

CAT SCRATCHES

Oct 2009
Vol. 12, #1

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

A Whole New Year I know that the statement might be a little over-used but it really does feel different this year. This is one of the smallest teams we had had in a while. We lost six athletes from last year's squad while gaining four freshmen. While we have only three upper classman and are lacking in depth, I don't believe we are lacking in heart or talent. The team is looking good as we put together the new routines for the season. If we can clear up some injuries, I think this team will be pretty exciting. Let me introduce you to this year's GymCats...

SENIOR



Sarah Tomczyk This year's lone senior has been here a long time. Sarah is a 5th year senior and already has her Bachelor's Degree in English. Forced to redshirt her freshman year, she could have retired after a great year last year. A year that included 1st Team All-Conference honors, 2nd place on floor at the Pac-10 Championships, and the NCAA Regional Floor title earning a NCAA Championships berth. She is 100% focused and looking great. She increased her difficulty on Floor, Vault and Bars last year so this year she is busting her you-know-what on beam to finally make that beam lineup. Sarah will be a huge part of our team again year as she performs the very best gymnastics of her entire career. Sarah's has career high scores of 9.90 on vault, 9.85 on bars and 9.925 on floor. Sarah's hometown is Naperville, IL.

JUNIORS

Miranda Russell

Following in the theme of competing class being out-of-whack, Miranda comes back for her fourth year but is really only a junior. Miranda, unfortunately had a season ending injury during her third event of her meet of last season. This allowed her to just come under the wire and redshirt the season. So if there is a silver lining in an injury, it is that Miranda has been given the very rare, do-over, and is looking great. Her recovery from her injury is going very well and Miranda has a rejuvenated spirit as she prepares to make her return on January 9th. We have adjusted a few things in her routines to help her ease into the year but I really believe that the GymCat faithful are going to be really excited to see the new Randi Jo. Miranda has been competing all-around since her freshman year 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.



Colleen Fisher

Colleen is the junior who is actually a junior. Colleen had a breakout season last year and was a mainstay for the team all season. It was her first year performing in the all-around and she did a great job with her consistent, fine performances. Colleen loves to compete and the team could always count on her to come through under pressure. Her contribution was so big to the team that she was voted the team MVP at the end of the year. Colleen is currently dealing with an injury that is hampering her fall preparation. She is working hard to be ready for January and help the team in any way she can. I believe she will be able to salute in January and know that she will have an impact. Colleen has career high scores of 9.875 on vault, 9.8 on bars, 9.825 on beam, 9.8 on floor and 39.15 in the all-around. Colleen actually came *east* to the U of A from Murrieta, CA.

SOPHOMORES

Rebecca Cardenas

Becca is coming off a great freshman campaign where she competed on two and sometimes three events for the team. She earned 2nd Team All-Conference honors on floor and was a major contributor in every competition. Becca quickly became a fan favorite last year with her big smile and big gymnastics. She is quiet normally but I expect her gymnastics to shout loudly this year. Her high scores from last season are 9.825 on vault, 9.825 on bars, and 9.925 on floor. Becca traveled the farthest to pursue her collegiate career as she hails from Honolulu, HI.



Talyn Curry

In my opinion, Talyn had a great year last year and did a great job for the team. When Talyn came to our team, I wasn't sure where she might fit in competitively. She works very hard and her rye sense of humor keeps me laughing even when I might be a "little" stressed. After a solid fall semester, she really showed her value when she solidified the vault team the first meet of her collegiate career and successfully held that spot the majority of the season without a miss. Far more than just a vaulter, Talyn is focused on making the lineup on more than one event. Talyn's high score on vault last year was 9.775 and her hometown is Westborough, MA.

Deanna Graham

Deanna is the hometown girl made good. Deanna grew up watching the GymCats and many of the alumni know her personally from coaching her at our camp. When it came time for Deanna to don the Arizona leotard, she didn't let nerves or excitement get in the way. Deanna is known for her tumbling prowess so it was no surprise when she immediately made her mark on vault and floor. It was maybe her most important and surprising contribution as a freshman as she was called to duty on bars, an event that has caused her more than a little frustration in the past. She did a great job and was selected to the All-Conference 2nd Team on vault. Even though she is dealing with a nagging injury, she is looking great and I expect her to salute on three or four events come January. Deanna's high scores from last season are 9.9 on vault, 9.75 on bars and 9.875 on floor.





Britnie Jones It is easy to forget that even though Britnie has a full season behind her where she competed in almost every meet, she is actually only in her second semester. Even though she is a veteran, she is going through her first fall semester with the long workouts and intense strength training. She fought through some injuries last year and is hopeful to expand on her events this season. She was looking good this fall on the two events she competed last year, bars and beam, until another nagging injury slowed her down. When she can finally get back to the leg events, I am sure that she will be an even tougher competitor. After the madness of arriving on campus and being out on the competition floor 2 weeks later, she is now comfortable being the veteran she is and being the same age as the new freshman. Britnie's home town is Phoenix, AZ and her high scores last year were 9.8 on bars and 9.9 on beam.

Katie Matusik Katie did not have the freshman year that she envisioned when she left McKinney, TX to start at the U of A. She arrived with a damaged shoulder and doubts to her ability to contribute. We decided to put off surgery so she could compete at least on beam and help the team any way she could. The result was a very good year where she competed in the beam line-up in every competition, only falling once, in her very first meet, and then never again. Now with a repaired shoulder, Katie is working hard to get back her other events and she is looking better and better every day. Even though falling only once all season on beam is a pretty significant contribution, I really believe that she will bring that and more to the team this year. Katie's high score last year on beam was 9.85.



FRESHMEN

Aubree Cristello Aubree comes to us from Glenville, NY where she competed for World Class Gymnastics. Aubree is a classic all-arounder and is very strong on every event. She has been training well in the gym and has her eyes focused on contributing to the team score on as many events as possible. In my opinion she has a great shot as competing in the all-around, a big deal for a freshman.

Mykle Douglas

Mykle is our second gymnast from Texas and our second gymnast from World Olympic Gymnastics Academy in Plano, TX. A club teammate of Katie's, Mykle is a talented all-around gymnast with very dynamic tumbling and vaulting. She is also quite talented on beam and working hard to learn that final skill she needs to complete her bars. I know that the GymCat fans will be impressed when they see Mykle out on the floor. I expect her to contribute on two or three events right away. Mykle's hometown is also Plano, TX.

**Ellen Pitluck**

Ellen comes to the U of A from Chicago where she competed for Illinois Gymnastics Institute. Although a talented all-arounder, Ellen will tell you her favorite event is bars. She is a very talented bar worker and even though I am sure she will make a big contribution there, I also believe that she will make much more of an impact than that one event. She is a very hard worker and never seems to lose her smile even with the big adjustment to her new training regimen.

Molly Quirk

Molly calls Glenmont, NY home and competed for World Class Gymnastics during her club career, just like Aubree. Molly is also a very talented all-arounder who has impressed early on beam. I am sure that balance beam won't be the only thing that GymCat faithful will see of Molly when the season opens in January. I believe she has a great chance to compete on anywhere from 2 to 4 events when the team starts the season.



STAFF



John Court John is now in his twelfth year with the program. John serves as Recruiting Coordinator and Camp Director as well as his coaching duties. Besides coaching, John spends an incredible amount of time scouting gymnasts and traveling to see them. We have been working together long enough now that there isn't any part of the program that he doesn't have an impact on. He 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.

Colleen Johnson Colleen is in her sixth year with the program. 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. In the gym she primarily spends her time around the beam area. With the new, larger gym, she has quite a trip to back and forth from the beams to the floor area for choreography and back again. Oops, my bad.



Doug Contaoi Doug is in his third 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 was married over the summer but you might not know it with the hours he puts in with the team. I hope Deana (his wife) knows how much I appreciate her patience. 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 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 also works closely with Doug as the gymnasts are going through rehabilitation for various injuries. The team looks great this year!

**Jami Fryer**

Jami is now in her third year as a team manager and plays a big role in and out of the gym. Jami wears many hats. In the gym she helps with gymnast prep, running the motion analysis computers, and coordinating the fine details of team operations. In meets she will be easily identifiable as she coordinates the team as we move around the competition floor. Her job duties do extend beyond gymnastics equipment though. She coordinates with coaches needs in the running of the program and makes sure that all the small details are accounted for. Her real title might as well be Program Coordinator. Her most public contribution to the program might be her weekly "Friday 5" video webisodes that appear on both our Facebook fan page and our YouTube page. They have been a big hit with our fans and alumni alike. And finally, her least favorite job might be keeping me sane on those rare days when no one can catch a release move...

Alumni Tailgate

We have been getting a lot of traffic from the alumni about this year's homecoming festivities. Colleen has heard directly from Katie (Johnson) Ranne, Rose (McLaughlin) Neale, and Cami (Banholzer) Scagliotti, Beamer Bergeson, Erica Anderson, Alexis Greene, Lindsay (Compitello) Hendrickson, Jessamyn Salter, Kara (Fry) Meyer and Rachelle Silberg. I would encourage everyone who can to come out and catch up with your friends and fellow alumni. If you are thinking about attending, please RSVP to Colleen Johnson at (520)621-4024 or colleen1@arizona.edu. The cost is \$15 per person and will be located in our usual place, in front of the gym.

Please note that the start time for the game is now at 1:30 PM and therefore our tailgate will start at 11:30 AM.

Schedule Changes

There are three schedule changes that have occurred since last year. First, I had to cancel competing in Hawaii due to the fact that although we were ready willing and able to go, there was not another team willing to make the trip and therefore we had no one to compete with. In its place, we will be traveling to Arkansas for dual competition that will be very tough. The meet will be on Saturday, January 9th at 7:00 PM. Secondly, our annual dual meet with ASU up in Tempe has been changed from Friday, January 22nd to Sunday, January 24th at 2:00 PM. Finally, the day and time of our Nebraska meet has changed. Instead of Friday, February 26th @ 7:00 PM, the meet will now be on Sunday, February 28th and 2:00 PM. Please note these changes and I hope they will not cause any inconvenience to anyone.

Alumni Sightings

The GymCat family has grown a bit over the summer. **Kiernan Andrews, Kristin (McDermott) Princiotta, and Maureen (Kealey) Bleam** all had new additions (babies) to their families. **Mary Reiss, Jamie Holton** and **Jessamyn Salter** all came in to coach at our camp. **Aubrey (Taylor) Kelly** stopped by with her son, James, to say hello and see how the camp was going. I was able to make it out to **Cami Banholzer's** wedding. Also in attendance were **Rose (McLaughlin) Neale** and **Lisa (Heckel) Shabansky** along with their significant others. The wedding was very "Cami": Big Wedding, Big Tent, Big Dress. **Matt Radelet** has moved to Phoenix, gotten married, and gone back to school to start a new career as Physicians Assistant. What do they say about the most stressful situations in a person's life? I think he has hit three of the top four all at once! **Karin Wurm** and **Melanie Weiser** are both in touch about their 2 month long trip to Europe. They have sent some postcards and it looks like the trip of a lifetime. **Danielle (Hicks) McAfee** welcomed a new member to her family, Charlotte Olivia McAfee, born September 24th. Congratulations to Danielle and Trey. **Brina Weissman, Aubrey (Taylor) Kelly, Jamie Holton** and **Jessamyn Salter** all stopped by the gym to watch workout and see the new team. Brina is working for rental property company in Oro Valley, Aubrey is a stay at home mom as her husband Jesse mounts a campaign for the U.S. House, Jamie is in nursing school while judging and Jessamyn is a full-time nurse at St. Mary's Hospital. I ran into **Randi (Liljenquist) Acosta** prior to the Stanford football game. She was in town visiting her in-laws and decided to take in the game. I had just seen her, or rather her image, as I was walking through a store and noticed a big Arizona Athletics 2010 wall calendar with her picture on the front.

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. That is what **Robin Hurowitz** did with the 1979 photo. It is my goal to have as much a complete history of the entire program as possible. That includes photos, posters, and videos.

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 just moved to a new ISP and are experiencing some growing pains. 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 is blowing up with a lot of fans and alumni.

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...



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
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
Alexis Greene
Michaela Grigg
Kristi Gunning
Stacey Gusky
Teresa Haag

Beth Hansen
Kristine Harper
Lynda Hartzler
Theresa Hartnett
Pamela Hastings
Alli Hay
Lisa Heckel
Susan Hergenrader
Christina Herrmann
Danielle Hicks
Melinda Hicks
Debra Holland
Patricia Holm
Jamie Holton
Heidi Hornbeek
Robin Hurowitz
Susan Howe
Laura Jager
Susan Jensen
Karen Johnson
Katie Johnson
Jamie Jones
Heather Kameoka
Jenna Karadbil
Kathy Kartchner
Maureen Kealey
Meagan Killpack
Lyric Kite
Deborah Koepsel
Leslie Kopman
Sandra Kostroski
Carolyn Larabee
Jodie Leekwai
Deborah Leggett
Sheehan Lemley
Lana Lenkoff
Randi Liljenquist
Lynda Lopez
Theresa Lovett
Carolyn Malott
Katie Manciet
Deborah Marshall
Jessica Marshall
Gina Martin
Patricia Martin
Kathleen McArdle
Andi McCabe
Kristin McDermott
Rose McLaughlin
Cori Messina
Susan Messenger
Cheryl Micklo
Kristen Micsion
Nancy Milberger
Jacqueline Mims
Diane Monty
Brittney Morgan
Alex Moss
Erin Muirhead
Melinda Nevins
Debra Nodorp
Kendra Nogare
D'Ann O'Bannon
Jennifer Odom

Jillian O'Neal
Sarah Parsons
Abby Pearson
Sandra Pederson
Donna Pierson
Emily Peterman
Marie Phillips
Tenli Poggemeyer
Mary Popanikolas
Sallie Porter
Kristin Powers
Cynthia Preble
Susan Preimesberger
Rhonda Rawson
Salley Rayl
Susan Rayl
Mary Reiss
Diana Rendall
Karen Riechers
Leslie Sabey
Amy Sachnoff
Jessamyn Salter
Jamie Schell
Kristen Schmieder
Tania Schneider
Noelle Schnurpfel
Maria Schweitzer
Lyric Sears
Linda Shannon
Joneen Sigette
Rachelle Silberg
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
Melanie Weiser
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



2010 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SAT / JAN 9	ARKANSAS	FAYETTEVILLE, AR	7:00 PM
SUN / JAN 17	STANFORD	PALO ALTO, CA	2:00 PM
SUN / JAN 24	ARIZONA ST.	TEMPE, AZ	2:00 PM
FRI / JAN 29	CALIFORNIA	TUCSON*	7:00 PM
FRI / FEB 5	UCLA	TUCSON*	7:00 PM
FRI / FEB 12	OREGON ST.	CORVALLIS, OR	7:00 PM
FRI / FEB 19	ALABAMA	TUSCALOOSA, AL	7:00 PM
SUN / FEB 28	MASTER'S CLASSIC <i>Arizona / Nebraska / Denver / West Virginia</i>	LINCOLN, NE	2:00 PM
FRI / MAR 5	WASHINGTON	TUCSON*	7:00 PM
FRI / MAR 12	MINNESOTA	TUCSON*	7:00 PM
SAT / MAR 20	DENVER CALIFORNIA	DENVER, CO	6:00 PM
SAT / MAR 27	PAC-10 CHAMPIONSHIPS	TUCSON*	4:00 PM
SAT / APR 10	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
THU – SAT / APR 22-24	NCAA CHAMPIONSHIPS	GAINESVILLE, FL	1:00 / 7:00

**All Home Meets in McKale Center*