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# 2005 North Dakota State Girls Gymnastics Championship

February 25 & 26, 2005 • Minot, ND



Premier Partner of the  
North Dakota High School Activities Association







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1520 8th St SE  
Valley City, ND 58072  
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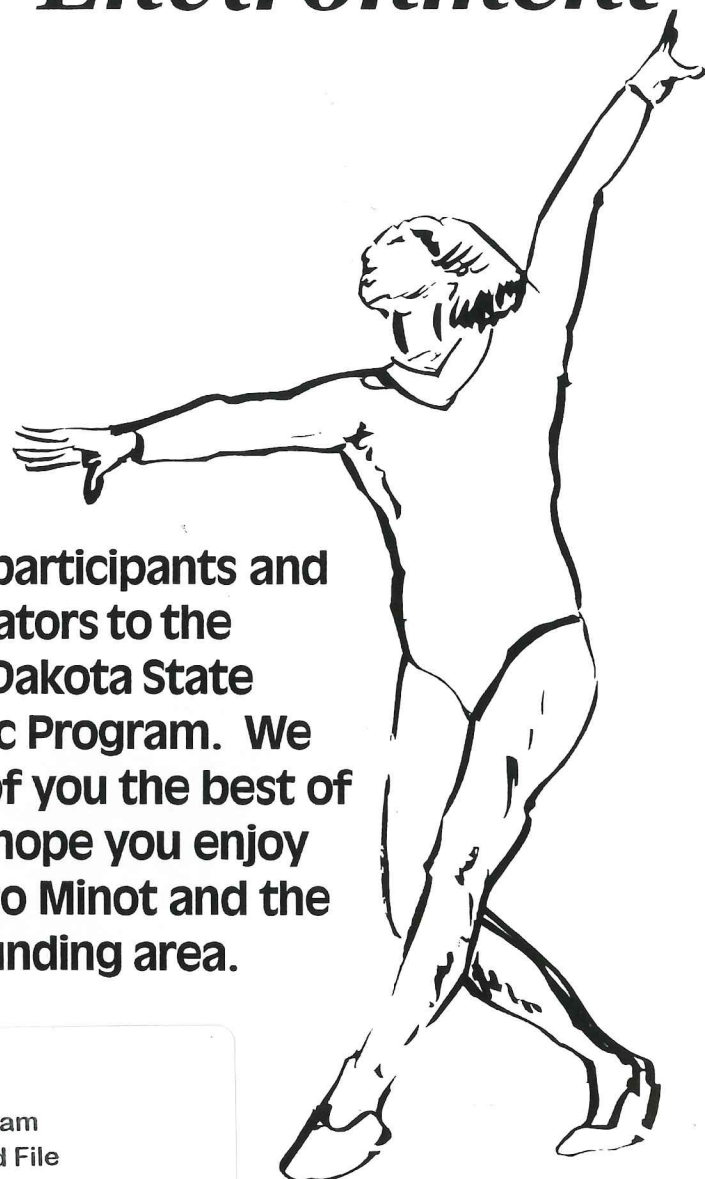
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**Welcome participants and  
spectators to the  
North Dakota State  
Gymnastic Program. We  
wish each of you the best of  
luck and hope you enjoy  
your visit to Minot and the  
surrounding area.**

NDHSAA  
Tournament Program  
Permanent Record File  
(Please Return to File)



**2005 North Dakota State Girls**

***Gymnastics  
Championship***

**Sponsored by the North Dakota High School Activities Association**

**Board of Directors**

Martin Schock, President.....	Elgin-New Leipzig, Carson
Ed Lockwood, Vice President.....	Fargo
Robert Briggs .....	Surrey and Sawyer
Ron Carlson .....	Minnewauken
Kevin Coles.....	Hillsboro
Brian Duchscherer .....	Wishek
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Wilfred Volesky .....	Beulah
Wayne Sanstead, Dept. of Public Instruction.....	Bismarck
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Sherm Sylling, Executive Secretary.....	Valley City
Shery Solberg, Asst. to Executive Secretary.....	Valley City
Dave Carlsrud, Asst. to Executive Secretary.....	Valley City
Robert Hetler, Asst. to Executive Secretary.....	Valley City

**NDHSAA Tournament Code of Conduct**

1. Know, appreciate and understand the rules of the contest.
2. Show respect for the officials. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Show respect for the opponent at all times. Good sportsmanship is the Golden Rule in action.
4. Recognize and appreciate the skill of performance regardless of team affiliation.
5. Maintain self-control at all times. Good sportsmanship is responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good sportsmanship is cheering your own team "on to victory."

**Acts of Misconduct**

1. Throwing any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming, or being under the influence of chemicals.
4. Use of obscene, profane, or abusive language or gestures, signs, posters or banners which show disrespect for opponent's team, officials, cheerleaders, band, or other performing groups.
5. The use of noisemakers.
6. Entry onto the playing surface at any time.

These acts of misconduct will not be tolerated and  
will result in automatic removal without refund of admission!





# THANKS to our Officials

(That give thanklessly most weekends of the winter!)

**Meet Referee:** Pam Tweten, Minot

## Vault

**Head Judge:** Lora Fisher, Jamestown

**Judge 1:** Laurie Heidecker, Dickinson

**Judge 2:** Kim Ressler, Minot

## Uneven Bars

**Head Judge:** Tara Rising, Bismarck

**Judge 1:** Cindy Gee, Jamestown

**Judge 2:** Kim Pladson, Fargo

## Balance Beam

**Head Judge:** Stacey Ackerman, Fargo

**Judge 1:** Mary Meyer, Bismarck

**Judge 2:** Lezlie Kalberer, Bismarck

## Floor Exercise

**Head Judge:** Shelley Hegerle, Bismarck

**Judge 1:** Carly Miller, Grand Forks

**Judge 2:** Cari Walberg, Fargo

# Special THANKS

Minot Air Force Color Guard

Change of Pace Singers

Valerie Tweten & Mia Bjornson, Strings Duet



# Flashers and Runners

Sydney Rogerson	Brenna Stein	Paige Collins
Misha Taylor	Tiphani Pattoay	Steph Huether
McKinley Bender	Sam Huether	Payton Ringoen
Alexa Sanders	Hannah Kramer	Brooklyn Bender
Madison Kossan	Erin Kongelf	Taylor Wright

# THANKS to the Gymnastic Staff

## Competitive Coaches

Marisa Upton	Lindsey Nitsch
Robbie Werchau	Dana Wahl

## Recreation Coaches

Valerie Tweten	Shana VanBruggen
Kayla Pfau	Janet Degenstein
LeAnn Graber	Paige Robillard
Sarah Baustad	Kelly Juma
Gloria Ochsner, Administrative Assistant	

## Gymnastic Board of Directors

<b>Director:</b>	Pam Tweten
<b>President:</b>	Myron Feist
<b>Vice President:</b>	Curt Tracy
<b>Secretary:</b>	Borgi Beeler
<b>Treasurer:</b>	Paula Pfau
<b>Members At Large:</b>	Carla Robillard, Perry Bender, Tracey Awalt

## SCHEDULE OF EVENTS

### TEAM DAY

Friday, February 25, 2005

Open Gym.....	1:45 pm
Coaches Meeting.....	2:00 pm
Timed Warm-ups.....	2:30 - 4:30 pm
Officials Meeting.....	4:00 pm
Base Score.....	4:30 pm
Opening Ceremonies.....	4:45 pm
Competition Begins.....	5:00 pm
Awards Ceremony.....	8:30 pm

### INDIVIDUAL DAY

Saturday, February 26, 2005

Open Gym.....	10:30 am
Coaches Meeting.....	11:00 am
Timed Warm-Ups.....	11:30 am - 1:30 pm
Base Score.....	1:30 pm
Opening Ceremonies.....	1:45 pm
Competition Begins.....	2:00 pm
Awards Ceremony.....	5:30 pm

# 2004 North Dakota State Champions

## Grand Forks Red River/Central High School



**Fourth Row, L to R:** BriAnn Merrill, Ky Yutzenka, Jenna Mishler, (Coach) Kristy Sandbeck, (Coach) James Bayer, (Coach) Corey Weber, (Coach) Laurie Chas, Ashley Pokrzywinski, Jennalee O'Keefe. **Third Row, L to R:** Melissa Wong, Jordon Purpur, Ashley Hovey, Kathryn Amb, Kayla Compton, Sascha Bertsch, Nicky Elm. **Second Row, L to R:** Brittany Jelsing, Morgan Bitz, Lindsey Wong, Brianna Gackle, Jessie Lindholm, Briana Jones. **Front Row, L to R:** Natosha Fagerholt, Bailey Kitko.



**Jade Beattie**  
Bismarck High School

## Vault

## Uneven Bars

## Balance Beam

## Floor Exercise

## All-Around



# Team Day Rotations

## Warm-up Rotation

A	VT	Bye	BB	Bye	Bye	UB	Bye	FX
B	Bye	VT	FX	Bye	Bye	BB	UB	Bye
C	UB	Bye	Bye	BB	FX	Bye	Bye	VT
D	Bye	UB	Bye	FX	VT	Bye	BB	Bye
E	BB	Bye	VT	Bye	Bye	FX	Bye	UB
F	Bye	BB	UB	Bye	Bye	VT	FX	Bye
G	FX	Bye	Bye	VT	UB	Bye	Bye	BB
H	Bye	FX	Bye	UB	BB	Bye	VT	Bye

A	Bismarck	E	Mandan
B	Grand Forks	F	Fargo South
C	Minot	G	Century
D	Wahpeton	H	Fargo North

## Competition Rotation

	1	2	3	4
A	VT (1)	BB (1)	UB (2)	FX (2)
B	VT (2)	FX (1)	BB (2)	UB (1)
C	UB (1)	BB (2)	FX (1)	VT (2)
D	UB (2)	FX (2)	VT (1)	BB (1)
E	BB (1)	VT (1)	FX (2)	UB (2)
F	BB (2)	UB (1)	VT (2)	FX (1)
G	FX (1)	VT (2)	UB (1)	BB (2)
H	FX (2)	UB (2)	BB (1)	VT (1)

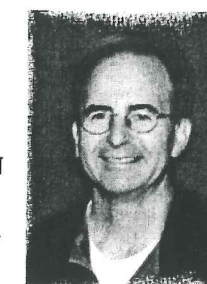
# Head Coaches

## Bismarck & Century



**Curt Sherbrooke** graduated from Audubon High School, Audubon, MN in 1973. He attended Moorhead State University, Moorhead, MN and graduated in 1977. Curt taught in Albert Lea, MN in 1978. He taught and coached in Hawley, MN from 1978 to 1981. Curt was the assistant coach at MinKota Gymnastics Academy and Fargo South High School from 1981-1982. Curt has been the head coach at Bismarck High School, Bismarck Century High School and Bismarck Gymnastics Academy from 1982 to the present.

## Dickinson



**Kent Ven Ells** has been the Head Gymnastics Coach at Dickinson High School since 1983. Kent has been employed as a teacher in the Dickinson Public School District since 1983. Coach Van Ells attended South Dakota State and graduated in 1973. He received his Master's Degree in 1975. He currently teaches at Dickinson High School in the Social Studies and Physical Education Departments. He and his wife, Valerie, have two children, Mara and Luke.

## Fargo North & South



**Mike Merritt** is a Physical Education teacher in Fargo Public Schools. Mike has 33 years of gymnastics coaching experience. He has been the head coach at Fargo North since 1985 and at Fargo South since 1998. Mike is also the head girls track coach at Fargo North.

## Grand Forks



**Kristy Sandbeck** has been coaching for over 15 years. She has received the honor of ND Coach of the Year. She has coached several athletes who placed in the top ten at Regionals and at State. Last year, she led the Grand Forks KnightRiders to the State Championship with a record breaking score of 151.017. This will be her last year coaching. She has been teaching at Grand Forks Central for ten years. Kristy and her husband, Jim, have two sons Jaren (1-1/2) and Jayden (5-1/2).

## Jamestown



**Dave Tews** has taught and coached in Jamestown for 27 years. Dave has coached gymnastics and middle school track during that time. He has also coached swimming and diving on and off for the last 23 years. Dave and his wife, Jeanne have three grown children — Matt, Abby, and Nick. Daughter Abby (ex-gymnast) just served one year in Iraq, and he is very happy to have her home!

## Mandan



**Juston Ziegler** has been coaching Mandan High gymnastics for three years, two as head coach. He has coached at Dakota Star Gymnastics for about six years with a few years off to go to UND and work a few months in California. Juston has been the State Director of Men's Gymnastics for five years. Before moving to the Mandan area, Juston competed for Gym Dandys/Gymagic in Minot for 16 years under Russian National coaches Igor Kniazhev and Nickoly Brovin.

## Minot



**Marisa Upton** is in her sixth and final season of coaching the Minot High School girls gymnastics team. Her husband, Michael, is a teacher and coach for Minot Public Schools as well. Caden, their son, is seven years old and they have a daughter, Sydney, who is eight months old.

## Valley City



**Katie Andersen** is in her first year coaching Valley City High School gymnastics. For the 2003-2004 season Katie was an assistant coach for Jamestown High School gymnastics. Katie is a 1999 graduate of Jamestown High School, and participated in Bluejay gymnastics. In 2001 Katie graduated from SDSU with a BS in Political Science. She is currently the club director for Valley Twisters Gymnastics Club in Valley City, ND.

## Wahpeton



**Don Viele**  
(Biography unavailable.)





Bismarck High Demons



Front Row, L to R: Laura Erickson, Megan Meyer. Back Row, L to R: Krista Riley, Elise Hocking, Jade Beattie, Megan Keidel, Nicole Andrews, Alex Beckler.

Head Coach: Curt Sherbooke

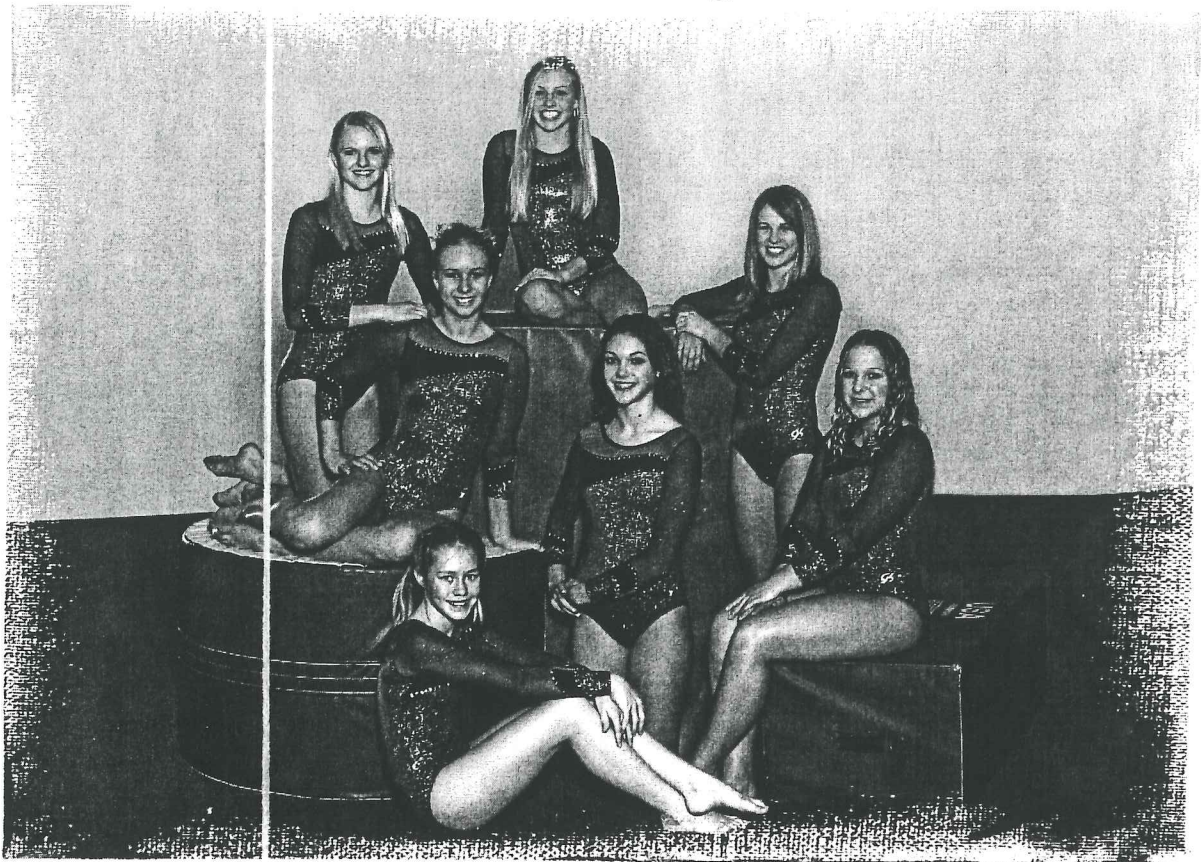
Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
201	Jade Beattie	12										
202	Elise Hocking	12										
204	Laura Erickson	11										
206	Megan Keidel	9										
209	Nicole Andrews	8										
210	Alex Beckler	8										
212	Krista Riley	11										
214	Megan Meyer	8										

Add Top 4 Scores + + + + =



Bismarck Century Patriots



Front Row: Laura Asplund. Middle Row L to R: Lindsay Albers, Brittany Bohrer, Amber Jechort, Amy Johs. Back Row L to R: Britney Daniel, Haley Stewart.

Head Coach: Curt Sherbooke

Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
954	Brittany Bohrer	10										
955	Haley Stewart	9										
956	Lindsay Albers	12										
957	Amy Johs	9										
958	Laura Asplund	7										
959	Amber Jechort	11										
961	Britney Daniel	10										

Add Top 4 Scores + + + + =





Dickinson Midgets



Back Row, L to R: Asst. Coach Suzy Reisenauer, Mara Van Ells, Holly Thompson, Head Coach Kent Van Ells. Middle Row, L to R: Lexi Stickel, Marie Franzen, Katie Kostelecky, Jennifer Bachamp. Front Row, L to R: Melissa Bachamp, Kara Newton, Danielle Kessel, Brooke Sickler.

Head Coach: Kent Van Ells Asst. Coach: Suzy Reisenauer

Team Score \_\_\_\_\_

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
404	Holly Thompson	12										
405	Jennifer Bachamp											
406	Mara Van Ells											
407	Lexi Stickel											
408	Melissa Bachamp											
411	Marie Franzen											
412	Kara Newton											
415	Danielle Kessel											

Add Top 4 Scores + + + + =

Fargo North Spartans



Kneeling, L to R: Kayla Videen, Emily Schreier. Middle: Lindsey Walton. Standing, L to R: Jayme Noel, Trista Swift, Alexandra Linstad, Kyrstin Emil.

Head Coach: Mike Merritt

Assistant Coaches: Bridget Horsager, Jessica Roehrick, Codi Fandrich

Team Score \_\_\_\_\_

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
903	Kayla Videen	8										
912	Trista Swift	11										
913	Alexandra Linstad	10										
914	Lindsey Walton	10										
913	Emily Schreier	9										
918	Kyrstin Emil	8										
922	Jayme Noel	8										

Add Top 4 Scores + + + + =



Fargo South Bruins



**Sitting, L to R:** Taylor Herian, Chelsea Preston, Kaitlin Bock. **Kneeling, L to R:** Alyssa Beasley, Rachel McLean, Samantha Palmer, Karissa Olstad. **Standing, L to R:** Katrina Thompson, Brooke Miller, Caitlin Workin, Anna Kreig, Rachel Brophy.

**Head Coach:** Mike Merritt

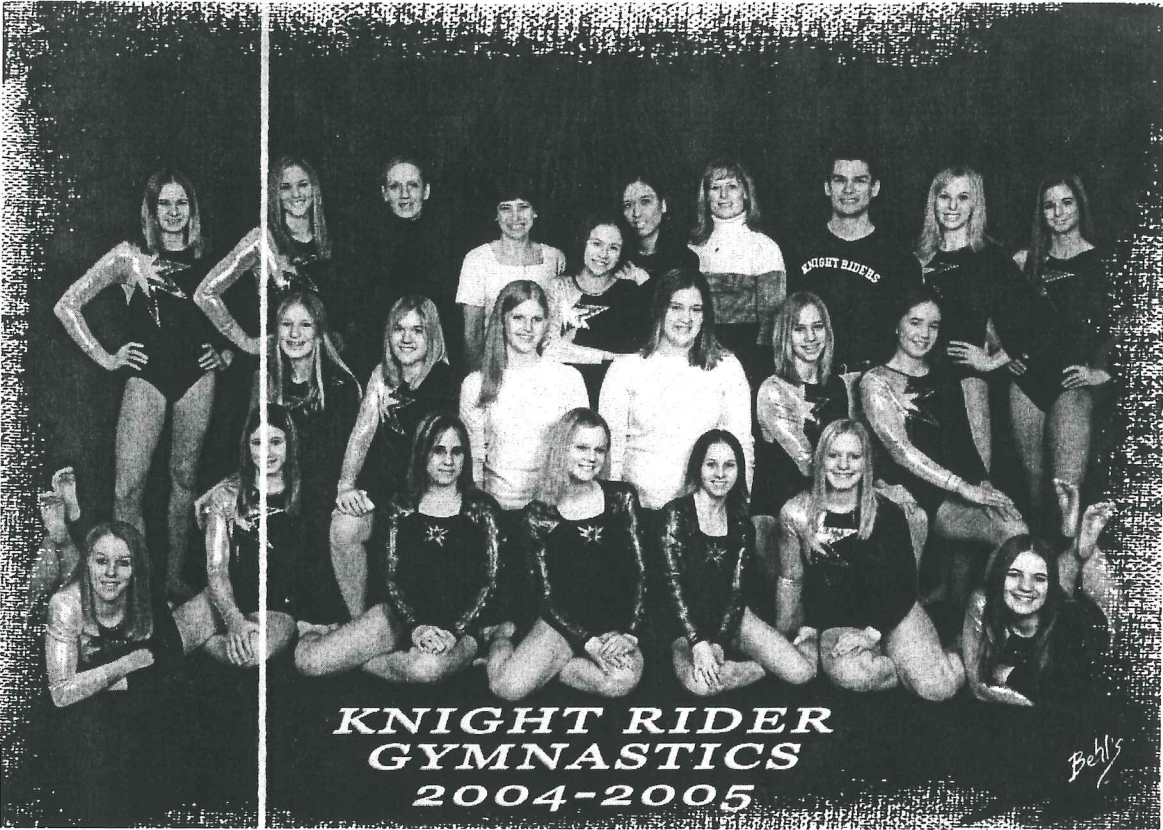
**Assistant Coaches:** Bridget Horsager, Jessica Roehrick, Codi Fandrich

Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
75	Chelsea Preston	10										
76	Rachel Brophy	12										
78	Alyssa Beasley	10										
79	Katrina Thompson	9										
80	Brooke Miller	9										
81	Rachel McLean	10										
83	Caitlin Workin	11										
84	Anna Kreig	10										
85	Samantha Palmer	9										
86	Karissa Olstad	11										
88	Kaitlin Bock	7										
90	Taylor Herian	7										

Add Top 4 Scores + + + + =

Grand Forks KnightRiders



**Back Row, L to R:** Emily Schulz, Ky Yutrzenka, Coach Corey Weber, Coach Laurie Chase, Emily Wong, Melissa Wong, Coach Kristy Sandbeck, Coach James Bayer, Brittany Jelsing, Nicky Elm. **Middle Row, L to R:** Morgan Bitz, Kaylee Compton, Jennalee O'Keefe, Jenna Mishler, Briana Jones, Lindsey Wong. **Front Row, L to R:** Brianna Gaddie, Alexa Bateman, Ashley Heyd, Samantha Mathews, Bailey Kitko, Brittany Johnson, Sascha Bertsch.

**Head Coach:** Kristy Sandbeck **Assistant Coaches:** Laurie Chase, James Bayer, Corey Weber

Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
	Ky Yutrzenka	12										
	Brittany Jelsing	12										
	Kaylee Compton	12										
	Melissa Wong											
	Nicky Elm											
	Brianna Gaddie											
	Briana Jones											
	Lindsey Wong											
	Sascha Bertch											
	Emily Schultz											
	Bailey Kitko											
	Morgan Bitz											
	Brittany Johnson											
	Samantha Mathews											
	Ashley Heyd											
	Emily Wong											
	Alexa Bateman											

Add Top 4 Scores + + + + =



# Individual Day: Rotations and Competition Order

## Rotation 1

### Vault GROUP #1

→76 Rachel Brophy  
918 Kyrstin Emil  
179 Sarah Engels  
1 Kayla Pfau  
516 Melissa Wong  
214 Megan Meyer  
→956 Lindsay Albers  
7 Paige Robillard  
83 Caitlin Workin  
79 Katrina Thompson  
191 Brittany Harty

### Bars GROUP #2

510 Emily Wong  
253 Brittany Beyer  
→202 Elise Hocking  
922 Jayme Noel  
501 Lindsey Wong  
266 Krista Foertsch  
255 Paige Bladow  
503 Alexa Bateman  
6 Sarah Brackett  
5 Allison Tracy  
561 JenaDee Bowers  
912 Trista Swift

### Beam GROUP #3

8 Steph Feist  
257 Allie Smith  
282 Amber Westphal  
3 Shana VanBruggen  
518 Briana Jones  
→559 Torrea Ehlis  
551 Brittany Beehler  
961 Britney Daniel  
12 Joley Beeler

### Floor GROUP #4

913 Alexandra Linstad  
206 Megan Keidel  
204 Laura Erickson  
959 Amber Jechort  
508 Nicky Elm  
212 Krista Riley  
534 Brianna Gaddie  
407 Lexi Stickel  
75 Chelsea Preston  
→201 Jade Beattie

Fargo South  
Fargo North  
Jamestown  
Minot  
Grand Forks  
Bismarck  
Century  
Minot  
Fargo South  
Fargo South  
Jamestown

Grand Forks  
Wahpeton  
Bismarck  
Fargo North  
Grand Forks  
Wahpeton  
Wahpeton  
Grand Forks  
Minot  
Minot  
Mandan  
Fargo North

Minot  
Wahpeton  
Wahpeton  
Minot  
Grand Forks  
Mandan  
Mandan  
Century  
Minot

Fargo North  
Bismarck  
Bismarck  
Century  
Grand Forks  
Bismarck  
Grand Forks  
Dickinson  
Fargo South  
Bismarck

## Rotation 2

### Bars GROUP #1

516 Melissa Wong  
1 Kayla Pfau  
79 Katrina Thompson  
191 Brittany Harty  
83 Caitlin Workin  
506 Brittany Jelsing  
7 Paige Robillard  
956 Lindsay Albers  
918 Kyrstin Emil

### Beam GROUP #2

501 Lindsey Wong  
404 Holly Thompson  
510 Emily Wong  
202 Elise Hocking  
255 Paige Bladow  
405 Jennifer Bachamp  
922 Jayme Noel  
5 Allison Tracy  
6 Sarah Brackett  
253 Brittany Beyer  
503 Alexa Bateman

### Floor GROUP #3

3 Shana VanBruggen  
→559 Torrea Ehlis  
518 Briana Jones  
551 Brittany Beehler  
869 Morgen Willson  
961 Britney Daniel  
257 Allie Smith  
8 Steph Feist  
12 Joley Beeler  
507 Brittany Johnson  
868 Hannah Morehouse  
282 Amber Westphal

### Vault GROUP #4

555 Brianna Tausand  
204 Laura Erickson  
212 Krista Riley  
201 Jade Beattie  
407 Lexi Stickel  
75 Chelsea Preston  
508 Nicky Elm  
959 Amber Jechort  
206 Megan Keidel  
534 Brianna Gaddie

Grand Forks  
Minot  
Fargo South  
Jamestown  
Fargo South  
Grand Forks  
Minot  
Century  
Fargo North

Grand Forks  
Dickinson  
Grand Forks  
Bismarck  
Wahpeton  
Dickinson  
Fargo North  
Minot  
Minot  
Wahpeton  
Grand Forks

Minot  
Mandan  
Grand Forks  
Mandan  
Valley City  
Century  
Wahpeton  
Minot  
Minot  
Grand Forks  
Valley City  
Wahpeton

Mandan  
Bismarck  
Bismarck  
Bismarck  
Dickinson  
Fargo South  
Grand Forks  
Century  
Bismarck  
Grand Forks

## Rotation 3

### Beam GROUP #1

83 Caitlin Workin  
79 Katrina Thompson  
191 Brittany Harty  
7 Paige Robillard  
→956 Lindsay Albers  
506 Brittany Jelsing  
954 Brittany Bohrer  
516 Melissa Wong  
918 Kyrstin Emil  
1 Kayla Pfau  
179 Sarah Engels  
162 Caroline Hemmer

### Floor GROUP #2

405 Jennifer Bachamp  
5 Allison Tracy  
2 Drew Awalt  
6 Sarah Brackett  
253 Brittany Beyer  
510 Emily Wong  
501 Lindsey Wong  
202 Elise Hocking  
255 Paige Bladow  
922 Jayme Noel

### Vault GROUP #3

961 Britney Daniel  
12 Joley Beeler  
869 Morgen Willson  
518 Briana Jones  
257 Allie Smith  
955 Haley Stewart  
3 Shana VanBruggen  
282 Amber Westphal  
507 Brittany Johnson  
8 Steph Feist  
408 Melissa Bachamp  
→559 Torrea Ehlis

### Bars GROUP #4

914 Lindsey Walton  
75 Chelsea Preston  
534 Brianna Gaddie  
206 Megan Keidel  
555 Brianna Tausand  
959 Amber Jechort  
201 Jade Beattie  
204 Laura Erickson  
212 Krista Riley  
160 Nikki Iverson

Fargo South  
Fargo South  
Jamestown  
Minot  
Century  
Grand Forks  
Century  
Grand Forks  
Fargo North  
Minot  
Jamestown  
Jamestown

Dickinson  
Minot  
Minot  
Minot  
Wahpeton  
Grand Forks  
Grand Forks  
Bismarck  
Wahpeton  
Fargo North

Century  
Minot  
Valley City  
Grand Forks  
Wahpeton  
Century  
Minot  
Wahpeton  
Grand Forks  
Minot  
Dickinson  
Mandan

Fargo North  
Fargo South  
Grand Forks  
Bismarck  
Mandan  
Century  
Bismarck  
Bismarck  
Bismarck  
Jamestown

## Rotation 4

### Floor GROUP #1

918 Kyrstin Emil  
506 Brittany Jelsing  
214 Megan Meyer  
1 Kayla Pfau  
83 Caitlin Workin  
→956 Lindsay Albers  
7 Paige Robillard  
191 Brittany Harty  
79 Katrina Thompson  
516 Melissa Wong

### Vault GROUP #2

912 Trista Swift  
6 Sarah Brackett  
266 Krista Foertsch  
501 Lindsey Wong  
922 Jayme Noel  
503 Alexa Bateman  
253 Brittany Beyer  
202 Elise Hocking  
255 Paige Bladow  
405 Jennifer Bachamp  
5 Allison Tracy  
510 Emily Wong

### Bars GROUP #3

257 Allie Smith  
209 Nicole Andrews  
282 Amber Westphal  
12 Joley Beeler  
8 Steph Feist  
507 Brittany Johnson  
→559 Torrea Ehlis  
961 Britney Daniel  
551 Brittany Beehler  
955 Haley Stewart  
3 Shana VanBruggen  
518 Briana Jones

### Beam GROUP #4

206 Megan Keidel  
959 Amber Jechort  
204 Laura Erickson  
913 Alexandra Linstad  
78 Alyssa Beasley  
534 Brianna Gaddie  
555 Brianna Tausand  
212 Krista Riley  
75 Chelsea Preston  
201 Jade Beattie  
508 Nicky Elm

Fargo North  
Grand Forks  
Bismarck  
Minot  
Fargo South  
Century  
Minot  
Jamestown  
Fargo South  
Grand Forks

Fargo North  
Minot  
Wahpeton  
Grand Forks  
Fargo North  
Grand Forks  
Wahpeton  
Bismarck  
Wahpeton  
Dickinson  
Minot  
Grand Forks

Wahpeton  
Bismarck  
Wahpeton  
Minot  
Minot  
Grand Forks  
Mandan  
Century  
Mandan  
Century  
Minot  
Grand Forks

Bismarck  
Century  
Bismarck  
Fargo North  
Fargo South  
Grand Forks  
Mandan  
Bismarck  
Fargo South  
Bismarck  
Grand Forks





Jamestown Bluejays



Back Row, L to R: Coach Nick Tews, Coach Dave Tews, Brittany Harty, Kayla Quigley, Arielle Johnson, Coach Andrea Clemens, Coach Dawn Rene. Middle Row, L to R: Jayden Washburn, Laura Fugleberg, Cavoline Hemmer, Brie Siefken, Sarah Engels, Jordan Mathison, Jessica Lawrence. Front Row, L to R: Jennifer Kropp, Shelby Nelson, Nikki Iverson, Kaitlin Walsh, Heidi Engels, Mirissa Kronebusch, Lindsay Kautzman.

Head Coach: Dave Tews

Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
179	Sarah Engels											
154	Brie Siefkin											
191	Brittany Harty											
195	Laura Fugleberg											
151	Jordan Mathison											
162	Caroline Hemmer											
175	Lindsay Kautzman											
160	Nikki Iverson											
177	Jayden Washburn											
182	Kaitlin Walsh											
166	Heidi Engels											

Add Top 4 Scores + + + + =

Mandan Braves



Top to Bottom: Molly Wolf, Brittany Beehler, Torrea Ehlis, Amanda Lantz, Brianna Tausend, JenaDee Bowers, Anna Christensen.

Head Coach: Juston Ziegler

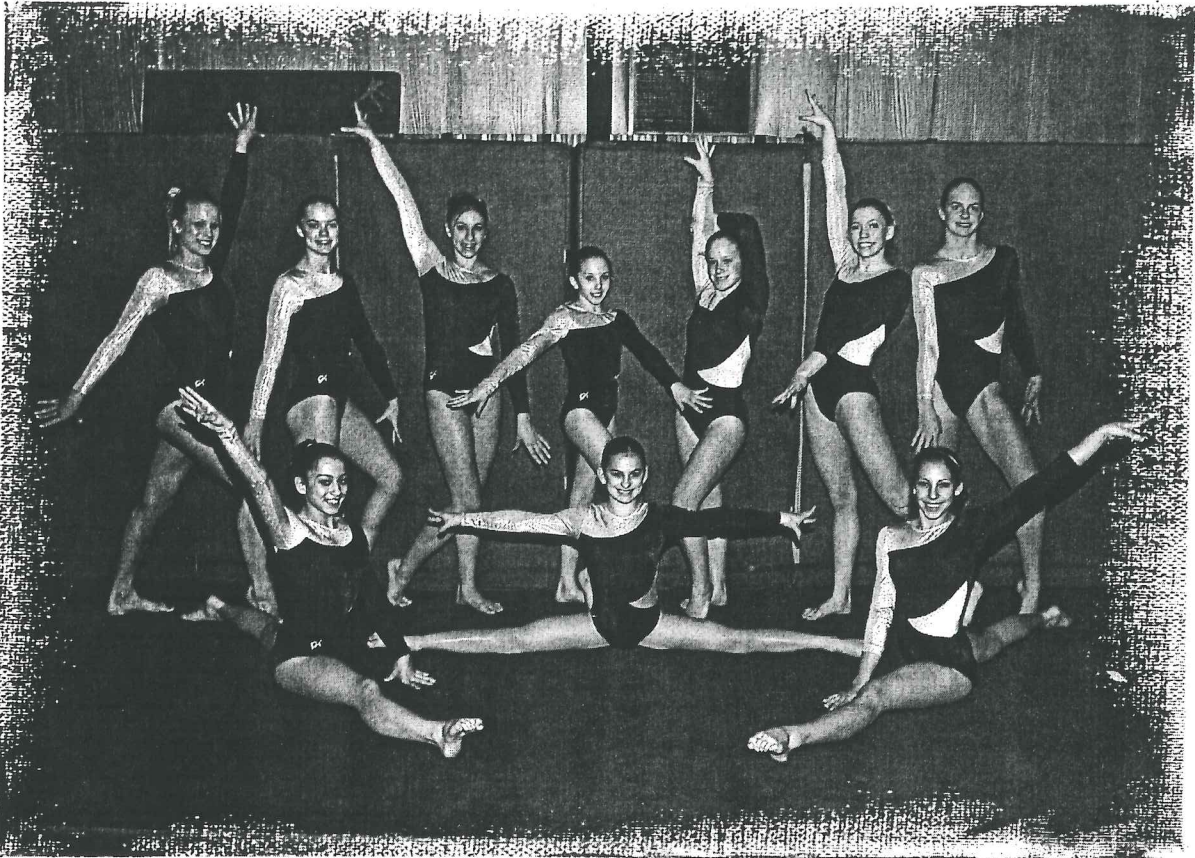
Team Score

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
551	Brittany Beehler	9										
555	Brianna Tausend	9										
556	Anna Christensen	9										
559	Torrea Ehlis	12										
560	Molly Wolf	8										
561	JenaDee Bowers	8										
562	Amanda Lantz	10										

Add Top 4 Scores + + + + =



Minot Magicians



Back Row, L to R: Kayla Pfau, Joley Beeler, Allison Tracy, Maci Bischof, Paige Robillard, Steph Feist, Shana VanBruggen. Front Row, L to R: Cassie Lambert, Drew Awalt, Sarah Brackett.

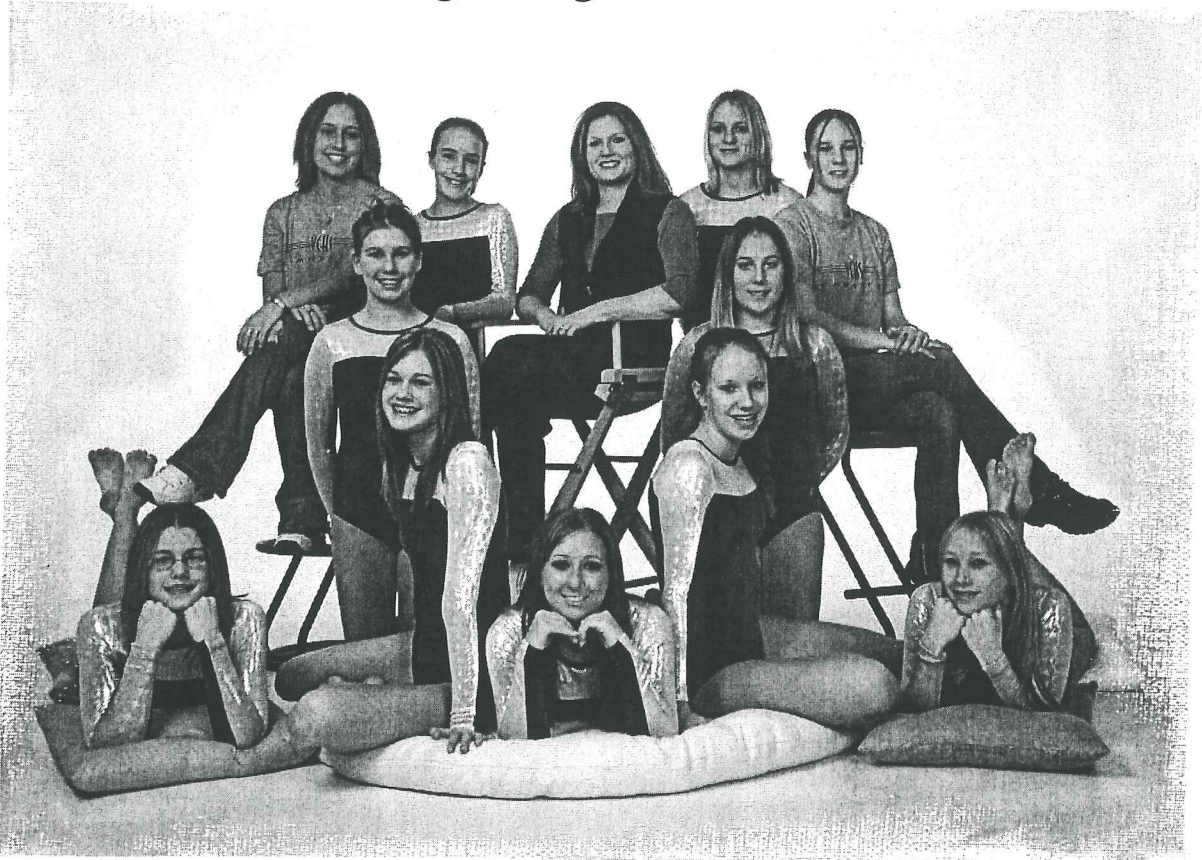
Head Coach: Marisa Upton

Team Score \_\_\_\_\_

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
1	Kayla Pfau	11										
3	Shana VanBruggen	11										
7	Stephanie Feist	10										
8	Paige Robillard	10										
9	Alec Clark	9										
5	Allison Tracy	9										
6	Sarah Brackett	9										
12	Joley Beeler	8										
2	Drew Awalt	7										

Add Top 4 Scores + + + + =

Valley City Hi-Liners



4th Row, L to R: Breana Braunagel, Stephenie Braunagel, Coach Katie Hemmer, Pauline Zubrod, Dani McKay. 3rd Row, L to R: Alyssa Tait, Morgen Willson. 2nd Row, L to R: Jennifer Kelley, Kelli Heath. 1st Row, L to R: Hanna Morehouse, CeAnn Huber, Megan Gilbertson.

Head Coach: Katie Hemmer

Team Score \_\_\_\_\_

No.	Name	Grade	Vault	PL	Bars	PL	Beam	PL	Floor	PL	AA	PL
861	Pauline Zubrod											
862	Kelli Heath											
865	CeAnne Huber											
864	Megan Gilbertson											
860	Katie Fairfield											
869	Morgen Wilson											
867	Jennifer Kelley											
868	Hannah Morehouse											
863	Alyssa Tait											
866	Stephenie Braunagel											

Add Top 4 Scores + + + + =



[illegible][illegible]
$$+ \quad + \quad + \quad + =$$


Involved PARENTS  
**MAKE a Real**  
Difference  
... Thank You.



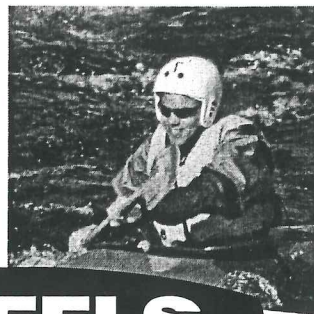
**Tracey Awalt  
LeAnn Westereng  
Sandy Kongelf  
Kathy Feist  
Vonda Clark  
Mike Stein  
Angie Kossan  
Sue Boyeff  
Lisa VanBruggen  
Deb Taylor  
Cheri Reile  
Sarah Magnuson**

Kris Collins	Perry Bender
Laura Huether	Dan Pattioay
Deb Taylor	Mark Busch
Ranae Sanders	Brian Kramer
Misty Tracy	Roger Bischof
Carla Robillard	Mick Kossan
Minot Public Schools for help with the move.	



*A REPEAT would be SWEET  
Knight Wave Riders!  
Congrats on a great season!  
We're proud of you, Briana Jones!*





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Scheels All Sports

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ckkray@scheelssports.com  
(701) 852-1010

For more Information & Employment Benefits Log on  
to: [www.scheelssports.com](http://www.scheelssports.com)

## RECORDS

### Class A records (since 1969)

Year	Champion	Runner Up
1969	Jamestown	Bis. St. Marys
1970	Jamestown	Fargo South
1971	Fargo South	Jamestown
1972	Fargo South	Dickinson
1973	Fargo South	Dickinson
1974	Dickinson (tie)	Fargo South
1975	Dickinson	Fargo South
1976	Dickinson	Fargo South
1977	Fargo South	Dickinson
1978	Fargo South	Dickinson
1979	Fargo South	Dickinson
1980	Fargo South	Dickinson
1981	Fargo South	Dickinson
1982	Fargo South	Valley City
1983	Fargo South	Dickinson
1984	Minot	Dickinson
1985	Minot	Dickinson
1986	Fargo South	Bismarck
1987	Dickinson	Fargo South
1988	Fargo South	Minot
1989	Fargo South	Minot
1990	Fargo South	Minot
1991	Minot	Fargo South
1992	Minot	Fargo South
1993	Minot	Fargo South
1994	Minot	Fargo South
1995	Century	Minot
1996	Century	Minot
1997	Minot	Century
1998	Minot	Century
1999	Century	Bismarck
2000	Century	Bismarck
2001	Bismarck	Century
2002	Bismarck	Century
2003	Bismarck	Grand Forks
2004	Grand Forks	Minot

### Most Individual Title, Career

16 Titles	Kim Sveum	Minot
13 Titles	Robin Huebner	Dickinson
11 Titles	Cassie Osborn	Fargo South
10 Titles	Stacey Simile	Fargo South
10 Titles	Tiffany Tello	Bismarck
9 Titles	Cindy Rodlund	Fargo South
9 Titles	Heidi Goehring	Century
7 Titles	Tracy Gunkelman	Fargo South
7 Titles	Barb Mitchell	Jamestown
7 Titles	Jodi Schwehr	Century
6 Titles	Julie Visina	Minot Ryan
6 Titles	Tami Russell	Century
5 Titles	Susie Schraufek	Fargo South
5 Titles	Kari Nolz	Bismarck
5 Titles	Jade Beattie	Bismarck
4 Titles	Teri Ann Krefting	Minot
3 Titles	Rachel Johnson	Bismarck
3 Titles	Gina Lang	Bismarck
3 Titles	Stacie Lowman	Fargo North
3 Titles	Kathy Sullivan	Jamestown
3 Titles	Robin Wheeler	Dickinson
3 Titles	Andrea Albertson	Minot

### Best All-Around Scores (since 1981)

39.166	Jade Beattie	Bismarck	2004
38.750	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.667	Heidi Goehring	Century	1999
38.6	Andrea Albertson	Minot	1999
38.567	Jodi Schwehr	Century	1996
38.483	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.4	Cassie Osborn	Fargo South	1989
38.4	Kim Sveum	Minot	1993
38.4	Kim Sveum	Minot	1994
38.317	Gina Lang	Bismarck	1998
38.31	Rachel Johnson	Bismarck	1986
38.30	Kari Nolz	Bismarck	2001
38.21	Marie Boyeff	Minot	1997
38.20	Cassie Osborn	Fargo South	1990
38.15	Jade Beattie	Bismarck	2003
38.117	Heidi Goehring	Century	1998
38.10	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1996
38.067	Andrea Albertson	Minot	2000
38.033	Tiffany Tello	Bismarck	2001
38.02	Tami Russell	Century	1986
38.00	Teri Ann Krefting	Minot	1996
37.983	Christi Lindsey	Century	2001
37.966	Teri Ann Krefting	Minot	1998
37.94	Jodi Hansen	Dickinson	1986
37.75	Jenny Nelson	Fargo North	1990
37.75	Kim Sveum	Minot	1992

### Team Championships All Time

Fargo South	15
Minot	8
Dickinson	5
Century	4
Bismarck	3
Jamestown	2

### Individual Championships All Time

Fargo South	51	Jamestown	14
Minot High	28	Minot Ryan	7
Century	26	Fargo North	5
Bismarck	25	West Fargo	2
Dickinson	24	Devils Lake	1

### Best All Time Team Scores

(since 1981)		
151.017	Grand Forks	2004
150.532	Minot	2004
150.25	Century	2002
150.184	Bismarck	2002
150.133	Bismarck	2001
150.183	Bismarck	2003
149.799	Century	1996
149.349	Century	1999
149.33	Minot	1997
149.267	Century	2000
149.15	Fargo South	1986
148.93	Bismarck	1986
148.92	Dickinson	1986
148.883	Century	2001
148.8	Fargo South	1990
148.5	Minot	1995
148.25	Century	1995



## INDIVIDUAL EVENT CHAMPIONS

### Class A and Single Class System

- 1975**  
**Beam:** Robin Huebner, Dickinson  
**Bars:** Robin Huebner, Dickinson  
**Vault:** Robin Huebner, Dickinson  
**Floor:** Robin Huebner, Dickinson  
**All Around:** Robin Huebner, Dickinson
- 1976**  
**Beam:** Robin Huebner, Dickinson  
**Bars:** Robin Huebner, Dickinson  
**Vault:** Robin Huebner, Dickinson  
**Floor:** Robin Huebner, Dickinson  
**All Around:** Robin Huebner, Dickinson
- 1977**  
**Beam:** Susie Schraufek, Fargo South  
**Bars:** Stacey Simle, Fargo South  
**Vault:** Mo Day, Fargo South  
**Floor:** Greta Sjursen, Dickinson  
**All Around:** Greta Sjursen, Dickinson
- 1978**  
**Beam:** Susie Schraufek, Fargo South  
**Bars:** Stacey Simle, Fargo South  
**Vault:** Nancy Davis, Dickinson  
**Floor:** Jany Vanyo, Fargo South  
**All Around:** Stacey Simle, Fargo South
- 1979**  
**Beam:** Susie Schraufek, Fargo South  
**Bars:** Stacey Simle, Fargo South  
**Vault:** Nancy Davis, Dickinson  
**Floor:** Susie Schraufek, Fargo South  
**All Around:** Susie Schraufek, Fargo South
- 1980**  
**Beam:** Stacey Simle, Fargo South  
**Bars:** Stacey Simle, Fargo South  
**Vault:** Kristi Tryhus, Fargo South  
**Floor:** Stacey Simle, Fargo South  
**All Around:** Stacey Simle, Fargo South
- 1981**  
**Beam:** Cindy Rodlund, Fargo South  
**Bars:** Stacey Simle, Fargo South  
**Vault:** Kristi Tryhus, Fargo South  
**Floor:** Stacey Simle, Fargo South  
**All Around:** Cindy Rodlund, Fargo South
- 1982**  
**Beam:** Cindy Rodlund, Fargo South  
**Bars:** Cindy Rodlund, Fargo South  
**Vault:** Lori Malsom, Minot Ryan  
**Floor:** Cindy Rodlund, Fargo South  
**All Around:** Cindy Rodlund, Fargo South
- 1983**  
**Beam:** Robin Wheeler, Dickinson  
**Bars:** Julie Visina, Minot Ryan  
**Vault:** Julie Visina, Minot Ryan  
**Floor:** Cindy Rodlund, Fargo South  
**All Around:** Julie Visina, Minot Ryan
- 1984**  
**Beam:** Shelby Young, Bismarck Century  
**Bars:** Julie Visina, Minot Ryan  
**Vault:** Robin Wheeler, Dickinson  
**Floor:** Cindy Rodlund, Fargo South  
**All Around:** Robin Wheeler, Dickinson
- 1985**  
**Beam:** Stacie Lowman, Devils Lake  
**Bars:** Julie Visina, Minot Ryan  
**Vault:** Cindy Rodlund, Fargo South  
**Floor:** Tami Russell, Bismarck Century  
**All Around:** Julie Visina, Minot Ryan
- 1986**  
**Beam:** Jodi Hansen, Dickinson  
**Bars:** Rachel Johnson, Bismarck  
**Vault:** Rachel Johnson, Bismarck  
**Floor:** Tami Russell, Bismarck Century  
**All Around:** Rachel Johnson, Bismarck
- 1987**  
**Beam:** (tie) Kristi Dewald, West Fargo  
Cassie Osborn, Fargo South  
**Bars:** Julie Winje, Minot Ryan  
**Vault:** Cassie Osborn, Fargo South  
**Floor:** Cassie Osborn, Fargo South  
**All Around:** Kristi Dewald, West Fargo
- 1988**  
**Beam:** Tami Russell, Bismarck Century  
**Bars:** Tami Russell, Bismarck Century  
**Vault:** Cassie Osborn, Fargo South  
**Floor:** Tami Russell, Bismarck Century  
**All Around:** Tami Russell, Bismarck Century
- 1989**  
**Beam:** Cassie Osborn, Fargo South  
**Bars:** Teri Zimbelman, Minot  
**Vault:** Stacie Lowman, Fargo North  
**Floor:** Cassie Osborn, Fargo South  
**All Around:** Cassie Osborn, Fargo South
- 1990**  
**Beam:** Cassie Osborn, Fargo South  
**Bars:** (tie) Jenny Nelson, Fargo North  
Cassie Osborn, Fargo South  
**Vault:** Stacie Lowman, Fargo North  
**Floor:** Cassie Osborn, Fargo South  
**All Around:** Cassie Osborn, Fargo South
- 1991**  
**Beam:** Tara Lefor, Dickinson  
**Bars:** Kim Sveum, Minot  
**Vault:** Kim Sveum, Minot  
**Floor:** Jenny Nelson, Fargo North  
**All Around:** Kim Sveum, Minot
- 1992**  
**Beam:** Nicole Ziegler, Bismarck Century  
**Bars:** Kim Sveum, Minot  
**Vault:** Kim Sveum, Minot  
**Floor:** Kim Sveum, Minot  
**All Around:** Kim Sveum, Minot
- 1993**  
**Beam:** Kim Sveum, Minot  
**Bars:** Kim Sveum, Minot  
**Vault:** Kim Sveum, Minot  
**Floor:** Kim Sveum, Minot  
**All Around:** Kim Sveum, Minot
- 1994**  
**Beam:** Jodi Schwehr, Bismarck Century  
**Bars:** Kim Sveum, Minot  
**Vault:** Kim Sveum, Minot  
**Floor:** Kim Sveum, Minot  
**All Around:** Kim Sveum, Minot
- 1995**  
**Beam:** (tie) Molly McDonald, Bismarck Century  
Nicole Ziegler, Bismarck Century  
**Bars:** Krista Isakson, Minot  
**Vault:** Jodi Schwehr, Bismarck Century  
**Floor:** Jodi Schwehr, Bismarck Century  
**All Around:** Jodi Schwehr, Bismarck Century
- 1996**  
**Beam:** Jodi Schwehr, Bismarck Century  
**Bars:** Jodi Schwehr, Bismarck Century  
**Vault:** Gina Lang, Bismarck  
**Floor:** Teri Ann Krefting, Minot  
**All Around:** Jodi Schwehr, Bismarck Century
- 1997**  
**Beam:** Marie Boyeff, Minot  
**Bars:** Teri Ann Krefting, Minot  
**Vault:** Heidi Goehring, Bismarck Century  
**Floor:** Teri Ann Krefting, Minot  
**All Around:** Marie Boyeff, Minot
- 1998**  
**Beam:** Teri Ann Krefting, Minot  
**Bars:** Gina Lang, Bismarck  
**Vault:** Heidi Goehring, Bismarck Century  
**Floor:** Heidi Goehring, Bismarck Century  
**All-Around:** Gina Lang, Bismarck
- 1999**  
**Beam:** Heidi Goehring, Bismarck Century  
**Bars:** Andrea Albertson, Minot  
**Vault:** Heidi Goehring, Bismarck Century  
**Floor:** Heidi Goehring, Bismarck Century  
**All-Around:** Heidi Goehring, Bismarck Century
- 2000**  
**Beam:** Kari Nolz, Bismarck  
**Bars:** Andrea Albertson, Minot  
**Vault:** Andrea Albertson, Minot  
**Floor:** Heidi Goehring, Bismarck Century  
**All-Around:** Heidi Goehring, Bismarck Century
- 2001**  
**Beam:** Tiffany Tello, Bismarck  
**Bars:** Kari Nolz, Bismarck  
**Vault:** Tiffany Tello, Bismarck  
**Floor:** Kari Nolz, Bismarck  
**All-Around:** Kari Nolz, Bismarck
- 2002**  
**Beam:** Tiffany Tello, Bismarck  
**Bars:** Whitney Buchholz, Bismarck Century  
**Vault:** Tiffany Tello, Bismarck  
**Floor:** Tiffany Tello, Bismarck  
**All-Around:** Tiffany Tello, Bismarck
- 2003**  
**Beam:** Tiffany Tello, Bismarck  
**Bars:** Tiffany Tello, Bismarck  
**Vault:** Kari Nolz, Bismarck  
**Floor:** Tiffany Tello, Bismarck  
**All-Around:** Tiffany Tello, Bismarck
- 2004**  
**Beam:** Jade Beattie, Bismarck  
**Bars:** Jade Beattie, Bismarck  
**Vault:** Jade Beattie, Bismarck  
**Floor:** Jade Beattie, Bismarck  
**All-Around:** Jade Beattie, Bismarck

# GOOD LUCK BISMARCK



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## PATRIOTS

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 AS A BISMARCK DEMON



JADE  
 #201



GOOD LUCK NEXT YEAR  
 AS A GOLDEN GOPHER





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