

CAT SCRATCHES

Oct 2011
Vol. 14, #1

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

Well, in some ways it seems like forever since our last meet in Denver and in some ways, it seems like yesterday. We are well on our way to putting that competition behind us and putting all of our energy into this new team. We have 17 athletes on the squad and it certainly can seem a little crazy in the gym. But on the plus side, this is one of the deeper teams we have had in my 22 years. As you all know, depth has not worked for us in the past few seasons and all of the coaches are excited to have many options as we put together the team. We lost a great gymnast and team leader in Miranda Russell. Due to the knee issues she dealt with in her career she was only able to give us 3 routines last year – but what great routines they were! We lost those but add 4 freshmen who all bring strong gymnastics and the ability to contribute on multiple events. The veterans have been upping their game with the summer workouts and are better now than when the season ended. All-in-all, very exciting. Because of all of this, we are probably farther along at this point than we have ever been. It should be fun. Let me introduce you to this year's team and I certainly hope that each of you gets a chance to see us, preferably in person but if not, on television or webcast to see a very strong squad.

SENIORS



Becca Cardenas Becca spent most of last season competing in the floor lineup while making a few appearances in the bar line-up and once in vault. It was a bit of a comeback season for Becca whose sophomore campaign was derailed by a knee. So with her final season ahead, Becca is focused on being more than just a single event contributor. Becca has worked over the summer and this early part of the year to improve all of her routines. The results tell the tale as she looks very strong on floor and bars already. I think that the fans will see a new, stronger Becca who will definitely make an impact. Her workouts would suggest she will back to her old self and her career highs of V: 9.825, UB: 9.825, BB: 9.725, and FX: 9.925.

Deanna Graham Deanna had another outstanding year last season, earning her second consecutive 1st Team All-Conference honor in the All-Around. She also had 11 event wins and was named Pac-10 Gymnast of the Week twice. After all that, Deanna isn't just content to sit back and go into her final season with last year's routines. She has new routines on every event including a new vault that will be incredibly exciting. Her workouts have been great and she is very focused on her goals. Last season, her high scores were: V-9.925, UB-9.85, BB-9.9, FX-9.9, AA-39.35 and she was the team high scorer on Vault. I believe she can improve every mark this year and she will definitely be one to watch for the GymCat faithful.



Katie Matusik Katie is a gymnast who has been making her presence felt more and more each year. And last year, Katie stepped up to become one of the team leaders and primary scorers. In fact, she might have had the single best season last year of any member of the team. She was named 1st Team All-Conference on Beam and was named the Pac-10 Special Performance of the Week once. She medaled on Balance Beam at the Pac-10 Championships and the NCAA Regional Championships as well as counting 3 event wins during the year. She was named the Arizona S-A of the month for January and she received the Pac-10 Sportsmanship award from the conference at the end of the year. As she had done before her sophomore year Katie added an

event as a starter and became a mainstay in the bar line-up in addition to beam and floor. She has been working extremely hard in the gym and looks to be even stronger on her primary events this season. She has been dabbling with a vault as well so you never know what heart and desire will get you. I believe that she has a great year ahead of her with the best gymnastics she has ever performed. Her high scores last year were: UB-9.8, BB-9.925, & FX-9.8 and she was the team high scorer on Beam.

Britnie Jones At the beginning of last season, it was apparent that Britnie would not be able to train on her favorite event beam. A leg injury had relegated her to the status of bar specialist and although not a happy thing for Britnie, she made the best of it. As she had her previous two years, she was a starter on bars and showed her value to the team continually as she had no miscues all season. Undeterred in the classroom, Britnie was named 2nd Team Academic All-Conference. After a summer of extensive treatment, Britnie has been given the go ahead to pursue beam and quickly



reminded us all just how good she is on that event. Not forgetting about bars, Britnie has added more difficulty and looks as good as ever there. Last year her high score on bars was 9.825. She is looking to improve that as well as add more scores on beam. I am betting on both.

JUNIORS



Aubree Cristello After a great freshman year, Aubree was outstanding in her sophomore campaign as she was named 1st Team All-Conference in the All-Around again. Aubree has truly become a mainstay for the team as she competed all-around in nearly every meet and was a major scorer on each event. She had 6 event wins and was named Pac-10 Gymnast of the Week once as well as Academic All-Conference Honorable Mention. This year, Aubree already looks in mid-season form and has added to her already impressive floor routine. I am sure that she will be once again a major contributor and one to watch weekly at our meets. Her high scores from last year were: V-9.875, UB-9.875, BB-9.775, FX-9.9, AA-39.4. She was the team high scorer in the All-Around and I think she will be up there again on every event.

Mykle Douglas Mykle continued her role last season of primarily contributing on vault and floor. Her biggest improvement was on vault where she did take an event win and was also on the podium at the NCAA Regional. This season Mykle has been working on the details of both her vaulting and floor work along with improving on beam and bars. All events have improved this fall and I think she will have an ample opportunity to show her more of her gymnastics when the season gets going. Her high scores from last year were: V-9.875, FX-9.7.



Ellen Pitluck After an injury stopped her freshman year, Ellen worked hard thru rehab to get back to where she could contribute to the team success. She was able to compete many times in the beam line-up and did a very good job stabilizing the beam team. This year Ellen has her sights on many more events as she is back training everywhere. Besides beam, she is showing promise on both bars and vault and it would not be a surprise if Ellen salutes on more than one apparatus this year. Her high score on beam last season was a 9.775.

Molly Quirk

Molly came off a great freshman campaign and didn't let up for her sophomore effort. She made significant improvements on bars and set new career highs on three of the five events. Molly had three event wins and was named Academic All-Conference Honorable Mention. For this year, Molly has changed every routine *except* her bar routine and is looking to compete for major playing time on every event. With a new vault, more difficult floor passes and an upgraded beam set – I think she is looking at a very good year where she will be one of our major scorers. Her high scores from last season were: V-9.85, UB-9.875, BB-9.85, FX-9.8, AA-39.075.

**Ali Stakem**

Ali worked hard in her first season back in the sport after a number of years. Her highlight was being able to perform exhibition on bars a couple of times with a high score of 9.475. Her season was cut short by surgery and she is working right now to get her skills back and keep developing. Each day we see improvement, not only on bars, but floor also. As last year was a bit of a surprise this season the GymCat faithful could see Ali out on the competitive floor.

SOPHOMORES**Barbara Donaldson**

Barbara's main contribution to the team came on vault last year where she performed both in the line-up and exhibition. This fall her vaults have improved and she is doing well on floor also. I see Barbara once again making a contribution on vault and would not be shocked if she salutes the floor judges at some point during the season. Her high score on vault last season was 9.775.





Chelsea Perna Chelsea spent her freshman year rehabbing an injury from her club days and then trying to get her skills back. She had a little clean-up surgery over the summer and is now healthy enough to aggressively approach her gymnastics and getting her skills. Chelsea has been working hard on every event and I am hopeful that she gets back to the position to where she can salute to a judge. I would not be surprised to see Chelsea salute on bars, floor or vault base on what I have witnessed in workouts so far.

Shana Sangston Shana was awarded the team's "Outstanding Newcomer Award" last year as she competed regularly on vault and beam, sometimes at a moments notice. Nothing exemplified her mental toughness more than when she hit her beam set after two routines right before her suffered falls in her first NCAA post-season competition. By the end of the season, she was firmly in the beam line-up and had competed a large number of meets in the vault line-up. This year, Shana is looking even better on both of these events and has even increased the difficulty of her beam routine. She trains all-around and I expect her to be a major contributor on both vault and beam and who knows, she may make an appearance on floor as well. Her high scores from last season were: V-9.75 & BB-9.825.



Jordan Williams Jordan's freshman year started slowly as she fought with injuries as she prepared for the season. But as the season progressed, so did Jordan to where she had firmly solidified her spot in both the vault and the beam line-ups by the time April rolled around. So far this fall, Jordan may have shown the most improvement of any of the gymnasts as she has been exceptional on vault, bars, and beam. Jordan is making her case for significant playing time this year and I for one am very excited to see just how much she does compete and how well she does when she is out there. Jordan's high scores from last season were: V-9.825 & BB-9.85.

FRESHMEN

Danielle Buchanan

Danielle comes to the U of A from Lancaster, CA where she did her club gymnastics for Gymnastics Olympica. Danielle has Cardinal & Navy running through her veins as both of her parents graduated from Arizona. She grew up spending many holidays just down Speedway from the university at her grandparents' home and now she has moved to Tucson for her own reasons. Her final club season was cut short with injuries so Danielle has been very anxious to successfully rehab her injuries and start fresh this season. Looking at her club gymnastics, she has very powerful legs and classic lines and dance that I am sure the fans will appreciate. She is coming back well on beam with both vault and floor starting to show some promise. Her bar routine has been a bit of a work in progress but is coming along well. I am sure that Danielle will be competing for the team as some point and it could be as soon as Cancun if things keep progressing.



Allie Flores

Allie comes to Tucson from Addison, IL where she competed for Illinois Gymnastics Institute, the same club as team member Ellen Pitluck. Allie sustained an ankle injury two years ago, shortly after deciding on attending the U of A. So last season, her focus was on coming back for a solid year to get ready for her move to Tucson. Solid is an understatement as she had a great year, culminating with the Junior Olympic All-Around National Championship. Allie doesn't have a weak event and I am sure she will be in the thick of it when we come down to line-ups. Right now, she is probably most dynamic on bars but fans should look for her on every event.



Kristin Klarenbach

Kristin came a long ways south for her collegiate gymnastics as she hails from Edmonton, AB, Canada where she competed for Champions Gymnastics. She is the latest Canadian to join our team and like most of her predecessors, Kristin is a former National Team Member with plenty of international experience. Kristin is the veteran of many World Cup events and at last year's Canadian National Championships; she was sitting in second place in the AA standings after day 1. Unfortunately, an injury during warm-ups kept from quite possibly a national championship in both the all-around and vault. She has been rehabbing all summer and now is



back to full training on every event. Kristin is a complete all-arounder and I expect her to make an impact on multiple events. Kristin has quite a bit of power and GymCat fans will immediately notice it on floor and vault.



Amber Wobma Amber hails from Rockford, MI and competed during her club career for Geddart's Twistars, the same club as former GymCats Jamie (Duce) Quintero and Bree (Workman) Schlereth. Amber was originally a camper of ours and that certainly helped put her on our radar. Amber is an accomplished all-arounder but I expect her to make the most impact immediately on vault, beam, and floor. Amber finished fourth on floor at last years J.O. Championships and could immediately have an impact on that event.

STAFF

John Court Associate Head Coach John Court is now in his 14th year with the program. John serves as our recruiting coordinator and camp director. John spends most of his time coaching floor and vault when he is not scouring the country for upcoming gymnasts. John and I really think on the same page after all these years and when we get into recruiting discussions or the state of the program, it can get pretty deep! John served as Head Coach at the University of Vermont before joining the program for the 1999 season.



Randi Acosta Assistant Coach Randi Acosta is now in her second year with the program as a coach and has settled in nicely. Randi is a former GymCat that was a 2x All-American, 4x All-Conference, Conference Champion, Regional Champion and Regional Gymnast of the Year during her competition days. Besides coaching beam, Randi is the team choreographer and is responsible for cutting the custom floor music the team uses. Our team has received many compliments for the look of the routines and Randi is directly responsible.

Ahnalee Cristello

Joining us for her first year is our new manager, Ahnalee Cristello. If she looks familiar, that is because she is the younger sister of current GymCat, Aubree Cristello. From a distance they look very much alike. Ahnalee has taken to the gym with a ton of enthusiasm and is working hard to get in sync with the inner-workings of the team. Besides her day-to-day duties as manager, Ahnalee has taken over our info-videos, "The Friday 5", to become the new "Friday Five Girl". So when you see her at meets, don't be afraid to tell her how good she is doing. I am looking forward to Ahnalee being around for a long time!

**Doug Contaoi**

Doug is in his fifth year with the program. Doug received his undergraduate education at the U of A and returned to Tucson after receiving his graduate degree from the University of Oregon and working as a Certified Athletic Trainer at American University. His input is incredibly valuable as I go along managing the team. He coordinates with all of the Doctors, therapists, Neil (our strength coach) and the coaching staff about each individual athlete. Without his efforts, we could not survive the season, guaranteed.

Neil Willey

Neil is our strength coach and this is his eleventh year with the program. Neil is critical to the overall physical condition of the team and their survivability for the long season. Serious gymnasts realize that full time conditioning is required for them to be at their best. Neil runs our mandatory strength program during the academic year as well as assisting the athletes with their conditioning needs over the summer months. Our best defense against injury is to be in the best condition we can be and Neil is a big part of that ideal.



Schedule Please take a moment to look at the schedule at the end of this newsletter. There have been a number of changes since the end of last year, including the deletion and addition of some meets and teams. So make sure you check it out so you can plan to root on the team!

Alumni Sightings

Suzanne Alvey was married on July 2. Congrats to Suze and Trevor. **Brina (Weissman) Migliazza** stopped by the office to bid farewell as she and her husband move to Kansas City as he pursues his education. Brina has been with the program since 2005 and really a big asset to me and the department. She will be dearly missed. **Jenna Karadbil** called to chat about things. She is doing very well and her life is going in some exciting directions. She is moving to New York to become our second “Manhattan” lawyer. Speaking of moving, **Melanie Weiser** has taken a promotion within her company (Omni Hotels) and has moved back to Dallas to what I am sure were screams of delight from her mother if not Karin & Alexis. **Katie (Johnson) Ranne & Sarah Tomczyk** called to catch up and say hello. Katie is doing well still in L.A. and Sarah has moved back to Chicago with her husband. I had a long conversation with **Rose (McLaughlin) Neale** about how well the team is looking and when she might be able to see us compete. I had a chance to chat with our most recent addition to the alumni list, **Miranda Russell**. She is now completely moved to Kansas City where she is an instructor for “Teach for America”. I chatted with **Jamie (Holton) Morrison** and she has a new nursing job up in Phoenix. **Kara (Fry) Meyer** just informed us that there is a new addition to their household. Benjamin William, born Oct. 25th; 8lbs, 8 oz. Congratulations to Kara, Mike and Saylor. **Rachelle Silberg** called to fill me in on what’s been happening with her. She is still doing very well in San Diego and at the time of the call, she was heading out wearing Gene Simmons makeup. Can’t imagine why she would call me???

We are also updating a “Where are they now?” database for our alumni. We use this information on our recruiting webpage but it is also just nice to have. So if you get a chance, just email me with the info at ryden@arizona.edu or just return the information sheet. If you have any official team photo that I do not have, please send it in and I will post it.

Boosters I want to again thank everyone for your generosity last season. The “9.8 Challenge” was a success and we intend on bringing it back this year. Your generosity means everything to a program such as ours and I will tell you that the athletes truly do appreciate all that you do.

If you would like to donate, just send a check made out to “University of Arizona / GymCats” and send it to me here at the office. I will get it to the proper people. Your donation is tax deductible and greatly appreciated.

Cyberspace

You can keep up on important information on the team at the Official University of Arizona Athletics Website (www.arizonawildcats.com). We have a dedicated microsite at www.arizonawildcats.com/gymnastics that will focus on current info, videos, etc. You can also follow the team on Facebook (**University of Arizona Gymnastics**) and Twitter (**AZGymnastics**). It is a great place to stay in touch, see insight videos on the program and random and assorted pictures. Check it out!

As always, the newsletter will be on our main website. The archives of the old newsletters reside at (www.u.arizona.edu/~ryden/gym.html). An entire segment of GymCat supporters receive this newsletter electronically. Please contact me if you would like to be put on that list.

Halloween Party

Just as I was putting the finishing touches together on this edition, some unforeseen issues delayed the mailing until after the annual team Halloween Party. The team did a great job, had lots of fun, and it was pretty entertaining. Deanna & Kristin shared in Best Costume, Aubree & Katie won best group costume, and Barbara & Ahnalee were awarded best pumpkin (after an apple-bobbing playoff with Ellen & Shana and Allie & Amber). Here are some photos:



Until next time...

Bill



Our Current Alumni List:

Deborah Agard
Shane Allbritton
Stacey Allen
Nancy Altmann
Suzanne Alvey
Erica Anderson
Kiernan Andrews
Denise Austin
Cami Banholzer
Colleen Barfield
Anna Basaldua
Briana Bergeson
Lisa Berglund
Hedy Berman
Nikki Beyschau
Monica Bisordi
Rita Bojorquez
Becky Bowers
Mary Kay Brown
Laurie Buckelew
Maureen Burt
Trude Cables
Bernadette Campbell
Beth Carey
Maureen Carroll
Kelly Chaplin
Karen Christensen
Jennifer Clayton
Lynda Coffelt
Cynthia Coleman
Lindsay Compitello
Leslie Crompton
Talyn Curry
Jamie Custer
Deborah Dahlquist
Kimberly Danloe
Colleen Daugherty
Renee Demers
Gretchen Diaz
Patricia Digiacomio
Leslie Distefano
Mary Drachman
Jamie Duce
Aimee Estella
Stevie Fanning
Michelle Fernandez
Sarah Fey
Nicci Filchner
Tanis Fink
Colleen Fisher

Stacy Fowlkes
Stephanie Frank
Kara Fry
Sarah Galecki
Nicole Garrett
Shelly Gault
Bernadette Gentry
Kaley Gibson
Amanda Goins
Carol Grantham
Amy Greenberg
Alexis Greene
Michaela Grigg
Kristi Gunning
Stacey Gusky
Teresa Haag
Beth Hansen
Kristine Harper
Lynda Hartzler
Theresa Hartnett
Pamela Hastings
Alli Hay
Lisa Heckel
Susan Hergenrader
Christina Herrmann
Danielle Hicks
Melinda Hicks
Debra Holland
Patricia Holm
Jamie Holton
Heidi Hornbeek
Robin Hurowitz
Susan Howe
Laura Jager
Susan Jensen
Karen Johnson
Katie Johnson
Jamie Jones
Heather Kameoka
Jenna Karadbil
Kathy Kartchner
Maureen Kealey
Meagan Killpack
Lyric Kite
Deborah Koepsel
Leslie Kopman
Sandra Kostroski
Carolyn Larabee
Jodie Leekwai
Deborah Leggett

Sheehan Lemley
Lana Lenkoff
Randi Liljenquist
Lynda Lopez
Theresa Lovett
Carolyn Malott
Katie Manciet
Deborah Marshall
Jessica Marshall
Gina Martin
Patricia Martin
Kathleen McArdle
Andi McCabe
Kristin McDermott
Rose McLaughlin
Cori Messina
Susan Messenger
Cheryl Micklo
Kristen Micsion
Nancy Milberger
Jacqueline Mims
Diane Monty
Brittney Morgan
Alex Moss
Erin Muirhead
Melinda Nevins
Debra Nodorp
Kendra Nogare
D'Ann O'Bannon
Jennifer Odom
Jillian O'Neal
Sarah Parsons
Abby Pearson
Sandra Pederson
Donna Pierson
Emily Peterman
Marie Phillips
Tenli Poggemeyer
Mary Popanikolas
Sallie Porter
Kristin Powers
Cynthia Preble
Susan Preimesberger
Rhonda Rawson
Salley Rayl
Susan Rayl
Mary Reiss
Diana Rendall
Karen Riechers
Miranda Russell

Leslie Sabey
Amy Sachnoff
Jessamyn Salter
Jamie Schell
Kristen Schmieder
Tania Schneider
Noelle Schnurpfeil
Maria Schweitzer
Lyric Sears
Linda Shannon
Joneen Sigette
Rachelle Silberg
Laura Small
Christina Smith
Nancy Smith
Lynda Smith
Laurie Sowler
Sarah Specht
Brooke Stan
Karen Stephens
Susan Stockslader
Lisha Stone
Heather Straccia
Aubrey Taylor
Janet Thomas
Pamela Thompson
Karen Tierney
Andrea Todd
Susan Tompkins
Nancy Tregonis
Danyra Varela
Patricia Villamana
Karen Walker
Stacey Walski
Andrea Walters
Darci Wambsgans
Susan Warfield
Melanie Weiser
Brina Weissman
Elaine Whelan
Maria White
Sandra Williamson
Caroline Wood
Bree Workman
Karin Wurm
Tracy Yerkes
Gabriela Zermoglio

Alumni Address Information

Name: _____ Phone: _____

Address: _____ Graduation: _____

City: _____ State: _____ ZIP: _____

Occupation: _____

Name: _____ Phone: _____

Address: _____ Graduation: _____

City: _____ State: _____ ZIP: _____

Occupation: _____

Name: _____ Phone: _____

Address: _____ Graduation: _____

City: _____ State: _____ ZIP: _____

Occupation: _____

Please Return to:

The University of Arizona Women's Gymnastics
McKale Center #304
P.O. Box 210096
Tucson, AZ 85721-0096



2012 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI / JAN 6	CANCUN	CANCUN, MX	TBD
FRI / JAN 20	OREGON ST.	TUCSON*	7:00 PM
FRI / JAN 27	ARIZONA ST.	TEMPE, AZ	7:00 PM
FRI / FEB 3	TEXAS WOMAN'S	DENTON, TX	7:00 PM
FRI / FEB 10	ARIZONA ST.	TUCSON*	7:00 PM
FRI / FEB 17	BRIGHAM YOUNG	TUCSON*	7:00 PM
FRI / FEB 24	WASHINGTON	TUCSON*	7:00 PM
FRI / MAR 2	UC-DAVIS SAN JOSE ST. ALASKA	DAVIS, CA	7:00 PM
SUN / MAR 4	STANFORD CALIFORNIA	PALO ALTO, CA	2:00 PM
SUN / MAR 11	NEW HAMPSHIRE	DURHAM, NH	1:00 PM
FRI / MAR 16	AIR FORCE BRIDGEPORT UTAH ST.	TUCSON*	7:00 PM
SAT / MAR 24	PAC-12 CHAMPIONSHIPS	SALT LAKE CITY, UT	TBD
SAT / APR 7	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
FRI – SUN / APR 20-22	NCAA CHAMPIONSHIPS	TBA	1:00 / 7:00

**All Home Meets in McKale Center*

