

CAT SCRATCHES

Oct 2012
Vol. 15, #1

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

I want to welcome everyone to another great year of Arizona Gymnastics. This is my 23rd year in the program and I am very proud of it and everyone who has come through and made it what it is.

Since the last time I sent out the newsletter, we had one more honor that I wanted to pass along. Katie Matusik was awarded the **Larry Scott Pac-12 Conference Medal**. This award is given to one male and one female athlete each year at each of the 12 institutions in our conference. Obviously Katie was the female recipient for our university. Just when I thought she was finished bringing honor to our program, she adds this award to the many she garnered at the end of last year. I am very proud of her as I am sure the rest of the GymCat nation is as well.

Now on to this year. With the freshmen now integrated into the team and official practices well under way, I can say that this team is looking very good at this point. The team has been working very hard and as a whole, is ahead of schedule as far as getting their gymnastics ready. We should be deep on beam with a lot of competition for the lineup. Vault and floor look to be very strong. Bars has a lot of great skills but it might be where we are lacking a little bit of depth. Overall, I think this team will do some great things.

SENIORS



Aubree Cristello

Aubree is coming off a great junior season where she set all 5 of her personal high scores and was the highest individual all-around qualifier to last year's NCAA Championships. This was nothing out of the ordinary though as Aubree has been a main scorer for the team since her arrival 3 years ago. Being a workhorse is not an exaggeration. Since her first meet as a freshman, Aubree has saluted 149 times for the team and has incredibly only missed 7 times! That is over a 95% hit ratio for one of the top all-arounders in the nation – an all-arounder that has competed in all but 3 events her entire career! She has been named 1st Team All-conference each of her first 3 seasons which in itself is quite an accomplishment. She was also a U of A Academic Champion and Scholastic

All-America last year. I know that Aubree is incredibly motivated to finish off her career with a hallmark season. I believe she will do it. She looks great in the gym and has transitioned into the leadership position very well. During last season, Aubree had an amazing 20 individual event victories. Her current high scores are: Vault-9.9, Bars-9.875, Beam-9.85, Floor-9.95, AA-39.475.

Molly Quirk

Our other senior, Molly, is also coming off a great junior campaign where she was named 2nd Team All-Conference in the AA. It was the second time Molly has been named to the All-Conference Team. Molly has also been primarily an all-arounder for the team since her arrival on campus. In three complete seasons, Molly has competed on all four events all but 6 times. Even though this might be Molly's last year in the sport, she is not coasting by any stretch. She is working on new and more difficult routines on every event. I expect her to once again be a major contributor to the overall success of the team. Molly is known as a great Beam performer, which she is, and will definitely lead by experience on that the event. I personally think of Molly as an all-arounder and wouldn't be surprised if she challenges to match her own beam success on the other events. Molly had two individual event victories last season. Her current high scores are: Vault-9.85, Bars-9.875, Beam-9.9, Floor-9.85, AA-39.2. Molly was a U of A Academic Champion.



JUNIORS



Barbara Donaldson

Barbara would say she had an up and down year last year if you asked her. She was able to get out there and salute a judge on vault on a couple of occasions. With last year's struggles behind her, Barbara is looking very good in the gym and has the goal of contributing on the team on more than just vault. I can say that her vaulting and floor work are at an all-time high since joining our team. I would not be surprised to see Barbara out there, certainly more than last season, but also on new events. Her current high score on vault is 9.775. Barbara was a U of A Academic Champion as well as a Scholastic All-American.

Chelsea Perna

Chelsea spent her entire freshman year coming back from a knee injury she sustained at the end of her club career. Last fall, she was looking good and working very hard to make her debut for the GymCat faithful when unfortunately she sustained another season ending knee injury. I will give Chelsea a ton of credit. It would have been so easy for her to pack it in but she would not give up. So now, over 2 years from the last time she officially saluted, Chelsea has worked very hard and is on track to be ready for the season. Chelsea's main focus is bars right now as her knee returns fully. She is looking better now than ever before and I do believe that she will get the chance to show her stuff to the GymCat fans.

**Shana Sangston**

After a strong freshman campaign, Shana increased her contribution to the team score with an even stronger sophomore year. Shana was solid member of the vault team as she competed in every meet. To add to that, Shana saluted the judge 8 times on beam and 6 times on floor. It was probably the latter where her contribution was felt the most by the team. When a number of injuries and health issues hit all at once, Shana stepped up and hit some big floor routines for big scores. This year she has eyes on finally adding a bar routine to her repertoire with a great summer of training. I believe she will finally have competitive routines on all events and will make just as big or bigger a contribution than she did last year. Shana's high scores are: Vault-9.8, Beam-9.825, and Floor-9.85. Shana was a U of A Academic Champion last year as well as a Scholastic All-American.

**Ali Stakem**

Ali continued her remarkable comeback last season that started her sophomore year. I am calling her a junior only because she has two more years of eligibility and is determined to use them both. Ali saluted the judges on both bars and floor last year as she continues to regain her form. This year, I believe the comeback will be a great story to tell but no longer relevant as Ali has really impressed. As of right now, she has one of the most difficult bar routines on the team, her floor has added difficulty and she is now vaulting at a level that could certainly see her in the top six as we put together lineups. I believe that Ali will certainly become a solid and consistent contributor in the team score. Her high scores are: Bars-9.65 and Floor-9.675.





Jordan Williams

From the time she joined the program, Jordan has been a consistent contributor on both vault and beam. Last season she also saluted for the team three times on bars. Now entering her third year, Jordan has been focused on becoming a complete gymnast that the team can count on, on any event. I have to say that her hard work is paying off as her bars is now consistently at the level of her vault and beam work. The most pleasant surprise is that she is doing very well on floor. Health issues have prevented her from really training the way needed to compete on floor but when she landed the first double back on the hard floor in four years, I started to believe. I think it will be a big year for Jordan, make sure you make it to the meets to see it. Jordan's high scores are: Vault-9.9, Bars-9.75, and Beam-9.85. Jordan was a U of A Academic

Champion last year and had two individual event victories last season.

SOPHOMORES

Danielle Buchanan

Even though Danielle was coming off a knee injury, she made a big contribution for the team by solidifying the bar lineup during the second half of the season. She is completely healthy now and is making a significant push on every event. When she joined the program, bars actually was her weakest event. The circumstances of last year helped her make such a big improvement. Now we are seeing how strong she can be on the other events. I think the Danielle will make a significant contribution to the team's score this year but right now, it would be hard to guess on what or how many events. Whatever it is, it will be good for the team.

Her high score on bars last year was 9.775. Danielle was a U of A Academic Champion last year.



Allie Flores

Allie had a very good first year for the team. She was a solid member of the bar lineup and competed in every meet except for a few meets when she had to sit out due to injury. As the season progressed, Allie broke into the beam lineup and then into the floor lineup. She saluted on all three events at both the Pac-12 Championships and the NCAA Regional Championships. Allie is a focused gymnast and I know she will always be trying to improve on her current events. One of her biggest goals is to add the honor of making the lineup on vault. Allie is looking very good on

every event and I know she will once again be a major contributor to the team's success. Allie was a U of A Academic Champion last year and had one individual title on bars last season.

Kristin Klarenbach

When Kristin joined the team; she and I both had the idea that she would contribute on multiple events for the team last year. An injury unfortunately severely limited her training and all she was able to prepare for adequately was floor. Fortunately for the team, when Kristin did compete on floor, she usually did very well. She has now been able to train additionally on both beam and vault and is looking very good on both. She has also increased her difficulty on floor. I think it will be a very good year for Kristin. She is a strong competitor and I know she will challenge to compete on all three events. Maybe next year, she can add bars! Kristin's high score on floor last year was 9.875.



Amber Wobma

Amber had a good first year for the team last season. She saluted on vault nine times and also was able to compete on beam and floor three times each. Now that she has had a year of experience, Amber is determined to solidify her spot on a number of events. She is looking good and improving on every event. I would expect Amber to challenge for the lineup on vault, beam, and floor as her abilities are apparent on each. Her routines are better and she is looking far more confident. Ambers high scores are: Vault-9.85, Beam-9.775, Floor-9.1. Amber was a U of A Academic Champion last year.

FRESHMEN

Shelby Edwards

Shelby hails from a little ways up north, San Tan Valley, AZ where she trained at Carter's Gymnastics Academy. Shelby has a number of ties to our program. She used to train with Jordan back in their younger days and Shelby's coaches have sent many athletes that have become GymCat alumni prior to their current situation. Shelby had a great season last year as she won the Region 1 AA, Bar, and Vault title. She most likely would have won the AA at



the JO Championships but even with a fall on bars she still finished 8th in the AA. She did win the National Championship on vault however. Shelby is looking great in the gym and she will be ready to challenge for competition time on all four apparatus when the first meet rolls around. She doesn't really have a weak event. The GymCat faithful are really going to enjoy what they see from Shelby.



Lexi Mills Lexi is the latest WOGA gymnast to join the program. This is the same program that produced GymCat alumni Katie Matusik and Mykle Douglas. She calls Lewisville, TX home. Lexi had a stellar Junior Olympic career. She was a four time JO National Qualifier and was the National Champion on Beam while finishing third on Bars. Lexi is also looking great in the gym. On her three primary events, Bars, Beam and Floor, her routines are coming along very well and I expect her to challenge for a regular spot in the lineup on each of them. She has extremely nice lines and her flowing yet precise presentation will immediately impress.

Jessie Sisler Jessie comes to the desert from Sacramento, CA where she trained at Technique Gymnastics. Jessie had a great season last year. She was the Region I JO Champion on Floor. She is a four time JO National Qualifier and has many California state and JO Regional titles to her credit. Unfortunately, Jessie was injured while training for the National Championships and spent the rest of the summer recovering. Since arriving on campus, she has worked hard on her rehab and is now really starting to look like her old self. Every day Jessie gets stronger and her gymnastics gets better. On her two best events, Beam and Floor, I expect her to challenge for significant competition time. The GymCat fans can keep an eye out for her dynamic power and great execution.



Krishna Yemany Krishna is our latest Canadian transplant to land in the desert. She hails from Toronto, ON where she trained and competed for Oakville Gymnastics. Krishna was ranked in the top-10 in the Canadian High Performance category and is very capable on every piece of equipment. Krishna had both an injury and some coaching upheaval at the end of last year and is

now getting back in the total swing of things. Every day in the gym I see her getting better and as all of her high level skills return, I am sure that she will add quality depth on every event and challenge for competition time on each.

STAFF



John Court Associate Head Coach John Court is now in his 15th year with the program. John serves as our recruiting coordinator and camp director. Besides coaching vault and tumbling, John spends massive hours researching the country looking the future generations of the GymCat family. As the current trend of recruiting goes younger and younger, he continually has more prospects on his “plate”. John has been with me from the beginning and your program would not have had the same success without him. 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 third year with the program as a coach. You all know that Randi is a former team member that did great things during her time here. She is the current record holder in the AA. Randi primarily coaches beam along with the team choreography. She is also responsible for cutting the custom floor music the team uses. She also assists me with the day to day coordination of the team. Randi and her family are expecting their third child this fall.



Katie Matusik After completing a great career for us, I am very happy to announce that Katie has remained with the program for this season as an Undergraduate Assistant Coach. Katie will learn and assist with every part of the program as she finishes up her studies. It will be great for the team to have someone helping them that went through the tough times and came out the other side so successful. Beyond just being a role model, I think Katie has much more to offer the program. Her insights are fresh from being an NCAA athlete will certainly be very helpful.

Ahnalee Cristello

Ahnalee is now in her second year as our manager but you would think she has been around for ages if you watched her in the gym. A very conscientious and hard worker, Ahnalee has certainly made my life easier (always a good thing) by being able to anticipate what I am going to ask for and taking care of it before hand. Last year Ahn put her own stamp on the “Friday 5” with some great response. This year she will be back for more and as always, you will see her running around the floor at meets making sure everything is correct for our best possible performance.

**Shay Fox**

New this year, Shay Fox, will be joining the program as another manager. Shay is a former WOGA gymnast (a lot of Texas going around here!) and will help the staff with all the things necessary to make the program tick. She has blended in nicely and has already become a nice addition. She will also be working on the “Friday 5” and all of the other side projects I dream up.

**Doug Contaoi**

Doug is in his sixth 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. Doug is a Tucson native and returned back home after working 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. I even confer with him about the health status of our incoming athletes as they prepare to join the program. Without his efforts, we could not survive the season, guaranteed.





Neil Willey

Neil is our strength coach and this is his 12th year with the program. Neil is the Director of Olympic Sports in the fitness facility and works with our team directly. Over the time he has been with our team, we have developed a gymnastics specific fitness program that does a great job of keeping the team fit. Neil runs our mandatory strength program during the academic year as well as assisting the athletes with their conditioning needs over the summer months. Neil makes a far bigger difference in our performance out on the floor than most people realize. Occasionally you will see him on the floor or up in the stands at our competitions. Don't be shy about telling him what a good job he does.

Halloween Party

During the last weekend of the month, the team had its annual Halloween party. It was the first time we had ever hosted the party on campus and in the gym. This was to coincide with some recruiting activities featuring next year's incoming class. The festivities turned out great followed by the team heading out to a local haunted house!



Schedule

More so than ever before, there have been significant changes to our schedule. When the conference developed the Pac-12 Networks, it meant that we would have to move things around to accommodate live television coverage. In my time here, we have never hosted regular season meets on any day other than Friday. That will change this year as 4 of the 5 meets have been moved to Saturday. Not only are those 4 meets on a new day,

they are not at consistent times. **PLEASE** check the schedule and **SPREAD** the word! We don't want to lose our fan base but this one was not my call. The actual level of competition is amazing so the meets themselves are going to be great. I really hope that this doesn't mess up things too much for you to come out and cheer on the team!

Alumni Sightings It was great to catch up with **Colleen Johnson** at the NCAA meetings. She and her daughter, Gianna, are doing great in North Carolina. **Aubrey (Taylor) Kelly** came in the office to bid us farewell. After 10 years in Tucson, she and her family are moving to the D.C. area where her husband has accepted a new job. It was great to have her around for so long and I will miss her. I was able to spend a few hours with **Colleen Fisher** while I was recruiting in Southern California. She came into the gym to hang out with me as I was watching workout. She is doing quite well. Speaking of Alumni and recruiting, as I was deplaning in Baltimore on yet another recruiting trip, I hear my name being called out. It was **Beamer Bergeson** who is a flight attendant for USAir. She was waiting to get on the aircraft I was just getting off – small world. She still lives in Phoenix and looks great. **Diane (Monty) Bell** visited during our camp as one of her daughters was a camper. **Jessamyn Salter, Nikki Beyschau, Jamie (Holton) Morrison, Amanda Hunter** and **Gina Martin Mueller** all coached at this year's camp. **Nicci (Filchner) Goodman** visited the gym with her children. She was visiting family but still resides in El Paso. **Lisha (Stone) Slinde** also visited with her twins and her mother. Lisha still resides in Michigan. **Mary (Reiss) Farias** has stopped by the gym a couple of times. Now, besides publishing children's books on gymnastics, she and her husband are the newest gymnastics club owners here in Tucson. Congratulations Mary! **Jamie (Holton) Morrison** stopped by the gym as we were about to start official workouts. Unfortunately for me she was coming by to say her goodbyes. She is moving with her husband to Texas for job opportunities. Besides an active alumnus, Jamie was the action commentator on all of our webcasts for the last 3 years and she did a fantastic job. It was a pleasant surprise when **Michelle (Fernandez) Wells** stopped into the gym to visit with her family. It was her first visit since her graduation in 1994. She promised to not take so long for her next visit! **Stevie (Fanning) Frey** made a surprise appearance in the gym. She had not been back since the re-design. She and her husband are doing well and still reside in Colorado.

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 department has undergone some changes so I am unsure if there will be any gymnastics specific promotions. But your generosity is still greatly needed and appreciated. Promotions or not, you can always donate to the program directly through me. 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 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**). It has current articles, videos, and pictures of the team. You can also subscribe to our Twitter feed (**AZGymnastics**). Katie has been sending out real time happenings with the team. We will also be posting from the floor of the competitions. Check them 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.

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
Becca Cardenas
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
Mykle Douglas
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
Deanna Graham
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
Britnie Jones
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
Katie Matusik
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
Ellen Pitluck
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



2013 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SUN / JAN 6	CALIFORNIA W/ AUBURN, KENTUCKY	BERKELEY, CA	2:00 PM
SAT / JAN 12	STANFORD ILLINOIS SAN JOSE ST.	TUCSON*	4:00 PM
SAT / JAN 19	TEXAS WOMAN'S W/ BYU, WISCONSIN-WHITEWATER	DENTON, TX	7:00 PM
FRI / JAN 25	UTAH	TUCSON*	7:00 PM
FRI / FEB 1	WASHINGTON	SEATTLE, WA	7:00 PM
FRI / FEB 8	<u>CHICAGO STYLE MEET</u> ARIZONA PITTSBURGH TEXAS WOMAN'S ILLINOIS ST.	CHICAGO, IL	7:30 PM
SAT / FEB 16	NEBRASKA	TUCSON*	5:00 PM
FRI / FEB 22	OREGON ST.	CORVALLIS, OR	7:00 PM
SAT / MAR 2	ASU	TUCSON*	3:00 PM
FRI / MAR 8	OKLAHOMA	NORMAN, OK	7:00 PM
SAT / MAR 16	MISSOURI	TUCSON*	4:00 PM
SAT / MAR 23	PAC-12 CHAMPIONSHIPS	CORVALLIS, OR	TBD
SAT / APR 6	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
FRI – SUN / APR 19-21	NCAA CHAMPIONSHIPS	LOS ANGELES, CA	1:00 / 7:00

**All Home Meets in McKale Center*