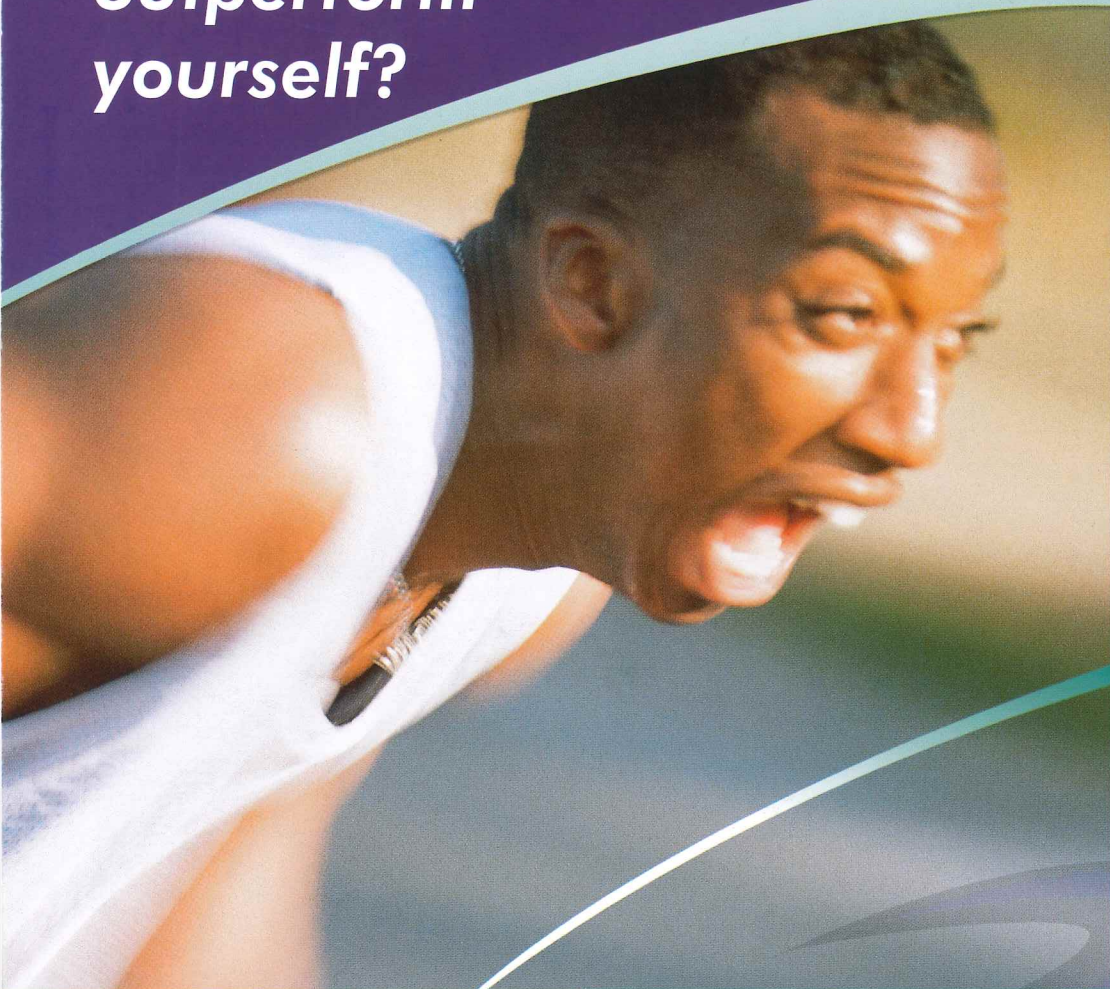


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# north dakota state GYMNASTICS MEET



**fargo, north dakota**

**North Dakota High School Activities Association**



TOURNAMENT COMMITTEE



Premier Partner of the North Dakota  
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--	--	--	--	--	---	---	---	--	--	--





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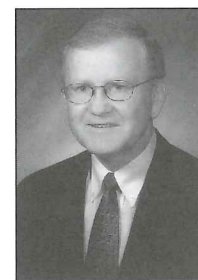
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## GYMNASTICS 2006

Sponsored By the North Dakota High School Activities Association

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### NDHSAA TOURNAMENT CODE OF CONDUCT

**PURPOSE:** To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship among the students, member schools and their personnel.

#### Fundamentals of Good Sportsmanship

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 a 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 of 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 noise makers.
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





Welcome to the State Gymnastics Meet

The Metro Area Tournament Committee and the communities of Fargo and West Fargo would like to extend a warm welcome to those attending the State Gymnastics Meet. We look forward to providing an exciting and memorable experience for all athletes, coaches and fans.

The committee is appreciative to the Fargo South staff and administration for their cooperation and assistance with this tournament. We also express our gratitude to the many volunteers and workers who are providing help. The committee would also like to acknowledge the financial support given through donations by our tournament patrons. Please support these businesses while in Fargo.

As an extension of the North Dakota High School Activities Association's effort to promote sportsmanship and goodwill among schools and athletes, we hope you will join us in providing encouragement and support to all participating athletes and coaches.

Metro Area Tournament Committee  
Cory Lehman and Ed Lockwood, Managers

Metro Area Tournament Committee

Cory Lehman, Fargo South HS; Rick Flacksbarth, Newman Sign; Darwin Gorder, Fargo Oak Grove HS; Dan Huffman, Fargo Public Schools; Rob Sobolik, Fargodome; Curt Jones, West Fargo HS; Ed Lockwood, Fargo Schools; Gary Mailloux, Fargo North HS; Oak Reile, Ben Franklin JH; Brad Franklin, Agassiz MS; Peggy Stibbe, Discovery JH; Dale Hammerschmidt, Shanley HS; Bryan Schulz, FM-CVB

Management

Cory Lehman, Athletic Administrator, Fargo South HS  
Ed Lockwood, Athletic Administrator, Fargo Schools

Housing

Curt Jones, West Fargo High School

Hospitality

Joan Miller, Fargo Schools

Personnel/Financial Services

Twilla Floan, Fargo South HS, Joan Miller, Fargo School

Program

Joan Miller, Fargo Schools

Program Sellers

Megan Weiler, Whitney Conmy

Secretarial

Joan Miller, Fargo Schools

Trainers

MeritCare Sports Medicine

National Anthem

Friday Marissa Knutzen  
Saturday Mackenzie Koeck

Meet Workers

Emma Schalow, Kathryn Weinmann,  
Bjanca Clark, Brooke Borgan, Natasha Uselman,  
Allie Kollman, Hannah Dahlvang, Allison Hoy, Maren Seljevold, Sienna Crouse, Allyson Hall, Allie Horsager, Chantel Sheppard, Sarah Kaseman, Madison Uglem, Kiara Bock, Madison Schommer, Faith Marty, Tori Carroll, Anna Reinholz, Emily Tollefson, Katie Schalow, Olivia Shockman, Kaitlyn Johnson, Kendall Neil, Seirra Senger.

Timers Erica Uselman, Bridget Horsager, Chelsea Preston, Leslie Pladson, Meghan Tharaldson, Victoria Hacket, Meghan Halstenson.

Averagers Bridget Horsager, Kevin Horsager, Sharon Horsager, Justin Piatz, Mike Pladson.

Meet Officials

Kim Pladson, West Fargo ..... Meet Referee

Vault

Tara Hofmann, Bismarck ..... Superior Judge  
Ruth Walsh, Fargo ..... Acting Judge  
Karen Dahlseng, Fargo..... Acting Judge

Uneven Bars

Suzanne Darling, Fargo..... Superior Judge  
Lora Fisher, Jamestown ..... Acting Judge  
Cindy Gee, Jamestown..... Acting Judge

Balance Beam

Lezlie Kalberer, Bismarck ..... Superior Judge  
Alison Hoeg, Fargo ..... Acting Judge  
Ann Albrecht, Jamestown ..... Acting Judge

Floor Exercise

Cari Walberg, Fargo..... Superior Judge  
Laurie Strommen, Dickinson ..... Acting Judge  
Kim Ressler, Minot..... Acting Judge

Score Table

Cherie Merritt..... Heidi Fandrich  
Carol Schalow ..... Cory Lehman

Meet Activities

Friday, Feb. 24 .....Coaches Meeting, 2:00 pm  
FSH room E-36  
Friday, Feb. 24 ..... Team Competition, 5:00 pm  
Saturday, Feb 25..... Coaches Meeting, 8:00 am  
Saturday, Feb. 26 .....Individual Competition, 2:00 pm

Metro Area Tournament Committee

The Fargo area has been the host of numerous high school tournaments with the majority of the management and hosting responsibilities provided by the Fargo Public Schools and their athletic departments. In an effort to develop a stronger and more efficient tournament committee, the athletic directors of the Fargo Schools initiated a proposal to have other area schools involved in the tournaments. The result was the formation of the Metro Area Tournament Committee, which consists of a steering committee, finance committee, bidding committee, promotions committee, events management and hospitality.

The Steering committee members are Ed Lockwood, Fargo Public Schools Director of Student Activities; Cory Lehman, Fargo South Athletic Director; Gary Mailloux, Fargo North Athletic Director; Curt Jones, West Fargo Athletic Director; Dale Hammerschmidt, Fargo Shanley Athletic Director; Darwin Gorder, Fargo Oak Grove High School; Peggy Stibbe, Discovery JH; Oak Reile, Ben Franklin JH; Brad Franklin, Agassiz Middle School; Rob Sobolik, Director of the FARGODOME; Rick Flacksbarth, Newman Outdoor Advertising; Dan Huffman, Fargo Public Schools; Mike Williams, Attorney; Doug Anselmin, Holiday Inn; Bryan Schulz, F-M Convention & Visitor's Bureau; Jim Sorensen, Blue Cross/Blue Shield; Sam Booth and Darren Huber, MeritCare Sports Medicine; and Judy Dvoracek, Equity Leadership Group

The finance committee is directed by Dan Huffman. Other committee members are Ed Lockwood, Gary Mailloux, Rick Flacksbarth Curt Jones and Joan Miller. The committee has worked to develop two sources of funding for tournaments. The first is the annual Tournament Patrons membership. Each year we send personally signed letters soliciting donations for the funding of tournaments by potential members. We have had great response each year and seem to see the list grow annually. We are very appreciative to the patron sponsors. A second method for funding tournaments was developed

to provide special recognition to businesses or corporations that want to join the major corporate sponsorship group. We allow for only eight major corporate sponsors and each sponsor makes a three year commitment to the funding of the tournament committee. We are proud to have MeritCare, Red River Valley Sports Medicine, F-M Convention and Visitors Bureau, Holiday Inn, and Farmer's Union Insurance as our major corporate sponsors.

The promotions committee is co-chaired by Rick Flacksbarth and Judy Dvoracek, with membership coming from Tracy Leverson, West Acres Shopping Center; Rob Sobolik, Harley Danielson, Sam Booth, Darren Huber, Sue Lerud, Jim Sorensen, Bryan Schulz, and area athletic directors. The purpose of the committee is to develop ideas and activities that will enhance and promote the tournament. A time line is created and numerous sub-committees begin to put activities into motion.

Each member of the steering committee is given various assignments which results in the development of a work force and job descriptions for the individual needs at tournaments. Many of the individuals that are working at these tournaments are donating their time and talents in an effort to provide the very best event. The combined efforts of this committee has resulted in the Metro Area having the ability to provide excellent services while hosting tournaments. We are thankful to all who have given support. Through these efforts we will be able to provide the fans, players, and the schools with a memorable experience.

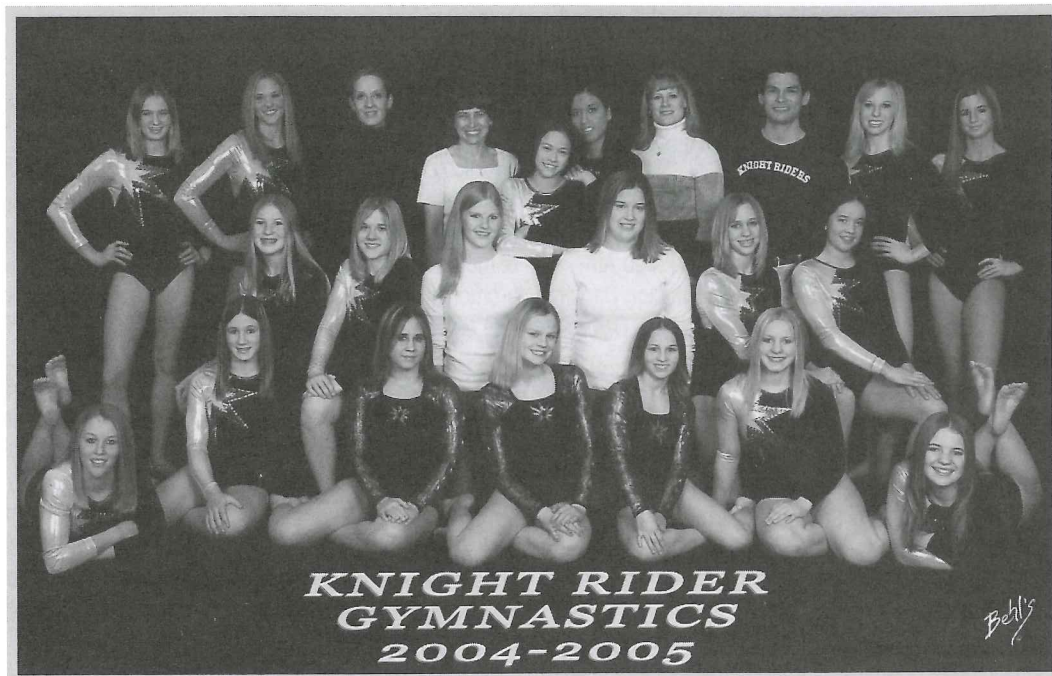
This year the committee will be assisting in hosting State Gymnastics, EDC Boys' Swimming, East Region Boys' Tennis, East Region Track, State Boys' Soccer, State Boys' Tennis and State Volleyball.

2006 NDHSAA State Tournament Sites and Dates

Activity.....	Site.....	Date
State Gymnastics .....	Fargo.....	Feb. 24-25
State Girls Hockey .....	Dickinson.....	Feb. 23-25
State Boys Hockey .....	Grand Forks REA.....	Feb. 23-25
State Class B Girls' Basketball .....	Minot SU Dome.....	Mar. 2-4
State Boys' Swimming/Diving .....	Jamestown.....	Mar. 3-4
State Class A Girls' & Boys' BBall.....	Grand Forks .....	Mar. 9-11
State Class B Boys' Basketball .....	Minot SU Dome.....	Mar. 16-18
State A Plays .....	Jamestown HS.....	Mar. 30-31
State A Speech.....	Jamestown HS.....	April 1
State A Vocal/Strings Music.....	Jamestown College.....	April 28
State B Speech.....	Mandan.....	April 29
State B Music .....	Bismarck SC.....	May 6
State Girls' Tennis .....	Grand Forks.....	May 25-27
State Track.....	Bismarck.....	May 26-27
State B Girls' and Boys' Golf.....	Jamestown.....	May 30-31
State A Boys' Baseball.....	Mandan.....	June 1-3
State B Boys' Baseball.....	Jamestown.....	June 1-3
State Girls' Soccer .....	Minot.....	June 1-3
State A Boys' Golf.....	Minot.....	June 5-6



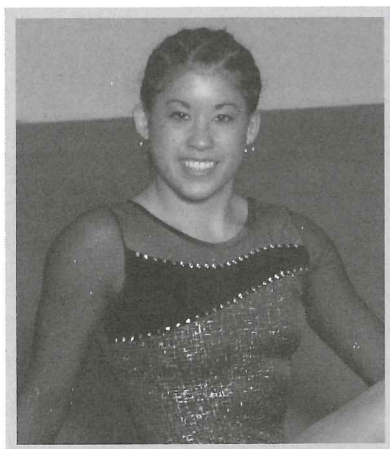
# 2005 *State Team* CHAMPIONS



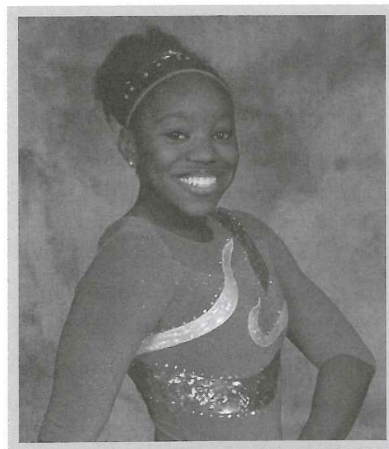
## Grand Forks

**First Row** – Brianna Gaddie, Alexa Bateman, Ashley Heyd, Sammie Matthews, Bailey Kitko, Brittany Johnson, and Sascha Bertsch. **Second Row** – Morgan Bitz, Kaylee Compton, Jennalee O'Keefe, Jenna Mishler, Briana Jones, and Lindsey Wong. **Third Row** – Emily Schultz, Ky Yutrzenka, Coach Corey Weber, Coach Laurie Chase, Emily Wong, Melissa Wong, Coach Kristy Sandbeck, Coach James Bayer, Brittany Jelsing, and Nicky Elm.

# 2005 *State Individual* CHAMPIONS



**Jade Beattie**  
**Bismarck High School**  
Uneven Parallel Bars Champion



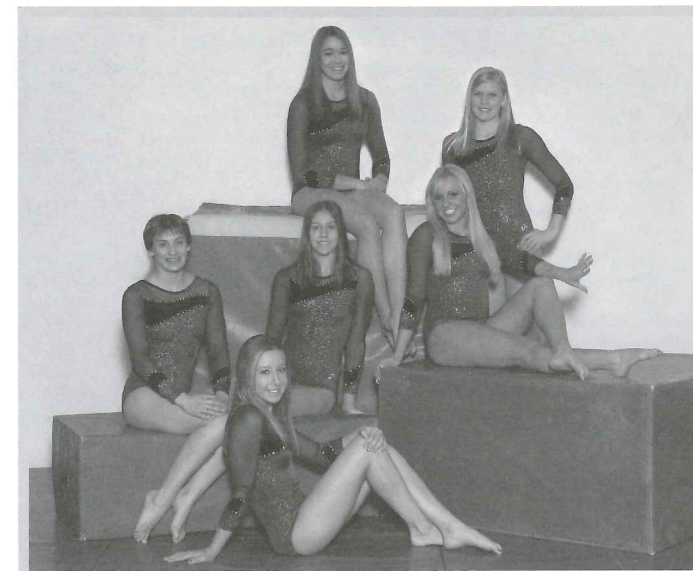
**Chelsea Preston**  
**Fargo South High School**  
Vault, Floor Exercise & All Around Champion



**Krista Riley**  
**Bismarck High School**  
Balance Beam Champion

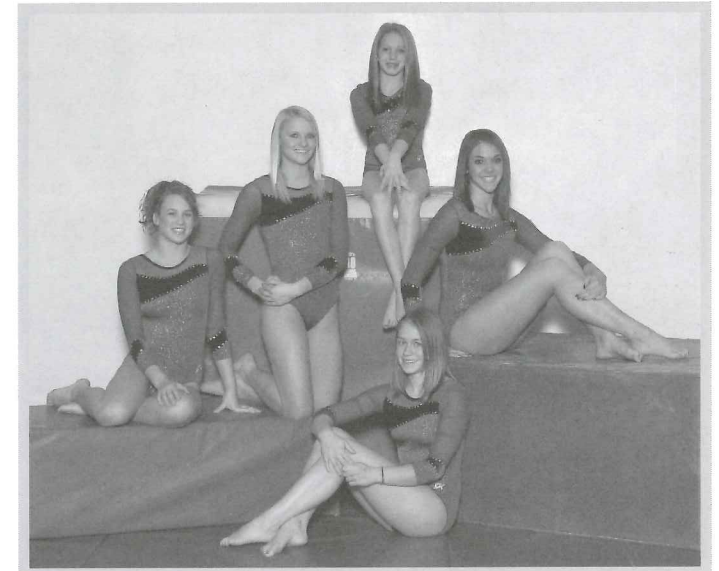
# Team PARTICIPANTS

## Bismarck



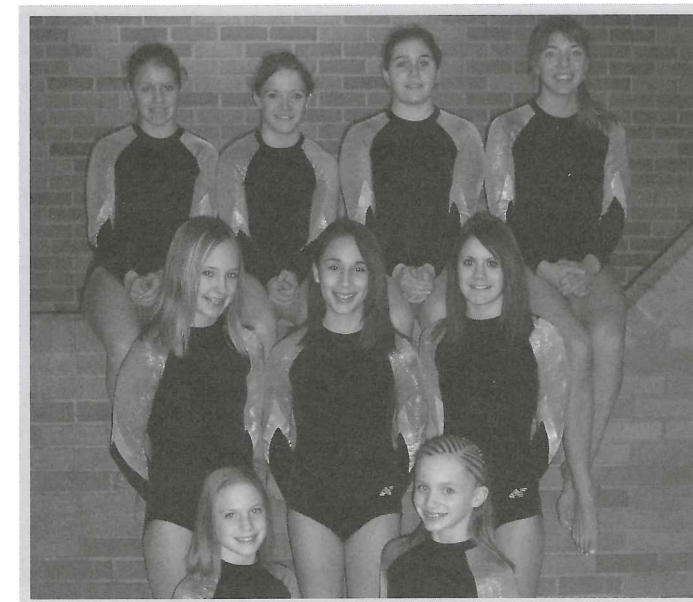
**Front Row:** Nicole Andrews. **Middle Row, (L to R):** Krista Riley, Megan Meyer, Haley Stewart. **Back Row, (L to R):** Alex Beckler, Megan Keidel.

## Bismarck Century



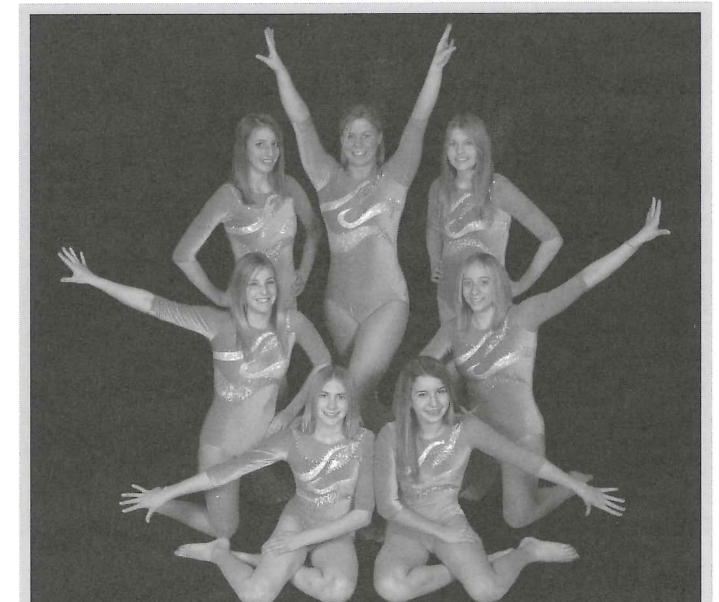
**Front Row:** Laura Asplund. **Back Row, (L to R):** Amber Jechort, Britney Daniel, Jessica Nelson, Brittany Bohrer. **Not Pictured:** Amy Johs.

## Dickinson



**Back Row, (L to R):** Melissa Bachamp, Lexi Stickel, Jennifer Bachamp, Mara Van Ells. **Middle Row, (L to R):** Brooke Sickler, Tiffany Montalvo, Marie Franzen. **Front Row, (L to R):** Kelsey Dukart, Brogan Burwick.

## Fargo North

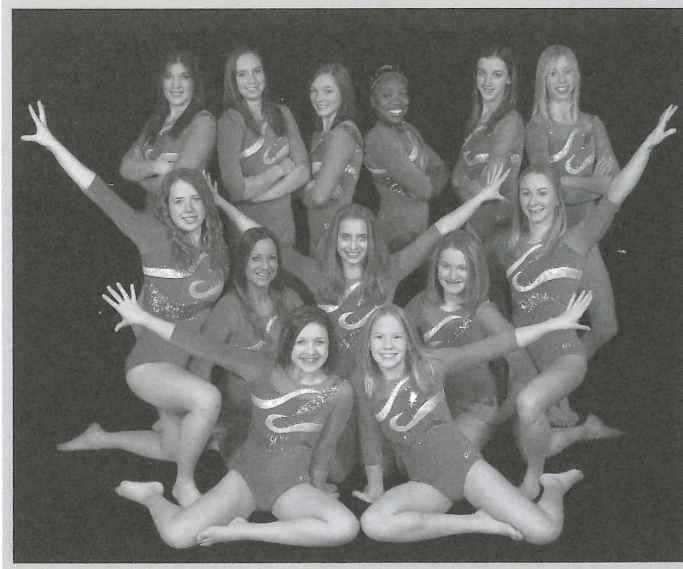


**Sitting, (L to R):** Erica Semmens, Kayla Videen. **Kneeling:** Kyrstin Emil, Jayme Noel. **Standing:** Lindsey Walton, Trista Swift, Brittany Hosman.



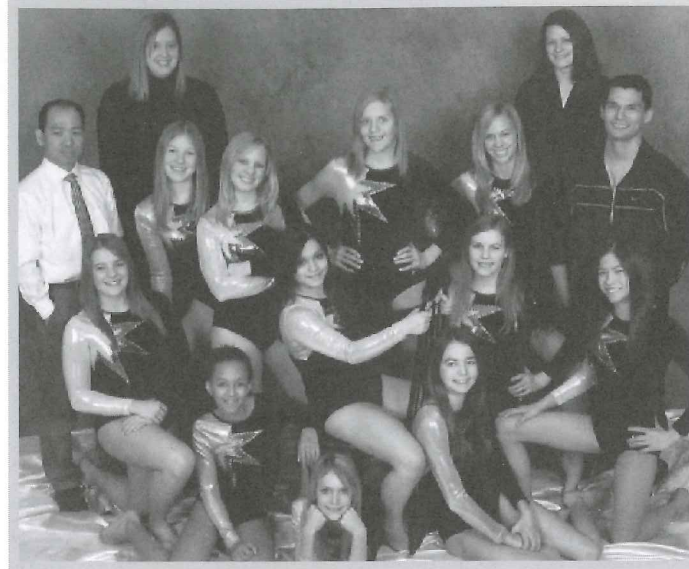
## Team PARTICIPANTS

### Fargo South



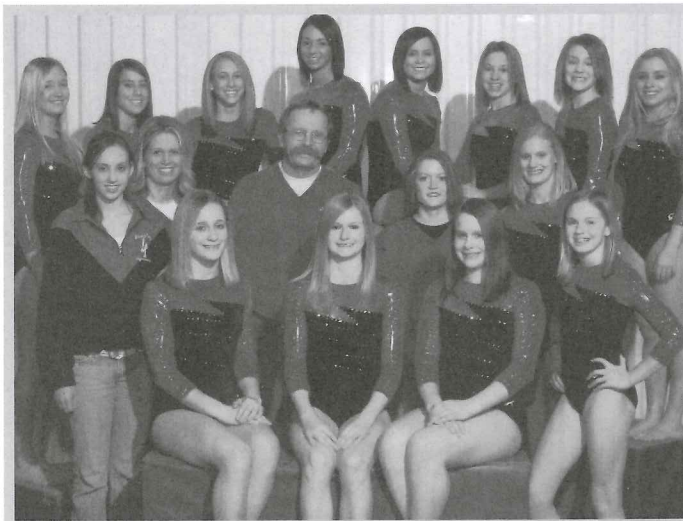
**Sitting, (L to R):** Kaitlyn Bock, Taylor Herian  
**Kneeling:** Anna Krieg, Samantha Palmer, Whitney Conmy, Brittany Cwikla, Rachel McLean. **Standing:** Brooke Miller, Caitlin Wokrrkin, Alyssa Beasley, Chelsea Preston, Megan Weiler, Meghan Tharaldson.

### Grand Forks



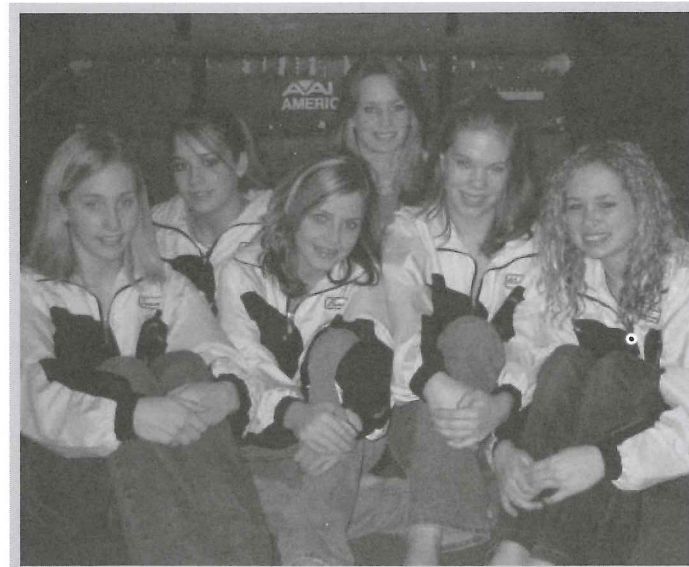
**First Row, (L to R):** Carolyn Shabb, Cassandra Burkholder, and Brianna Dufault. **Second Row:** Sascha Bertsch, Shan'te Gust, Stephanie Swanson, and Emily Wong. **Third Row:** Coach Taiyong Cao, Morgan Bitz, Brittany Johnson, Jill Stenvold, Briana Jones, and Coach James Bayer. **Fourth Row:** Jenna Mishler and Coach Kari Riendeau.

### Jamestown



**Back Row, (L to R):** Jessica Lawrence, Lindsay Kautzman, Jennifer Kropp, Brittany Harty (Captain), Laura Fugleberg, Brooke Luckach, Kaitlin Walsh, and Shelby Nelson. **Middle Row, (L to R):** Jordan Mathison (stat), Coach Dawn Rene, Coach Dave Tews, Coach Andrea Clemens, and Mirissa Kronebusch. **Front Row, (L to R):** Nikki Iverson, Caroline Hemmer, Heidi Engels, and Erika Speidel.

### Mandan



**Left to Right:** Brianna Tausend, Anna Christensen, JenaDee Bowers, Amanda Lantz, Molly Wolf, Kelsi Rhodes.

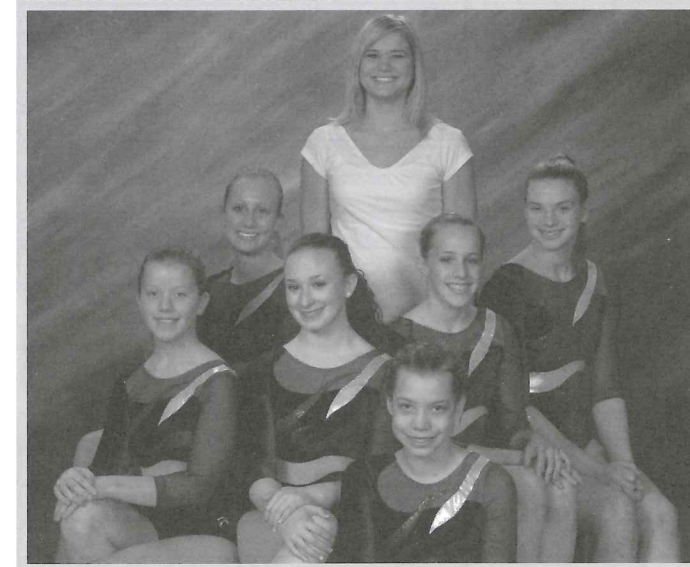
## Team PARTICIPANTS

### Minot



**Back Row, (L to R):** Jessica Lawrence, Lindsay Kautzman, Jennifer Kropp, Brittany Harty (Captain), Laura Fugleberg, Brooke Luckach, Kaitlin Walsh, and Shelby Nelson. **Middle Row, (L to R):** Jordan Mathison (stat), Coach Dawn Rene, Coach Dave Tews, Coach Andrea Clemens, and Mirissa Kronebusch. **Front Row, (L to R):** Nikki Iverson, Caroline Hemmer, Heidi Engels, and Erika Speidel.

### Wahpeton



**Back Row, (L to R):** Krista Foertsch, Amanda Perkerewicz, Andrea Saylor. **Middle Row, (L to R):** Mary Lukens, Maeggie Licht, Brittany Beyer. **Front:** Samantha Holcomb.

### Valley City



**Back Row, (L to R):** Kelli Heath, Alyssa Tait, Coach Katie Hemmer Anderson, Pauline Zubrod, Jennifer Kelley. **Middle Row, (L to R):** Meghan Cole, CeAnn Huber, Megan Gilbertson, Hannah Morehouse, Jessica Sorenson. **Front Ro, (L to R):** Stephenie Braunagel, Amanda Stevens.





East Region Qualifying Teams

Fargo North

Head Coach: Mike Merritt, Assistants: Cody Fandrich, Marissa Benthin, Kristen Eggers, Rachel Brophy

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
903	Kayla Videen	9					
907	Erica Semmens	7					
912	Trista Swift	12					
914	Lindsey Walton	11					
918	Kyrstin Emil	9					
922	Jayme Noel	9					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Fargo South

Head Coach: Mike Merritt, Assistants: Cody Fandrich, Marissa Benthin, Kristen Eggers, Rachel Brophy

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
78	Alyssa Beasley	11					
80	Brooke Miller	10					
83	Caitlin Workin	12					
84	Anna Kreig	11					
85	Samantha Palmer	10					
88	Kaitlyn Bock	8					
90	Taylor Herian	8					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Grand Forks

Head Coach: Kari Riendeau, Assistants: James Bayer and Taiyong Cao

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
500	Carolyn Shabb	7					
502	Cassandra Burkholder	7					
504	Morgan Bitz	9					
506	Shan'te Gust	9					
507	Brittany Johnson	9					
508	Stephanie Swanson	8					
509	Jill Stenvold	8					
510	Emily Wong	8					
511	Brianna Dufault	8					
512	Sascha Bertsch	10					
516	Melissa Wong	12					
518	Briana Jones	10					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Jamestown

Coach: Dave Tews, Assistants: Andrea Clemens and Dawn Rene

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
160	Nikki Iverson	8					
162	Caroline Hemmer	9					
166	Heidi Engels	8					
181	Brooke Lukach	7					
182	Kaitlin Walsh	8					
188	Jennifer Kropp	9					
191	Brittany Harty	12					
195	Laura Fugleberg	11					
199	Jessica Lawrence	9					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

West Region Qualifying Teams

Bismarck

Head Coach: Curt Sherbrooke, Assistant: Linda Grina

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
205	Haley Stewart	10					
206	Megan Keidel	10					
209	Nicole Andrews	9					
210	Alex Beckler	9					
212	Krista Riley	12					
214	Megan Meyer	9					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Bismarck Century

Head Coach: Curt Sherbrooke, Assistant: Linda Grina

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
952	Jessica Nelson	8					
954	Brittany Bohrer	11					
957	Amy Johs	10					
958	Laura Asplund	8					
959	Amber Jechort	12					
961	Britney Daniel	11					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Dickinson

Head Coach: Kent Van Ells, Assistant: Robin Filkowski

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
401	Kelsey Dukart	7					
402	Brooke Sickler	8					
403	Brogan Burwick	7					
405	Jennifer Bachamp	10					
406	Mara Van Ells	11					
407	Lexi Stickel	10					
408	Melissa Bachamp	8					
411	Marie Franzen	9					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Minot

Head Coach: Pam Tweten, Assistant: Billy Kjelson

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
1	Kayla Pfau	12					
2	Drew Awalt	8					
3	Shana VanBruggen	12					
4	Brooklyn Bender	7					
5	Allison Tracy	10					
6	Sarah Brackett	10					
7	Paige Robillard	11					
9	Maci Bishof	9					
12	Joley Beeler	9					

Add top 4 scores from each event: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_



Individual Competitors

Rotation 1

Vault		Bars		Beam		Floor	
___ 212	Krista Riley .....	406	Mara Van Ells .....	867	Jennifer Kelley ...	516	Melissa Wong .....
___ 912	Trista Swift .....	907	Erica Semmens .....	88	Kaitlyn Bock .....	914	Lindsey Walton .....
___ 918	Kyrstin Emil .....	___ 1	Kayla Pfau .....	952	Jessica Nelson .....	507	Brittany Johnson .....
___ 191	Brittany Harty .....	510	Emily Wong .....	403	Brogan Burwick .....	504	Morgan Bitz .....
___ 861	Pauline Zubord ..	408	Melissa Bachamp .....	83	Caitlin Workin .....	518	Briana Jones .....
___ 922	Jayne Noel .....	162	Caroline Hemmer .....	12	Joley Beller .....	288	Andrea Saylor .....
___ 195	Laura Fugleberg .....	___ 7	Paige Robillard .....	___ 5	Allison Tracy .....	___ 6	Sarah Brackett .....
___ 512	Sasha Bertsch .....	961	Britney Daniel .....	___ 2	Drew Awalt .....	206	Megan Keidel .....
___ 266	Krista Foertsch ..	___ 3	Shana Vanbruggen .....	405	Jennifer Bachamp .....	253	Brittany Beyer .....
___ 209	Nicole Andrews ...	166	Heidi Engels .....	___	___	401	Kelsey Dukart .....
___	___	214	Megan Meyer .....	___	___	411	Marie Franzen .....
___	___	85	Samantha Palmer .....	___	___	182	Kaitlin Walsh .....

Rotation 2

Vault		Bars		Beam		Floor	
___ 4	Brooklyn Bender .....	191	Brittany Harty .....	162	Caroline Hemmer .....	403	Brogan Burwick .....
___ 6	Sarah Brackett .....	918	Kyrstin Emil .....	961	Britney Daniel .....	12	Joley Beller .....
___ 182	Kaitlin Walsh .....	160	Nikki Iverson .....	214	Megan Meyer .....	83	Caitlin Workin .....
___ 507	Brittany Johnson .....	212	Krista Riley .....	85	Samantha Palmer .....	405	Jennifer Bachamp .....
___ 914	Lindsey Walton .....	275	Maeggie Licht .....	561	Jenadee Bowers ...	___ 5	Allison Tracy .....
___ 516	Melissa Wong .....	209	Nicole Andrews ...	408	Melissa Bachamp .....	407	Lexi Stickel .....
___ 401	Kelsey Dukart .....	562	Amanda Lantz .....	___ 1	Kayla Pfau .....	88	Kaitlyn Bock .....
___ 206	Megan Keidel .....	266	Krista Foertsch ..	510	Emily Wong .....	952	Jessica Nelson .....
___ 253	Brittany Beyer .....	195	Laura Fugleberg .....	406	Mara Van Ells .....	555	Brianna Tausend ...
___ 518	Briana Jones .....	922	Jayne Noel .....	___ 7	Paige Robillard .....	___	___
___	___	912	Trista Swift .....	___ 3	Shana Vanbruggen .....	___	___

Individual Competitors

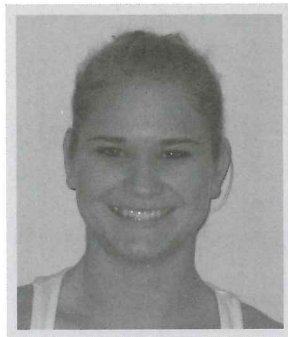
Rotation 3

Vault		Bars		Beam		Floor	
___ 407	Lexi Stickel .....	401	Kelsey Dukart .....	508	Stephanie Swanson .....	556	Anna Christensen. Mandan
___ 405	Jennifer Bachamp .....	205	Haley Stewart .....	195	Laura Fugleberg .....	166	Heidi Engels .....
___ 555	Brianna Tausend ...	288	Andrea Saylor .....	922	Jayne Noel .....	961	Britney Daniel .....
___ 78	Alyssa Beasley .....	206	Megan Keidel .....	209	Nicole Andrews ...	___ 7	Paige Robillard .....
___ 867	Jennifer Kelley ...	253	Brittany Beyer .....	912	Trista Swift .....	406	Mara Van Ells .....
___ 952	Jessica Nelson .....	___ 4	Brooklyn Bender .....	861	Pauline Zubord ..	___ 3	Shana Vanbruggen ...
___ 199	Jessica Lawrence .....	182	Kaitlin Walsh .....	212	Krista Riley .....	162	Caroline Hemmer .....
___ 88	Kaitlyn Bock .....	507	Brittany Johnson .....	918	Kyrstin Emil .....	408	Melissa Bachamp .....
___ 83	Caitlin Workin .....	518	Briana Jones .....	188	Jennifer Kropp .....	510	Emily Wong .....
___ 12	Boley Beller .....	914	Lindsey Walton .....	191	Brittany Harty .....	___ 1	Kayla Pfau .....
___ 403	Brogan Burwick .....	___ 6	Sarah Brackett .....	___	___	___	___
___	___	516	Melissa Wong .....	___	___	___	___

Rotation 4

Vault		Bars		Beam		Floor	
___ 162	Caroline Hemmer .....	402	Brooke Sickler .....	253	Brittany Beyer .....	861	Pauline Zubord ..
___ 3	Shana Vanbruggen ...	555	Brianna Tausend ...	206	Megan Keidel .....	912	Trista Swift .....
___ 961	Britney Daniel .....	88	Kaitlyn Bock .....	504	Morgan Bitz .....	266	Krista Foertsch ..
___ 510	Emily Wong .....	12	Boley Beller .....	182	Kaitlin Walsh .....	209	Nicole Andrews ...
___ 556	Anna Christensen. Mandan	83	Caitlin Workin .....	518	Briana Jones .....	195	Laura Fugleberg .....
___ 214	Megan Meyer .....	952	Jessica Nelson .....	507	Brittany Johnson .....	212	Krista Riley .....
___ 166	Heidi Engels .....	403	Brogan Burwick .....	___ 6	Sarah Brackett .....	918	Kyrstin Emil .....
___ 1	Kayla Pfau .....	181	Brooke Lukach .....	401	Kelsey Dukart .....	922	Jayne Noel .....
___ 408	Melissa Bachamp .....	___	___	914	Lindsey Walton .....	191	Brittany Harty .....
___ 560	Molly Wolf .....	___	___	205	Haley Stewart .....	___	___
___ 406	Mara Van Ells .....	___	___	516	Melissa Wong .....	___	___





## Amanda Perkerewicz, Wahpeton Head Coach

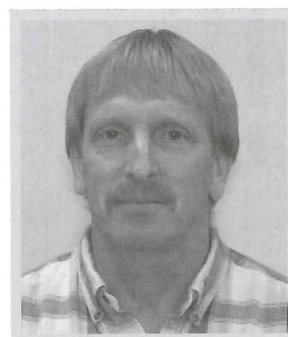
Amanda Perkerewicz graduated from Washburn High School, Washburn, ND in 2004. She is currently in her second year of the Dental Assisting Program at North Dakota State College of Science in Wahpeton, ND. Amanda was a USA Level 9 gymnast at the age of 12, but due to injury and distance from a gym she had to retire. In 2004, she started coaching at Three Rivers Gymnastics in Wahpeton, ND and is currently in her first year as head coach of the Wahpeton High School gymnastics team.

## Pam Tweten, Minot High Coach

Pam Tweten started coaching again after competing for Gary Leslie at Minot State for four years, coaching in the late 70's and 80's, and officiating high school gymnastics. Pam did bring home some medals through those years of competition. As a sophomore at Minot State, Pam secured the state title on beam and bars and held onto the bar title the following year. She credits this to Coach Leslie, who has always been there to guide her through the years. Previously, Pam was an assistant coach at Minot High School for three years and took over as the head coach in 1981. She continued working with the up and coming gymnasts while coaching for Minot High School. During the years that followed, Minot won their first state title in 1984 and the first WDA title in 1985. Minot has been very strong for all the years since. Pam received her first Coach of the Year recognition in 1987 and tied in 1989. That was the last year she coached high school until this season. She has enjoyed judging all those years (32), but even better coaching. Now she can cheer for all the excellent athletes in the state.

Pam continues to teach sophomores with learning disabilities at Central Campus and happily directs the running of Gymagic Gymnastics.

Pam also found the time to marry her high school sweetheart, David Tweten, and they have a daughter Valerie, who is a junior at Minot High School.



## Curt Sherbooke, Bismarck & Bismarck Century Head Coach

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.



## Katie Hemmer Andersen, Valley City Coach

Katie (Hemmer) Andersen is a 1999 graduate of Jamestown High School where she participated in gymnastics, golf, and music. Katie has a BS in Political Science from SDSU. After college Katie returned to Jamestown where she and her husband Ryan live. Katie and Ryan are expecting their first child in July. Katie has been the club director and head high school coach for Valley City gymnastics for the past two years.

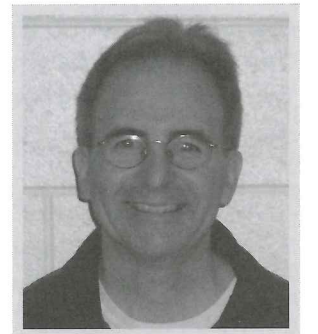


## Juston Ziegler, Mandan Head Coach

Juston Ziegler has been coaching Mandan High Gymnastics for 4 years, 3 as head coach. He has coached at Dakota Star Gymnastics for about 6 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 6 years. Before moving to the Mandan area Juston competed for Gym Dandys/Gymagic in Minot for 16 years under Russian National coaches Igor Kniazev and Nickoly Brovin.

## Kent Van Ells, Dickinson Head Coach

Kent Van Ells has been Dickinson High School Gymnastics Coach since 1983. He is married and has two children, Mara 16 and Luke 14. His wife, Valerie, is a former school teacher and presently has a home preschool.

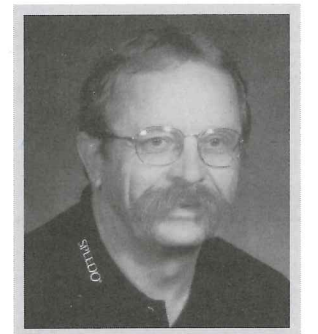


## Kari Riendeau, Grand Forks Head Coach

This is my first year as Head Coach of Grand Forks Gymnastics. I had coached the pre-team girls for about a year when I was in High School. I competed for Red River High School Gymnastics for four years, and then my senior year Red River and Central Gymnastics combined, and so I competed for Grand Forks Gymnastics. I graduated from Red River in 2001, then continued on to the University of North Dakota.

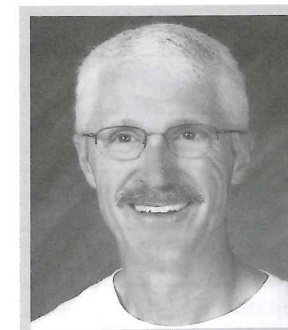
## Dave Tews, Jamestown Coach

Dave has been coaching the Blue Jays for 29 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and has taught social studies at the middle school for the last 23 years. He and his wife Jeanne have three grown children, Matt, Abby & Nick. He serves as the diving coach for the girl's swimming and diving team as well as coaching girl's track and field.



## Mike Merritt, Fargo North & Fargo South Head Coach

Mike started his coaching career at Fargo South in 1972. He has been the head coach at Fargo North since 1985, and at Fargo South since 1998. He completed his undergraduate work at Moorhead State College with a B.S. Degree in Health and Physical Education. Mike completed graduate school at NDSU with a M.S. Degree in School Administration. He will be transferring to Fargo North Physical Education Department this coming fall after teaching elementary Physical Education since moving to Fargo in 1985. Mike and his wife, Cherie have 6 children and 8 grandchildren.





## HOW STATE TEAM COMPETITION WORKS!

### Competition Rotation Regulations:

- The first three of each team in a rotation touch as follows:  
Bars and Beam:
  - 1st three of Team (1) THEN 1st three of Team (2) TOUCH (that way you can "block" your three gymnasts)
  - 30 seconds times number on each team (figured separately)Vault and Floor:
  - 1st three of Team (1) and 1st three of Team (2) TOUCH (No need to "block" on these events)
  - 30 seconds times number of total group
- Team with (1) puts up first competitor.
- The two teams at an event then alternate competitors until they run out of gymnasts in the first group. A team **MUST** put up a competitor when its turn comes up. The only time a team puts up two in a row during this half rotation is when the other team is out of competitors (not likely since a team would have to have two or less on this event).
- The remainder of each team in a rotation touch as follows:  
Bars and Beam:
  - Remainder of Team (1) THEN Remainder of Team (2) TOUCH (that way you can "block" your remaining gymnasts)
  - 30 seconds times number on each team (figured separately)Vault and Floor:
  - Remainder to Team (1) AND Remainder of Team (2) TOUCH (No need to "block" on these events)
  - 30 seconds times number of total group
- Team with (1) puts up first competitor in this half rotation.
- The two teams at an event then alternate competitors until they run out of gymnasts in this second group. A team **MUST** put up a competitor when its turn comes up. The only time a team puts up two in a row during this half rotation is when the other team is out of competitors (if a team has less than 6 entered in event).

### North Dakota State Gymnastics Meet: Team Day

A= Dickenson

B= Fargo South

C= Bismarck

D= Grand Forks

E= Bismarck Century

F= Jamestown

G= Minot

H= Fargo North

### Competition Rotation

	I	II	III	IV
A	VT(1)	BB(1)	FX(2)	UB(2)
B	VT(2)	FX(1)	UB(1)	BB(2)
C	UB(1)	BB(2)	VT(2)	FX(1)
D	UB(2)	FX(2)	BB(1)	VT(1)
E	BB(I)	VT(1)	UB(2)	FX(2)
F	BB(2)	UB(1)	FX(1)	VT(2)
G	FX(1)	VT(2)	BB(2)	UB(1)
H	FX(2)	UB(2)	VT(1)	BB(1)

## CLASS A & SINGLE CLASS SYSTEM RECORDS

Team Champions & Runner-ups (Since 1969)			2 Titles	Nancy Davis	Dickinson
Year	Champion	Runner Up	2 Titles	Greta Sjursen	Dickinson
1969	Jamestown	St. Mary's	2 Titles	Kristi Tryhus	Fargo South
1970	Jamestown	Fargo South	2 Titles	Kristi Dewald	West Fargo
1971	Fargo South	Jamestown	2 Titles	Jenny Nelson	Fargo North
1972	Fargo South	Dickinson	2 Titles	Nicole Ziegler	Century
1973	Fargo South	Dickinson	2 Titles	Marie Boyeff	Minot
1974	Dickinson (tie)	Fargo South	1 Title	Krista Riley	Bismarck
1975	Dickinson	Fargo South	<b>Best All Time All Around Scores (Since 1981)</b>		
1976	Dickinson	Fargo South	39.166	Jade Beattie	Bismarck 2004
1977	Fargo South	Dickinson	38.75	Heidi Goehring	Century 2000
1978	Fargo South	Dickinson	38.717	Tiffany Tello	Bismarck 2002
1979	Fargo South	Dickinson	38.56	Jodi Schwehr	Century 1996
1980	Fargo South	Dickinson	38.48	Tiffany Tello	Bismarck 2003
1981	Fargo South	Dickinson	38.40	Cassie Osborn	Fargo South 1989
1982	Fargo South	Valley City	38.40	Kim Sveum	Minot 1993
1983	Fargo South	Dickinson	38.40	Kim Sveum	Minot 1994
1984	Minot	Dickinson	38.31	Gina Lang	Minot 1998
1985	Fargo South	Dickinson	38.31	Rachel Johnson	Bismarck 1986
1986	Fargo South	Bismarck	38.30	Kari Nolz	Bismarck 2001
1987	Dickinson	Fargo South	38.20	Lindsey Wong	Grand Forks 2004
1988	Dickinson	Century	38.20	Kaitlyn Towery	Minot 2004
1989	Fargo South	Minot	38.21	Marie Boyeff	Minot 1997
1990	Fargo South	Minot	38.20	Cassie Osborn	Fargo South 1990
1991	Minot	Fargo South	38.15	Chelsea Preston	Fargo South 2005
1992	Minot	Fargo South	38.15	Kim Sveum	Minot 1992
1993	Minot	Fargo South	38.10	Tami Russell	Century 1988
1994	Minot	Fargo South	38.09	Jodi Schwehr	Century 1995
1995	Century	Minot	38.02	Tami Russell	Century 1986
1996	Century	Minot	37.98	Jade Beattie	Bismarck 2005
1997	Minot	Century	37.917	Melissa Wong	Grand Forks 2004
1998	Minot	Century	37.94	Jodi Hansen	Dickinson 1986
1999	Century	Bismarck	37.90	Allie Smith	Wahpeton 2005
2000	Century	Bismarck	37.883	Torrea Ehliis	Mandan 2004
2001	Bismarck	Century	37.75	Dani Visina	Minot 2004
2002	Bismarck	Century	37.75	Jenny Nelson	Fargo North 1990
2003	Bismarck	Grand Forks	<b>Best All Time Team Scores (Since 1981)</b>		
2004	Grand Forks	Minot	151.017	Grand Forks	2004
2005	Grand Forks	Bismarck	150.532	Minot	2004

### Most Individual Titles, Career

No. of Titles	Name	School
16 Titles	Kim Sveum	Minot
13 Titles	Robin Huebner	Dickinson
11 Titles	Cassie Osborn	Fargo South
10 Titles	Stacey Simle	Fargo South
10 Titles	Tiffany Tello	Bismarck
9 Titles	Cindy Rodlund	Fargo South
9 Titles	Heidi Goehring	Century
7 Titles	Jodi Schwehr	Century
6 Titles	Tracy Gunkelman	Fargo South
6 Titles	Barbara Mitchell	Jamestown
6 Titles	Julie Visina	Minot Ryan
6 Titles	Tami Russell	Century
6 Titles	Jade Beattie	Bismarck
5 Titles	Susie Schraufek	Fargo South
5 Titles	Kari Nolz	Bismarck
4 Titles	Teri Ann Krefting	Minot
4 Titles	Kathy Sullivan	Jamestown
3 Titles	Robin Wheeler	Dickinson
3 Titles	Stacie Lowman	Fargo North
3 Titles	Rachel Johnson	Bismarck
3 Titles	Kathy Sullivan	Jamestown
3 Titles	Gina Lang	Bismarck
3 Titles	Andrea Albertson	Minot
3 Titles	Chelsea Preston	Fargo South
2 Titles	Mekissa Henning	Fargo South
2 Titles	Linda Basaraba	Dickinson
2 Titles	Jo Pavicic	Fargo South

School	# Championships	School	# Championships
Fargo South	14	Bismarck	3
Minot	7	Jamestown	2
Dickinson	5	Grand Forks	2
Century	4		

Individual Championships All Time			
School	# Championships	School	# Championships
Fargo South	54	Jamestown	13
Minot	27	Minot Ryan	8
Century	27	Fargo North	4
Dickinson	24	West Fargo	2
Bismarck	28	Devils Lake	1



# INDIVIDUAL EVENT CHAMPIONS

## Class A and Single Class System

<b>1969</b> <b>Tumbling:</b> Marilyn Falk, Jamestown <b>Balance Beam:</b> Heather Snell, Jamestown <b>Trampoline:</b> Kathy Ohnstad, Fargo South <b>Uneven Bars:</b> Julie Nelson, Jamestown <b>Floor Exercise:</b> Barbara Mitchell, Jamestown <b>All Around:</b> Barbara Mitchell, Jamestown	<b>1977</b> <b>Beam:</b> Susie Schraufek, Fargo South <b>Uneven Bars:</b> Stacey Simle, Fargo South <b>Vault:</b> Mo Day, Fargo South <b>Floor Exercise:</b> Greta Sjursen, Dickinson <b>All Around:</b> Greta Sjursen, Dickinson	<b>1986</b> <b>Beam:</b> Jodi Hansen, Dickinson <b>Uneven Bars:</b> Rachel Johnson, Bismarck <b>Vault:</b> Rachel Johnson, Bismarck <b>Floor Exercise:</b> Tami Russell, Bismarck Century <b>All Around:</b> Rachel Johnson, Bismarck
<b>1970</b> <b>Beam:</b> Barbara Mitchell, Jamestown <b>Uneven Bars:</b> Barbara Mitchell, Jamestown <b>Vault:</b> Tracy Gunkelman, Fargo South <b>Floor Exercise:</b> Barbara Mitchell, Jamestown <b>All Around:</b> Barbara Mitchell, Jamestown	<b>1978</b> <b>Beam:</b> Susie Schraufek, Fargo South <b>Uneven Bars:</b> Stacey Simle, Fargo South <b>Vault:</b> Nancy Davis, Dickinson <b>Floor Exercise:</b> Jane Vanyo, Fargo South <b>All Around:</b> Stacey Simle, Fargo South	<b>1987</b> <b>Beam:</b> (tie) Kristi Dewald, West Fargo; Cassie Osborn, Fargo South <b>Uneven Bars:</b> Julie Winje, Minot Ryan <b>Vault:</b> Cassie Osborn, Fargo South <b>Floor Exercise:</b> Cassie Osborn, Fargo South <b>All Around:</b> Kristi Dewald, West Fargo
<b>1971</b> <b>Beam:</b> Jo Pavicic, Fargo South <b>Uneven Bars:</b> Kathy Sullivan, Jamestown <b>Vault:</b> Margaret Hagen, St. Mary's <b>Floor Exercise:</b> Melissa Henning, Fargo South <b>All Around:</b> Jo Pavicic, Fargo South	<b>1979</b> <b>Beam:</b> Susie Schraufek, Fargo South <b>Uneven Bars:</b> Stacey Simle, Fargo South <b>Vault:</b> Nancy Davis, Dickinson <b>Floor Exercise:</b> Susie Schraufek, Fargo South <b>All Around:</b> Susie Schraufek, Fargo South	<b>1988</b> <b>Beam:</b> Tami Russell, Bismarck Century <b>Uneven Bars:</b> Tami Russell, Bismarck Century <b>Vault:</b> Cassie Osborn, Fargo South <b>Floor Exercise:</b> Tami Russell, Bismarck Century <b>All Around:</b> Tami Russell, Bismarck Century
<b>1972</b> <b>Beam:</b> Kathy Sullivan, Jamestown <b>Uneven Bars:</b> Kathy Sullivan, Jamestown <b>Vault:</b> Tracy Gunkelman, Fargo South <b>Floor Exercise:</b> Kathy Sullivan, Jamestown <b>All Around:</b> Melissa Henning, Fargo South	<b>1980</b> <b>Beam:</b> Stacey Simle, Fargo South <b>Uneven Bars:</b> Stacey Simle, Fargo South <b>Vault:</b> Kristi Tryhus, Fargo South <b>Floor Exercise:</b> Stacey Simle, Fargo South <b>All Around:</b> Stacey Simle, Fargo South	<b>1989</b> <b>Beam:</b> Cassie Osborn, Fargo South <b>Uneven Bars:</b> Teri Zimbelman, Minot <b>Vault:</b> Stacie Lowman, Fargo North <b>Floor Exercise:</b> Cassie Osborn, Fargo South <b>All Around:</b> Cassie Osborn, Fargo South
<b>1973</b> <b>Beam:</b> Linda Basaraba, Dickinson <b>Uneven Bars:</b> Tracy Gunkelman, Fargo South <b>Vault:</b> Tracy Gunkelman, Fargo South <b>Floor Exercise:</b> Linda Basaraba, Dickinson <b>All Around:</b> Tracy Gunkelman, Fargo South	<b>1981</b> <b>Beam:</b> Cindy Rodlund, Fargo South <b>Uneven Bars:</b> Stacey Simle, Fargo South <b>Vault:</b> Kristi Tryhus, Fargo South <b>Floor Exercise:</b> Stacey Simle, Fargo South <b>All Around:</b> Cindy Rodlund, Fargo South	<b>1990</b> <b>Beam:</b> Cassie Osborn, Fargo South <b>Uneven Bars:</b> (tie) Jenny Nelson, Fargo North: Cassie Osborn, Fargo South <b>Vault:</b> Stacie Lowman, Fargo North <b>Floor Exercise:</b> Cassie Osborn, Fargo South <b>All Around:</b> Cassie Osborn, Fargo South
<b>1974</b> <b>Beam:</b> Robin Hubner, Dickinson <b>Uneven Bars:</b> Marcia Urban, Fargo South <b>Vault:</b> Tracy Gunkelman, Fargo South <b>Floor Exercise:</b> Robin Hubner, Dickinson <b>All Around:</b> Robin Hubner, Dickinson	<b>1982</b> <b>Beam:</b> Cindy Rodlund, Fargo South <b>Uneven Bars:</b> Cindy Rodlund, Fargo South <b>Vault:</b> Lori Malsom, Minot Ryan <b>Floor Exercise:</b> Cindy Rodlund, Fargo South <b>All Around:</b> Cindy Rodlund, Fargo South	<b>1991</b> <b>Beam:</b> Tara Lefor, Dickinson <b>Uneven Bars:</b> Kim Sveum, Minot <b>Vault:</b> Kim Sveum, Minot <b>Floor Exercise:</b> Jenny Nelson, Fargo North <b>All Around:</b> Kim Sveum, Minot
<b>1975</b> <b>Beam:</b> Robin Hubner, Dickinson <b>Uneven Bars:</b> Robin Hubner, Dickinson <b>Vault:</b> Robin Hubner, Dickinson <b>Floor Exercise:</b> Robin Hubner, Dickinson <b>All Around:</b> Robin Hubner, Dickinson	<b>1983</b> <b>Beam:</b> Robin Wheeler, Dickinson <b>Uneven Bars:</b> Julie Visina, Minot Ryan <b>Vault:</b> Julie Visina, Minot Ryan <b>Floor Exercise:</b> Cindy Rodlund, Fargo South <b>All Around:</b> Julie Visina, Minot Ryan	<b>1992</b> <b>Beam:</b> Nicole Ziegler, Bismarck Century <b>Uneven Bars:</b> Kim Sveum, Minot <b>Vault:</b> Kim Sveum, Minot <b>Floor Exercise:</b> Kim Sveum, Minot <b>All Around:</b> Kim Sveum, Minot
<b>1976</b> <b>Beam:</b> Robin Hubner, Dickinson <b>Uneven Bars:</b> Robin Hubner, Dickinson <b>Vault:</b> Robin Hubner, Dickinson <b>Floor Exercise:</b> Robin Hubner, Dickinson <b>All Around:</b> Robin Hubner, Dickinson	<b>1984</b> <b>Beam:</b> Shelby Young, Bismarck Century <b>Uneven Bars:</b> Julie Visina, Minot Ryan <b>Vault:</b> Robin Wheeler, Dickinson <b>Floor Exercise:</b> Cindy Rodlund, Fargo South <b>All Around:</b> Robin Wheeler, Dickinson	<b>1993</b> <b>Beam:</b> Kim Sveum, Minot <b>Uneven Bars:</b> Kim Sveum, Minot <b>Vault:</b> Kim Sveum, Minot <b>Floor Exercise:</b> Kim Sveum, Minot <b>All Around:</b> Kim Sveum, Minot

<b>1994</b> <b>Beam:</b> Jodi Schwehr, Bismarck Century <b>Uneven Bars:</b> Kim Sveum, Minot <b>Vault:</b> Kim Sveum, Minot <b>Floor Exercise:</b> Kim Sveum, Minot <b>All Around:</b> Kim Sveum, Minot	<b>1998</b> <b>Beam:</b> Teri Ann Krefting, Minot <b>Bars:</b> Gina Lang, Bismarck <b>Vault:</b> Heidi Goehring, Bismarck Century <b>Floor:</b> Heidi Goehning, Bismarck Century <b>All Around:</b> Gina Lang, Bismarck	<b>2002</b> <b>Beam:</b> Tiffany Tello, Bismarck <b>Bars:</b> Whitney Buchholz, Bismarck Century <b>Vault:</b> Tiffany Tello, Bismarck <b>Floor:</b> Tiffany Tello, Bismarck <b>All Around:</b> Tiffany Tello, Bismarck
<b>1995</b> <b>Beam:</b> (tie) Molly McDonald, Bismarck Century; Nicole Ziegler, Bismarck Century <b>Uneven Bars:</b> Krista Isakson, Minot <b>Vault:</b> Jodi Schwehr, Bismarck Century <b>Floor Exercise:</b> Jodi Schwehr, Bis. Century <b>All Around:</b> Jodi Schwehr, Bismarck Century	<b>1999</b> <b>Beam:</b> Heidi Goehring, Bismarck Century <b>Bars:</b> Andrea Albertson, Minot <b>Vault:</b> Heidi Goehring, Bismarck Century <b>Floor:</b> Heidi Goehring, Bismarck Century <b>All Around:</b> Heidi Goehring, Bismarck Century	<b>2003</b> <b>Beam:</b> Tiffany Tello, Bismarck <b>Bars:</b> Tiffany Tello, Bismarck <b>Vault:</b> Kari Nolz, Bismarck <b>Floor:</b> Tiffany Tello, Bismarck <b>All Around:</b> Tiffany Tello, Bismarck
<b>1996</b> <b>Beam:</b> Jodi Schwehr, Bismarck Century <b>Bars:</b> Jodi Schwehr, Bismarck Century <b>Vault:</b> Gina Lang, Bismarck <b>Floor:</b> Teri Ann Krefting, Minot <b>All Around:</b> Jodi Schwehr, Bismarck Century	<b>2000</b> <b>Beam:</b> Kari Nolz, Bismarck <b>Bars:</b> Andrea Albertson, Minot <b>Vault:</b> Andrea Albertson, Minot <b>Floor:</b> Heidi Goehring, Bismarck Century <b>All Around:</b> Heidi Goehring, Bismarck Century	<b>2004</b> <b>Beam:</b> Jade Beattie, Bismarck <b>Bars:</b> Jade Beattie, Bismarck <b>Vault:</b> Jade Beattie, Bismarck <b>Floor:</b> Jade Beattie, Bismarck <b>All Around:</b> Jade Beattie, Bismarck
<b>1997</b> <b>Beam:</b> Marie Boyeff, Minot <b>Bars:</b> Teri Ann Krefting, Minot <b>Vault:</b> Heidi Goehring, Bismarck Century <b>Floor:</b> Teri Ann Krefting, Minot <b>All Around:</b> Marie Boyeff, Minot	<b>2001</b> <b>Beam:</b> Tiffany Tello, Bismarck <b>Bars:</b> Kari Nolz, Bismarck <b>Vault:</b> Tiffany Tello, Bismarck <b>Floor:</b> Kari Nolz, Bismarck <b>All Around:</b> Kari Nolz, Bismarck	<b>2005</b> <b>Beam:</b> Krista Riley, Bismarck <b>Bars:</b> Jade Beattie, Bismarck <b>Vault:</b> Chelsea Preston, Fargo South <b>Floor:</b> Chelsea Preston, Fargo South <b>All Around:</b> Chelsea Preston, Fargo South

## HISTORY OF GIRLS STATE GYMNASTICS CHAMPIONSHIPS

The first State Girls Gymnastics Championships sponsored by the North Dakota High School Activities Association took place in 1969. The competition included Class A and Class B schools with only 10 schools competing. Jamestown High School came away with the first title.

Competition has changed since the first championships. At the first event, competition took place in tumbling, trampoline, balance bean, uneven bars, side horse, floor exercise and all around. Each event was divided into three levels - novice, intermediate and junior.

The following year, and every year since, the championships have included only five events. The tumbling and trampoline events were eliminated and the side horse became the vault.

The 1974 state meet saw the last novice, intermediate and junior divisions. It was also the year that separate team champions were named in Class A and Class B divisions. In 1975, each class not only received a separate team trophy, but individual champions were also named in both classes.

The number of teams competing in the state championship has also increased since the first meet in 1969. The dedication of the coaches, athletes and officials in the sport has played an important role in the growth of gymnastics in the state. And along with the growth has come a much more intense level of competition.



SCORING

Scoring

Difficulty (D).....	3.0
Event Requirements (ER).....	1.4
Composition (C).....	1.0
Execution and Amplitude (E/A).....	4.0
Bonus (B).....	0.6
Total.....	10.0

<b>A. Difficulty (D).....</b>	<b>3.0</b>
1 skill of high superior difficulty (0.3).....	0.3
3 skills of superior difficulty (0.5 each) .....	1.5
4 skills of medium difficulty (0.3 each) .....	1.2

<b>B. Event Requirements (ER).....</b>	<b>1.4</b>
Lack of an event requirement (each one omitted)....	0.2

<b>C. Composition (C) .....</b>	<b>1.0</b>
1. Combinations.....Up to 0.2	
Up to 0.2 Lack of variety in combining difficulties from different structure groups.	
2. Rhythm and Connections .....	Up to 0.2
Up to 0.1 Lack of variety in connections.	
Up to 0.1 Lack of tempo changes and/or continuity and flow of routine.	
3. Originality and Artistry .....	Up to 0.2
Up to 0.1 Lack of combinations of skills and creative skills.	
Up to 0.1 Lack of unique choreography	
4. Spacing.....Up to 0.2	
Up to 0.1 Lack of using all space, levels and directions.	
Up to 0.1 Lack of progressive distribution of difficulties throughout the routine.	
5. Back-to-Back Superiors.....	0.1-0.2
Lack of two series of superior/high superior/bonus high superior skills directly connected and without interruption (0.1 for each BBS series).	

<b>D. Execution and Amplitude (E/A).....</b>	<b>4.0</b>
<b>Faults</b>	
Small faults.....	up to 0.1
Medium faults.....	0.2-0.3
Serious faults .....	0.4
<b>Falls</b>	
Hand (s) or knee (s) touching floor .....	0.3
Hand (s) or knee (s) support on floor.....	0.5
Fall onto hips or stomach .....	0.5
Fall on/against apparatus.....	0.5
<b>Execution</b>	
(a) Flexion of the arms, legs, body; separation of the legs, incorrect position of the head, hands; flexing feet.	
(b) Loss of balance, heavy landing; movements of the arms, trunk, feet to maintain balance, deep squat/pike.	

- (c) Stops; rhythm abrupt or jerky.
- (d) Touching the apparatus or the floor.
- (e) Faults in coming to a support position; alternate placement or delay of the hands.
- (f) Projection: to be deducted each time (up to 0.1) ..... up to 0.3
  - (1) Awkwardness of performance including audible or visible signs of strain.
  - (2) Poor carriage.
  - (3) Lack of elegance.
  - (4) Poor appearance.
- (g) Dynamics: energy expressed in the gymnast's performance ..... up to 0.3

Amplitude

- (a) Lack of larger extended and spacious movement.
- (b) Failure to complete movement with the fullest range of extension.
  - Isolated movements up to 0.4
  - Combinations up to 0.3

<b>E. Bonus (B).....</b>	<b>0.6</b>
1. For a superior/high superior/bonus high superior difficulty or series of superior/high superior/bonus high superior difficulties performed to the ultimate in technique and no deductions.....	0.1
2. For an entire routine performed to the ultimate in both technique and execution (0.5 or less deducted under Execution).....	0.1
3. For an extra high superior/bonus high superior and/or back-to-back superiors ...0.1 each, up to 0.2	
4. For including bonus high superiors.....	0.1
.....or 0.2 if the second one is different.	

Neutral (N)

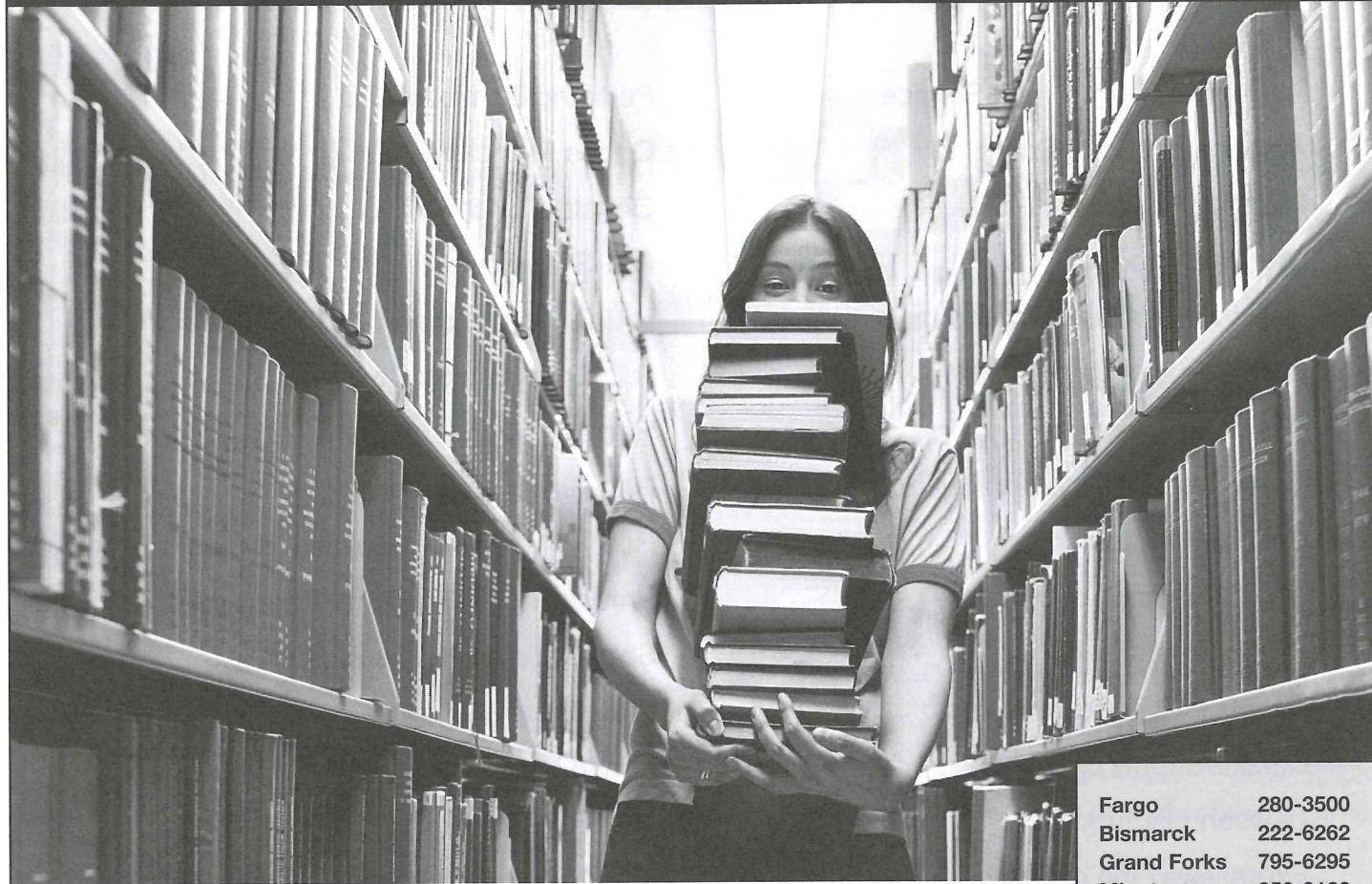
- 1. Deductions assessed each time they occur within a routine.
- 2. Refer to the specific event sections for neutral deductions pertaining to that event.
- 3. Deductions assessed for each missing skill on bars, beams and floor.

Superior Judge's (SJ)

- 1. Deductions are taken from the gymnast's average score by the superior judge.
- 2. Refer to the specific event sections for superior judge deductions pertaining to that event.

NOTES





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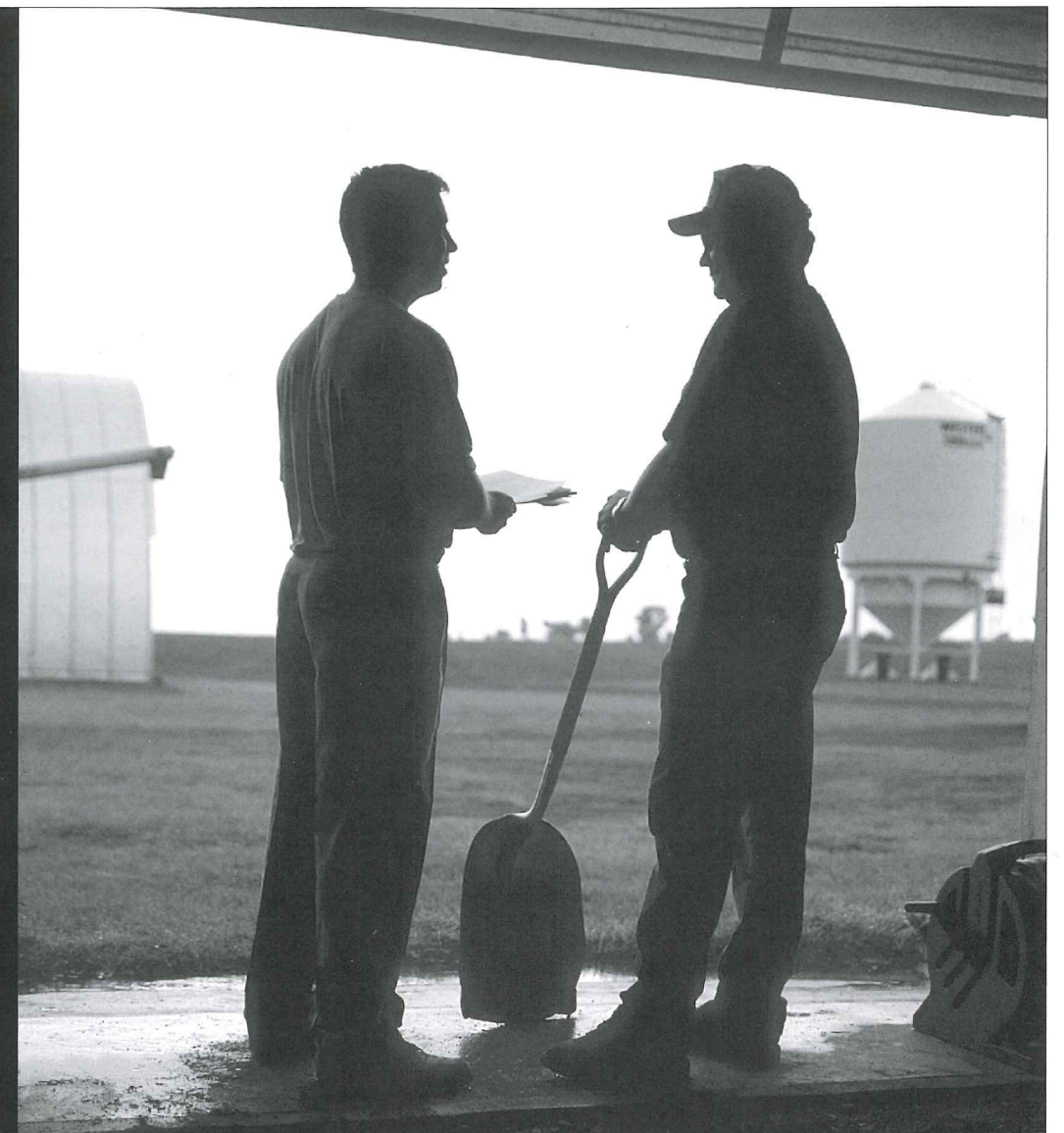
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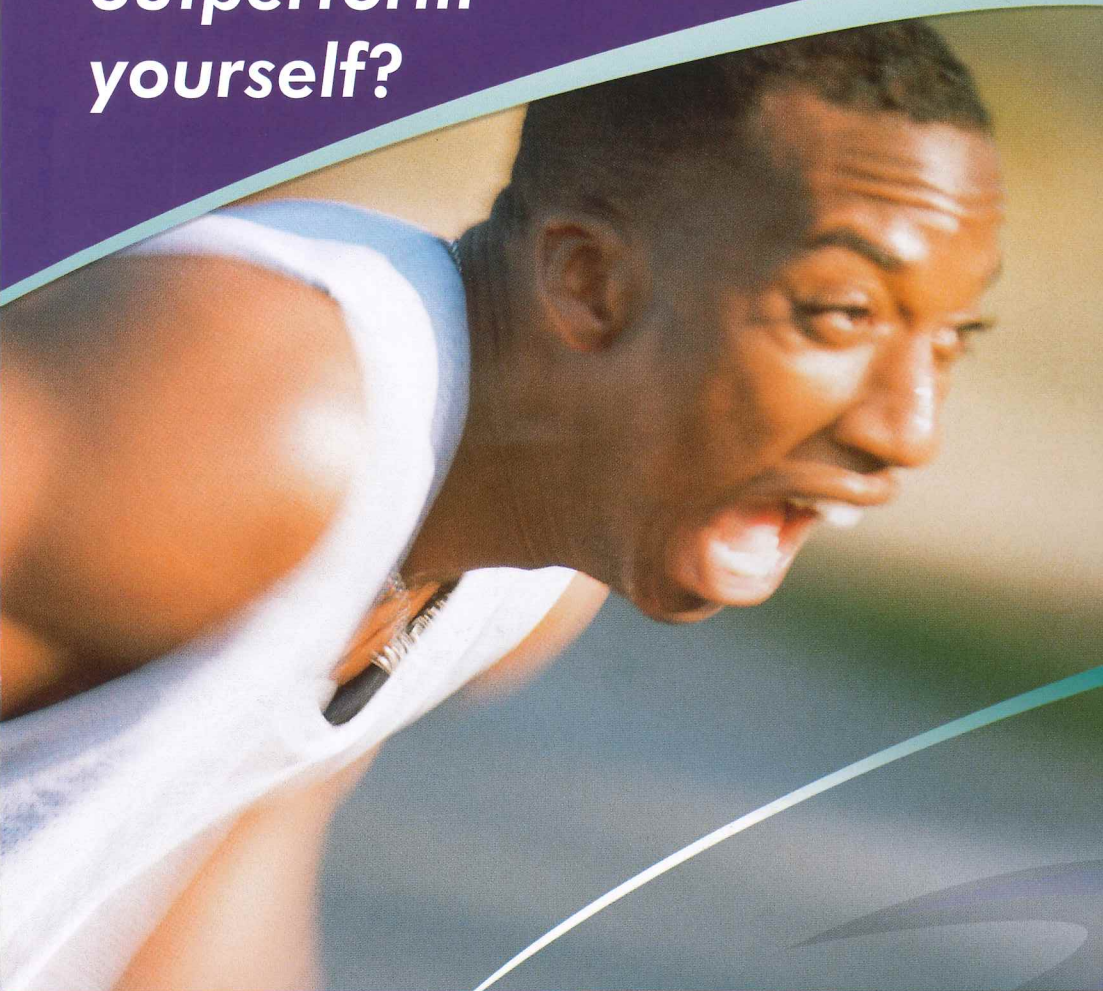
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# north dakota state GYMNASTICS MEET



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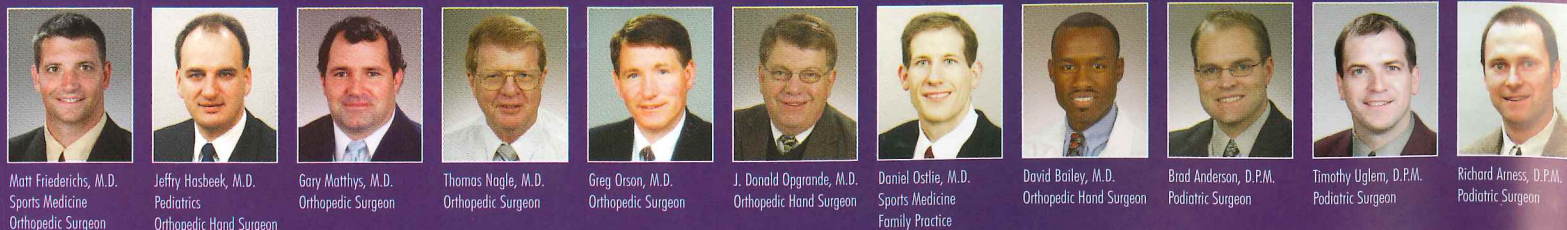
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