

CAT SCRATCHES

Oct 2010
Vol. 13, #1

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

A New Look with Many New Faces

Immediately after the academic year finished, it seemed like the program was sent into a spin that kept me working overtime. Sarah had moved on to her first teaching position and was doing well. That was the one change I knew was coming. After that, we had three staff changes and had three athletes retire from the sport that I expected to compete this year. The most obvious change is the one that most of you know – one of our own has returned back to home. Randi (Liljenquist) Acosta has joined the staff to take over beam coaching and choreography. So even though the gym has a different look with a lot of new faces, the energy is as good as ever. It is a very exciting time for the team and we are all looking forward to a great year!

SENIOR



Miranda Russell

Miranda is back for her 5th and final year. She has had an up and down time as of late but she is determined to the finish off her gymnastics with a bang! Miranda had an exceptional first two years with the program. She secured All-Conference honors as well as being named The University of Arizona Sophomore Female of the Year in 2008. A season ending knee injury in the 3rd meet of her junior year changed everything. After knee surgery to repair the injury and intense rehab, she returned with the high expectations for her 4th year. Although the recovery didn't go as expected she did a great job competing on bars. A second surgery on the knee

occurred right after the season finished last year and we are hoping that she will finally be pain free and helping the team on as many events as possible. Miranda has been easing her way back on vault, beam, and floor in practice while swinging the best bars of her career. Miranda is the leader of this year's team and has career high scores of 9.85 on vault, 9.85 on bars, 9.9 on beam, 9.875 on floor and 39.4 in the all-around. Miranda grew up in a gymnastics family in Oshkosh, WI.

JUNIORS



Rebecca Cardenas

Becca had an exceptional freshman year for the team in 2009. Unfortunately, she ended 2010 before it started when she injured her knee in our “Black December” last year. After surgery and rehab, she has been looking great in the gym. I am confident that she will regain her high flying abilities from her freshman year. She is training well on all four events and could see considerable action on all of them. Becca’s high scores from her first season are 9.825 on vault, 9.825 on bars, and 9.925 on floor and she hails from Honolulu, HI.



Deanna Graham

Deanna followed up a great freshman campaign with a break out season last year. She earned 1st Team All-Conference Honors as well as placing at both the Conference and Regional Championships while achieving her goal of becoming an excellent NCAA all-around gymnast. She competed on all four events officially in 9 meets and qualified as an individual all-arounder to the NCAA Championships. She is not sitting on any laurels as she has been working since the end of last season to improve all of her events. Her biggest breakthrough of late is that after many years of trying, Deanna will be adding a major release to her bar routine, therefore solidifying all

of her routines. She looks great in the gym I am confident that she will have an even better season this year. Deanna’s high scores are 9.9 on vault, 9.775 on bars, 9.85 on beam, 9.925 on floor and 39.4 in the all-around. Deanna is our home town gymnast from right here in Tucson.



Britnie Jones

Britnie followed up her excellent freshmen year with an identical effort last season. A primary competitor on bars and beam for both of her first two seasons, she was a solid competitor and scorer for the team on both events. Britnie is exceptional on both events but has been using the fall to perfect new, more difficult bars and working on a leg issue that will hopefully finally let her return to her amazing beam work. After that, who knows...? Britnie’s home town is Phoenix, AZ and her high scores are 9.85 on bars and 9.9 on beam.



Katie Matusik Right now, Katie is just hoping for nothing out of the ordinary. She has had to deal with unfortunate and untimely injuries her first two but from the outside you might not know it. With a torn shoulder her freshman year, she was limited to only beam where she fell in her first meet and then never again to become the teams most consistent beam worker. After a great fall last year, she broke her foot on a fluke and wasn't able to compete until the middle of the season. She ended up performing exhibition on bars, and being a significant scorer on both beam and floor. All without falling on any routine on any event. This year, her routines are looking better than ever and

she will be a major player on all three events. She wants normal but I think she handles the abnormal quite well. Her high scores are 9.725 on bars, 9.875 on beam and 9.8 on floor. Katie hails from McKinney, TX.

SOPHOMORES



Aubree Cristello Extraordinary probably sums up Aubree's freshman year. Aubree was a major workhorse for the team, competing in the all-around in all but 1 meet (only 3 events in that meet). With that she only had 2 falls all year hitting 49 out of 51 routines. For all her hard work and success, she was named to the All-Conference 1st Team in the all-around. This fall she has picked up right where she left off and once again looks to be one of our top gymnasts and competitive leaders. Aubree isn't willing to just rest on her past success. She has been working to improve and refine all of her events while also playing with additional difficulty. You can count on her to be ready

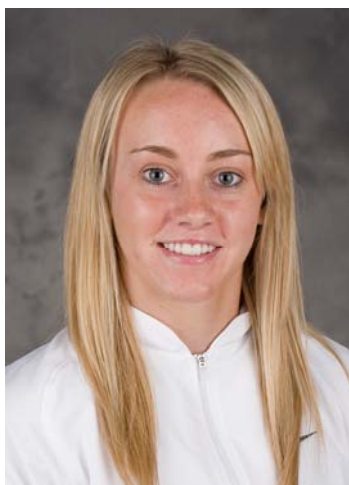
to go when we salute in January. Aubree comes to Tucson from Glenville, NY.



Mykle Douglas Mykle's freshman year did not start out as she expected. Hampered by illness and injury, Mykle fought hard through the struggles to get herself into shape and into a position to help the team. She did just that stepping in on floor to help bolster the depleted squad. Mykle is back this year, injury free and a determined focus to show everyone what she is capable of. I expect her to be a mainstay competitor on floor and vault. She has been coming along on beam and bars as well so I wouldn't be surprised to see her name on a scoresheet there as well. Mykle's high scores are 9.4 on vault and 9.775 on floor. Mykle's hometown is also Plano, TX.

**Ellen Pitluck**

Ellen's freshman competitive season came to an abrupt and early end as she was one of the casualties of our "Black December" last year. Since then she has undergone major elbow surgery and many trips back and forth to Los Angeles so see her surgeon in an attempt to come back. She has been making good progress on beam (the only event she is allowed to train on) and is hoping to add events after the 1st of the year. We are all hopeful that Ellen's comeback will be a success and she can finally get out there in front of our fans. Ellen hails from Chicago, IL.

**Molly Quirk**

Extraordinary part II has to go to Molly. Molly performed the most routines in the official line-up of anyone on the team last year. She competed all-around in every meet which is truly exceptional for a freshman. What really is unique is that out of 52 routines in the competitive line-up, Molly hit 51 of them. I would think that might challenge for the highest hit percent in the nation last season for any gymnast competing 50+ routines. As a result, she was named to the All-Conference 1st Team in the all-around. Molly loves learning new skills and she has been hard at work in the gym adding new skills on every event. The way it looks, most of them will make it out on the

floor this year. It will be hard to match last year's performance but I am confident that Molly will be a major contributor on all four events and someone everyone can count on to hit. Molly calls Glenmont, NY home.

**Ali Stakem**

Technically Ali is a sophomore but from a gymnastics standpoint, Ali is a *very* unexpected freshman. Last season Ali served as a Team Manager, and a fine one she was. After the season she informed me of her desire to return to her sport after a 3 year, doctor recommended retirement. I agreed to allow her the attempted comeback and so far she is doing well. I am a little uncertain as of how close she will get to competing this year but one thing is for certain, it won't be for a lack of desire and hard work. Her best event is bars and I believe that might be the place where Ali might make her debut. Ali came all the way across the country to the U of A from her home in Gaithersburg,

MD.

FRESHMEN



Barbara Donaldson Barbara comes to us from Bakersfield, CA. She was a level 10 gymnast for Waller's GymJam Academy. She is fun to have in the gym and works extremely hard. I have been impressed with her vaulting and I believe that she will make an immediate impact there. Floor could also be a possibility as she is progressing well as the semester flies by.



Chelsea Perna Chelsea joins the GymCat family from the east coast where she calls Middletown, DE home. Chelsea competed for 1st State Gymnastics had an accomplished Level 10 career, including finishing 2nd in the AA in 2008 at the National Championships. Unfortunately, her club career ended earlier than planned as she sustained a season ending injury just months before graduation. After successful surgery, Chelsea has been hard at work in the gym both rehabbing her injury and starting to work back into competitive form. I am confident that when Chelsea is fully recovered and released, that she will regain her old form and be a great addition to the team.



Shana Sangston Shana is our latest Arizona gymnast to stay in state and compete for the Wildcats. Shana hails from Phoenix where she competed for Aspire Sports Center. She is working hard on new skills with the determination to help the team wherever she can. Her new vault is looking very good as well as her beam and both definitely could see the competitive floor.

**Jordan Williams**

Jordan hails from Rancho Cucamonga, CA where she trained at Precision Gymnastics. After several successful years competing as a Level 10 and Elite gymnast, Jordan was unable to compete last season due to several injuries and small surgeries to fix nagging ailments. The year off has strengthened her drive and determination. She has goals to become one of the next distinguished all-around athletes to compete for our program and I believe she can do it. She is already performing well on bars and beam and as her body improves, I am sure vault and floor will not be far behind. Jordan has the talent to compete on any of the four events and this fall

will tell us just where she will make her Arizona debut and how much of an impact her freshman year will be.

STAFF**John Court**

John is now in his thirteenth year with the program. John has a new title of Associate Head Coach and serves as Recruiting Coordinator and Camp Director for the program. John spends an incredible amount of time scouting gymnasts and evaluating their potential with regards to our program. At this point, he and I discuss virtually everything and I trust his input as I lay out the program. John spends most of the time in the gym coaching floor and vault but also makes time to help out when possible on beam and bars.

**Randi Acosta**

The newest addition to our program is not really an addition, just a welcome home. Anyone who has followed our program knows the name Randi Liljenquist (her maiden name) and the great career she had competing for us. Randi is a former 2x All-American, 4x All-Conference, Conference Champion, Regional Champion and Regional Gymnast of the Year. Randi has a gift when it comes to coaching and in particular – choreography. The team was very excited to welcome back one of their own and the example that Randi portrays. We are all excited to have her back and I know that her coaching will impress the GymCat fans just as her gymnastics did.



Doug Contaoi Doug is in his fourth year with the program. Doug received his undergraduate education at the U of A and returns to Tucson after receiving his graduate degree from the University of Oregon and working as a Certified Athletic Trainer at American University. Doug is a critical part of our staff and I can't explain what it means to a Head Coach of such a tough sport to have someone who knows the program and the athletes so well. Doug 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 tenth year with the program. Neil is critical to the overall physical condition of the team and their survivability for the long season. The team starts physical conditioning training almost the moment they arrive on campus in the fall. Neil and I have worked to develop a system that both achieve the goals of the training as well as preparing the body to handle the punishment of such an abusive sport as gymnastics. Our team is always in great shape by the season and it seems that with each year and accumulation of new information, the team is better than the year before. Neil also works closely with Doug as the gymnasts are going through rehabilitation for various injuries.

Schedule Changes The only significant change to the schedule is the date of our away meet at BYU. It has been changed from Friday, February 25th to Saturday the 26th. All of them times have now been confirmed

Alumni Sightings After 5 months, these updates are scattered and somewhat out of order. I record them as I remember or as they happen but with so many alumni so involved, it gets tough over such a long time. I guess a good problem to have!

Sarah Tomczyk dropped by to tell me she accepted a full-time high school teaching position in Benson. **Suzanne Alvey** called and is engaged and has a new full-time teaching position in Louisville, KY. **Melanie Weiser** called to let me know that she has accepted a job with Omni Hotels and is moving to DC. **Karin Wurm** called to check in. In short, she decided to head west and stopped in Dallas to visit **Melanie**. **Melanie** left; **Karin** stayed and now has a job with Analysts in Motion. To add to the small world, **Alexis Greene** decided to move to Dallas and now lives a few doors down from **Karin** – still teammates. **Rachelle Silberg** has been so successful with her job that she was promoted

and relocated to San Diego. **Rose (McLaughlin) Neale** has started a new position as a legal consultant in New York. **Sarah Parsons** is working in the Peace Corp. This year's membership flyer for the "A Club", the Club for former Arizona Letterwinners features 2 great shots of GymCat alumni. **Rachelle Silberg** and **Rose (McLaughlin) Neale** on the front and a group shot of **Alexis Greene**, **Karin Wurm**, **Melanie Weiser**, **Danielle (Hicks) McAfee**, and **Jamie Holton** on the inside. **Jamie Holton** and **Jessamyn Salter** were back to help run camp. They both have been doing it so many years they could probably run it themselves. **Aubrey (Taylor) Kelly** and **Brina Weissman** dropped in to say hi during camp. At that time, **Aubrey** was expecting their second child and **Brina** was about to get married. Both have since happened. **Brina (Weissman) Migliazza** is working in the front office of a local Chiropractic clinic. **Aubrey** welcomed her second son Luke shortly before her husband won the Republican primary for U.S. Congress. **Mary Reiss** came in the last day of camp for a book signing. **Jamie Schell Lasher** and **Mary (Reiss) Farias** both were married at the end of July. What was fascinating about those weddings is that they both were in small Colorado mountain towns, not too far from each other, on the same day. What are the odds that two former team members getting married almost on top of each other by accident??? **Jenna (Karadbil) Leavitt** called to catch up. She is doing quite well in Los Angeles as both an attorney and a nationally rated judge. **Danielle (Hicks) McAfee** and **Nicci (Filchner) Goodman** stopped by the office and the gym to say hello as they were in town for **Jamie Holton's** Bridal shower. On a recruiting trip to the Phoenix area, coaching in the gym was both **Nikki Beyschau** and **Amanda (Goins) Dziawura**. I finally met up with **Jamie (Duce) Quintero** at a football tailgate and met her new son, Austin. She looks great for being sleep-deprived! **Sarah Tomczyk** rushed back home to Tucson from her new teaching position in Benson so that she could stop by the gym during practice to visit. Same old Sarah, full of energy and a love for flipping. It wasn't long before she had borrowed clothes from the team and was doing full-in's off of the tumble-trak. In a surprise visit from Kentucky, our other new full-time teacher, **Suzanne Alvey**, dropped in the gym to say hi. She loves her job and looks great. I was able to attend **Jamie (Holton) Morrison's** wedding in between the madness of recruiting. In attendance were: **Danielle (Hicks) McAfee**, **Aubrey (Taylor) Kelly**, **Colleen Fisher**, and **Brina (Weissman) Migliazza**. **Jessamyn Salter** and **Erin (Muirhead) Maimone** were in the bridal party. In a very nice Homecoming surprise, **Jodie Leekwai** and **Caroline Wood** both came into the gym to watch workout. What a great thing to have alumni from many different eras' staying in touch with the program. While Jodie and Caroline were being given a tour of the gym by our resident alumnus, **Randi (Liljenquist) Acosta**; **Kristin (McDermott) Princiotta** phoned from Puerto Rico to say hi where she was attending **Gretchen Diaz's** wedding. Kristin wanted to catch up on how things were going. I urged her and her sister to come back and visit the old stomping grounds. Another very pleasant surprise! **Randi** and I attended the Letterwomen's Breakfast that celebrated the Women's Sports Legacy at the U of A. Besides Jodie and Caroline, we were joined by **Kara (Fry) Meyer** and **Mary (Reiss) Farias**. Also in attendance were **Robin Hurowitz**, **Susan Rayl** and **Katie Frey**.

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 As always, we really want to thank all of the Boosters who have helped our program over the years. A program like ours uses donations to directly affect the athletes. I hope that you can find it to continue your support. 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**). Our Facebook Fan Page has over 1,400 fans already. 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.

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 Guskay
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
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: _____

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Name: _____ Phone: _____

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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



2011 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SUN / JAN 9	PAC-10 PREVIEW	LOS ANGELES, CA	2:00 PM
FRI / JAN 14	UTAH ST. BYU	LOGAN, UT	7:00 PM
FRI / JAN 21	ARIZONA ST.	TUCSON*	7:00 PM
FRI / JAN 28	BOISE ST.	TUCSON*	7:00 PM
FRI / FEB 4	ILLINOIS-CHICAGO	TUCSON*	7:00 PM
SAT / FEB 12	NORTH CAROLINA ST.	RALEIGH, NC	7:00 PM
FRI / FEB 18	STANFORD	TUCSON*	7:00 PM
SAT / FEB 26	BYU	PROVO, UT	7:00 PM
SUN / MAR 6	UCLA	LOS ANGELES, CA	2:00 PM
FRI / MAR 11	NEW HAMPSHIRE TEXAS WOMAN'S BYU	TUCSON*	7:00 PM
SAT / MAR 19	PAC-10 CHAMPIONSHIPS	LOS ANGELES, CA	4:00 PM
SAT / APR 2	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
THU – SAT / APR 15-17	NCAA CHAMPIONSHIPS	CLEVELAND, OH	1:00 / 7:00

**All Home Meets in McKale Center*