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Investing In North Dakota's Future

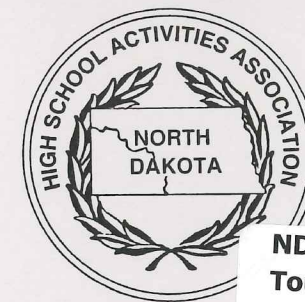
Today's youth are the future of North Dakota and youth activity builds better community involvement and character. That's why Farmers Union Insurance has increased its support of youth by a new commitment as the premier partner of the North Dakota High School Activities Association.

Besides significant financial investment, Farmers Union Insurance will be present and partner with the NDHSAA at tournaments and other events.

With all of the concern over the stability of economic and financial markets, it's good to know your Farmers Union Insurance premium dollars are invested right here in North Dakota... helping build better communities. And what better way to invest in North Dakota than in its youth?

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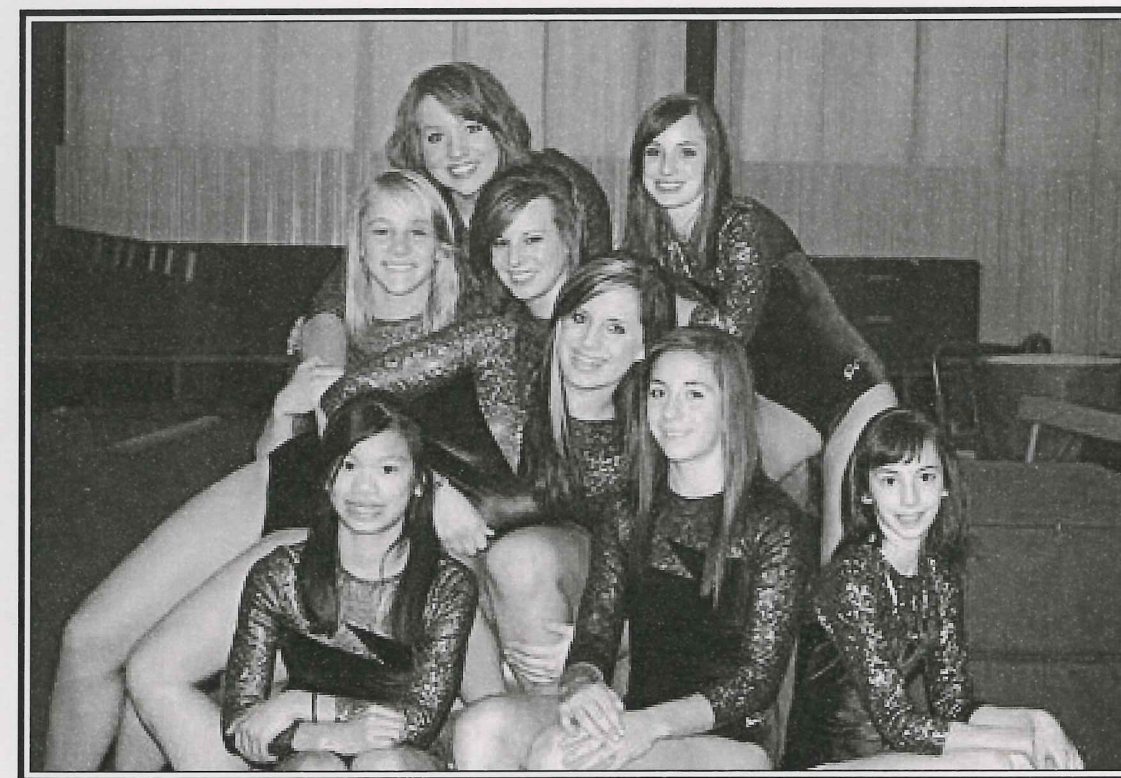
NATIONAL
GUARD
North Dakota

NDHSAA
Tournament Program
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February 25th & 26th, 2011

State Gymnastics Meet

Jamestown High School - Jerry Meyer Arena



Minot Magicians
2010 State Champions

Welcome

Jamestown High School, Blue Jay Gymnastics, Jamestown Gymnastics Club and the City of Jamestown would like to welcome you to the 2011 North Dakota High School Activities Association State Gymnastics Championships.

We hope that you enjoy the 42nd State Gymnastics Meet in Jamestown. We look forward to providing you with a quality experience as athletes and fans.

Special thanks to all of those that have made preparations in anticipation of these championships including Dave Tews and the Blue Jay Coaching Staff, the Jamestown Gymnastics Club and the staff of Jamestown High School.

Thank you also to all of the parents of Blue Jay Gymnastics for their help and support of their student-athletes and the program.

Again, welcome to all coaches, officials, participants, and fans to Jamestown and the 2011 State Gymnastics Championships. We hope that you have a wonderful experience.

Good Luck!

Jim Roaldson, Tournament Manager

State Gymnastics Schedule

2011	FRIDAY, FEBRUARY 25 (TEAM DAY)	2011	SATURDAY, FEBRUARY 26 (INDIVIDUAL DAY)
	12:30 pm Gym Opens		11:15 AM Gym Opens
	1:00 PM Coaches' Meeting		11:30 AM Coaches' Meeting
	1:30 PM Timed Warm Ups Begin		12:30 PM Timed Warm Ups Begin
	3:00 PM Officials Meeting & Video Review		1:30 PM Officials Meeting & Video Review
	3:45 PM Opening Ceremony		1:45 PM Opening Ceremony
	4:00 PM Competition Begins		2:00 PM Competition Begins

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 decision of the officials.
3. Show respect for the opponent at all times. Good sportsmanship is the Golden Rule in action.
4. Recognize and appreciate the skill of performance regardless of team affiliation.
5. Maintain self control at all times. Good sportsmanship is a responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good sportsmanship is cheering your own team "on to victory".

ACTS OF MISCONDUCT

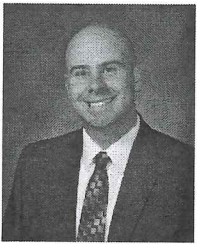
1. Throwing of any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming or being under the influence of chemicals.
4. Use of obscene, profane or abusive language or gestures, signs, posters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

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

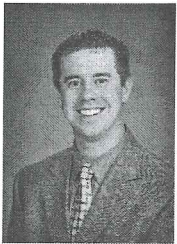
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Valley City



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Assistant to Executive Secretary
Valley City



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Valley City



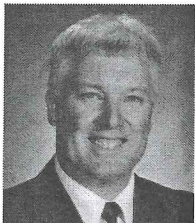
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Minot



Pete Moe
Washburn



Todd Olson
Grand Forks



Dr. Wayne Sanstead
Department of Public Instruction
Bismarck



Scott Ulland
May-Port CG

Tournament Manager Jim Roaldson

Tournament Committee JHS Gymnastics Coaches

Hospitality/Concessions JHS Gymnastics Parents

EMT/Care of Injuries Chad & Amber Kaiser

Announcer Cheryl Sunderland

Scorers Jamestown Gymnastics Club

National Anthems JHS Vocal Jazz (Friday)
Beth Jensen (Saturday)
Jamestown Knights of Columbus Color Guard (Saturday)

Meet Referee Kim Pladsen, Fargo

10 Team Double Groupings.

A: Dickinson B: Minot C: Jamestown D: Bismarck E: Century
F: South G: Wahpeton H: Valley City I: Grand Forks J: North

Warm-up Rotations	V	UB	BB	FX
9 Minutes	Century	Wahpeton	South	North
9 Minutes	Valley City	Bismarck	Jamestown	Grand Forks
9 Minutes	Bismarck	North	Century	Valley City
9 Minutes	Dickinson	South	Minot	Wahpeton
9 Minutes	Jamestown	Dickinson	Valley City	South
9 Minutes	Minot	Grand Forks	North	Century
9 Minutes	Grand Forks	Minot	Dickinson	Bismarck
9 Minutes	South	Valley City	Wahpeton	Jamestown
9 Minutes	Wahpeton	Jamestown	Grand Forks	Minot
9 Minutes	North	Century	Bismarck	Dickinson

Beam & Floor

Team listed first competes the first gymnast. After that the teams alternate.

Vault & Bars

Team listed first warms up 1-2-3, competes, then 2nd team warms up 1-2-3, competes. After that alternate.

Competition Rotations	V	UB	BB	FX
1	Century Valley City	Wahpeton Bismarck	South Jamestown	North Grand Forks
2	Bismarck Dickinson	North South	Century Minot	Valley City Wahpeton
3	Jamestown Minot	Dickinson Grand Forks	Valley City North	South Century
4	Grand Forks South	Minot Valley City	Dickinson Wahpeton	Bismarck Jamestown
5	Wahpeton North	Jamestown Century	Grand Forks Bismarck	Minot Dickinson

Vault

Chief Judge Karen Dahlseng, Fargo
Acting Judge Lora Fisher, Jamestown
Acting Judge Jessica Siders, Grand Forks

Bars

Chief Judge Jackie Winczewski, Minot
Acting Judge Ruth Walsh, Bismarck
Acting Judge Tara Hofmann, Bismarck

Floor

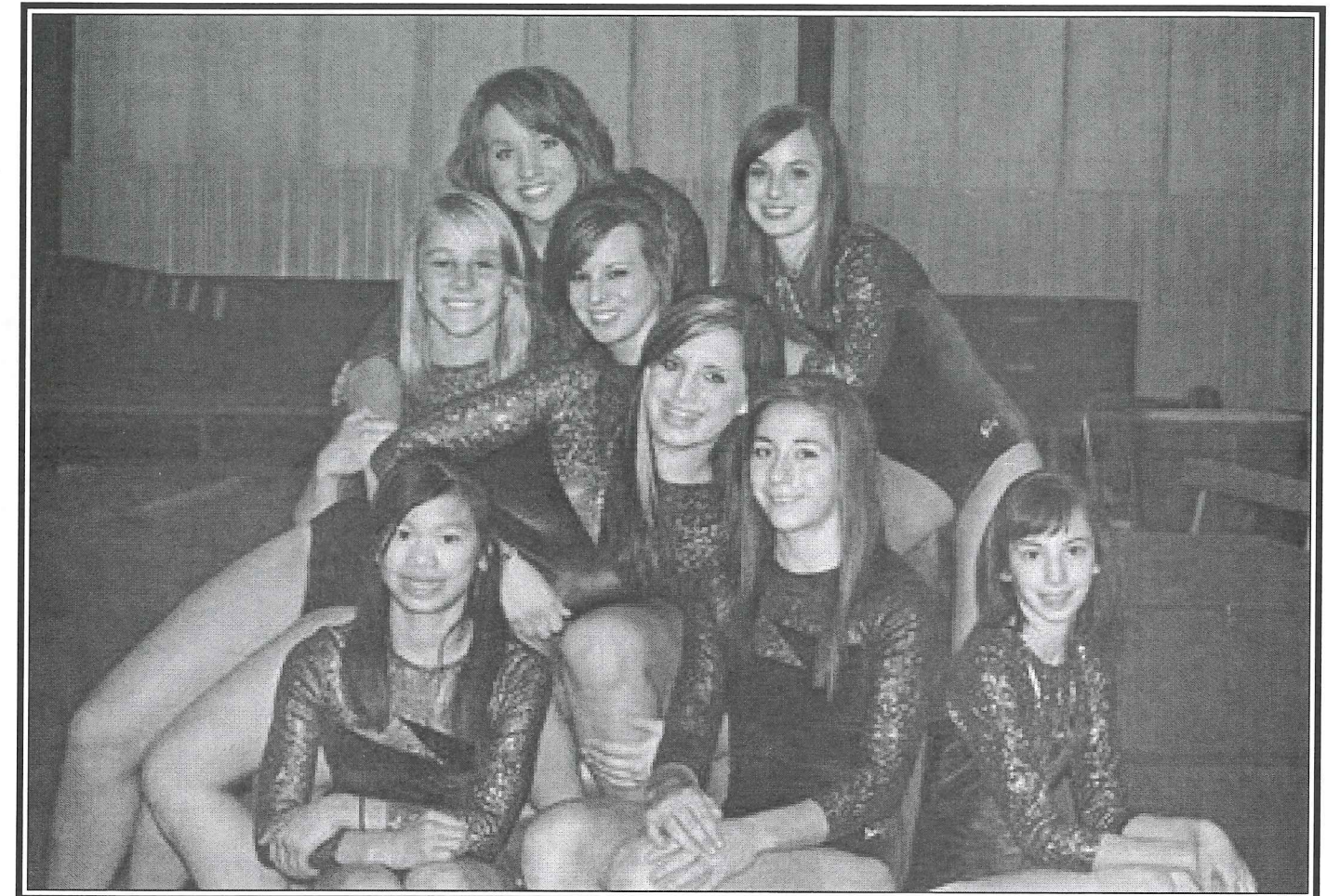
Chief Judge Laurie Strommen, Dickinson
Acting Judge Brooke Erstad, Fargo
Acting Judge Katherine Anderson, Jamestown

Beam

Chief Judge Ann Albrecht, Jamestown
Acting Judge Kim Ressler, Minot
Acting Judge Caitlin Hoff, Fargo

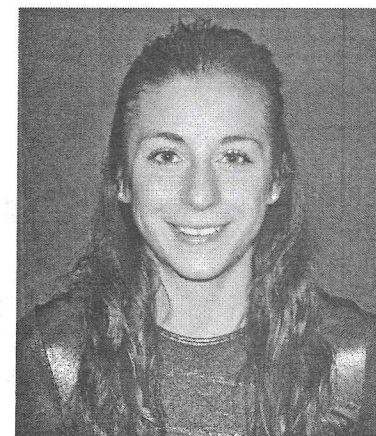
*Welcome
to the
2011
North
Dakota
State
Gymnastics
Meet!*

Minot Magicians
2010 State Champions



Back Row: Payton Ringoen, Sam Huether, Misha Taylor, Erin Kongelf, Paige Collins
Front Row: Jenna Breuer, Brooklyn Bender, Stephanie Huether

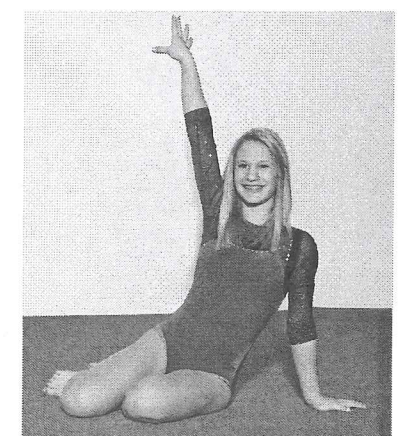
2010 Individual Champions



Brooklyn Bender (Minot): All Around, Vault & Floor

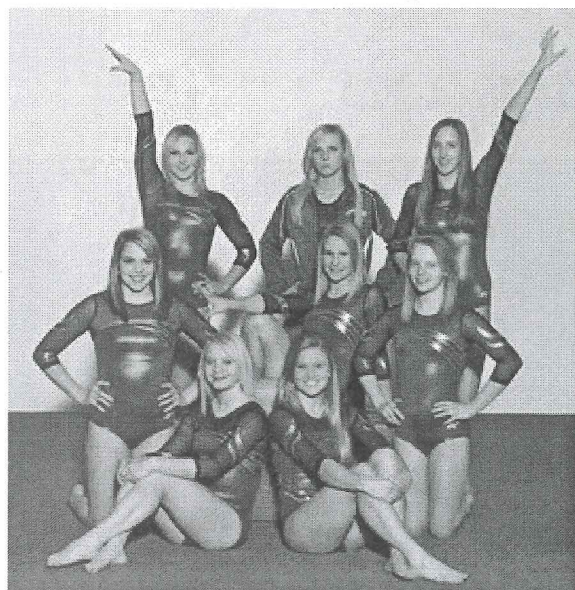


Faith Marty (Fargo North):
Beam



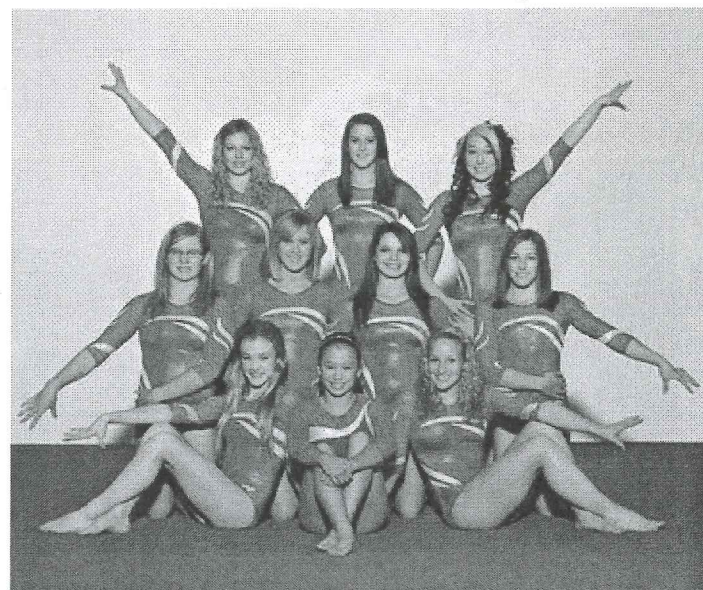
Kaylee Keller (Bismarck High):
Bars

Bismarck High



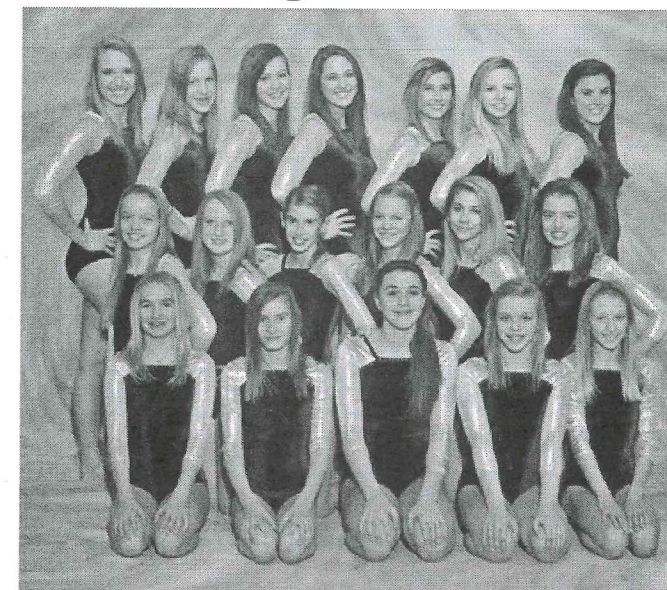
Front Row (L-R): Sarah Ashley, Sophia Thompson, Suzie Cox
Middle Row (L-R): Whitney Perrin, Jennifer Albers,
Jessica Gabriel, Kendra Glatt
Back Row (L-R): Haley Moch, Destinee Steidler, Frankie Sailer

Bismarck Century



Front Row (L-R): Katliin Kelley, MacKenzie Keidel
Middle Row (L-R): Kacey Diehl, Kaylee Keller, Megan Kelley
Back Row (L-R): Marika Heiskanen, Brooke Hilzendeger, Ashley Meyer

Fargo South



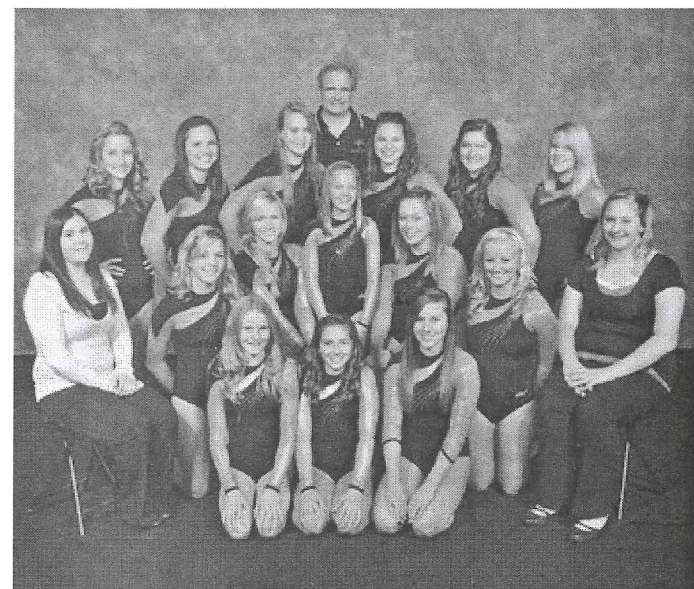
Front row: Leah Carlson, Brittney Hall, Leigh Bauer, Jackie Kelsh, Erica Johnson
Middle row: Kim Hansen, Samantha Smallrz, Paige Hall, Torie Danielson,
Kylie King, Jessica Mullen; Back row: Megan Edwardson, Sarah Irmen,
Maggie Schuster, Riley Summers, Allyson Hall, Kiara Bock, Anna Isackson

Grand Forks



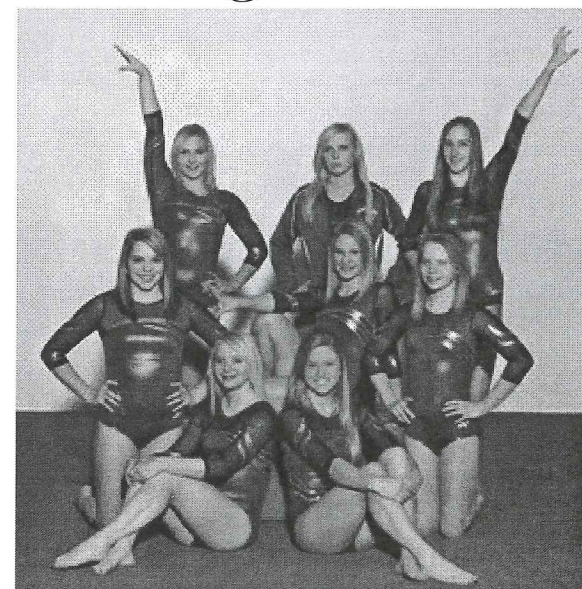
Left to Right ; Back Row: Sarah Zieska (Head Coach), Tyler Erickson
(Assistant Coach), Kat Dennison, Ashley Weiland, Miranda Prieels,
Linsey Stancyk (Assistant Coach),
Top Middle Row: Kourtney Culver, Alex Idso, Megan Johnson,
Bottom Middle Row: Haley Bina, Jennifer Pauli
Bottom Row: Jordyn Schall, Madison Weiland, Mia Treuer, Annabel
Jiran, Brianna Molmen, Ariana Storbakken
*Not pictured: Cece Kitko, Alex Mindeman (Manger)

Dickinson



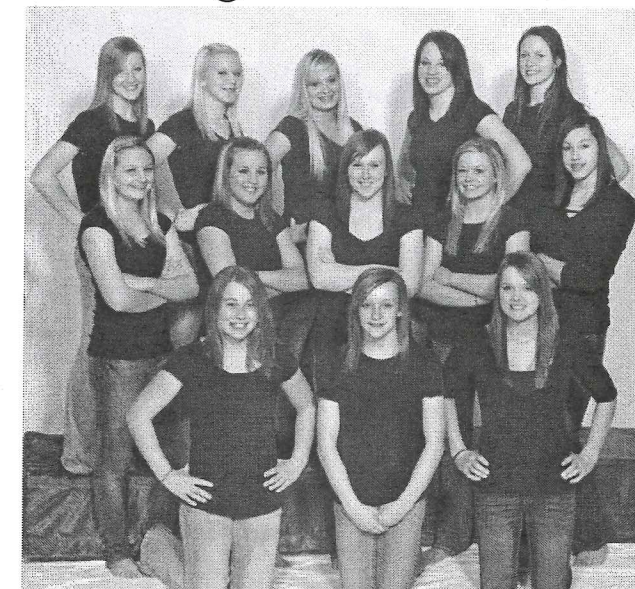
Back row (L to R): Abby Kramer, Jenna Mueller, Malinda Kubas, Kent Van Ellis
(Coach), Jill Mueller, Sierra Roshau, Makenzie Heiser; Middle row: Jennifer Bachamp
(Assistant Coach), Mckenzie Kostelecky, Brogan Burwick, Keana Kudrna, Shalessa
Wariner, Chantal Urlacher, Ali Kovash (Manager); Front row: Acacia Fossum, Abby
Kessel, Mikaela Kessel

Fargo North



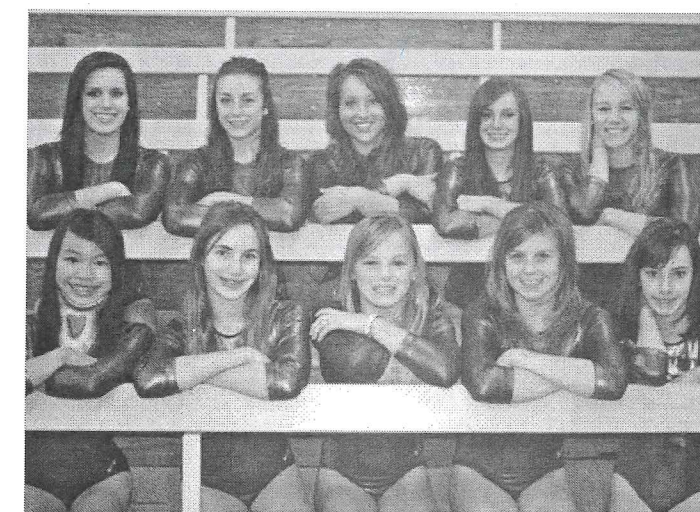
Sit: Sophia Simonson, Madison Uglem, Faith Marty
Kneel: Molly Boelter, Morgan Shelton
Stand: Mariah Kienenberger, Ashlee Wiebe, Emily Melchior

Jamestown



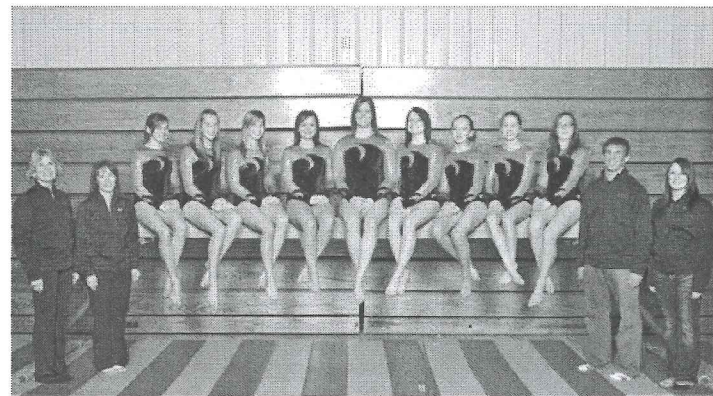
Back row: Jenna Stilwell, Abbie Conlon, Ashley Kronebusch, Brooke
Lukach, & Allison Almer. ; Middle row: Glynnia Godfrey, Carly Nelson,
Mercedes Westereng, Alex Lind, & Kaiann Arellano.
Front row: Jayden Diemert, Erin Hillerud, & Charlotte Rasmussen.

Minot



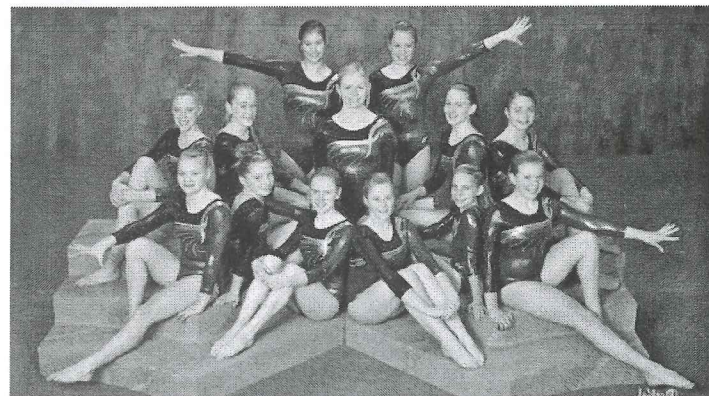
Front Row: Jenna Breuer, Hannah Werchau, Madison Reiter,
Savannah Fix, Stephanie Huether
Back Row: Paige Collins, Brooklyn Bender, Payton Ringoen,
Samantha Huether, Misha Taylor

Valley City



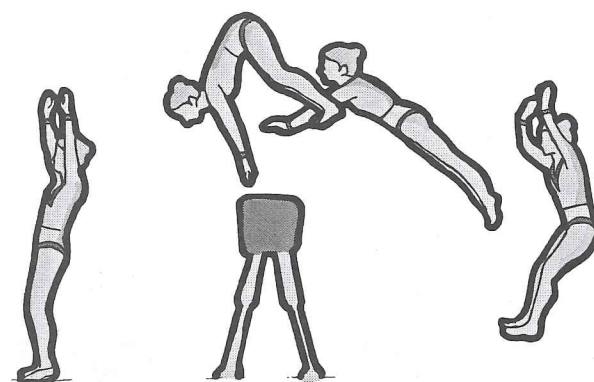
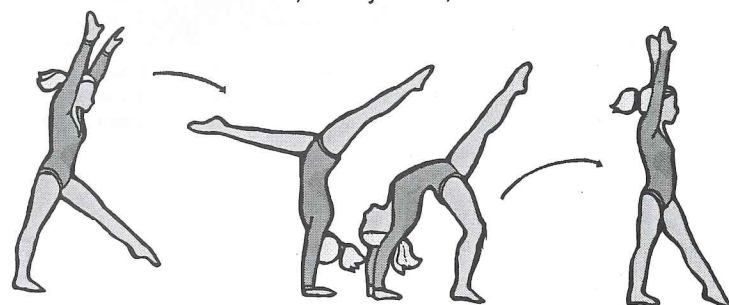
Asst. Coach Terry Corwin, Head Coach Carina Roehrich, Abigail Brown, Sara Gilbertson, Brienne Roehrich, Alyssa Freymark, Amanda Stevens, Molly Wilson, Caela Podvin, Barbara Zubrod, Alyshia Buchholz Spotter Dusty Renner, Mgr. London Lloyd

Wahpeton

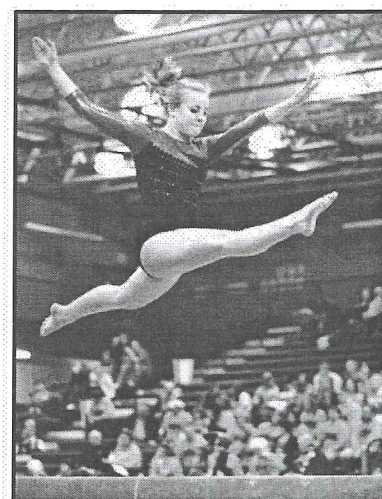


Back Row: Eve Erickson, Lizzie Brown
Middle Row: Rachelle Lewis, Allison Daugherty, Shannon Thompson, Kennedy Wixo, Korin Wettig
Front Row: McKenzie Gripentrog, Kiara Bassingthwaite, Chelsy Filbert, Mikki Braun, Brooklyn Sirek, Elise Pietron

Good Luck To All
Gymnasts!



Good Luck Blue Jays



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Bismarck Century

Coach: Curt Sherbrooke

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
952	Whitney Perrin	8						
953	Kendra Glatt	9						
954	Suzie Cox	9						
955	Sarah Ashley	8						
957	Destinee Steidler	9						
958	Haley Moch	10						
959	Jennifer Albers	11						
960	Jessica Gabriel	9						
961	Sophia Thompson	7						
962	Frankie Sailer	7						

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

Bismarck High

Coach: Curt Sherbrooke

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
203	Kacey Diehl	9						
204	MacKenzie Keidel	11						
208	Ashley Meyer	10						
210	Marika Heiskanen	11						
211	Kaylee Keller	9						
212	Katlin Kelley	8						
213	Megan Kelley	8						

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

Dickinson

Coach: Kent Van Ells

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
402	Acacia Fossum	7						
403	Brogan Burwick	12						
404	McKenzie Kostecky	10						
405	Mikaela Kessel	9						
407	Jenna Mueller	9						
408	Keana Kudrna	7						
409	Jill Mueller	8						
412	Sierra Roshau	11						
414	Shalesa Wariner	11						
416	Abby Kessel	7						
417	Mindy Kubas	11						
419	Makenzie Heiser	8						

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

Fargo North

Coach: Mike Merritt

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
903	Ashlee Wiebe	10						
905	Mariah Kienenberger	8						
908	Emily Melchior	10						
907	Faith Marty	10						
914	Sophi Simonson	10						
917	Madison Uglem	9						

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

Fargo South

Coach: Mike Merritt

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
76	Riley Summers	11						
77	Allyson Hall	11						
78	Megan Edwardson	12						
79	Leigh Bauer	8						
80	Jackie Kelsh	7						
81	Erica Johnson	7						
82	Kim Hanson	9						
84	Anna Isakson	9						
85	Samantha Smallrz	8						
88	Maggie Schuster	10						
90	Kiara Bock	9						
91	Brittney Hall	7						

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

Grand Forks

Coaches: Sarah Zieska, Linsey Stancyk, Tyler Ericksen

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
514	Haley Bina	12						
513	Jen Pauli	12						
510	Ashley Weiland	11						
543	Mia Treuer	10						
542	Alex Idso	10						
554	Madison Weiland	10						
506	Kat Dennison	9						
532	Kourtney Culver	9						
529	Jordyn Schall	9						
520	Miranda Phelps	9						
516	Ariana Storbakken	9						
540	Annabel Jiran	8						
535	Brianna Molmen	8						
519	Cece Kitko	8						
518	Megan Johnson	7						

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

Jamestown

Coach: Dave Tews

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
181	Brooke Lukach	12						
197	Ashley Kronebusch	11						
187	Carly Nelson	11						
152	Mercedes Westereng	11						
151	Allison Almer	10						
194	Alex Lind	10						
159	Kaiann Arellano	9						
150	Abbie Conlon	9						
188	Jayden Diemert	8						
180	Erin Hillerud	7						

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

Minot

Coach: Pam Twete

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
2	Misha Taylor	11						
3	Payton Ringoen	11						
4	Brooklyn Bender	12						
5	Sam Huether	10						
6	Stephanie Huether	8						
7	Jenna Breuer	9						
8	Madison Reiter	8						
9	Savannah Fix	7						
12	Hannah Werchau	7						

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

Valley City

Coach: Carina Roehrich

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
856	Barbara Zubrod	8						
857	Molly Willson	11						
865	Abby Brown	8						
866	Sara Gilbertson	9						
868	Brienne Roehrich	7						
870	Amanda Stevens	12						

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

#	Name of Contestant	Grade	V	UPB	BB	FX	AA	ALT
299	Kiara Bassingthwaite	8						
252	Mikki Braun	9						
255	Lizzie Brown	8						
274	Allison Daugherty	9						
265	Eve Erickson	7						
261	Chelsy Filbert	7						
250	McKenzie Gripentrog	7						
298	Rachelle Lewis	7						
267	Elise Pietron	7						
263	Brooklyn Sirek	7						
268	Shannon Thompson	10						
283	Korin Wettig	11						
270	Kennedey Wixo	7						

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



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Good Luck
Gymnasts!

2011

S T A T E G Y M N A S T I C S M E E T

INDIVIDUAL COMPETITORS

VAULT

78	Megan Edwardson.....	Fargo South
274	Allison Daugherty.....	Wahpeton
6	Steph Heuther.....	Minot
194	Alex Lind.....	Jamestown
79	Leigh Bauer.....	Fargo South
870	Amanda Stevens.....	Valley City
181	Brooke Lukach.....	Jamestown
159	Kaiaann Arellano.....	Jamestown
213	Megan Kelley.....	Bismarck High
404	Mckenzie Kostecky.....	Dickinson
402	Acacia Fossum.....	Dickinson

BARS

90	Kiara Bock.....	Fargo South
4	Brooklyn Bender.....	Minot
405	Mikaela Kessel.....	Dickinson
283	Korin Wettig.....	Wahpeton
952	Whitney Perrin.....	Century
409	Jill Mueller.....	Dickinson
408	Keana Kudrna.....	Dickinson
7	Jenna Breuer.....	Minot
962	Frankie Sailer.....	Century
414	Shalesa Wariner.....	Dickinson

ROTATION 1

BEAM

917	Madison Uglem.....	Fargo North
3	Payton Ringen.....	Minot
857	Molly Wilson.....	Valley City
204	Mackenzie Keidel.....	Bismarck High
403	Brogan Burwick.....	Dickinson
252	Mikki Braun.....	Wahpeton
510	Ashley Weiland.....	Grand Forks
907	Faith Marty.....	Fargo North
210	Marka Heiskanen.....	Bismarck High
12	Hannah Werchau.....	Minot
77	Allyson Hall.....	Fargo South

FLOOR

212	Katlin Kelley.....	Bismarck High
959	Jennifer Albers.....	Century
9	Savannah Fix.....	Minot
187	Carly Nelson.....	Jamestown
5	Samantha Huether.....	Minot
152	Mercedes Westeng.....	Jamestown
8	Madison Reiter.....	Minot
197	Ashley Kronebusch.....	Jamestown
2	Misha Taylor.....	Minot
960	Jessica Gabriel.....	Century
412	Sierra Roshau.....	Dickinson

INDIVIDUAL COMPETITORS

VAULT

152	Mercedes Westeng.....	Jamestown
197	Ashley Kronebusch.....	Jamestown
2	Misha Taylor.....	Minot
151	Alison Allner.....	Jamestown
417	Mindy Kubas.....	Dickinson
960	Jessica Gabriel.....	Century
9	Savannah Fix.....	Minot
5	Samantha Huether.....	Minot
187	Carly Nelson.....	Jamestown
212	Katlin Kelley.....	Bismarck High
959	Jennifer Albers.....	Century

BARS

213	Megan Kelley.....	Bismarck High
208	Ashley Meyer.....	Bismarck High
402	Acacia Fossum.....	Dickinson
404	Mckenzie Kostecky.....	Dickinson
194	Alex Lind.....	Jamestown
6	Steph Heuther.....	Minot
188	Jayden Diemert.....	Jamestown
150	Abbie Conlon.....	Jamestown
181	Brooke Lukach.....	Jamestown
870	Amanda Stevens.....	Valley City
159	Kaiaann Arellano.....	Jamestown

ROTATION 2

BEAM

408	Keana Kudrna.....	Dickinson
405	Mikaela Kessel.....	Dickinson
4	Brooklyn Bender.....	Minot
7	Jenna Breuer.....	Minot
414	Shalesa Wariner.....	Dickinson
952	Whitney Perrin.....	Century
90	Kiara Bock.....	Fargo South
409	Jill Mueller.....	Dickinson
203	Kacey Diehl.....	Bismarck High

FLOOR

403	Brogan Burwick.....	Dickinson
252	Mikki Braun.....	Wahpeton
3	Payton Ringen.....	Minot
12	Hannah Werchau.....	Minot
77	Allyson Hall.....	Fargo South
204	Mackenzie Keidel.....	Bismarck High
917	Madison Uglem.....	Fargo North
954	Suzie Cox.....	Century
510	Ashley Weiland.....	Grand Forks

INDIVIDUAL COMPETITORS

VAULT

12	Hannah Werchau.....	Minot
250	Mckenzie Gripentrog.....	Wahpeton
77	Allyson Hall.....	Fargo South
954	Suzie Cox.....	Century
914	Sophi Simonson.....	Fargo North
917	Madison Uglem.....	Fargo North
510	Ashley Weiland.....	Grand Forks
252	Mikki Braun.....	Wahpeton
403	Brogan Burwick.....	Dickinson
204	Mackenzie Keidel.....	Bismarck High
3	Payton Ringen.....	Minot

BARS

180	Erin Hillerud.....	Jamestown
2	Misha Taylor.....	Minot
212	Katlin Kelley.....	Bismarck High
8	Madison Reiter.....	Minot
960	Jessica Gabriel.....	Century
959	Jennifer Albers.....	Century
417	Mindy Kubas.....	Dickinson
5	Samantha Huether.....	Minot
9	Savannah Fix.....	Minot
152	Mercedes Westeng.....	Jamestown
197	Ashley Kronebusch.....	Jamestown

ROTATION 3

BEAM

404	Mckenzie Kostecky.....	Dickinson
402	Acacia Fossum.....	Dickinson
194	Alex Lind.....	Jamestown
870	Amanda Stevens.....	Valley City
181	Brooke Lukach.....	Jamestown
208	Ashley Meyer.....	Bismarck High
6	Steph Heuther.....	Minot
213	Megan Kelley.....	Bismarck High
416	Abby Kessel.....	Dickinson

FLOOR

414	Shalesa Wariner.....	Dickinson
955	Sarah Ashley.....	Century
90	Kiara Bock.....	Fargo South
961	Sophia Thompson.....	Century
255	Lizzie Brown.....	Wahpeton
405	Mikaela Kessel.....	Dickinson
7	Jenna Breuer.....	Minot
408	Keana Kudrna.....	Dickinson
283	Korin Wettig.....	Wahpeton
4	Brooklyn Bender.....	Minot
952	Whitney Perrin.....	Century

INDIVIDUAL COMPETITORS

BARS

914	Sophi Simonson.....	Fargo North
77	Allyson Hall.....	Fargo South
12	Hannah Werchau.....	Minot
403	Brogan Burwick.....	Dickinson
857	Molly Wilson.....	Valley City
252	Mikki Braun.....	Wahpeton
917	Madison Uglem.....	Fargo North
204	Mackenzie Keidel.....	Bismarck High
3	Payton Ringen.....	Minot
510	Ashley Weiland.....	Grand Forks

ROTATION 4

BEAM

407	Jenna Mueller.....	Dickinson
960	Jessica Gabriel.....	Century
212	Katlin Kelley.....	Bismarck High
197	Ashley Kronebusch.....	Jamestown
152	Mercedes Westeng.....	Jamestown
959	Jennifer Albers.....	Century
2	Misha Taylor.....	Minot
5	Samantha Huether.....	Minot
187	Carly Nelson.....	Jamestown
180	Erin Hillerud.....	Jamestown
9	Savannah Fix.....	Minot
8	Madison Reiter.....	Minot

FLOOR

213	Megan Kelley.....	Bismarck High
6	Steph Heuther.....	Minot
402	Acacia Fossum.....	Dickinson
78	Megan Edwardson.....	Fargo South
870	Amanda Stevens.....	Valley City
194	Alex Lind.....	Jamestown
181	Brooke Lukach.....	Jamestown
404	Mckenzie Kostecky.....	Dickinson
299	Kiara Bassingthwaite.....	Dickinson

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	Tiffany Tello	Bismarck
10 Titles	Stacey Simle	Fargo South
9 Titles	Heidi Goehring	Century
9 Titles	Cindy Rodlund	Fargo South
7 Titles	Chelsea Preston	Fargo South
7 Titles	Jodi Schwehr	Century
6 Titles	Jade Beattie	Bismarck
6 Titles	Tami Russell	Century
6 Titles	Tracy Gunkelman	Fargo South
6 Titles	Barbara Mitchell	Jamestown
6 Titles	Julie Visina	Minot Ryan
5 Titles	Brooklyn Bender	Minot
5 Titles	Kari Nolz	Bismarck
5 Titles	Susie Schraufek	Fargo South
4 Titles	Kathy Sullivan	Jamestown
4 Titles	Teri Ann Krefting	Minot
3 Titles	Rachel Johnson	Bismarck
3 Titles	Gina Lang	Bismarck
3 Titles	Stacie Lowman	Devils Lake, Fargo North
3 Titles	Robin Wheeler	Dickinson
3 Titles	Andrea Albertson	Minot
2 Titles	Krista Riley	Bismarck
2 Titles	Nicole Ziegler	Century
2 Titles	Linda Basaraba	Dickinson
2 Titles	Nancy Davis	Dickinson
2 Titles	Greta Sjursen	Dickinson
2 Titles	Jenny Nelson	Fargo North
2 Titles	Melissa Henning	Fargo South
2 Titles	Jo Pavicic	Fargo South
2 Titles	Kristi Tryhus	Fargo South
2 Titles	Briana Jones	Grand Forks
2 Titles	Emily Wong	Grand Forks
2 Titles	Marie Boyeff	Minot
2 Titles	Kristi Dewald	West Fargo
2 Titles	Brogan Burwick	Dickinson
2 Titles	Alex Braaten	Grand Forks
1 Title	Kathy Ohnstad	Fargo South
1 Title	Tara Lefor	Dickinson
1 Title	Marilyn Falk	Jamestown
1 Title	Heather Snell	Jamestown
1 Title	Teri Zimbelman	Minot
1 Title	Margaret Hagen	St. Mary's
1 Title	MacKenzie Keidel	Bismarck
1 Title	Shelby Young	Century
1 Title	Whitney Buchholz	Century
1 Title	Molly McDonald	Century
1 Title	Jennifer Bachamp	Dickinson
1 Title	Jodi Hansen	Dickinson
1 Title	Marcia Urban	Fargo South
1 Title	Mo Day	Fargo South
1 Title	Jane Vanyo	Fargo South
1 Title	Brittany Johnson	Grand Forks
1 Title	Julie Nelson	Jamestown
1 Title	Krista Isakson	Minot
1 Title	Julie Winje	Minot
1 Title	Lori Malsom	Minot Ryan
1 Title	Kelsey Dukart	Dickinson
1 Title	Kaylee Keller	Bismarck
1 Title	Faith Marty	Fargo North

Best All Time All Around Scores (Since 1981)

39.166	Jade Beattie	Bismarck	2004
38.75	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.56	Jodi Schwehr	Century	1996
38.48	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.4	Cassie Osborn	Fargo South	1989
38.4	Kim Sveum	Minot	1993
38.4	Kim Sveum	Minot	1994
38.31	Gina Lang	Bismarck	1998
38.31	Rachel Johnson	Bismarck	1986
38.3	Kari Nolz	Bismarck	2001
38.2	Lindsey Wong	Grand Forks	2004
38.2	Kaitlyn Towery	Minot	2004
38.21	Marie Boyeff	Minot	1997
38.2	Cassie Osborn	Fargo South	1990
38.15	Jade Beattie	Bismarck	2003
38.15	Chelsea Preston	Fargo South	2005
38.15	Kim Sveum	Minot	1992
38.1	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1995
38.02	Tami Russell	Century	1986
38.017	Briana Jones	Grand Forks	2006
37.983	Jade Beattie	Bismarck	2005
37.967	Emily Wong	Grand Forks	2006
37.917	Melissa Wong	Grand Forks	2004
37.94	Jodi Hansen	Dickinson	1986
37.9	Allie Smith	Wahpeton	2005
37.883	Torrea Ehliis	Mandan	2004
37.867	Krista Riley	Bismarck	2006
37.75	Dani Visina	Minot	2004
37.75	Jenny Nelson	Fargo North	1990

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
148.8	Fargo South	1990
148.5	Minot	1994

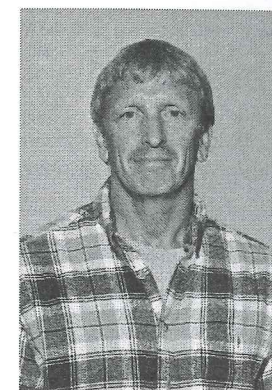
Individual Championships All Time

Fargo South	58
Bismarck	30
Minot	30
Century	27
Dickinson	28
Jamestown	13
Minot Ryan	7
Grand Forks	7
Fargo North	4
West Fargo	2
Devils Lake	1
St. Mary's	1

Team Championships All Time

Fargo South	15
Dickinson	7
Minot	9
Century	4
Bismarck	3
Grand Forks	3
Jamestown	2

Meet the Coaches

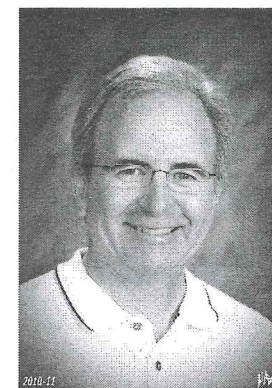


Curt Sherbrooke - BISMARCK HIGH & BISMARCK CENTURY HEAD COACH

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

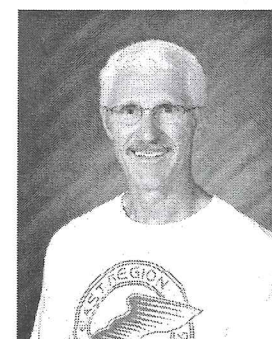
Curt taught in Albert Lea, MN in 1978. He taught and coached in Hawley, MN from 1978 to 1981. Curt was assistant coach at MinKota Gymnastics Academy and Fargo South High School from 1981-1982.

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 21 and Luke 19.



Mike Merritt - FARGO NORTH & FARGO SOUTH HEAD COACH

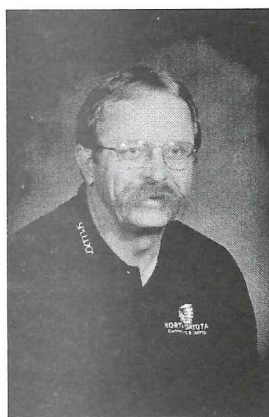
I received my Bachelor's degree from Moorhead State College and my Master's degree from NDSU. I presently teach Elementary Physical Education. I began my coaching career in 1972 at South High. I have been head gymnastics coach at North High since 1985, and South High since 1998. I am also head girls track coach and assistant boys cross country coach at South High. I have previous coaching tenures in Dickinson, Carbondale IL, Edina MN, Burnsville MN, Hopkins MN, Bismarck and Devils Lake. My wife Cherie and I have 6 children, 10 grandchildren and 1 great grandchild.



Sarah Zieska - GRAND FORKS HEAD COACH

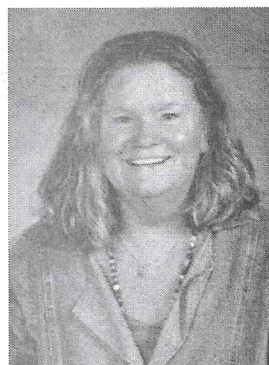
I grew up in the small town of Annandale, MN, not far from St. Cloud, MN. I graduated from Annandale High School in 2010, where I was a gymnast on the high school team for six years. This is my first year as a high school coach, but I have been coaching recreational gymnastics for 5 years. I am currently enrolled in the Physical Therapy Assistant Program at Northland Community and Technical College in East Grand Forks.

Meet the Coaches



Dave Tew - JAMESTOWN & VALLEY CITY HEAD COACH

Dave has been coaching the Blue Jays for 33 years. He graduated from Jamestown College in 1977. Dave taught middle school phy ed for seven years and has taught social studies at the middle school for the last 25 years. He and his wife Jeanne have three grown children, Matt, Abby and Nick. He serves as the diving coach for the girl's swimming and diving team as well as coaching girl's middle school track and field.



Pam Tweten - MINOT HEAD COACH

I have enjoyed working with high school gymnastics since 1977. I have either been coaching or judging all these years. My favorite part of being at a meet is when an athlete smiles during a routine you know she just nailed a skill or series that she has been working on. The Team Championships are very sweet, but watching someone HIT and being rewarded for it, is the BEST part of this crazy sport. I wish every athlete and coach the very best in the future.



Carina Roehrich - VALLEY CITY HEAD COACH

Carina is completing her first year as Head Coach at Valley City, and teaches Kindergarten. Carina and her husband, Scott, have three children.



Patty Moses - WAHPETON HEAD COACH

Patty participated in gymnastics since she was the age of 3. She graduated from Kindred High School, Kindred, ND in 1998 and Metropolitan State University, St. Paul, MN with a degree in Business Administration in 2004. Patty and her husband Jason moved to Wahpeton in the summer of 2004 and had a daughter, Kaylie, in 2009. She took a job with Three Rivers Gymnastics. Patty was EDC and State Coach of the Year in 2010. Patty is currently the Head Coach of the Wahpeton High School Team and TRG's USAG teams and the Gym Director.

Gymnastics State Meet Individual Champions

1969

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

1970

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

1971

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

1972

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

1973

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

1974

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

1975

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

1976

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

1977

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

1978

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

1979

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

1980

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

1981

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

1982

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

1983

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

1984

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

1985

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

1986

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

1987

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

1988

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

1989

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

1990

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

1991

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

1992

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

1993

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

1994

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

1995

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

1996

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

1997

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

1997

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

1998

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

1999

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

2000

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

2001

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

2002

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

2003

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

2004

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

2005

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

2006

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

2007

Beam: Joley Beeler, Minot
Bars: Chelsea Preston, Fargo South
Vault: Chelsea Preston, Fargo South
Floor Exercise: Chelsea Preston, Fargo South
All Around: Chelsea Preston, Fargo South

2008

Beam: Jennifer Bachamp, Dickinson
Bars: Brogan Burwick, Dickinson
Vault: Brooklyn Bender, Minot
Floor Exercise: Brittany Johnson, Grand Forks
All Around: Mackenzie Keidel, Bismarck

2009

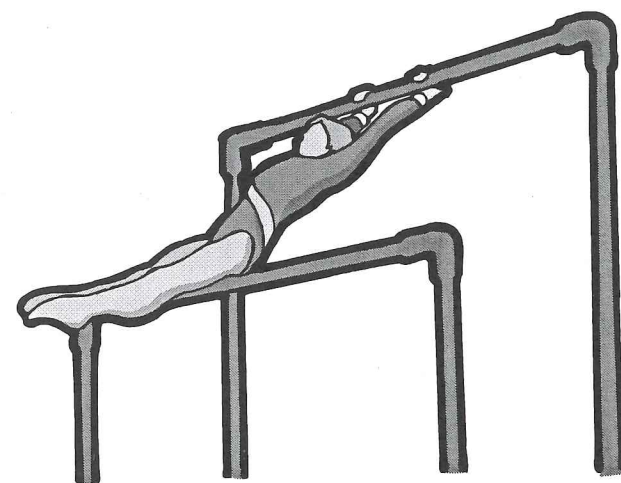
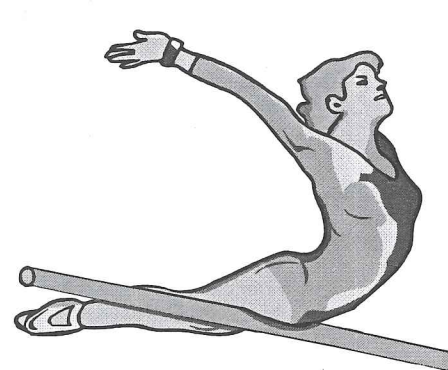
Beam: Brogan Burwick, Dickinson
Bars: Alex Braaten, Grand Forks
Vault: Brooklyn Bender, Minot
Floor Exercise: Kelsey Dukart, Dickinson
All Around: Alex Braaten, Grand Forks

2010

Beam: Faith Marty, Fargo North
Bars: Kaylee Keller, Bismarck
Vault: Brooklyn Bender, Minot
Floor Exercise: Brooklyn Bender, Minot
All Around: Brooklyn Bender, Minot

Team Champions & Runner-ups (Since 1969)

Year	Champion	Runner Up	Year	Champion	Runner Up
1969	Jamestown	St. Mary's	1990	Fargo South	Minot
1970	Jamestown	Fargo South	1991	Minot	Fargo South
1971	Fargo South	Jamestown	1992	Minot	Fargo South
1972	Fargo South	Dickinson	1993	Minot	Fargo South
1973	Fargo South	Dickinson	1994	Minot	Fargo South
1974	Dickinson, Fargo South (tie)		1995	Century	Minot
1975	Dickinson	Fargo South	1996	Century	Minot
1976	Dickinson	Fargo South	1997	Minot	Century
1977	Fargo South	Dickinson	1998	Minot	Century
1978	Fargo South	Dickinson	1999	Century	Bismarck
1979	Fargo South	Dickinson	2000	Century	Bismarck
1980	Fargo South	Dickinson	2001	Bismarck	Century
1981	Fargo South	Dickinson	2002	Bismarck	Century
1982	Fargo South	Valley City	2003	Bismarck	Grand Forks
1983	Fargo South	Dickinson	2004	Grand Forks	Minot
1984	Minot	Dickinson	2005	Grand Forks	Bismarck
1985	Fargo South	Dickinson	2006	Grand Forks	Minot
1986	Fargo South	Bismarck	2007	Dickinson	Minot
1987	Dickinson	Fargo South	2008	Dickinson	Minot
1988	Dickinson	Century	2009	Minot	Dickinson
1989	Fargo South	Minot	2010	Minot	Dickinson



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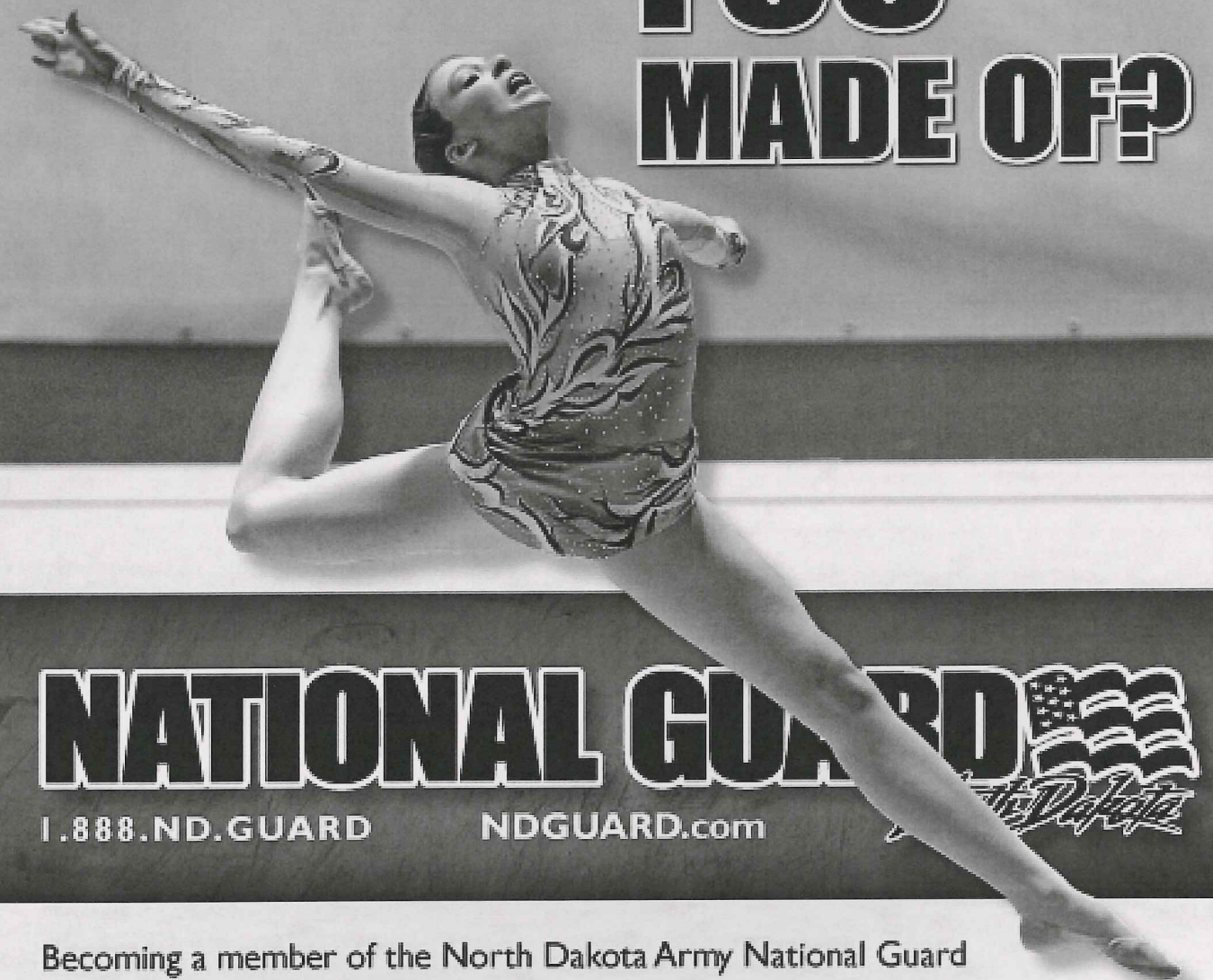
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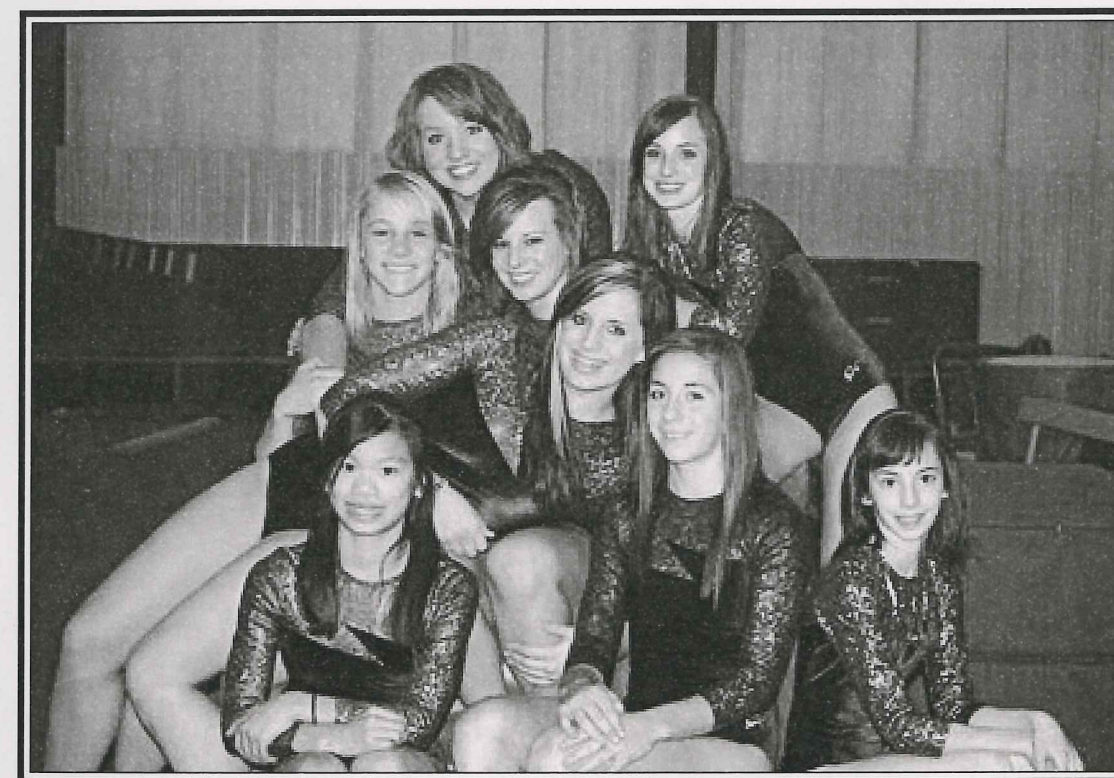
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February 25th & 26th, 2011

State Gymnastics Meet

Jamestown High School - Jerry Meyer Arena



Minot Magicians
2010 State Champions