

**Believe it or not,
some of our favorite customers
have no money at all.**

Worry-free Student Banking. At U.S. Bank, we know classes can be hard, roommates can be difficult, and laundry can be a pain. So we've made Student Banking as easy as possible, with a full range of products and services specifically designed to fit your lifestyle. And your budget.

Free Student Checking

- No minimum balance or maintenance fees¹
- Free Internet Banking, Bill Pay and online statements
- Four free non-U.S. Bank ATM transactions per month²
- Unlimited free ATM transactions at our 5,000+ ATMs
- Free first box of checks³
- Free Check Card with Rewards⁴

U.S. Bank Visa® Buxx Card

- A prepaid card funded by your parents, or you
- Use it to pay for books, fees, food, and more
- Reload it at any time online, or at any of our branches

U.S. Bank Student Loans⁵

- Full range of loans
- Easy online application and account access
- Repayment discounts

Fargo	280-3500	Wahpeton	642-9577
Bismarck	222-6262	Devils Lake	662-9292
Grand Forks	795-6295	Valley City	845-4322
Minot	852-0166	Grafton	352-1443
Dickinson	227-1233	Beulah	873-2865
Jamestown	253-2733	Lisbon	683-4179
Williston	572-3744	Langdon	256-2702

*U.S. Bank has been the
Premier Partner of the
ND High School Activities
Association since 1999.*

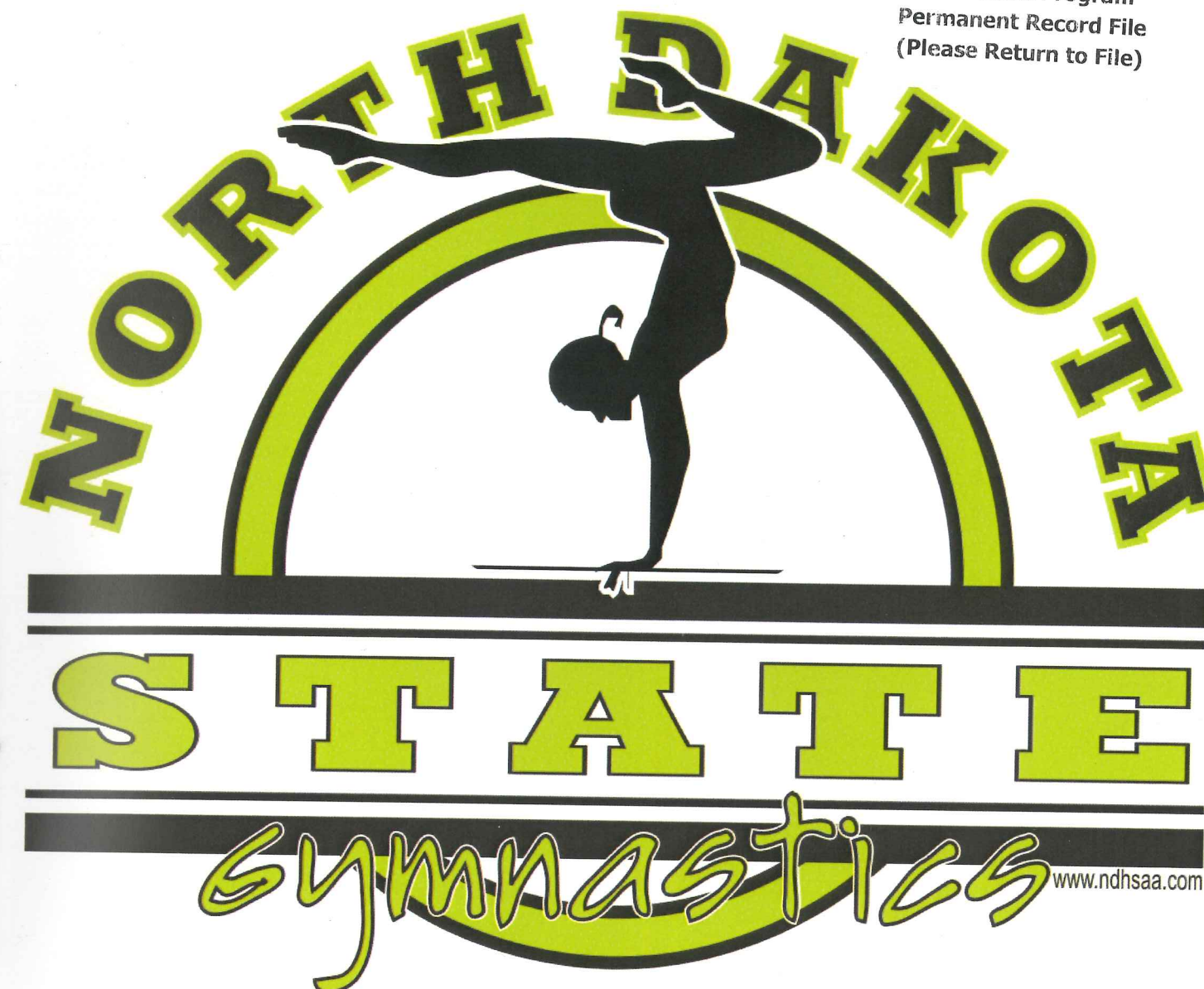


usbank.com/studentbanking | 24-Hour Banking 800-872-2657



¹U.S. Bank Student Checking offers no monthly maintenance fees or minimum balance requirements. All regular account opening procedures apply. Fees for non-routine transactions may apply. \$100 minimum deposit required to open an account. ²Other ATM network owners may assess a usage fee. ³Free U.S. Bank logo-style checks or 50% off any other style (limit 150). ⁴Checking That Pays® offers reward programs for check cards that can be added to any U.S. Bank personal checking account. Only signature-based purchases qualify for rewards. Cash advances, ATM transactions and purchases made with a PIN do not qualify. ⁵U.S. Bank Student Loans are subject to credit approval. Member FDIC.

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



**Hi-Liner Activity Center
Valley City, North Dakota
February 22-23, 2008**



**Premier Partner of the
North Dakota High School Activities Association**



For the Finest Pizza Anywhere!

Corner of Second and Main
Valley City

We Deliver!
845-3423

PIZZA



**Indoor
Playground**

CORNER

2008 GYMNASTICS

Sponsored By:
North Dakota High School Activities Association

NDHSAA Staff and Board of Directors

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.

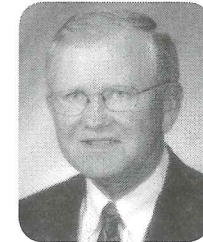
Fundamentals of Good Sportsmanship

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. Possessing, consuming or being under the influence of chemicals.
3. 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.
4. The use of noise makers.
5. Entry onto the playing surface at any time.

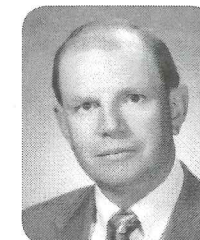
THESE ACTS OF MISCONDUCT WILL NOT BE TOLERATED AND WILL RESULT IN AUTOMATIC REMOVAL WITHOUT REFUND OF ADMISSION!



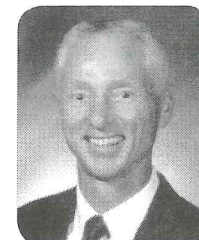
Sherm Sylling
Executive Secretary
Valley City



Sheryl Solberg
Asst. to Exec. Sec.
Valley City



Bob Hetler
Asst. to Exec. Sec.
Valley City



Dave Carlsrud
Asst. to Exec. Sec.
Valley City



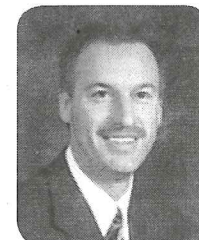
Brenda Schell
Asst. to Exec. Sec.
Valley City



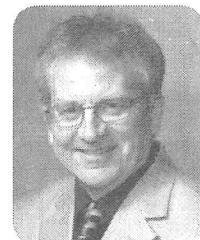
Kim Knodle
President
Valley City



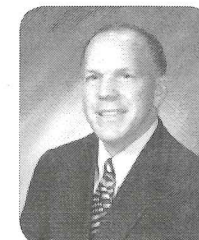
Royal Lyson
Vice-President
Center-Stanton



Brian Duchscherer
Carrington



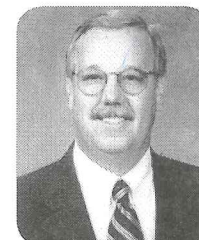
Phil Eastgate
School Boards Assn.
Beulah



Mickey Jordan
Dickinson



Lorell Jungling
Mandan



David Looyesen
Minot



Jack Maus
Grafton



Wayne Sanstead
Dept. of Public Instr.
Bismarck



Jeff Schatz
Grand Forks



Wayne Stanley
Stanley

Valley City Welcomes 2008 State Gymnastics Meet

The City of Valley City, The Valley City Public Schools, The Valley City Twister Gymnastics Club, and Valley City High School are very pleased to host this special high school sporting event. This will be the 39th 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.

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.

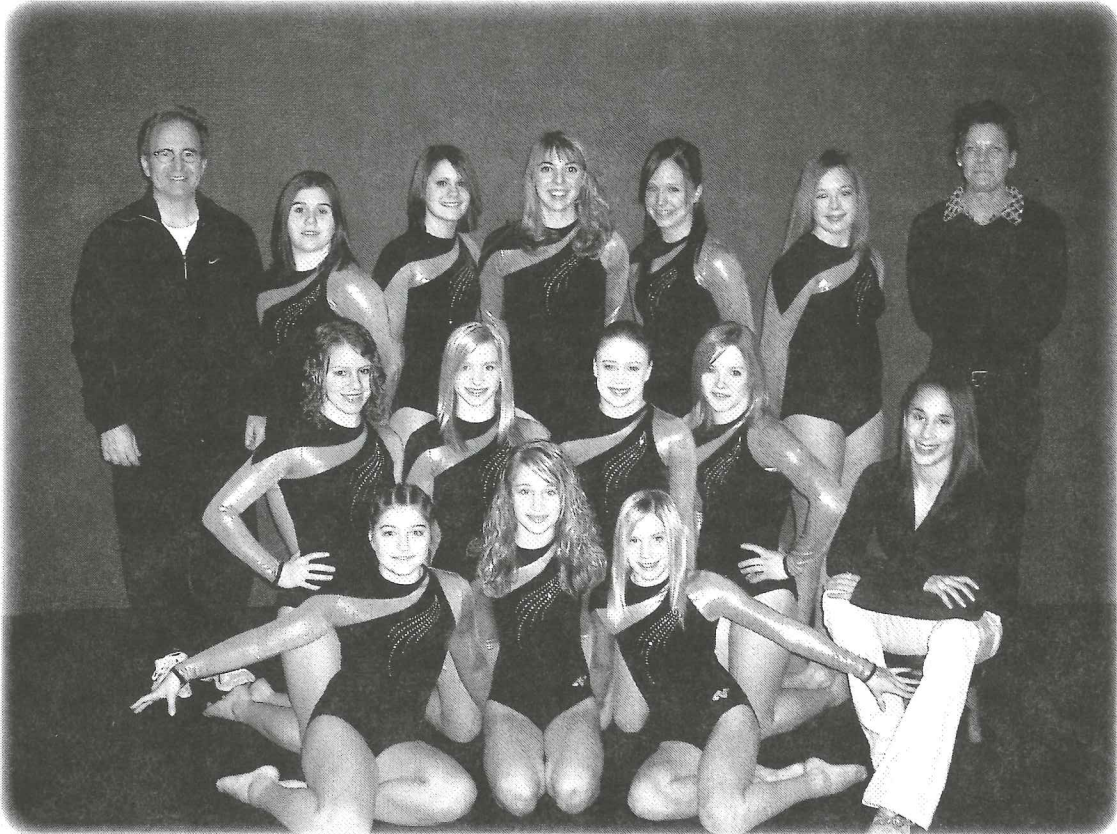
We'd like to give you are most sincere welcome and let you know that we want you to enjoy your stay with us and that you can call on us for any assistance. As an extension of the North Dakota High School Activities Association's effort to promote sportsmanship, we hope you will join us in providing encouragement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

~ Al Cruchet Tournament Manager ~

Meet Officials

Manager	Al Cruchet
Tournament Committee	Nicole Sufficool, Lori Tait, Bobby Koeplin, Rich Schueneman, Kim Jorissen, Mark Lloyd
Hospitality	Rich Schueneman
Sport Medicine.....	Mike Callahan Mercy Hospital Sports Medicine
T-Shirt Sales.....	Twister Gymnastics
Announcer	Barb Bjorum
Scorers	Kim Jorissen, Geri Haugen
Music and Anthem	VC High School Band Sarah Hass, VC Gymnadst
Meet Referee.....	Kim Pladson
Vault	
Superior Judge	Kim Ressler, Minot
Acting Judge.....	Lora Fisher, Jamestown
Acting Judge.....	Casey Kostelecky, Grand Forks
Uneven Bars	
Superior Judge	Ruth Walsh, Fargo
Acting Judge.....	Ann Albrecht, Jamestown
Acting Judge.....	Brie Siefken, Grand Forks
Beam	
Superior Judge	Karen Dahlseng, Fargo
Acting Judge.....	Tara Hofmann, Bismarck
Acting Judge.....	Carment Bender, Jamestown
Floor	
Superior Judge	Laurie Strommen, Dickinson
Acting Judge.....	Whitney Beck, Grand Forks
Acting Judge.....	Cindy Gee, Jamestown

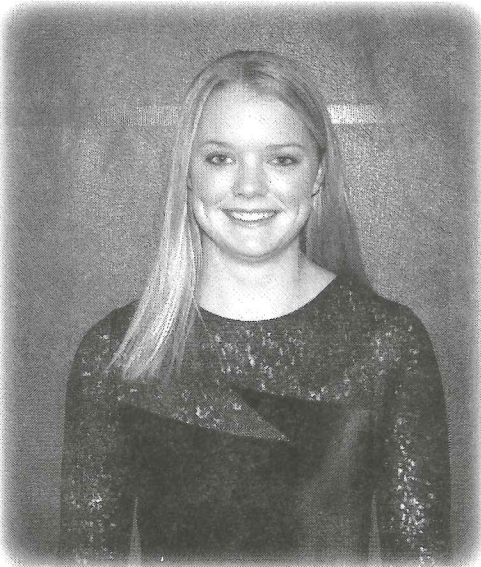
2007 State Team CHAMPIONS



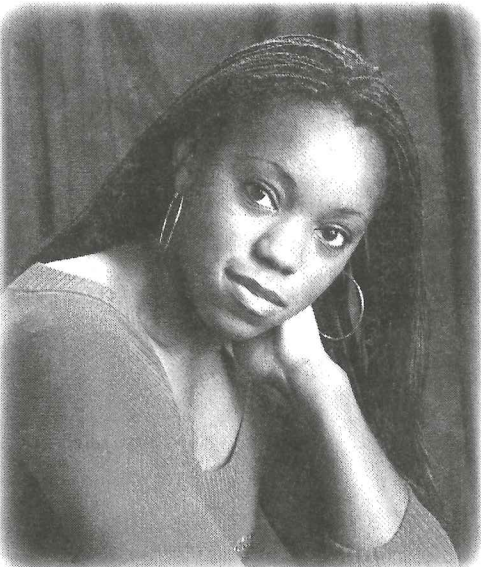
Dickinson Midgets

Back Row: Head Coach Kent VanElls, Jennifer Bachamp, Marie Franzen, Mara VanElls, Brooke Sickler, Shalesa Wariner, Asst. Coach Robin Filkowski. **Middle Row:** Melissa Bachamp, Brogan Burwick, Mindy Kubas, Lexi Stickel, Manager Tiffany Montalvo. **Front Row:** Sierra Roshau, Abby Kramer, Kelsey Dukart

2007 State Individual CHAMPIONS



Joley Beeler
Minot High School
Beam



Chelsea Preston
Fargo South High School
Bars ~ Vault ~ Floor ~ All Around

2008 State Gymnastics SCHEDULE

Friday, February 23 - Team Day

1:30 pm.....	Gym Opens
2:00 pm.....	Coaches' Meeting
2:30 - 4:30 pm	Timed Warm-ups
4:00 pm.....	Officials' Meeting
4:45 pm.....	Opening Ceremonty
5:00 pm.....	Competition Begins

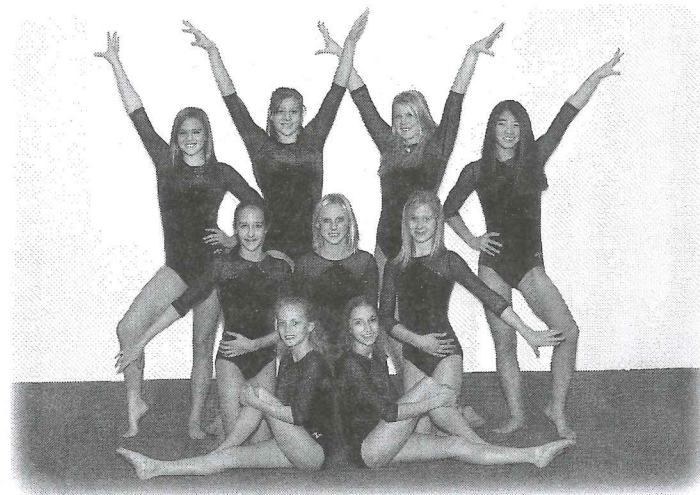
Note
Meet manager may view the field each day and adjust the warm-up if needed.
Touch warm-ups will be used for team day and individual day,

Saturday, February 24 - Individual Day

8:00 am.....	ND Coaches' Meeting HAC Conference Room
11:15 am.....	Gym Opens
11:30 am.....	Coaches' Meeting
12:00 pm.....	Timed Warm-ups
1:30 pm.....	Video Review for Base Score
1:45 pm.....	Opening Ceremonies
2:00 pm.....	Competition Begins

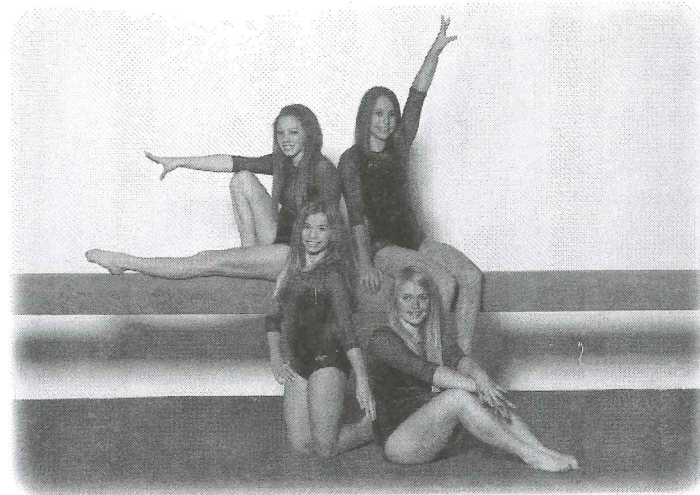
2008 Team PARTICIPANTS

BISMARCK



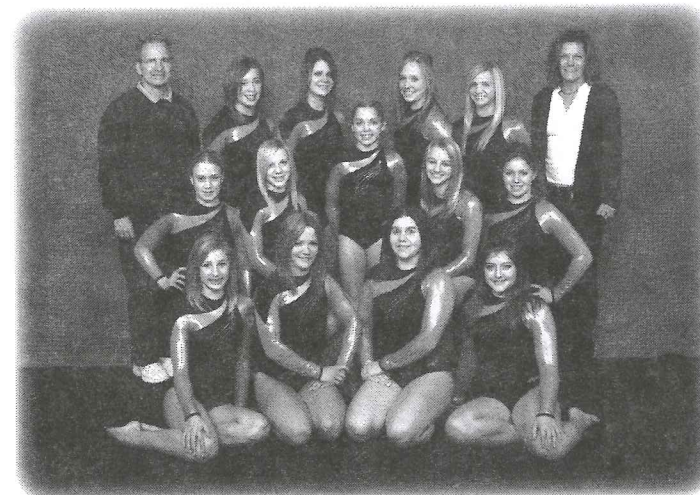
Front: Kristina Nelson, Emily Meyer.
Middle: Ashley Meyer, Brooke Hilzendeger, Jennifer Albers.
Back: Mackenzie Keidel, Megan Meyer, Megan Keidel, Kathryn Pomeroy.

BISMARCK CENTURY



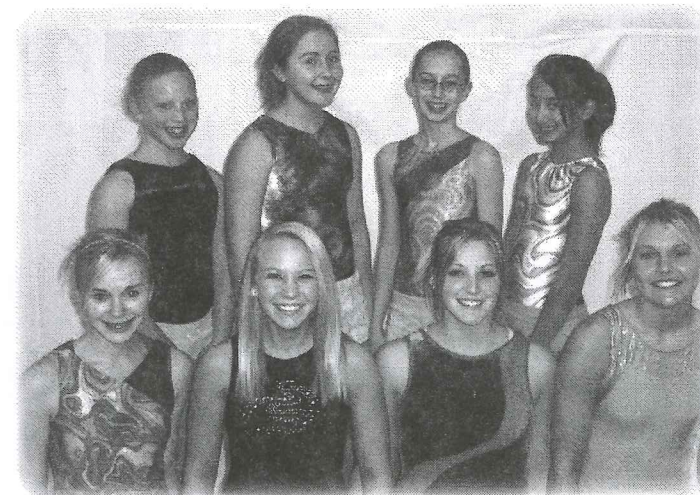
Front: TreAna Horner, Laura Asplund
Back: Jessica Nelson, Kristin Jacobchick

DICKINSON



Front: Abby Kramer, Lexi Stickel, Jennifer Bachamp, Sierra Roshau.
Middle: Malinda Kubas, Kelsey Dukart, McKenzie Kostelecky, Chantal Urlacher, Melissa Bachamp.
Back: Head Coach Kent Van Ells, Shalesa Wariner, Marie Franzen, Brooke Sickler, Brogan Burwick, Assistant Coach Robin Filkowski.

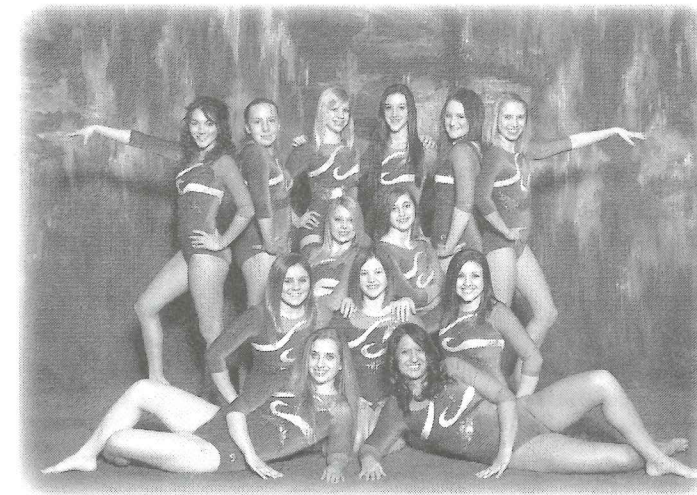
FARGO NORTH



Front: Claire Ivers, Taylor Herian, Kyrstin Emil, Brittany Hosman.
Back: Morgan Shelton, Kennedy Kiser, Ashlee Wiebe, Megan Thrash.

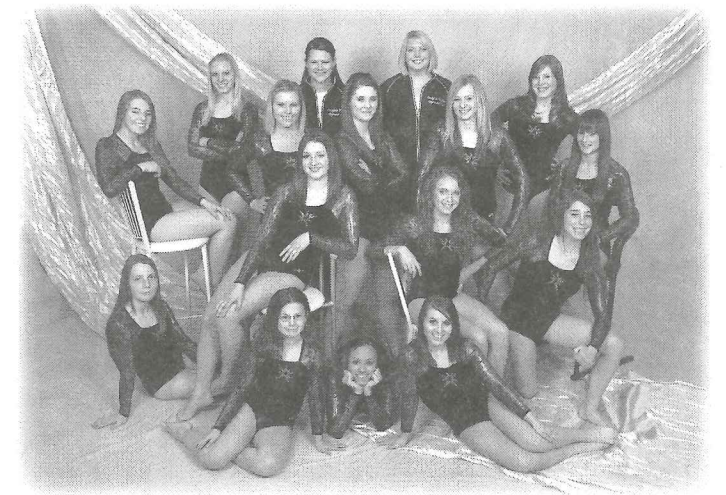
2008 Team PARTICIPANTS

FARGO SOUTH



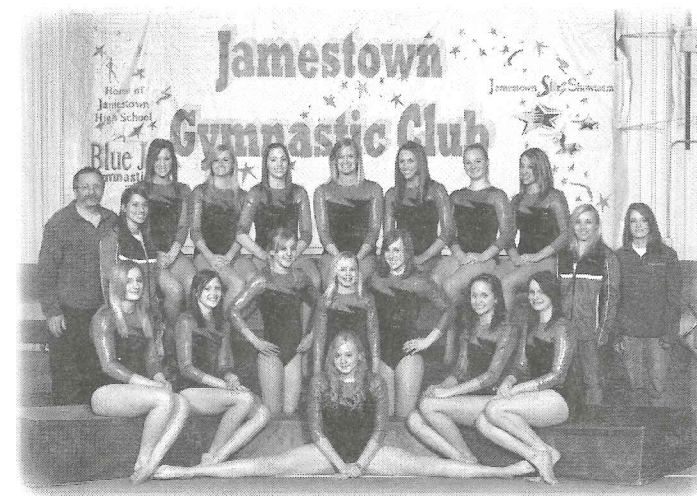
Front: Whitney Conmy, Samantha Palmer.
Second: Kelsey Jandro, Maggie Schuster, Kaitlyn Bock.
Third: Nicole Savageau, Riley Summers.
Back: Kathy Bockert, Candace Kornelsen, Kia Callahan, Megan Weiler, Brittany Cwikla, Megan Edwardson.

GRAND FORKS



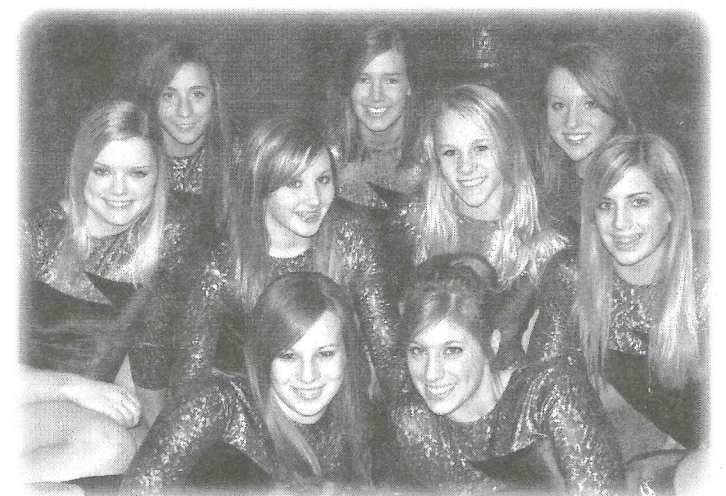
Front: Jennifer Pauli, Carolyn Shabb, Bailey Kitko.
Side/Center Chairs: Ashley Weiland, Olivia Simonson, Cassandra Burkholder, Chandler Buning
Side Chairs/Middle Standing: Sascha Bertsch, Stephanie Swanson, Annie Davis, Emily Schultz, Alexa Bateman
Back: Brittany Johnson, Coach Kari Riendeau, Asst. Coach Jenny Rost and Morgan Bitz

JAMESTOWN



Front: Ashley Kronebusch
Middle: Nikki Iverson, Alison Allmer, Carly Nelson, Alex Lind, Mercedes Westereng, Abby Wanzak, Heidi Engels.
Middle (Standing): Coach Tews, Lindsay Kautzman, Shelby Nelson, Coach Andrea Clemens.
Back: Kaitlin Walsh, Caroline Hemmer, Brittany Mittleider, Mirissa Kronebusch, Jennifer Kropp, Jessica Lawrence, Brooke Lukach.

MINOT



Front: Erin Kongelf, Allison Tracy.
Middle: Joley Beeler, Maci Bischof, Misha Taylor, Paige Collins.
Back: Brooklyn Bender, Alec Clark, Payton Ringoen.

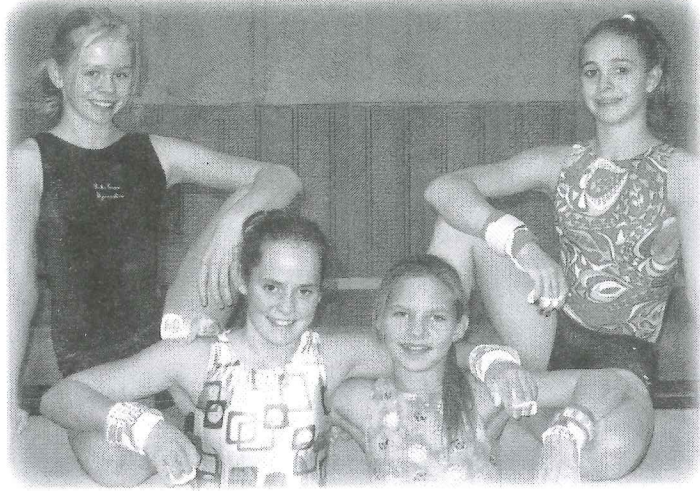
2008 Team PARTICIPANTS

VALLEY CITY

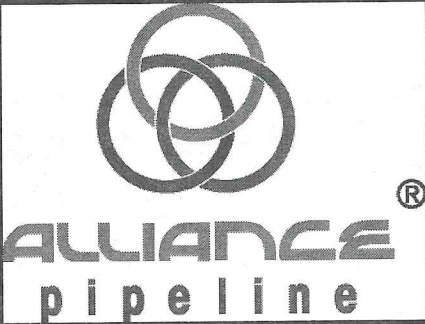


Front: Casey Hatcher, Christina Bruenjes, Jenna Diemert, London Lloyd, Tera Laney-Uecker.
Middle: Amanda Stevens, Sarah Hass, Molly Willson, Hannah Coriesbach.
Back: Asst. Coach Dayna Johnson, Head Coach Nicole Sufficool, Hannah Morehouse, Alyssa Tait, Manager Steven Owen, Manager Jonathon Strang, Asst. Coach Connie Kleven.

WAHPETON



Front: Alli Pauly, Mimi Brown
Back: Shannon Thompson, Korin Wettig



ALLIANCE
pipeline

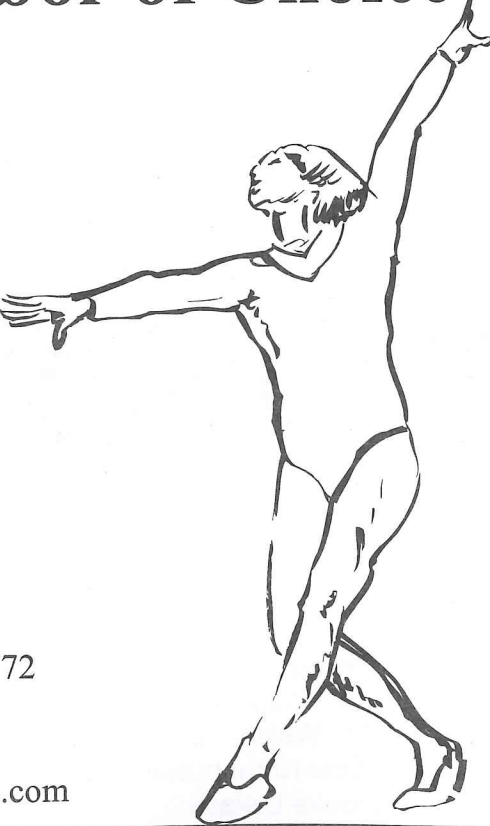
Welcome participants and spectators to the North Dakota State Gymnastics Program. We wish each of you the best of luck and hope you enjoy your visit to Valley City and the Sheyenne River Valley.

“Your Neighbor of Choice”

Proud to Support:
Your Community
Your Education
Your Safety
Your Environment

Alliance Pipeline
1520 8th St SE
Valley City, ND 58072
701-845-1929

www.alliance-pipeline.com



Bismarck Century

Coaches: Curt Sherbrooke, Linda Grina

No.	Name	Vault	Bars	Beam	Floor	All Around
952	Jessica Nelson					
956	TreAna Horner					
957	Kristin Jacobchick					
958	Laura Asplund					

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

Bismarck High

Coaches: Curt Sherbrooke, Linda Grina

No.	Name	Vault	Bars	Beam	Floor	All Around
201	Brooke Hilzendeger					
203	Kathryn Pomeroy					
204	Mackenzie Keidel					
206	Megan Keidel					
207	Kristina Nelson					
208	Ashley Meyer					
209	Emily Meyer					
212	Jennifer Albers					
214	Megan Meyer					

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

Dickinson

Coaches: Kent Van Ells, Robin Filkowski

No.	Name	Vault	Bars	Beam	Floor	All Around
401	Kelsey Dukart					
402	Brooke Sicker					
403	Brogan Burwick					
404	Mckenzie Kostelecky					
405	Jennifer Bachamp					
406	Chantal Urlacher					
407	Lexi Stickel					
408	Melissa Bachamp					
411	Marie Franzen					
412	Sierra Roshau					
414	Shalesa Wariner					
415	Abby Kramer					
417	Mindy Kubas					

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

Fargo North

Coaches: Mike Merritt, Chelsea Preston, Rachel Brophy, Marissa Benthin

No.	Name	Vault	Bars	Beam	Floor	All Around
903	Ashlee Wiebe					
905	Megan Thrash					
907	Taylor Herian					
908	Kennedy Kiser					
909	Claire Ivers					
912	Tori Geston					
918	Kyrstin Emil					
922	Morgan Shelton					

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

Fargo South

Coaches: Mike Merritt, Marissa Benthin, Chelsea Preston, Rachel Brophy

No.	Name	Vault	Bars	Beam	Floor	All Around
76	Brittany Cwilka					
77	Whitney Conmy					
78	Megan Edwardson					
79	Riley Summers					
80	Kia Callahan					
81	Candace Kornelson					
82	Taylor Keegan-otash					
84	Kelsey Jandro					
87	Kathy Bockert					
88	Maggie Schuster					
89	Nicole Savageau					
90	Kaitlin Bock					

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

Grand Forks

Coaches: Kari Riendeau, Jenny Rost

No.	Name	Vault	Bars	Beam	Floor	All Around
500	Carolyn Shabb					
501	Chandler Buning					
502	Cassandra Burkholder					
504	Morgan Bitz					
505	Annie Davis					
507	Brittany Johnson					
508	Stephanie Swanson					
509	Emily Schultz					
510	Ashley Wieland					
512	Sascha Bertsch					
513	Jennifer Pauli					
514	Bailey Kitko					
515	Alexa Bateman					
516	Olivia Simonson					

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

Jamestown

Coaches: Dave Tews, Andrea Clemens, Dawn Rene, Nick Tews

No.	Name	Vault	Bars	Beam	Floor	All Around
152	Mercedes Westereng					
160	Nikki Iverson					
162	Caroline Hemmer					
166	Heidi Engels					
172	Brittany Mitteleider					
181	Brooke Lukach					
182	Kaitlin Walsh					
188	Jennifer Krapp					
192	Abby Wanzek					
194	Alex Lind					
199	Jessica Lawrence					

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

Minot

Coach: Pam Tweten

No.	Name	Vault	Bars	Beam	Floor	All Around
2	Misha Taylor					
3	Payton Ringoen					
4	Brooklyn Bender					
5	Allison Tracy					
6	Macie Bischof					
7	Alec Clark					
8	Erin Kongelf					
11	Paige Collins					
12	Joley Beeler					

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

Valley City

Coaches: Nicole Sufficool, Connie Kleven, Dayna Johnson

No.	Name	Vault	Bars	Beam	Floor	All Around
851	Tera Laney-uecker					
856	London Lloyd					
861	Jenna Diemert					
862	Casey Hatcher					
863	Alyssa Tait					
864	Christina Bruenjes					
868	Hannah Morehouse					
870	Amanda Stevens					

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

Wahpeton

Coaches: Amanda Perkerewicz, Patty Moses

No.	Name	Vault	Bars	Beam	Floor	All Around
272	Mimi Brown					
294	Alli Pauly					
268	Shannon Thompson					
283	Korin Wettig					

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

State Meet Team Groupings and ROTATION

The teams shall be seeded into traditional groupings/meet format. This seed will be by the top 5 team scores. Based on the number of teams, the advisory board will determine the rotation starting with floor exercise and seed in reverse order.

- A. Fargo South

C. Jamestown

E. Bismarck

G. Grand Forks

I. Wahpeton
- B. Minot

D. Century

F. Dickinson

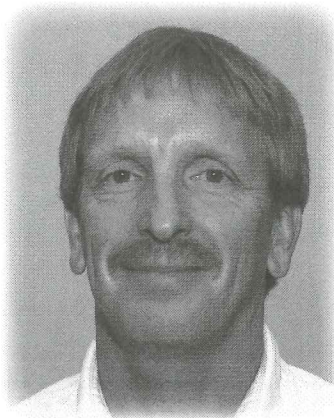
H. Valley City

J. Fargo North

10 Teams Competition Order				Seeding Order
Vault	Bars	Beam	Floor	(starting with highest average)
A	E	H	I	F
B	C	F	J	B
E	D	G	A	C
F	B	C	H	G
I	G	J	D	E
C	A	B	E	D
H	J	D	G	H
J	F	I	C	A
D	H	E	B	J
G	I	A	F	I

Warm-up Order										
A	Vault	Bye	Floor	bye	bye	Bars	bye	bye	bye	Beam
B	Bye	Vault	Bye	Bars	bye	Beam	bye	bye	Floor	bye
C	Bye	Bars	Bye	Beam	bye	Vault	bye	Floor	bye	bye
D	Bye	Bye	Bars	Bye	Floor	Bye	Beam	Bye	Vault	Bye
E	Bars	Bye	Vault	Bye	Bye	Floor	Bye	Bye	Beam	Bye
F	Bye	Beam	Bye	Vault	Bye	Bye	Bye	Bars	Bye	Floor
G	Bye	Bye	Beam	Bye	Bars	Bye	Floor	Bye	Bye	Vault
H	Beam	Bye	Bye	Floor	Bye	Bye	Vault	Bye	Bars	Bye
I	Floor	Bye	Bye	Bye	Vault	Bye	Bye	Beam	Bye	Bars
J	Bye	Floor	Bye	Bye	Beam	Bye	Bars	Vault	Bye	Bye

Meet the COACHES



Curt Sherbrooke, Bismarck and Bismarck Century Head Coach

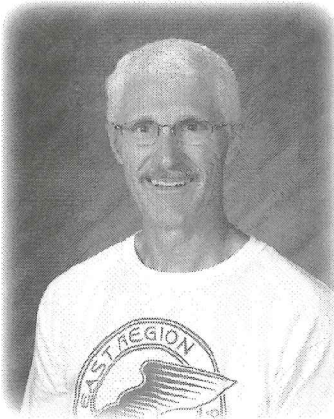
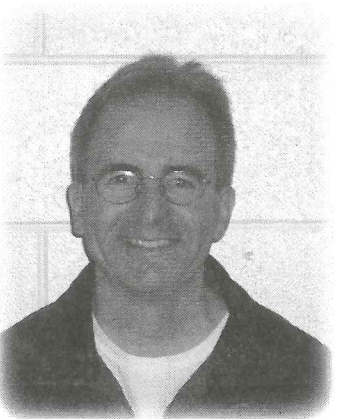
Curt Sherbrooke graduated from Audubon High School, Audubon, MN in 1973. He attended Moorhead State University, Moorhead, MN and graduated in 1977.

Curt taught in Albert Lea, MN in 1978. He taught and coached in Hawley, MN from 1978 to 1981. Curt was 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.

Kent Van Ells, Dickinson Head Coach

Kent Van Ells has been a public school teacher and head gymnastics coach at Dickinson High School since 1983. He is married to Valerie and has two children: Mara, age 18, and Luke, age 16.



Mike Merritt, Fargo North and Fargo South Head Coach

I teach Physical Education at North High. I began my coaching career in 1972 at South High. I have been head gymnastics coach at North High since 1985, and South High since 1998. I am also head girls track coach at North High. I have previous coaching tenures at Dickinson, Carbondale IL, Edina MN, Burnsville MN, Hopkins MN, Bismarck and Devils Lake. My wife's name is Cherie and we have 6 children, 9 grandchildren and 1 great-grandchild.

Kari Riendeau, Grand Forks Head Coach

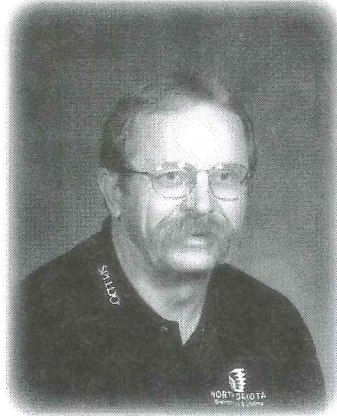
Kari Riendeau is in her 3rd year as Head Coach for the Grand Forks KnightRiders gymnastics team. She is a 2001 graduate from Red River High School, where she competed for the Roughrider gymnastics team. It wasn't until her senior year that Red River and Central combined to form the Grand Forks KnightRiders. After high school she continued on to the University of North Dakota.



Meet the COACHES

Dave Tews, Jamestown Coach

Dave has been coaching the Blue Jays for 30 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 24 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.



Pam Tweten, Minot Head 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 freshman at Minot State University, where she continues her study of music, along with music education.

Full Color and Offset Printing
Design Service
Banners and Posters
Brochures and Flyers
Letterhead and Envelopes
Business Cards
Newsletters
Customized Forms
Laminating Services
Magnetic Vehicle Signs

Proud Designers & Publishers
of this Publication

Sheyenne Printers, Inc.
351 Central Ave N
Valley City, ND 58072
701-845-0275
spdesign@csicable.net

Meet the COACHES

Nicole Sufficool, Valley City Head Coach

Nicole Sufficool graduated from Valley City High School in 1993 where she participated in gymnastics, basketball and tennis. She attended Valley City State University and played basketball for the Vikings and graduated in 1998. Nicole taught physical education and health and was the head gymnastics coach in Glencoe, MN for the past 7 years. She and her husband Brad have 3 children, Tate, Breck and Kinlee and are enjoying being back close to family.

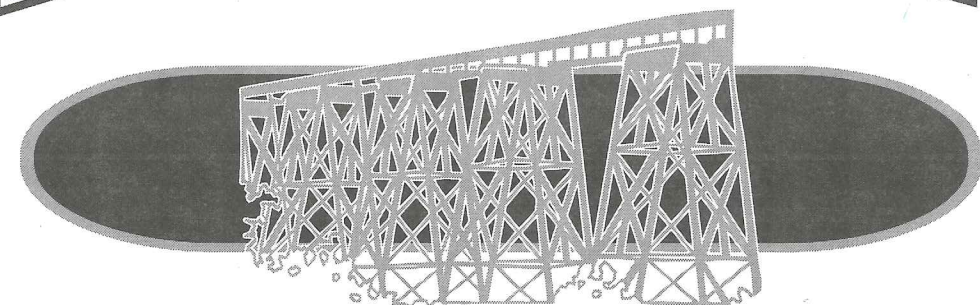


Amanda Perkerewicz, Wahpeton Head Coach

Amanda graduated from Washburn High School, Washburn, ND in 2004. She is currently in her fourth 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 third year as head coach of the Wahpeton High School gymnastics team. She will be graduating in May and starting her career as a Dental Hygienist.



VALLEY CITY



Chiropractors

COMMUNITY MINDED ★ YOUTH ORIENTED

Individual Competitors ROTATION 1

Vault	Bars	Beam	Floor
507 Brittany Johnson Grand Forks	406 Chantal Urlacher Dickinson	204 Mackenzie Keidel Bismarck High	194 Alex Lind Jamestown
411 Marie Franzen Dickinson	505 Annie Davis Grand Forks	515 Alexa Bateman Grand Forks	206 Megan Keidel Bismarck High
952 Jessica Nelson Bismarck Century	401 Kelsey Dukart Dickinson	403 Brogan Burwick Dickinson	957 Kristin Jacobchick Bismarck Century
868 Hannah Morehouse Valley City	404 McKenzie Kostecky Dickinson	5 Allison Tracy Minot	214 Megan Meyer Bismarck High
3 Payton Ringen Minot	4 Brooklyn Bender Minot	160 Nikki Iverson Jamestown	152 Mercedes Westereng Jamestown
514 Bailey Kitko Grand Forks	7 Alex Clark Minot	12 Joley Beeler Minot	181 Brooke Lukach Jamestown
407 Lexi Stickel Dickinson	408 Melissa Bachamp Dickinson	405 Jennifer Bachamp Dickinson	918 Kyrstin Emil Fargo North
172 Brittany Mittleider Jamestown	402 Brooke Sicker Dickinson	207 Kristina Nelson Bismarck High	166 Heidi Engels Jamestown
199 Jessica Lawrence Jamestown	922 Morgan Shelton Fargo North	956 Treana Horner Bismarck Century	508 Stephanie Swanson Grand Forks
212 Jennifer Albers Bismarck High		188 Jennifer Krapp Jamestown	
2 Misha Taylor Minot		504 Morgan Bitz Grand Forks	
182 Kaitlin Walsh Jamestown			

Individual Competitors ROTATION 2

Vault	Bars	Beam	Floor
181 Brooke Lukach Jamestown	407 Lexi Stickel Dickinson	4 Brooklyn Bender Minot	5 Allison Tracy Minot
214 Megan Meyer Bismarck High	502 Cassandra Burkholder Grand Forks	162 Caroline Hemmer Jamestown	403 Brogan Burwick Dickinson
206 Megan Keidel Bismarck High	182 Kaitlin Walsh Jamestown	505 Annie Davis Grand Forks	515 Alexa Bateman Grand Forks
516 Olivia Simonson Grand Forks	212 Jennifer Albers Bismarck High	408 Melissa Bachamp Dickinson	504 Morgan Bitz Grand Forks
918 Kyrstin Emil Fargo North	411 Marie Franzen Dickinson	922 Morgan Shelton Fargo North	207 Kristina Nelson Bismarck High
166 Heidi Engels Jamestown	2 Misha Taylor Minot	402 Brooke Sicker Dickinson	956 Treana Horner Bismarck Century
508 Stephanie Swanson Grand Forks	952 Jessica Nelson Bismarck Century	404 McKenzie Kostecky Dickinson	160 Nikki Iverson Jamestown
957 Kristin Jacobchick Bismarck Century	507 Brittany Johnson Grand Forks	90 Kaitlin Bock Fargo South	204 Mackenzie Keidel Bismarck High
194 Alex Lind Jamestown	209 Emily Meyer Bismarck High	401 Kelsey Dukart Dickinson	12 Joley Beeler Minot
11 Paige Collins Minot	172 Brittany Mittleider Jamestown		
152 Mercedes Westereng Jamestown	3 Payton Ringen Minot		
			405 Jennifer Bachamp Dickinson

Individual Competitors ROTATION 3

Vault	Bars	Beam	Floor
283 Korin Wettig Wahpeton	508 Stephanie Swanson Grand Forks	2 Misha Taylor Minot	402 Brooke Sicker Dickinson
204 Mackenzie Keidel Bismarck High	166 Heidi Engels Jamestown	212 Jennifer Albers Bismarck High	922 Morgan Shelton Fargo North
12 Joley Beeler Minot	958 Laura Asplund Bismarck Century	507 Brittany Johnson Grand Forks	4 Brooklyn Bender Minot
405 Jennifer Bachamp Dickinson	194 Alex Lind Jamestown	172 Brittany Mittleider Jamestown	406 Chantal Urlacher Dickinson
515 Alexa Bateman Grand Forks	152 Mercedes Westereng Jamestown	502 Cassandra Burkholder Grand Forks	90 Kaitlin Bock Fargo South
504 Morgan Bitz Grand Forks	214 Megan Meyer Bismarck High	868 Hannah Morehouse Valley City	404 McKenzie Kostecky Dickinson
5 Allison Tracy Minot	918 Kyrstin Emil Fargo North	182 Kaitlin Walsh Jamestown	408 Melissa Bachamp Dickinson
160 Nikki Iverson Jamestown	181 Brooke Lukach Jamestown	407 Lexi Stickel Dickinson	401 Kelsey Dukart Dickinson
207 Kristina Nelson Bismarck High	957 Kristin Jacobchick Bismarck Century	411 Marie Franzen Dickinson	505 Annie Davis Grand Forks
403 Brogan Burwick Dickinson	206 Megan Keidel Bismarck High	952 Jessica Nelson Bismarck Century	8 Erin Kongelft Minot

Individual Competitors ROTATION 4

Vault	Bars	Beam	Floor
408 Melissa Bachamp Dickinson	5 Allison Tracy Minot	918 Kyrstin Emil Fargo North	182 Kaitlin Walsh Jamestown
4 Brooklyn Bender Minot	203 Kathryn Pomeroy Bismarck High	870 Amanda Stevens Valley City	507 Brittany Johnson Grand Forks
402 Brooke Sicker Dickinson	12 Joley Beeler Minot	214 Megan Meyer Bismarck High	868 Hannah Morehouse Valley City
90 Kaitlin Bock Fargo South	504 Morgan Bitz Grand Forks	181 Brooke Lukach Jamestown	411 Marie Franzen Dickinson
922 Morgan Shelton Fargo North	403 Brogan Burwick Dickinson	206 Megan Keidel Bismarck High	502 Cassandra Burkholder Grand Forks
401 Kelsey Dukart Dickinson	515 Alexa Bateman Grand Forks	508 Stephanie Swanson Grand Forks	3 Payton Ringen Minot
505 Annie Davis Grand Forks	204 Mackenzie Keidel Bismarck High	166 Heidi Engels Jamestown	172 Brittany Mittleider Jamestown
404 McKenzie Kostecky Dickinson	160 Nikki Iverson Jamestown	957 Kristin Jacobchick Bismarck Century	2 Misha Taylor Minot
512 Sascha Bertsch Grand Forks	207 Kristina Nelson Bismarck High	194 Alex Lind Jamestown	952 Jessica Nelson Bismarck Century
	405 Jennifer Bachamp Dickinson	152 Mercedes Westereng Jamestown	407 Lexi Stickel Dickinson
		11 Paige Collins Minot	212 Jennifer Albers Bismarck High

A & H Transfer

All Grains • Dry Fertilizers
Anhydrous Ammonia
BONDED TRUCK BROKERS

140 10th St SW 701-845-4070
PO Box 158 Fax: 701-845-4170
Valley City, ND 800-525-1323

ACE Hardware

224 Central Ave N • PO Box 205 • Valley City, ND 58072
701-845-3341

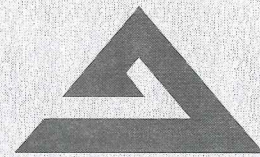
Good Luck To All Participants In The
2008 North Dakota State Gymnastics Tournament

Valuable Coupon

Buy One ~ Get One Free

Buy one 4 pack of ACE bulbs and get one 4 pack free.

GOOD LUCK HI-LINERS



AGGREGATE INDUSTRIES

Ready Mix Concrete,
Sand and Gravel

PO Box 782 Office
1550 West Main St
Valley City, ND 58072 701-845-3313

All your protection under one roof.

AMERICAN FAMILY INSURANCE

Jerry G Bennefeld Agency
1251 W Main St
Valley City, ND 58072-3641
(701) 845-2861 Bus
jbennef1@amfam.com



©1997 American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison, WI 53783
www.amfam.com
NA-07497 Rev. 1/03



Free Delivery



RadioShack



1118 W Main
Valley City, ND
845-1634

The AMERICAN LEGION



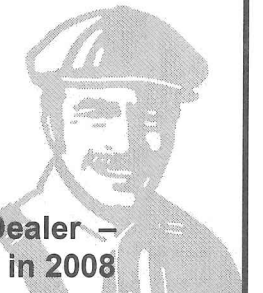
322 East Main ~ Valley City, ND
845-1662

BAKKEGARD & SCHELL

159 12th Ave SE • Valley City
Mike & Brenda Schell ~ Owners

Phone: 701-845-3665
Fax: 701-845-3687
Toll Free: 1-800-560-3665

— Full Line Lennox Dealer —
Celebrating 30 Years in 2008



ADM - Benson Quinn

PO Box 188 • Rogers, ND 58479

[P] 701.646.6000 • [F] 701.646.6511
Toll Free 800.244.3002

Travis Zerface
Tony Jochim
Cris Breidenbach

A Division of Archer Daniels Midland Company

Agrium US Inc.

nourishing a
growing world

Lyle Pinnekamp
701-646-6684



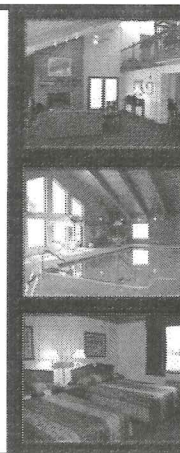
Ben Golovanoff
General Manager

"Welcome to the end of the day."

AMERICINN OF VALLEY CITY
280 Winter Show Road SE
Valley City, ND 58072
Phone: (701) 845-5551
Fax: (701) 845-5552

Local Toll Free: 877-845-0007
www.americinn.com

All Americinn® locations are independently owned and operated under license agreement with Americinn® International LLC



BARNES COUNTY AMBULANCE

Scott and Deb Miller



914 11th Ave SW ~ Valley City, ND 58072
701-845-2220 EMERGENCY 911



allard trophy company

108 Main St E • Valley City
Phone: 701-845-3303

Good Luck Hi-Liners



108 Main St E • Valley City
Phone: 701-845-1978
Chuck Thompson, Sales

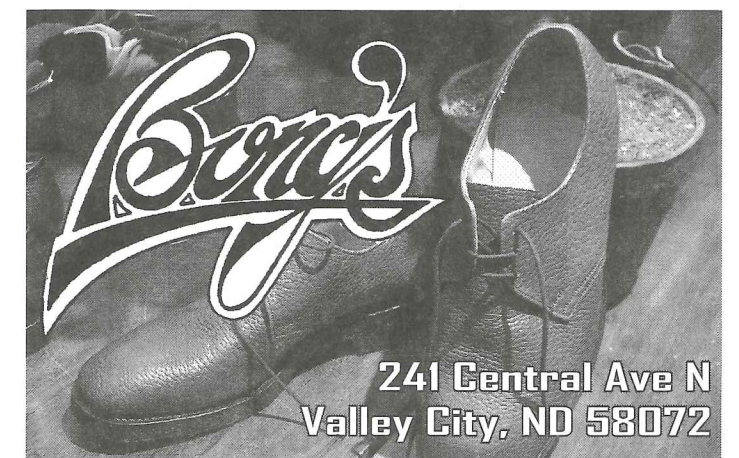
Custom screen printing • nylon jackets • t-shirts • sweatshirts • caps
quality sporting goods • complete art department • trophies • medals
plastic signs • engraving • belt buckles • ribbons

Welcome to Another Time



106 5th Avenue SW
Valley City, ND 58072
(701) 845 3171

Monday - Saturday
9 a.m. to 5 p.m.



241 Central Ave N
Valley City, ND 58072

GOOD LUCK AT STATE



Brothers III

507 E Main St • Valley City, ND
701-845-2051



Convenience Store
Gas • Electronics
24 Hour
Pay at the Pump



**BUDGET HOME
FURNISHINGS**

DEL CREVISTON
Manager

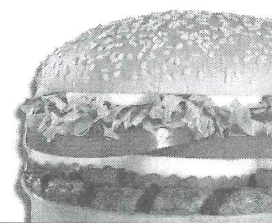
342 CENTRAL AVENUE NORTH
VALLEY CITY, ND 58072

(701) 845-5013
FAX (701) 845-5039
After Hours (701) 845-1805



1425 West Main
Valley City, ND
845-5275

Have It Your Way™



**Cass County
Electric Cooperative**

Your Touchstone Energy® Partner

BE ENERGY WISE
SAVE ENERGY SAVE MONEY

701.356.4400
800.248.3292

WWW.KWH.COM

**CENTRAL AVENUE
PHARMACY, INC.**

323 Central Ave N
Valley City, ND 58072

701-845-5280
1-800-689-5280



"Caring About People"

HOURS:
Monday - Saturday
9:00 am - 5:30 pm

Doreen M. Sayler R.Ph., President
Dr. Natalie A. Sayler R.Ph.

www.centralavenuehealthmart.com



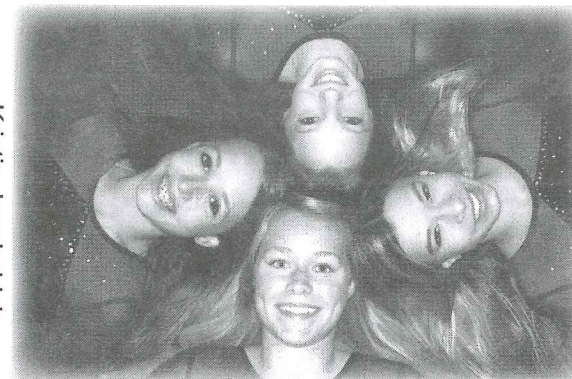
**Modern Styles For
Men, Women & Children**

Good Luck
Hannah Morehouse!

341 N Central Ave
Valley City, ND 58072
845-5070

CHS Gymnastics
Live it. Love it. Do it.

Jessica Nelson



Kristin Jacobchick

TreAna Horner

Laura Asplund

We're Proud of You!
The CHS Parents

City Lights

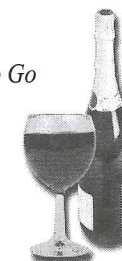
**SUPPER CLUB
LOUNGE & CASINO**

Enjoy Our
Full Menu Including
Appetizers, Soup, Salad,
Steaks, Seafood & Chicken

Friday & Saturday Night Specials
Drink Specials ~ Gift Certificates ~ Orders To Go

Joe Lunde, Owner
701-845-9733 ~ 888-706-0404
West I-94, Exit 290 ~ Valley City, ND

No Smoking ~ No Trans Fats

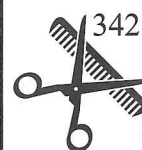


CLASSIC CUTS

Tammy Heck

Brenda Olson

Good Luck Hi-Liners!



342 East Main ~ Valley City, ND 58072

(701) 845-5922



Culligan
better water. pure and simple.

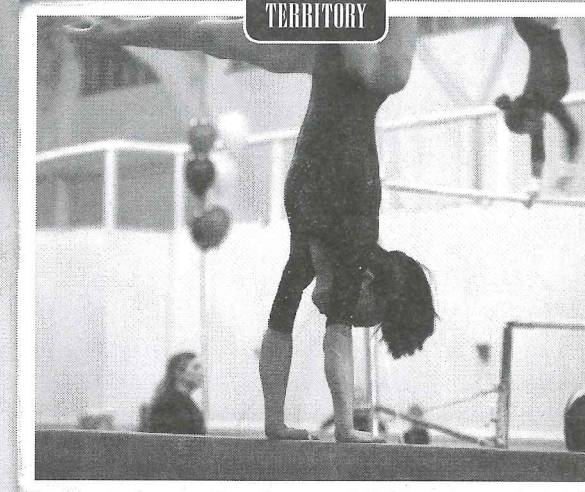
CRAIG LARSEN
Owner

211 2nd St. NE • Valley City, ND 58072

(701) 845-1580 • (800) 532-8649

email: culliganvc@qwest.net

It's good to be in
**DACOTAH
TERRITORY**



DACOTAH BANK

Here for you.™

BANKING • INSURANCE • MORTGAGE • TRUST

Valley City • 240 3rd St NW • 845-2712

dacotahbank.com



Insurance and Trust not FDIC Insured.

Dakota
INDUSTRIAL
SUPPLY COMPANY

Complete Janitorial • Restaurant • Bar • Supplies & Equipment

Randy Swift

340 East Main Street • Valley City, ND 58072
(701) 845-2632 • (800) 244-6391 • Cell: (701) 490-2632

Dakota Rose Floral

Deb White - Owner

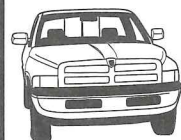
debwhite@daktel.com

201 Central Ave S Valley City, ND 58072

701-845-3291

866-643-9420

Ask us about our satisfaction guarantee



DICK NELSON SALES & LEASING, INC.

1020 24th Avenue SW

Valley City, ND 58072

SALES ■ LEASING ■ SERVICE

Business (701) 845-1152

Home (701) 845-0059

1-888-310-8008

Dick Nelson

Didier Insurance Agency

ALL YOUR
INSURANCE NEEDS

733 2nd Ave NE

PO Box 602

Valley City, ND 58072

Phone or Fax:

701-845-0012



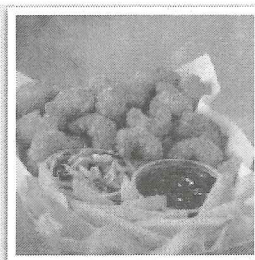
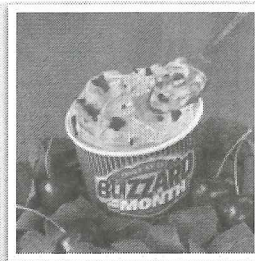
909 Central Ave N

Valley City, ND

845-2622

Open Year
Round

Proudly
Supporting
Hi-Liner
Activities
Since 1949



Drug Plastics & Glass Co., Inc.

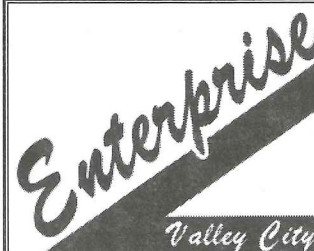
A Family of Perfect Quality Bottlemakers



Four Bottle Drive
Valley City, ND 58072

Phone: 701-845-1898

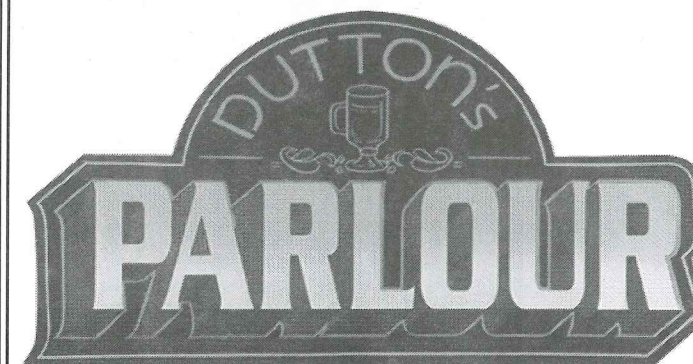
Fax: 701-845-5612



Panel-Seam
Roof Systems

Commercial & Residential
Metal Roofing

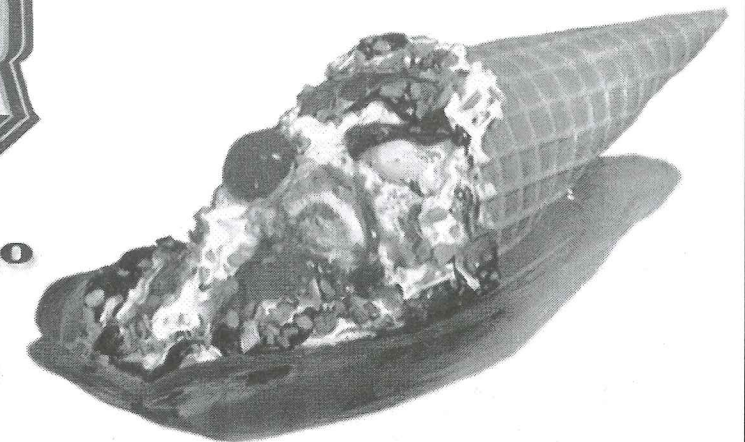
PO Box 787, 1213 East Main St
Valley City, North Dakota 58072
845-1272 or ND Watts 1-800-532-8683



Espresso - Cappuccino
Ice Cream - Malts
Sandwiches - Salads

256 Central Ave N
Downtown Valley City

845-3390



For Fine Dining
And Entertainment

Eagles Club

345 12th Avenue NE

Valley City, ND

701-845-2192

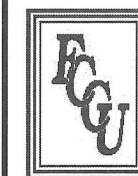


Meeting Rooms
Banquet Facilities
Dining Room Open:
5PM - 9PM

Lounge Open: 11AM - 1AM

Pull Tabs

Baskets Served In Lounge



First
Community
Credit Union

"Everything We Do, We Do For You"

Checking • Savings • CDs • IRA
Visa • Youth & Senior Programs
ATM (Instant Cash & Debit)
Online Services • Auto Loans
Home Loans • Ag Loans

Good Luck
Hi-Liners!

Valley City
and Fargo

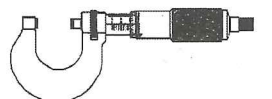


Valley City, ND

CNC MACHINING

845-9588

Short and Medium Run
Production Parts



GOOD LUCK HI-LINERS!

For That Million Dollar Look Come To . . .

GLENDAS BEAUTY SALON

142 E Main St ♦ Valley City, ND 58072

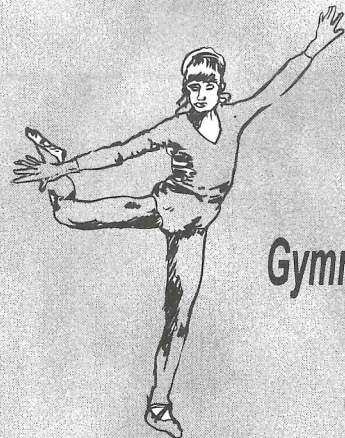
(701) 845-2113

GROTBORG

EST. 1948

ELECTRIC, INC.

701-845-3010
ND Toll Free 1-800-378-3010



**Best of Luck
Gymnastic Participants**



Commercial • Residential • Industrial

HAUGEN COMBINING

Gleaner Rotary Combines



Chad Haugen

11031 13th St SE ~ Dazey, ND 58429
701-733-2181 [Home] ~ 701-733-2222 [Shop]
701-840-1111 [Cell]
Tax ID: 45-0421367

Heritage Insurance Services, Inc.

Terry Glandt, Mgr.

First Community Credit Union Bldg.
149 4th St NE - PO Box 636
Valley City, ND 58072

Office: (701) 845-4186 Fax: (701) 845-3864
Toll Free: (888) 914-0077

AUTO - HOME - BUSINESS - FARM

**INSURE»
FORWARD**

Lennell Guertin, CIC
INSURANCE AGENT
lennell.guertin@insureforward.com

Steve Ondracek
INSURANCE AGENT
steve.ondracek@insureforward.com

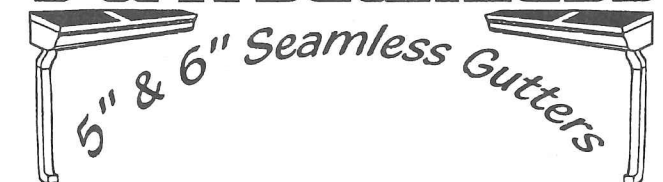
430 West Main St, PO Box 635, Valley City, ND 58072
T>>701.845 1185 F>> 701.845 1749 TF>> 888.841 4783

ICTC

"Your Local Internet Provider"

1-800-350-9137
Call to sign up TODAY!

J&K Seamless



Phone: 701-845-2819
Toll Free: 888-900-2819

~ Owners ~
Jeff Undem
Kent Undem

Free Estimates • Licensed & Insured • Residential & Commercial



Since 1986
Kevin & Randie Schlager
Owners

K&S
**Carpet Cleaners
& RESTORATION**

**Satisfaction Guaranteed
Carpet &
Air Duct Cleaning**

Most Modern Concept In Cleaning

Serving FM & Surrounding Areas

VALLEY CITY
(701) 845-5188

TOLL FREE
1-800-339-5188

www.kscarpet.com

KEITH'S

Air Conditioning,
Refrigeration
& HEATING

Sales • Service
Installation • Fireplaces

Sheet Metal
Fabrication

1160 W Main St
Valley City, ND 58072

Business:
701-845-3786

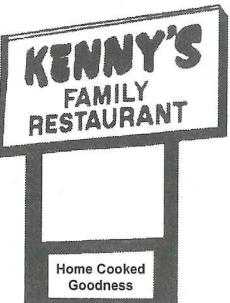
Old Fashioned Cooking

~ Fast Service ~
~ Fresh Salad Bar ~
~ All Day Specials ~

Open Daily: 6AM - 9PM

Breakfast
Served
Anytime

2225 W Main
Valley City



Your Local Sports Authority

Valley City • Oakes • Carrington

kovc kddr kdak
KOVc KdDr KdAk
1490 AM 1220 AM 1600 AM

Dakota Country

www.newsdakota.com

KYNU **BIG DOG
COUNTRY**
95.5 FM

Voice of the VCHS Hi-Liners

Hanson's Jewelry

CHUCK & ESTELLE HANSON
Expert watch and jewelry repair done on premises

107 2nd St NW
Valley City, ND 58072

845-1803

LAFARGE

NORTH AMERICA

**Best of Luck
Hi Liners!**

PO Box 757
Valley City, North Dakota 58072
Office: (701) 845-2421
Toll Free: (800) 533-8662
Fax: (701) 845-1849
Email: Dennis.Stanford@lafarge-na.com

Dennis Stanford
Controller

Welcome to

Leevers SUPERVALU

RETAIL FOOD STORE

Always Fresh
Always Friendly

N.D. Lottery & Hot Lotto

"Committed to our Community"

424 2nd Ave. NE
Valley City, ND



Open 7 days a week
Mon.-Sat. 6 AM to 10 PM
Sundays 9 AM to 6 PM

Phone: 701-845-1732

A North Dakota Based
Corporation Serving
North Dakota for

70 years

Lawn Realty

149 4th St. NE
PO Box 387
Valley City, ND 58072

David A. Nelson • Lee Isensee

Office: 701-845-0783
Residence: 701-845-2074 - Dave
Residence: 701-845-2774 - Lee
www.lawnrealty.com

LUDVIGSON, BRAUN & CO.

J R Hooper, PLLC
Accountants and Auditors
PO Box 845

Valley City, ND 58072-0845

Phone: (701) 845-1457

Fax: (701) 845-8003

JoAnn R Hooper, CPA

Barbara Kraning, CPA

Connie E Winkler, LPA

Raymond J Braun

RB Ludvigson, CPA. Retired



Lenaburg, Fitzner,
Nelson & Hooper, PLLP

(701) 845-2701
Fax (701) 845-4474

149 4th St. NE
PO Box 330
Valley City, ND 58072

"Good Luck Hi-Liner Gymnasts!"

R. Jon, Carol, Ralph, and Ken



Lynn Johnson Construction

Lynn Johnson
Owner

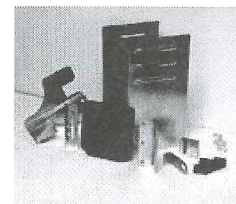
[P]: 701-845-1177
[C]: 701-490-0812

1422 Hwy 10 East
Valley City, ND 58072

Commercial Parking Lots • Residential Driveways
Sidewalks • Patios and More

malach
sheet metal specialists ... and more

ISO 9001:2000
REGISTERED



Valley City, ND
701-845-1323

Custom parts for the
Manufacturing
Industry

Career Opportunities

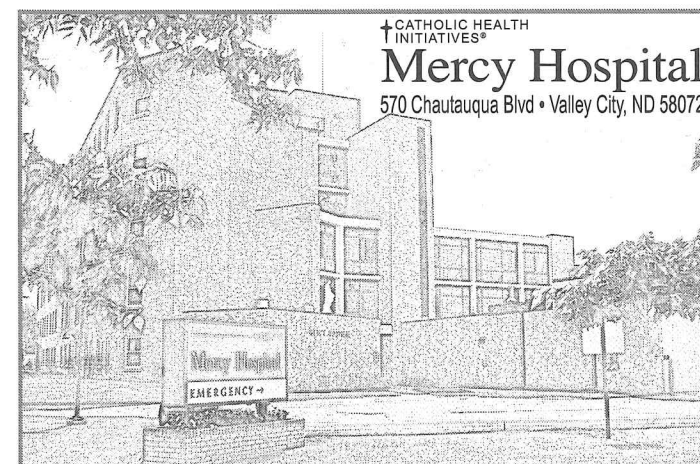
Available Today!!

GOOD LUCK HI-LINERS!!

MARKET *place*
FOOD & DRUG

148 Central Ave S • Valley City, ND 58072
701-845-2264

Valley City's Destination Store



CATHOLIC HEALTH
INITIATIVES

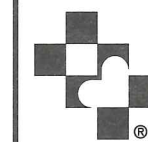
Mercy Hospital

570 Chautauqua Blvd • Valley City, ND 58072

Helping You Stay Healthy

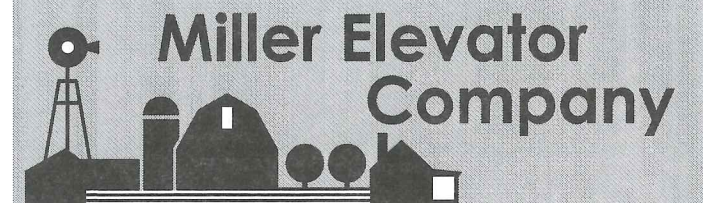
MeritCare Valley City
520 Chautauqua Boulevard
(701) 845-6140

MeritCare Valley City Eye Clinic
253 Central Ave. N.
(701) 845-1511



MeritCare
meritcare.com

Good Luck Participants!



Walum • Hannaford
701-769-2154 • 701-769-2176

Sykeston ~ 701-984-2489

MILLER
MOTORS



2505 West Main Street • PO Box 637
Valley City, ND 58072-0637
millermtrs@csicable.net • www.millermtrs.com

(701) 845-2780 • (800) 726-8289
Sales • Service • Leasing

Movieland Video
#1 Sun Tanning Salon

"Where you get a great tan and pick up a good movie."

137 N Central Ave
Valley City, ND

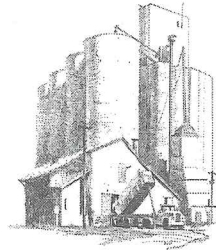
845-5287

Airbrush Tattoos / Spray Tan / Disc Repair

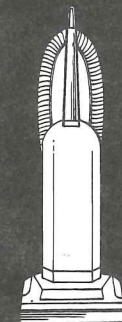
Peavey

Your marketing headquarters for all commodities. Serving the Barnes County area farmer for over 50 years.

Peavey Grain Company
PO Box 963
Valley City, ND 58073
[P]: 701-845-2623
[F]: 701-845-0302
Toll Free: 800-532-8670
ryan.motl@conagrafoods.com



Pete's Vacuum Service



823 13th Ave SW
Valley City, ND 58072
701-845-6872
701-320-3173 [cell]
800-551-2942 [toll-free]

Watkins Products * Hot Tub Chemicals



www.quiltedceiling.com

Quilted Ceiling

Covering all your gift giving and quilting needs

316 Central Ave N
Valley City, ND 58072
Phone: (701) 845-4926
Email: info@quiltedceiling.com

Store Hours:
9:30 — 5:30 Monday through Saturday



"Plants Grown Locally"

Greenhouse • Christmas Trees • Sod
Nursery • Perennials
Garden Center
OPEN YEAR AROUND

1127 11th Ave SW • Valley City, ND 58072
(701) 845-0233

701-845-5715

Lic. # 8619

RJ'S PLUMBING & HEATING, INC.

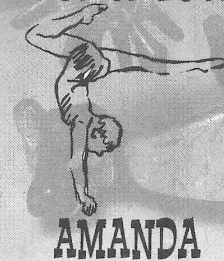


Ron Sorensen, Owner PO Box 664
701-845-5715 Valley City, ND 58072

A.O. Smith Waterheaters / American Standard Faucets

The Rusty Spur Cafe

BEST OF LUCK



AMANDA

Kathryn, ND
701-796-7501

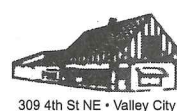
IMMEDIATE
DELIVERY
845-2135
After Business
Hours Call
845-1198
or
845-3767

Lumber
Hardware
Millwork
Cabinets
Insulation
Siding
Cement

SMITH LUMBER COMPANY

Serving Valley City for over 50 years

Featuring:
Armstrong Ceilings • GAF Roofing
Valspan Paints & Stains • Anderson Windows
Pole Barns & Farm Buildings



309 4th St NE • Valley City

Good Luck Hi-Liners STACK CONSTRUCTION

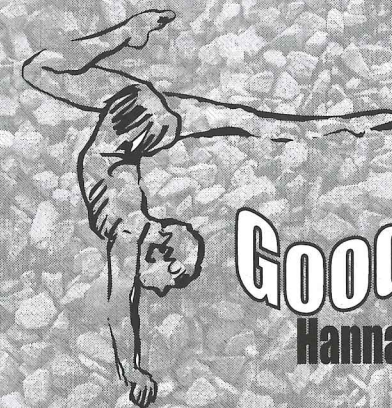
All types of concrete work
Slabs • Steps & Sidewalks • Foundations

11525 33rd St SE • Valley City, ND
Rocky Stack 701-845-2767

Sand & Gravel Sales Excavation Site Work

STAR ENTERPRISES, INC.

Al, Tom and Mike Morehouse



Good Luck
Hannah Morehouse

Box 67 Phone:
Valley City, ND 58072 701-845-0998



STATE FARM INSURANCE COMPANIES HOME OFFICES: BLOOMINGTON, ILLINOIS

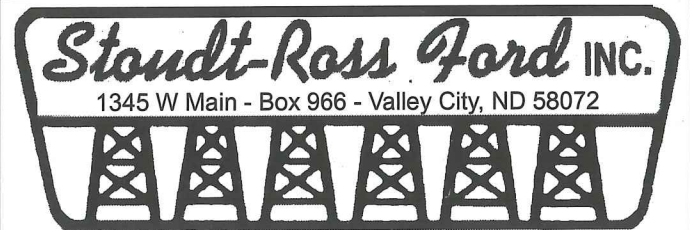


STATE FARM INSURANCE

Lance Jenison, Agent

674 15th Ave SW
Valley City, ND 58072
701-845-1517

Like a good neighbor, State Farm is there.®



1345 W Main - Box 966 - Valley City, ND 58072

701-845-1671

TOLL FREE 1-800-599-3792

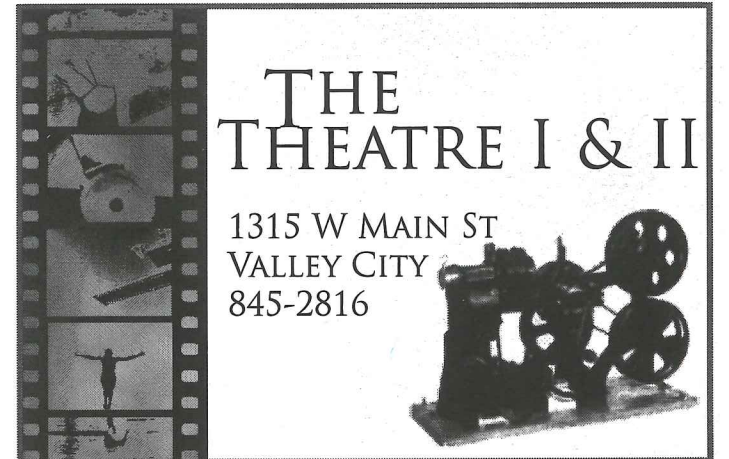
www.stoudtrossfordinc.com

Sales - Parts - Service - Rentals

SWANBERG CONSTRUCTION, INC.

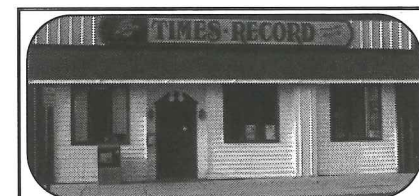
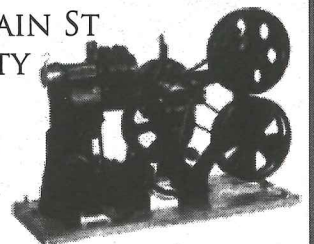
BUILDING-MUNICIPAL/HEAVY CONTRACTORS

202 2nd Ave SE
PO Box 728
Valley City, ND 58072
Phone: 701-845-6946
Fax: 701-845-8999



THE THEATRE I & II

1315 W MAIN ST
VALLEY CITY
845-2816



- Local News
- Business
- Sports
- Technology
- Classifieds & More

Times-Record

146 3rd Street NE, Valley City, ND 58072

701-845-0463

Fax: 701-845-0175

E-Mail: vctr@daktel.com Web Page: times-online.com

"Great Food and Drink Specials"
Valley City Town & Country Club



Friday Lunch Buffet
11:30 am - 1:30 pm

*Great Food
and
Drink Specials*

Trestles
Bar & Grill

NAPA AUTO PARTS

Valley Auto Parts, Inc.
1545 West Main
Valley City, ND 58072

*Locally Owned and Operated!
Rick & Vickie Wiedeman*

845-0123 ♦ Toll Free 800-532-8681

VALLEY LUMBER



BIG ORDER,
LITTLE ORDER
WE DO IT ALL!

- Remodeling
- Full Line of Building Materials

701-845-0656 1417 Main St E ~ Valley City

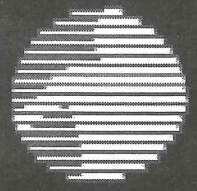
valley paint & glass co.



BENJAMIN MOORE PAINTS
FLOOR COVERINGS
WALL COVERINGS
WINDOW TREATMENTS
PAINTING NEEDS


TIM SORENSON

THE TRI W-G GROUP



215 12th Ave NE
PO Box 905
Valley City, ND 58072
701-845-2023
triwg@triwg.com

Valley City Veterinary Hospital



Dr. Bart Fischer
Dr. Nathan Kjelland
Dr. Jennifer Fischer

1068 4th St SW
Valley City, ND 58072
Phone: 845-3662

North Dakota's Most Modern Meat Market



Valley Meat Supply
Valley City, ND
1269 W Main Ph: 845-4705
1-800-752-5142

USDA Inspected Daily
Beef by Sides & Quarters
Beef & Pork Bundles

Custom Slaughtering & Processing
Retail Beef & Pork
Hogs — Whole or Half

All Meat Cut, Quality Wrapped, Sharp Frozen
WE SELL LOCALLY FED BEEF & PORK

Valley Service



Good Luck Hi-Liners

845-1020 357 Central Ave N
Valley City, ND 58072

Good Luck to the Valley City Hi-Liners

VALLEY DRUG PHARMACY



GIFTWARE
PHOTO
HEALTH &
BEAUTY NEEDS

White Drug / Valley Drug
Phone: (701) 845-1763
Fax: (701) 845-5171
239 2nd Ave NW, Valley City, ND 58072

Unique Antiques

Buy ♦ Sell
CAGA ♦ Certified Appraiser

Sandi & Terry Pollock

123 2nd Ave SE ♦ Valley City, ND 58072
Bus. 701-845-3549 ♦ Home 701-845-3991
uantiques@ictc.com ♦ uantique2@ictc.com

Carpet • Vinyl • Wood • Cabinets • Counter Tops • Wallpaper

Valley Flooring

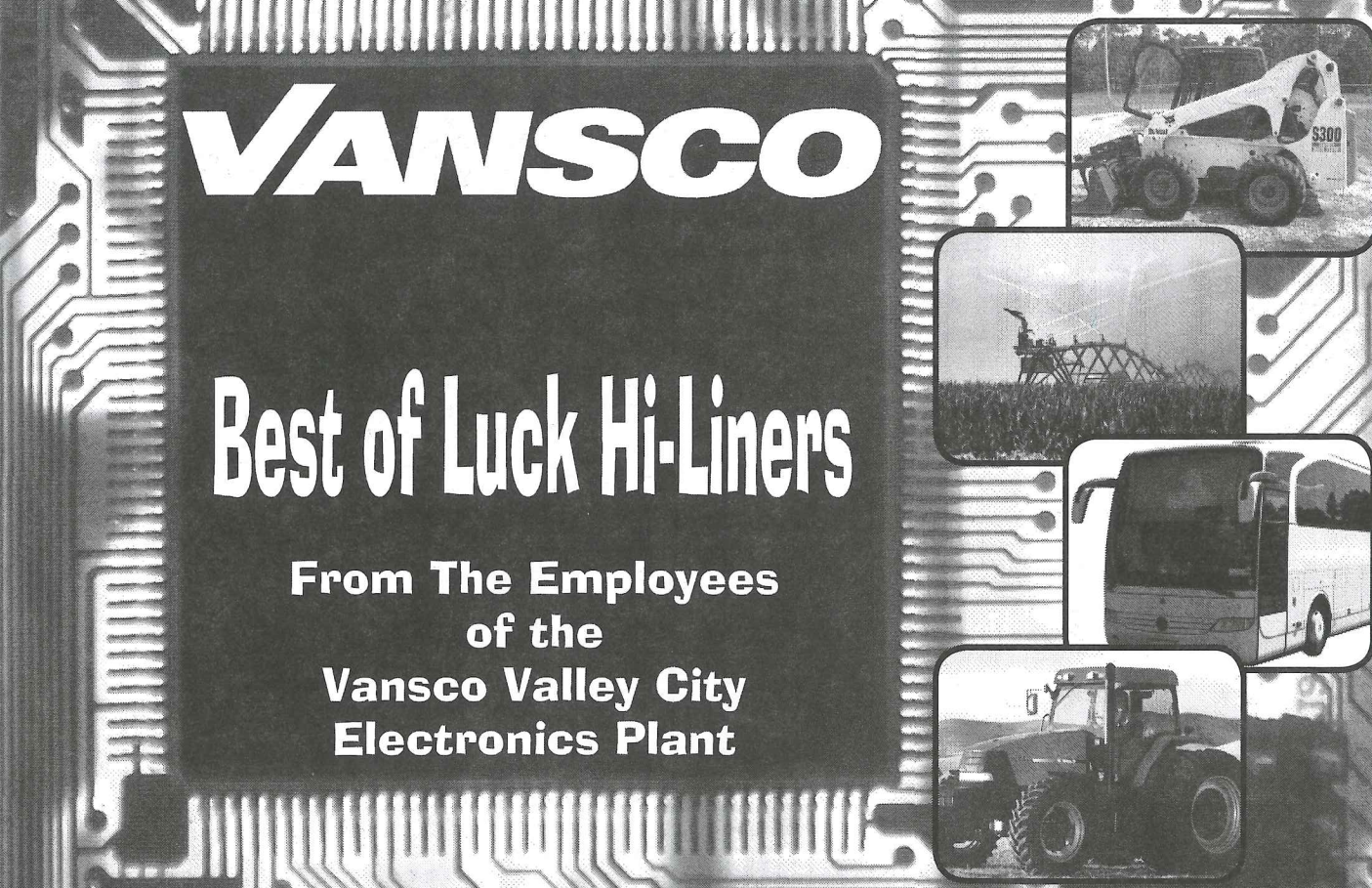
Floor to Ceiling
351 East Main • Valley City, ND 58072
(701) 845-2419

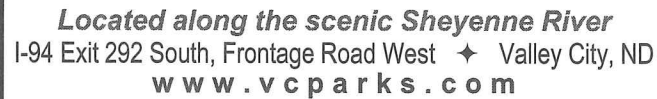
Marcella "Sal" Metcalf
Mike Metcalf
Fax: 701-845-1372
e-mail: jmetcalf@valleyflooring.com

VANSCO

Best of Luck Hi-Liners

From The Employees
of the
Vansco Valley City Electronics Plant





***Call 701-845-5452
For Tee Times
or call 701-845-3294***



322 NW 2nd St ~ Valley City, ND 58072
1-701-845-0999

Class A & Single Class System RECORDS

Team Champions and Runner-up (Since 1969)			2004	Kaitlyn Towery	Minot	38.20
Year	Champion	Runner Up	1997	Marie Boyeff	Minot	38.21
1969	Jamestown	Bismarck St. Mary's	1990	Cassie Osborn	Fargo South	38.20
1970	Jamestown	Fargo South	2005	Chelsea Preston	Fargo South	38.15
1971	Fargo South	Jamestown	1992	Kim Sveum	Minot	38.15
1972	Fargo South	Dickinson	1988	Tami Russell	Century	38.10
1973	Fargo South	Dickinson	1995	Jodi Schwehr	Century	38.09
1974	Dickinson (tie)	Fargo South	1986	Tami Russell	Century	38.02
1975	Dickinson	Fargo South	2005	Jade Beattie	Bismarck	37.98
1976	Dickinson	Fargo South	2004	Melissa Wong	Grand Forks	37.917
1977	Fargo South	Dickinson	1986	Jodi Hansen	Dickinson	37.94
1978	Fargo South	Dickinson	2005	Allie Smith	Wahpeton	37.90
1979	Fargo South	Dickinson	2004	Torrea Ehliis	Mandan	37.883
1980	Fargo South	Dickinson	2004	Dani Visina	Minot	37.75
1981	Fargo South	Dickinson	1990	Jenny Nelson	Fargo North	37.75
1982	Fargo South	Valley City				
1983	Fargo South	Dickinson				
1984	Minot	Dickinson				
1985	Fargo South	Dickinson				
1986	Fargo South	Bismarck				
1987	Dickinson	Fargo South				
1988	Dickinson	Century				
1989	Fargo South	Minot				
1990	Fargo South	Minot				
1991	Minot	Fargo South				
1992	Minot	Fargo South				
1993	Minot	Fargo South				
1994	Minot	Fargo South				
1995	Century	Minot				
1996	Century	Minot				
1997	Minot	Century				
1998	Minot	Century				
1999	Century	Bismarck				
2000	Century	Bismarck				
2001	Bismarck	Century				
2002	Bismarck	Century				
2003	Bismarck	Grand Forks				
2004	Grand Forks	Minot				
2005	Grand Forks	Bismarck				
2006	Grand Forks	Minot				
2007	Dickinson	Minot				

Best All Time All Around Scores (since 1981)			
2004	Jade Beattie	Bismarck	39.17
2000	Heidi Goehring	Century	38.75
2002	Tiffany Tello	Bismarck	38.717
1996	Jodi Schwehr	Century	38.56
2003	Tiffany Tello	Bismarck	38.48
1989	Cassie Osborn	Fargo South	38.40
1993	Kim Sveum	Minot	38.40
1994	Kim Sveum	Minot	38.40
1998	Gina Lang	Minot	38.31
1986	Rachel Johnson	Bismarck	38.31
2001	Kari Nolz	Bismarck	38.30
2004	Lindsey Wong	Grand Forks	38.20

Most Individual Titles, Career			
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	
7 Titles	Chelsea Preston	Fargo South	
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	
2 Titles	Melissa Henning	Fargo South	
2 Titles	Linda Basaraba	Dickinson	
2 Titles	Jo Pavicic	Fargo South	
2 Titles	Nancy Davis	Dickinson	
2 Titles	Greta Sjrursen	Dickinson	
2 Titles	Kristi Tryhus	Fargo South	
2 Titles	Kristi Dewald	West Fargo	
2 Titles	Jenny Nelson	Fargo North	
2 Titles	Nicole Ziegler	Century	
2 Titles	Marie Boyeff	Minot	
2 Titles	Krista Riley	Bismarck	
2 Titles	Briana Jones	Grand Forks	
2 Titles	Emily Wong	Grand Forks	
1 Title	Marilyn Falk	Jamestown	
1 Title	Heather Snell	Jamestown	

Class A & Single Class System RECORDS

			Best All Time Team Scores (Since 1981)		
1 Title	Kathy Ohnstad	Fargo South	2004	Grand Forks	151.017
1 Title	Julie Nelson	Jamestown	2004	Minot	150.532
1 Title	Margaret Hagen	St. Mary's	2005	Grand Forks	150.283
1 Title	Marcia Urban	Fargo South	2002	Bismarck	150.184
1 Title	Mo Day	Fargo South	2001	Bismarck	150.133
1 Title	Jane Vanyo	Fargo South	2003	Bismarck	150.083
1 Title	Lori Malsom	Minot Ruan	1996	Century	149.799
1 Title	Shelby Young	Century	1999	Century	149.349
1 Title	Jodi Hansen	Dickinson	1997	Minot	149.332
1 Title	Julie Winje	Minot	2000	Century	149.267
1 Title	Teri Zimbelman	Minot	1986	Fargo South	149.15
1 Title	Tara Lefor	Dickinson	2006	Grand Forks	149.083
1 Title	Molly McDonald	Century	1986	Bismarck	148.93
1 Title	Krista Isakson	Minot	1986	Dickinson	148.92
1 Title	Whitney Buchholz	Century	2001	Century	148.883
1 Title	Joley Beeler	Minot	1990	Fargo South	148.8
			1994	Minot	148.5

Individual Championship All Time	
Fargo South.....	58
Bismarck.....	29
Minot	28
Century	27
Dickinson	24
Jamestown	13
Minot Ryan	7
Fargo North	4
Grand Forks.....	4
West Fargo	2
Devils Lake	1
St. Mary's.....	1

Team Championships All Time	
Fargo South.....	15
Minot.....	7
Dickinson.....	6
Century.....	4
Bismarck.....	3
Grand Forks.....	3
Jamestown	2

Girls State Gymnastics Championships HISTORY

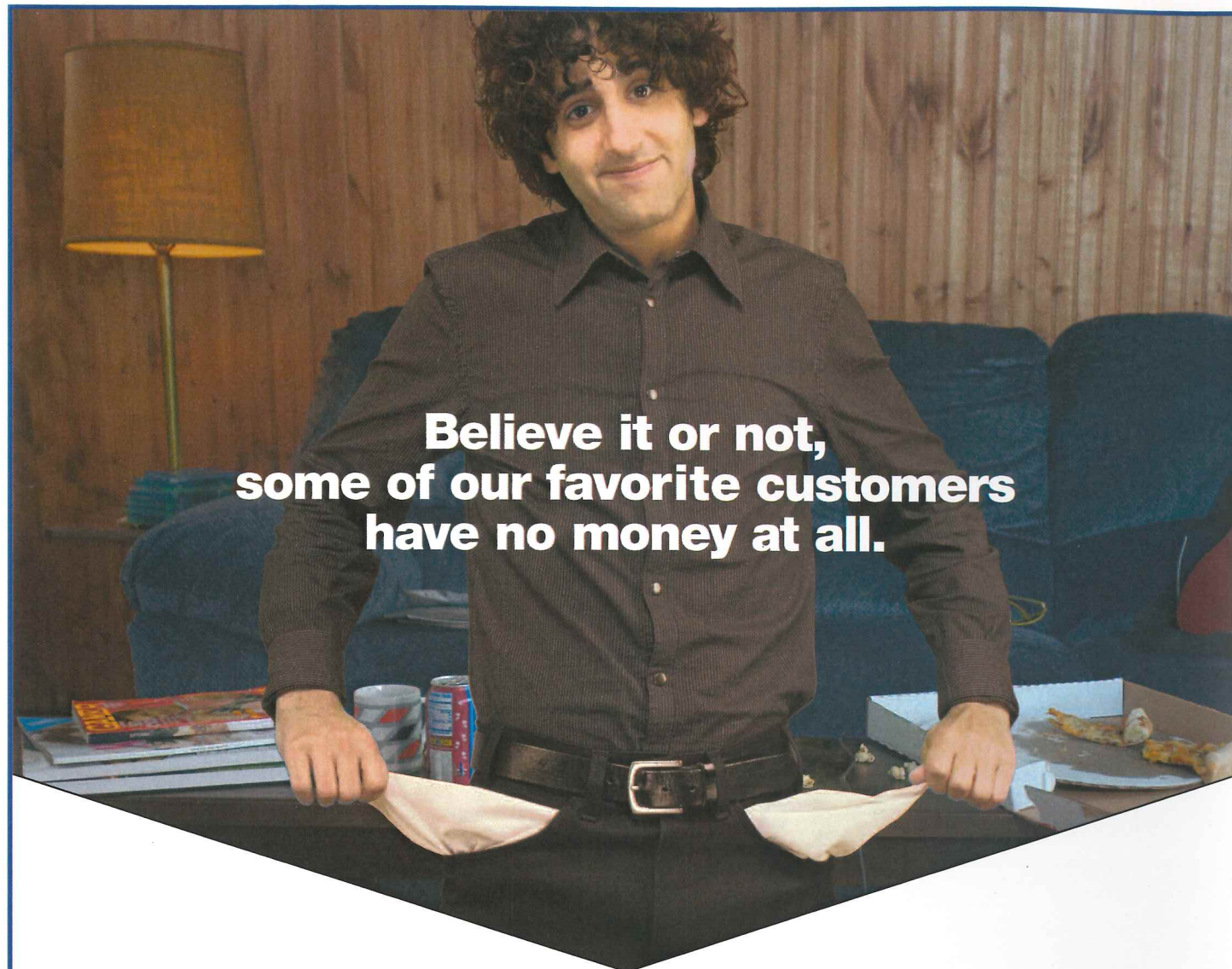
The first State Girls Gymnastics Championships sponsored by the North Dakota High School Activities Association took place in 1969. The competition included Class A and Class B schools with only 10 schools competing. Jamestown High School came away with the first title.

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.



**Believe it or not,
some of our favorite customers
have no money at all.**

Worry-free Student Banking. At U.S. Bank, we know classes can be hard, roommates can be difficult, and laundry can be a pain. So we've made Student Banking as easy as possible, with a full range of products and services specifically designed to fit your lifestyle. And your budget.

Free Student Checking

- No minimum balance or maintenance fees¹
- Free Internet Banking, Bill Pay and online statements
- Four free non-U.S. Bank ATM transactions per month²
- Unlimited free ATM transactions at our 5,000+ ATMs
- Free first box of checks³
- Free Check Card with Rewards⁴

U.S. Bank Visa® Buxx Card

- A prepaid card funded by your parents, or you
- Use it to pay for books, fees, food, and more
- Reload it at any time online, or at any of our branches

U.S. Bank Student Loans⁵

- Full range of loans
- Easy online application and account access
- Repayment discounts

Fargo	280-3500	Wahpeton	642-9577
Bismarck	222-6262	Devils Lake	662-9292
Grand Forks	795-6295	Valley City	845-4322
Minot	852-0166	Grafton	352-1443
Dickinson	227-1233	Beulah	873-2865
Jamestown	253-2733	Lisbon	683-4179
Williston	572-3744	Langdon	256-2702

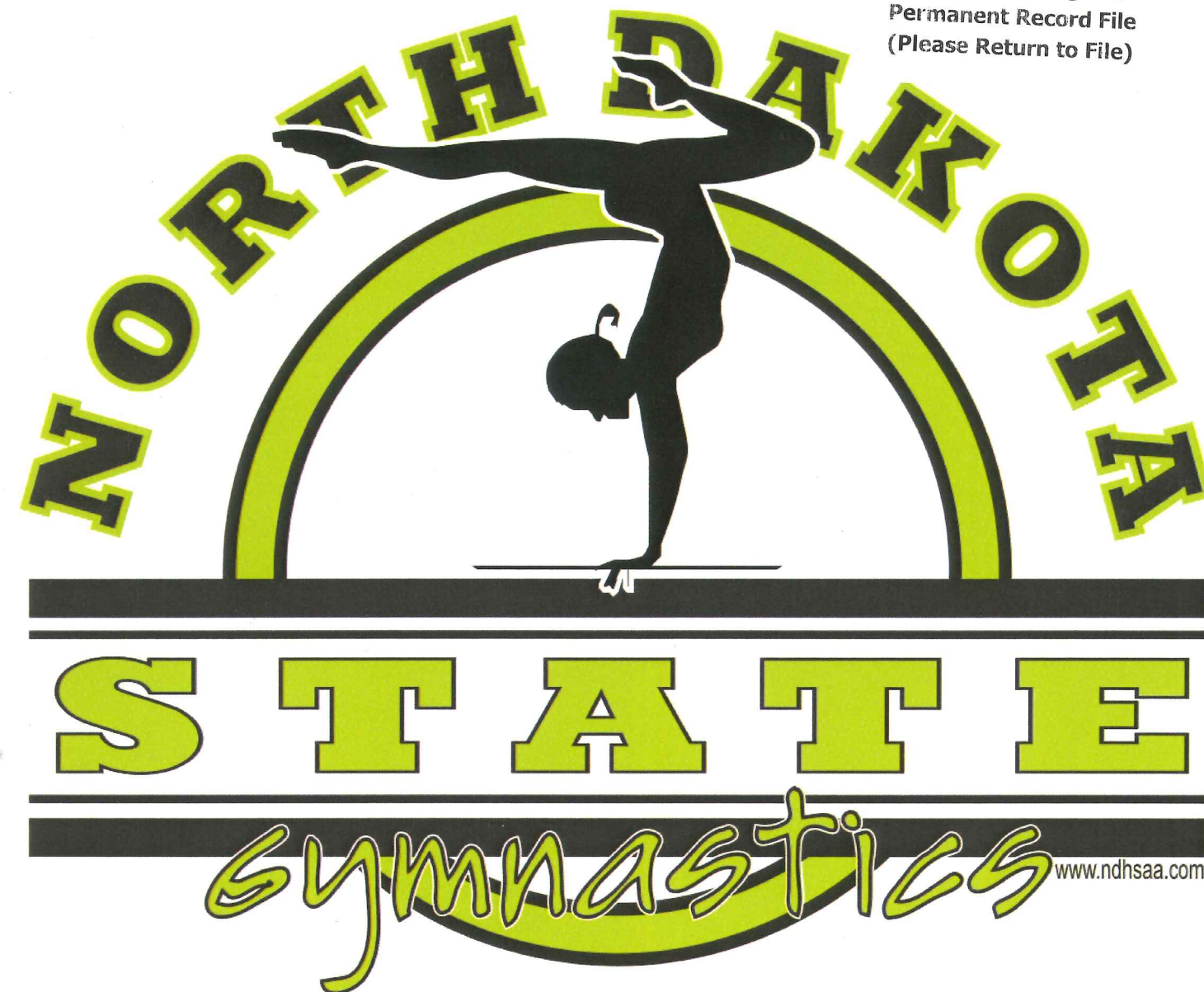
*U.S. Bank has been the
Premier Partner of the
ND High School Activities
Association since 1999.*



usbank.com/studentbanking | 24-Hour Banking 800-872-2657



¹U.S. Bank Student Checking offers no monthly maintenance fees or minimum balance requirements. All regular account opening procedures apply. Fees for non-routine transactions may apply. \$100 minimum deposit required to open an account.
²Other ATM network owners may assess a usage fee. ³Free U.S. Bank logo-style checks or 50% off any other style (limit 150). ⁴Checking That Pays® offers reward programs for check cards that can be added to any U.S. Bank personal checking account. Only signature-based purchases qualify for rewards. Cash advances, ATM transactions and purchases made with a PIN do not qualify. ⁵U.S. Bank Student Loans are subject to credit approval. Member FDIC.



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

**Hi-Liner Activity Center
Valley City, North Dakota
February 22-23, 2008**



Premier Partner of the
North Dakota High School Activities Association

