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2007 North Dakota State Gymnastics Yearbook

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

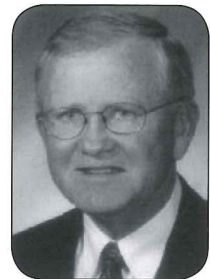
**Century High School
Bismarck, North Dakota
February 23 & 24**



G Y M N A S T I C S 2007

Sponsored By the North Dakota High School Activities Association

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Executive Secretary
Valley City



Sheryl Solberg
Asst. to Exec. Sec.
Valley City



Dave Carlsrud
Asst. To Exec. Sec.
Valley City

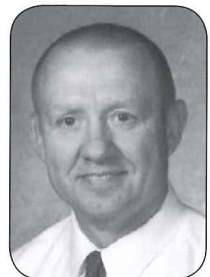


Bob Hetler
Asst. to Exec. Sec.
Valley City

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Dept. of Public Instr.
- Bismarck

NDHSAA TOURNAMENT CODE OF CONDUCT

PURPOSE: To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship

- | | |
|--|--|
| <p>Fundamentals of Good Sportsmanship</p> <ol style="list-style-type: none"> 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 | <p>a responsibility of all who are involved in the game.</p> <ol style="list-style-type: none"> 6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good Sportsmanship is cheering your own team "on to victory." <p>Acts of Misconduct</p> <ol style="list-style-type: none"> 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. |
|--|--|

BISMARCK WELCOMES 2007 STATE GYMNASTICS MEET

The City of Bismarck, The Bismarck Public Schools and Century High School are very pleased to host this special high school sporting event. This will be the 38th State Gymnastics Meet and we would like to extend a warm welcome. We look forward to providing an exciting and memorable experience for all athletes, coaches and fans.

Please help me in saluting all the volunteers for their two-day efforts in working this event. When the opportunity presents itself, please acknowledge the volunteers for their time and work. We would also like to acknowledge the Bismarck-Mandan patrons for their generous support of our tournaments.

Gymnastics is a sport that requires hours of conditioning, practicing and performing. However, the lessons learned through gymnastics are the same disciplines and values that carry our athletes through life. Thank you for competing and allowing us to showcase your talents.

A special thanks to the coaches. Your commitment to making your athletes the best they can be is commendable. We need more people like you.

We'd like to give you our most sincere welcome and let you know that we hope you enjoy your stay with us and that you can call on us for any assistance. As an extension of the North Dakota High School Activities Association's effort to promote sportsmanship, we hope you will join us in providing encouragement and support to all participating athletes and coaches.

- Jim Haussler, Tournament Manager

Meet Officials

Manager: Jim Haussler
Tournament Committee: Curt Sherbrooke, Kim Bohrer, Gina Stroh, Linda Grina, Mark Murdock, Carissa Schmidt
Tournament Secretary: Rose Johnson
Ticket Manager: Pam Bethke
Hospitality: Kim Bohrer
Program: Carissa Schmidt
Sports Medicine: Medcenter One - Bone Spine Sports Center
T-Shirt Sales: BHS Soccer Boosters
Announcer: Kim Bohrer
Scorers: Brian Beattie, Sharon Beattie, Davis Beattie

Music: Jodi Rosborough, Becky Rosborough
Runners: TaLena Horner, TreAna Horner, Jennifer Nelson, Morgan Gietzen, Lauren Gietzen, Mara Nustad, Emily Nelson, Kristin Jacobchick, Amanda Cave, Kennedie Boehm, Keaton Boehm, Frankie Sailer, Shayde McKay
Timers: Jen Link, Cassity Lloyd, Kristina Nelson, Connie Nelson
Averagers: Dierdra Horner, Nicolette Gietzen, Jim Nelson, Teresa Schaffner, Ryan McKay, Amy McKay, Lisa Boehm, Mary Lou Nyhusmoen

Meet Referee: Kim Pladson, Fargo.
Vault: Karen Dahlseng, Fargo
Acting Judge: Tara Hofmann, Bismarck
Acting Judge: Lora Fisher, Jamestown
Uneven Bars: Cindy Gee, Jamestown
Superior Judge: Whitney Beck, Grand Forks
Acting Judge: Ann Albrecht, Jamestown

Balance Beam

Superior Judge: Laurie Strommen, Dickinson
Acting Judge: Casey Kostecky, Grand Forks
Acting Judge: Cari Luchau, Fargo

Floor Exercise

Superior Judge: Ruth Walsh, Fargo
Acting Judge: Brooke Monson, Jamestown
Acting Judge: Kim Ressler, Minot

National Anthem:

Friday: Katie Mattern & Mari Biel, Bismarck High School
Saturday: Kathryn Dorfschmidt, Century High School

State Schedule

Friday, February 23 - Team Day

1:30 p.m. - Gym Opens
2:00 p.m. - Coaches Meeting
2:30 p.m. - 4:30 p.m. - Timed Warm-ups 1.5 minutes per athlete x 6 competitors,
1 minute equipment change.
4:00 p.m. - Officials Meeting and Video Review of Base Score
4:45 p.m. - Opening Ceremony
5:00 p.m. - Competition Begins

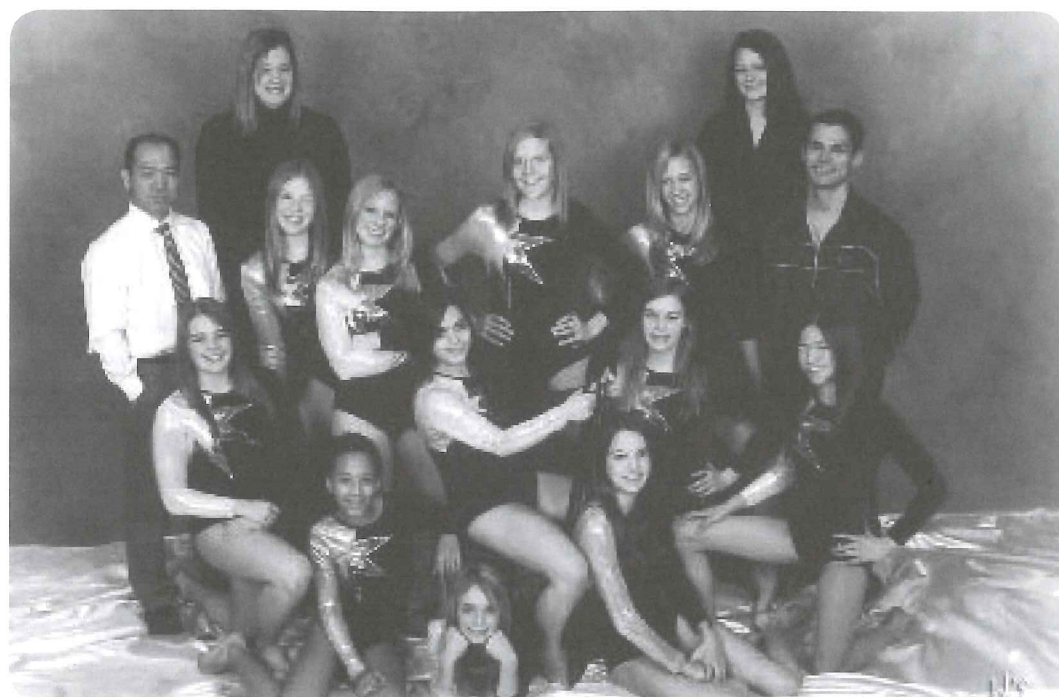
Teams will be seeded into the Team State Meet by use of the ranking program. Top 3 ranked teams will meet on floor exercise, teams 4, 5, & 6 will meet on vault, teams 7 & 8 will meet on uneven bars, teams 9 & 10 will meet on balance beam during final rotation.

Saturday, February 24 - Individual Day

8:00 a.m. - N.D. Coaches Meeting @ Century High School
11:15 a.m. - Gym Opens
11:30 a.m. - Coaches Meeting
12:00 p.m. - Timed Warm-ups Begin
1:30 p.m. - Video Review for Base Score
1:45 p.m. - Opening Ceremonies
2:00 p.m. - Competition Begins

2006

State Team CHAMPIONS

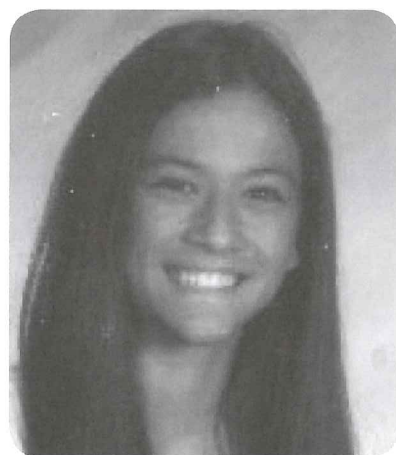


Grand Forks KnightRiders

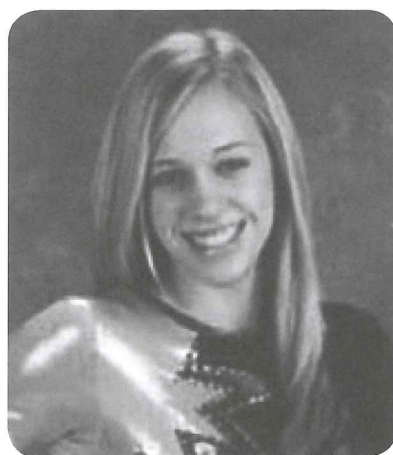
FRONT ROW L TO R: Carolyn Shabb, Cassandra Burkholder, Brianna Dufault
SECOND ROW L TO R: Sascha Bertsch, Shan'te Gust, Stephanie Swanson, Emily Wong
THIRD ROW L TO R: Coach Taiyong Cao, Morgan Bitz, Brittany Johnson, Jill Stenvold, Briana Jones, Coach James Bayer
BACK ROW L TO R: Jenna Mishler, Coach Kari Riendeau
NOT PICTURED: Melissa Wong

2006

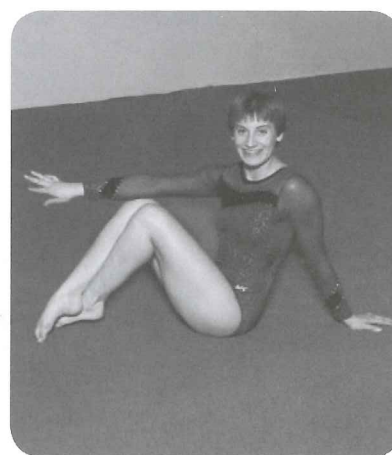
State Individual CHAMPIONS



Emily Wong
 Grand Forks High School
 Uneven Parallel Bars & Floor Exercise
 Champion



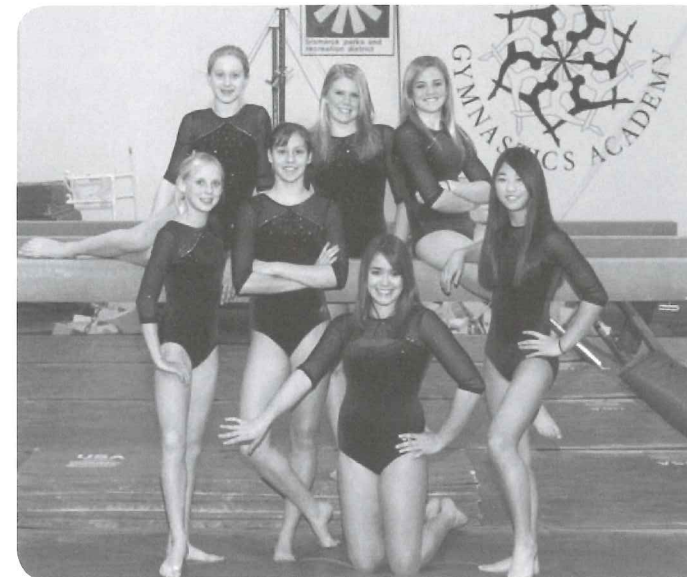
Briana Jones
 Grand Forks High School
 Beam & All Around Champion



Krista Riley
 Bismarck High School
 Vault Champion

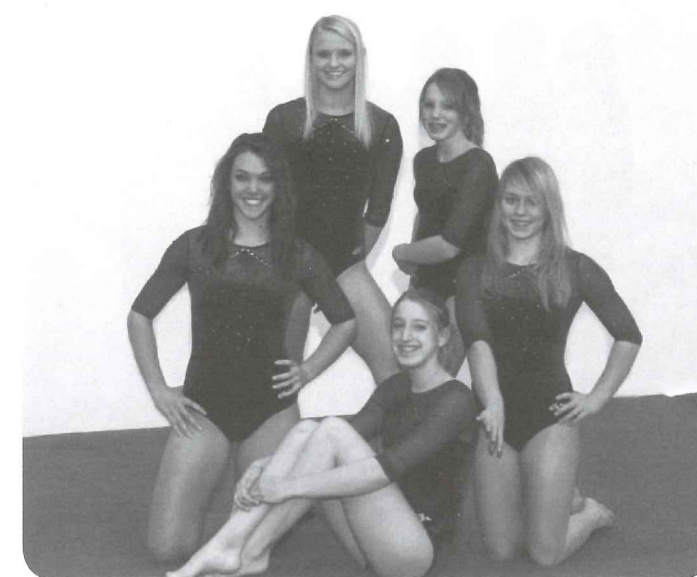
Team PARTICIPANTS

Bismarck



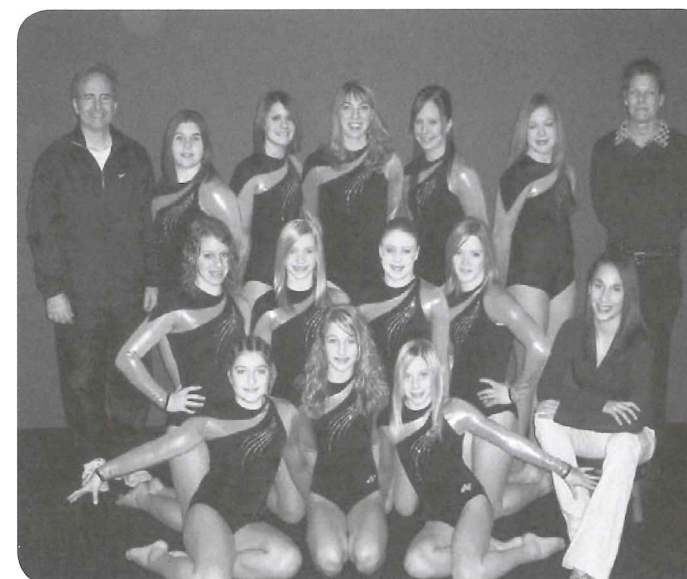
FRONT ROW L TO R: Brooke Hilzendeger, Megan Meyer, Alex Beckler, Kathryn Pomeroy
BACK ROW L TO R: Jennifer Albers, Megan Keidel, MacKenzie Keidel

Bismarck Century



FRONT ROW L TO R: Brittany Bohrer, Jessica Wass, Laura Asplund
BACK ROW L TO R: Britney Daniel, Jessica Nelson

Dickinson



FRONT ROW L TO R: Sierra Roshau, Abby Kramer, Kelsey Dukart
SECOND ROW L TO R: Melissa Bachamp, Brogan Burwick, Mindy Kubas, Lexi Stickel, Manager Tiffany Montalvo
BACK ROW L TO R: Head Coach Kent Van Ells, Jennifer Bachamp, Marie Franzen, Mara Van Ells, Brooke Sickler, Shalesa Wariner, Asst. Coach Robin Filkowski

Fargo North



FRONT ROW: Zainah Haider
SECOND ROW L TO R: Taylor Herian, Brittany Kvsager
THIRD ROW L TO R: Kyrstin Emil, Chelsea Olson, Kayla Videen
BACK ROW L TO R: Lindsay Walton, Alexandra Linstad

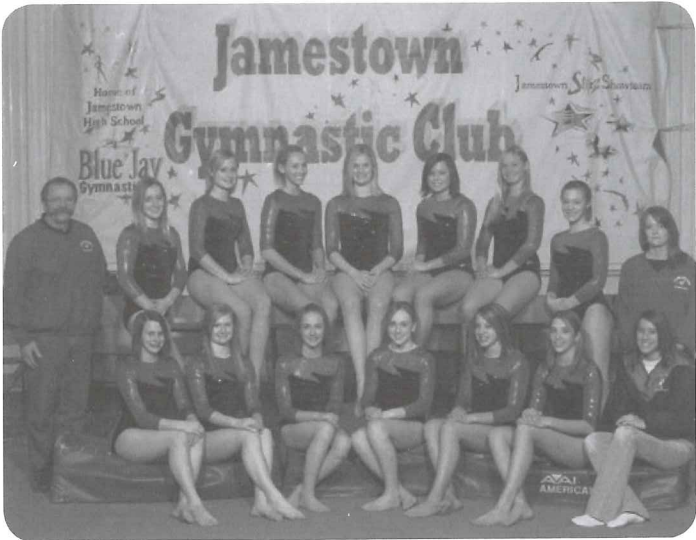
Team PARTICIPANTS

Fargo South



FRONT ROW L TO R: Riley Summers, McKenzie Kjos, Heather Anderson, Whitney Conmy
SECOND ROW L TO R: Anna Krieg, Chelsea Preston, Rachel McLean
BACK ROW L TO R: Bethany Schwandt, Megan Weiler, Meghan Tharaldson, Brooke Miller, Brittany Cwikla, Sam Palmer

Jamestown



FRONT ROW L TO R: Heidi Engels, Caroline Hemmer, Abby Flaagan, Mercedes Westereng, Brooke Lukach, Brit-tany Mittleider and Lindsay Kautzman.
BACK ROW L TO R: Coach Dave Tews, Nikki Iverson, Heidi Mittleider, Jennifer Kropp, Mirissa Kronebusch, Laura Fugleberg, Jessica Lawrence, Kaitlin Walsh & Coach Andrea Clemens.

Grand Forks



FRONT ROW L TO R: Sascha Bertsch, Cassandra Burkholder, Chandler Bunning
SECOND ROW L TO R: Brittany Johnson, Karlie Scholler, Shan'te Gust, Carolyn Shabb
THIRD ROW L TO R: Alexa Bateman, Annie Davis, Mor-gan Bitz, Stephanie Swanson
BACK ROW L TO R: Coach Kari Riendeau, Brianna Du-fault, Coach Jenny Rost
NOT PICTURED: Emily Wong and Olivia Simonson

Mandan



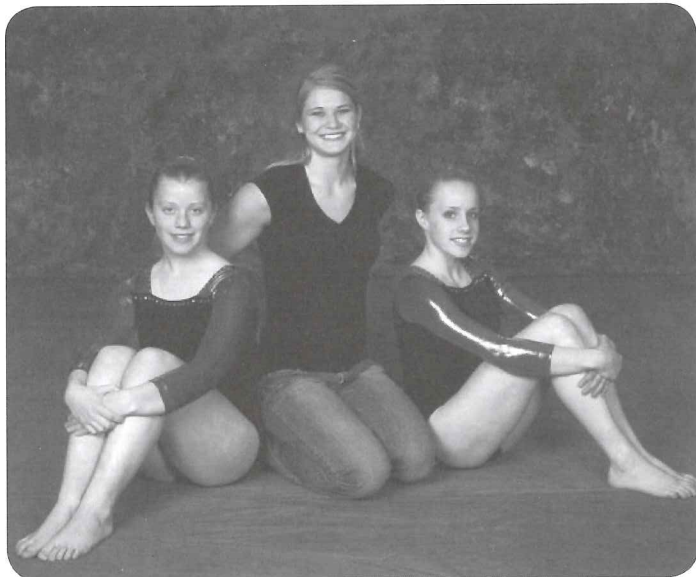
FRONT ROW FLOOR L TO R: Brianna Tausend, Skylar Tausend
SECOND ROW CHAIRS L TO R: Student Manager Anna Christensen, Amanda Lantz, Molly Wolf, Kelsi Rhodes
BACK ROW: Coach Juston Ziegler

Minot



FRONT ROW L TO R: Brooklyn Bender, Sarah Brackett, Paige Robillard, Paige Collins, Maci Bischof
SECOND ROW L TO R: Erin Kongelf, Payton Ringoen, Misha Taylor
BACK ROW L TO R: Joley Beeler, Allison Tracy

Wahpeton



L TO R: Mary Lukens, Head Coach Amanda Perkere-wicz, Brittany Beyer

Team PARTICIPANTS

Valley City



FRONT ROW L TO R: Molly Willson, Alyssa Freymark, Tery-Anna Laney/Uecker, Jenna Diemert, London Lloyd
SECOND ROW L TO R: Stephanie Braunagel, Kellie Heath, Alyssa Tait, Hannah Morehouse, Amanda Stevens
BACK ROW L TO R: Head Coach Katie Andersen, Morgan Willson, Katie Fairfield, Megan Gilbertson, Assistant Coach Steph Plecity



Bismarck

Head Coach: Curt Sherbrooke, Assistant: Linda Grina

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
201	Brooke Hilzendeger	8					
203	Kathryn Pomeroy	7					
204	MacKenzie Keidel	7					
206	Megan Keidel	11					
210	Alex Beckler	10					
212	Jennifer Albers	7					
214	Megan Meyer	10					

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	9					
954	Brittany Bohrer	12					
958	Laura Asplund	9					
961	Britney Daniel	12					
963	Jessica Wass	9					

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	8					
402	Brooke Sickler	9					
403	Brogan Burwick	8					
405	Jennifer Bachamp	11					
406	Mara Van Ells	12					
407	Lexi Stickel	11					
408	Melissa Bachamp	9					
411	Marie Franzen	10					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Fargo North

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

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
903	Kayla Videen	10					
905	Zainah Haider	8					
907	Taylor Herian	9					
913	Alexandra Linstad	12					
914	Lindsey Walton	12					
918	Kyrstin Emil	10					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Fargo South

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

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
75	Chelsea Preston	12					
76	Brittany Cwilka	9					
77	Whitney Conmy	11					
79	Riley Summers	7					
80	Brooke Miller	11					
81	Rachel McLean	12					
84	Anna Krieg	12					
85	Samantha Palmer	11					
86	Megan Weiler	9					
87	McKenzie Kjos	7					
89	Alyssa Beasley	12					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Grand Forks

Head Coach: Kari Riendeau, Assistants: Jenny Rost

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
500	Carolyn Shabb	8					
501	Chandler Bunning	8					
502	Cassandra Burkholder	8					
504	Morgan Bitz	10					
505	Annie Davis	7					
506	Shan'te Gust	10					
507	Brittany Johnson	10					
508	Stephanie Swanson	9					
511	Karlie Scholler	9					
512	Sascha Bertsch	11					
515	Alexa Bateman	9					
516	Olivia Simonson	8					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Jamestown

Head Coach: Dave Tews, Assistants: Andrea Clemens

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
152	Mercedes Westereng	7					
160	Nikki Iverson	9					
162	Caroline Hemmer	10					
166	Heidi Engels	9					
172	Brittany Mittleider	9					
181	Brooke Lukach	8					
182	Kaitlin Walsh	9					
187	Carly Nelson	7					
188	Jennifer Kropp	10					
195	Laura Fugleberg	12					
198	Abby Flaagan	8					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Mandan

Head Coach: Juston Ziegler

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
555	Brianna Tausend	11					
557	Kelsi Rhodes	10					
559	Skylar Tausend	7					
560	Molly Wolf	10					
562	Amanda Lantz	12					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Minot

Head Coach: Pam Tweten, Assistant: Billy Kjelson, Shana Van Bruggen

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
2	Misha Taylor	7					
3	Payton Ringoen	7					
4	Brooklyn Bender	8					
5	Allison Tracy	11					
6	Sarah Brackett	11					
7	Paige Robillard	12					
8	Erin Kongelf	9					
9	Maci Bischof	9					
11	Paige Collins	7					
12	Joley Beeler	10					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Valley City

Head Coach: Katie Andersen, Assistant: Steph Plecity

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
851	Tera Laney Uecker	7					
854	Alyssa Freymark	7					
856	London Lloyd	7					
857	Molly Wilson	7					
858	Jenna Diemert	7					
860	Katie Fairfield	12					
863	Alyssa Tait	10					
867	Kelli Heath	11					
868	Hannah Morehouse	11					
869	Morgen Willson	12					
870	Amanda Stevens	8					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

Wahpeton

Head Coach: Amanda Perkerewicz

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
253	Brittany Beyer	12					
251	Mary Lukens	12					

Add top 4 scores from each event: _____ + _____ + _____ + _____ + _____ = _____

HOW STATE TEAM COMPETITION WORKS!

COMPETITION ROTATION REGULATIONS:

1. The first gymnast of each team in a rotation touch as follows:

Bars and Beam:
Gymnast #1 of Team (1) gets 30 seconds of touch warm up once the bars are set or beam mats and spring board are set. Then gymnast #1 of Team (2) gets 30 seconds of touch warm up once the bars or beam are set. Then gymnast #1 of Team (3) gets 30 seconds of touch warm up once the bars or beam is set.

Vault (Gymnasts get 2 touch warm up vaults):
Gymnast #1 of Team (1) takes 1 practice vault, followed by gymnast #1 of Team (2), and then followed by gymnast #1 of Team (3). Gymnasts can take a second warm up vault if they desire in the same order as previously taken.

Floor
Gymnast #1 of Team (1) will get 1 minute of touch warm up, followed by gymnast #1 of Team (2) with 1 minute of touch warm up, and then followed by gymnast #1 of Team (3) receiving 1 minute of touch warm up.

COMPETITION NOW BEGINS

2. Team with (1) puts up first competitor, then the team with (2) puts up the second competitor, and team with (3) puts up the third competitor and then back to team (1).

3. The three teams at an event continue to follow the competitor rotation until they run out of gymnasts. A team MUST put up a competitor when its turn comes, unless they are out of gymnasts.

4. The remainder of each team in a rotation take touch warm up as follows:

Every event after the first gymnast on a team competes, the second gymnast from that team will get her touch warm up of 30 seconds on bars and beam, 1 minute on floor, and up to 2 vaults on Vault. The next gymnast for a team will always touch immediately after her teammate competes.

Competition Rotation

TEAM (SEED)	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
A Fargo South (7)	VT (1)	BB (1)	FX (3)	UB (2)
B Open				
C Minot (2)	VT (2)	UB (1)	BB (2)	FX (2)
D Jamestown (3)	UB (1)	BB (2)	VT (3)	FX (1)
E Fargo North (6)	UB (2)	FX (2)	BB (1)	VT (1)
F Valley City (10)	UB (3)	VT (1)	FX (2)	BB (1)
G Dickinson (1)	BB (1)	VT (2)	UB (2)	FX (3)
H Bismarck (4)	BB (2)	UB (2)	FX (1)	VT (3)
I Mandan (8)	BB (3)	FX (1)	VT (2)	UB (1)
J Open				
K Century (9)	FX (1)	UB (3)	VT (1)	BB (2)
L Grand Forks (5)	FX (2)	BB (3)	UB (1)	VT (2)

Individual Competitors

Rotation 1

Vault		Bars		Beam		Floor	
___ 918	Kyrstin Emil	___ 963	Jessica Wass	___ 504	Morgan Bitz	___ 160	Nikki Iverson
___ 913	Alex Linstad	___ 12	Joley Beeler	___ 5	Allison Tracy	___ 214	Megan Meyer
___ 408	Melissa Bachamp	___ 958	Laura Asplund	___ 952	Jessica Nelson	___ 182	Kaitlin Walsh
___ 152	Mercedes Westereng	___ 89	Alyssa Beasley	___ 406	Mara Van Ells	___ 172	Brittany Mittleder
___ 411	Marie Franzen	___ 407	Lexi Stickle	___ 195	Laura Fugleberg	___ 166	Heidi Engels
___ 162	Caroline Hemmer	___ 405	Jennifer Bachamp	___ 403	Brogan Burwick	___ 507	Brittany Johnson
___ 204	MacKenzie Keidel	___ 2	Misha Taylor	___ 6	Sarah Brackett	___ 3	Payton Ringoen
___ 961	Britney Daniel	___ 555	Brianna Tausend	___ 212	Jennifer Albers	___ 914	Lindsey Walton
___ 402	Brooke Sickler	___ 181	Brooke Lukach	___ 75	Chelsea Preston	___ 198	Abby Flaagan
___ 401	Kelsey Dukart	___ 206	Megan Keidel			___ 515	Alexa Bateman

Rotation 2

Vault		Bars		Beam		Floor	
___ 166	Heidi Engels	___ 7	Paige Robillard	___ 559	Skylar Tausend	___ 952	Jessica Nelson
___ 3	Payton Ringoen	___ 954	Brittany Bohrer	___ 2	Misha Taylor	___ 403	Brogan Burwick
___ 187	Carly Nelson	___ 152	Mercedes Westereng	___ 508	Stephanie Swanson	___ 903	Kayla Videen
___ 515	Alexa Bateman	___ 204	MacKenzie Keidel	___ 854	Alyssa Freymark	___ 212	Jennifer Albers
___ 914	Lindsey Walton	___ 401	Kelsey Dukart	___ 555	Brianna Tausend	___ 6	Sarah Brackett
___ 214	Megan Meyer	___ 918	Kyrstin Emil	___ 206	Megan Keidel	___ 504	Morgan Bitz
___ 160	Nikki Iverson	___ 408	Melissa Bachamp	___ 89	Alyssa Beasley	___ 5	Allison Tracy
___ 172	Brittany Mittleder	___ 961	Britney Daniel	___ 407	Lexi Stickle	___ 75	Chelsea Preston
___ 507	Brittany Johnson	___ 402	Brooke Sickler	___ 12	Joley Beeler	___ 560	Molly Wolf
___ 182	Kaitlin Walsh	___ 81	Rachel McLean	___ 405	Jennifer Bachamp	___ 406	Mara Van Ells
		___ 411	Marie Franzen			___ 502	Cassandra Burkholder
		___ 913	Alex Linstad			___ 195	Laura Fugleberg

Individual Competitors

Rotation 3

Vault		Bars		Beam		Floor	
___ 212	Jennifer Albers	___ 914	Lindsey Walton	___ 408	Melissa Bachamp	___ 206	Megan Keidel
___ 80	Brooke Miller	___ 188	Jennifer Kropp	___ 961	Britney Daniel	___ 555	Brianna Tausend
___ 560	Molly Wolf	___ 203	Kathryn Pomeroy	___ 401	Kelsey Dukart	___ 12	Joley Beeler
___ 75	Chelsea Preston	___ 507	Brittany Johnson	___ 913	Alez Linstad	___ 405	Jennifer Bachamp
___ 195	Laura Fugleberg	___ 198	Abby Flaagan	___ 402	Brooke Sickler	___ 181	Brooke Lukach
___ 403	Brogan Burwick	___ 172	Brittany Mittleder	___ 411	Marie Franzen	___ 407	Lexi Stickle
___ 6	Sarah Brackett	___ 515	Alexa Bateman	___ 152	Mercedes Westereng	___ 89	Alyssa Beasley
___ 406	Mara Van Ells	___ 182	Kaitlin Walsh	___ 204	MacKenzie Keidel	___ 2	Misha Taylor
___ 952	Jessica Nelson	___ 160	Nikki Iverson	___ 918	Kyrstin Emil	___ 854	Alyssa Freymark
___ 5	Allison Tracy	___ 166	Heidi Engels	___ 954	Brittany Bohrer		
___ 504	Morgan Bitz	___ 3	Payton Ringoen	___ 162	Caroline Hemmer		
		___ 214	Megan Meyer				

Rotation 4

Vault		Bars		Beam		Floor	
___ 868	Hannah Morehouse	___ 406	Mara Van Ells	___ 857	Molly Wilson	___ 204	MacKenzie Keidel
___ 181	Brooke Lukach	___ 75	Chelsea Preston	___ 507	Brittany Johnson	___ 8	Erin Kongelf
___ 12	Joley Beeler	___ 212	Jennifer Albers	___ 166	Heidi Engels	___ 402	Brooke Sickler
___ 2	Misha Taylor	___ 403	Brogan Burwick	___ 914	Lindsey Walton	___ 913	Alex Linstad
___ 407	Lexi Stickle	___ 952	Jessica Nelson	___ 172	Brittany Mittleder	___ 408	Melissa Bachamp
___ 555	Brianna Tausend	___ 6	Sarah Brackett	___ 3	Payton Ringoen	___ 918	Kyrstin Emil
___ 89	Alyssa Beasley	___ 195	Laura Fugleberg	___ 214	Megan Meyer	___ 152	Mercedes Westereng
___ 206	Megan Keidel	___ 5	Allison Tracy	___ 160	Nikki Iverson	___ 961	Britney Daniel
___ 405	Jennifer Bachamp	___ 253	Brittany Beyer	___ 515	Alexa Bateman	___ 401	Kelsey Dukart
				___ 182	Kaitlin Wlsh	___ 411	Marie Franzen



Amanda Perkerewicz, Wahpeton Head Coach

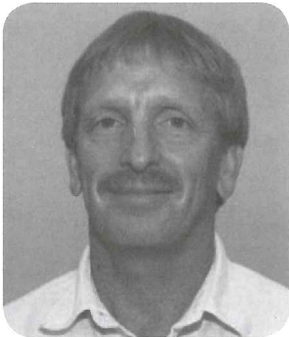
Amanda Perkerewicz graduated from Washburn High School, Washburn, ND in 2004. She is currently in her third year of college in the Dental Hygiene Program at North Dakota State College of Science in Wahpeton, ND. Amanda was a USA Level 9 gymnast at the age of 12, but due to injury and distance from a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

Pam Tweten, Minot High Coach

Pam Tweten started coaching 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 last 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 senior at Minot High School, and in her second year as Concert Mistress of the Orchestra.



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 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 degree in Political Science from SDSU. After college Katie returned to Jamestown where she, her husband Ryan and son Camron live. Katie has been the club director and head high school coach for Valley City gymnastics for the past three years.

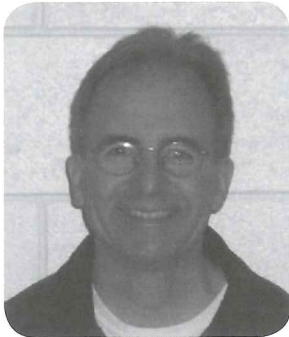


Juston Ziegler, Mandan Head Coach

Juston Ziegler has been coaching Mandan High Gymnastics for 5 years, 4 as head coach. He has coached at Dakota Star Gymnastics for about 7 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 7 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.

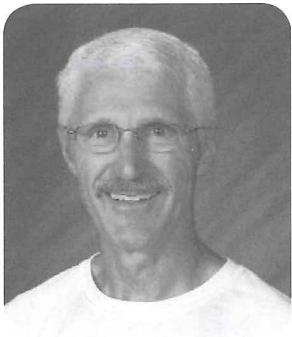
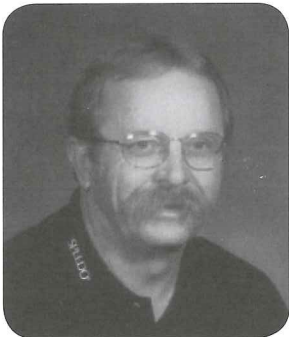


Kari Riendeau, Grand Forks Head Coach

Kari Riendeau is in her second year as Head Coach of Grand Forks Gymnastics. She had coached the pre-team girls for about a year when she was in high school. Kari is a 2001 graduate from Red River High School, where she competed for the Roughrider gymnastics team. It wasn't until her senior year that Red River and Central combined to form the Grand Forks KnightRiders. After high school Kari continued on to the University of North Dakota.

Dave Tews, Jamestown Coach

Dave Tews was born and raised in Litchfield Minn. He graduated from Jamestown College in 1977. Dave has been a teacher in Jamestown MS for 29 years. He has been the Blue Jay gymnastics coach and MS girls track coach for 29 years and Girls Diving coach on and off for 25 years. Dave is married to Jeanne with three adult children, Matt, Abby and Nick.



Mike Merritt, Fargo North & Fargo South Head Coach

Mike Merritt is completing his 35th year coaching gymnastics. 22 years at North High, and 10 years at South High. Also, he serves as head girl's track coach at North High. Gymnastics and gymnasts have changed a lot in 35 years! He still enjoys the challenge of practice and meets, and working with the student/athletes. Mike teaches Physical Education at North High. He and his wife Cherie have been married for 26 years. They have 6 children, 9 grand children and 1 great grand child.

CLASS A & SINGLE CLASS SYSTEM RECORDS

Team Champions & Runner-ups (Since 1969)				Best All Time All Around Scores (Since 1981)		
Year	Champion	Runner Up	Titles			
1969	Jamestown	St. Mary's	2 Titles	Nancy Davis		Dickinson
1970	Jamestown	Fargo South	2 Titles	Greta Sjursen		Dickinson
1971	Fargo South	Jamestown	2 Titles	Kristi Tryhus		Fargo South
1972	Fargo South	Dickinson	2 Titles	Kristi Dewald		West Fargo
1973	Fargo South	Dickinson	2 Titles	Jenny Nelson		Fargo North
1974	Dickinson, Fargo South (tie)		2 Titles	Nicole Ziegler		Century
1975	Dickinson	Fargo South	2 Titles	Marie Boyeff		Minot
1976	Dickinson	Fargo South	2 Titles	Krista Riley		Bismarck
1977	Fargo South	Dickinson	1 Title	Briana Jones		Grand Forks
1978	Fargo South	Dickinson	1 Title	Emily Wong		Grand Forks
1979	Fargo South	Dickinson	1 Title	Marilyn Falk		Jamestown
1980	Fargo South	Dickinson	1 Title	Heather Snell		Jamestown
1981	Fargo South	Dickinson	1 Title	Kathy Ohnstad		Fargo South
1982	Fargo South	Valley City	1 Title	Julie Nelson		Jamestown
1983	Fargo South	Dickinson	1 Title	Margaret Hagen		St. Mary's
1984	Minot	Dickinson	1 Title	Marcia Urban		Fargo South
1985	Fargo South	Dickinson	1 Title	Mo Day		Fargo South
1986	Fargo South	Bismarck	1 Title	Jane Vanyo		Fargo South
1987	Dickinson	Fargo South	1 Title	Lori Malsom		Minot Ryan
1988	Dickinson	Century	1 Title	Shelby Young		Century
1989	Fargo South	Minot	1 Title	Jodi Hansen		Dickinson
1990	Fargo South	Minot	1 Title	Julie Winje		Minot
1991	Minot	Fargo South	1 Title	Teri Zimbelman		Minot
1992	Minot	Fargo South	1 Title	Tara Lefor		Dickinson
1993	Minot	Fargo South	1 Title	Molly McDonald		Century
1994	Minot	Fargo South		Krista Isakson		Minot
1995	Century	Minot		Whitney Buchholz		Century
1996	Century	Minot	39.166			
1997	Minot	Century	38.75	Jade Beattie	Bismarck	2004
1998	Minot	Century	38.717	Heidi Goehring	Century	2000
1999	Century	Bismarck	38.56	Tiffany Tello	Bismarck	2002
2000	Century	Bismarck	38.48	Jodi Schwehr	Century	1996
2001	Bismarck	Century	38.467	Tiffany Tello	Bismarck	2003
2002	Bismarck	Century	38.40	Jade Beattie	Bismarck	2002
2003	Bismarck	Grand Forks	38.40	Cassie Osborn	Fargo South	1989
2004	Grand Forks	Minot	38.40	Kim Sveum	Minot	1993
2005	Grand Forks	Bismarck	38.31	Kim Sveum	Minot	1994
2006	Grand Forks	Minot	38.31	Gina Lang	Bismarck	1998
				Rachel Johnson	Bismarck	1986

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	Devils Lake, Fargo North
3 Titles	Rachel Johnson	Bismarck
3 Titles	Gina Lang	Bismarck
3 Titles	Andrea Albertson	Minot
3 Titles	Chelsea Preston	Fargo South
2 Titles	Melissa Henning	Fargo South
2 Titles	Linda Basaraba	Dickinson
2 Titles	Jo Pavicic	Fargo South

Best All Time All Around Scores (Since 1981)

Jade Beattie	Bismarck	2004
Heidi Goehring	Century	2000
Tiffany Tello	Bismarck	2002
Jodi Schwehr	Century	1996
Tiffany Tello	Bismarck	2003
Jade Beattie	Bismarck	2002
Cassie Osborn	Fargo South	1989
Kim Sveum	Minot	1993
Kim Sveum	Minot	1994
Gina Lang	Bismarck	1998
Rachel Johnson	Bismarck	1986
Kari Nolz	Bismarck	2001
Lindsey Wong	Grand Forks	2004
Kaitlyn Towery	Minot	2004
Marie Boyeff	Minot	1997
Cassie Osborn	Fargo South	1990
Jade Beattie	Bismarck	2003
Chelsea Preston	Fargo South	2005
Kim Sveum	Minot	1992
Tami Russell	Century	1988
Jodi Schwehr	Century	1995
Tami Russell	Century	1986
Briana Jones	Grand Forks	2006
Jade Beattie	Bismarck	2005
Emily Wong	Grand Forks	2006
Melissa Wong	Grand Forks	2004
Jodi Hansen	Dickinson	1986
Allie Smith	Wahpeton	2005
Torrea Ehliis	Mandan	2004
Krista Riley	Bismarck	2006
Dani Visina	Minot	2004
Jenny Nelson	Fargo North	1990

CLASS A & SINGLE CLASS SYSTEM RECORDS

Best All Time Team Scores (Since 1981)

151.017	Grand Forks	2004
150.532	Minot	2004
150.283	Grand Forks	2005
150.184	Bismarck	2002
150.133	Bismarck	2001
150.083	Bismarck	2003
149.799	Century	1996
149.349	Century	1999
149.332	Minot	1997
149.267	Century	2000
149.15	Fargo South	1986
149.083	Grand Forks	2006
148.93	Bismarck	1986
148.92	Dickinson	1986
148.883	Century	2001
148.80	Fargo South	1990
148.50	Minot	1994

Team Championships All Time

School	# Championships	School	# Championships
Fargo South	15	Bismarck.....	3
Minot.....	7	Grand Forks	3
Dickinson.....	5	Jamestown.....	2
Century	4		

Individual Championships All Time

School	# Championships	School.....	# Championships
Fargo South	54	Minot Ryan.....	7
Bismarck.....	29	Fargo North	4
Minot.....	28	Grand Forks	4
Century	27	West Fargo	2
Dickinson.....	24	Devils Lake	1
Jamestown.....	13	St. Mary's	1

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 beam, 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.

Class A and Single Class System

Tumbling: Marilyn Falk, Jamestown
Balance Beam: Heather Snell, Jamestown
Trampoline: Kathy Ohnstad, Fargo South
Uneven Bars: Julie Nelson, Jamestown
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

Beam: Barbara Mitchell, Jamestown
Uneven Bars: Barbara Mitchell, Jamestown
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Barbara Mitchell, Jamestown
All Around: Barbara Mitchell, Jamestown

Beam: Jo Pavicic, Fargo South
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Margaret Hagen, St. Mary's
Floor Exercise: Melissa Henning, Fargo South
All Around: Jo Pavicic, Fargo South

Beam: Kathy Sullivan, Jamestown
Uneven Bars: Kathy Sullivan, Jamestown
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Kathy Sullivan, Jamestown
All Around: Melissa Henning, Fargo South

Beam: Linda Basaraba, Dickinson
Uneven Bars: Tracy Gunkelman, Fargo South
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Linda Basaraba, Dickinson
All Around: Tracy Gunkelman, Fargo South

Beam: Robin Hubner, Dickinson
Uneven Bars: Marcia Urban, Fargo South
Vault: Tracy Gunkelman, Fargo South
Floor Exercise: Robin Hubner, Dickinson
All Around: Robin Hubner, Dickinson

Beam: Robin Hubner, Dickinson
 Uneven Bars: Robin Hubner, Dickinson
 Vault: Robin Hubner, Dickinson
 Floor Exercise: Robin Hubner, Dickinson
 All Around: Robin Hubner, Dickinson

Beam: Robin Hubner, Dickinson
Uneven Bars: Robin Hubner, Dickinson
Vault: Robin Hubner, Dickinson
Floor Exercise: Robin Hubner, Dickinson
All Around: Robin Hubner, Dickinson

Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Mo Day, Fargo South
Floor Exercise: Greta Sjursen, Dickinson
All Around: Greta Sjursen, Dickinson

Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Jane Vanyo, Fargo South
All Around: Stacey Simle, Fargo South

Beam: Susie Schraufek, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Nancy Davis, Dickinson
Floor Exercise: Susie Schraufek, Fargo South
All Around: Susie Schraufek, Fargo South

Beam: Stacey Simle, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tryhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Stacey Simle, Fargo South

Beam: Cindy Rodlund, Fargo South
Uneven Bars: Stacey Simle, Fargo South
Vault: Kristi Tryhus, Fargo South
Floor Exercise: Stacey Simle, Fargo South
All Around: Cindy Rodlund, Fargo South

Beam: Cindy Rodlund, Fargo South
Uneven Bars: Cindy Rodlund, Fargo South
Vault: Lori Malsom, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Cindy Rodlund, Fargo South

Beam: Robin Wheeler, Dickinson
Uneven Bars: Julie Visina, Minot Ryan
Vault: Julie Visina, Minot Ryan
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Julie Visina, Minot Ryan

Beam: Shelby Young, Bismarck Century
Uneven Bars: Julie Visina, Minot Ryan
Vault: Robin Wheeler, Dickinson
Floor Exercise: Cindy Rodlund, Fargo South
All Around: Robin Wheeler, Dickinson

Beam: Stacie Lowman, Devils Lake
Uneven Bars: Julie Visina, Minot Ryan
Vault: Cindy Rodlund, Fargo South
Floor Exercise: Tami Russell, Bismarck Century
All Around: Julie Visina, Minot Ryan

Beam: Jodi Hansen, Dickinson
Uneven Bars: Rachel Johnson, Bismarck
Vault: Rachel Johnson, Bismarck
Floor Exercise: Tami Russell, Bismarck Century
All Around: Rachel Johnson, Bismarck

Beam: (tie) Kristi Dewald, West Fargo;
Cassie Osborn, Fargo South
Uneven Bars: Julie Winje, Minot
Vault: Cassie Osborn, Fargo South
Floor Exercise: Cassie Osborn, Fargo South
All Around: Kristi Dewald, West Fargo

Beam: Tami Russell, Bismarck Century
 Uneven Bars: Tami Russell, Bismarck Century
 Vault: Cassie Osborn, Fargo South
 Floor Exercise: Tami Russell, Bismarck Century
 All Around: Tami Russell, Bismarck Century

Beam: Cassie Osborn, Fargo South
Uneven Bars: Teri Zimbelman, Minot
Vault: Stacie Lowman, Fargo North
Floor Exercise: Cassie Osborn, Fargo South
All Around: Cassie Osborn, Fargo South

Beam: Cassie Osborn, Fargo South
 Uneven Bars: (tie) Jenny Nelson, Fargo
 North: Cassie Osborn, Fargo South
 Vault: Stacie Lowman, Fargo North
 Floor Exercise: Cassie Osborn, Fargo South
 All Around: Cassie Osborn, Fargo South

Beam: Tara Lefor, Dickinson
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Jenny Nelson, Fargo North
All Around: Kim Sveum, Minot

Beam: Nicole Ziegler, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

Beam: Kim Sveum, Minot
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

Beam: Jodi Schwehr, Bismarck Century
Uneven Bars: Kim Sveum, Minot
Vault: Kim Sveum, Minot
Floor Exercise: Kim Sveum, Minot
All Around: Kim Sveum, Minot

Beam: (tie) Molly McDonald, Bismarck
Century; Nicole Ziegler, Bismarck Century
Uneven Bars: Krista Isakson, Minot
Vault: Jodi Schwehr, Bismarck Century
Floor Exercise: Jodi Schwehr, Bis. Century
All Around: Jodi Schwehr, Bismarck Century

Beam: Jodi Schwehr, Bismarck Century
Bars: Jodi Schwehr, Bismarck Century
Vault: Gina Lang, Bismarck
Floor Exercise: Teri Ann Krefting, Minot
All Around: Jodi Schwehr, Bismarck Century

Beam: Marie Boyeff, Minot
Bars: Teri Ann Krefting, Minot
Vault: Heidi Goehring, Bismarck Century
Floor Exercise : Teri Ann Krefting, Minot
All Around: Marie Boyeff, Minot

Beam: Teri Ann Krefting, Minot
Bars: Gina Lang, Bismarck
Vault: Heidi Goehring, Bismarck Century
Floor Exercise: Heidi Goehning, Bismarck Century
All Around: Gina Lang, Bismarck

Beam: Heidi Goehring, Bismarck Century
Bars: Andrea Albertson, Minot
Vault: Heidi Goehring, Bismarck Century
Floor Exercise: Heidi Goehring, Bismarck Century
All Around: Heidi Goehring, Bismarck Century

Beam: Kari Nolz, Bismarck
Bars: Andrea Albertson, Minot
Vault: Andrea Albertson, Minot
Floor Exercise: Heidi Goehring, Bismarck Century
All Around: Heidi Goehring, Bismarck Century

Beam: Tiffany Tello, Bismarck
Bars: Kari Nolz, Bismarck
Vault: Tiffany Tello, Bismarck
Floor Exercise: Kari Nolz, Bismarck
All Around: Kari Nolz, Bismarck

Beam: Tiffany Tello, Bismarck
Bars: Whitney Buchholz, Bismarck Century
Vault: Tiffany Tello, Bismarck
Floor Exercise: Tiffany Tello, Bismarck
All Around: Tiffany Tello, Bismarck

Beam: Tiffany Tello, Bismarck
Bars: Tiffany Tello, Bismarck
Vault: Kari Nolz, Bismarck
Floor Exercise: Tiffany Tello, Bismarck
All Around: Tiffany Tello, Bismarck

Beam: Jade Beattie, Bismarck
Bars: Jade Beattie, Bismarck
Vault: Jade Beattie, Bismarck
Floor Exercise: Jade Beattie, Bismarck
All Around: Jade Beattie, Bismarck

Beam: Krista Riley, Bismarck
Bars: Jade Beattie, Bismarck
Vault: Chelsea Preston, Fargo South
Floor Exercise: Chelsea Preston, Fargo South
All Around: Chelsea Preston, Fargo South

Beam: Briana Jones, Grand Forks
Bars: Emily Wong, Grand Forks
Vault: Krista Riley, Bismarck
Floor Exercise: Emily Wong, Grand Forks
All Around: Briana Jones, Grand Forks

FRONT ROW: Carolyn Shabb, Cassandra Burkholder, Brianna Dufault
SECOND ROW: Sascha Bertsch, Shan'te Gust, Stephanie Swanson, Emily Wong
THIRD ROW: Coach Taiyong Cao, Morgan Bitz, Brittany Johnson, Jill Stenvold,
 Briana Jones, Coach James Bayer
BACK ROW: Jenna Mishler, Coach Kari Riendeau
NOT PICTURED: Melissa Wong

SCORING

Scoring		
Difficulty (D)	3.0	performance..... up to 0.3
Event Requirements (ER)	1.4	Amplitude
Composition (C)	1.0	(a) Lack of larger extended and spacious movement.
Execution and Amplitude (E/A)	4.0	(b) Failure to complete movement with the fullest
Bonus (B).....	0.6	range of extension.
Total.....	10.0	Isolated movements up to 0.4
		Combinations up to 0.3
A. Difficulty (D).....	3.0	E. Bonus (B).....0.8
1 skill of high superior difficulty (0.3)	0.3	1. For one skill (or a series) of superior/high superior/bo-
3 skills of superior difficulty (0.5 each)	1.5	nus high superior difficulty performed to the ultimate
4 skills of medium difficulty (0.3 each).....	1.2	in technique with no execution deduction and/or an
		entire routine with full difficulty and event require-
B. Event Requirements (ER).....	1.4	ments performed to the ultimate in both technique
Lack of an event requirement (each one omitted).....	0.2	and execution (0.5 or less deducted under Execution). 0.1
		2. For an extra high superior and/or back-to-back supe-
C. Composition (C)	0.8	rior0.1
1. Up to 0.2 variety in combining difficulties from differ-		3. For back-to-back superiors..... 0.1 each, up to 0.2
ent structure groups.		4. For including bonus high superiors with no more than
2. Up to 0.2 Rhythm and Connections		a 0.3 deduction under Execution0.2
3. Up to 0.2 Artistry and Choreography	 or 0.4 for two different bonus high superiors
4. Up to 0.2 Spacing and Progressive Distribution of Dif-		
ficulties		F. Neutral (N)
Note: Refer to each event for specific deductions.		1. Deductions assessed each time they occur within
		a routine.
D. Execution and Amplitude (E/A)	4.0	2. Refer to the specific event sections for neutral
Faults		deductions pertaining to that event.
Small faults.....	up to 0.1	3. Deductions assessed for each missing skill on
Medium faults	0.2-0.3	bars, beams and floor.
Serious faults	0.4	
Falls		G. Superior Judge's (SJ)
Hand (s) or knee (s) touching floor.....	0.3	1. Deductions are taken from the gymnast's average
Hand (s) or knee (s) support on floor.....	0.5	score by the superior judge.
Fall onto hips or stomach	0.5	2. Refer to the specific event sections for superior
Fall on/against apparatus	0.5	judge deductions pertaining to that event.
Execution		
(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		

2006-2007 Patrons

These progressive Bismarck-Mandan firms have made it possible to provide the best environment for the West Region Girls' Golf Tournament, State Girls' Golf Tournament, West Region Boys' Hockey Tournament, State Gymnastics, West Region Boys' & Girls' Basketball, State Class B Boys' Basketball Tournament, Region V Track Meet, West Region Track Meet, and the State Class A & B Track.

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BNC National Bank
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Century 21 Morrison Realty, Inc.
Comfort Suites
Dakota Appraisal & Consulting, Ltd.
Don's Electric, Inc.
Dr. Kevin E. Gilchrist, D.D.S.
Drs. Honkola - Honkola, P.C.
Expressway Inn & Suites
H.A. Thompson & Sons, Inc.
Harlow's Bus Service, Inc.
Image Printing, Inc.
Jiran Architects & Planners, P.C.
Kelly Inn-Bismarck
Kramer Agency
Midwest Leasing, Inc.
Missouri Valley Petroleum
Nordstrom Eye Center
Pearce & Durick
The Atkinson Company
The Elbow Room
Tschider & Smith Attorneys
University of Mary
US Foodservice/GFG Division
Warford Orthodontics

Wells Fargo Bank North Dakota, N.A.
Wells Fargo Insurance
Woodmansee's
Zuger, Kirmis & Smith

\$75.00

City Looks/Cost Cutters
Dakota Pharmacy & Wellness
Del-Mar Vending Co.
ND Council of Educational Leaders
Tim & Janelle Michelsen
Tvenge Assoc., Architects & Planners, P.C.
Voegelé Appraisal Service, Inc.

\$50.00

American Family Ins., Tim Herman, Agent
Arrowhead Cleaners & Laundry, Inc.
Bismarck Funeral Home
Bismarck Quarterback Club
Bismarck Title Company
Capital Credit Union
Capital Trophy, Inc.
Captain Jack's
Clausnitzer Dentistry, PC
Colette Sukut - Wells Fargo Home Mortgage
Darrell & Constance McQuay
Eastgate Funeral Service
Eide Bailly LLP
Ennen Electric, Inc.
Fireside Office Products
Hoopster
Lignite Energy Council
Midway Lanes
NISC
Northern Improvement Company
Sidelines
Skeels Electric Company
Tumbleweed

\$40.00

Drs. Schindler & Deis Optometry

\$35.00

Gartner's Capital Shoe Hospital

\$30.00

Judge Bob and Commissioner Susan Wefald

\$25.00

A & B Pizza
Border States Electric
Bruce's Manufactured Housing, Inc.
Don's Driving School
Duane's Body Shop
Electric Systems, Inc.
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Bismarck Tournament Fund
Box 523, Bismarck, ND 58502
Paul Sukut, Treasurer
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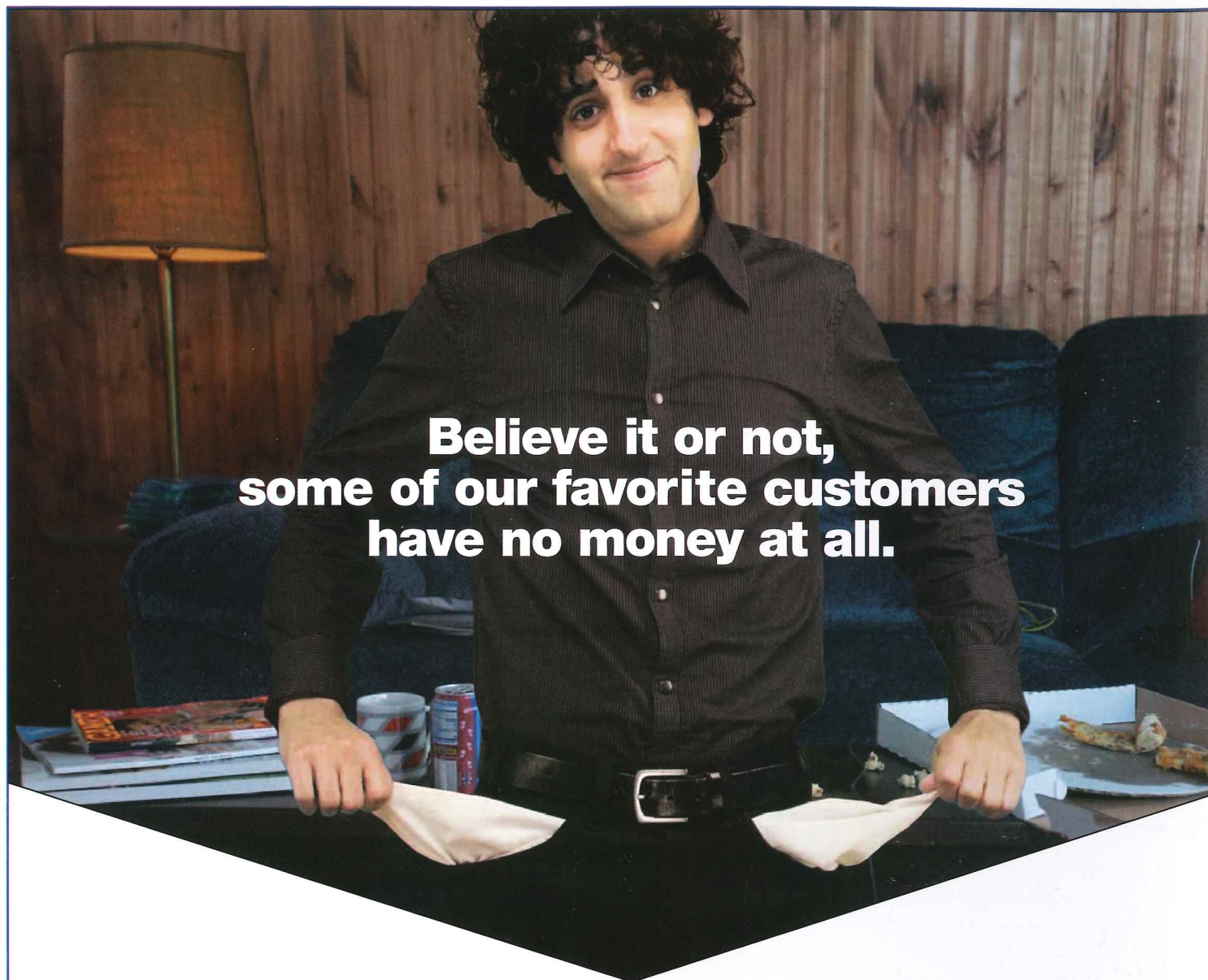
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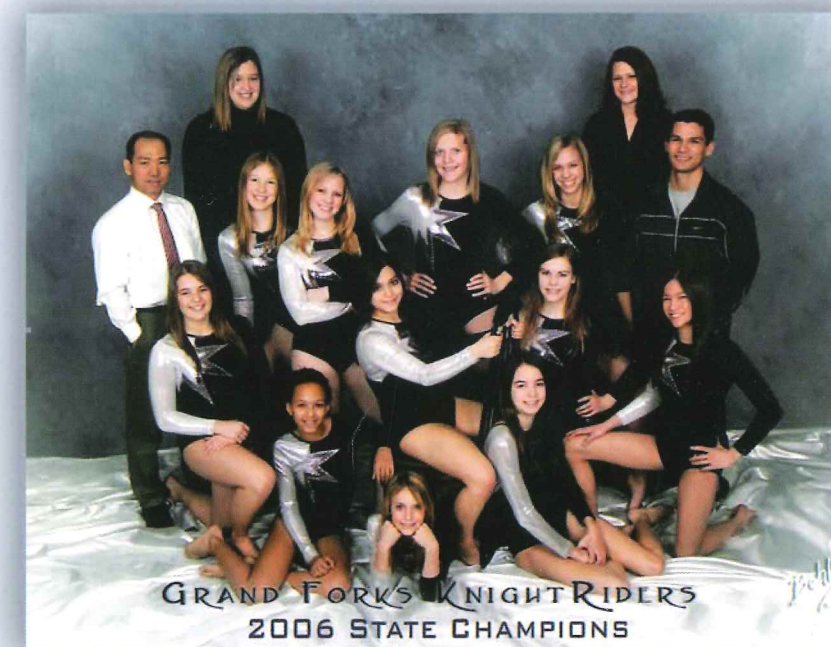
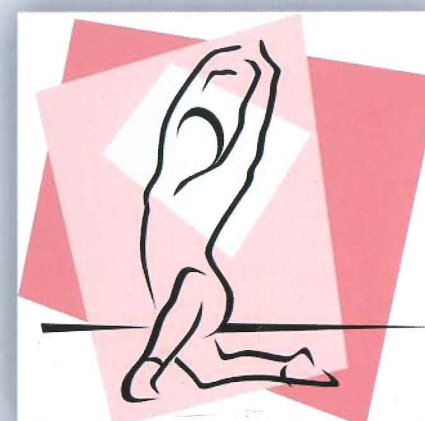
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2007 North Dakota State Gymnastics

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**Century High School
Bismarck, North Dakota
February 23 & 24**



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