

CAT SCRATCHES

Dec 2013
Vol. 16, #2

The Newsletter of The University of Arizona GymCats

Dear Friends, Alumni & Boosters,

Happy Holidays!

Team Retreat After many weeks of recruiting visits and hard workouts, we finally had time to get away for a well-deserved break from campus. We packed up the vans and headed to the very scenic and serene Catalina Mountains. With the team in one huge cabin and the staff in another, it was a great weekend of bonding, hiking, and relaxation. I am very blessed to have the team and staff that I do. With all of the little challenges this team has been presented with, it was the thing we needed as we push now on for our first meet.

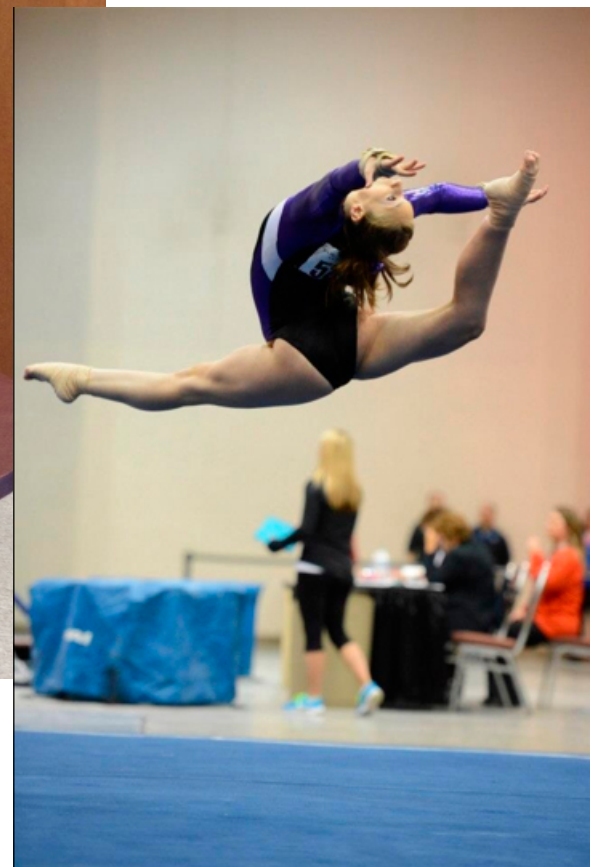


Congratulations

While we were away on our retreat, we did have quite a few current and former Gymcats that were honored by the department for their academic efforts. Danielle Buchanan, Aubree Cristello, Barbara Donaldson, Mykle Douglas, Shelby Edwards, Molly Quirk, Shana Sangston, Jessie Sisler, Jordan Williams and Amber Wobma were all named U of A Academic Champions. Congrats!

Welcome to the Family!

I am very excited to announce the addition of a new athlete to the team starting next fall. Madison Cindric from Texas Dreams Gymnastics, has signed with us and I couldn't be more excited. When we first started talking to Madison, we knew she was a very good gymnast with a big upside. Then like it was on cue, right after Madison decided to become a Gymcat, her gymnastics took off. She finished 3rd in the All-Around at the most recent JO National Championships. She also finished 4th on Floor and 5th on Bars and Beam. Needless to say, I am looking forward to her contributing very good routines on every event next year. I am also looking forward to her having another great season this year to finish out her club career. If you are at meet where Madison is competing, cheer her on as she will be wearing the jeweled A very soon!



Intrasquad #1 On Friday, December 6, we had our first official intrasquad of the season. The primary focus was on vault and beam but there would be 5 additional floor routines also. We have been slowed in our preparation due to illness & injury so this would be an important benchmark for the coaches and the athletes. Overall, I was pretty happy. Vault went well and we seem to have an abundance of available 10.0 start value vaults to choose from. Beam is also pretty deep although the team performed very nervously. Obviously I was less impressed with that performance. I believe that the beam team will be fine given time to fine tune. On floor, our loss of training time is very obvious. We had 5 athletes perform just to get a feel on what we might need to do for the start of the season as the entire team gets up to the training level I want them at. Overall it was good to have 13 different athletes perform and therefore make their first bid for the line-up. Here is a chart of the scores from the judging at the intrasquad:

	VAULT	BEAM	FLOOR
Shana	9.85	9.75	
Selynna	9.8	9.5	9.7
Jordan	9.9	9.8	
Barbara	9.75		9.15
Shelby	9.85	9.7	
Allie	9.85	9.65	
Amber	9.75	9.65	9.65
Kristin	9.8		
Jessie	9.8	9.85	9.8
Mackenzie	9.9	9.5	
Lexi		9.8	8.75
Shay		9.75	
Krysten		9.65	

Team Holiday Party



Right before finals started, we gathered for the annual team holiday party. As usual, the team had a great time together and reflected on a hard, beneficial fall semester. Great food and great people. I am blessed with a great team & staff!

Intrasquad #2 We focused primarily on bars and floor for the second intrasquad. We had a few additional beam routines and vaults. Our performance was a bit conservative as was the resulting scores. Our missed training during the semester definitely showed up with additional fact of coming off our finals week. I know we will be ready for Chicago but we won't see it until right before the meet. Highlights of the intrasquad would be Jordan, Shelby, Gabby, Allie on bars, Shelby and Amber on beam, and Jordan, Shana, Shay, Barbara, Kristin on floor. All with 9.7+ scores.

1st Meet, January 25 I do want to let you know that we will be honoring Mr. Gault at our first home meet of the season on January 25th. We plan to have a gathering in the Hall-of-Champions after the finish of the meet where friends, family and fans can get together to honor Jim. Please put it on your calendar.

Director of Operations A new addition to our staff is that Aubree Cristello has volunteered to serve as our Director of Operations for the year. I couldn't be happier that one, she will help me immensely with the work load of the program and secondly, I get to keep her around for another year! Aubree is the one responsible for the constant updates on our social media accounts. I have received so many positive comments about the social media posts already, that I am worried about when she leaves!

Alumni Sightings It is always nice to see some alumni at the Homecoming festivities. This year **Katie Matusik, Becca Cardenas,** and **Mykle Douglas** all stopped by the gym to say hi. **Jillian O'Neal** and **Brina Weissman** stopped by the team tailgate on Saturday. Speaking of Alumni, **Aubree Cristello** has come aboard to assist the program. She will have the title of Operations. It has also been good to have **Molly Quirk** come in the gym regularly. She has been getting "repaired" by our team surgeons from her years of gymnastics as she finished up her studies. **Mary (Reiss) Farias, Nancy (Altmann) Jones,** and **Britnie Jones** came into the gym to root on the team at the 2nd intrasquad. Great to see them and thanks for the support! **Kara (Fry) Meyer** and **Becca Cardenas** visited practice over the break as the team prepared for the first meet of the season.

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**), Twitter (**AZGymnastics**), and Instagram (**ARIZONA_GYMNASTICS**). They have current articles, videos, and pictures of the team.

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





2014 SCHEDULE

<u>DAY/DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SAT / JAN 11	ILLINOIS-CHICAGO	CHICAGO, IL	5:00 PM
SUN / JAN 19	STANFORD	PALO ALTO, CA	2:00 PM
SAT / JAN 25	OKLAHOMA	TUCSON*	4:00 PM
SAT / FEB 1	WASHINGTON	TUCSON*	4:00 PM
FRI / FEB 7	UTAH (TV)	SALT LAKE CITY, UT	7:00 PM
SAT / FEB 15	<u>METROPLEX CHALLENGE</u> ARIZONA OKLAHOMA LSU KENTUCKY	FT. WORTH, TX	7:00 PM
SAT / FEB 22	ASU (TV)	TEMPE, AZ	4:00 PM
SAT/ MAR 1	UCLA	TUCSON*	4:00 PM
SUN / MAR 9	OREGON ST. (TV)	TUCSON*	1:00 PM
SAT / MAR 15	TEXAS WOMAN'S BYU BRIDGEPORT	TUCSON*	4:00 PM
MON / MAR 17	AIR FORCE	CO SPRINGS, CO	6:00 PM
SAT / MAR 22	PAC-12 CHAMPIONSHIPS	BERKELEY, CA	TBD
SAT / APR 5	NCAA REGIONAL CHAMPIONSHIPS	TBA	6:00 PM
FRI – SUN / APR 18-20	NCAA CHAMPIONSHIPS	BIRMINGHAM, AL	1:00 / 7:00

**All Home Meets in McKale Center*