanessa Simmons (3/24/95)

Beam

1. Ashley Godwin (3/29/03) ----- 9.975
2. Tara Boldt (3/29/03) ----- 9.925
Kristin Frohlich (3/22/97)
Ericka Harrison (3/22/97)
5. Tara Boldt (2/21/04) ----- 9.900
Ashley Godwin (2/21/04)
Tara Boldt (1/25/04)
Stephanie Furman (3/1/01)
Michelle Walker (3/11/01)
Malia Roberts (3/22/97)
Malia Roberts (3/18/97)
Erin Chenier (1/27/97)



Ashley Godwin holds four of the five top individual records.

GYMNASTICS

2010 OPPONENTS

AIR FORCE

Location: USAF Academy, Colo.
 Nickname: Falcons
 Conference: Mountain Pacific Sports
 Home Facility: Cadet West Gym
 Head Coach: Doug Day
 2009 Record: 8-8
 Letterwinners Returning/Lost: 11/2
 Gymnastics SID: Valerie Perkin
 SID E-Mail: valerie.perkin@usafa.edu
 SID Phone: 719-333-8286
 SID Fax: 719-333-3798
 Website: GoAirForceFalcons.com

ALASKA

Location: Anchorage, AK
 Nickname: Seawolves
 Conference: Mountain Pacific Sports
 Home Facility: Wells Fargo Sports Complex
 Head Coach: Paul Stoklos
 2009 Record: 7-9
 Letterwinners Returning/Lost: 10/0
 Gymnastics SID: Nate Sagan
 SID E-Mail: nate@uaa.alaska.edu
 SID Phone: 907-786-1295
 SID Fax: 907-563-4565
 Website: GoSeawolves.com

BALL STATE

Location: Muncie, Ind.
 Nickname: Cardinals
 Conference: Mid-American
 Home Facility: Worthen Arena
 Head Coach: Nadalie Walsh
 2009 Record: 4-13
 Letterwinners Returning/Lost: 10/2
 Gymnastics SID: Joe Hernandez
 SID E-Mail: jhernand@bsu.edu
 SID Phone: 765-285-8242
 SID Fax: 765-285-8929
 Website: www.ballstatesports.com

BRIGHAM YOUNG

Location: Provo, UT
 Nickname: Cougars
 Conference: N/A
 Home Facility: Smith Fieldhouse
 Head Coach: Brad Cattermole
 2009 Record: 3-15-1
 Letterwinners Returning/Lost: 13/5
 Gymnastics SID: Morgan Jones
 SID E-Mail: gymnastics_sid@byu.edu
 SID Phone: 801-422-8999
 SID Fax: 801-422-0633
 Website: www.byucougars.com

CENTENARY

Location: Shreveport, La.
 Nickname: Ladies
 Conference: Midwest Independent
 Home Facility: Gold Dome
 Head Coach: Gretchen Goerlitz
 2009 Record: 7-15
 Letterwinners Returning/Lost: 11/5
 Gymnastics SID: Allison McClain
 SID E-Mail: amcclain2@centenary.edu
 SID Phone: 318-869-5092
 SID Fax: 318-869-5138
 Website: www.GoCentenary.com

DENVER

Location: Denver, Colo.
 Nickname: Pioneers
 Conference: Sun Belt
 Home Facility: Hamilton Gymnasium
 Head Coach: Melissa Kutcher-Rinehart
 2009 Record: 13-10
 Letterwinners Returning/Lost: 9/5
 Gymnastics SID: Elizabeth Alley
 SID E-Mail: elizabeth.alley@du.edu
 SID Phone: 303-871-4990
 SID Fax: 303-871-3890
 Website: www.denverpioneers.com

ILLINOIS STATE

Location: Normal, Ill.
 Nickname: Redbirds
 Conference: Midwest Independent
 Home Facility: Horton Field House
 Head Coach: Bob Conkling
 2009 Record: 10-14
 Letterwinners Returning/Lost: 12/2
 Gymnastics SID: Liz Hanley
 SID E-Mail: echanle@ilstu.edu
 SID Phone: 309-438-3262
 SID Fax: 309-438-5634
 Website: GoRedbirds.com

ILLINOIS-CHICAGO

Location: Chicago, Ill.
 Nickname: Flames
 Conference: Midwest Independent
 Home Facility: Physical Education Building
 Head Coach: Peter and Mary Jansson
 2009 Record: 6-16
 Letterwinners Returning/Lost: 9/5
 Gymnastics SID: Stormie Surles
 SID E-Mail: uicsid@gmail.com
 SID Phone: 312-413-9829
 SID Fax: 312-996-8349
 Website: uicflames.com

MISSOURI

Location: Columbia, Mo.
 Nickname: Tigers
 Conference: Big 12
 Home Facility: Hearn Center
 Head Coach: Rob Drass
 2009 Record: 20-6
 Letterwinners Returning/Lost: 7/5
 Gymnastics SID: Paige Fredrickson
 SID E-Mail: paf4z3@mail.mizzou.edu
 SID Phone: 573-882-3241
 SID Fax: 573-882-4720
 Website: www.mutigers.com



IOWA

Location: Iowa City, Iowa
 Nickname: Hawkeyes
 Conference: Big Ten
 Home Facility: Carver-Hawkeye Arena
 Head Coach: Larissa Libby
 2009 Record: 10-5
 Letterwinners Returning/Lost: 15/6
 Gymnastics SID: Nick Hegland
 SID E-Mail: nicholas-hegland@uiowa.edu
 SID Phone: 319-335-9411
 SID Fax: 319-335-9417
 Website: hawkeyesports.com



REDHAWKS

OUTBACK

STEAKHOUSE®

INVITATIONAL

MARCH 7TH, 2010

2:00 P.M.

SHOW ME CENTER

SOUTHEAST MISSOURI STATE UNIVERSITY

VS.

MISSOURI AND ALASKA

Southeast Missouri State University Gymnastics would like to thank the following sponsors for their continued support of the gymnastics program:



NIP KELLEY
C O M P A N Y



**3-TIME NATIONAL
ACADEMIC CHAMPIONS**



2009 MIC CHAMPIONS





Soekamto

Shoenbaum

Moore

Dinan

MIC Champions

Gaddie

Sundgren

Mann

Gibbons

2009 2010 SOUTHEAST MISSOURI **REDHAWKS** **SCHEDULE**

DEC. 16	vs. INTRA-SQUAD MEET	NTS
	CAPE GIRARDEAU	
Jan. 9	at Illinois-Chicago Chicago, IL	5:00 PM
Jan. 15	at Illinois State Normal, IL	7:00 PM
Jan. 24	at Ball State & Illinois-Chicago Muncie, IN	1:00 PM
JAN. 30	VS. ILLINOIS-CHICAGO	
	CAPE GIRARDEAU, MO	2:00 PM
Feb. 5	at Centenary Shreveport, LA	7:00 PM
FEB. 13	VS. BYU	
	CAPE GIRARDEAU, MO	2:00 PM
Feb. 19	at Denver Denver, CO	8:00 PM
Feb. 20	at Air Force Academy Colorado Springs, CO	7:00 PM
FEB. 28	VS. ILLINOIS STATE	
	CAPE GIRARDEAU, MO	2:00 PM
MAR. 7	VS. MISSOURI & ALASKA	
	CAPE GIRARDEAU, MO	2:00 PM
MAR. 12	VS. CENTENARY	
	CAPE GIRARDEAU, MO	7:00 PM
MAR. 19	VS. IOWA	
	CAPE GIRARDEAU, MO	7:00 PM
Mar. 27	at Midwest Independent Conference Denton, TX	6:00 PM
Apr. 10	vs. NCAA Regionals Site TBD	TBA

Home meets shown in **BOLD**

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