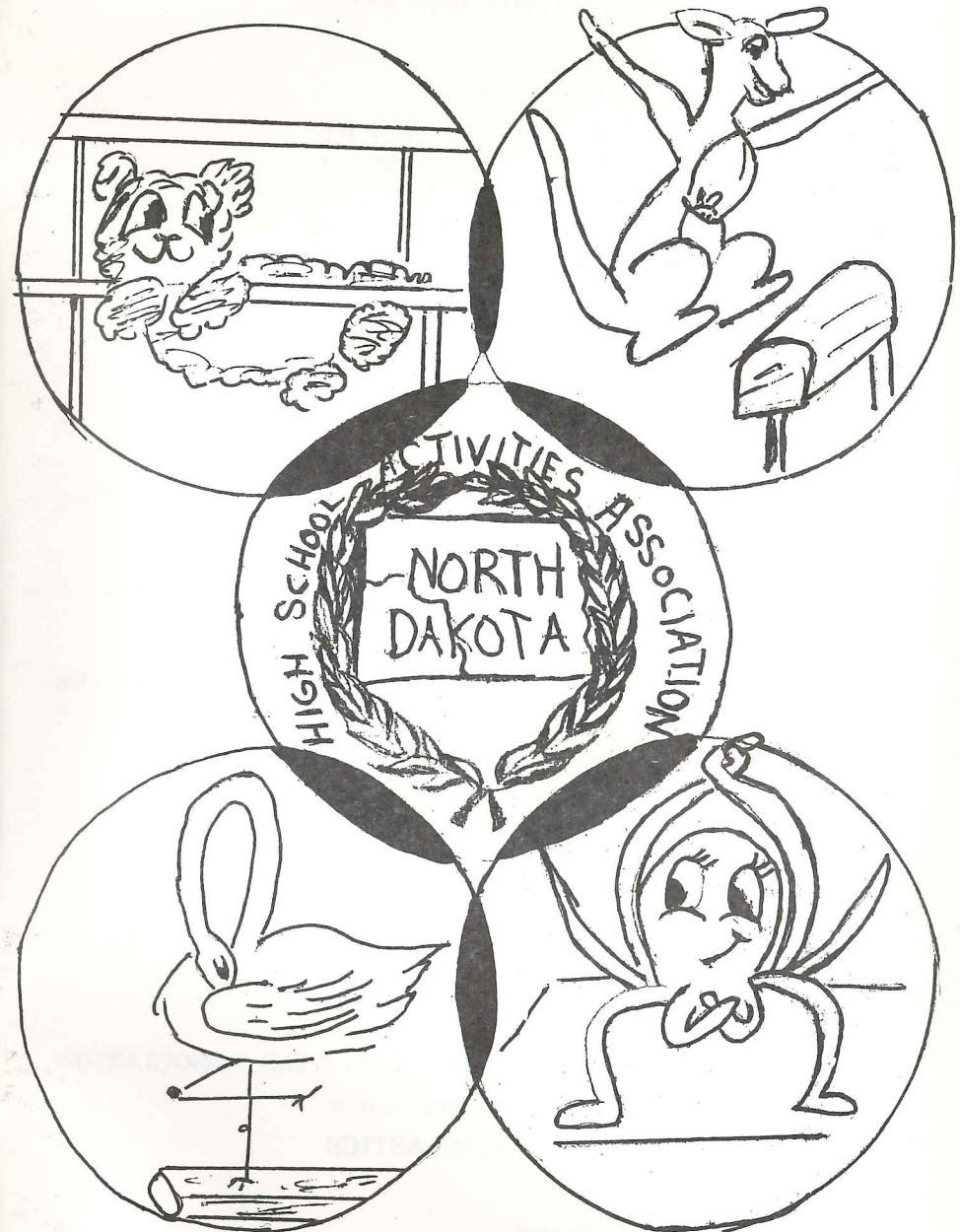


1977
NORTH DAKOTA STATE HIGH SCHOOL
GIRLS' GYMNASTICS CHAMPIONSHIP



Souvenir Program 50c

State Meet
February 26, 1977

9:00 A. M. Coaches Meeting
9:45 A. M. Opening Ceremony
10:00 A. M. Compulsory Routines (Class B)
11:00 A. M. Compulsory Routines (Class A)
1:30 P. M. Optional Routines (Class B)
3:00 P. M. Optional Routines (Class A)
7:00 P. M. Class B Finals
8:00 P. M. Class A Finals

**NDHSAA
TOURNAMENT BOOKLET**

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ACKNOWLEDGEMENTS

Announcer: Evan Schoenfish

Runners: Minot YMCA Competition Plus Gymnastics
Club Of Minot.

Hospitality room provided by Minot State College Letter Club—
Room 232 for Coaches and Officials.

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION
1977 Admission Prices
STATE GYMNASTICS

Tournament Tickets:

Adult Unreserved	\$3.00
Student Unreserved	\$1.50

DICKINSON CLASS "A" 1976 CHAMPIONS



Standing: Coach Deb Conlon, Robin Huebner, Cheryl Kobriger, Greta Sjursen, Kim Lupo, and Coach Les Fischer. Kneeling: Carole Dullum, Dawn Huebner, Linda Basaraba, Carla Hintz, and Nancy Davis



Robin Huebner

Winner Individual Events Class
"A" 1976

Balance Beam, Uneven Parallel
Bars, Floor Exercise, Vault, All
Around Winner



Sue Ruff, Edgeley

Balance Beam, Floor Exercise.
All Around

NEW ROCKFORD CLASS "B" 1976 CHAMPIONS

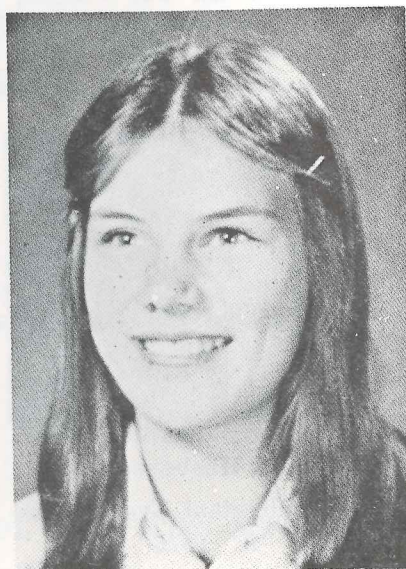


No Team Roster Submitted

INDIVIDUAL WINNERS



Lynne Bjornson, New Rockford
Uneven Parallel Bars



Kim Cooper, Larimore
Vault

State Gymnastics

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PURPOSES:

To unify the high schools of the state in the promotion of pure amateur sports, music and speech activities.

To standardize the eligibility rules and regulations under which interscholastic contests are held.

To provide the schools of the state with sound and adequate programs of extracurricular activities.

To promote the maintenance of standards which conform with the educational objectives of the schools.

To improve standards of play and to develop understanding of rules governing play.

To prevent the exploitation of the schools, the school activities, and the students enrolled therein.

Gymnastic Officials

VAULT

Superior Judge—Joyce LeFevre
Acting Judge—June E. Beck
Acting Judge—Ellen Zavatsky
Acting Judge—Alicia Vorland

BARS:

Superior Judge—Darlene Jacobs
Acting Judge—Pegi Mason
Acting Judge—Tamara Blowers
Acting Judge—Janelle Farnsworth

BEAM:

Superior Judge—Norma Bachmeier
Acting Judge—Julie McMullen
Acting Judge—Karen Wehlander
Acting Judge—Judy Struble

FLOOR EXERCISE:

Superior Judge—Peggy Blesener Thom
Acting Judge—Susan Hitt
Acting Judge—Beverly Kluck
Acting Judge—Beverly O'Leary

MEET DIRECTOR:

Gary Leslie

MEET REFEREE:

Therese Anderson

TEAM COMPETITION

The team's top 3 scores from each event will be totaled for the team score.

INDIVIDUAL ALL-AROUND COMPETITION

A girl must compete in all four events in order to be in all-around. Her score from each event is totaled for her all-around score.

GYMNASTIC SCORING

Final Score: The exercises will be evaluated by four judges. The four judges will arrive at their scores independently. The highest and lowest scores are eliminated and the middle two scores are averaged for the final score. Follow the first performers routine, the judges are permitted to hold a conference to determine if their scores are in line. This provides a more exacting criterion for the judges and improves the efficiency of the scoring system at any time, if the two middle scores are not within a certain range, the superior judge calls a conference to bring the scores within the proper range.

Compiling individual and team scores.

- A. Individual's event score is determined by totaling the compulsory and optional scores of each event.
- B. Event scores are determined by using the best 3 individual scores for each team in each event. The Team's Score shall be a total of (compulsory and optional) scores in each of the 4 events.
- C. All around score is a total of the four individual event scores (compulsory and optional).
- D. Final competition scores. The preliminary individual score plus the final individual score in that event determine the final standing.

Tie Breaking Methods

1. When compulsories and optionals are performed and a tie occurs, the gymnast having the higher optional routine score in a event is awarded the place.
2. If the tie cannot be broken in the foregoing manner, all judges scores for that event are averaged.
3. If the tie still remains the highest score of the superior judge on the optional routine will break the tie.

JURY

The Jury for each event consists of: one (1) Superior Judge and Three (3) Regular Judges. For the duration of the competition, twelve (12) Acting Judges and four (4) Superior Judges will be used.

GYMNASTICS HISTORY AND BACKGROUND

Gymnastics is the world's most beautiful sport. Gymnastics is also the world's most physically demanding sport. "Gymnasts," writes Menke in his Encyclopedia of Sports, "execute in a single evening acts of greater daring and perform more valiantly than some baseball and football players are called upon to do in an entire season."

The sport of gymnastics had its origin in the gymnasia of Ancient Greece where the athletes trained between their Olympic Games.

Out of this background, gymnastics emerged as a competitive sport in which skill counted as much as strength, and grace as much as skill. The champion gymnast had to have the strength of a lion, the skill of an artist, and the grace of the artist's proudest creation.

Gymnastics was one of the few sports included in the first program of the Modern Olympics in 1896. Womens' gymnastics was added to the Olympic Program in 1936.

American gymnasts are now rated with the best, thanks to a strong development program—still in progress. Though the U. S. is improving in gymnastics, so are many other nations. They are all aware of the many values of the difficult, but beautiful, sport.

Besides developing agility, strength, suppleness, and endurance, gymnastics instills both self-confidence and self-discipline. It does all this while promoting sportsmanship and stimulating creativeness.

Gymnastic rules and traditions encourage originality, while the shifting trends of style and content add interest to this ever-changing sport. They make it difficult to keep up with.

DESCRIPTION OF EVENTS

Floor Exercise

The floor exercise for women is truly the art of gymnastics. It is an Olympic event, performed in an area approximately 40 x 40 feet, involving a routine that lasts from one minute to a minute and a half. It contains elements of dance combinations, poses, acrobatics, and tumbling, all grouped in rhythmical patterns. Through these the gymnast explores all the dimensions of speed, height, distance, direction, mood, and form. When she begins her exercise, the only restrictions are in space and time. Her music must fit with the movements of her routine and be appropriate in style. A talented gymnast will show through her performance an outburst of expressive energy and follows through with apparent ease.

Balance Beam

This event for women requires skill in body control, strength and coordination, as well as development of graceful feminine movement. The beam measures 16 feet 4 inches long, is less than 4 inches wide on the top surface and stands 3 feet 11 inches off the floor. Besides performing various stunts, the gymnast must move to all parts of the beam. She uses runs, leaps, turns, and jumps to accomplish this. Duration of the exercise is from 1 minute 15 to 1 minute 35 seconds. A warning signal is given at 1 minute 30 seconds and again at 1 minute 35 seconds. The gymnast must have initiated her dismount prior to the second signal. Movements on the beam initiated after the second signal are not judged.

Uneven Parallel Bars

This is considered the most spectacular even. Because of the unequal height of the two bars, this apparatus allows the gymnast an unlimited range of stunts and combinations. The unevens require considerable upper body development—shoulder, arm and abdomen. It also requires balance, timing, and courage. The composition of a routine consists of swinging movements and vaults in which the hands release the bars.

Side-Horse Vault

This performance involves a long run to build up momentum; a strong spring from the board to carry the gymnast through the vault (the most important phase of the vault); the "on the flight" well above the horse; "after flight" looking smooth and controlled; and a soft landing in perfect balance. Of course, a perfect vault can only come if the performer has confidence in herself.

OPTIONAL EXERCISE

An original and creative exercise composed by the competitor and/or coach. The elements of the compulsory exercise may be used provided the combination is totally different.

Scoring Optional Exercise

The optional exercise on the floor, the uneven bars and the beam will be evaluated from 0 to 10.0 points by tenths of a point. Except for the horse vault the optional exercise may not be repeated.

The 10.0 points are divided into 5 major divisions and then subdivided within each major division. The major divisions are as follows:

a. Originality and value of combinations.	Total 1.5
b. Organization and composition of exercise	Total 0.5
*c. Difficulty	Total 3.0
d. General execution and amplitude	Total 4.0
e. General impression	Total 1.0

*Difficulty

Each routine should contain at least 4 elements of medium difficulty and at least 3 elements of superior difficulty. Five Superior elements are credited with 3.0 points even if the gymnast lacks medium elements. Medium difficulties exceeding 4 do not receive additional credit.

Value of each medium difficulty	0.3
Value of each superior difficulty	0.6

COMPULSORY EXERCISES

The compulsory exercise on the floor, the uneven bars and the balance beam will be evaluated from 0 to 10.0 points by tenths of a point. Only one execution is permitted (unless failures arise due to mechanical error). The exercise must be performed as written unless the total exercise is reversed. Each vault is judged according to the value of the vault. The 10.0 points are divided into eight major divisions and then subdivided within each major division. The major divisions are as follows:

a. Exactness in adhering to the prescribed text	Total 2.0
b. Exactness and precision of the direction and the floor pattern	Total 0.5
c. Precision and exactness of the rhythm	Total 1.5
d. Elegance of the gymnast	Total 1.0
e. Sureness of the execution	Total 1.5
f. Amplitude of movements	Total 1.5
g. Coordination of movements	Total 1.0
h. Lightness of the jumps, acrobatics or bar to bar work	1.0

Deductions

Horse Vault

Two different vaults may be selected, the best execution of which will be counted for the evaluation. Each vault has a maximum number of points according to its difficulty. Penalty points will be deducted from this maximum for the following faults:

- (1) Execution
- (2) Posture
- (3) Landing (Stand)
- (4) Aid by Coach

If the gymnast does not execute the vault she has announced, she will be penalized by a deduction of 0.5 points.

BALANCE BEAM

a. Touch on the beam after takeoff (without mounting)	0.5
b. Unauthorized balks	0.5
c. Movements of the arms or the legs unnecessarily to maintain balance	0.2
d. Unnecessary movements of the trunk in order to maintain balance	0.3
e. Stops	0.2
f. Jumps or leaps without amplitude	0.2
g. Turns without sureness	0.2
h. Monotonous pass (rhythm or move)	0.2
i. Monotony throughout duration of the exercise	0.5
j. Touch of the hands or foot on the beam for the purpose of maintaining balance	0.3
k. Support of the hand on beam to maintain balance	0.5
l. Support of one leg on the side of the beam	0.4
m. Repetition of a missed element	0.5
n. Exercise too short (each second short)	0.05
o. Exercise too long	0.3
p. Coach or spotter walking along the side of the beam	0.3
q. Coach or spotter touching the beam	0.2
r. Spotter block view of judges	0.3
s. Assistance of coach or spotter	0.5
t. No dismount	0.5
u. Fall to the floor or on the beam (must remount within 10 seconds)	0.5
v. Falls on dismounts:	
Hand(s) or knee(s) touching floor	0.3
Hand(s) or knee(s) supported on the floor	0.5
Fall onto hips or stomach	0.5
Fall against apparatus	0.5

If a gymnast falls and is assisted simultaneously, she is not penalized for both a fall and an assist.

UNEVEN PARALLEL BARS

Deductions:

Points will be deducted for faults as follows:

a. Touching the apparatus or passing underneath on a supplementary run	0.5
b. Unauthorized balk	0.5
c. Release of one hand without supplementary support	0.3
d. Release of one hand with supplementary support (foot on bar or against the apparatus or the floor)	0.5
e. Extra swing	0.5
f. Light touch of the bar or mat	0.1
g. Touch more pronounced (heavier)	0.2
h. Repetition of a missed element	0.5
i. Stops	0.2
j. Coach or spotter standing between or passing under the bars	0.5
k. Coach or spotter touching the rail	0.2
l. Spotter blocks view of judges	0.3
m. Assistance of coach or spotter	0.5
n. Fall to the floor	0.5
o. Dismount originating from a standing position	1.0
p. No dismount	0.5
q. Falls on dismount:	
Hand(s) or knee(s) touching floor	0.3
Hand(s) or knee(s) supported on the floor	0.5
Fall onto hips or stomach	0.5
Fall against apparatus	0.5

If a gymnast falls and is assisted simultaneously, she is not penalized for both a fall and an assist.

FLOOR EXERCISE

The musical accompaniment must personalize the gymnast. The selection of the music should be phrased to retard fatigue, to coordinate the movement and to motivate the gymnast. The musical accompaniment should finish with the concluding movements of the gymnast. One instrument is authorized for accompaniment. A brief musical accompaniment may precede the gymnast's beginning.

Deductions.

Points will be deducted for specified faults as indicated in the following table:

a. Beginning of the exercise missed by personal error rather than technical error	1.0
b. Musical accompaniment not regulation	1.0
c. Discord of music and movement during one passage	0.2
d. Serious discord of music and movement throughout the exercise	0.5
e. Exercise and music do not end simultaneously	0.5
f. Poor distribution of difficulty	0.1 - 0.5
g. Repeating difficulties from the same stem without variation	0.3
h. Lack of originality	0.1 - 0.5
i. Poor head position	0.3
j. Poor facial expression	0.1 - 0.3
k. Gymnast completely outside the floor area with one or two feet or one part of the body (each infraction)	0.1
l. Exercise too short (per second)	0.05
m. Exercise not finished by the second signal	0.3
n. Signals from the coach to gymnast	0.3
o. Spotter on the floor area	0.5
p. Assistance of coach or spotter	0.5
q. Preparation (runs) too long before tumbling elements	0.1 - 0.2
r. Falls on the floor:	
Hand(s) or knee(s) touching floor	0.3
Hand(s) or knee(s) supported on the floor	0.5
Fall onto hips or stomach	0.5

If a gymnast falls and is assisted simultaneously, she is not penalized for both a fall and an assist.

CLASS "A" TEAMS AND INDIVIDUALS

DICKINSON HIGH SCHOOL

Coach: Steven Carver

403	Nancy Davis
404	Kim Clark
405	Cheryll Kobriger
406	Kim Lupo
408	Carla Hintz
409	Laura Mosbrucker
410	Annette Zeller
411	Greta Sjursen

MINOT HIGH SCHOOL

Coach: Karen Schwan

1	Julie Pankow
8	Jodie Bredahl

WEST FARGO HIGH SCHOOL

Coach: Vicki Stone

119	Diane Hamann
-----	--------------

FARGO SOUTH HIGH SCHOOL

Coach: Jim Simle

51	Julie Bergo
52	Jane Borman
53	Mo Day
54	Karen Hegre
56	Carolyn Olgaard
57	Becky Raymond
59	Susie Schraufek
60	Stacey Simle
61	Jane Vanyo

VALLEY CITY HIGH SCHOOL

Coach: Barbara Archer

855	Tammy McDonald
860	Janet Wicks

JAMESTOWN HIGH SCHOOL

Coach: Dolores Paulson

183	Laura Griffin
187	Julie Naves
188	Linda Nygaard
191	Karen Tollefson

MANDAN HIGH SCHOOL

Coach: Sue Dittus

552	Mary Ann Gallagher
589	Laura Blank
590	Bobbie Schmelling
599	Sandi Boehm

COMPETING INDIVIDUALS CLASS "B"

EDGELEY HIGH SCHOOL

Coach: Jean McMillen

250 Sue Ruff
251 Jean Moser
257 Lynette Schaffer

HILLSBORO HIGH SCHOOL

Coach: Bonnie Harvey

1001	Jan Boeddeker
1003	Molly McLean
1004	Kristen Diehl
1007	Debbie Beyer

LARIMORE HIGH SCHOOL

Coach: Deb Larson

651 Wendy Pietron
653 Kim Cooper
654 Becky Piefer
655 Donna Badger
661 Katie Shide
663 Sandy Morten
666 Robbie Landeis

OAKES HIGH SCHOOL

Coach: Pat Moores

807	Julie Gentz
808	Jane Forward
812	Barb Hubbard
824	Fawn Savey

KENMARE HIGH SCHOOL

Coach: Debra Wilson

1152 Robin Harris
1153 Vicky Jensen
1157 Roxanne Nelson
1164 Denise Munch
1165 Kristi Jessen

MAYVILLE-PORTLAND HIGH SCHOOL

Coach: Ardith Carr

1056 Cheryl Wahl
1058 Penny Sorteberg

BERTHOLD HIGH SCHOOL

Coach: Ed Lockwood

1351 Lisa Hennessy
1352 Carrie Schaefer

LINTON HIGH SCHOOL

Coach: Lorraine Scherman

501 Leah Senger
504 Gwen Vetsch
507 Patty Schmidt
512 Carmilla Overlander
513 Deloris Schmidt
516 Eleanor Jacob

NAPOLEON HIGH SCHOOL

Coach: Janis See1hammer

1459 Valarie Pfeifle

NEW ROCKFORD HIGH SCHOOL

Coach: Sandy Kaitfors

301 Nancy Allmaras
305 Michelle Pfau
309 Renee Nelson
314 Karen Hitz
317 Nancy Harding

TIOGA HIGH SCHOOL

Coach; Sonja Witt

1301 Monica Davidson
1304 Carolyn Copes
1307 Nancy Copes
1314 Linda Malzer

CLASS "A" FINALS UNEVEN BAR

[illegible]

CLASS "A" FINALS BALANCE BEAM

[illegible]

CLASS "A" FINALS SIDE HORSE VAULT

[illegible]

CLASS "A" FINALS FLOOR EXERCISE

[illegible]

CLASS "B" FINALS UNEVEN BAR

[illegible]

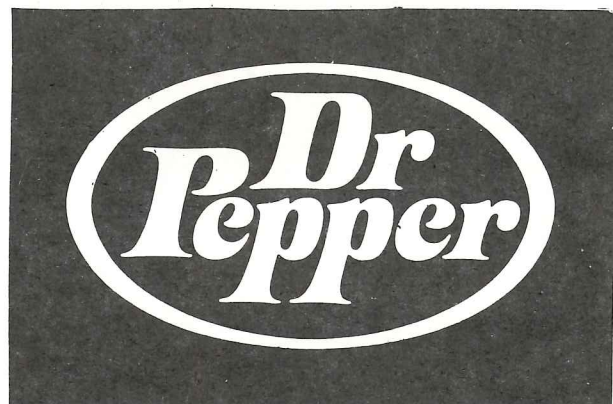
CLASS "B" FINALS BALANCE BEAM

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KEEP SCORE OF YOUR FAVORITE GYMNAST

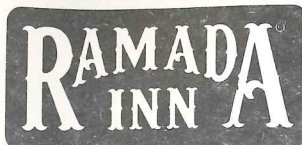
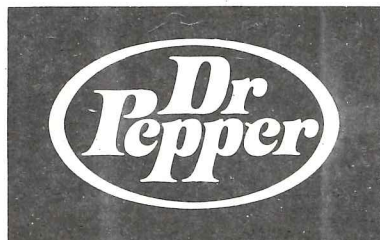
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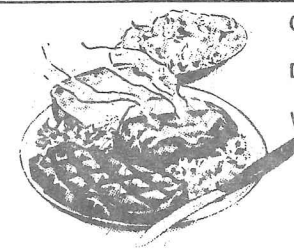
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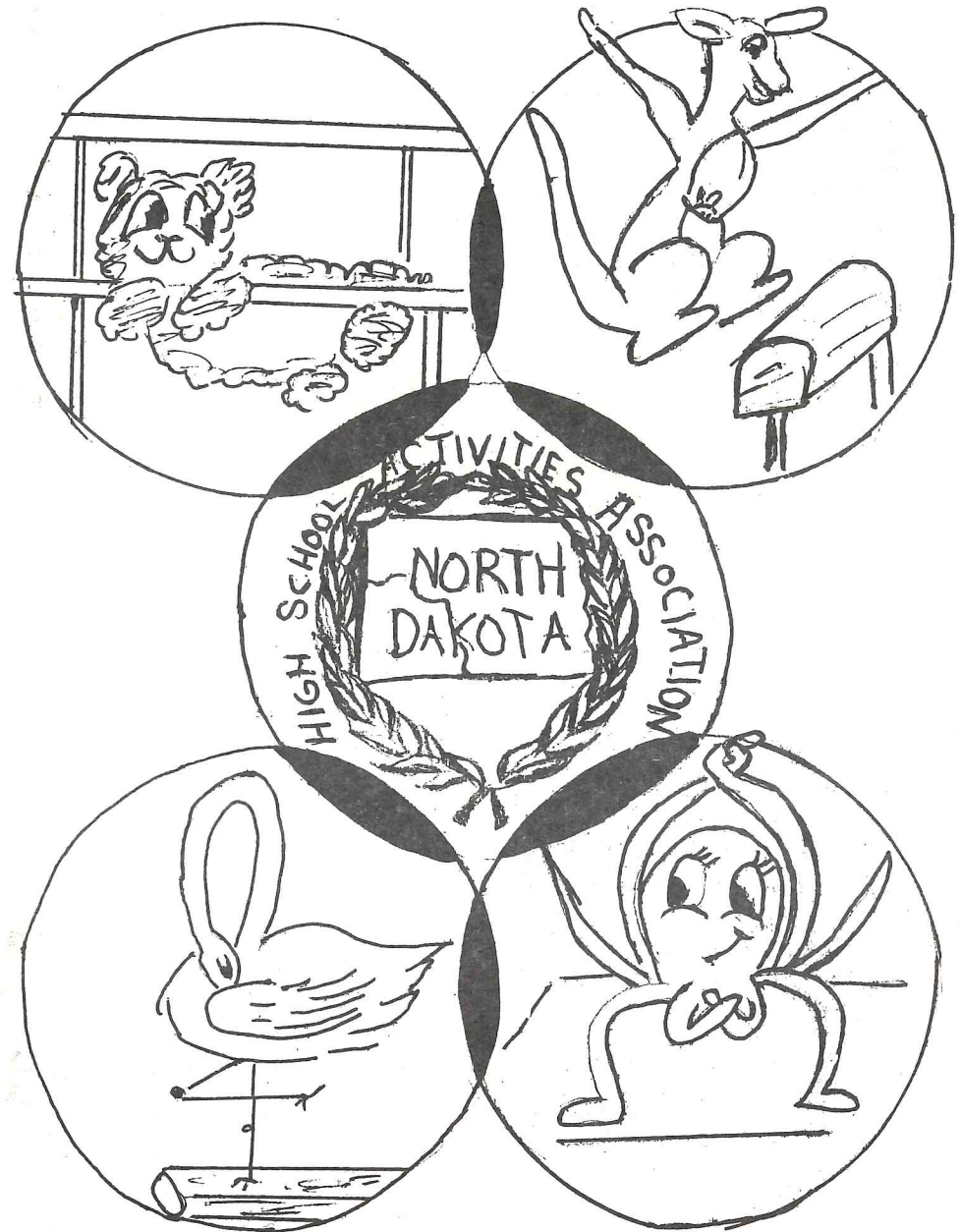
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**NORTH DAKOTA STATE HIGH SCHOOL
GIRLS' GYMNASTICS CHAMPIONSHIP**



Souvenir Program 50c