

CAT SCRATCHES

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The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

February 1 We started off February ranked #12 and traveling to Seattle for our third away meet of the season against Washington. We were still working very hard to try and put that complete meet out on the floor. With that in mind we travelled to the Northwest with the same initial line-ups. Those plans would turn out to be in flux as we proceeded thru warm-ups and the meet.

As the visiting team at a dual meet, our first event would be bars. We would be using the same line-up as we had most of the season: Allie, Lexi, Jordan, Molly, Aubree and Danielle. Allie and Lexi did a fine job starting us off with hits and scores of 9.825 and 9.775 respectively. Jordan then came up and hit her set again for the second straight meet. Unfortunately she did suffer an injury upon landing her dismount. She managed to stay on her feet and salute before being helped off the mat. Her reward for a great effort was a 9.8. Molly, Aubree, and Danielle then proceeded to run the table and hit successively for a 9.775, 9.85, and a 9.825. It was a bittersweet feeling. For the first time all season, we really hit all 6 bar routines. But the extent of Jordan's injury was unknown and she is a big part of our competitive score. With a decent event score of 49.075, we marched to our second event.

Initially we had planned on a new, rearranged vault line-up that included Jordan. Now I had to scramble to come up with a third version of the vault team in about 30 seconds. The new line on the spot would be: Shana, Barbara, Allie, Amber, Kristin, and Aubree. Shana started us off with a 9.7. Both Barbara and Allie both score a 9.675. Amber then hit a very good vault for a 9.75. Kristin then hit the table with huge energy and ended up running at least 4 steps and received a score of 9.55. Aubree basically did the same thing and scored a 9.6. It was a rough vault rotation for us. A 48.4 was not an easy pill to swallow. I challenged the team to dig deep and come charging back. With that in mind we marched to floor.

After a break from vault, Jordan assured me she was good to go and wanted to be out there. So with that, the line-up was the same as last week: Allie, Shana, Jordan, Molly, Kristin, and Aubree with Jessie performing exhibition. Allie and Shana did a great job getting the team back with a 9.775 and a 9.75. Jordan then did a great job stepping up and hitting her routine with a huge smile. She actually had to alter her last pass to avoid a fall which lowered her start value. Even so, she scored a 9.7 which tells you how good it was. Molly, Kristin, and Aubree then all stepped up and hit for 9.75, 9.825, and 9.85. Jessie was also up to the challenge as she hit her routine for a

9.775. Our event score was a 48.95 but we all knew that we had actually performed better than that. I was proud of the team for coming back and ignoring the rest of the meet. With a new surge of adrenaline, we marched to our last event.

The beam line-up also remained unchanged: Jordan, Allie, Amber, Shelby, Aubree, and Molly with Jessie performing exhibition. Jordan had a great set going but a fall on a leap gave her a score of 9.125. Now we were in another pressure situation. Allie got us back with a great set and a 9.75. Amber had an amazing set going until at least a .2 deduction on her dismount gave her a score of 9.675. Shelby, Aubree, and Molly all handled the pressure and hit their sets for a 9.75, 9.8, and 9.8. Jessie then finished our meet with a 9.55. We had survived the fall and scored a 48.775.

Our final team score was a 195.2. I think we actually looked a little better than that. For us, we will watch the video, learn any lessons we can and put this meet behind us. Next up, the Chicago Style Meet with Pittsburgh, Texas Woman's, and Illinois St!

	Bars	Vault	Floor	Beam	All-Around
Danielle	9.825				
Aubree	9.85	9.6	9.85	9.8	39.1
Barbara		9.675			
Shelby				9.75	
Allie	9.825	9.675	9.775	9.75	39.025
Kristin		9.55	9.825		
Lexi	9.775				
Molly	9.775		9.75	9.8	
Shana		9.7	9.75		
Jessie			9.775	9.55	
Jordan	9.8		9.7	9.125	
Amber		9.75		9.675	

February 8 After a brief scare that weather might keep up from getting to Chicago, we arrived only an hour late to a major change in temperature! The team was excited to compete and the only question was "who is going to compete?" With another round of injuries, the team was limping a bit (literally and figuratively) into this meet but no matter, we had a job to do. About an hour and a half before we got on the bus to go to the competition venue, I was informed that Jordan was not able to compete. Being as she has been doing a great job on four events for most of the season, this would raise an interesting situation regarding the line-ups.

As the home team, we had the rotation of Vault-Bars-Beam-Floor. Our vault team was very close to the same one as last week: Shana, Barbara, Allie, Amber, Aubree, and Kristin. What was not the same were the vaults we

performed. Shana started us off with a solid 9.7. Barb then hit a great vault for a 9.825. Allie came back with a 9.725 then Amber hit a super vault for a 9.85. Aubree followed a 9.875 and then Kristin finished with a 9.85. It was the best vault effort in the last few meets. The team was pumped by the 49.125 to start the meet. We marched to vault ready to continue the energy.

Without Jordan, we only had the five regular bar workers that had been training. Only a couple of weeks before, both Shana and Amber both completed their first collegiate bar routine. After a number of successful routines on the floor set of bars, I decided to give them both a chance to show their stuff. It was really up to the rest of the regular bar workers to set the tone and then the two newbies would get their shot. After warm-up, the line-up was: Allie, Lexi, Molly, Aubree, Danielle, Shana and Amber in exhibition. Allie did a fantastic set to start us off with a 9.825. Lexi was up next and unfortunately had her hand slip on her mount and she fell. She remounted and then actually hit probably her best set of the year. But the damage was done and her score was a 9.125. Molly then came up with a very good routine but a couple of steps on her dismount resulted in a score of 9.65. Aubree and Danielle then both hit their routines for identical 9.775's. Now at this point, we still had one routine. It wasn't fair to actually expect Shana to pull the team out of this hole as she is still just learning to be a bar competitor. Well then she saluted. The entire team was stoked just that she was out there. Well after her mount, her first big skill is her release move (Tkatchev) and she hit it. Well now everyone's heart started beating a little faster and started yelling a little louder. When she made it through her next connection of giant full to overshoot, everyone's eyes got a little bigger. OMG she could pull this off! Well when she landed her double layout dismount, the team erupted. It was the loudest 9.725 I had ever witnessed. We still had one routine to go. Amber had done well in warm-ups but she had a couple of falls on this routine, one pretty bad on her dismount. We didn't get the score and I am not sure she really cares. She will get another chance soon and I am sure will get a hit routine that will produce a good score. Our event score was a 48.75. Not great but a lot better than it could have been. Our running meet score was a 97.875 as we marched to beam.

Our line-up for beam was: Allie, Jessie, Amber, Shelby, Aubree, and Molly with Lexi performing exhibition. But as we marched to the event, Jessie's nose started bleeding pretty badly. Boy was there a scramble there for a moment. I first had to determine if Amber could continue and compete beam. Also, Jessie had to do her one-touch with a cotton gauze hanging from her nose. Doug was scrambling. And I had to decide in about 20 seconds if I had to replace Jessie with Lexi in that second spot. Meanwhile Allie saluted to start us off. About 10 seconds in, Allie had her first fall of the season. She finished well but her score was a 9.15. We now had another gut check moment as all of the next 5 athletes needed to hit. Doug had stopped Jessie's nose from flowing and she stepped up and saluted. She continues to impress as she got the team back on track with a hit and a 9.75. Amber brushed off her hard bar fall and stepped up with a great set and a 9.775. What a tough athlete. Shelby then hit a super set with a 9.825 and Aubree followed her with her own super set and an identical 9.825. Molly is a veteran and didn't let the event get away from us. She delivered our 5th hit in a row with a 9.8. We weren't done yet. Lexi was none-to-happy with bars and put that aggression to good use. She saluted and hit her best beam set of the season for a 9.775. We hit that

last 6 routines in a row after a rare miss in the beginning, the beam team has stepped up. Our event score was a 48.975 and our running total was 146.85. We marched to floor determined to close out this meet on a high note.

The floor line-up for this meet was: Allie, Shana, Molly, Jessie, Kristin, and Aubree with Amber performing exhibition. Allie started us off with a very well with a 9.775. Shana then hit for a 9.725 and we started to roll. Molly was up next and hit a very nice routine for a 9.85. Jessie was fourth and rocked her routine for a career high 9.875. Kristin then had a huge first pass on her routine but a .2 hop out-of-bounds cost her big. She finished nearly perfect as her final score was a 9.6. Aubree then hit a very good routine for our second 9.875. Our final routine of the meet was Amber and she did a great job hitting her routine for a 9.65. It was a very good event for us and a great finish to our meet. Our event score was a 49.1 giving us a meet total of 195.95.

When the final events were announced, we had won the competition ahead of Pittsburgh (194.75), TWU (192.825), and Illinois St. (191.125). Aubree took the All-Around with tying for Beam and Floor with Shelby (Beam) and Jessie (Floor). Allie got a big ovation from her home town crowd when she was announced with the bar victory. It was a great trip to the Windy City but it was nice to get back to the warmer weather of home to prepare for our next meet.



Congrats Jessie!

For her efforts both on Beam and Floor (as well as her nose!), Jessie was named the Pac-12 Newcomer of the Week by the Conference. Well deserved!

	Vault	Bars	Beam	Floor	All-Around
Danielle		9.775			
Aubree	9.875	9.775	9.825	9.875	39.35
Barbara	9.825				
Shelby			9.825		
Allie	9.725	9.825	9.15	9.775	38.475
Kristin	9.85			9.6	
Lexi		9.125	9.775		
Molly		9.65	9.8	9.85	
Shana	9.7	9.725		9.725	
Jessie			9.75	9.875	
Amber	9.85		9.775	9.65	

February 16 Our annual “Flipping for the Fight” breast cancer awareness meet welcomed Nebraska to McKale center. We were ranked #14 and they came in at #8 so the quality of the meet promised to be good. We had a number of issues going into the meet. Both Jordan and Allie had injuries that would take them out of events. On the bright side, the newcomers to the program have really been stepping up as of late and this meet was looking more and more like it would be one big experiment for us as we put together line-ups.

Vault was the first experiment of the meet for us. Now without both Allie and Jordan, we had to look to others to fill the spots. Both Jessie and Danielle had resumed vaulting a couple of weeks prior and were looking good enough in practice to warrant consideration. After warm-ups, we decided to have them both salute and see what happened. The line-up would then be: Shana, Barbara, Amber, Kristin, Danielle, and Aubree with Jessie in exhibition. We did well on vault this meet as Shana, Barb, Amber, and Kristin all hit good vaults with scores of 9.725, 9.7, 9.825, and 9.825 respectively. I knew that Aubree would in in the last spot so there wasn't any real worry or pressure on Danielle. Well she made the most of her chance and nailed a nice vault for a 9.8. Impressive. Aubree did hit her vault and finished up our regular line-up with a 9.8. Jessie then saluted for her first collegiate vault and received a 9.65 for her effort. It was a very good start for us with a 48.975 event total.

Both Allie and Jordan would be able to perform on bars so the line-up was back to our usual with: Allie, Lexi, Jordan, Molly, Aubree, and Danielle but with Shana now in exhibition. Let me just say that the bar team performed ok, not great, but question what the event total may lead you to believe. All seven athletes hit their routines and I ended up with inquiries/summaries on six of them which may or may not be of any real use. Evaluations aside, we did what we needed to do and I told the team to ignore the scoreboard and keep their focus. Our event total was a woeful 48.475 and we marched to beam.

Again with Allie and Jordan not available, this would be a whole new line-up with the younger team members shouldering the burden of hitting.

Our final line-up would have no exhibition for the first time and consist of a sophomore, 3 freshmen, and the 2 seniors: Amber, Jessie, Lexi, Shelby, Aubree, and Molly. Amber did an amazing job getting us started off great with a 9.8. Unfortunately Jessie fell on her series for a 9.05. The pressure was on the remaining four. Lexi did a great job for her first time in the line-up and following a miss by a teammate. She got us back on track with a 9.725. Shelby was up next and her routine really demonstrated how high her gymnastics IQ is. She was slightly off trying to connect her original acro series and after fighting for a few moments, decided to cut her losses and leave out her second skill. Now the entire team (and much of the audience) knew that she did in fact need an acro series. Those of us on the floor knew she would do something and we just waited and smiled as it came. Shelby did just that, converting her second acro skill into a series by adding an element and successfully dismounted with a big smile. Her score was a 9.725 that made us all smile. Aubree then hit for our third 9.725 in a row and Molly finished up with a 9.7. Again it was a good team effort to not count a fall and hit routines. I put in more inquiries that were useless. Our event score was a 48.675 but the effort was worth much more to me.

We were excited to get to floor, one of our best events. Jordan was going to be able to go so the line-up became: Shana, Jordan, Molly, Jessie, Kristin, and Aubree with Amber in exhibition. Shana did her usually great job starting us off with a 9.775. Jordan looked like her old self when she hit a 9.825. Molly came back after that with a 9.7. Jessie then saluted and showed why her star is rising fast. After an event win last week, she topped it with a near perfect routine and a 9.925. Kristin & Aubree, already seasoned floor stars, each had a slight error on their second pass but showed exceptional performance everywhere else for matching 9.875's. Amber then saluted for our last routine of the meet. She had a great routine going but struggled on her last pass which gave her a score of 9.375. Nonetheless, we had a great last event and we left our fans with some great gymnastics. Our event score was a very nice 49.275.

This meet was bittersweet for me in many ways. It is not often you wished you weren't even in your own home meet when you see things going on in the meet you can't control. Our team prepared hard for this meet knowing that we are not even close to our strongest and had to come together as a group. We hit 23-of-24 competitive routines and our final team score was an anemic 195.4. We ended up losing to Nebraska by .225 which looks really good on paper when you realize they didn't count a fall either. We are now into the second half of the season and I certainly hope we can get a bit healthier and rise to the level up the upcoming competition. I believe this team can and will.

	Vault	Bars	Beam	Floor	All-Around
Danielle	9.8	9.65			
Aubree	9.8	9.725	9.725	9.875	39.175
Barbara	9.7				
Shelby			9.725		

Allie		9.65			
Kristin	9.825			9.875	
Lexi		9.675	9.725		
Molly		9.725	9.7	9.7	
Shana	9.725	9.45		9.775	
Jessie	9.65		9.05	9.925	
Jordan		9.6		9.825	
Amber	9.825		9.8	9.375	

February 22 For our final meet of February was up in Corvallis, OR with Oregon St. and Seattle-Pacific. ON the health front, Molly would be out for this meet but Shelby would be able to do more. Both Allie and Jordan were both still fighting back from their injuries. Danielle was steadily adding more gymnastics in practice while the rest of the team was getting constant attention from the training room staff. I basically wasn't sure of the line-up as we departed Arizona. We were in sort of a survival mode until we could get some people healthy but time waits for no one and we had to try and keep up our scoring with whoever was out there.

We started out on bars and this meet would have the line-up of: Allie, Lexi, Jordan, Danielle, Aubree and Shana. Allie started us off a solid hit and a 9.725. Lexi then stepped up and hit a routine for a new personal high of 9.825. Jordan followed with a new personal high of her own and a 9.85. Things were looking somewhat good. Danielle then saluted and during her routine, slightly missed her second release. She fought through though, albeit with a broken set. Her original flashed score was a 9.55. After inquiring, the score was raised to a 9.625. Aubree went up hit a good, not great routine for a 9.775. At this point, we had a fair event score with the regular bar workers. Shana is still developing as a bar competitor and was in to gain valuable experience. Unfortunately, a fall and a major break left her with a score of 8.875. Our event score was a 48.8 and all-in-all, we felt good as we marched to beam.

The beam line-up for this meet was: Jordan, Jessie, Lexi, Amber, Shelby, and Aubree with Allie performing exhibition. The event didn't get off to the best start as Jordan had a fall and scored a 9.1. Both Jessie and Lexi stepped up and hit but had a number of breaks that gave them identical 9.7's. Amber was up next and just did not have a good time up there. Two falls and a lot of lost tenths gave her an 8.5. We were now counting a fall. Well both Shelby and Aubree came up and hit good routines for a pair of 9.75's. But unfortunately, even amazing routines were not going to save this event for us. Allie came up last and hit her first beam routine back after a week off. The judges awarded her a 9.675. There really isn't a way to sugar coat it. A 48.0 event score is one of the lowest we have scored in a very long time. It just wasn't a good beam day, end of story. Our running total was a 96.8 at this point.

We rotated to floor with the focus to forget beam and sort of redeem ourselves for the crowd. The new line-up for this week would be: Shana, Amber, Jordan, Jessie, Kristin, and Aubree. Shana started us off with a good lead off routine and a 9.75. Amber then hit a decent routine but a trip out of

bounds left her with a 9.625. Jordan then came back from her beam disappointment and hit her set for a 9.75. Jessie then hit for a 9.8. Kristin had a very nice set for a 9.875. And Aubree hit her routine for a 9.85 to finish off the event. I was proud of the team. To come off of such a poor event and come back with a 49.025, and with a new line-up, was a great character testament. We were back on track if for nothing more than self-redemption. Our team score at this point was a 145.825.

We marched to vault with the goal of finishing off the meet on a high note. There were a number of line-up options for vault since it was the only event in the gym that seems to have any depth at the moment. After warm-up, the line-up for the meet was: Shana, Danielle, Amber, Kristin, Shelby, Aubree with both Barbara & Allie performing exhibition. Shana hit a good vault to start us off with a 9.775. Danielle did the same as she hit a 9.8 for the second straight week. Amber had a problem on her entry but found her feet for a 9.525. Kristin then got us back with a 9.85. Shelby then saluted for her first collegiate vault. It was a good vault with a step for a 9.75. Aubree then hit her best vault in a while for a 9.9. Barbara then stepped up for a 9.725 and Allie finished our meet by hitting her vault for a 9.775. It was our second 49+ (49.075) in a row so that was a positive.

Our final team score was a 194.9 and there was no one from the state of Arizona that was pleased. As poor as this meet was, we need to take it as a huge wake-up call and work forward to a much better March. February was a rough month for the team. From a health perspective that translates all the way down to line-ups, routines, and scores; it was really a month we want to forget. We now have the last third of the regular season staring us in the face and we need to pick it up. Bring on March!

	Bars	Beam	Floor	Vault	All-Around
Danielle	9.625			9.8	
Aubree	9.775	9.75	9.85	9.9	39.275
Barbara				9.725	
Shelby		9.75		9.75	
Allie	9.725	9.675		9.775	
Kristin			9.875	9.85	
Lexi	9.825	9.7			
Shana	8.875		9.75	9.775	
Jessie		9.7	9.8		
Jordan	9.85	9.1	9.75		
Amber		8.5	9.625	9.525	

Alumni Sightings It was really nice to see **Alli (Hay) Coker** wearing her Arizona gear to root on the team at the Washington meet. She and her husband are still in Washington where Alli telecommutes the same job she had

while living in Arizona. **Jami Fryer, Rose (McLaughlin) Neale, Sarah Tomczyk, Suzanne (Alvey) Williams, Andi McCabe, Aimee Estella, Tracey Rosenfeld** were all in attendance and rooting on the team at the Chicago Style meet. I was able to see both **Nikki Beyschau & Amanda (Goins) Dziawura** up in Phoenix when I took a day to get some recruiting in. **Britnie Jones, Kara (Fry) Meyer**, and **Nicci (Filchner) Goodman** were all in the audience cheering for the team at the Nebraska meet. Of course, **Mary (Reiss) Farias & Jamie (Duce) Quintero** were behind the microphones calling the broadcast for our live web stream.

Boosters We have already had a number of donations come in. I just want to thank again those of you who have already donated. I means a great deal to the team and myself.

If you would like to donate, just send a check made out to "University of Arizona / Gymnastics" 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 If you want to actually hear a recap of all of the meets, all you have to do is catch the Coach's Show on our website (www.arizonawildcats.com). It definitely will give you a different look at the results! You will also find valuable news on the team and the competitions. Remember to also check out the Facebook page (**University of Arizona Gymnastics**) and the twitter feed (**AZGymnastics**) to get up to date info.

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.

Until next time...

A handwritten signature in black ink that reads "Bill". The letters are stylized and cursive, with a large loop for the 'B' and a trailing flourish.