

SOUTHERN UTAH UNIVERSITY

GYMNASTICS



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2013 SCHEDULE/RESULTS

Overall: 4-8 WAC: 2-2 Home: 2-2 Away: 2-6

<p>JANUARY 6 at #2 UCLA L, 194.875 - 196.150</p>
<p>JANUARY 19 at #15 Utah (with #22 W. Virginia & #23 Oregon State) 4th, 191.050</p>
<p>JANUARY 25 at Utah State (with Hamline) 1st, 194.075</p>
<p>FEBRUARY 1 Utah State * W, 195.425 - 194.200</p>
<p>FEBRUARY 8 Denver * L, 195.475 - 196.400</p>
<p>FEBRUARY 15 Sacramento State * W, 195.700 - 195.250</p>
<p>FEBRUARY 23 at Brigham Young L, 194.075 - 195.800</p>
<p>MARCH 1 at Boise State * L, 195.600 - 196.575</p>
<p>MARCH 8 Brigham Young L, 195.425 - 195.875</p>
<p>MARCH 15 San Jose State* (with Iowa & Ball St.) Centrum Arena • 7:00 p.m. (MT)</p>
<p>MARCH 23 WAC Championships Centrum Arena • 6:00 p.m. (MT)</p>
<p>APRIL 6 NCAA Regionals TBA</p>
<p>APRIL 19-21 NCAA Nationals Los Angeles, Calif.</p>

T-BIRDS TO CLOSE 2013 REGULAR SEASON AT HOME

CEDAR CITY, Utah - Southern Utah University will wrap up its 2013 regular season and honor its seniors this Friday night when the Thunderbirds host San Jose State, Iowa and Ball State.

The Thunderbirds will enter the meet on a three-meet losing streak with a pair of defeats to Brigham Young and a loss at Boise State over the past three weeks. Despite the losses, SUU has scored in the mid-195's over the last two meets, including a 195.600 at Boise State, the second highest total for the T-Birds this season.

Southern Utah will also honor its three seniors - Michaela Chernoch, Alyssa Click and Caitlin Kennedy - following the meet on Friday night.

Fans can follow the action online with live stat and live video links anticipated to be available online at www.su-utbirds.com. The video stream will be divided into four links with each event being shown on its own stream.

For tickets, call the Centrum ticket box office at 435-586-7872 or go online at www.tbirdtickets.com.

Scouting San Jose State

San Jose State will enter Friday on a three-meet winning streak with victories over Seattle Pacific, Boise State and UC Davis.

The Spartans are currently ranked No. 41 with an RQS of 194.465, including a season-best 195.700, and season averages of 48.478 on vault, 48.360 on bars, 48.458 on beam and 48.645 on floor.

Scouting Iowa

The University of Iowa will enter the meet having split its most recent contests in a loss at Nebraska and win over Iowa State last weekend.

The Hawkeyes are currently ranked No. 25 with an RQS of 195.600, including a season-best 196.375, and season averages of 48.900 on vault, 48.967 on bars, 48.314 on beam and 49.031 on floor.

Iowa's current assistant coach, Caleb Phillips, was an assistant coach under Scott Bauman at Southern Utah from 2005-08.

Scouting Ball State

Ball State will enter the weekend having split results in its last meet with a victory over Illinois-Chicago and a loss to Illinois.

The Cardinals are currently ranked No. 48 with an RQS of 193.730, including a season-best 194.500, and season averages of 48.564 on vault, 48.166 on bars, 47.784 on beam and 48.607 on floor.

Last Week

Southern Utah picked up a pair of individual titles, but suffered its second defeat to Brigham Young University on the year as the Cougars scored a season-best 195.875 for the win.

Youth is Served

Southern Utah University will only have three upper classmen on its roster this season, in seniors Caitlin Kennedy, Michaela Chernoch and Alyssa Click. The rest of the squad will be made up of five sophomores and six freshmen.

Returning Champions

Alyssa Click took home the Western Athletic Conference uneven bar title in 2012. The title is the second consecutive conference championship for the senior after having taken the title in 2011 as well. Click will not have the opportunity to defend her title after suffering a season-ending knee injury on January 17. She is anticipated to return in 2014.

Fellow senior Caitlin Kennedy also captured the WAC beam title in 2010.

Academic Prowess

Southern Utah University earned its 12th academic national championship in 2012, claiming the title after carrying a team cumulative GPA of 3.843. SUU hasn't finished any lower than third in the nation during head coach Scott Bauman's tenure of 22 years.

Season Opening Success

SUU's season-opening score of 194.875 at UCLA on January 6 is the highest season-opening mark in school history.

WAC Honors

Rochelle Bernier was named the WAC Specialist of the Week (1/29) after scoring the top mark in the conference, a 9.900 on vault at Utah State.

Jamie Armijo was named the WAC Gymnast of the Week (2/18) after recording the top all-around mark in the conference, a career-best 39.275 against Sacramento State.

2013 EVENT CHAMPIONS

UCLA

BB - Alyssa Click (9.875)

at Utah

None

at Utah State

VT - Rochelle Bernier (9.900)

FX - Natalie Trejo (9.750)

Jamie Armijo (9.750)

Utah State

UB - Rochelle Bernier (9.875)

BB - Caitlin Kennedy (9.850)

FX - M. Chernoch (9.875)

Denver

FX - M. Chernoch (9.875)

Sacramento State

UB - M. Chernoch (9.875)

BB - Jamie Armijo (9.825)

FX - M. Chernoch (9.850)

AA - Jamie Armijo (39.275)

at Brigham Young

VT - M. Chernoch (9.825)

BB - Caitlin Kennedy (9.850)

FX - M. Chernoch (9.875)

at Boise State

BB - M. Chernoch (9.875)

AA - M. Chernoch (39.300)

Brigham Young

UB - Arlyn Amor (9.875)

FX - M. Chernoch (9.875)

San Jose State

WAC Championships

NCAA Regionals

2013 AWARDS AND HONORS

Rochelle Bernier - WAC Specialist of the Week (1/29)

Jamie Armijo - WAC Gymnast of the Week (2/18)

Michaela Chernoch - WAC Gymnast of the Week (3/4)

2013 INDIVIDUAL & TEAM RANKINGS (3/11)

Marks represent regional qualifying scores (RQS)

Vault

Nat - Jamie Armijo (150, 9.790)

Reg - Jamie Armijo (21, 9.790)

WAC - Jamie Armijo (14, 9.790)

Vault (48.845)

Nation - 34

Region - 6

WAC - 3

Uneven Bars

Nat - M. Chernoch (121, 9.795)

Reg - M. Chernoch (18, 9.795)

WAC - M. Chernoch (9, 9.795)

Uneven Bars (48.845)

Nation - 29

Region - 6

WAC - 3

Balance Beam

Nat - Natalie Trejo (71, 9.810)

Reg - Natalie Trejo (10, 9.810)

WAC - Natalie Trejo (3, 9.810)

Balance Beam (48.690)

Nation - 31

Region - 5

WAC - 3

Floor Exercise

Nat - M. Chernoch (84, 9.840)

Reg - M. Chernoch (13, 9.840)

WAC - M. Chernoch (7, 9.840)

Floor Exercise (48.855)

Nation - 42

Region - 7

WAC - 5

All-Around

Nat - M. Chernoch (44, 39.020)

Reg - M. Chernoch (6, 39.020)

WAC - M. Chernoch (4, 39.020)

Team Total (195.090)

Nation - 33

Region (North Central) - 6

WAC - 3

Michaela Chernoch was named the WAC Gymnast of the Week (3/4) after tallying a career-best 39.300 in the all-around to win the title at Boise State.

WAC Championships

Southern Utah University will be the host of the 2013 Western Athletic Conference gymnastics championships on March 23. Tickets are now on sale at the Centrum ticket box office.

Follow the Thunderbirds Online

SUU gymnastics fans can follow the team online at www.suutbirds.com, on facebook ([facebook.com/Southern-Utah-Thunderbirds](https://www.facebook.com/Southern-Utah-Thunderbirds)), on twitter (twitter.com/SUUThunderbirds) and on youtube (SUU Athletics).

Watch the meet Live

The meet this Friday will be divided into four streams with a separate feed dedicated to a specific event. The links are anticipated to be available online at www.suutbirds.com.

Head coach Scott Bauman

Scott Bauman is in his 22nd season as head coach of the SUU gymnastics program, coming to Cedar City from Utah State. During his tenure, SUU captured the Western Athletic Conference title in 2010 along with 12 academic national championships. Bauman also coached Southern Utah's first All-American in Elise Wheeler to three All-American citations and has led the T-Birds to NCAA Regional appearances 17 times.

Flippin' Birds

Flippin' Birds is the secondary nickname for the SUU gymnastics team and can be used interchangeably with Thunderbirds or T-Birds.

2012 Quick Recap

Southern Utah missed out on a team regional appearance for the first time in five years last season as Alyssa Click represented the Thunderbirds as an individual competitor on beam. SUU finished third at the Western Athletic Conference championships with Click capturing an uneven bar title with a school-record 9.925.

Injury Update

Senior Alyssa Click injured her knee in practice on January 17 and will be out for the season.

Freshman vault specialist Virginia Brownsell is recovering from an elbow injury suffered during the month of December and could be available at the end of the season.

Freshman Kiki Parenteau is recovering from a lingering hip ailment and is anticipated to miss the 2013 season.

TENTATIVE LINE-UP

Vault

Brittney Jensen
Caitlin Kennedy
Jamie Armijo
Rochelle Bernier
Michaela Chernoch
Arlyn Amor

Bars

Ana Jaworski
Rochelle Bernier
Michaela Chernoch
Arlyn Amor
Caitlin Kennedy
Jamie Armijo

Beam

Natalie Trejo
Ana Jaworski
Caitlin Kennedy
Michaela Chernoch
Rochelle Bernier
Jamie Armijo

Floor

Natalie Trejo
Ana Jaworski
Brittney Jensen
Caitlin Kennedy
Jamie Armijo
Michaela Chernoch

NATIONAL RANKINGS (3/11)

No.	Team	RQS	Avg	High
1.	Oklahoma	197.570	197.386	198.375
2.	Florida	197.440	197.386	198.425
3.	Michigan	197.175	197.035	197.550
4.	Alabama	197.125	196.994	197.725
5.	L.S.U.	197.055	196.708	197.500
6.	Georgia	196.985	196.568	197.650
7.	Utah	196.940	196.633	197.300
8.	UCLA	196.905	196.728	197.425
9.	Oregon State	196.790	196.220	197.275
10.	Stanford	196.590	196.339	197.275
13.	Denver *	196.340	196.038	197.200
21.	West Virginia	195.780	195.367	196.550
23.	Boise State	195.665	195.538	196.575
25.	Iowa	195.600	195.211	196.375
29.	Brigham Young	195.320	194.825	195.875
33.	Southern Utah	195.090	194.633	195.700
41.	San Jose State *	194.465	193.940	195.700
43.	Sacramento State *	194.415	193.919	195.250
48.	Ball State	193.730	193.121	194.500
54.	Texas Woman's	193.235	192.758	195.300
55.	Utah State *	193.195	192.556	194.200
79.	Hamline	181.340	179.514	184.675

* - Denotes member of Western Athletic Conference

Bold - Denotes 2013 opponent

HEAD-TO-HEAD

SUU	SJSU		IOWA	BSU
48.756	48.478	Vault Season Average	48.900	48.564
48.925	48.825	Vault Season Best	49.375	48.850
48.686	48.360	Bars Season Average	48.967	48.166
49.050	49.025	Bars Season Best	49.200	48.925
48.394	48.458	Beam Season Average	48.314	47.784
49.125	48.925	Beam Season Best	48.775	48.875
48.797	48.645	Floor Season Average	49.031	48.607
49.175	49.300	Floor Season Best	49.275	49.050
194.633	193.940	Overall Season Average	195.211	193.121
195.700	195.700	Overall Season Best	196.375	194.500

2013 SEASON/CAREER BESTS - GYMNAST CAPSULES



	2013	Career
Vault	9.700	9.700
Bars	9.875	9.875
Beam	-	-
Floor	9.800	9.800
All-Around	-	-

- 2011 Level 10 National Bar Champion
- Club teammate of 2012 US Olympian Jordyn Wieber



	2013	Career
Vault	9.600	9.800
Bars	9.750	9.775
Beam	9.850	9.850
Floor	9.825	9.825
All-Around	38.800	38.800

- Competed in every meet in 2012
- Freshman academic all-WAC



	2013	Career
Vault	9.825	9.850
Bars	9.850	9.850
Beam	9.825	9.825
Floor	9.825	9.825
All-Around	39.275	39.275

- Competed in 11 meets in 2012
- Freshman academic all-WAC
- Three individual titles in 2013



	2013	Career
Vault	9.825	9.825
Bars	-	-
Beam	-	9.150
Floor	9.825	9.850
All-Around	-	-

- Competed in every meet in 2012
- One individual title in 2012
- Freshman academic all-WAC



	2013	Career
Vault	9.900	9.900
Bars	9.875	9.875
Beam	9.850	9.850
Floor	-	9.750
All-Around	-	-

- Set a new career high with a 9.900 on VT at USU
- Two individual titles in 2013
- Freshman academic all-WAC



	2013	Career
Vault	9.775	9.850
Bars	9.800	9.800
Beam	9.850	9.875
Floor	9.825	9.850
All-Around	39.125	39.125

- 2010 WAC beam champion
- Texas Gymnast of the Year (Club)
- Two individual titles in 2013



	2013	Career
Vault	9.825	9.825
Bars	9.875	9.875
Beam	9.875	9.875
Floor	9.875	9.900
All-Around	39.300	39.300

- Three individual titles in 2012
- Nine individual titles in 2013
- Academic all-WAC



	2013	Career
Vault	-	9.600
Bars	-	-
Beam	-	-
Floor	9.450	9.450
All-Around	-	-

- Competed in five meets in 2012



	2013	Career
Vault	-	9.750
Bars	9.850	9.925
Beam	9.875	9.925
Floor	9.600	9.875
All-Around	-	39.400

- 2011, 2012 WAC uneven bar champion
- 2010 WAC Freshman of the Year
- Will miss 2013 with a season-ending knee injury



	2013	Career
Vault	-	-
Bars	-	-
Beam	9.850	9.850
Floor	9.825	9.825
All-Around	-	-

- 2011 NIT floor champion
- 2009 Western Nationals floor champion
- Floor champion at USU on Jan. 25



	2013	Career
Vault	9.775	9.775
Bars	-	-
Beam	-	-
Floor	-	-
All-Around	-	-

- Seven-time Utah state champion
- Finished 9th in the nation on the uneven bars in 2012

SUU RECORD BOOK

INDIVIDUAL RECORDS

All-Around		Score	Date
1.	Elise Wheeler	39.575	3/19/10
2.	Elise Wheeler	39.550	2/26/10
3.	Elise Wheeler	39.525	3/14/09
4.	Elise Wheeler	39.500	3/12/10
5.	Elise Wheeler	39.425	2/15/10
	Elise Wheeler	39.425	2/6/10
	Elise Wheeler	39.425	2/20/09
	Carly Geronimo	39.425	3/13/04

Vault		Score	Date
1.	Lindsey Schultz	9.950	2/20/09
2.	Melissa Johnson	9.925	3/27/10
	Melissa Johnson	9.925	2/15/10
	Lindsey Schultz	9.925	3/14/09
	Elise Wheeler	9.925	3/14/09
	Molly Bauer	9.925	3/3/04
	Molly Bauer	9.925	3/29/03
6.	Rochelle Bernier	9.900	1/25/13
	Elise Wheeler	9.900	3/12/10
	Elise Wheeler	9.900	2/26/10
	Melissa Johnson	9.900	1/30/10
	Melissa Johnson	9.900	1/29/10
	Nine more tied with	9.900	

Uneven Bars		Score	Date
1.	Alyssa Click	9.925	3/24/12
	Alyssa Click	9.925	3/22/10
	Elise Wheeler	9.925	3/19/10
3.	Elise Wheeler	9.900	3/12/10
	Elise Wheeler	9.900	3/16/09
	Elise Wheeler	9.900	3/17/08
	Elise Wheeler	9.900	3/23/07
	Kellie Dangerfield	9.900	3/23/07
	Elise Wheeler	9.900	3/9/07
	Carly Geronimo	9.900	3/8/04
	Ashley Sharpe	9.900	2/20/04
	Erica Burk	9.900	3/12/01
	Erica Burk	9.900	3/2/01
	Julie Grant	9.900	3/17/97

Balance Beam		Avg.	High
1.	Elise Wheeler	9.950	2/23/07
	Leah Sakhitab	9.950	3/3/04
3.	Alyssa Click	9.925	3/19/12
	Alyssa Click	9.925	3/16/12
	Brooke Cersosimo	9.925	3/19/11
	Ari Lamb	9.925	1/29/11
	Elise Wheeler	9.925	3/22/10
	Kellie Dangerfield	9.925	3/6/09
	Leah Sakhitab	9.925	2/9/07
	Leah Sakhitab	9.925	2/11/05
	Carly Geronimo	9.925	3/3/04
	Carly Geronimo	9.925	2/27/04
	Talayna Fortunato	9.925	3/29/03
	Talayna Fortunato	9.925	3/21/03

Floor Exercise		Avg.	High
1.	Carly Geronimo	9.950	1/28/05
	Molly Bauer	9.950	3/15/04
	Sandi Lyman	9.950	3/22/02
4.	Elise Wheeler	9.925	2/4/08
	Leah Sakhitab	9.925	3/16/07
	Carly Geronimo	9.925	3/20/04
	Sheena Shaw	9.925	3/15/04
	Carly Geronimo	9.925	3/12/04
	Molly Bauer	9.925	1/30/04
	Four more tied with	9.925	

TEAM RECORDS

All-Around		Opponent	Date
1.	196.575	Eastern Michigan	3/3/04
2.	196.350	CS Fullerton	3/19/10
3.	196.225	Brigham Young	3/8/04
4.	196.175	Boise State	2/11/05
	196.175	Boise State	2/27/04
	196.175	Oklahoma	2/20/04

Vault		Opponent	Date
1.	49.275	Boise State	2/26/10
	49.275	Iowa	2/20/09
3.	49.200	at Boise State	3/14/09
4.	49.150	Brigham Young	3/8/04
5.	49.100	WAC Championships	3/27/10

Uneven Bars		Opponent	Date
1.	49.175	at Brigham Young	3/19/12
2.	49.150	Brigham Young	3/23/07
	49.150	Brigham Young	3/7/03
4.	49.100	at Utah	3/12/10
	49.100	Southeast Missouri St.	2/25/08
	49.100	Eastern Michigan	3/3/04
7.	49.075	at Brigham Young	2/27/09
	49.075	Boise State	2/27/04
	49.075	Iowa	2/22/03

Balance Beam		Opponent	Date
1.	49.400	Boise State	2/9/07
	49.400	Eastern Michigan	3/3/04
3.	49.325	WAC Championships	3/19/11
4.	49.300	Boise State	3/9/12
	49.300	Boise State	2/27/04

Floor Exercise		Opponent	Date
1.	49.525	WGC Championships	3/22/02
2.	49.475	Brigham Young	3/15/04
3.	49.450	Utah State	2/10/03
4.	49.425	WGC Championships	3/20/04
5.	49.375	Oklahoma	2/20/04
	49.375	Brigham Young	3/24/03

