

CAT SCRATCHES

Oct 2007
Vol. 10, #1

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

Welcome Back Since my last newsletter, a number of things have happened. There have been a couple of weddings and a number of new and future additions to alumni families. You can catch most of it by checking out the alumni section down below. The coaches have been busy recruiting and at the same time, welcoming a brand new team with a brand new look. The most significant event that most of you can visualize is that the gym is being expanded as we speak. When it is completed, it will certainly be one of the finest training facilities in the nation. We are stretching the facility west, towards McKale. We will be lengthening the vault runway and will allow us to complete the gym as it was envisioned by Mr. Gault and myself thirteen years ago. The team will now be able to tumble, vault and trampoline into all three surfaces (loose foam, resi-pit, and landing mat) while expanding both the Uneven bar area and Balance Beam area. For those of you who trained in or simply visited the old gym (which itself was very nice, just cramped), it will look basically the same only longer and rearranged. It also allowed us to learn from our earlier mistakes of the original designs (bathroom, locker room, training room, etc.) and make some improvements. All-in-all, very exciting but it has forced us to spend all of the summer and most of this semester training off-campus. We are due to be back in the gym by December 1 with final completion this spring sometime.



As far as the team goes - after a long summer, everyone is back and getting ready for a new season. The team is really looking pretty good after a month of voluntary workouts followed by official practice. The team is

definitely ahead of where we have been in the past at this time of the year. Let me introduce you to this year's team:

SENIORS



Danielle Hicks Immediately after Regionals last year, Danielle underwent a multiple surgery on her shoulder and her foot to correct some problems that she had to deal with the entire season. The foot is completely healed and although Danielle had to undergo another surgery on the shoulder to remove scar tissue, she is extremely motivated to return for her final season. She has been the mainstay of our beam team since she arrived on campus but has also had great performances on the other three events. She is a very talented all-arounder and hopes to return to that form.

Rachelle Silberg Rachelle had another solid season last year as a valuable member of the vault squad. She has recently undergone wrist surgery for a torn ligament but we are all certain she will be able to get back to form before our first competition. I know that Rachelle has goals even beyond merely making it back into the lineup and she is working hard so when the doctors give her the go ahead, she's ready.



Melanie Weiser Melanie has spent the entire summer continuing her rehabilitation from her ACL tear she suffered early last year. She has finally been fully released and now will begin the process of regaining her skills. She is planning on graduating this May so the time is now and we are all anxious to see how it goes.

Karin Wurm After a great junior year – (All-Conference, 2x All-American, Academic All-Conference, Academic All-American), Karin spent most of her summer doing an internship with NIKE in Beaverton, OR. She wasn't able to train much but came back to the Old Pueblo ready to go her final campaign. Karin looks quite good and already has most of her high-level skills back to their usual proficiency. This will allow Karin to play on new, riskier elements (her favorite thing) and who knows what will develop between now and the season. I for one can't wait to find out!



JUNIORS



Suzanne Alvey

In my opinion, Suzanne had a great year last year. She did a great job competing bars and certainly made a difference in the team score and team ranking. Suzanne is a selfless team member and a tireless worker and I know wants to make more of an impact this year. Although she already makes more of an impact than she realizes, I do think that she will compete on both vault and floor this year in addition to bars.

Erica Anderson

Erica spent all of last season battling a number of different injuries and ailments. She never gave up but I am sure she would prefer not a repeat for this year. She is very anxious and dedicated to returning to her freshman form where she was healthy and challenging for competition opportunities. She has been training all summer and is already looking like what she had hoped for last season.



Briana Bergeson

Beamer really came into her own last season. A 2nd place on beam at Regionals, multiple 9.9's during the season, and a new personal high on bars; she was a major contributor for last year's squad. Beamer has been working hard on vault and floor with the goal of competing all-around sometime in the near future. And even though she is capable of scoring 9.9+ every time she competes beam and is averaging over 9.8 on bars, she isn't taking those two events for granted and is working skills that would give her some of the most difficult routines in the nation. It will be an exciting year for Beamer and I

believe that she will get some of the national recognition her gymnastics deserves.

Alexis Greene

Almost everyone remembers how dynamic Alexis' freshman year was. She scored 9.8+ on three events and everyone including Alexis expected bigger and better for her second year. It wasn't to be though as she ruptured her Achilles on the Monday after our first meet last season. She spent the rest of the year cheering for her teammates and going through rehabilitation. She has been partially released, I expect her to be ready on all four events by the season. Time will tell along with the competition for lineup spots how fast her comeback will



happen but I for one know that she is very motivated to make a major impact this season. I think she's right.



Sarah Specht Sarah certainly had one of the most impressive seasons last year. After a tough freshman year, recovering from an injury sustained late in her club career, she was almost two years removed from competition and none of us knew what to expect. Sarah never gave up during her rehab and comeback and all that hard work paid off. By the end of the season, Sarah was a mainstay on Vault, Bars and Floor. She has been working all summer to improve those events as well as her consistency on beam. She has set the goal to compete all-around and if she does, she will have some of the more difficult routines of any all-arounder.

She looks really good and after watching her desire and dedication of her first two years, I wouldn't bet against her.

Bree Workman Bree also had a breakout season last year. Her consistency and ability to come through for the team, each and every weekend really marked her year. She has certainly one of the biggest vaults in the NCAA and placed 2nd at Regionals last year. Bree also is a very good floor worker and had a number of good outings on floor last year for the team. She is still performing vaults so high you could drive a truck under but working hard to upgrade both her floor and beam work. I really think that she will make much more of an impact on the lineup this year besides scoring 9.9 on vault.



SOPHOMORE



Miranda Russell Miranda had a great freshman year. She had the goal to be a major contributor to the team score and she did more than that. After a few meets, she broke into the all-around and remained there until an injury took her out for Regionals. It is rare for a freshman to compete all-around and the fact that Miranda did, bodes well for her future. She has been working on increased difficulty on all four events and has the goal of making even more of an impact on the team score this year.

FRESHMEN

Colleen Fisher Colleen made the short hop east across the desert from Murrieta, CA to join the GymCat family. Colleen did her club training at SCEGA, one of the premier clubs in the nation. During her club career, Colleen was an accomplished, national caliber gymnast. She is a former J.O. National AA Champion, J.O. National Team Member as well as a past California State Beam Champion. She was widely recruited and I am very proud that she chose Arizona. Colleen is a true all-rounder, equally proficient on every event. She has been looking very good in the gym and I expect her to challenge for the line-up on every event.



Amanda Hunter Amanda didn't go far from home when she made her decision to pursue collegiate gymnastics. Amanda is a local gymnast from Tucson who competed for Tumbleweeds Gymnastics. Amanda is a Level 10 National Qualifier who has ten Arizona state Level 10 titles to her credit. Amanda's favorite event is bars but she is training well on floor and beam as well. I believe Amanda will challenge on all three of those apparatus at some point during the year. She will definitely add needed depth to the squad.

Kristen Schmieder Kristen is also a local product that decided to compete for her hometown school. Kristen is from Tucson and has been around the program for years, from attending camps to rooting from the stands. It only seems natural that she has taken this next step to being an official member of the squad. Kristen competed for Tumbleweeds Gymnastics and was a J.O. National Qualifier. She was last year's Arizona state Beam Champion and also medaled on Beam at Nationals. Kristen is an excellent student that has already focused on becoming an architect. She has been looking good in the gym and has been improving quite a bit, especially on bars. I expect Kristen to make an immediate impact on her best event, beam, and I wouldn't be surprised if she were a consistent member of the line-up.



STAFF

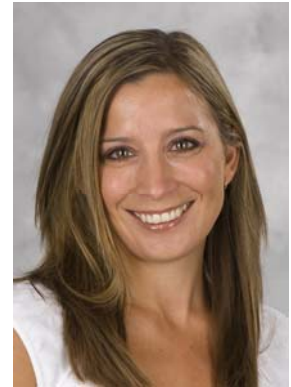


John Court

John is starting his tenth year with the program. John serves as Recruiting Coordinator and Camp Director as well as his coaching duties. There isn't much left to be said that I haven't already said over the years. We have been together long enough now that there isn't any part of the program that he doesn't have an impact on. Last year he was recognized by his peers as he was named Co-Regional Asst Coach of the Year.

Colleen Johnson

Colleen is now in her fourth year with the program. In fact she now holds the U of A record for occupying her desk with the gymnastics program! She has been a huge asset to the program ever since arriving. Besides coaching and choreography, Colleen is heavily involved in the marketing and promotions of the team, the team attire (Leos, Warm-ups, Public appearance attire, make-up, etc) and cutting every piece of custom floor music we use. Colleen was also recognized by her peers and was named Co-Regional Asst Coach of the Year.



Doug Contaoi

Doug is now in his first full year with the program after coming on mid-year last season. 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. You all know how integral and important our trainer is to our success and Doug has fit in perfectly. The team is keeping him hopping with multiple surgeries, rehab, and annoying strains and pulls.

Neil Willey

Neil is our strength coach and he plays a critical role in the overall conditioning of the team. The team starts physical conditioning training almost the moment they arrive on campus in the fall. Neil and I have worked for a number of years 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 himself is an accomplished athlete. He recently competed in the Bicycle Trials World Championships in Scotland.





Brina Weissman

Brina is in her third full year as our manager and is a very important member of the staff. Brina works directly between the athletes and the coaching staff handling any and all situations to improve practice and competitions. She manages the floor during our meets, organizing matting, music, and equipment for every routine we put out there. Brina recently told me that she upgraded to a Smart Phone to help keep me from going crazy. Rather it is true or not, you have to love the sentiment.

Jamie Holton

The newest member of the coaching staff is no stranger to anyone who follows the program. Jamie was a senior on our team last season and had an outstanding season, earning All Pac-10 honors on both beam and floor. She won the South Central Regional on beam last year and qualified to the NCAA Championships. Jamie has a desire to make coaching a career (despite my warnings!) and I really think she has the potential to be very good. Although she has already graduated, she has remained in Tucson to work with the team. It has already been paying dividends as she assists with coaching and choreography.



Intrasquads

The tentative dates of the intrasquads are Friday, November 30th, time to be determined and Saturday, December 15th @ 11:00 AM. I want to emphasize that these dates and times are very tentative as I am not sure of the location which will affect time and judges. If the next newsletter is not out by the 30th, please call the office if you are interested in coming to watch.

Alumni Sightings

I attended **Jamie Duce's** wedding here in Tucson. Alumni in attendance were: **Amanda Goins, Kara Fry, Aubrey Kelly, Danyra Varela, Katie Johnson, Jamie Schell, Monica Bisordi, Kristine Harper, Stevie Fanning, and Andi McCabe.** Additional news coming out of the wedding was that **Kristine Harper** is engaged to be married in June. I had lunch with **Cami Banholzer** while recruiting in LA. She was a week away from a getaway to Ireland. I keep up with **Rose (McLaughlin) Neale** when I get a chance. She just passed the bar exam for NY and will be taking it for Texas. She is in classes up at NYU in Manhattan right now. **Mr. Gault** is doing his same old thing in South Carolina: coaching a little and fixing up there next "project" house. I attended **Katie Johnson's** wedding up in Minneapolis. All of her classmates on the team were in attendance: **Monica Bisordi, Stevie Fanning, Jamie (Duce) Quintero, Jamie Schell, and Kristine Harper.** **Kristin (McDermott) Princiotta** emailed me that she is pregnant with her first child, a boy. I ran into **Andrea Walters** at a Memorial Service back in Denver. She hasn't changed a bit; she looks just like she did when I coached her in her High School days and when she competed for the U of A. **Lisa Heckel** called to sing me Happy Birthday on my cell phone. She is looking forward to her

upcoming wedding in January. **Randi (Liljenquist) Acosta** called just to check in on everyone. On October 12th, Randi had her second child, Isabella. Coincidentally, this is the same birthday as Jaime Rosenfeld, who was born while Tracey was coaching here. **Lindsay Compitello** emailed me about the opening of her new Pilates studio in the Phoenix area. **Nicci (Filchner) Goodman** emailed me to let me know that she and her family are on their way, moving back to Arizona. She was in the gym the day after her arrival to check out this year's team. **Heidi Hornbeek** emailed me to catch up. She is starting a four year surgical residency in Philadelphia. **Gretchen Diaz** emailed to say hello. She is still in Puerto Rico but she has started her own magazine (*Girl Talk Magazine*) that is on its third issue. **Jessica (Marshall) Hart** called to say hi. She just received her Level 10 judges rating and will be entering the college judging ranks to join **Jenna (Karadibil) Leavitt**. I hope she knows what she is getting in to! **Jaime Cranage** emailed me to keep her address current. She is a Neuro ICU Nurse in Philly. **Tracey Rosenfeld** has relocated to Madison, WI although she plans to remain with Woodward Camps. I ran into **Mary Reiss** at a football game. She came down from Phoenix with her new Beau. **Kara (Fry) Meyer** called to check in and make plans to stop by and check out the freshmen. She is doing very well and her husband is back in Arizona now for the winter. Later, Kara called me from Tucson Airport. She was boarding a flight that the family of Gene Simmons' was getting off of. **Cami Banholzer** called me from the Las Vegas airport. She was standing next to Gene Simmons. Most of you know why I get those phone calls. If you don't, you haven't missed much. It's a great feeling that my ex-gymnasts are taking care of 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.

Schedule Make sure to check out the schedule at the end of the newsletter. There have been a few minor changes from the one published last spring. I wouldn't want there to be any reason for anyone to not be at a meet! Alaska will be joining us for our first home competition on January 11. The Stanford meet is now being held on Sunday, January 20th. The Illinois-Chicago meet is set for a 5:00 PM start, the Kentucky meet a 7:00 PM start and the Denver meet, a 6:00 PM start.

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.arizonaathletics.com). This year, I still plan to have the newsletter on the website. The archives of the old newsletters reside at (www.u.arizona.edu/~ryden/gym.html). In fact there is an entire segment of

GymCat supporters who 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
Kiernan Andrews
Denise Austin
Cami Banholzer
Colleen Barfield
Anna Basaldua
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
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
Stacy Fowlkes
Stephanie Frank
Kara Fry
Sarah Galecki
Nicole Garrett
Shelly Gault
Bernadette Gentry
Kaley Gibson
Amanda Goins
Carol Grantham
Amy Greenberg
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
Melinda Hicks
Debra Holland
Patricia Holm
Jamie Holton
Heidi Hornbeek
Robin Hurowitz
Susan Howe
Laura Jager
Susan Jensen
Karen Johnson
Katie Johnson
Jamie Jones
Nancy 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
Linda Lopez
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
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
Tania Schneider
Noelle Schnurpfeil
Maria Schweitzer
Lyric Sears
Linda Shannon
Joneen Sigette
Laura Small
Christina Smith
Nancy Smith
Lynda Smith
Laurie Sowler
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
Elaine Whelan
Maria White
Sandra Williamson
Caroline Wood
Tracy Yerkes
Gabriela Zermoglio



2008 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI / JAN 11	NORTH CAROLINA ST. ALASKA	TUCSON*	7:30 PM
SUN / JAN 20	STANFORD	PALO ALTO, CA	2:00 PM
FRI / JAN 25	OREGON ST.	CORVALLIS, OR	7:00 PM
FRI / FEB 1	CALIFORNIA	TUCSON*	7:30 PM
SAT / FEB 9	ILL-CHICAGO	CHICAGO, IL	5:00 PM
FRI / FEB 15	ASU	TEMPE, AZ	7:30 PM
FRI / FEB 22	UCLA	TUCSON*	7:30 PM
FRI / FEB 29	WASHINGTON	TUCSON*	7:30 PM
FRI / MAR 7	KENTUCKY WESTERN MICHIGAN	LEXINGTON, KY	7:00 PM
SAT / MAR 15	DENVER	DENVER, CO	6:00 PM
FRI / MAR 21	BYU CS-FULLERTON	TUCSON*	7:30 PM
SAT / MAR 29	PAC-10 CHAMPIONSHIPS	SEATTLE, WA	5:00 PM
SAT / APR 12	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
THU – SAT / APR 24-26	NCAA CHAMPIONSHIPS	ATHENS, GA	1:00 / 7:00

**All home meets at McKale Center*

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:

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P.O. Box 210096
Tucson, AZ 85721-0096