

STATE
GIRLS GYMNASTICS
MEET

TIME SCHEDULE

- 9:00 A.M. COACHES MEETING
9:45 A.M. OPENING CEREMONY
10:00 A.M. CLASS B COMPULSORY
11:00 A.M. CLASS A COMPULSORY

1:30 P.M. CLASS B OPTIONALS
3:00 P.M. CLASS A OPTIONALS
7:00 P.M. CLASS B FINALS
8:00 P.M. CLASS A FINALS
8:45 P.M. AWARDS CEREMONY

NORTH DAKOTA HIGH SCHOOL

GIRLS
GYMNASTICS

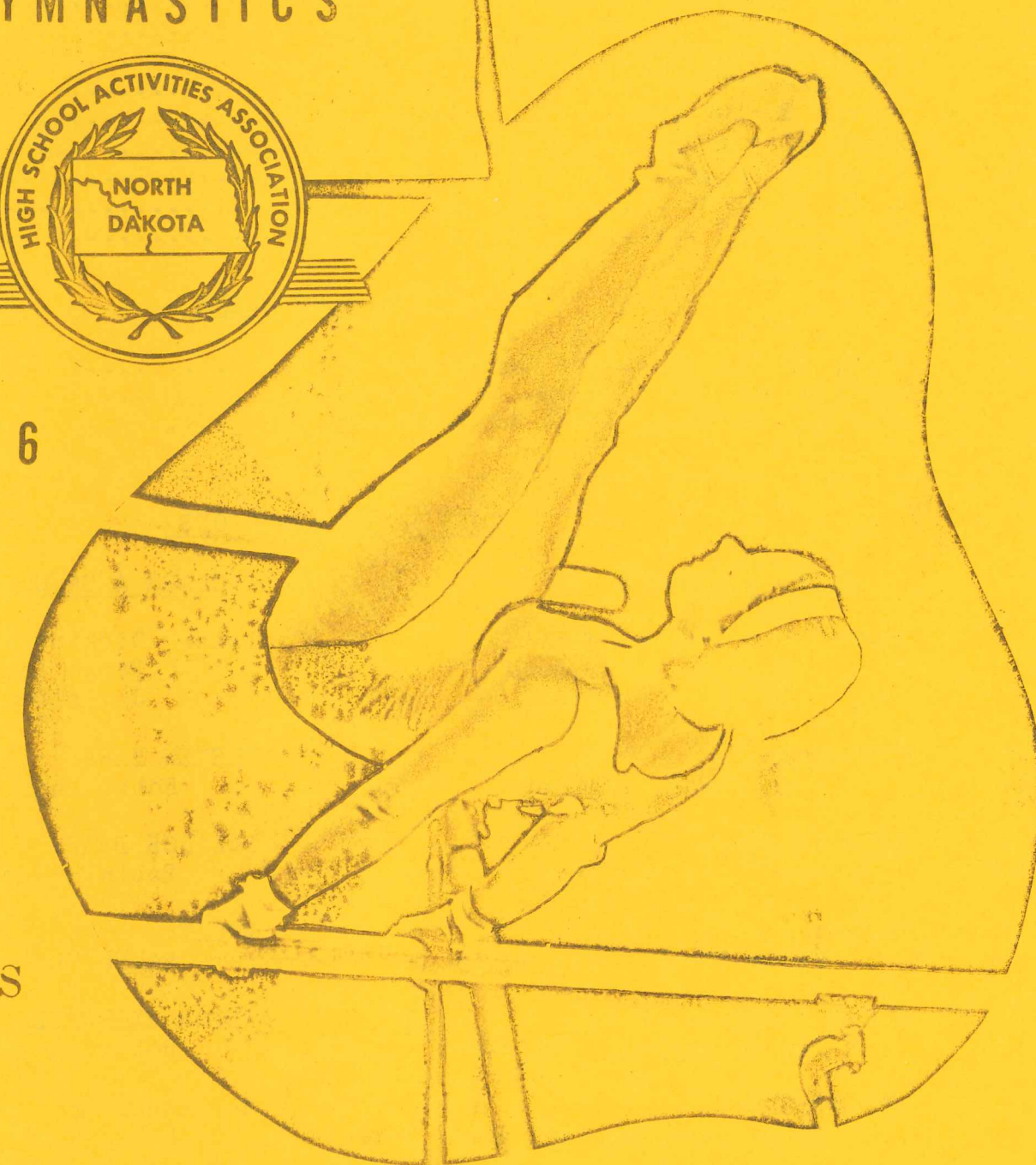


1976

CLASS
A
&
B

JAMESTOWN HIGH SCHOOL

STATE
CHAMPIONSHIP
MEET



FEB. 28, 1976

SPONSORED BY
NORTH DAKOTA
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1975 STATE CHAMPIONS

CLASS B SCHOOLS

TEAM: Litchville First
Edgeley Second
Larimore Third

UNEVEN BARS:
Jean Moser, Edgeley

BALANCE BEAM:
Sue Ruff, Edgeley

VAULT:
Patty Flach, Litchville

FLOOR EXERCISE:
Jan Boeddeker, Hillsboro

ALL-AROUND:
Wendy Pietron, Larimore

CLASS A SCHOOLS

TEAM: Dickinson First
Fargo South Second
Jamestown Third

UNEVEN BARS:
Robin Huebner, Dickinson

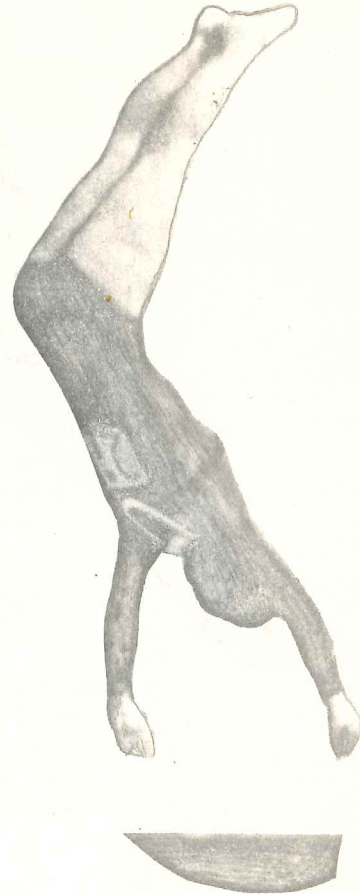
BALANCE BEAM:
Robin Huebner, Dickinson

VAULT:
Robin Huebner, Dickinson

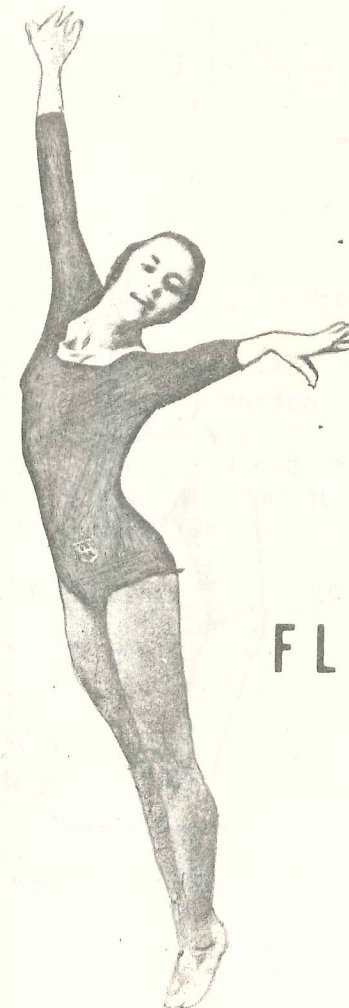
FLOOR EXERCISE:
Robin Huebner, Dickinson

ALL -AROUND:
Robin Huebner, Dickinson

The gymnast must propel herself over a 43" high padded horse. A standard vault is a front handspring, but complex acrobatics like a half turn into a back somersault, have been performed with success in high school competition. A gymnast is scored on the best of her two vaults, each one taking about one and a half seconds to complete. A good vaulter will have a straight back, smooth flight, good height before and after horse contact, and a controlled landing in her vault.

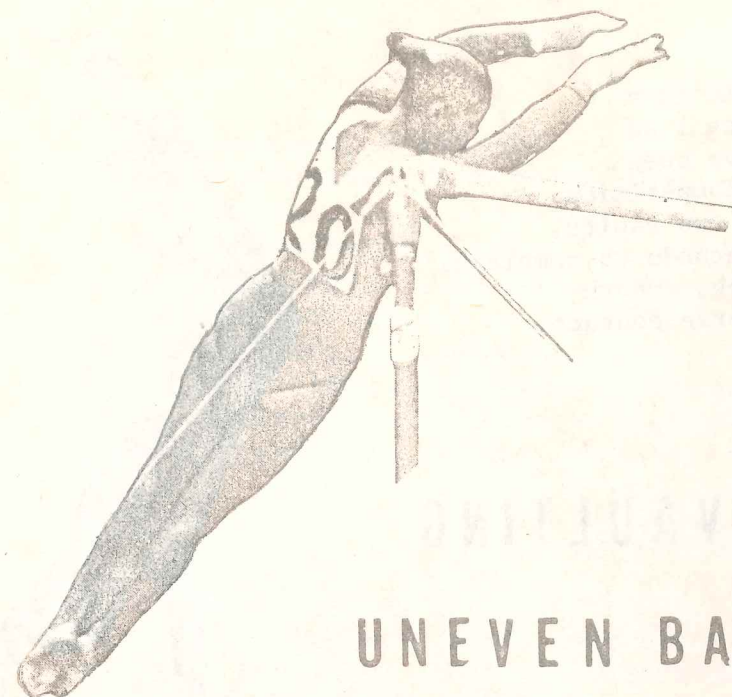


VAULTING



With its music, freer and larger movements, fast tumbling passes and opportunity for much more creative expression, the floor exercise is often the favorite event among gymnasts. The superior routines are really dances that are performed with the ease and grace of ballet, but including very difficult tumbling such as the back-twisting full somersaults.

FLOOR EXERCISE

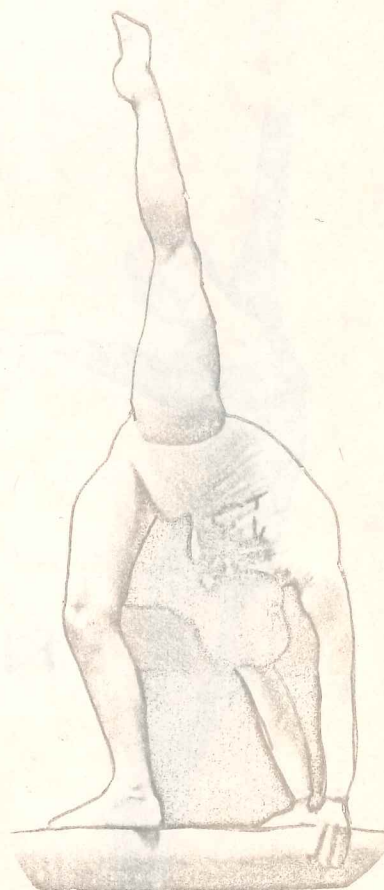


UNEVEN BARS

This is a very fast-moving event, with the best exercises being predominantly those of swinging movements between and around the two bars (the bars are 59" and 90" off the floor). The gymnasts are to be judged on their fluidity, as well as their ability to perform the difficult and the dangerous moves (such as flips and twists). The gymnast loses points for stops, extra swings before a move, falls from the bars, alternate hand grasps, or letting the feet touch the floor.

This is probably the most challenging event in girls gymnastics since the gymnast must literally tumble and dance on a 4 inch wide by a 16 foot long beam, which is 4 feet off the ground. A gymnast will lose .5 points for falling off the beam or losing her balance so severely that she must grasp the beam. Her performance must be steady and graceful, and must include difficult acrobatics, such as the aeriels, and somersaults; all the while she must smile and play to the audience.

BALANCE BEAM



1976 STATE COMPETITORS CLASS B

CENTER HIGH SCHOOL
COACH: BARB FLEMING

1509. Jackie Wettles

EDGELEY HIGH SCHOOL
COACH: JEAN McMILLEN

250. Sue Ruff *
255. Sue Schaffer *

HILLSBORO HIGH SCHOOL
COACH: BONNIE HARVEY

1014. Debbie Beyer

KENMARE HIGH SCHOOL
COACH: VALORIE DALE

1151. Robin Harris
1152. Diane Huwe
1153. Vicki Jensen
1154. Kristie Jessen

LARIMORE HIGH SCHOOL
COACH: JACKIE CARLSON

651. Wendy Pietron *
653. Kim Cooper
664. Sandy Morton *

LINTON HIGH SCHOOL
COACH: LORRAINE SCHERMAN

501. Gwen Vetsch*
502. Tammie Rohrich *
503. Jane Grass *
505. Eleanor Jacob *
506. Dolores Schmidt
511. Carmilla Oberlander

LITCHVILLE HIGH SCHOOL
COACH: PAT SAUFLEY

763. Kathy Colebank

NAPOLEON HIGH SCHOOL
COACH: JANIS SEELHAMMER

14. Connie Piatz
16. Jackie Burgad
18. Penny Becker
19. Julie Wolf

NEW ROCKFORD HIGH SCHOOL
COACH: SANDY KAITFORS

301. Nancy Allmaras*
305. Michelle Pfau
310. Lynne Bjornson *
317. Nancy Harding

OAKES HIGH SCHOOL
COACH: PAT MOORE

804. Cindy Christanson
808. Jane Forward
812. Barb Hubbard
831. Lynda Tyre

TIIGA HIGH SCHOOL
COACH: SONJA WITT

1301. Monica Davidson
1304. Carolyn Copes
1307. Nancy Copes
1312. Kim Bickler
1314. Linda Malzer

* BEHIND THE NAME IS TO
INDICATE THE COMPETITOR IS
ENTERED IN THE ALL-AROUND.

5

C L A S S A

DICKINSON HIGH SCHOOL
COACH: LES FISCHER

402. Linda Bassaraba *
403. Nancy Davis
405. Cheryl Koberger *
406. Kim Lupo *
408. Carla Hintz
409. Dawn Huebner *
410. Robin Huebner *
411. Greta Sjursen *

FARGO SOUTH HIGH SCHOOL
COACH: JIM SIMLE

50. Marcia Urban *
52. Karen Hegre *
53. Carolyn Olgard
54. Laurie Boelz
55. Becky Raymond *
56. Julie Bergo
57. Mo Day
58. Jane Borman
59. Jane Vanyo *

JAMESTOWN HIGH SCHOOL
COACH: DOLORES PAULSON

165. Linda Nygaard *

MINOT HIGH SCHOOL
COACH: KAREN SCHWAN

9. Laurie Rostad

MINOT RYAN HIGH SCHOOL
COACH: JACKIE OSS

604. Betty Schempp

WEST FARGO HIGH SCHOOL
COACH: VICKI STONE

107. Pollie Johnson

SCORE YOUR FAVORITE

8

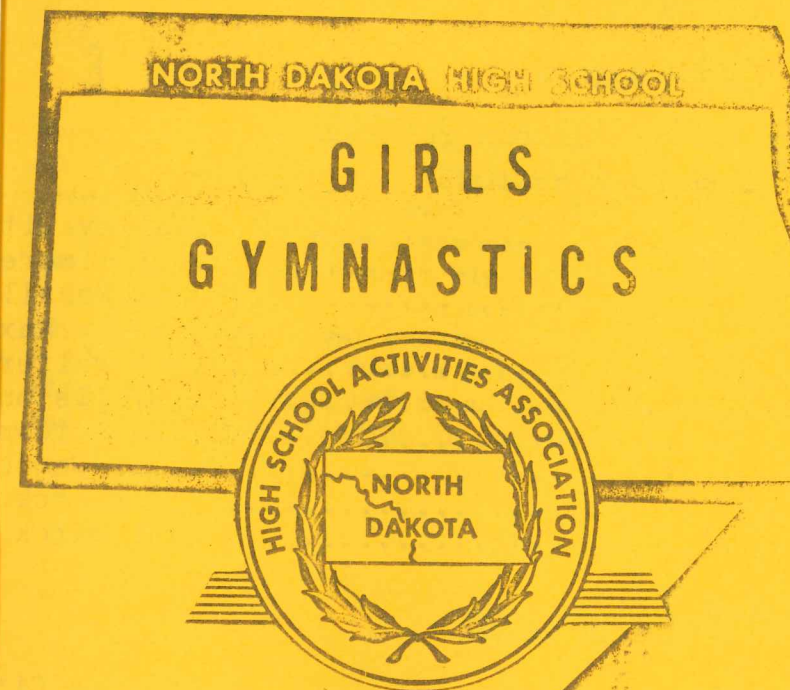
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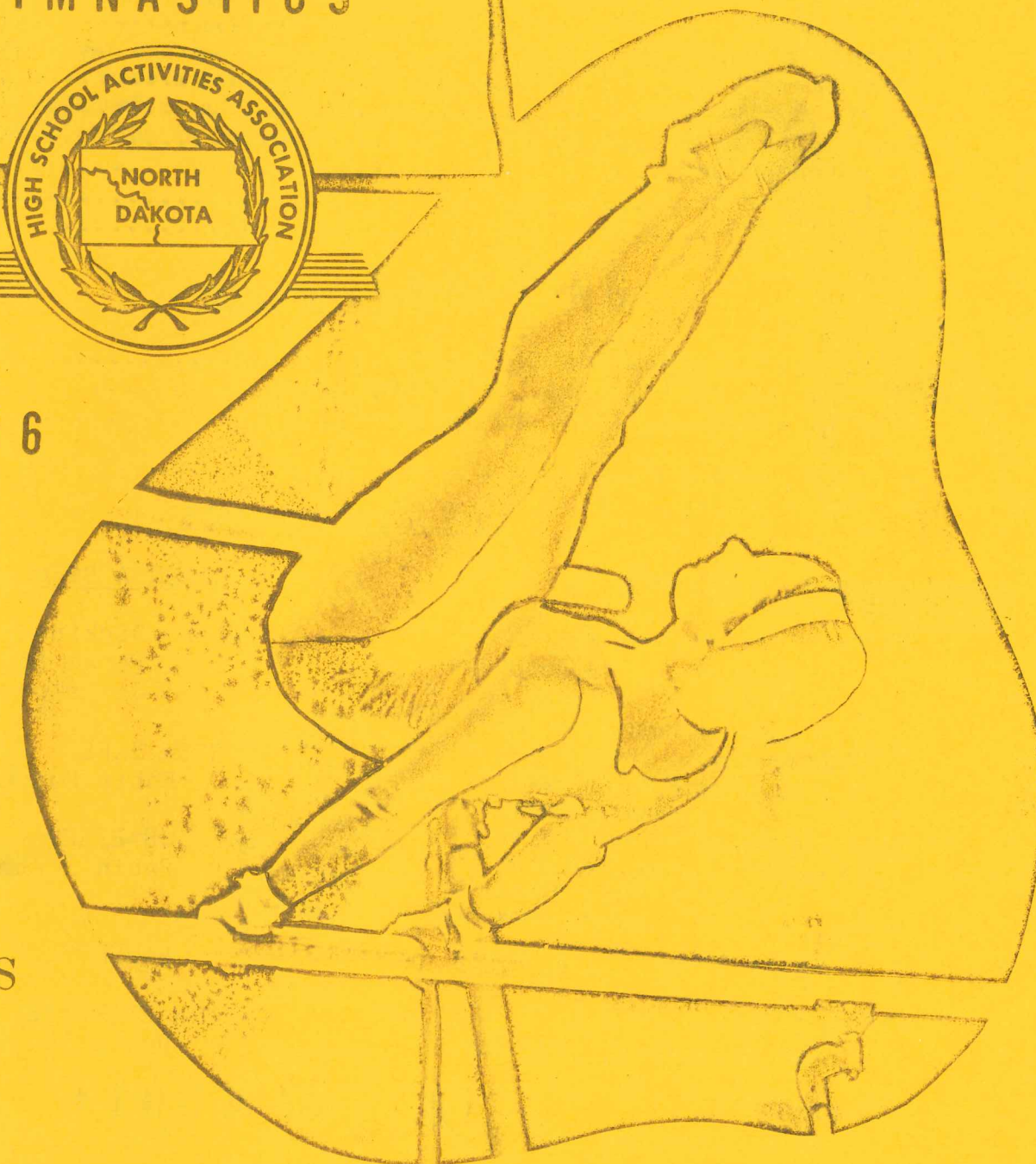


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